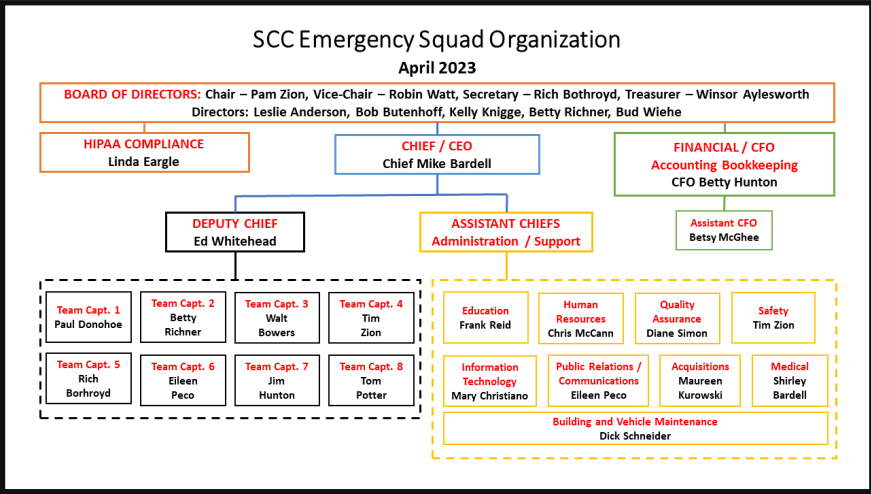


2023 Board of Directors

On March 29th, the Annual Meeting was held to review Squad business and elect Directors to the Board. There were six positions open and a great field of candidates ran. Elected to the Board were Leslie Anderson, Bob Butenhoff, Betty Richner, Robin Watt , Bud Wiehe and Pam Zion. They are joining current Board members, Kelly Knigge, Rich Bothroyd and Skip Aylesworth.

The chart illustrates the current Squad organization. In the photo, front row, left to right are: Robin Watt, Vice-Chair; Betty Richner, Director; Pam Zion, Chairman of the Board; Leslie Anderson, Director; Rich Bothroyd, Secretary/Director. Back row, left to right are: Kelly Knigge, Director; Bud Wiehe, Director; Skip Aylesworth, Treasurer/Director; Bob Butenhoff., Director.



Fall Prevention by Linda Eargle

Congratulations to every EMR and EMT who are consistently securing signatures verifying that the HIPAA policy has been given to the patient.

This month, I'd like to talk about my primary passion, fall prevention. Did you know that the SCC EMS is available to present programs on fall prevention to groups and organizations in Sun City Center at no charge. We're back to approximately 40% of our calls being fall related. We can reduce that number through education.

On a fall call, ask about frequency of calls. Suggested questions include "how did you fall?" Often the same factors that make you fall once are the factors for other falls. Another interesting question is. "Have you see a PT for your balance?" Often they will have their home exercise program sitting close by. Encourage them to return to the exercises daily.

Did you know that if you do balance exercises for at least 10 minutes a day, fall risk probability is reduced as much as 62%. How can each of us improve our balance so we can continue to do all the things we enjoy? The Federal Government has a website with tests and exercises, STEADI.gov. If you are engaged in high intensity exercises, research shows your balance, brain size as well as cardiovascular and musculoskeletal systems are improved.

My balance exercise program includes:

Standing and balancing on one foot when making my coffee. I need to stretch my ankles and foot muscle/tendons/connective tissue, so I stand on a slant board.

Stand on one foot in front of a counter. Tap your finger on the counter (either same side or opposite side hand.) Minimally, we should be able to stand on one leg without support for 10 seconds. I can do on left but not right. If I tap my right finger while standing on my right leg, I can stand 10 seconds. No tap, no 10 seconds on my right leg.

. Cont'd next column

Pool exercise. Stand on one leg. Progress from just standing to standing while moving opposite leg forward, back and/or to the side. You can hold onto the side of pool or pool floating device if needed.

Move every hour during the day. Stand, sit, etc.

If you would like the squad to present a fall prevention program or have questions or comments on fall prevention, feel free to contact me at lindaea@scc-ems.us.

Published by the SCC Emergency Squad. Editor-in-Chief, Mike Bardell; Editor Eileen Peco, Assisted by Robin Watt Articles are accepted up to the 25th of the month for the following month's issue. Items may be address to The Siren and posted The Siren mailbox, just below the Team 8 mailbox. US Postal mail should be address to: Sun City Center Emergency Squad, The Siren, 720 Ray Watson Dr., Sun City Center, FL 33573. When sending by email, send to robinw@scc-ems.us, subject line: The Siren.

Team Captains

Team 1	Paul Donohoe
Team 2	Betty Richner
Team 3	Walt Bowers
Team 4	Tim Zion
Team 5	Rich Bothroyd
Team 6	Eileen Peco
Team 7	Jim Hunton
Team 8	Tom Potter

May 2023

The Siren

Newsletter of the Sun City Center
Emergency Squad



From the Chief's Desk

By now most of the snowbirds have gone. It will be a long hard summer with fewer volunteers, but somehow we make it through. I wish to thank everyone in advance for all of your help.

After a very long wait we now have our community sign up and running. It is our hope that this will help our efforts and to promote this community and events coming up. The sign was a contribution so as to allow us to use the donation we receive go towards patient care.

We have done several HeartSaver classes to both staff at CA and KP. We have also done some Family and Friends CPR classes to various organizations. We were hoping this would strike an interest in some to join the Squad. I would appreciate it if all of you would make a push to people you know or meet. If you can get them to call Chris McCann at 813 633-1411.

Our next recruiting meeting will be an "Open House." We are making a format change, hoping to get different results. It will be May 11th at 1PM at our training center. While we are still going to have volunteers from different positions available, we will not be making the usual presentation. Instead, this will be like a "meet and greet," low-key chance for friends and neighbors to come learn more about what we do. If you are interested in helping out, let Eileen Peco know prior to the 10th.

We hope to re-start the health symposiums in the fall. Stay tuned for the date and subject matter.

Always, my many thanks to you all.



Chief Mike Bardell

Inside this Issue

Updates & Reports

What's New?

- New Toughbooks
- New Deputy Chief

CPR in the Community

2023 Board of Directors

Fall Prevention

Team Captains



SUN CITY CENTER

EMERGENCY SQUAD



UPDATES & REPORTS

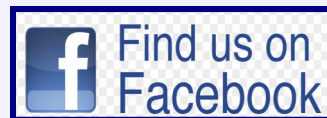
Birthdays for May 2023

Barry Bogart	3	Rena Stewart	18
Carolyn Cole	3	Gail Van Valkenberg	18
Amy Shafmaster	4	Linda Dulik	20
Edna Fleming	7	Gail Letzring	20
Cody Fernandez	8	Teresa Rowe-Wilson	22
Sharon Crabtree	9	Nancy Odden	23
Terri Deviley	9	George Ineson	23
Naomi Layton	9	Carolyn Clark	23
David Watt	10	Paul Donohoe	23
Phil Parker	10	George Ineson	23
Barclay Wallace	10	Nancy Odden	23
Robin Watt	11	Cindi Russell	24
Michael Anderson	12	Ginnette Ruiz-Rivera	25
		Deborah Spittler	30

May Anniversaries 2023

Name	Team
10 Year	
Cindi Russell	4
5 year	
Ellen Turner	1
Donna Lewis	2
Victoria Petersen	3
Jack Schneider	8
1 year	
Ronald Freda	1
Judy Mull	4
Barbara Phillips	4

Check our website at
SCCEMS.com



Stats April 2023

Ambulance Runs	295
Van Runs	82
Fall Calls (38%)	112
Blood pressures	52
Y-T-D Falls	504

Did you know we're on
LinkedIn?
Help us spread the word!



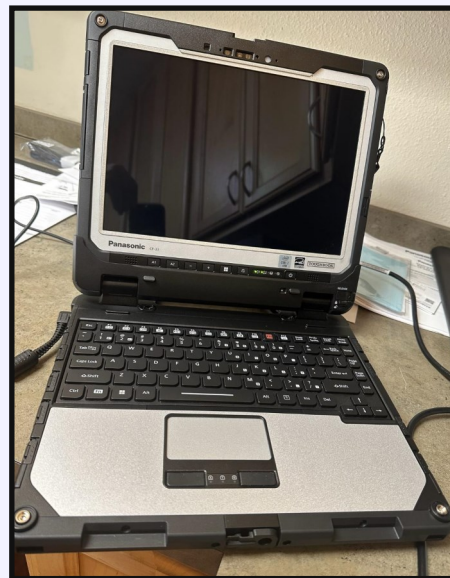
New Toughbooks— Mary Christiano, Asst. Chief IT

Just a note to let you know that we have put the new Panasonic Toughbooks on the shelf for your use. We had initially planned to have training sessions to demonstrate how they work, but due to ongoing issues with the Dell Latitude equipment, we decided to put our plans aside and make the new equipment available as soon as possible. There are currently 2 new units on the shelf: ToughBook1 and ToughBook2. There are some minor differences from our previous equipment, but the software works the same. We will have 2 additional units available in early May.

Some things to be aware of:

- To open and close the book, there is a latch instead of a button. Just slide the latch to unlock the unit and slide back to lock.
- To remove the tablet from the keyboard for signatures, slide the lock lever to the unlock position and slide the release button to the right and lift the tablet from the cradle. These buttons are located below the screen on the right side.
- To dock the tablet into the keyboard, push the tablet into the cradle until the lock icon shows next to the lock lever, then slide the lock lever to the lock position.
- The operating system is Windows 11, which is an upgrade from Windows 10. The windows menu looks different, and the power button is in the right lower corner of the popup window.
- The Power button is now below the screen instead of on the side. Hold it down for a couple seconds until the green light appears.
- The printer reset software and Emergency-Pro will load as expected, the same as it did on the Latitudes.
- The stylus we have previously used does not work on the screen. Use the stylus stored in the side of the ToughBook (has an attached cord). Or, you can use your finger, as that works as well. I will be ordering soft tip stylus pens to replace the current ones.
- The screen will go dark after 4 minutes of non-use. You may have to hit the enter key to wake up your screen.

There is a video that reviews the new Toughbook—please refer to Mary's email for the link.



What's New?

Ed Whitehead—Our New Deputy Chief

Thank you to Ed Whitehead for stepping up to be our new Deputy Chief! Ed joined the Squad in 2021 and became a Driver/EMR. Most recently he served as our Director of Driver Training.

Ed is originally from Lake Bluff, Illinois. Prior to retirement, Ed was in the insurance business. He and wife Annie retired to Sun City Center in 2020.



Annie Whitehead joined Ed and Mike Bardell for the pinning of his new badge.

MORE CPR

Next - the **Sun City AquaSizers** club held their Spring luncheon. They hosted a few Squad members and instructors and learned what's involved in performing Cardiopulmonary Resuscitation.



A demonstration was also held at the last CA meeting.

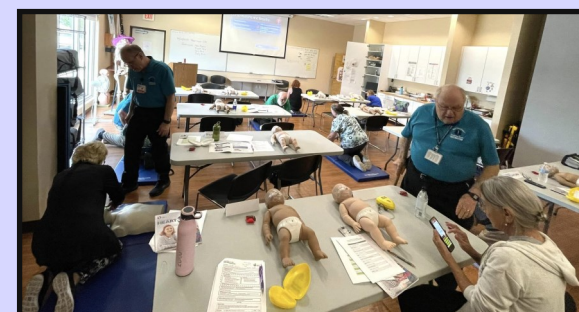


CPR in the Community

It's been a busy month for our CPR Instructors! We held a class for **Kings Point Vesta** staff and heard back about how great the class and instructors were!



We are thankful to all our CPR instructors who stepped in to help train members of our community.



On April 18th, our CPR instructors taught a "Family & Friends" CPR class at **Our Lady of Guadalupe**.



There was excellent turnout at all events and more classes have been set up.

PS—More CPR Instructors are NEEDED>

Thank you Sally and Frank Reid and all our instructors!

