

Odds & Ends

Seasonal Affective Disorder Awareness

Is seasonal affective disorder (SAD) considered depression? If so, should you be treated for it year-round even though it comes and goes? Seasonal affective disorder, or SAD, is a form of depression that primarily affects people during the fall and winter months when there is less daylight, particularly in locations farther from the equator. This lack of light can disturb the internal clock and may lead to feelings of depression. The change in seasons can also influence the body's melatonin and serotonin — natural substances that play a role in sleep timing and mood.

More than just feeling blue or lacking energy on cold winter days, SAD involves persistent, pervasive symptoms of depression. Those symptoms may include feeling sad, angry or easily irritable most of the day nearly every day; lack of interest in activities once enjoyed; difficulty concentrating; persistent tiredness; lack of energy; and, in some cases, feeling that life isn't worth living or having suicidal thoughts.

People with SAD often feel:

- tired and sleep more than usual.
- crave carbohydrates and eat more
- Symptoms may get worse as winter progresses. The good news is that there are several effective treatments for SAD:
 - Light box therapy is particularly useful.
 - Medication may also be part of treatment.
 - Psychotherapy has also been found to be effective.
 - Getting regular exercise,
 - Maintaining healthy sleep habits including a predictable sleep/wake cycle, ☑
 - Eating a healthy diet and limiting the amount of sugary foods you consume.

If you suspect the reason you're feeling blue or depressed could be Seasonal Affective Disorder, talk to your doctor.

EMT Meeting Notes cont'd.

Fourth, doing a new pit crew video with a scenario going in with all the gear; then another going in on a fall call with just a gurney and BP machine that turns into a CPR event.

This is something we need to talk about. There are many good YouTube videos on actual CPR events showing pit crews in action.

Fifth, there was discussion on QA, the usual report mistakes. EMTs need to be more attentive and take ownership.

Devils in the Details....

First and foremost, thank you for a wonderful year of service. May the New Year bring you everything you desire. We are seeing some minor errors in regards to a Facility vs a Block Address. It appears that some of you aren't sure of the difference between the two. If you are going to a Facility, it will be listed under the Facility on the Incident Tab. Block address you have to type in a Street Number and Find the Street. So what!! Facilities are licensed by the State as a Healthcare Unit. They have to meet certain requirements to be considered. It also means that if a patient is a single entity, they can be discharged to a Healthcare Facility vs going home alone to a Street Address. We all know what happened in "Home Alone"..... It's truly just a sidebar, and we will edit the report should you miss it. Thank you again for your dedication to the Community. QA/
Diane G. Simon



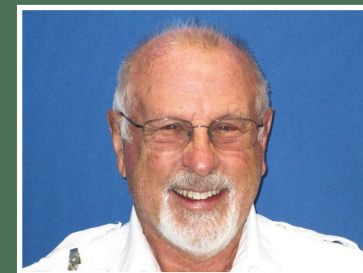
Team Captains

Team 1	Mike Stephens
Team 2	Betty Richner
Team 3	Walt Bowers
Team 4	Gerald Eckman
Team 5	Rich Bothroyd
Team 6	Ed Whitehead
Team 7	Bob Butenhoff
Team 8	Tom Murphy

The Siren

December 2024

Newsletter of Sun City Center Emergency Squad



Chief Mike Bardell

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I hope everyone had a great Thanksgiving Day and wish each and everyone all the best this holiday season has to offer. Remember that this season also brings a lot of stress to some. Don't let them ruin your season.

I was happy to see so many of you at the Awards Dinner. The dinner and entertainment were excellent. Thanks to all that made it happen. After all, the event is to recognize all of you.

You may have seen that we are changing phone systems, but we are also changing our internet. Some of our equipment is very old and if it goes bad, would cause us real problems and massive delays. So, this project has been taken on by IT. They are planning on our system having multiple redundancies. Meaning, if one goes down another will come online automatically. I have given you the view from 30,000 ft. but you can get the jest.

The contract between us and KP will be coming up for a vote on December 2nd. If you are available and can attend, I would appreciate the support. You will have to sit in the bleachers. This contract is a bulk contract which automatically will be for homeowners to pay \$2.50 a month per home for a period of time. This will help ensure our constant cash flow and not requiring us to fight every year to ensure the monthly payments.

Thank you all for getting us through 2024 – it's been a year we won't forget! Wishing you and all our community a healthy, happy holiday season and a wonderful 2025!

Happy New Year!

Updates & Reports

Birthdays for December 2024

Name	Date
Caroline Whalen	1
Cheryl Reed	1
Steve Pezzino	2
Joe Perkins	2
Brenda Hamlin	2
Bruce Alston	3
Kelly Knigge	3
Dolore Whiteside	4
Jack Riley	5
Theresa Snipe	6
LeeAnn Stinchcomb	7
Janice Rousseau	8
David Christenson	9
Kay Bogart	10
Virginia Davis	11
Diana Raphael	12
Stanley Zabetakis	13
Hazel Crosby	14
Chris Holove	15
Joan McMullen	15
Eileen Peco	16
Cheryl Masterson	16
Susan Deptula	17
Donna Heath	18
Dave Regan	19
Cynthia Lowe	20
Laura Pazourek	20
John Lackey	21
Terri Rudinitsky	23
William Zeller	24
Christian Sabbagh	25
Lawreene Hall	26
Kristin Scott	26
Patricia Johnson	27
Gene Deiss	27
Jacqueline Trautweile	29
Zade Ksaibati	29

November Statistics

Ambulance Runs	256
Van Runs	89
Fall Calls	89
Blood Pressures	40
Y-T-D	
Ambulance Runs	3306
Van Runs	1087
Fall Calls	1211
Blood Pressures	701

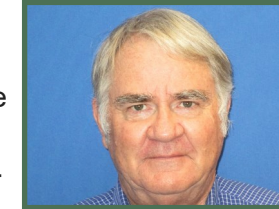
New Squad Members 2024

Name	Team	Name	Team
Chris Kerler	5	Christian Sabbagh	5
Celeste Perkins	6	Kate Doerfler	3
Joe Perkins	6	Denise Fleck	5
Gust Sarrack	6	DeeDee Parrish	5
Sue Torpey	4	Karen Fredericks	1
John Clancy	8	Nan Ryan	4
Nancy Cottrell	4	Ken Shrom	0
Peg Griffith	7	Nancy Bond	6
Lee Springer	2	Brenda Hamlin	2
MaryRose Ramacci	3	Shey Smith	7
	3	Laura Stout	2
Patsy Taylor	5	Jeff Kropp	6
Barb Turney	5	B-Jo McCourt	6
Curt DeCoux	8	Dorothy DeCoux	8
Barb Hutcheson	5	Barbara Giltner	7
Craig King	3	Diane Michaliszyn	0
Mia Southerland	1	Kevin Bautz	1
Kathleen Sutherland	1	Ellen Davis	1
	1	James Sutherland	1
Ian Weiss	4	Brad Ekiss	1
Alan Ponoroff	0	Thomas Lesh	1
Nadene Cornell	4	James McDonnell	1
Ann Simmons	5	Seville Norton	1
Kathy Vertullo	5	James Pelisek	1
Steve Pezzino	5	Julie Ware	1
Suzanne Michalak	5	Paul Bourcier	5
	5	Karen Jackson	5
Joyce Crocker	5	Victoria Karter	5
Darlene Merchant	5		

What's New!

EMT Meeting Review by Mark Anderson, EMT and CPR Manager

Ed Whitehead called an EMT meeting as we haven't held one in a long time and with the snowbirds back there had a good turnout. Several suggestions included:



- We meet every 6 weeks or so
- Every other meeting to include EMR's and drivers
- Focus on best practices and training issues
- Vicki Kosin volunteered to help get these gatherings organized

Some highlights of our discussions: we can complete the patient care report at the squad versus in the hospital. There was confusion on this issue. Many thought the policy had changed in that we had to complete the report at the hospital. Shawn Brauch made the point that completing the reports at the hospital was taking too much time out of service and suggested EMT/EMRs have the option of doing the reports in the ready room. This will put the ambulance back in service quicker. The Chief agreed. However, be diligent about getting the reports done right.

Second, the Chief ordered 40 Littmann EKO 500 stethoscopes. They will be issued out to any EMT that wants one, but are the property of the Squad at \$368.00 each. The Chief said training will be included.

Third, Shawn brought up having pre-strapped backboards on the ambulances. Most were in agreement. Shawn said there is one pre-strapped board in the garage by the O2 bottle storage rack. Pre-strapping boards is going to take some effort, standardization and quality control. Side note: I talked with Tom Potter, backboard trainer, who opines this is not a good idea given not one strap configuration fits all, so a crew may be rearranging the straps anyway. More discussion to follow.

Continued on back page

Governing Statutes and Documents

By What Authority?

The Emergency Squad, like any Florida EMS organization, operates under the laws and statutes of the State of Florida. We are licensed and must meet specific requirements to maintain that license. In addition to state regulations, the Squad also has bylaws, policies and protocols which govern our organization and our actions.

We cannot and do not make up our own policies just to meet a new situation. If something comes up and you are unsure of how it needs to be handled, please ask one of our volunteers who has the authority and knowledge to answer.

The Squad is governed by:

- Provisions of Chapter 401 of the Florida Statutes, Chapter 64J-1 & 2 of the Florida Administrative Code,
- Directives issued by Hillsborough County and the Florida Department of Transportation,
- The federal Health Insurance Portability and Accountancy Act (HIPAA), and
- The Squad's Bylaws.
- Squad Internal Policies and
- Standing Medical Orders

Our bylaws, policies and protocols are on our internal website, listed under Board of Directors Information. Bylaws can only be amended by a vote of the membership. Policies are written and amended by the Board. Our medical protocols and practices have evolved through the years and comply with State regulations. They are reviewed, updated and approved by our Medical Director, Dr. Ksaibati.

You can find these under Master Forms Database. If you have question about them, please check them out. If you think there are discrepancies, please let us know.

Anniversaries

Hal Jeffrey—10 years

Janet Carruthers—1 year