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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, fifteen 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 Jennifer Mullen Wright, 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, Squad Leader and edited by the officers of Franklin Rescue, 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.

FRANKLIN RESCUE NEEDS YOUR HELP

For 43 years, Franklin Rescue Service has proudly served the emergency medical services needs of Franklin residents and our surrounding communities. Over the past couple of years we have lost several long-term members due to retirement and other commitments outside of Franklin. Finding volunteers to replace these valuable members has proven difficult. Franklin Rescue has had to hire several paid staff to be available during weekday hours. This has come at a significant cost and severely impacted the squad's funding.

If we are unable to recruit new volunteers who are available to cover weekday hours, Franklin Rescue Service may no longer be available during the week as an ambulance service. First responders would immediately respond to an emergency until Enosburgh Ambulance Service arrived to provide daytime ambulance services. Our taxes would then include a per capita charge from Enosburgh Ambulance for this service.

Please help us continue to serve our community. If you have an interest in volunteering, please contact us at 802.285.2050 or frs@franklinvt.net.

Heart Health

Every little bit counts. Physical activity is essential to the health of your heart. Small changes or improvements in the way you approach exercise can have lasting benefits for you and your heart.

Recruit a Friend - Having someone to help keep you motivated and exercise with will help you stay committed. Plan weekly or monthly goals together and check in on one another's progress. When you have reached a significant goal, you can celebrate together as well.

Wear a Pedometer - Many people are surprised by how little they walk in an average day. Wearing a pedometer shows you how much you walk in a given day. Wear a pedometer for a full week, putting it on in the morning when you first get up and taking it off right at bedtime. Record your steps in a journal. After a week, total your steps and divide by seven days, this gives you your daily average. Aim to increase your daily steps by 500 each week until you reach 10,000 steps per day.

Schedule Exercise - Our lives have never been busier; schedule time for exercise. Write it in your calendar like you do the PTA meeting, the Fire Department's Pancake Breakfast and that dentist appointment. Physical activity is just as important as the meeting with your boss.

Join a Group - There are several ways to join a group to help keep you motivated and track your progress. Sign up for a charity walk/run/swim, join a walking or running group online. Consider something that has a nominal fee - once you've paid a membership you tend to stay committed longer.

Source: Arizona State University, Better Homes & Gardens, The Walking Site

Franklin Rescue Service



The Pulse

Making Your Health and Wellness Our Top Priority

Volume 2, Issue 1 March-May 2009



Are You Prepared for a Disaster?

Disasters can happen anytime, with or without warning forcing you to go for days without basic necessities or to evacuate your home. A disaster can be the result of a man-made incident such as a terrorist attack, or a natural event like a flood or ice storm. Emergency planning is a key part of being prepared. Create an emergency plan for your family or business. If a disaster occurs, how will you contact each other? What will you do about your pets? Which documents are important and should be protected from floodwaters? These are some of the questions that your plan should answer.

- Post emergency numbers by every phone and teach children how and when to dial 9-1-1.
- Know how to shut off the water, gas and electricity at the main switches in your home.
- Plan how to help elderly or disabled neighbors in a disaster.
- Check that your insurance policies are up-to-date and provide good coverage.
- Talk with officials about school disaster plans
- Know the locations of shelters, evacuations points and routes



Preparing a Disaster Supply Kit

Having a disaster supply kit ready to take with you at a moment's notice ensures that you will have necessary supplies no matter how fast you may need to evacuate. Pack supplies in duffel bags or backpacks and keep them in a designated place. Your kit will also come in handy if you must take shelter in your home.

Creating a Basic Emergency Plan

Having a plan is one of the most important steps you can take in disaster preparedness. Knowing what to do and how to do it can help your family manage disasters with less worry, fear and uncertainty.

- Decide what you and your family would do in each potential emergency situation.
- Draw a floor plan of your home showing escape routes.
- Choose a place away from your neighborhood where family members can meet in case you are separated and cannot return home due to a disaster.
- Identify a friend or relative who lives out of the area for family members to contact if you are separated.

- Water - Pack at least one gallon per person per day for at least three days. Store water in tightly sealed non-breakable plastic, fiberglass or enamel-lined metal containers. Change your water every six months.
- Food - Pack enough food to last each family member at least three days. Include canned and boxed foods because they require little preparation and stay good for long periods of time. Remember a manual can opener. Replace foods every six months. Include foods for infants and family members with special diets.
- Tools & Equipment: Battery-powered radio
Flashlights
Spare batteries

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Fundraising for New Equipment

Franklin Rescue Service is currently applying for grants and requesting donations to support the purchase and installation of a 12-lead electrocardiograph (ECG) machine with transmission capabilities. The American Heart Association's national guidelines "recommend that emergency medical services (EMS) acquire and use prehospital ECGs to evaluate patients with suspected acute coronary syndrome." Acquiring an ECG, interpreting it and transmitting it to the hospital significantly reduces the time between first medical contact and activation of the unit at Fletcher Allen that will treat this cardiac condition. Any reduction in time between calling 9-1-1 and receiving the necessary medications at the hospital saves valuable heart tissue. Our goal is to have this equipment installed by the end of 2009.

What is an EMT?

EMT, or Emergency Medical Technician, is a pre-hospital emergency medical care provider. Each is a trained professional or volunteer who responds to emergency medical situations, such as car accidents, fires, or injuries and illnesses occurring in homes or workplaces.



To become an EMT a person must successfully complete 110 hours of classroom and practical skills training, be professional level CPR certified, and pass both a written and practical skills test. EMTs are certified by the State of Vermont.

EMTs are trained to assess a patient's condition and perform interventions needed to maintain a good airway with adequate breathing and

circulation until the patient can be transferred to the emergency department for care by a physician. Skills learned in training as an EMT include cardiac arrest management, respiratory arrest management, Automatic External Defibrillator (AED), airway management, splinting, hemorrhage control, childbirth, pediatric emergencies, choking, environmental emergencies, motor vehicle accidents, oxygen delivery systems, diabetic emergency management, geriatric emergencies, as well as major trauma.

Regular training and practice are necessary to maintain the highest skill level as an EMT, one never knows what the next call might be. If you are interested in learning more about EMTs, please do not hesitate to contact us at 802.285.2050 or frs@franklinvt.net

Improving Memory: Understanding Age Related Memory Loss

How's your memory? Memory experts might answer this question with another question: What kind of memory? The word "memory" is a general term that describes a variety of brain functions. It is the ability to recall events from decades ago and from the last few seconds. It is the ability to memorize complex information or simply to connect a name with a face. Many memories last a lifetime, but others fade with age. Some degree of memory loss is a natural part of the aging process for many people. But clearly defining the type of memory loss can help determine whether the problem is a minor, normal change or the first signs of a memory disorder.

Half to two-thirds of people ages 50 and older notice greater difficulty remembering names, appointments, and other details. Memories that are pegged to a specific time and place are especially vulnerable. Fortunately, the small memory lapses that occur with age are not usually signs of a neurological disorder, such as Alzheimer's disease, but rather the result of normal changes in the structure and function of the brain.

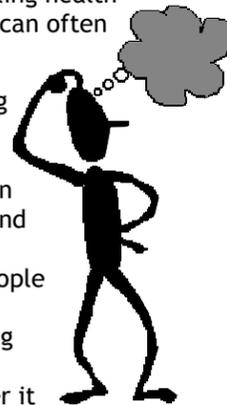
It is reassuring to know that the memory difficulties that are caused by the aging process

are relatively minor. Although frustrating, they won't interfere with your ability to do your job or run your household. It is also reassuring to know that there are many things you can do to protect and improve your memory.

Some health conditions that become more common with age can impair memory, including heart disease and its risk factors, such as hypertension. Memory impairment is also among the side effects of some medications, such as sleep aids and some pain relievers. In such cases, controlling health problems and switching medications can often restore memory function.

Perhaps the most encouraging finding about the brain is that it keeps growing new neurons (brain cells) and making new connections between them. You can support the growth and development of your brain by taking advantage of more hopeful news: People who keep learning and stay mentally active increase their odds of retaining good brain function as they age. The more you use your brain, the stronger it gets — and the longer it stays strong.

Source: Adapted from the Patient Education Center



REMINDER: Franklin Rescue is conducting its annual subscription drive. Please consider subscribing to support the service.

Disaster (cont.)

- Tools & Equipment (cont.)
 - Resealable plastic bags
 - Washcloths and towels
 - Paper cups, plates and plastic utensils
 - Toothbrushes, toothpaste, shampoo, deodorant and other toiletries
 - Heavy-duty plastic garbage bags
 - Change of clothing and an extra pair of shoes and socks for each person
 - Blankets or a sleeping bag for each person.

Other Things to Consider:

- Make a list of important items and stores where they can be purchased
 - Special equipment and supplies, i.e. hearing aid batteries
 - Current prescription names and dosages
 - Names, addresses and telephone numbers of doctors and pharmacies
 - Detailed information about your medication regimen and medical history
- Do a hazard assessment of your home and mitigate identified hazards
- Purchase a NOAA Weather Radio with a tone alert feature to stay informed about severe weather and other important information.

- Determine how you will protect your pets or animals in the event of a disaster.
- Check that all smoke and carbon monoxide detectors are working
- Speak with neighbors about their emergency plans, and how you can help each other in a crisis.
- Enroll in a CPR, first aid or other disaster preparedness course.

More Information

For more information on being prepared for specific emergencies, please contact any of the following resources:

- Vermont Emergency Management - www.vemvt.com or 1-800-347-0488; Family Emergency Preparedness Workbook
- Federal Emergency Management Agency - www.fema.gov
- US Department of Homeland Security - www.ready.gov
- Franklin's Emergency Management Director - 802-285-2101

Source: Adapted from Vermont Emergency Management

A Visit to the Past

REPRINTED FROM THE TOWN REPORT, 1971

The Franklin Volunteer Fire Department was incorporated on April 24, 1967 by the State of Vermont as a non-profit organization. The stated purpose of the organization was 'to fight fires in the Town of Franklin and surrounding towns.' Of the five original subscribers to the incorporate, Raymond Streeter has recently retired as Secretary-Treasurer, having acted in that capacity since the beginning. Conant Chamberlain was elected the first Chief of the department and still holds that position. One thousand dollars was raised by popular subscription under the auspices of the Franklin Grange. Diligent search located a tanker and a pumper, both of which are still in service. Shortly thereafter an ambulance was secured to provide a rescue service as well as fire protection for the community.

In 1970, the residents or taxpayers (including campers) in the Town of Franklin were offered free use of the rescue service for their families for one year in return for a donation of \$5.00. One hundred and twenty five families took advantage of this 'insurance opportunity.' This free service has been extended through August 1972 because the ambulance was out of service this past summer.

Early in May 1971, a disastrous fire burned the fire station to the ground, destroying the ambulance and much small fire equipment stored in the station.



Fortunately the fire trucks were standing by at the school following that fire the previous evening.

Undaunted by this tragedy, the members of the Department immediately began planning on a new station. The burned building was leveled and the site graded in preparation for a new 42'x60' steel building. It was decided that a replacement ambulance was a high priority. This became a reality when a 1956 Cadillac Superior ambulance was secured through Civil Defense. Senator George Aiken was especially helpful in locating and providing this vehicle. At the same time a 2600 gallon tanker became available from Civil Defense.