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*Proudly serving the community  
since 1966!*

Franklin Rescue Service is primarily a volunteer organization; proudly serving the Town of Franklin since 1966.

Originally established as part of the Franklin Fire Department, patients were transported to the hospital in a hearse. Technology has changed and the service now has a new ambulance, twelve certified members and numerous drivers who answer the radio 24 hours a day, 7 days a week.

For more information about Franklin Rescue Service, to volunteer, submit ideas or to be added to the email or hardcopy mailing list for upcoming newsletters, or to contribute to the Squad's general fund, please contact David Rood, Squad Leader.

The Pulse is published by Franklin Rescue Services for informational purposes only. The information contained herein is not intended to diagnose, treat, cure any disease or in any way replace the information provided by your physician. This newsletter was compiled and written by Jennifer Mullen Wright and edited by the officers of Franklin Rescue, David Rood, Squad Leader; Polly Gadbois, Assistant Squad Leader/Treasurer; and John Burley, Training Officer. Any questions, comments or concerns should be directed to Franklin Rescue Service at the numbers or addresses listed above.

## Volunteer Opportunities

Franklin Rescue is always looking for volunteers willing to commit the time and training to assist our neighbors in the Town of Franklin. There are also opportunities to help with fund-raising, marketing and more. We would love to hear from you.

### ATV Safety

Any activity involving high speeds and heavy machinery can be risky. To help stay safe on an ATV, follow common sense safety tips.

- Get trained
- Wear a helmet & protective gear
- No children on adult ATVs
- Don't ride tandem
- Don't ride on pavement
- Don't ride under the influence

The Consumer Product Safety Commission released it's report in February on ATV Injuries. This report revealed

that "For the seventh year in a row, serious injuries caused by all-terrain vehicles (ATVs) increased, and children under age 16 continued to suffer a significant portion of those injuries."

Over 145,000 people annually are injured by ATVs and over 800 of those resulted in death.

Source: Consumer Product Safety Commission (atvsafety.gov), Accessed April 5, 2008



Franklin Rescue Service



# The Pulse



*Making Your Health and Wellness Our Top Priority*

Volume 1, Issue 2 June 2008

## STROKE is an EMERGENCY

Stroke affects approximately 780,000 people each year in the United States and is the third leading cause of death behind cardiac illness and cancer.

What is a stroke? Any sudden interruption of the blood supply to the brain is classified as a stroke. An ischemic stroke, caused by a blockage of an artery which supplies blood to the brain, accounts for almost 90% of all strokes. Hemorrhagic strokes are caused by burst blood vessels which leak blood into the tissues of the brain.

The extent of injury and the effect on the body is determined by where in the brain the stroke occurs. Damage typically occurs only in the area immediately surrounding the blockage or bleed. While some patients may complain of pain, often strokes can be completely painless. It is vital to recognize the warning signs and seek medical attention immediately.

Treatment: To ensure the best possible outcome, treatment for a stroke needs to occur within three hours of the onset of symptoms.

"Clot busting" medication called tPA (Tissue Plasminogen Activator) can reduce the severity of an ischemic stroke if administered within the three hour window. Other treatments include blood thinners, blood pressure medication and physical therapy after the stroke has occurred. **Early treatment increases survival rates and directly improves the chance for recovery of brain function.** Fletcher Allen Health Care in Burlington is the nearest facility to Franklin with a Stroke Unit; with transport time of one hour—it is vital that emergency services be initiated as soon as symptoms are recognized.

Risk Factors: People at any age can experience a stroke, however most strokes occur in patients who are 60 or older. Women, and African-Americans carry the highest risk of stroke. Several other risk factors for stroke include high blood pressure (hypertension), heart disease, smoking, and diabetes. Talk to your doctor about stroke risk and the things you can do today to decrease your risk.

Sources: American Heart Association, Internet Stroke Center, National Institute of Neurological Disorders

### Warning Signs of a Stroke:

Dial 9-1-1 immediately if you or someone you know experiences any of these symptoms.

- Sudden numbness of the face, arm, or leg, especially on one side of the body
- Sudden confusion, trouble speaking or understanding speech
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden severe headache with no known cause.

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### ALWAYS WEAR A LIFE JACKET



Whenever you are on or around the water, please be sure you and all the members of your family wear a proper fitting Personal Flotation Device.

## 20 Tips for Healthy Eating

The sun is out, the land is tilled, and the vegetable plants have gone into the ground. Our gardens will soon produce a bounty of fresh veggies and herbs. It's the perfect time to integrate those foods into your diet and start the habit of healthy eating. Here are 20 tips for healthful – and enjoyable – eating.

1. Eat a variety of food; since no single food is perfect, you need a balanced mix of foods to get all the nutrients you need.
2. Eat more vegetable products and fewer animal products.
3. Eat more fresh and homemade foods and fewer processed foods. Avoid fast food and junk food. You know what they are.
4. Choose your fats wisely. Cut down on meat, the skin of poultry, whole dairy products, stick margarine, fried foods, snack foods, and commercial baked goods made with trans fat. Get "good fats" from fish and nuts.
5. Consume at least three cups of non- or low-fat dairy products a day.
6. Choose your carbs wisely. Cut down on simple sugars; remember that sodas, sports energy drinks, and fruit juices are loaded with sugar. Cut down on highly refined products made with white flour. Favor whole grain products. Learn to like bran cereal, vegetables, fruits, nuts, and seeds.
7. Eat protein in moderation. Favor fish and skinless poultry. Aim for 5½ ounces of protein-rich foods a day; count one ounce of cooked fish, ¼ cup of cooked beans or tofu, ½ ounce of nuts or seeds, one egg, or one ounce of cooked lean meat or poultry as equivalent to one ounce.
8. Restrict your sodium intake by avoiding processed foods and salt.
9. Eat more potassium-rich foods, such as citrus fruits, bananas, and other fruits and vegetables. Eat more calcium-rich foods, such as low-fat dairy products, broccoli, spinach, and tofu.
10. Eat more grain products, especially whole grain products, aiming for at least six ounces a day. Count one cup of dry cereal; ½ cup of cooked cereal, rice or pasta; or one slice of bread as one ounce. Whole grains and brown rice should provide at least half of your grains – the more the better.



11. Eat more vegetables and beans, especially deep green and yellow-orange vegetables. Aim for at least five servings a day. Count one cup of raw leafy greens, ½ cup of cooked or raw vegetables, or ½ cup of vegetable juice as one portion.
12. Eat more fruits, aiming for at least four servings a day. Count one medium-size piece of fruit; ½ cup of fresh, frozen or canned fruit; or ½ cup of fruit juice as one portion.
13. Eat more fish, aiming for at least two servings each week. Remember to broil, bake, or grill instead of frying.
14. If you choose to eat red meats, try to reduce your intake to about two-4 ounce servings per week. Avoid "prime" and other fatty meats, processed meats, and liver. Switch to chicken and turkey, always removing the skin. Be sure your meat and poultry are cooked well.
15. Eat eggs sparingly; aim for an average of no more than one yolk per day.
16. Eat seeds and unsalted nuts.
17. Choose healthful oils, favoring olive and canola oils. Avoid partially hydrogenated vegetable oils.
18. If you choose to use alcohol, drink sparingly. Men should not average more than two drinks a day, women, one a day. Count five ounces of wine, 12 ounces of beer, or 1½ ounces of spirits as one drink. Never drive or operate machinery after drinking.
19. Adjust your caloric intake and exercise level to reach your best weight. If you need to reduce, aim for gradual weight loss by lowering your caloric intake and increasing your exercise.
20. Avoid fad diets and extreme nutritional schemes.

To enjoy a healthful diet, experiment with new recipes and meal plans. Involve your family, change slowly, and be creative. Smart eating will make you healthier, and good eating can make you happier. Instead of dreading your new diet, have fun with it.

Remember that these guidelines are intended for healthy people; people with medical problems should consult their doctors to develop individualized nutritional plans.

Source: PatientEducationCenter.org, Accessed May 9, 2008

## What You Can Do to Prevent Falls

Many falls can be prevented. By making some changes, you can lower your change of falling.

1. **Begin a regular exercise program:**  
Exercise is one of the most important ways to lower your chances of falling. It makes you stronger and helps you feel better. Exercises that improve balance and coordination (like Tai Chi) are the most helpful. Lack of exercise leads to weakness and increases your chances of falling. Ask your doctor or health care provide about the best type of exercise program for you.
2. **Have your healthcare provider review your medicines:**  
Have your doctor or pharmacist review all the medicines you take, even over-the-counter medicines. As you get older, the way medicines work in your body can change. Some medicines, or combinations of medicines can make you sleepy or dizzy and can cause you to fall.
3. **Have your vision checked**  
Have your eyes checked by an eye doctor at least once a year. You may be wearing the wrong glasses or have a condition like glaucoma or cataracts that limits your vision. Poor vision can increase your chance of falling.

4. **Make your home safer**  
About half of all falls happen at home. To make your home safer:

- Remove things that you can trip over (like papers, books, clothes, and shoes) from stairs and places where you walk.
- Remove small throw rugs or use double-sided tape to keep the rugs from slipping.
- Keep items you use often in cabinets you can reach easily without using a step stool.
- Have grab bars installed next to your toilet and in the tub or shower.
- Use non-slip mats in the bathtub and on shower floors.
- Improve the lighting in your home. As you get older, you need brighter lights to see well. Hang light-weight curtains or shades to reduce glare.
- Have handrails and lights put in on all staircases.



### SAVE THE DATE:

The annual Franklin Fire & Rescue Chicken BBQ will be held on Saturday July 5, 2008 at the Franklin Central School with servings from 4:00 p.m.—7:00 p.m. Tickets are available from department members or by calling 285-9911 or 933-2022.

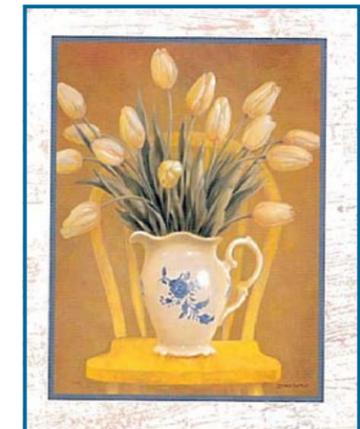
We look forward to seeing you there!

### NEW EQUIPMENT

Thanks to a generous donation from a member of our community, Franklin Rescue has purchased a Stryker Power Pro gurney.



The stretcher can support up to 700 lbs and the power lift/lower feature will benefit all rescue members when moving patients. Franklin Rescue wishes to thank our special benefactor whose very generous donation will benefit the Franklin Community for years to come.



**Here are some more wonderful words of thanks that Franklin Rescue receives on a regular basis. All of us are proud to serve on this squad and happy we can help!**

*"Please extend our thanks and gratitude to all of you on the Ambulance Crew and Townsman that came to my rescue... You are all a gift to my life and the lives of all the people in this community..." - P.T.*

*"Thank you for all the good things you do in Franklin" - SFD.L.*

**Come See Us on the Web:**

[http://www.franklinvermont.com/franklin\\_rescue1.htm](http://www.franklinvermont.com/franklin_rescue1.htm)