

## First Responders Newsletter April 2011

Are we all waiting for Spring? Maybe we should ask Al Gore where the global warming went to?

Hope you all had a wonderful Easter weekend and enjoyed what we do have in this country to be thankful for, hot or cold.

We have a wonderful group of people who are committed to being interrupted of their time and energies to help people in medical distress, now how much better can it get especially when you compare the alternatives. Every month, each call brings its own set of circumstances, some are very serious, some are humorous, some bring new challenges and learning curves, but all are met with professionalism and true concern for the well being of the patient and families.

FR's took part in the Mock Critical Incident Practice, held on March 29. There were over 294 people involved, including Police, Ambulance, Search and Rescue, Hazmat, First Responders, Coroner, Victim Services and Ministry of Transportation. These are wonderful practices, preparing the Emergency Services people, so in a REAL critical incident everyone will know exactly what to do, without confusion and uncertainties. Well done SSFR's!

Do you know what to do if you are involved with a medical emergency? Do you know CPR? Do you know where medical information is located for quick referrals? Sorrento OAPO has the Orange Bottle Drive. You fill out the medical information on a sheet of paper and keep it in an orange bottle in your fridge, you have a magnet for the fridge, (some people put in on their front door if it is steel) saying where the info is. If you would like a bottle for your home, Jessie Grainger is the person to contact. 250-675-2611

We are very pleased to have Mark and Kyle from Sunnybrae coming to our practices and are very keen on becoming FR's. Welcome Mark and Kyle, maybe you can bring along 2 more buddies?

Shaughn Gamblin, as always, gave an excellent presentation on the First Responders at the Cedar Heights Open House. Good job Shaughn, Thank you!! If you missed the Annual Open House at Cedar Heights, make a note on your calendar for next year and come out to see what the Shuswap has to offer. There are some very interesting things happening.

Saturday, May 7, 9:00 - 2:00 the 5th Annual Emergency Preparedness Expo' will be held at the Piccadilly Mall, and our SSFR's will be there, along with many other emergency units. Emergency Preparedness deals with disasters involved with nature, fire, wind, flood, earthquake etc. There will be demonstrations, including the use of the Jaws of Life and other life saving devices. Also lots of information on how you can be

prepared for any disaster.

May 8, will see the FR's at the White Lake Annual Mothers Day Pancake Breakfast, being held at the White Lake Hall on Parri Road. We will be there for the purpose of information giving and to give people the opportunity to order their Reflective House Numbers. You cannot be found effectively in an emergency if your house numbers are not easily seen from the street. Help us help you by putting up your house numbers in a Reflective sign. Thank you.