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From the Desk of the Chief

Welcome to the NEW YEAR. I hope everyone had a great holiday season. As we get older, we tend to think about medical issues and the aches and pains we didn't have before. We don't look at the benefits, and there are many. Here are some for you to consider:

Look at all the people you have been able to help.

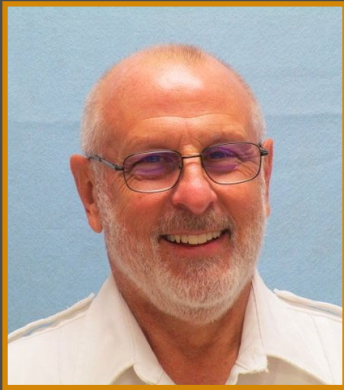
The friendships you have made over your life.

Families are a gift.

Grandchildren, if I would have known what a treat they were, I would be in favor of having them first.

Your health. Like everyone, I move a little slower and forget a little more, but when I look at some others and their strife, it shows me just how good I have it. And for that, I am thankful.

My hope for you is to have a very healthy, happy New Year, full of great experiences and wonderful family memories. And, as always, be safe, take care of yourself and thanks for all you do for our community. Let's make 2020 the best year yet!



Chief Mike Bardell

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UPDATES & REPORTS

Birthdays for January

Aileen Engel	2	Rosalie Rochford	17
Thomas Leyden	3	Mark White	17
Doug Gatchell	4	Mary Fisher	18
Ken Kleen	4	Marcia McKee	19
John Kennedy	5	Michael Bardell	20
Pamela Kerstetter	5	Kathy Zdrodowski	20
Jan Huber	7	Grace Ryan	23
Donna Ward	7	Louis Ballance	24
Shawn Brauch	9	Jane Foppe	24
Donna Lewis	9	Gloria Deiss	25
Gary Krcil	10	Robin Devling	25
Arleen Sanders	10	Robert Leonard Sr.	25
Linda Mascetti	11	M.J. Ricketts	25
Barb Bardsley	13	Michael Noone	26
Carol Zeller	15	Michael McClintic	27
Mary Borg	16	Doris Ferron	30
Ana Bauer	17	Richard Schneider	31

Anniversaries Team#/ Years

Emily Lahti	4	20
Carolyn Cole	6	20
Sheila Houlihan	7	15
Elizabeth Schneider	2	15
Karen Stansell	7	10
Michael Bardell	3	5
Janis Wiehe	3	5
Dana Wallace	1	5
Marcia McKee	4	5
Teresa Rowe-Wilson	3	3
Helen Corradi	4	3
Mohsen Khalifa	5	3
Mark White	8	3
George Stewart	2	3
Lynne Albrecht	7	1
Harriet Bailey	8	1
Dayle Martin	1	1

Squad Stats

Run Report

Ambulance Runs	405
Van Runs	70
Fall Calls	125
Blood pressures	60

Sick List

Pete Blair	T-2
Barry McKee	T-4
Mark White	T-8
Sharon Dolan	T-8
Patty Trela	T-8
Mark White	T-8

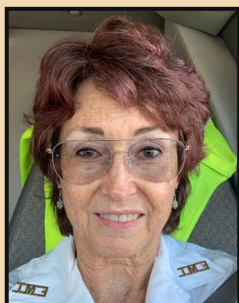
Ambulance Service Around the World

By Robin Watt, Asst. Chief, Public Relations

We arrived in Delhi on December 9th, then flew out the next morning to Bhubaneswar in the Odisha region of India on its eastern side. We spent 11 days touring this area, which has only recently been opened to tourism. This was quite evident by the frequent stares of the locals. Our guide and driver took us to many ancient temples and local villages where we saw how local products - baskets, jewelry an artwork were being made. We did meet several members of two very primitive tribes.

We are now in Gangtok, Sikkim, in northern India, which borders Tibet, Nepal and Bhutan. The people here are mostly Tibetan. We will spend a few days motorcycling in this area, then doing a short trek in the mountains.

Our final phase of this journey will be in Southern India before we fly home in mid- January.



Happy New Year to all!



Our People & News You Can Use



George Ineson from our Maintenance Department was chosen Volunteer of the Year by Seniors in Service in Tampa. George, thank you for all you do for our communities.

Did you make a New Year's Resolution?

Why do we make New Year's resolutions? One reason is the allure of starting from scratch. The beginning of the year offers a fresh start, a clean slate, and why not take advantage of the opportunity to start fresh with a new weight loss program, getting more daily exercise, eating healthier foods, saving money, being kinder to others, volunteering more, relaxing more, so many changes to consider.

We often start off on January 1 energized and determined that this time we will change our behaviors and, for a few people the resolution to change works well, but for many people their goals to change behaviors are often abandoned a few weeks later and old behaviors return. Experts in the area of behavioral change tell us to start out with goals that we can handle. For example, start out with a behavioral change for 30 days and then review at the end of that short period of time. If no mid-course changes are needed, move forward with the change plan and add another 30 days and another rewarding yourself along the way until the change becomes part of lifestyle.

Did you make a New Year's Resolution?

IT Update

Just in case you missed the email:

Join me in welcoming three new/recent personnel additions to the IT Department:

Al Carter - IT Specialist

Teresa Paddubny - IT Specialist

Dave Watkins - IT Radio Specialist

Each brings a background and set of skills that will help insure the Squad's continued technological success. As you encounter them in our building hallways or in the IT Office, please make them feel welcome by introducing yourselves and describing any aspects of your Squad responsibilities that you feel would help them gain a better understanding of what you do and how to effectively support you. A keen understanding of the complex Squad architecture is key to successful IT support. And as always, feel free to report any technical issues to them (or me) for resolution.

Thanks Everyone.

Richard W. Grant, Asst. Chief - IT



Captain's Corner

From Captain Jim Ryan, Team 8

As the "new kid in the Captain's Corp", I'd like to comment on how the job has changed, for me, since I was last involved as a Captain. As the 'old timers' slowly move on, we have a great influx of new volunteers. That, plus the new procedures, HCC students and vehicle issues keep Captains busy, never mind the daily grind of keeping a full team on the road.

Our experienced people are wonderful and we couldn't succeed without them. They volunteer for extra shifts, mentor new people and are the glue that holds us together. "The cream always rises to the top", as the old saying goes. They teach and pass along their knowledge and experience.

New people bring fresh blood and a renewed enthusiasm that keeps the others excited. We are a unique mixture and a model for a successful all-volunteer organization. It is strange with teams having shortages during the "season" despite the large number of people on the rosters. We have a lot of support but the ongoing ambulance and van shortages are curious for me. I am thankful for all who go above and beyond, multiple times during the 8-day rotation. That mixture of veterans and newbies should give us all a confidence that shows when we handle patients.

"Neighbors helping neighbors" says it all.

Toughbook Tips by Merrill Pritham,

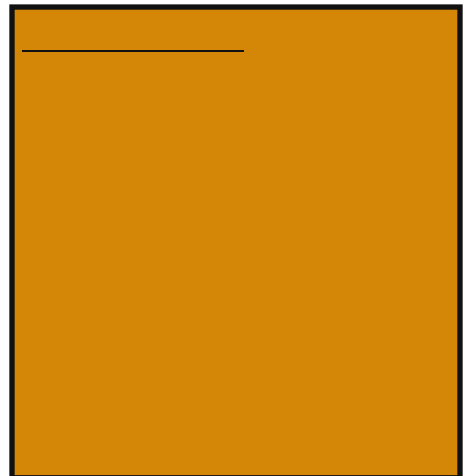
A new year begins with the promise of new adventures and learning, and a chance to improve our skills.



Of course our main objective is to give good patient care and we train constantly to achieve that, but accurate reporting is also one of our goals. Here are some places where we can improve: checking blood sugar on every fall, even if the patient had it taken 2 days ago or if they seem to be in such pain that you don't want to make it worse; forgetting to put on, or say that you put on, safety vests at traffic scenes; re-checking O2 sats after starting or increasing O2. Saying "improved" is not good enough, we need to put the number into the report. Same goes for pain level, especially when the main complaint is pain.

Others: foreign travel includes Canada and cruises, GI is short for gastro-intestinal system, and don't forget to chart Head to Toe done and bleeding control if done.

Thanks for all of your wonderful work and have a Happy New.



Check our website at
SCCEMS.com