



SINCE 1948

# FANWOOD RESCUE SQUAD

Spring/Summer Newsletter 2021



## PRESIDENT'S CORNER

At this time last year, we were at the beginning of what has been a long and difficult year as we navigated through a Pandemic, such as most of us had never experienced.

To date greater than 500,000 people have lost their battle with COVID-19. Some people continue to have symptoms long after the initial virus, so called long-haulers.

We are fortunate now that 3 vaccines are becoming readily available. The 1st 2 vaccines that received EUA (emergency use authorization) by the FDA are Messenger RNA vaccines which trigger an immune response and create antibodies to fight the virus. These are given as a 2-dose regimen, 3 weeks apart for Pfizer and 4 weeks apart for Moderna. The 3rd vaccine to receive EUA is the Johnson & Johnson 1-dose vaccine which uses the more traditional virus-based technology.

All 3 vaccines are considered safe and effective for preventing COVID-19 illness, hospitalization and death.

Many of our Rescue Squad members have been fully vaccinated and we encourage our neighbors and friends to consider vaccination.



It is essential that we all work together to reduce the continued loss of life and spread of this virus. Let's also continue to mask up, observe social distancing and good hand washing.

**Jamie Pedinoff**  
*FRS President*

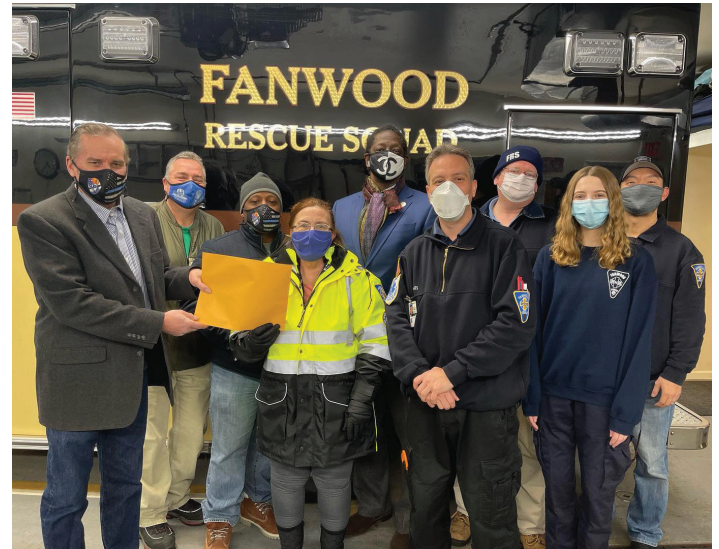
## HELP US HELP YOU

So, you just activated the Emergency Response System by calling 911! Now what? Most people don't think about this until the moment an emergency begins. Here are some helpful tips to help with the unknown of a stressful situation and better prepare you.

**1.** Make your home easy to find. Clear, visible, well illuminated house numbers can save crucial time when in an emergency. If possible, having someone outside awaiting EMS is always a sure way to make sure we find you. Even during the day having a flashlight is handy for this purpose.

**2.** Have an "In Case of Emergency" (ICE) file for each individual. Under pressure it can be really easy to forget well known

(continued on the reversed side)



## 2021 OFFICERS

**President:** Jamie Pedinoff

**Vice President:** Joan Lozowski

**Treasurer:** Nam-June Joe

**Recording Secretary:**  
Patty Buckridee

**Corresponding Secretary:**  
Ken Gorman

**Captain:** Ian Lewis

**Medical Director:** Daniel Friedman

**1st Lieutenant:** Nancy Mustachio

**2nd Lieutenant:** Brian Downing

**Sergeant:** Ed Winsor

**Training Officer:** Melissa Padulsky

**Chaplain:** Jim Drewes

**Historian:** Tom Kranz

## PLEASE SUPPORT US – DONATE TODAY!

The Fanwood Rescue Squad is a 100% volunteer organization, and not a municipal entity. Your generous donations are used to maintain our emergency vehicles, and to purchase life-saving equipment and supplies.

We are an official 501(c)(3) non-profit organization. Your gift is tax-deductible as allowed by law.

Many companies match employee donations. Does yours? Double your impact!

information. Apps can be great to organize all of our medical history but handing a phone over to EMS or hospital staff can be tricky. A hardcopy record of the following information is invaluable for accurate communication with all health care providers. Most importantly, keep this document up to date and easily available.

## Important information:

- Full name
- Date of birth
- Height and Weight
- Name of Primary Care Doctor
- Name of Specialist Doctors (cardiologist, pulmonologist, etc.)
- Name and address of your pharmacy
- List of allergies and reactions to medications
- List of all medications with the dose and frequency
- All medical conditions, even if you think it is "under control" and not a "condition" anymore
- All previous surgeries
- Social History: Do you use tobacco products? Drink alcohol?

## 3. Things to do after you have called 911.

Have someone make sure that all pets are secured away from where you anticipate medical personnel needing access. Pets can be skittish amongst the commotion of an emergency and the last thing anyone wants is to lose track of a pet. For the safety of pets and providers alike, safely secure pets as soon as possible after calling 911 prior to EMS arriving.

Ensure the entrance is unlocked. This is a frequently encountered problem for EMS which often results in having to break windows and doors to force entry and delay care.

Try to turn on all inside and outside lights to provide a well-lit working space and reduce tripping hazards. If you have known tripping hazards that can be removed please do so. If it cannot be moved bring it to the attention of anyone coming onto your property to help keep everyone safe.



Go over these preparations with all members of your family and be sure to check in on your neighbors. Being prepared in an emergency can save crucial time and make a huge difference in outcomes. For more resources and further information please visit our web site at [fanwoodrescue.com](http://fanwoodrescue.com).

**Daniel Friedman**  
*FRS Medical Director*



## FRS AUXILIARY – CALLING FOR VOLUNTEERS

Have you wanted to be a member of a rescue squad, but are not sure you have what it takes? Come join the Fanwood Rescue Squad Auxiliary! Do you have a fetish for fundraising? Are you an outstanding organizer? Do you have a hankering for helping? We could use your talents! If you just want to get involved somehow, there is a place for you. We are forming the new Fanwood Rescue Squad Auxiliary as an adjunct to provide practical and administrative support and encouragement to our dedicated first-responders who provide around-the-clock emergency medical services to our neighbors. Duties include fundraising, representing the squad at stand-by events, ensuring that the squad building is equipped to accommodate our crews especially when they need to be deployed in special circumstances like storms and other emergencies, and providing overall support and encouragement. If this sounds like something you would be interested in, please reach out to [auxiliary@fanwoodrescue.com](mailto:auxiliary@fanwoodrescue.com).



## MEMBER SPOTLIGHT

My name is Rachel Manette, and I am a member of the Fanwood Rescue Squad. I am currently a junior at Scotch Plains Fanwood High School. I have lived in Fanwood my entire life and have always wanted to be a part of something that helps my community. I was inspired by my dad to join the Rescue Squad, because he has been a member of the Fanwood Fire Department for 15 years. I have grown up watching him respond to emergency calls and serve our community. I always admired him for that and wanted to do something like that myself. As soon as I turned 16, I started looking into volunteering with the Rescue Squad. Though I have not been on the squad long, I have learned a lot from the calls I have responded to. Ever since I was little, I have wanted to be a doctor, so this experience has been a great way to introduce me to the medical field. So far, I am loving it! I am looking forward to taking my EMT class this summer. I am happy that I have found a way to not only learn more about medicine but also serve the community where I have grown up.



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