



LONG VALLEY FIRST AID SQUAD

NEIGHBORS HELPING NEIGHBORS SINCE 1957



HEALTHWATCH

SPRING/SUMMER 2024



PRESIDENT'S CORNER

Did you know that Long Valley First Aid Squad was founded in 1957 by a group of Washington Township volunteers? They wanted to help their fellow citizens – their neighbors – in times of need. Their first major purchase was a used ambulance. They were known to craft equipment, wooden backboards for instance, in their home workshops. Emergency calls were dispatched by phone to individual members from a residence on Schooley's Mountain Road.

Today, 911 calls are collected in a center fifteen miles away, and information is dispatched to LVFAS volunteers via cell phones, pagers, and radios. With a fleet of eight emergency vehicles outfitted with modern life-saving and other equipment, we are awed by and grateful for the good fortune the Squad continues to experience.

While it is fitting to acknowledge the evolution of LVFAS from 1957 to 2024, perhaps we are most proud of what has not changed in sixty-seven years – the desire of our volunteers to carry out the mission established by its founders. "Neighbors Helping Neighbors" is more than a slogan. It is what we train for, plan for, and just... do.

About two hundred EMTs and first responders have comprised the LVFAS rosters throughout the years, and it is because of each one that we have remained a totally volunteer agency. We are an anomaly in our area, and proud of the distinction. To keep this fine tradition going into the future, LVFAS needs more members now.

I joined LVFAS twenty years ago as a mom of three sons (one in high school and two in college) with a great career and a busy home. It turned out to be the perfect time to join, simply because I quickly realized what an outstanding organization it was that welcomed and inspired me. This has not changed.

If you have ever considered membership in LVFAS, or even if it is a new thought, please reach out now. Our sincere wish is that you make now the perfect opportunity to help us help our neighbors!

Andi Huber, LVFAS President
president@lvfas.org

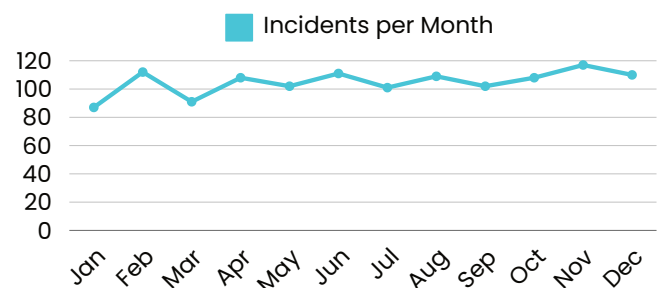
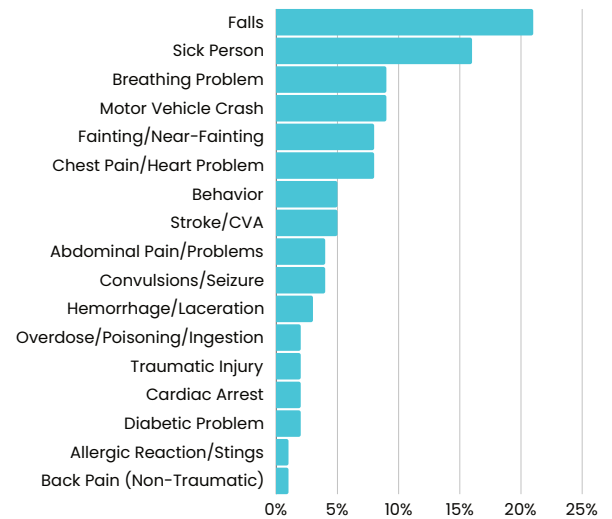
@LONGVALLEYFIRSTAIDSQUAD

@LONGVALLEYFAS

70 E MILL RD, LONG VALLEY, NJ 07853 | 908-876-4567 | WWW.LVFAS.ORG

HOW WE SERVED OUR COMMUNITY

INCIDENTS 2023



LVFAS responded to 1259 incidents in 2023

Preventable Falls are the highest number of incidents.

OLDER ADULTS:

Reduce Your Risk of Falling.

www.cdc.gov

1. Talk to your doctor.
2. Keep moving.
3. Remove clutter.

CONGRATULATIONS TO OUR 2024 ELECTED OFFICERS

Operational Officers

- Chief: John Tedona
- Assistant Chief: Suzanne Barba
- Captain: Caitlin Kolmer
- 1st Lieutenant: Hope Gough
- 2nd Lieutenant: Thomas Weinert
- Rescue Captain: Hagan Sniffen
- Rescue Lieutenant: John Greco

Executive Officers

- President: Andi Huber
- Vice President: Mary Grant
- Secretary: Anna Steinel
- Treasurer: Rob Cline
- Vice-Treasurer: Nancy Vaughn



OPERATIONAL OFFICERS: (L)T.WEINERT, H.GOUGH, S.BARBA, J.TEDONA, C.KOLMER, H.SNIFFEN, J.GRECO

THINK SUMMER SAFETY

HEAT-RELATED ILLNESSES	
WHAT TO LOOK FOR	WHAT TO DO
HEAT STROKE	
<ul style="list-style-type: none">High body temperature (103°F or higher)Hot, red, dry, or damp skinFast, strong pulseHeadacheDizzinessNauseaConfusionLosing consciousness (passing out)	<ul style="list-style-type: none">Call 911 right away—heat stroke is a medical emergencyMove the person to a cooler placeHelp lower the person's temperature with cool cloths or a cool bathDo not give the person anything to drink
HEAT EXHAUSTION	
<ul style="list-style-type: none">Heavy sweatingCold, pale, and clammy skinFast, weak pulseNausea or vomitingMuscle crampsTiredness or weaknessDizzinessHeadacheFainting (passing out)	<ul style="list-style-type: none">Move to a cool placeLoosen your clothesPut cool, wet cloths on your body or take a cool bathSip water <p>Get medical help right away if:</p> <ul style="list-style-type: none">You are throwing upYour symptoms get worseYour symptoms last longer than 1 hour
HEAT CRAMPS	
<ul style="list-style-type: none">Heavy sweating during intense exerciseMuscle pain or spasms	<ul style="list-style-type: none">Stop physical activity and move to a cool placeDrink water or a sports drinkWait for cramps to go away before you do any more physical activity <p>Get medical help right away if:</p> <ul style="list-style-type: none">Cramps last longer than 1 hourYou're on a low-sodium dietYou have heart problems
SUNBURN	
<ul style="list-style-type: none">Painful, red, and warm skinBlisters on the skin	<ul style="list-style-type: none">Stay out of the sun until your sunburn healsPut cool cloths on sunburned areas or take a cool bathPut moisturizing lotion on sunburned areasDo not break blisters
HEAT RASH	
<ul style="list-style-type: none">Red clusters of small blisters that look like pimples on the skin (usually on the neck, chest, groin, or in elbow creases)	<ul style="list-style-type: none">Stay in a cool, dry placeKeep the rash dryUse powder (like baby powder) to soothe the rash

PLEASE SUPPORT US DONATE TODAY !

The Long Valley First Aid Squad (LVFAS) is an all-volunteer organization that provides Emergency Medical Services and Rescue Services to Washington Township, Morris County. Our volunteers respond to 9-1-1 calls for assistance 365 days a year, 7 days per week, 24 hours per day. **Our patients never receive a bill for our services.**

Donate online:

www.paypal.com/paypalme/lvfas



HELP US HELP OTHERS SAFELY

To assist our volunteers' vehicles when you notice their blue lights, safely pull over to the side of the road, allowing them a clear path to pass. Remain vigilant and attentive, ensuring the safety of both yourself and the emergency responders as they navigate through traffic.



RESCUE SERVICES – “LIFE LINES”

LVFAS Rescue Services is a group of men and women who are highly trained in Technical Rescue. This includes Vehicle Rescue, Industrial and Agricultural Entrapments, Wilderness Search and Rescue, Ice Rescue, and Technical Rope Rescue. LVFAS has conducted technical rescue in Washington Township since its inception but gained serious momentum in 1978 with the purchase of the original “Jaws-of-Life.” LVFAS prides itself on over 46 years of community service

Rescue Services members train twice a month, typically one drill involves vehicle rescue and entrapments, while a second drill generally is rope rescue conducted in one of our many parks or seasonal ice rescue.

Our Rescue Services members train all over! We have been fortunate to have participated in the prestigious Technical Rescue Association of Virginia's annual Rescue Challenge for 4 years. LVFAS also participates in the Fire Department of New York's annual Search and Rescue Field Medicine Symposium.

LVFAS Rescue Services always looks for new men and women to join our team. No experience is required, training will be provided through official classes.

Rescue Captain: Hagan Sniffen



FILE OF LIFE

KEEP INFORMATION UP TO DATE !!
Review At Least Every Six Months !

MEDICAL DATA REVIEWED AS OF MO. YR.

Name: _____ Sex: M F

Address: _____

Doctor: _____ Phone #: _____

Preferred Hospital: _____

EMERGENCY CONTACTS

Name: _____ Phone #: _____

Address: _____

Name: _____ Phone #: _____

Address: _____

Help us help you with updated medical information

The Washington Township Health Department now offers a limited supply of the “File of Life” to WT residents. When seconds count, the File of Life provides Emergency Medical Responders and Hospital personnel with your current medical information and history assuring you are getting the proper medical care. It is quick and easy. Just fill it out, and place it on your refrigerator.

Get yours today while supplies last or purchase on AMAZON.

Health Department
43 Schooley's Mountain Road
Long Valley, NJ 07853

URGENT APPEAL

YOUR FIRST AID SQUAD NEEDS YOU!

We are reaching out to you with an urgent plea for help. Our First Aid squad, dedicated to providing life-saving assistance in times of crisis, is currently facing a critical shortage of members. With the ever-increasing demands on our services, it has become apparent that we need more hands on deck to ensure the safety and well-being of our community. As you may know, our squad plays a vital role in responding to emergencies such as accidents, medical crises, natural disasters, and other unforeseen incidents. However, due to the lack of volunteers, we struggle to maintain our usual level of responsiveness and effectiveness. We are calling on individuals who are compassionate, dedicated, and willing to make a difference to join our organization. Whether you have prior experience in emergency services or are willing to train and commit to give back to your community, we welcome you with open arms.

As a member, you'll continue to receive comprehensive training in life-saving skills, equipping you to respond effectively to emergencies. Whether it's assisting at local events, responding to medical emergencies, or educating the community on safety measures, your contribution will directly impact lives. No prior experience is necessary, just a willingness to learn and a commitment to serving others. Join us in making a difference and saving lives together!

For more information on joining the Long Valley First Aid Squad: Send an email to newmembers@lvfas.org and include the following information:

- Your name
- Type of membership (EMT, Rescue Services, Cadet, or Support)
- Mailing address
- Phone number



Call 908-876-4567

or visit us @ lvfas.org/join-us/

DID YOU KNOW?



Narcan, an opioid antagonist, provides rapid and life-saving reversal of opioid overdoses, preventing respiratory failure and serving as a critical tool in emergency situations. Narcan, also known as naloxone, is available without a prescription at various locations.

For Addiction Help 24/7 Call 1-844-REACHNJ



@LONGVALLEYFIRSTAIDSQUAD



@LONGVALLEYFAS