



FANWOOD RESCUE SQUAD

Winter Newsletter 2022



CAPTAIN'S CORNER

Fellow residents - it is that time of the year, as holidays, family and the colder weather all approach. We all have to take care of each other during the colder months of the year. Sometimes just sharing a friendly hello with an elderly neighbor or sharing a dinner to ensure they are doing well. "It takes a village" is the expression and our borough is no exception to this, with kindness and readiness everywhere you look. All you have to do is ask, and help will be on the way before you know it. Post it on social media, message friends, or call for help by phone. Don't wait until it is too late or you really need the help. We have endured a lot in the past years from a pandemic to a tough economic market, and interesting times continue with costs increasing. There is no reason to feel you are alone dealing with these issues and help is there if you need it.

In preparation for and during the winter storms, clear ice, snow, leaves, and other debris from driveways, downspouts and doorways. Ensure you have prescriptions refilled, easy access to flashlights and water, and charge up your mobile phones and other devices. Check in with neighbors before, during and after storms to make sure they are ok. Have your heating system serviced and filter cleaned or replaced to ensure the best performance. Colder weather means more time indoors, so ensure your fire and carbon monoxide detectors are working properly and have batteries. Stock up on necessities in advance, and don't wait right before storms as supplies dwindle fast. During the colder seasons we see more falls, injuries and calls for help at home.

Tips and Tricks for the colder seasons:

- Be sure to bundle up in layers as the winter temperatures set in
- Cover your head as the majority of body heat is lost from this location so use hats, scarves and whatever you like to feel warmer
- Fingers and toes need more care as they get cold first (I love my wool socks)
- Minimize alcohol intake and be active as much as possible
- Find that favorite book of the season and read it while watching the snow fall or frost form
- Close doors and seal gaps where air seeps into your house
- Keep an up-to-date list of medicines and medical conditions

Other novel suggestions:

- Use a pair of socks to keep car wiper blades free of ice
- Sanitizer is a natural de-icer for frozen door locks
- Ceiling fans can be used in the winter rotating clockwise to disperse heat in a room

(continued on the reverse side)



OFFICERS-ELECT FOR 2023

| | |
|--|---|
| President: Karolyn Buckridee | Captain: Ian Lewis |
| Vice President: Jamie Pedinoff | 1st Lieutenant: Brian Downing |
| Treasurer: Nam-June Joe | 2nd Lieutenant: Ed Winsor |
| Recording Secretary: Patricia Buckridee | Sergeant: Juliana Lance |
| Corresponding Secretary: Eric Breidenstein | Training Officer: Melissa Padulsky |

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!



Support Fanwood Rescue Squad, Inc. when you shop at smile.amazon.com/ch/22-6047101

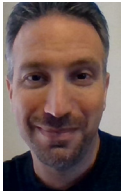
Save postage and the environment, donate online at fanwoodrescue.com/donate





(continued)

Protect yourself and your health by forming good sleep habits, eating a balanced diet, drinking lots of fluids and taking medication appropriately. Make incremental changes - instead of that big festive meal for Thanksgiving or Christmas, try smaller meals spread out. Little changes can make a big difference in all of our lives. If you feel ill, reach out to your healthcare provider and treat it aggressively. You know your body and when things are not right, you know it so listen to your inner voice. Vaccinations and preventative care are important but are not perfect. In the event you need immediate medical help, pick up the phone and dial or text 911. Make sure you tell the emergency dispatcher your name, address, what is wrong, when did this start and any pertinent medicines or medical history. This is where that up-to-date list of medicines, insurance information, medical conditions and providers will come in handy. Don't hang up the phone until the dispatcher tells you to and as help arrives, you will be on your way to assistance. We are here for your emergency needs.

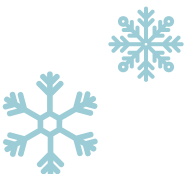


Happy Holidays and Happy New Year from all of our officers and members at the Fanwood Rescue Squad.

Ian Lewis
Captain, Fanwood Rescue Squad

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

- | | |
|--------------------------------------|---------------------------------------|
| Coldwell Banker Realty | Fanwood-Westfield Cardiology |
| Dilollo Chiropractic | Goddard School |
| Estate of Elvin C. Downer, Jr | K9 Resorts |
| Family Investors Company | Northeast Doors |
| Fanwood Animal Hospital | Primordial Music |
| Fanwood Bagels | Scotch Plains-Fanwood Baseball League |
| Fanwood Benny Nail | Scotch Plains-Fanwood PAL Football |
| Fanwood Chemical Inc | Star Contracting |
| Fanwood Clipper | The Chelsea at Fanwood |
| Fanwood Dental Group | United Way of Central NJ |
| Fanwood Presbyterian Church | Williams Lift Company |
| Fanwood-Scotch Plains Service League | |



MEMBER SPOTLIGHT

SPENCER DORAN

My name is Spencer Doran, and I am a high school student at Scotch Plains-Fanwood High School and a provisional member of the Fanwood Rescue Squad. I joined the Rescue Squad in May 2022 and I have loved it ever since then. I have always known I wanted to go into a medical profession and this is the perfect stepping stone. I love being able to learn new things while also being able to help people. I am very proud of the way I can serve my community and help people in a way they will always remember. I plan on obtaining my EMT certification in 2023 and continuing to ride for the Fanwood Rescue Squad.

One of my favorite parts of the EMS world is how interconnected everyone is. No matter where we are, everyone in the EMS community is always willing to help each other, which is incredible. I have been a part of multiple crews helping cover other towns when they have needed it, and I've had a great experience every time. Everyone in emergency services is so generous with their time and energy. No matter what the occasion, they are all willing to pitch in and help their communities and other agencies. I have already learned so much and I am confident I will continue to for years to come.



We are grateful to the late Elvin C. Downer, Jr., a long-time Fanwood resident, for his generosity in naming the Fanwood Rescue Squad and a number of other community organizations in his will. His thoughtful gift will help us purchase much-needed medical supplies and maintain our ambulances and equipment. We sincerely thank you.