

EMPLOYEE SPOTLIGHT

RETIREMENTS:



Congratulations to **Lieutenant Bernie Perretto** on his retirement after 29 years in the fire service!



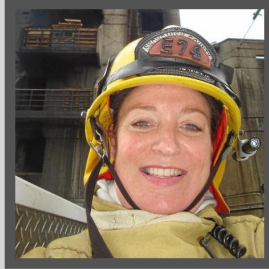
Congratulations to **Firefighter/Paramedic Carol Walradt** on her retirement after 28 years in the fire service!



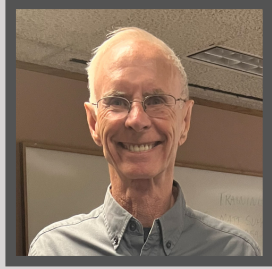
Congratulations to **Driver/Operator Pat Cook** on his retirement after 22 years in the fire service!



Congratulations to **Lieutenant Brian Fox** on his retirement after 31 years in the fire service!



Congratulations to **Driver/Operator Jill Espitia** on her retirement after 25 years in the fire service!



Congratulations to **Administrative Assistant Kenny Vickers** on his retirement after 33 years in the fire service!

NEW HIRES:



Please join us in welcoming our newest recruit firefighters (top left to right): **Anthony Aceto, Nathan Bostian, Jacob Poteet, Harry Shaw, Andrew Bennett, Zach Starr, Shawn Scott, Dmitriy Surkanov, Noah Compton, Jordan Moyes, Tracy Rider, Dillon Clinton, Michelle Oakey, Yuliya Lobets, Pierson Cockburn, Dylan Stavros.** These positions were filled to replace vacancies due to retirements and attrition.

FIREHOUSE FEATURE

SRFR ADDRESS SIGN PROGRAM

In the event of an emergency, response time is critical. Firefighters are constantly taking steps to make sure that their response time is as fast as possible. Many of these steps are taken before an emergency even happens. You too can take steps before an emergency to ensure that no time is lost. One way you can do this is by having a visible address sign. In rural communities where homes are tucked farther away from the street, visible address signs affixed to a mailbox or fence post are a simple way to get the help you need when you need it.

If you can't see your address, then emergency responders can't either. Follow these tips to make sure your address is visible:

- Use numbers that are at least 3-inches.
- Clear any trees, bushes, or vehicles that will block the view for first responders.
- Light the area where numbers will be placed or use a reflective address sign.
- Place numbers in a location that is high up & visible from a distance.

"It is especially helpful with hard-to-find homes in rural areas, where there are long driveways or in cases where homes share the same driveway or anywhere where that it's difficult for us to find you" Snohomish Regional Fire & Rescue firefighter and paramedic Pete Parrish said. "These signs lessen the time it takes for us to get to you in your emergency."

If you need an easy-to-read address sign, Snohomish Regional Fire & Rescue has an address sign program for residents to purchase personalized reflective address signs for your home to ensure that emergency responders can find you when you need us most.

Parrish leads the address sign program at SRFR because he knows they work from his experience. "We will get out the door at the same time and make it to the vicinity of your home in the same amount of time, the difference is whether we can find your house or not, so the signs make it very easy to find your house" Parrish said. "They are very bright even in daylight. Especially at night, headlights hit them and the signs pop right up." SRFR provides these personalized reflective address signs for the public to purchase on our website www.SRFR.org.



Order an address sign here:



PROMOTIONS:



Congratulations to newly promoted **Training Captain Brett Fetcho!**



Congratulations to newly promoted **MSO Shane Nelson!**

SNOHOMISH REGIONAL FIRE & RESCUE



SNOHOMISH REGIONAL FIRE & RESCUE

FALL 2022 NEWSLETTER

For more info visit www.SRFR.org

Fire Prevention Week: October 9-15, 2022

Fire Prevention Week

Fire won't wait. Plan your escape at fpw.org.

OPEN HOUSE

Don't Wait! Practice & Plan Your Escape!

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

SATURDAY, October 15th
12:00PM-4:00PM

Station 31
163 Village Court, Monroe

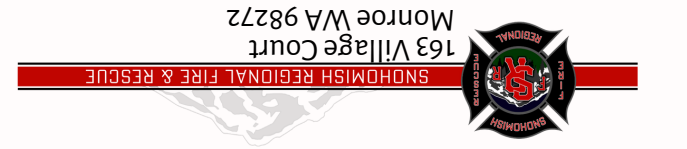
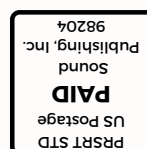
Station Tour, Informational Booths, Auto Extermination Demo, & Fun Activities for Kids

- YOU ARE INVITED TO JOIN US AS WE CELEBRATE FIRE PREVENTION WEEK 2022!**
- ✓ Join us at our Open House on October 15th at Station 31 in Monroe!
 - ✓ Learn about fire safety and about our fire district!
 - ✓ Participate in fun activities the whole family will enjoy!
 - ✓ See and tour our fire engines and aid support staff!

FPW OPEN HOUSE

CONNECT WITH US: @SnoRegionalFire 360.794.7666 or 425.599.5031 www.SRFR.org

ECRWSS
Postal Customer



MESSAGE FROM THE CHIEF

Dear Neighbor,

As another busy and beautiful summer in this great region comes to a close, I wanted to give you a mid-year status update on Snohomish Regional Fire & Rescue (SRFR).

Your support for our fire levy lid lift last November has allowed each division to reestablish programs that had been put on hold in response to rising costs. Our community benefits from these programs, some of which include additional public safety classes and enhanced firefighter training opportunities with experts in topics such as Chainsaw Handling, Hydrant Skills, and Radio Communications. We are also purchasing more training props and structures so firefighters can do more hands-on training with live fire.

This year we have also hired 26 new firefighters to fill vacancies due to retirements and attrition.

We have started three station improvement projects with funding from the lid lift, as well. Station 83 (Machias area near Lake Stevens) will have an additional bedroom and bathroom. We plan to rebuild Station 81 (downtown Lake Stevens) in the next few years, and those plans are being developed. We also plan to relocate Station 32 (off Chain Lake Road in Monroe) to better serve residents in the area.

Improvements like these are important as we seek accreditation by the Commission on Fire Accreditation International. We look forward to the Commission's site visit this fall. Accredited agencies have faster response times, less loss of life and property, and lower fire insurance premiums for residents. Your support makes this possible - and we are grateful!

Community events have filled our summer, and we love it. We have attended Aquafest, National Night Out, charity softball games, and Water Safety Camps. We look forward to welcoming you to our annual Fire Prevention Week Open House on October 15th at Station 31 in Monroe!

SRFR proudly provides emergency services to 180,655 residents in Lake Stevens, Monroe, Mill Creek, and unincorporated southeast Snohomish County. We would not be able to provide quality service without your support. Thank you again, and please reach out if we can ever be of service.

Respectfully,

Kevin K. O'Brien
Your Fire Chief



SEASONAL SAFETY CHECK-IN



MENTAL HEALTH

September is National Suicide Prevention Month. All month, mental health advocates, prevention organizations, survivors, allies, and community members unite to promote suicide prevention awareness. In 2020, the Suicide Lifeline received nearly 2.4 million crisis calls across the United States, and 60,738 calls were from Washington. In Snohomish County, suicide is ranked one of the leading causes of death among residents aged 15-24 years-old. Statistics like these highlight the importance of sharing important tips and resources with our community. This past July, the phone number 9-8-8 became active across the United States. This new, shorter phone number will make it easier for people to remember and access mental health crisis services. (Please note, the previous 1-800-273-TALK (8255) number will continue to function indefinitely.)

When people call, text, or chat 988, they will be connected to trained counselors that are part of the existing Lifeline network. These trained counselors will listen, understand how people's problems are affecting them, provide support, and connect them to resources if necessary.

Learn more at: <https://988lifeline.org/>

FALLS PREVENTION

During autumn and winter the likelihood of falls increases with slippery sidewalks and parking lots. 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.

For more fall prevention tips, visit www.cdc.gov/steady.org

FIRE WON'T WAIT. PLAN YOUR ESCAPE.



This year, Snohomish Regional Fire & Rescue (SRFR) is teaming up with the National Fire Protection Association (NFPA)—to celebrate the 100th anniversary of **Fire Prevention Week (FPW), October 9-15, 2022**. This year's FPW campaign, "Fire won't wait. Plan your escape," works to educate about simple but important steps you can take to keep yourself and those around you safe from home fires.

Because many homes today are built with highly flammable materials, residents now have less time than ever to escape their homes in the event of a fire. It is estimated that many have less than two minutes to escape. This is why SRFR encourages all residents to plan and practice their home escape plan with the entire family.

SRFR wants to share these key home fire escape planning tips:

- Make sure your plan meets the needs of all your family members, including those with sensory or physical disabilities.
- Smoke alarms should be installed inside every sleeping room, outside each separate sleeping area, and on every level of your home. Smoke alarms should be interconnected so when one sounds, they all sound.
- Know at least two ways out of every room, if possible. Make sure all doors and windows open easily.
- Have an outside meeting place a safe distance from your home where everyone should meet.
- Practice your home fire drill at least twice a year with everyone in the household, including guests. Practice at least once during the day and at night.

Snohomish Regional Fire & Rescue is hosting our annual Station 31 Open House in support of this year's Fire Prevention Week campaign, October 15th from 12:00PM-4:00PM at Station 31 in Monroe (163 Village Court).

To find out more, please contact CommunityRelations@SRFR.org or visit our website at www.SRFR.org. For more general information about Fire Prevention Week, visit www.fpw.org.

Learn more about Fire Prevention Week at www.FPW.org

DISASTER PREPAREDNESS

September is National Disaster Preparedness month. Although we love to shine a light on preparedness this time of year, we also want to make sure that people are prepared all year long! Here in Snohomish County, many of us know about the various disasters that could affect our region especially as the rainy season approaches. Some of the potential disasters that are more likely to occur in the fall include flooding, 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

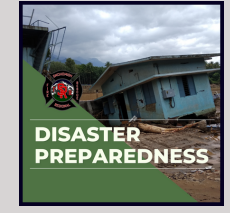
- At a minimum, you should have the basic supplies listed below:
 - Water—one gallon per person, per day (3-day supply for evacuation, 2-week supply for home)
 - Food—non-perishable, easy-to-prepare items (3-day supply for evacuation, 2-week supply for home)
 - Flashlight
 - Battery-powered or hand-crank 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 or 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**.
- Take a class. Register for our next **Disaster Preparedness Class**
 - October 12, 6:00 PM to 7:00 PM
 - Go to SRFR.org to register!



Watch Our Lesson

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

