

WINTER 2020

# SOUTH COUNTY SIREN

SERVING SOUTH SNOHOMISH COUNTY • BRIER • EDMONDS  
LYNNWOOD • MOUNTLAKE TERRACE



Keeler's Corner Station 10



Silver Firs Station 13



Blue Ridge Station 14

*Thank you voters for your support!*



Mariner Station 11



Hilton Lake Station 12



Lynnwood Civic Center Station 15



Martha Lake Station 21



Hilltop Station 22



Lake Serene Station 23

# BRIDGING THE GAP

Helping at-risk residents stay connected to services and friends during the pandemic

Isolation during the pandemic is taking a toll on many of us – especially older adults and other individuals in high-risk categories. They are finding themselves cut off from community services, medical care and social interaction they rely on to thrive.

South County Fire community paramedics, who provide non-emergency follow-up services to some of our most vulnerable residents, are seeing about 50% more patients compared to a year ago. On top of this, they're finding these patients have more complex needs requiring more staff and service time.

With many social services on hold and limited in-home options, community paramedics are finding ways to bridge the gap.

"We can help people in their homes connect with doctors and other services. We're finding ways to use video to be the eyes and ears for these services to reach people where they live. We're using tablets, telehealth, Face Time – anything we can," said Captain Nicole Picknell, who heads up the community paramedic team.

## Need help staying connected?

### Zoom training

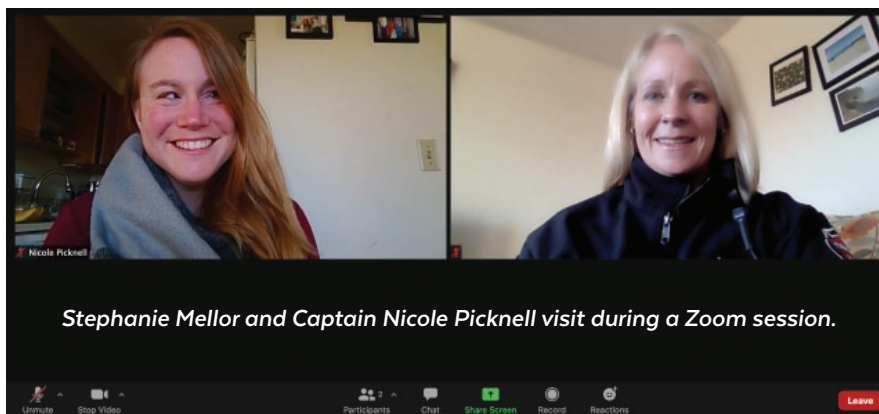
South County Fire offers basic Zoom training to help older adults and others feeling isolated during the pandemic to connect with family and friends and access services that have moved online.

### Connect Calls

This free program provides a weekly check-in phone call and friendly conversation with a South County Fire outreach team member. About 30 residents are currently enrolled. Our partnership with the City of Lynnwood and funding from the Verdant Health Commission make this service available for residents throughout the South County Fire service area.

### To sign up or learn more

about these programs, contact South County Fire Community Outreach, outreach@southsnofire.org, 425-320-5800.



Stephanie Mellor and Captain Nicole Picknell visit during a Zoom session.

**STEPHANIE MELLOR** of Edmonds is grateful for the assistance she is receiving from South County Fire's Community Resource Paramedic program during the pandemic. Her story illustrates how the program works with community partners and services to help patients reduce 911 calls and emergency room visits.

Stephanie is blind and has health concerns that put her at risk for coronavirus. When she thought she might have COVID-19 and had no way to get to a testing site, Stephanie reached out to South County Fire for information about in-home testing options. Community paramedics found a service and Stephanie tested negative.

But shortly after that Stephanie came down with a bad case of the flu, followed by more health problems. After a couple of 911 calls for medical aid, Stephanie started working with Community Paramedic Captain Nicole Picknell.

Nicole helped Stephanie work with her doctors to coordinate her care and medications. She also helped Stephanie complete paperwork and navigate community services to help her improve her health and quality of life:

- **EMERGENCY PLANNING:** Nicole worked with Stephanie to set up an emergency plan in case she needs to call 911 – including someone to watch her guide dog. Stephanie put together lists of prescriptions and medical information to post on her refrigerator and carry in her purse for first responders. She and Nicole used the Smart911 app to make all of this information available to dispatchers and first responders. *This free service is available to all at [www.smart911.com](http://www.smart911.com).*
- **NUTRITION:** Nicole helped Stephanie with meal plans to manage her blood sugar and found tools to help Stephanie with cooking, including a talking meat thermometer and food scale.
- **OTHER SERVICES:** Nicole connected Stephanie with community service programs including *Homage* and *Lighthouse for the Blind*. These services have helped with transportation, a walker and a shower chair for days when Stephanie's balance is off, a device that reads prescription labels aloud, a reflective vest to wear on walks, smoke alarms, carbon monoxide alarms and minor repairs to improve home safety.

"The great news is that since we've worked on all of this my 911 calls and ER visits have stopped and I'm feeling better," Stephanie said. "The Community Resource Paramedic program is incredible."

## SOUTH COUNTY FIRE

12425 Meridian Avenue S  
Everett WA 98208



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## Now online! CLASSES

All classes are free,  
offered via Zoom  
and just 1 hour:

- ▶ Child Car Seat Safety
- ▶ Disaster Preparedness for Families
- ▶ ACT First Aid & CPR
- ▶ Home Fire Safety
- ▶ **NEW:** Aging in Place, A Guide for Caregivers — coming in early 2021
- ▶ **NEW:** Child Safety & CPR — coming in early 2021

### LEARN MORE & REGISTER ONLINE:

[www.southsnofire.org/  
education](http://www.southsnofire.org/education)

#### NEW TO ZOOM?

We can help you get started. Email [outreach@southsnofire.org](mailto:outreach@southsnofire.org) or call 425-320-5800

## A message from the Fire Chief



By Fire Chief Thad Hovis

## Thank you to our voters

**W**e want to thank voters in the South County Fire regional fire authority for approving a benefit charge during the November election. Voters in over a dozen communities also have approved a benefit charge because it's a fairer way to fund emergency services. Many of you felt the same, and the measure passed by almost 73 percent.

Under a benefit charge, the fire levy is reduced from \$1.50 to \$1 per \$1,000 of assessed property value. The benefit charge is then set based on a property's size and use. For example, single family homes pay less than commercial buildings because it takes fewer resources to defend a smaller structure in a fire.

Our Board of Fire Commissioners recently held a public hearing to set the benefit charge. As promised, the benefit charge was set at a rate whereby almost 96 percent of property owners will pay less or the same for emergency services next year.

The benefit charge will take effect in 2021. You will see this as a line item on your property tax statements that will be mailed by Snohomish County in February. Seniors, disabled persons, exempt properties, and low-income households maintain any current exemptions they have through the county.

Please note that the benefit charge does not apply to properties in the cities of Brier, Edmonds and Mountlake Terrace that we serve through contract agreements. We are always available to answer questions about the benefit charge or any other issue. Please feel free to contact Public Information Officer Leslie Hynes at (425) 551-1243 or [lhynes@southsnofire.org](mailto:lhynes@southsnofire.org).

In the meantime, thank you for your continued support of emergency services. We wish you and your family a safe and happy holiday season.

CONNECT WITH US



@southsnofire



South County Fire

## Science guides choice of new hoses and nozzles to improve fire attack

**S**outh County Fire engines are now equipped with new hoses and nozzles — all part of an effort to apply the lessons of science to improve firefighting and save more lives and property.

Fire departments have long looked to science to guide emergency medical care, but research into firefighting and fire dynamics ramped up in the past decade. A 2017 study of firefighting inside buildings evaluated the effectiveness of different water attacks and determined there were more effective ways to fight fires than the traditional practices in use across the country.

To implement this new fire attack model, Snohomish County fire departments realized they would need new hoses and nozzles. Other factors to consider were simplicity of use and versatility to meet firefighting needs across a service area ranging from residential neighborhoods to multi-story office complexes, malls, marinas, business districts and wooded open space.

With the new equipment now in place and training complete, South County Fire is already seeing results. Crews can now get fires under control more quickly to search for victims and protect property.



## RECRUITS COMPLETE ACADEMY



Since we can't gather for graduation, chief officers honored our 17 new recruits with a socially distanced badge pinning ceremony at the training tower to mark their successful completion of the fire training academy. Congratulations to our newest Probationary Firefighters Monica Bagnall, Jeffrey Bair, Daniel Benson, Aaron Boede, Kody Borden, Sergio Carrillo, Socrates Chan, Jacob Crain, William Jividan, Isaac Johnson, Brady Manz, Carlos Manzanares, Stephen Matadobra, Patrick McGarry, Richard Neumann, Joseph Wakefield and Nicholas Welch.

## PROMOTIONS



**Jason Isotalo**  
*Assistant Chief  
of Operations*

Jason Isotalo has been promoted from Deputy Chief of Training to Assistant Chief of Operations. In this role, he leads the regional fire authority's operations division, which is responsible for equipping, staffing and operating all fire stations to provide prompt fire and emergency medical response. Assistant Chief Isotalo has a bachelor's degree in paramedicine from Central Washington University.



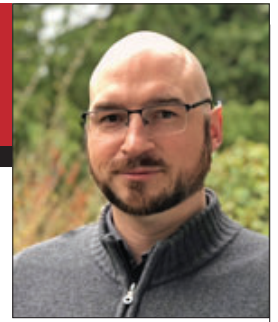
**Michael Fitzgerald**  
*Assistant Chief  
of Prevention*

Michael Fitzgerald has joined South County Fire as Assistant Chief of Prevention. He most recently served as Deputy Chief of Community Risk Reduction at Snohomish Regional Fire and Rescue. Assistant Chief Fitzgerald is the president of the Snohomish County Fire Prevention Association. He has a bachelor's degree in paramedicine and an associate degree in fire command administration.



**David Wells**  
*Deputy Chief  
of Training*

David Wells has been promoted from Battalion Chief to Deputy Chief of Training. Deputy Chief Wells served as a captain in the training division for four years prior to his promotion to battalion chief earlier this year. He has a bachelor's degree in biology from Gordon College in Massachusetts and earned his paramedic certification at Tacoma Community College.



By Commissioner  
Greg Urban

## Four steps to help you stay safe at home this winter

We're all spending more time at home these days. Staying safe at home means making sure your home is safe too. Winter is the peak season for home fires. Here are four steps you can take to make sure you stay warm, cozy and safe.



### 1. Have working smoke alarms in your home:

Most deadly fires happen at night, when people are asleep. Smoke alarms provide an early warning of a fire to give you time to escape.

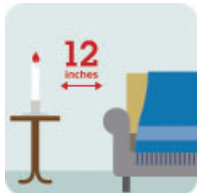
- Make sure you have enough smoke alarms - we recommend one in each sleeping area and on every level of your home. Be sure to test your alarms monthly so you know they work.
- Replace smoke alarms that are more than 10 years old.
- Make sure everyone in your household knows what to do if the smoke alarm sounds. Create a home fire escape plan and practice with your family.



### 2. Carbon monoxide (CO) alarms are another lifesaver to have in your home:

Often called the invisible killer, CO is an odorless, colorless gas created when fuels burn incompletely. The only way to detect CO is with a working CO alarm.

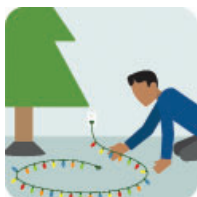
- Make sure you have CO alarms on every level of your home and outside each sleeping area.
- Replace CO alarms when they reach their expiration date or when the end-of-life signal sounds.



### 3. Pay special attention to these winter fire hazards:

**Candles:** Christmas is the peak day for candle fires. Keep candles away from anything that burns and out of reach of children and pets. Blow out all candles before you leave a room or go to bed. Flameless, battery-powered candles are a safer choice. They look and smell like real candles.

**Christmas trees:** A small fire that spreads to a Christmas tree can grow large quickly. Water your live tree daily. A dry tree is a fire hazard. Keep your tree at least 3 feet away from any heat source. Replace light strings that have worn or broken cords or loose bulb connections. Follow manufacturer's instructions for the number of light strands to connect. Always turn out lights before leaving home or going to bed.



**Heaters and fireplaces:** Take precautions to prevent heating equipment fires in your home. For wood-burning fireplaces, have a sturdy screen to stop sparks from flying into the room. Ashes should be cool before putting them in a metal container. Keep the container a safe distance away from your home. Watch children closely around fireplaces. Make sure gas fireplaces have a safety screen or gate to keep children from getting burned by the hot glass. Keep anything that can burn at least 3 feet away from heating equipment like a furnace, fireplace, wood stove or portable heater. Turn off portable heaters when leaving the room or going to bed.



**Cooking:** Unattended cooking is the leading cause of kitchen fires. Stay in the kitchen when you are cooking on the stovetop to keep an eye on the food. Stay in your home and check baking or roasting food regularly and set a timer to remind you. Keep anything that can catch fire - oven mitts, wooden utensils, food bags, mail or towels - away from your stovetop.



### 4. Take a free online class to learn more about how to stay safe & prepared:

South County Fire offers two excellent online classes with more seasonal tips to help you stay safe and prepared this winter: Home Fire Safety and Disaster Preparedness for Families. Both classes are free.

Register online at [www.southsnofire.org/education](http://www.southsnofire.org/education)

# WSDOT employee honored for giving lifesaving CPR on I-5 during a rainy rush hour



Ken Buretta

South County Fire recently honored Ken Buretta for performing lifesaving CPR in the middle of I-5.

Ken works for the Washington State Department of Transportation as the Incident Response Team Lead Technician for the northwest region. It was a

stormy morning in late September when he stopped in his response truck to check on a vehicle blocking the inside lane of southbound I-5 in the Lynnwood area.

The driver was unconscious. Ken notified Washington State Patrol to get help, then he pulled the driver from the car onto the pavement to begin CPR.

A logging truck driver saw what was happening and pulled his truck into position to block the lane of traffic to shield Ken and the patient. A Washington State Patrol trooper arrived and assisted Ken until firefighters arrived to take over CPR.

Medics administered medications, managed the patient's breathing and transported patient to the hospital. The patient was up walking and talking when discharged less than a week later.

Cardiac arrest leads to death if a patient doesn't get help right away. Immediate CPR greatly improves the chance of survivability. This was the first time Ken put his CPR training to use. His actions made a lifesaving difference.

**FREE ONLINE CPR TRAINING:** You can learn CPR and other lifesaving skills in our free, one-hour ACT First Aid class offered online twice a month. Learn more and register: [www.southsnofire.org/ACT](http://www.southsnofire.org/ACT).



Firefighter/Paramedic Eric Larson and Firefighter/EMT Paul Boonsripisal were part of the team of firefighters who took over patient care after Ken Buretta performed CPR on an unconscious motorist. The pair transported the patient to the hospital in the medic unit.



## HEADQUARTERS

12425 Meridian Avenue S  
Everett WA 98208  
(425) 551-1200  
[www.southsnofire.org](http://www.southsnofire.org)

Headquarters is currently closed to visitors due to the COVID-19 pandemic.

## Commissioners

Jim Kenny, *Board Chair*  
Bob Meador, *Vice Chair*  
Drew Burnett  
David Chan  
Mark Laurence  
Chris Teofilak  
Greg Urban

## Fire Chief

Thad Hovis

Board of Commissioners meetings are the first, second and third Tuesday of each month at 7 p.m. All meetings are open to the public. Regular meetings are currently being held remotely using Zoom teleconferencing. Login instructions, agendas, minutes and videos are available at [www.southsnofire.org/meetings](http://www.southsnofire.org/meetings).

## Neighborhood Fire Stations

All stations are fully staffed and responding to 911 calls, but are currently closed to visitors due to the COVID-19 pandemic.

### Fire Station 10 • Keeler's Corner

3922 156th Street SW  
Lynnwood WA 98087

### Fire Station 11 • Mariner

12310 Meridian Avenue S  
Everett WA 98208

### Fire Station 12 • Hilton Lake

3525 108th Street SE  
Everett WA 98208

### Fire Station 13 • Silver Fir

13611 Puget Park Drive  
Everett WA 98208

### Fire Station 14 • Blue Ridge

18800 68th Avenue W  
Lynnwood WA 98037

### Fire Station 15 • Lynnwood Civic Center

18800 44th Avenue W  
Lynnwood WA 98036

### Fire Station 16 • Maplewood

8429 196th Street SW  
Edmonds WA 98026

### Fire Station 17 • Downtown Edmonds

275 Sixth Avenue N  
Edmonds WA 98020

### Fire Station 18 • Brier

21206 Poplar Way  
Brier WA 98036

### Fire Station 19 • Mountlake Terrace

5902 232nd Street SW  
Mountlake Terrace WA 98043

### Fire Station 20 • Esperance

23009 88th Avenue W  
Edmonds WA 98026

### Fire Station 21 • Martha Lake

16819 13th Avenue W  
Lynnwood WA 98037

### Fire Station 22 • Hilltop

20510 Damson Road  
Lynnwood WA 98036

### Fire Station 23 • Lake Serene

4323 Serene Way  
Lynnwood WA 98087