

VRCC Meeting Minutes February 23, 2017

President Mike Johnson welcomed 36 members and guests and announced that our current membership is still 189 members. The Lab will not be open for research Wed afternoon next week, March 1.

Our speaker, Lt Peggy Parmenter, Indian River Fire Inspector for the southern part of the county again presented lots of timely information regarding fire safety and what happens when you call '911'. She explained the workings of Emergency Services where all fire and ambulance personnel of the 14 fire stations are cross trained as para-medics and firefighters. There soon will be 15 stations; 2 on the Island and an independent one in the Indian River Shores community. The station at the island end of the Barber Bridge is their Marine Rescue Station with boats capable of river and ocean work. They all work 24 hour shifts, then have 48 hours off. This give us a great continuity of service and that is why a fire truck sometimes shows up first when an ambulance crew is not available. The crew on the fire truck can do everything the same as the ambulance crew, except transport you to the hospital.

She discussed the layout of our Vista Royale buildings, fire extinguishers, current fire code. and information regarding our smoke alarms:

Always change the back-up batteries in your smoke alarms twice a year when the seasonal time changes.

It is helpful to vacuum them occasionally to clear the vents of dust.

Test your alarms occasionally.

Buy new alarms about every ten years.

She then went to the subject of '911' calls, a great innovation in reporting problems or needing medical assistance. House phones numbers indicate address and most cell phones now have location software on them to direct emergency services to you. However your emergency and location will be 2 of the first questions the operator will ask you. She suggests that you know the variety of symptoms of strokes and heart attacks so that you can get the necessary help. Emergency responders will notify the hospital of an incoming patient who needs a 'stroke alert' as there is a 1 hour window for drugs good for stroke victims. The worst enemies of stroke/heart attack victims is *Delaying* and *Denial*..... don't take a chance and wait too long to seek help.

In certain circumstances, you may request the hospital you wish to be transported to. She also mentioned defibrillators in public buildings and how they work. Also it may be possible for you to be pro-active and let the county dispatching service know where there is an available key to your home; especially good if you live alone. Explore the key holders, 'Knox Boxes, for the outside of your condo door as well.

If you are able after calling '911', it is a good idea to unlock your door and turn on your lights for the EMT's while waiting for them; plus take your purse, cell phone, charger and telephone/contact list to the hospital with you. 'Vials of Life' are still available in the county from the Sheriff's Dept. This a special plastic container you put in your refrigerator or freezer with contact information, list of medicines, allergies, etc. The Para-medics will look for one of these; please keep the information in them current.

Next week on Thursday morning we will have Kelly Bergstrom and Kyle Bradfield from the AAA Travel Office on Rte 60 to talk about Senior Travel Tips and TSA Pre-Check. As most all of us do some traveling, there should be some new tips for us.

As usual you can always check the 'calendar' on our website: www.VRCC.info for speakers/subjects of upcoming presentations.

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