



SINCE 1948

FANWOOD RESCUE SQUAD

Summer Newsletter 2025

FANWOOD'S LIFESAVERS: A CALL TO SERVE IN CHANGING TIMES

By *Nancy Mustachio*

"It takes a village." Fanwood proves this every day. We look out for our neighbors, nurture our children, and protect our shared resources. This caring spirit makes our town feel like home. For decades, the Fanwood Rescue Squad has embodied that spirit—answering calls at all hours, offering comfort in crises, and ensuring our residents receive timely medical care. Yet, like volunteer rescue squads nationwide, we now face a critical challenge: dwindling membership.

The Reality

Demand for emergency medical services keeps rising, but attracting and retaining volunteers has never been tougher. Work, school, and family obligations leave little room for extra commitments. Without new volunteers, the system that keeps towns like ours safe is at risk.

Why Volunteer?

- Make a tangible difference. Be the calming voice and steady hand when someone needs it most.
- Gain life-saving skills. Certifications and training translate to everyday life and future careers.
- Explore career paths. Considering healthcare, emergency services, or public service? Real-world experience is invaluable.
- Strengthen community ties. Join a team rooted in service and camaraderie.

Who Can Help?

- High-school and college students seeking meaningful service hours or hands-on experience
- Working professionals able to cover an occasional shift
- Retirees with time, wisdom, and a desire to give back



Even if riding in an ambulance isn't for you, we need help with administration, fundraising, landscaping, and community outreach. There's a place for every skill set.

The Cost of Inaction

Without volunteers, Fanwood could face:

- Longer emergency response times
- Greater dependence on paid services
- Higher costs passed on to residents

Your involvement can prevent this.

Join Us—Your Community Needs You

Volunteering with the Fanwood Rescue Squad means joining a legacy of service that has safeguarded our town for generations. If you've ever thought about helping, now is the time.

Reach out, ask questions, and discover where you fit in. Your time, talent, and heart can make all the difference. Remember: when we help each other, we keep Fanwood strong.

SUPPORT THE FANWOOD RESCUE SQUAD – EVERY CONTRIBUTION AND VOLUNTEER COUNTS!

The Fanwood Rescue Squad thrives through the dedication of volunteers and the generosity of community members like you. We are a 100% volunteer organization, not funded by municipal resources. Your donations help us maintain our emergency vehicles and purchase essential, life-saving equipment and supplies.

As an official 501(c)(3) non-profit organization, your contributions are tax-deductible. Furthermore, many employers offer donation-matching programs, potentially doubling the impact of your gift. Consider checking if your company participates.

In addition to financial support, we urgently need more volunteers to help us respond to medical emergencies. Volunteering with us is a profound way to give back to the community, learn valuable skills, and truly make a difference. Whether you can give a few hours a week or more, every bit of help counts.

For convenience and environmental consideration, donate at fanwoodrescue.com/donate. Join us in our mission to provide vital emergency services to our community—your support is invaluable!



STAY SAFE THIS SUMMER: PREVENTING OUTDOOR INJURIES

By Nancy Mustachio



Enjoy the season, but keep these quick tips in mind so fun doesn't turn into a trip to the ER.

Heat Exhaustion & Heat Stroke

- Hydrate often: Water every 20 minutes—even if you're not thirsty
- Cool down: Seek shade or AC at the first sign of dizziness or nausea
- Know the danger signs: Hot dry skin or confusion → call 911 immediately

Sports Injuries

- Warm up and stretch before any game or run
- Wear proper gear: helmets, pads, or braces as needed
- Stop if it hurts: rest, ice, and elevate; get checked for concussion symptoms

Water Safety

- Never swim alone; watch children constantly
- Stay within your limits and avoid deep water when tired
- Learn CPR so you can act fast in an emergency

Biking & Motorcycle Safety

- Helmet every ride, properly fitted and buckled
- Be visible: obey traffic laws, use lights/reflectors at night
- Skip distractions: no phones or earbuds while riding

Hiking & Outdoor Adventures

- Pack essentials: plenty of water, snacks, and a map
- Stay on marked trails in sturdy footwear
- Share your plan and estimated return time with someone

The Fanwood Rescue Squad is always here if you need us—let's keep it a safe, injury-free summer!



MEMBER SPOTLIGHT

DECLAN CASSIDY

Hi, I'm Declan Cassidy, and I grew up right here in Fanwood. I graduated from Scotch Plains–Fanwood High School in 2018, where I played football and wrestled. After a stint at Union County College, I enlisted in the U.S. Army on a four-year contract.

I volunteered for the Ranger Assessment and Selection Program (RASP), completed Airborne School, and was assigned to the 3rd Ranger Battalion. There I trained in close-quarters combat and airborne operations, and I got my first real taste of medicine through the Ranger First Responder course—an experience that sparked my passion for health care.

Later I served with the 82nd Airborne Division, graduated from Ranger School, and earned both my Ranger Tab and Expert Infantry Badge. Along the way I collected a few injuries, including a hard landing that tore several ligaments in my ankle. The physician assistant who treated me was outstanding and inspired me to become a PA myself.

After several years in the South, I started to miss home—my friends, family, and, of course, real Italian food—so I returned to Fanwood. I'm now volunteering with the Fanwood Rescue Squad while working toward PA school and enjoying civilian life: working out, hitting the beach, catching up with friends, and occasionally relaxing with a margarita.

It feels great to be back in the community that shaped me, and I'm grateful for the chance to serve Fanwood once again.



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