



Dedicated, skilled and compassionate care



Left to right front row, EMTs Maddy Harmon and John Salinas. Back row left to right, Paramedics Noah Waldron & Weyshawn Koons, Community Paramedicine Director Lainey Volk, Paramedic Ryan Nelson and EMT Margaret Longley.

Don't hesitate to call 911 in an emergency

Maintaining your health is a lot like maintaining your car or home. If you are good at maintenance and catch things early, like a leaky roof or a nail in your tire, you can prevent costly repairs. If you can prevent illness or injury, you are way ahead of the game too. But if something serious does happen, do not hesitate to call 911. When a heart attack or stroke are caught early, statistics show you have a good chance of having an excellent outcome. The longer you wait, the more trouble you may experience.

When the COVID-19 pandemic first hit, people often delayed calling 911 or did not call at all. Some people were afraid they would be exposed to the virus if they met EMTs or paramedics in the field, but this fear is unfounded.

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No dude de llamar al 911 en caso de emergencia

El mantenimiento de su salud es muy parecido al mantenimiento de su coche o de su casa. Si eres consciente del mantenimiento y detectas las cosas a tiempo, como una gotera en el techo o un clavo en la rueda, puedes evitar costosas reparaciones. Del mismo modo, si puede prevenir una enfermedad o una herida, también lleva una gran ventaja. Pero si ocurre algo grave, no dude en llamar al 911. Cuando un ataque al corazón o un derrame cerebral se descubren a tiempo, las estadísticas demuestran que tienes muchas posibilidades de tener un resultado excelente. Pero mientras más tiempo se espere, más problemas se pueden sufrir.

Cuando la pandemia del COVID-19 llegó por primera vez, mucha gente solía posponer la llamada al 911 o

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Orson is super excited to be wearing his new bike helmet.

Address Signposts

When responders must search for your home, a single minute can mean the difference between life and death. The San Juan Island EMT Association offers custom reflective signposts. Call us at (360) 378-5152, ext. 1 to place your order today. A \$30 donation to the San Juan Island EMT Association is suggested. ■



EMTs Dwight Colley, Trevor Bolton and EMT/Firefighter John Salinas training together.

Outreach Services

Preventing an injury is always the best approach! Car seats, bicycle helmets and personal flotation devices are made available by San Juan Island EMS with the help of grants and donations.

Car Seat Services

San Juan Island EMS Outreach offers residents these car seat services:

- **Check your child's car seat** to ensure that it is properly installed
- **Provide and install new seats** of all sizes, from infant rear facing to booster seats
- **Loan car seats** for temporary use

Free Bicycle Helmets!

Bicycle helmets are not just for kids, we have adult sizes too!

Personal Floatation Device Loaner Program

Lifejackets can be found on Kids Don't Float loaner boards at the Port of Friday Harbor and Roche Harbor main docks. These child size PFDs are there to borrow for short time use and return.

To make an appointment for fitting a new bicycle helmet or car seat email prevention@sanjuanems.org or call Peggy Long at (360) 378-5152 ext. 103.

What is Community Paramedicine?

San Juan Island EMS Community Paramedicine Program was created to bridge the gap between healthcare providers and what people need to remain in their home. This program helps people avoid unnecessary visits to the Emergency Room and enables folks to get on the road to better health. The Community Paramedicine EMT, Lainey Volk assesses the patient's needs, provides referrals to community resources and provides direct assistance with some medical needs.

Typical services include:

- Home Safety such as ramps, grab bars, etc.
- Patient Resources such as meals and house maintenance.
- Chronic disease management such as diabetes or congestive heart failure.
- Post hospital discharge care such as wound care, new medication regimes, etc.

If you know of someone who may be falling through the health care gap, contact Lainey Volk, Director of Community Paramedicine at lvolk@sanjuanems.org or (360) 378-5152, ext. 102. ■

Commissioners Report, EMS Integration with Fire District

In 2019, a Citizen’s Advisory Group recommended the integration of EMS and Fire. The report identified potential advantages, including a more systematic response to concurrent 911 calls, savings on overhead and administrative costs, increased transparency for the public, greater opportunity for staff and volunteers, and improved response times.

We are pleased to report that EMS and Fire have developed a clear and comprehensive plan. The implementation plan was adopted by the Board of Commissioners in March 2021 and can be viewed with the March Board meeting documents at www.sjcpd.org/2021mtgs.

The plan comprises three phases, including the necessary ballot measures, which we hope to put to the voters in late 2021 or early 2022. There is a lot to accomplish over the next few months, and we are committed to working alongside our partners at San Juan Island Fire and Rescue to bring this important plan to fruition.

We look forward to having more news to share with you soon. ■

Management Update from Superintendent Nathan Butler

Nearly a decade ago we built our current EMS Building next to PeaceHealth Peace Island Medical Center, a location and facility that continues to serve us well. We are very happy to announce that in May we paid off that building in its entirety.

We plan to redirect those funds to add a fifth paramedic to our current rotation of four. This additional medic allows us to expand coverage and enhance our service to the public.

We are very pleased to announce that we have found that future medic within our organization. Margaret Longley, one of our long-time EMTs, will attend paramedic school in late

summer 2021 at the Seattle Medic One Paramedic Training Program Foundation program. The Medic One Program pays for the training, and the District will help support Longley during this time. She will return after training to take on the role of the fifth medic.



Margaret was born and raised on San Juan Island. She has a strong background in healthcare and serves our community with dedication and compassion. We are very fortunate to have a candidate of her caliber. We wish her success in her course and a quick return! ■



Twice monthly crews gather to practice emergency medical treatments, learn new medical advances, and review past calls and responses — all as a measure to provide the best emergency care possible.



Serving our community before, during and after an emergency.

www.sanjuanems.org
office@sanjuanems.org
(360) 378-5152

1079 Spring Street
P.O. Box 2178
Friday Harbor, WA 98250

For an emergency, call 911.

Don't hesitate to call 911 *continued from page 1*

Our agency follows rigorous protocols to keep staff and patients safe. We arrive on every call with safety glasses, gloves and masks on to ensure your safety and ours. If Covid precautions are needed you will also see us wearing disposable gowns. We disinfect the ambulance after every run doing everything possible to maintain a safe environment. It may be hard to see who is behind the mask, but our volunteer EMTs and staff are your neighbors and friends providing the same competent, compassionate care upon which you have always relied. Call 911 when you need us. ■

No dude de llamar al 911 *continúa desde la página 1*

no llamaron en absoluto. Algunas personas temían estar expuestas al virus si se reunían con los EMTs o paramédicos en persona, pero este temor es injustificado.

Nuestra agencia aplica protocolos rigurosos para mantener la seguridad del personal y de los pacientes. Llegamos a cada llamada con gafas de seguridad, guantes y máscaras para garantizar su seguridad y la nuestra. Si son necesarias las precauciones de Covid, también nos verá con batas desechables. Desinfectamos las ambulancias después de cada recorrido haciendo todo lo posible para mantener un entorno más seguro. Puede ser difícil ver quién está detrás de la máscara, pero nuestros EMTs voluntarios y equipo son sus vecinos y amigos ofreciendo el mismo servicio competente y compasivo en el que usted siempre ha confiado. Llame al 911 cuando lo necesite. ■



First Aid & CPR Classes

Receive a two-year American Heart Association certification upon successful completion.

Cost is \$55 per class.

First Aid ~ July 14, 5pm-9pm

CPR ~ July 15, 5pm-9pm

To register for one or both classes call Island Rec (360) 378-4953 or visit www.islandrec.org

No Fee Ambulance Service

As residents of San Juan, Brown, Pearl, Henry, Stuart and Spieden Islands you pay no fee for ground ambulance services when you call 911. This is your tax dollars at work for you, your family and neighbors. Your insurance company will be billed. Any remaining fees not paid by insurance will be waived. In the rare cases when a resident does not have health insurance their total ambulance fee is waived. ■

Servicio do Ambulancia Sin Cargo

Como residentes de las islas de San Juan, Brown, Pearl, Henry, Stuart y Spieden, usted no pagas por los servicios de ambulancia terrestre cuando llamas al 911. Esto es sus impuestos trabajando para usted, su familia y sus vecinos. Servicios de ambulancia se cobrarán a su compañía de seguros. Cualquier tarifa restante no pagado por el seguro será renunciado. En los raros casos en que un residente no tiene seguro de salud, la tarifa total de la ambulancia no se cobrara. ■



**San Juan Island
Emergency Medical Services**
1079 Spring Street
Friday Harbor, WA 98250

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