

# PREVENTION CORNER: FALLS PREVENTION

The Washington Department of Health states that, "one in three older adults in Washington falls each year. Falls can cause moderate to severe injuries, such as hip fractures and head injuries, and can increase the risk of early death." Although they are a common public health problem, fortunately, falls are largely preventable.

Here are some steps you and your family can take to prevent a fall:

- Stay Active**
- Do exercises that make your legs stronger and improve your balance (like Tai Chi).
- Make Your Home Safe**
- Get rid of trip hazards. Keep floors clutter free.
  - Add grab bars in the bathroom.
  - Have handrails and lights installed on all staircases.

- Speak Up**
- Talk openly with your doctor about fall risks and prevention.
  - Tell your doctor right away if you have fallen, if you're afraid you might fall, or if you feel unsteady.
  - Review all of your medicines with your doctor or pharmacist and discuss any side effects like feeling dizzy or sleepy. Some medicines, even over-the-counter medicines and herbal supplements, can increase your fall risk.
  - Have your eyes checked annually and update your glasses, as needed. Conditions like cataracts and glaucoma limit your vision.
  - Have your feet checked. Discuss proper footwear with your doctor and ask whether seeing a foot specialist (podiatrist) is advised.



Learn more at <https://www.cdc.gov/steady/>

# THE SOUNDS OF FIRE SAFETY

Fire Prevention Week 2021

As Fire Prevention Week™ approaches, Snohomish Regional Fire & Rescue reminds residents to "Learn the Sounds of Fire Safety.™" Snohomish Regional is teaming up with the National Fire Protection Association® (NFPA®)—the official sponsor of Fire Prevention Week—to promote this year's Fire Prevention Week campaign, "Learn the Sounds of Fire Safety." This year's campaign, **October 3rd-9th**, works to educate everyone about simple but important actions they can take to keep themselves and those around them safe.

Snohomish Regional Fire & Rescue encourages all residents to take steps to become familiar with the sounds of fire safety. "It's important to learn the different sounds of smoke and carbon monoxide alarms. When an alarm makes noise—a beeping sound or a chirping sound—you must take action," says Public Education Specialist Kaitlin King. "Make sure everyone in the home understands the sounds of the alarms and knows how to respond. To learn the sounds of your specific smoke and carbon monoxide alarms, check the manufacturer's instructions that came in the box, or search the brand and model online."

- Here are some safety tips to help you "Learn the Sounds of Fire Safety":**
- A continuous set of three loud beeps—beep, beep, beep—means smoke or fire. Get out, call 9-1-1, and stay out.
  - A single chirp every 30 or 60 seconds means the battery is low and must be changed.
  - All smoke alarms must be replaced after 10 years.
  - Chirping that continues after the battery has been replaced means the alarm is at the end of its life and the unit must be replaced.
  - Make sure your smoke and CO alarms meet the needs of all your family members, including those with sensory or physical disabilities.

Snohomish Regional Fire & Rescue is hosting a series of Open Houses in support of this year's Fire Prevention Week campaign, including two small, evening open houses **October 4th & October 6th from 5:00PM-7:00PM** and one large, afternoon open house **October 9th from 12:00PM-4:00PM** at Station 31 in Monroe.

To find out more please contact [CommunityRelations@SRFR.org](mailto:CommunityRelations@SRFR.org) or visit our website at [www.SRFR.org](http://www.SRFR.org). For more general information about Fire Prevention Week and fire prevention in general, visit [www.fpw.org](http://www.fpw.org).




## SNOHOMISH REGIONAL FIRE & RESCUE

### FALL 2021 NEWSLETTER

Learn the Sounds of Fire Safety

**GET ON YOUR FEET! HEAR A BEEP, OPEN HOUSES**

Bring the entire family to one of our fire station open houses to learn important safety tips and enjoy a fun-filled afternoon or evening with Snohomish Regional!

MONDAY	SATURDAY	WEDNESDAY
October 4th 5:00PM-7:00PM	October 9th 12:00PM-4:00PM	October 6th 5:00PM-7:00PM
Station 31 12407 21st St. NE Lake Stevens	Station 31 163 Village Court, Monroe	Station 31 8010 180th St. SE
Informational Booths, Station Tour, Lake Stevens	Station Tour, Informational Booths, Bodge Pinning, Auto Extinction Demo, & Fun Activities for Kids	Informational Booths, Station Tour, Bodge Pinning & Bodge Pinning

For more info visit [www.SRFR.org](http://www.SRFR.org)

- YOU ARE INVITED TO JOIN US AS WE CELEBRATE FIRE PREVENTION WEEK 2021!**
- Attend one of our small, evening open houses either **Monday, October 4th** or **Wednesday, October 6th!**
  - Join us at our large, afternoon open house on **October 9th at Station 31 in Monroe!**
  - Learn about fire safety and about our fire district!
  - Participate in fun activities the whole family will enjoy!
  - Ask questions about our Fire Levy Lid Lift in the November 2nd Election!
  - Meet and greet our fabulous crews and support staff!

CONNECT WITH US: [www.SRFR.org](https://www.SRFR.org) | 360.794.7666 or 425.486.1217 | @SnoRegionalFire

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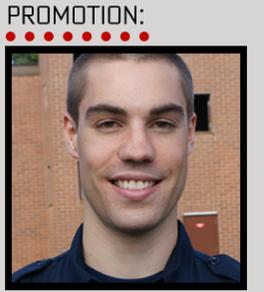
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Monroe WA 98272



# EMPLOYEE SPOTLIGHT



Join us in welcoming our new recruit firefighters (from left to right), **Sam Stevens, Oleg Mikhaylov, Brandon Neville, Dale Clawson, Cody Mack, & Perry Taylor**. These positions were filled to replace vacancies due to retirements and attrition.



Congratulations to newly promoted **Lieutenant John Rouse!**



Congratulations to **Lieutenant Mike Barry** on his retirement after 34 years in the fire service.



# MESSAGE FROM THE CHIEF

Dear Neighbor,

Snohomish Regional Fire & Rescue is asking voters to approve a fire levy lid lift during the November 2nd General Election. The reason for this request is that call volumes and inflationary costs are outpacing the property tax revenue we have to maintain emergency service levels.

For example, call volumes for 2021 are 10.2% higher than the same time period last year. At the same time, inflation is 6.3% for our area. More calls mean added costs, and those costs are higher than normal because of inflation. A lid lift helps get us back where we need to be to maintain the quality and level of emergency services that our community requires.

The fire levy is a majority of our funding and is capped at \$1.50 per \$1,000 of assessed property value. The last time voters returned the fire levy to \$1.50/\$1,000 was in 2017, and it has fallen to \$1.27/\$1,000 since then. Levy rates fall as property values rise to limit a fire district to the same amount of levy revenue per year. We can only increase levy revenue by 1% per year, and that amount is not keeping up with inflation and costs.

Many people believe that new growth provides more levy revenue. What happens instead is that the total amount of levy revenue we receive is shared by more homes which lowers the fire levy rate for all property owners. We do receive a one-time payment for new construction, but that funding source cannot be counted on year-to-year.

There is more information in this newsletter about the fire levy lid lift, and on our website at [www.SRFR.org](http://www.SRFR.org). I also welcome your questions at [kevin.obrien@SRFR.org](mailto:kevin.obrien@SRFR.org) or (360) 794-7666.

Thank you,  
Chief Kevin O'Brien



# CARDIAC ARREST & PULSEPOINT

PulsePoint Respond App Now Available!

October is Sudden Cardiac Arrest (SCA) Awareness Month! According to the American Safety & Health Institute, SCA continues to be a major public health crisis, which means that it is important to continue to spread awareness and encourage others to learn how to respond in an emergency. Did you know that sudden cardiac arrest can happen to anyone? Infants, children, teens, adults and older adults can all experience SCA, even without having any signs of heart disease.



Because most out-of-hospital cardiac arrests happen inside the home or at a public place, bystanders remain the key to survival by providing early CPR and early AED use.

It is because of this that we are excited to announce the launch of the **PulsePoint Respond App** in Snohomish County! **PulsePoint Respond** empowers everyday citizens to provide life-saving assistance to victims of sudden cardiac arrest (SCA).

"With PulsePoint we hope to increase bystander involvement in time-sensitive medical calls by increasing the use of CPR and AEDs, while also keeping the community informed, in real time, of all emergency activities," says Public Educator Kaitlin King.

"It gives our residents and visitors the ability to know when a cardiac arrest is occurring close by, locate AEDs in the area, and perform potentially lifesaving CPR while our personnel respond to the scene. It also shows residents general information for all 9-1-1 calls to keep them better informed of what's going on in our community."

We are so happy that this app is now available to our residents, and we would like to thank the Medic One Foundation for partnering with us to bring this lifesaving technology to Snohomish County!

## HOW TO USE THE APP:

### 1. DOWNLOAD:

Download the app from the Apple App Store or on Google Play by searching for "PulsePoint."

### 2. FOLLOW

Once in the app, follow the prompts to "follow" Snohomish Regional Fire & Rescue.

### 3. RECEIVE NOTIFICATIONS

Indicate what notifications you would like to receive. If you are trained in CPR, you can indicate that you would like to receive CPR alerts. PulsePoint will alert you if you are near someone that needs CPR.

Learn more about PulsePoint Respond at [www.pulsepoint.org/pulsepoint-respond](http://www.pulsepoint.org/pulsepoint-respond).



# DISASTER PREPAREDNESS

Are You Ready? Make a Plan.

We celebrate National Disaster Preparedness month each September, but we also want to make sure that we are prepared all year long! Here in Snohomish County, many of us are well aware of the various disasters that could affect our region. Some of these potential disasters include flooding, earthquakes, landslides, severe weather, and wildfires. It is important to know that we can't always prevent these events from happening, but we can PREPARE for them.

Here are a few steps you can take today:



## Make a Kit

- At a minimum, you should have the basic supplies listed below:
  - Water—one gallon per person, per day (3-day supply for evacuation, 2-week supply for home)
  - Food—non-perishable, easy-to-prepare items (3-day supply for evacuation, 2-week supply for home)
  - Flashlight
  - Battery-powered or hand-crank radio
  - Extra batteries
  - First aid kit
  - Medications (7-day supply) & medical items
  - Multi-purpose tool
  - Sanitation and personal hygiene items
  - Copies of personal documents
  - Cell phone with charger & emergency contact info
  - Extra cash & map(s) of the area
  - Emergency blankets
  - Medication & food for pets



## Make a Plan

- Meet with your family to discuss how to prepare for emergencies.
- Plan what to do if you are separated during an emergency.
- Choose an out-of-area emergency contact person. It may be easier to text or call long distance if local phone lines are overloaded or out of service.



## Be Informed & Learn

- Visit [www.redcross.org](http://www.redcross.org) or [www.fema.gov](http://www.fema.gov), for more information about how you and your family can prepare for a disaster.
- Follow the QR code above to view the hazard map created by **Snohomish County DEM**.



## Watch Our Lesson

- Follow the QR code above to watch or visit [SRFR.org/education](http://SRFR.org/education)!
- Learn about the disasters in our area and how to prepare for them!
- Complete the fun worksheets and activities.



# ON YOUR BALLOT

Questions About the Fire Levy Lid Lift?  
We Have Answers.

### What's on my ballot?

Snohomish Regional Fire & Rescue is asking voters to approve a one-year fire levy lid lift of \$0.23 per \$1,000 of assessed property value. This would return the fire levy from \$1.27 to \$1.50 per \$1,000.

### Why is my fire district asking for this?

Call volumes have increased 10.2% compared to the same time last year. Inflation is 6.3% for our area making costs higher to respond to emergency calls and maintain operations. Levy revenue is not keeping up with the demand for, and costs to provide emergency services.

### When is the last time voters approved a fire levy lid lift?

Voters last returned the fire levy to \$1.50 per \$1,000 in 2017.

### How have you tried to cut costs?

SRFR has cut \$1.5 million in programs and services, including its Community Resource Paramedic program, firefighter training, some apparatus replacement, and fire prevention and life safety programs. These cuts are impacting the quality of emergency services we can provide.



# NOVEMBER 2ND GENERAL ELECTION

### What will the money be used for?

Funding from the lid lift will be used to maintain staffing levels, restore firefighter training and fire prevention and life safety programs, replace aging fire engines and ambulances, and fund fire station projects throughout the district.

### How much will it cost?

The lid lift will cost the owner of a \$500,000 property (considered an average for our area) \$9.58 per month (\$115 per year).

### What happens if the lid lift does not pass?

SRFR is legally required to operate under a balanced budget. If the lid lift fails, SRFR would borrow money to fund apparatus and station projects. SRFR would continue to reduce public outreach, fire prevention, maintenance, training, and specialized rescue programs. Finally, staffing levels would be reduced, resulting in service level cuts and longer response times.

Learn more about the levy and about the services we provide at [www.SRFR.org](http://www.SRFR.org).