

September 2021

The Siren

*Newsletter of the Sun City Center
Emergency Squad*



From the Chief's Desk

We are starting to welcome back our snowbirds and hopefully, we can say goodbye to the hurricane season.

However, we are in the high time for hurricanes until mid-October. Please be prepared and make decisions that are right for your circumstances. Shirley and I will stay, not because we have a desire to go through a hurricane, but most of our family and friends are here. Just consider your specific situation and make the decision that is best for you. Please make sure you have turned in your contact list and your decision to HR. Thank you.

Covid-19 is affecting us again. We had to cancel our Appreciation Luncheon. The luncheon is planned to show appreciation for your selfless energies to cover shifts and support the community during the summer months. We usually pass out appreciation t-shirts at the Appreciation Luncheon, but this year they will be distributed by your team captain. I hope everyone will get their t-shirts in the next couple of days. It seems like we have been working at maximum effort for over 18 months and I appreciate the effort each and everyone of you demonstrate daily.

Booster shots are a big concern for many, and I want you to know we will make every effort to secure them for the Squad and the community. I have no reservation on talking to anyone about our needs. Please be patient and be prepared for things to change. At all levels of government there is much conflicting information being disseminated.



Chief Mike Bardell

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SUN CITY CENTER

EMERGENCY SQUAD



UPDATES & REPORTS

Birthdays for September 2021

Kris Andersen	2	Margaret Campbell	25
Marilyn Navarro	3	Janis McCleery	25
Paul Wegman	4	Elaine Elliott	25
Wendy Helton	6	Cynthia Slaughter	28
Lynn Simmons	7	Linda Hughes	28
Mary Huntington	7	Doug Friedell	28
Maureen Kurowski	8	June Rowley	29
Allison Yoakem	8	Jorge Ignarra	29
Michael Albanese	12		
Janet Caruthers	13		
Janice Churchill	14		
Shirley Bardell	14		
Mary Christiano	14		
Beverly Ledoux	15		
Elaine Davis	17		
Howard Levine	20		
Kenneth Ayers	21		
Donna Manship	24		
MaryAnn Meekler	24		



Anniversaries: Sept 2021

Fifteen Years:

Pete Blair T2

Five Years:

Elizabeth Peyton T2

Three Years:

Carolyn Clark T6, Margaret Whitford T1, Sharon Skaryd T4, Gary Giles T4

amazonsmile

Check our website at
SCCEMS.com

f Find us on
Facebook

Stats August 2021

Ambulance Runs 347

Transported 276

Fall Calls (37.7%) 131

Blood pressures 69

Y-T-D Falls 1,129

Sick List for September 2021

Bob Bizzano	T2
Suzi Russell	T2
Maureen Kurowski	T4
Gary Giles	T4
Phyllis Kimec-Wilhelm	T4
Sylvia Eddens	T4
Dennis Nash	T7
Tom Murphy	T8
Bonnie Murphy	T8

Looking for People to Help

The Emergency Squad is always looking for new people to join and support the Sun City Center Community. Below is a little blurb about our Information Event: PAYING IT FORWARD scheduled for the month of September. Please think about your friends, family or neighbors who might be interested in attending a meeting with us to find out what we do and the many positions we offer. Invite them to a meeting or bring them with you to help us answer their questions about the work of the Emergency Squad.

Information Event: PAYING IT FORWARD

Please consider joining us for our September information event called Paying It Forward. Typically, we think of paying it forward as someone buying something for the person coming after them. However, for the Emergency Squad, you would be providing a valuable service to the community while you are able to help others. The Squad is proud of its long history of service to the community, paying it forward, and neighbor helping neighbor.

There are two components that make the Emergency Squad function. The first is money. The Sun City Center community has been very generous over the years. Donations from the community make it possible for the Squad to keep up with technology and provide the best care to our residents. The second is people. Sun City Center is a large community to serve. We are open 24/7 365 days a year. Most of our Squad members are retired, however, we have a few younger members. It is important for the Emergency Squad to continually add more people to help cover daily shifts, maintain our facility and maintain our equipment. We need more people to give of their time and to share our long history of service to the community as we pay it forward every day.

Please consider joining with us. You do not need to live in Sun City Center to join. We will train you and make you a part of our family.

Our next information event is Wednesday, September 8th, at 6 pm in our training center at 124 S. Pebble Beach. We look forward to seeing you there!

NATIONAL Pain Awareness MONTH



September is National Pain Awareness Month

A time when pain specialists and advocates **promote pain education** and **raise awareness** about issues related to chronic pain.



Goals of Pain Awareness Month:



Create a greater understanding of chronic pain among healthcare providers, patients, and the community.



Reduce stigma associated with chronic pain



Break down the barriers to effective pain management



Pain affects more Americans than diabetes, heart disease, and cancer combined.¹



In 2008, the federal and state governments spent **\$99 billion** for pain treatment.²



The **biggest cause of disability** for Americans under age 45 is **back pain**.³



Pain affects kids too: 17% of children and teens **between age 4 and 18** have frequent or severe headaches.⁴



Pain costs the U.S. **\$580 billion – \$635 billion** per year. That's about **\$2,000 per person**. This includes health care costs and lost productivity.⁵



of **American adults** say they have trouble sleeping because of **pain** or **physical discomfort**.⁶

FOR ADULTS **SUFFERING PAIN** ⁷,

28.1
PERCENT

Low back pain is the most commonly reported problem

19.5
PERCENT

Followed by knee pain

16.1
PERCENT

Severe headache or migraine

15.1
PERCENT

Neck Pain

IN A SURVEY OF **CHRONIC PAIN** SUFFERERS⁸

77

PERCENT
FELT DEPRESSED

86

PERCENT
HAD TROUBLE SLEEPING

70

PERCENT
HAD TROUBLE CONCENTRATING

WORKERS LOSE AN AVERAGE OF

4.6 HOURS

per week of productive time due to a pain condition.⁹



What's New?

VOLUNTEERS

Valuable volunteers like you make us beam,

Outstanding in the comfort you bring to our team,

Loyal and supportive in your heartfelt way,

Untiring in the efforts you offer each day,

Notable for the warmth of your special touch,

Tender yet strong when it means so very much,

Eager to share both your hope and a smile,

Encouraging all as part of your style,

Rating our highest appreciation for all you do,

Special and precious that's what we call volunteers like **YOU.**



From Chris McCann, Asst. Chief HR. Many of you are avid readers. Some of you still read "actual" books. The above bookmark poem was shared with me by one of you who is an "actual book" reader. When I read the words

New Squad T-shirts

Patty Trela and Jim Rottman sent each captain the new 2021 t-shirts for their team. If you haven't received yours yet, please check with your captain. Also, please make sure you sign for your t-shirt when you get it.

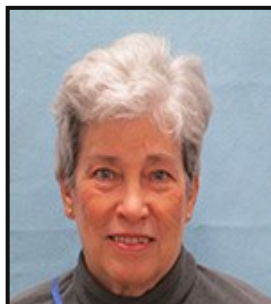


Shirts were ordered in the quantity and sizes that you requested, and there will not be an opportunity to trade in your shirt for a different size. Thank you.

Toughbook Reporting

By Merrill Pritham, Assistant Chief, Quality Control

Summer is almost over and the snowbirds will be coming back to help all of you wonderful folks who have been taking care of things here in Sun City Center.



Part of that extra effort involved lots of waiting around in the hospital and taking care of people in their hour of need who would otherwise be alone. Great job!

All that waiting does give time to getting the report spiffed up with proper details and times. A few times in August the time back at the station was earlier than the transfer of patient responsibility. The computer won't allow that.

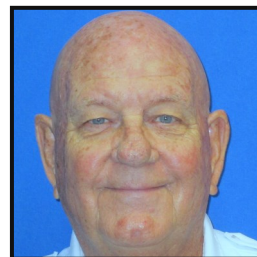
There were several instances of mis-stating where the patient was found, usually on a public road instead of at a private residence. It is so easy to hit the wrong response, but easy to correct.

A couple of times the "dead" button was hit, but since the patient was put in a bed in the care of an RN, I didn't believe it and corrected the entry.

Take time to form responses to chief complaint as well. If you use pain, for instance, rate it on the flow sheet. If the patient is sick or injured, please don't use "no pt complaint". Most of them have something to complain about, even if it is not the reason you were called. Many times we have found other problems that should not be overlooked.

Board of Directors

By Tom Canedy, Chairman Board of Directors, Captain for Team 8, EMT, Driver, EMR



The board has been busy for the last 2 months with presentations from our Insurance Carrier and Auditors. The board approved our insurance for the year 2021- 2022 year. The squad members are fully protected with our insurance policy. Our audit for 2020 has been presented to the board and approved. Our board meetings are always open to all squad members. We also are on Google Meet. All we need is a note up to 2 days prior to our meeting. Our meetings are at 1:30pm on the second Monday of every month in the Squad Training Facility.



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Team Captains

Team 1	Robert Leonard
Team 2	Betty Richner
Team 3	Chuck Russ
Team 4	Tim Zion
Team 5	Ken Ayers
Team 6	Eileen Peco
Team 7	Karen McInnis
Team 8	Tom Canedy