



# FANWOOD RESCUE SQUAD

Winter Newsletter 2021



## CAPTAIN'S CORNER

Another year has gone by and people still ask me the same question when I explain to them that I am a member of the Fanwood Rescue Squad. They ask "Why do you volunteer to help people?"

I have been helping people for 28 years as a certified Emergency Medical Technician (EMT) in the State of New Jersey. I first took my test as an EMT-A in 1993. I was a lot younger back then and was not married and did not have children. The appeal is still there today as I hold the position of Captain and respond to calls on my overnight crew, weekends and evenings in Fanwood. I have a family, children and more, but providing emergency medical services is an integral part of my life. It provides me with fulfillment and satisfaction like nothing else. My fellow Rescue Squad members are another family to me. This was reinforced to me just recently.

At just 20 weeks into the pregnancy for our newest daughter, it was identified by ultrasound that the newborn baby had a sizable aneurysm on her heart. The news was delivered to both my wife and I like a ton of cement blocks being dropped on our heads. Almost immediately, we were referred to Children's Hospital of Philadelphia for specialty care. At one of our monthly visits, it was identified further that the aneurysm had ruptured, and we were going to be stuck in Philadelphia remaining near the hospital. This meant our remaining three children, with help from grandparents, friends and neighbors remained in Fanwood while my wife and I and the unborn baby stayed in Philadelphia until she would be born and treated. This meant I would no longer be able to ride any calls for assistance for the foreseeable future. With no hesitation, the members of the Fanwood Rescue Squad kicked into family mode and supported us. Whether it was a delivery of clothes from home, coloring books or providing a meal for the family they were there supporting us through everything. In my absence, my fellow officers and members stepped in to provide even more coverage and time to help the residents of Fanwood. Again, this is family and the support which was needed.



I'm happy to report that our daughter was born a month early, a heart warrior who underwent heart surgery at a week old. She is now home with us as a family. She is thriving and I am also back to taking calls for the residents with my family. We care for our residents, we care for our families and we care for each other.

Please consider joining our family.

**Ian Lewis**

*Captain, Fanwood Rescue Squad*

## THE DOCTOR IS IN



**It's just indigestion...or not.**

The holidays are just around the corner and so are all those delicious foods and dinners! For some of us, bringing along antacids is just as important as the family meal itself. The symptoms may be familiar for many, but for some they are new--discomfort in the chest or upper abdomen, nausea, and for some a sour or bad taste in the mouth. If this is common for you, then you usually don't have too much to worry about. But what if this is completely new or a total change from your usual symptoms? Too often, especially around the holidays, symptoms of a heart attack are ignored or misunderstood. This isn't to suggest that every time someone experiences heart burn or indigestion that they should be worried about "the big one," but being aware of some of the common and subtle symptoms can be life-saving.

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## 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!

**amazon smile**

Support Fanwood Rescue Squad, Inc. when you shop at [smile.amazon.com/ch/22-6047101](https://smile.amazon.com/ch/22-6047101)

Save postage and the environment, donate online at [fanwoodrescue.com/donate](https://fanwoodrescue.com/donate)



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Television has done a decent job letting people know that chest pain can be a symptom of a heart attack. If it radiates to the left arm it's even more concerning. But that very common symptom is not the complete picture. Pain extending into the left arm with chest pain is absolutely concerning, of course, but ANY radiating chest pain is concerning. The data has shown that radiation into the right arm is even more predictive of an impending heart attack and radiating to both arms is even more worrisome. Pain radiating to the back and/or jaw is commonly reported as well and should be considered cardiac in nature, especially if it's accompanied by chest pain/discomfort. Do not think that if you have chest pain and you also feel it in the right arm that it cannot be your heart because you could be missing a major symptom.

As for the chest pain, it is not always clear what people mean when they say the word "pain." Any discomfort such as a heavy pressure, a squeezing or just plain old pain is concerning. If these symptoms are associated or worsened with exertion such as walking, going up stairs or other physical activity, it could signal an increased workload on the heart.

Women and diabetics are especially vulnerable to additional symptoms that might be overlooked. Trouble breathing without chest discomfort could be the only symptom present. If the pain worsens with exertion, then it is certainly a reason to be evaluated. Nausea is also commonly reported as is fatigue and is most often the most overlooked symptom in women. Sudden sweating combined with any of these symptoms also suggests further evaluation. Diabetics in particular can have very subtle symptoms, some of which are just bizarre. If there is a discomfort anywhere between the nose and the belly button that cannot be explained, especially with any of the above symptoms, this could potentially be cardiac in nature and requires evaluation.

This is not to scare you into thinking that every little symptom means it's "the big one," but familiarity with the more subtle signs, the less likely you are to ignore a symptom that could potentially save your life. When in doubt, always dial 911.

**Daniel Friedman, DO**  
*Medical Director*

***A sincere thank you to all of the local businesses who generously donated funds, meals, services, and supplies over the past several months:***

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|---|---------------------|
| Applied Air Inc                         | First Children      |
| Chelsea Senior Living                   | Houdini Pizza       |
| Family Investors Company                | Johnson & Johnson   |
| Fanwood Animal Hospital                 | K9 Resorts          |
| Fanwood Bagels                          | M&T Bank            |
| Fanwood Chemical                        | Northeast Doors     |
| Fanwood Clipper                         | PAL of SP           |
| Fanwood Dental Group                    | RBC Capital Markets |
| Fanwood Lions Club                      | Star Contracting    |
| Fanwood PBA                             | Williams Surgical   |
| Fanwood Presbyterian Church/Thrift Shop | Young Nail Café     |



## MEMBER SPOTLIGHT

**JULIANA LANCE**

My name is Juliana Lance and I have been an EMT with the Fanwood Rescue Squad for almost a full year now. I am incredibly lucky to say that before joining the Rescue Squad, I had never even been inside of an ambulance.

I was inspired to volunteer when my father started volunteering. One day I brought my kids to the Squad building to go visit Grandpa and see the ambulance. My father said to me, "Are you ready for your interview?" Since I am already a Registered Nurse, it only made sense to go ahead and jump right in!

The Squad assisted me in finding EMT classes and provided all of the funding for my training and new certification. I have gained such great clinical experience, growing more in the medical field, and have also made some amazing friendships with the other Squad members. I am proud to serve my community with this special opportunity provided to me by the Fanwood Rescue Squad.



## OFFICERS-ELECT FOR 2022

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|---|--------------------------------------|
| <b>President:</b> Jamie Pedinoff                  | <b>Captain:</b> Ian Lewis            |
| <b>Vice President:</b> Joan Lozowski              | <b>1st Lieutenant:</b> Brian Downing |
| <b>Treasurer:</b> Nam-June Joe                    | <b>2nd Lieutenant:</b> Ed Winsor     |
| <b>Recording Secretary:</b> Patty Buckridee       | <b>Sergeant:</b> Juliana Lance       |
| <b>Corresponding Secretary:</b> Eric Breidenstein |                                      |