

Diabetes Awareness Month

What Is the A1C Test?

The A1C test can be used to diagnose diabetes or help you know how your treatment plan is working by giving you a picture of your average blood glucose (blood sugar) over the past two to three months.

How Does the A1C Test Work?

It can identify [prediabetes](#), which raises your risk for diabetes. It can be used to [diagnose diabetes](#). And it's used to monitor how well your diabetes treatment is working over time. It's also a critical step in forming your game plan to manage diabetes with your diabetes care team.

The big picture: monitoring treatment

This [relatively simple blood test](#) can tell you a lot. The test results give you a picture of your average blood glucose (blood sugar) level over the past two to three months. The higher the levels, the greater your risk of developing diabetes complications. Your doctor will tell you how often you need the A1C test, but usually you'll have the test at least twice a year if you're meeting your treatment goals. If you're not meeting your goals or you change treatments, you may need to get an A1C test more often.

Warning Signs and Symptoms

Know the warning signs and symptoms of diabetes and diabetes complications so you can take action to improve your health.

The following symptoms of diabetes are typical. However, some people with diabetes have symptoms so mild that they go unnoticed.

Common symptoms of diabetes:

- Urinating often
- Feeling very thirsty
- Feeling very hungry—even though you are eating
- Extreme fatigue
- Blurry vision
- Cuts/bruises that are slow to heal
- Weight loss—even though you are eating more (type 1)
- Tingling, pain, or numbness in the hands/feet (type 2)

From the American Diabetes website

Upcoming Events

- 3/4 Men's Club Fraud Seminar Community Hall 9
- 3/8 SCC Fun Fest Central CA campus 9am-2pm
- 3/12 Squad Recruiting TMG 2pm
- 3/13 KP Spring Fling—North Clubhouse
- 3/25 Annual Squad meeting at the Florida room (details on page 2)
- 3/28 SouthShore Spring Showcase @ St. Andrews
- 3/30 Replays Annual Fundraiser 2- 6pm
- 4/9 Squad Recruiting meeting details TBD
- 4/24 Disaster Planning Meetings—Community Hall and Kings Point
- 5/2 Advanced Life Decisions—KP and Community Hall
- 5/26 Memorial Day Veterans Ceremony
- 7/4 Pancake Breakfast @ Community Hall

To Assist with any events that the Squad is participating in, email Eileen Peco at eileenp@scc-ems.us.

To assist with Recruiting meetings, email robinw@scc-ems.us.

Details of community events will be in local papers and social media posts.

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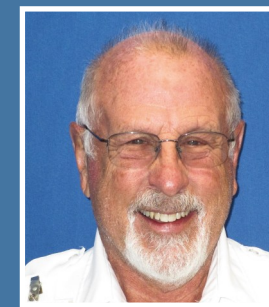
Team Captains

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

March 2025

Newsletter of Sun City Center Emergency Squad



Chief Mike Bardell

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Spring is almost here. It won't be long and we will be longing for cooler weather.

There will be an article in the paper this week hopefully on the front page. It is about parity in Sun City. Currently every home in Kings Point pays \$2.50 a month per home. In the Community Association they pay nothing for the same service. This has existed for at least 38 years. If this were corrected it would still only provide about 60% of our budget needs. Personally, I think this is good. If the community provided all of our funding without doing anything, I don't think we would look as hard at what we can do for the community. I would ask all of you to call everyone you know in the CA. Ask them to call the CA and also sign the petition.

We don't have to be the provider of service to the CA. If we step back the county would assign another company. They would then have to pay for any service. Lift assistance would then cost several hundred dollars. We don't want this for many reasons, but we need to get to a fairer system of fee for service.

The Flu (mostly Flu A, some Flu B) is running rampant in our community and the US in general. Both can last anywhere from a few days to ten or more. Both are highly contagious, especially through contact with coughing. It comes with fatigue and fever, as well as bodily aches and pains and the ever-present coughing. Other symptoms include chest congestion, nasal congestion and headaches to name a few. There have been several emails regarding this, but I wanted to stress the importance of wearing masks when attending to a patient with coughing and fever. And I am urging all staff to stay home if they have a fever or a cough (or the symptoms listed above) until symptoms go away and there is no more fever. A prescription drug called Tamiflu can help with Influenza A.

Thank you all for your commitment and stay healthy!



SUN CITY CENTER

EMERGENCY SQUAD



Reports & Statistics

Birthdays

Nancy Jackman	3/2	Donna Munz	3/14
Barb Turney	3/2	Jeanne Krull	3/17
Lloyd Banfield	3/2	Beverly Hetzel	3/18
Jill Mask	3/2	Dale Johnson	3/19
Patty McClure	3/2	Richard Bishop	3/20
Bill Grussi	3/4	Patsy Taylor	3/21
Mike Stephens	3/4	Phil Prather	3/23
Sharon Skaryd	3/4	Sam Sudman	3/23
Sue Torpey	3/6	Ann Weber	3/24
Ray Emndrezzi	3/7	Betty Richner	3/24
Rich Bothroyd	3/7	Peg Noeltner	3/24
Tom Ginter	3/8	Jo_Ellen Bromberg	3/24
Hal Jeffrey	3/8	Louise Howe	3/25
Sheila Houlihan	3/9	Karen Fredericks	3/31
Diane Alty	3/12		

Anniversaries

Name	Team	Award
Terri Rudnitsky	5	3
Patricia Hart	4	3
Ray Vaccaro	5	5
Keith Corsi	1	5

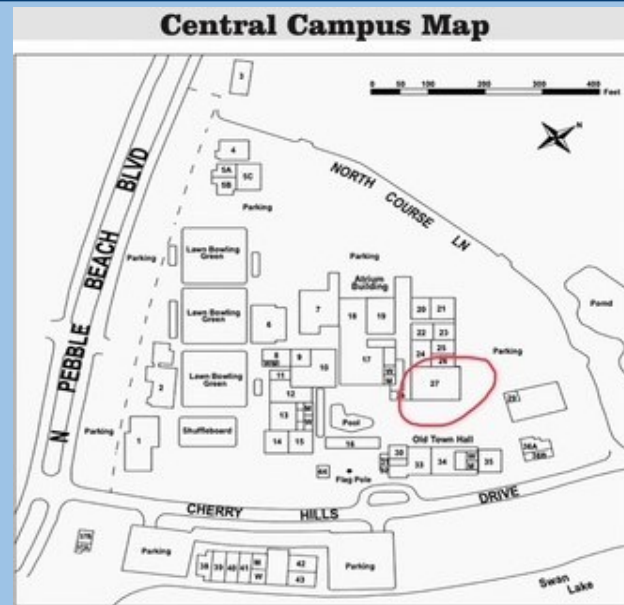
Thank you!

UPDATE SQUAD ANNUAL MEMBERSHIP MEETING

When: Tuesday, March 25, 2025 at 10AM. Where: Florida Room, Atrium Building at the Sun City Center Community Association on Cherry Hill Drive. This year we are returning to making this a more social opportunity – we will be holding a POTLUCK lunch! The Squad will be providing the entrée and we will be asking teams to provide side dishes; salads, condiments; desserts; etc. The Annual Membership Meeting is held to update the Membership regarding the status of the Squad, including business and financial status; and to present any important business matters for the Membership to consider and vote on. We look forward to seeing everyone at the Annual Meeting to hear about the past year and share ideas about the coming year.

The doors will open at 11AM; meeting to begin at 11:30am with Lunch to follow. An organizational meeting for the Board members will follow lunch.

A map of the CA Central Campus is on the right. Note the circled room.



February Statistics

Ambulance Runs	254
Fall calls	124
% of calls	48.8%
Van Runs	68
Blood Pressures	61
Year to Date statistics	
Ambulance runs	637
Fall Calls	293
% of Calls	45.9%
Van runs	139
Blood Pressures	114

Welcome and Welcome Back

Welcome Back to *Ken Ayers, Erik Sager and Jim & Betty Hunton!*

And welcome to our newest members:

Joe Horwath	Tim Murphy
Marian Stockwell	Janis McCleery
Val Sudduth	Lou-Ann Dorais
Janice Smith	Susi Murphy

HIPAA COMPLIANCE

By Linda Eargle,
HIPAA Officer

Did you know that we have requests for copies of the reports filed on ambulance runs?

Most frequently the requests are from attorneys, but patients or others may request reports. We require evidence that the patient gives us permission to provide the copy.



Thanks to our amazing IT department, we are updating our security in transmitting the HIPAA protected information we send in response to approved requests. IT continues to identify the latest in encrypted transmissions and processes to keep our medical records safe. The HIPAA requirement is that personal identifying information is only available to people who have a need to know.

For our ambulance team, that right to know ends when the person is transferred, and the report has been completed. For the rest of the squad, nothing related to patients' protected information is to be shared with anyone.

If you have a question about HIPAA policies, feel free to email me at Lindaea@scc-ems.us or call me. I'm on team 7. I am so grateful to our fantastic, dedicated IT team. As always, I appreciate each of you for your dedication to protecting patient information.

It's Nice to Know

By Ass't. Chief Chris McCann

Last week I was going through my stash of get-well, encouragement, and sympathy cards. It seems that we've been sending out a great deal of them lately and we were running rather low. Having a few minutes to spare, I hiked over to the Dollar Tree to replenish my supply.

When it was my turn at the cash register, I could tell that the clerk was obviously trying to read what was on my badge. When she discovered that I was with the Emergency Squad, her face lit up and she shared with me how wonderful we were to her when her father passed away. She mentioned that we had stayed with her for support and couldn't be more grateful for our kindness and our service.

It is nice to know. What team responded to that call is of no consequence. Just thought you should know that you are appreciated by your Squad family and the community.



Do You Know DAR?

You see her at the front desk...you see her in the Dispatch office... you see her at trade shows and events! Darlene Brown helps every team, substituting at both front desk and in dispatch whenever she is needed.

Dar has been on the Squad for 4 years. She s originally from Milwaukee and moved to Florida at 78 years old. Prior to retirement, Dar worked aas a School

Secretary. She has 2 daughters and a son!

Thank you for all you do!

