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From the Desk of the Chief

Here it is February and I hear people tell me how cold it is. It's truly not cold here because I haven't seen people in town with mittens, scarfs or earmuffs. That's when you know we're below 50 degrees.

I think we all tend to think of ourselves as younger, but I guess you have arrived when more of your conversations are about medications and Doctor's appointments. We need to take care of ourselves. Too often we are convinced the pain will go away or is that just hoping? We are all one event away from having a life changing experience.

And it's not all about physical health. We need to keep our minds engaged. I'm not advocating anyone jump out of an airplane, unless it's on your bucket list. If so, don't ask me to go, I think I will be ill that day.



We live in a very special place; most of us are seniors and slowing down a bit. But this is not your grandparent's retirement community where they only played shuffleboard. Now people skydive and play pickle ball. I have always been

amazed at people that have life changing events , but won't let it control them.

I truly feel blessed in part from knowing all of you who spend your time giving to others when they are unable to help themselves. Just remember to make sure you pay attention to your own well-being also.



Chief Mike Bardell

Inside this Issue

Updates & Reports

New Emergency Medical Responders

Donations

Fall Prevention

New Captain Team 5

Scene Safety

Healthy for Good

Toughbook Tips

Team Captains

INSERT: Heart Month



UPDATES & REPORTS

Birthdays for February

Ed Cohen	1		
Tom Rawlings	2	John Allen	20
Barb Capron	6	Garry Gose	20
Cathy Hart	6	Sue Baker	21
S. Diane Hathaway	6	Ron Claeys	21
Emily Lahti	9	Sharon Gomez	21
Carol Hillberry	10	Judy Myette	21
Betsy Schwartz	10	Betsy Schneider	21
Nancy Biegenwald	11	Beverly Hiller	22
Marty Heiss	11	Bertil Johnson	22
Connie Abbott	12	Irv Sanders	22
Randy Heath	12	Sandra Andel	23
Robert Jenson	13	Barry McKee	24
William Bennett	14	Chris Avella	25
Valerie Cook	14	Annette Rawlinson	26
Mary Mobley	14	Erik Sager	27
Carolyn Wilkinson	14	Chris McCann	28
HelenanneFrobese	17	Anne McNamara	29
Brigitte Austen	18	Tom Murphy	29
John Colburn	18		
Pete Blair	19		
Ken Rodman	19		

Anniversaries Team#/ Years

Ten Years:

Jan Huber T-6, Helenanne Frobose T-6, Gary Kerckaet T-4, Betty Richner T-2, Betty Butler T-6

Five Years:

Donna Manship T-8, William Grussi T-2

Three Years:

Franklin Sponhauer T-6, Carol Bippen T-7, Linda Dulik T-3, Loreen Brezec T-6, Eliot Marcus T-8, Mike Brezec T-6, John Dulik T-3, Beverly Brown T-6

One Year:

Beverly Hunton T-5, Carol Pliska T-7, Ken Marchuk T-7, Pamela Kerstetter T-4, David Byers T-2, Jim Hunton T-5, Anthony Medico T-5, Patricia Trela T-0, April Lester T-3, Jennifer Meier T-3, Cheryl Van Kirk T-5, Susan Fitts T-7, Betsy McGhee T-8, Cathy Hart T-0, Eunice Bembrey T-1, Jacqueline Potts T-2, Kriss Aguilar T-2

Stats from January 2020

Run Report

Ambulance Runs	409
Van Runs	97
Fall Calls	120
Blood pressures	96

2019 Year-end Stats

Ambulance runs	4677
Van runs	1260

Sick List

Dana Wallace	T-1
Peter Blar	T-2
Barry Bogard	T-4
Peg Campbell	T-4
Emily Lahti	T-4
Shawn Brauch	T-5
Linda Mascetti	T-5
Tom Murphy	T-8

New Emergency Medical Responders

The Emergency Squad is pleased to announce its newest Emergency Medical Responders from its April class. Emergency Medical Responders go through 54 hours of training including 8 hours of CPR class. They must pass CPR in order to become an EMR. After finishing the class, all the volunteers go through mentoring before working on the ambulance or wheelchair van. The EMR is responsible for recording the patient's medical history, medications, allergies and preparing the Patient Care Report in conjunction with the EMT. They also must be prepared to assist with any patient care as requested by the EMT.

Pictured left to right: Al Harris, Joyce Behl, Kathleen Merskin, Hedy Sacco, Louise Howe, Sheri Angel, Suzie Russell, and Paul Michaelson. Not in photograph is Glenn Sweeney.

Welcome



Our People & News You Can Use



\$500.00 Donation

from SCC Stampers Club

From left to right: Linda Menier, T4, Vicki Buchla, President and Treasurer of "Gone Stampin'", Deb Spitler and Gary Giles.

Falls Prevention Facts

Falls of older adults is considered an international crisis. The CDC predicts that by 2030 seven (7) older adults die each hour caused by falls. Here in SCC, about 40% of our calls are falls.

We're tracking the number of fall calls to see if squad educational programs are making a difference. Please help us by accurately reporting falls as NOC.

We are trying to encourage people to call us immediately when they fall and can not get up and to help reduce our risks of falls. The SCC EMS has programs available for groups in SCC (Kings Point and Sun City Center). The approximately 45 minute programs are adapted to the audience and the location and are constantly updated based on available research. If you would like a program provided to an organization for which you are a member, contact **Linda Eargle, Fall Prevention Specialist**, at Lindaea@scc-ems.us or lkeargle@yahoo.com . Phone number 813-938-1603.

Ken Ayers, New Captain of Team 5

Receiving his Captain's Pins from Tina Drury, Deputy Chief



Ken joined the Squad after retiring from a career as an environmental engineer and moving with his wife Kathy to Valencia Lakes in 2013. His Squad service began as an EMR with Team 1 and soon expanded to include being a Driver and Assistant Captain. In 2018 Ken was selected by the Squad to attend EMT training at Hillsborough Community College and added EMT to his duties after completing the course. In 2019 he moved to Team 5 as an Assistant Captain and started teaching a section of the EMR class. Ken was privileged to be elected to the Squad's Board of Directors in 2019. He looks forward to continuing to work with the members of Team 5 and the rest of the Squad to better serve our community.

Scene Safety by Diane Simon

We all learned as EMR's and EMT's about scene safety. It goes well beyond the scene, however, to keep everyone in the best of health. Safety starts first when we get ready to report for duty. Is our uniform clean, are my shoes closed toed shoes, and have I wiped off my badge, pens, scissors, or anything else that I might have used since the last run? This is basic hygiene, but we often slip those pens back into our pockets after being at a patient's home—and we are there for a reason—usually to transport a sick person to the ER. Take a moment to think about how often we use the grab bar getting into or out of the ambulance or van. It probably would be a good idea to wipe them down occasionally during the day even though our cleaning crew does a bang up job, it's not their job alone. We all have to take a part in keeping us safe. While on duty, it goes without saying that the Latitudes get placed in vulnerable positions both in the ambulance and at a home or facility. Please don't put them on the tables that we use for dining. Germs can be transported easily and what's the point if we cross contaminate others? Due diligence and conscientious activity while on duty is greatly appreciated. Protect yourself and other team members. It's part of your responsibility. Have a blessed day and stay safe!

Toughbook Tips

From Merrill Pritham



Welcome to all of the snowbirds and new EMR's and drivers, we are glad to see you and appreciate your help in this wonderful service to Sun City Center.

Lately we have had a few blips with the numbering of reports, with numbers being duplicated, transposed or just skipped over. This is a very important part of each and every run and everyone involved, from dispatch to coordinator, needs to be mindful. Since the reports are not reviewed for several hours or days, the mistakes can multiply and require the efforts of several to sort out.

A reminder to EMR's: when doing setup take care to list the EMT first, with the EMR's and their roles in proper order.

Gloves are for your protection and must be worn by all. Wash or disinfect your hands after every run.

Think about using a mask as flu season rolls in.

All falls are trauma and blood sugars are required, even hospice or diabetic patients.

Patients do not deny transport; they refuse. Please get their signatures, even if you have gotten the HIP-PA paper signed.

Remember: you are heroes in this community! Stay well and safe



HOW TO EAT BETTER



1 CREATE A HEALTHY DIETARY PATTERN

Make smart choices and swaps to build an overall healthy eating style. Watch calories and eat smaller portions.

ENJOY

vegetables, fruits, whole grains, beans, legumes, nuts, plant-based proteins, lean animal proteins, skinless poultry, fish



LIMIT

sweetened drinks, sodium, processed meats, refined carbohydrates like added sugars and processed grain foods, full-fat dairy products, eggs, highly processed foods, tropical oils like coconut and palm



AVOID

trans fat and partially hydrogenated oils (found in some commercial baked goods and fried foods)

2 READ NUTRITION LABELS

Nutrition Facts	
Serving size 2/3 cup (85g)	
Amount per serving	
Calories	230
Total Fat 8g	16%
Saturated Fat 1g	2%
Total Fat 8g	16%

Learning how to read and understand food labels can help you make healthier choices.

When you have more than one choice, compare nutrition facts. Choose products with lower amounts of sodium, saturated fat and added sugars.

3 TIPS FOR SUCCESS



WATCH CALORIES

Eat only as many calories as you use up through physical activity. Understand serving sizes and keep portions reasonable.



COOK AT HOME

Take control over the nutritional content of your food by learning healthy preparation methods.



LOOK FOR THE HEART-CHECK

The Heart-Check mark helps you find foods that can be part of a healthy eating plan.



LEARN THE SALTY SIX

Limit the amount of sodium you eat each day. Learn the Salty Six. These common foods can be loaded with excess sodium:

Breads & Rolls
Pizza
Sandwiches
Cold Cuts & Cured Meats
Soups
Burritos & Tacos



Our Fund Drive was very successful because of YOU!

Thank you for being professional, caring and kind!