



Fanwood Rescue Squad

SINCE 1948

WINTER NEWSLETTER
2025

Serving Fanwood Through the Seasons



As fall settles in and winter edges closer, the Fanwood Rescue Squad continues to answer calls at all hours, in all kinds of weather. Our volunteers don't slow down when the temperature drops—if anything, the season keeps us on our toes with icy sidewalks, seasonal illnesses, and the challenges that come with shorter days.

This time of year is always a transition for us. Many of our college-bound members have returned to their studies. We're proud of them, but their absence leaves gaps in our roster. That means now is the perfect time for new volunteers to step forward.

Volunteering doesn't only mean riding in an ambulance as an EMT. We also need first responder drivers and support roles that are just as important to keeping the Squad running. If you're good at organization, you might help with uniforms, equipment, or supplies. If you have a knack for writing, you could assist with grants and fundraising. Every role makes a difference, and every volunteer helps our neighbors get the care they need.

Of course, community isn't just about emergencies, it's also about celebrations. Our members look forward each year to the Fanwood holiday traditions, from the tree lighting to the Santa parade, when we get to see friends and neighbors gathered together in the spirit of the season. It's a reminder of why we serve: because this town feels like family.

If you've ever thought about giving back, now is the time. Whether behind the wheel, at the scene, or behind the scenes, there's a place for you in the Fanwood Rescue Squad.



Fall & Winter Safety: Staying Healthy and Injury-Free

When the days get shorter and the air gets colder, the Squad sees certain types of calls more often. Here are a few common seasonal issues—and how you can help prevent them:

1. Slips and Falls on Ice

Wet leaves in the fall and icy sidewalks in the winter make walking tricky. Wear shoes with good traction, take smaller steps, and keep walkways clear and salted when it's icy.

2. Seasonal Illnesses

Colds, flu, and other viruses spread quickly once the weather turns chilly and people gather indoors. Wash your hands often, cover coughs and sneezes, and don't hesitate to see your doctor if you're feeling worse than usual.

3. Overexertion While Shoveling Snow

Snow shoveling places a strain on your heart and back. Take frequent breaks, push (don't lift) snow when you can, and ask a neighbor for help if you need it.

4. Carbon Monoxide Risks

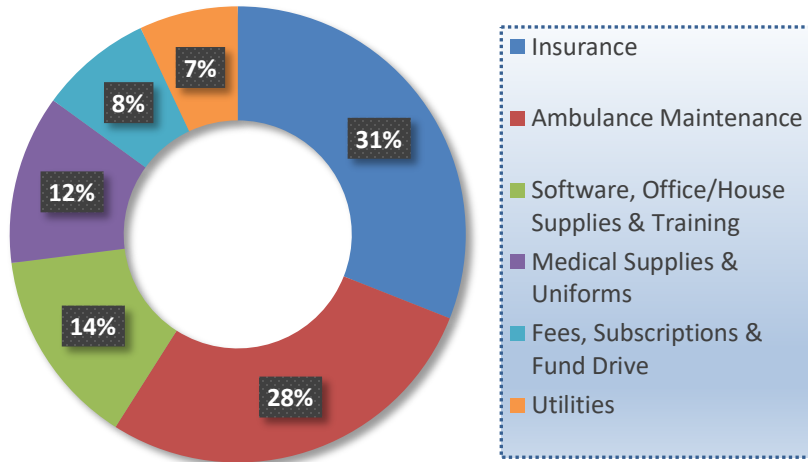
Space heaters, fireplaces, and gas appliances can be lifesavers in winter, but they also raise the risk of carbon monoxide exposure. Always use them safely, ensure proper ventilation, and install CO detectors in your home.

5. Holiday Hazards

Whether it's climbing a ladder to hang decorations or cooking for a crowd, holiday cheer can come with a few risks. Take your time, use safe tools, and keep fire extinguishers handy in the kitchen.

A Slice of Pie: Previous Fiscal Year

These figures represent a full year of expenses for **FY2024**, a period when our Squad focused on **bringing a second ambulance into service**. This important upgrade required additional **maintenance, training, and preparation**, all reflected in the distribution of our annual costs.



The Lives We Lead: Meet the People Behind the Squad

When you call 911, you get trained responders — but you also get your neighbors. The Fanwood Rescue Squad is made up of people from all walks of life, each bringing their own story, passion, and personality.

Who are our members, when they're *not* wearing the uniform? Here's a **glimpse of just three**.

A Lifelong Healer with a Grandkid Fan Club

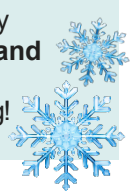
One of our longest-serving members joined the squad back in **1985** and has been caring for Fanwood ever since. A retired RN with talents ranging from **baking to woodworking**, she now boasts **seven grandchildren** who keep her just as busy as EMS ever did. Her favorite holiday? **Christmas**, hands down — and she has the **cookies** to prove it.

A Numbers Expert Who Has Seen 49 States

Another member — a "Fab 50" dynamo — works as a **Technical Service Senior Manager**, loves math, into K-drama, and has only one U.S. state left to visit. She **joined the squad at age 45** as living proof that it's *never too late* to help your community. Her holiday table features roast chicken for Thanksgiving (not Turkey) and a prime rib spread at Christmas, **yum!**

A Nurse with a Trumpet and a Grand Christmas Eve Tradition

From Plainfield, one of our RN volunteers spent years studying **music** and has played the **trumpet since fourth grade**. Their family's legendary holiday tradition is Christmas Eve Italian food followed by an annual, slightly chaotic gift exchange known as "**The Grand Sweepstakes**." Don't worry if you don't know the rules, everyone wins something!



How you can help us!

At the Fanwood Rescue Squad, we work hard to be responsible stewards of every dollar entrusted to us. We research our purchases carefully, invest in durable, high-quality equipment, and look for competitive pricing wherever possible. We pursue grants, plan ahead, and budget thoughtfully — because preparing for a "rainy day" is part of our job.

But the truth is simple: **we rely on community support to keep our ambulances on the road and our volunteers equipped to help**. Your donations directly fuel our ability to respond, train, and serve.

If you're able, please consider making a **contribution today**. Your generosity keeps Fanwood safe — and we're deeply grateful for it.



Come **volunteer with us**. We've got roles for drivers, EMTs, supply organizers, grant gurus, newsletter writers, or social media mavens. If you would like to lend a hand, drop us a line at info@fanwoodrescue.com or fill out an application online. If you ever thought about helping, **now is the perfect time** Join the Fanwood Rescue Squad and **make an impact right here at home**.



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