



# FANWOOD RESCUE SQUAD

SINCE  
1948

FALL/WINTER NEWSLETTER 2016

## A Year of Growth

Hello Fanwood community! The Fanwood Rescue Squad is thriving and working through a growth spurt. We've increased our membership thanks to a successful recruitment campaign. Our roster now includes 20 active EMTs and 2 probational EMTs. Active EMTs are our senior, most experienced members. Probational members are EMTs who have recently received their EMT status and require additional hands-on experience.

We are also in the midst of onboarding 15 provisional First Responders. Provisional members are our newer volunteers who have completed *Basic Life Support and First Aid for Healthcare Providers*. A key focus of our Squad is to help every provisional member proceed onward to EMT training. It's challenging and time-consuming, but a very doable journey.

The upswing in our membership is a strong sign of a caring community. Without support from our residents, the Squad would surely cease to exist as a volunteer organization.

You can help keep the Squad strong. It's through your donations that the Fanwood Rescue Squad is able to serve its purpose. Please donate now and help us keep the Fanwood Rescue Squad a no-charge service to our community. Fill out the enclosed donation card and send it back with a check or visit us online at [www.fanwoodrescue.com](http://www.fanwoodrescue.com) to make a secure, credit card donation.



◆: DONATE TODAY :◆  
IT GOES A LONG WAY



## Becoming an EMT

When the Rescue Squad was founded in 1948, the only certification a member needed was a driver's license. Today, our volunteers are certified Emergency Medical Technicians, which is defined by the U.S. Department of Transportation and demands approximately 190 hours of classroom, hands-on, and hospital observation time. In addition, our members are trained in basic life support (CPR/AED), familiar with principles of Incident Command, and those who drive the ambulances take a course in emergency vehicle operation. These requirements are the same for volunteers as they are for paid EMS personnel. Thus, it takes a committed person to go through the initial training, continuing education courses, and specialized hands-on sessions, in order to maintain his/her membership. The Fanwood Rescue Squad is truly made of dedicated individuals who care about Fanwood and its surrounding community.



## Member Spotlight

My name is Christian Roman and I'd like to share with you who I am as a person and why I volunteer for the Fanwood Rescue Squad. Ever since I was a little boy I always wanted to be a doctor (...over the course of my childhood I also wanted to be a lawyer and a pilot). But the one profession that has consistently been of interest is in the medical field. I am currently a senior attending Scotch Plains Fanwood High School. Since joining the Rescue Squad in

(continued...)

## Member Spotlight

(...continued)

December '15, I've participated in over 100 calls. The experience I've received from being a member of an EMS agency is extremely rewarding. It has taught me how to think critically and make the best decisions based on varying conditions. If I could go back in time, I would have told myself in freshman year of high school to join this organization and begin doing sooner something I love.

-Christian

## Do you know the signs of a stroke?

**Think FAST!**

- F** **FACE:** Ask the person to smile. Does one side of the face droop?
- A** **ARMS:** Ask the person to raise both arms. Does one side drift downward?
- S** **SPEECH:** Ask the person to repeat a simple phrase. Is their speech slurred or strange?
- T** **TIME:** If you observe any of these signs, **Call 9-1-1** immediately.



## Healthy Knowledge

You are having lunch with your mother when she begins to speak differently than normal and you notice her mouth is somewhat crooked. What do you do? Think **FAST!**

- F = Face:** Ask your mother to smile wide and show her teeth. Does her face seem to droop?
- A = Arms:** Ask her to hold out her arms in front of her and close her eyes. Does one arm drift?
- S = Speech:** Ask her to repeat a simple sentence or say the months of the year. Is her speech slurred?
- T = Time:** If you answered yes to all these questions, call 911 IMMEDIATELY and make note of the last time you saw her acting normally.

These are the signs of a stroke and it is the 5th leading cause of death. Stroke is the condition where parts of the brain are deprived of oxygen due to either a bleed (hemorrhagic stroke) or a blockage (ischemic stroke). Without oxygen, brain tissue begins to die (infarct) within minutes, resulting in loss of vital function and ultimately may lead to death. Individuals who smoke, are overweight, do not exercise, or suffer from any cardio-vascular issues, such as high blood pressure or high cholesterol are at an increased risk of sustaining a stroke.

If treated in a designated stroke-center, within three hours of its onset, medication and/or surgical intervention may reverse the effects of certain types of strokes, but you must act **FAST!** Calling **911** as soon as you suspect a stroke will initiate a coordinated response with Basic Life Support and Advanced Life Support providers. With the help of your local rescue squad and paramedics, the patient will be provided with the prehospital treatment and skilled medical transportation to definitive care in the quickest and most emergent manner possible. For more information including treatment and prevention, check out [stroke.org](http://stroke.org)

**CASABLANCA YELLOW** - People instantly recognize the Fanwood Rescue Squad's ambulances due to their unusual tan color scheme. This distinct color, known as Casablanca yellow first debuted on the Squad's 1971 emergency vehicle, which was a Sayers & Scovill Cadillac. While our colors remain traditional, our training, equipment, and ambulances are always kept current. In fact, the Squad is currently in the selection process for our next new ambulance to replace our oldest rig, a 2002 Road Rescue, known as '578'. We have many details to work out and have targeted the new ambulance delivery to occur early fall 2017.