

WINTER 2023

SOUTH COUNTY **SIREN**

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



INSIDE

Tips for celebrating safely

Meet community volunteers making a difference

Community Resource Paramedic program to expand,
thanks to nearly \$1 million in outside funding

SOUTH COUNTY FIRE

12425 Meridian Avenue S
Everett WA 98208



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Free online CLASSES

All just one hour and
provided via Zoom



ACT FIRST AID & CPR: Learn three skills to save a life:
Antidote for opioid overdose, CPR for sudden cardiac
arrest and Tourniquet for bleeding control.
January 17, 11 a.m. / February 21, 6 p.m.

CAR SEAT CLASS: Learn how to properly use your car seat
to protect your child from birth to the adult seat belt.
January 3, 6 p.m. / January 17, 11 a.m. / February 7, 6 p.m.
February 21, 11 a.m. / March 6, 6 p.m. / March 20, 11 a.m.

CHILD SAFETY & CPR: Learn child CPR and how to
keep little ones safe at home, at play, and on the road.
March 20, 6 p.m.

DISASTER PREPAREDNESS: Learn how to prepare and
care for your family in a disaster. March 13, 6 p.m.

AGING IN PLACE: Learn how to help your loved ones as
they age and find out about programs to help them age
in place in their own home. March 13, 11 a.m.

HOME FIRE SAFETY: Be prepared, not scared. Learn
steps you can take to protect your family and your home
from fire. February 21, 6 p.m.

IMPACT TEEN DRIVING: A workshop for parents and
teens focusing on reducing reckless and distracted driving,
the top killer of teens in the United States. March 13, 6 p.m.

Visit our website to request a presentation for your group
of 20 or more.

LEARN MORE AND REGISTER ONLINE:
www.southsnofire.org/classes



FIRE STATION OPEN HOUSES

Neighborhood Night at the Fire Station

Visit your fire station, meet your firefighters and learn
about the emergency services they provide in your
neighborhood. Activities include fire engine tours, hands-
only CPR, how to use a fire extinguisher and more. Drop
by the fire station any time during open house hours to
join in the fun. Events are free and open to all.

- ▶ Thursday, January 11, 5:30-7 p.m., Lake Serene Fire
Station, 4323 Serene Way, Lynnwood.
- ▶ Thursday, February 8, 5:30-7 p.m., Hilltop Fire
Station, 20510 Damson Road, Lynnwood.
- ▶ Thursday, March 14, 5:30-7 p.m., Maplewood Fire
Station, 8429 196th St. SW, Edmonds

Scout Day

Calling all scouts! This open house features activities to
meet badge requirements in one day: first aid & CPR,
disaster planning, knot tying, community helpers, fire
safety and more. Community members are welcome
too. Register scout groups in advance online: www.southsnofire.org/openhouse.

- ▶ Saturday, January 13, 11 a.m.-1 p.m., Mariner Fire
Station, 12310 Meridian Ave. S., Everett.



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www.southsnofire.org



South
County Fire



@southsnofire

COMMISSIONER'S CORNER

Community Resource Paramedics enhance the health and well-being of patients and our community



By Commissioner Mark Laurence

Our Community Resource Paramedic program has a proven track record of helping our most vulnerable residents AND reducing healthcare costs. That's a win-win combination that enhances the health and well-being of our entire community.

Community resource paramedics connect frequent 911 callers with social services and other resources to meet their complex needs. Our fire agency became the first in the state to provide this service back in 2013, thanks in large part to the vision of Assistant Chief Shaughn Maxwell, the recipient of three national awards for emergency medical service excellence and innovation. Since then, the need for these services has grown exponentially. Our community resource paramedics have helped more than 1,700 clients this year alone.

Unlike our first responders, who focus on immediate emergency medical needs, community resource paramedics assess a patient's ongoing health and long-term needs. They can help clients navigate social services, coordinate healthcare and access resources such as in-home care, behavioral health services, food services, transportation to medical appointments and more.

The idea is to prevent emergencies from happening in the first place and it's working. For clients who get help from community resource paramedics, 911 calls and emergency room visits are reduced by an average of 50%.

"It's not just about people; it's about a person. When you help the individual, you actually help the whole community," Chief Maxwell explained.

More help is on the way

South County Fire receives nearly \$1 million to expand services

South County Fire is receiving nearly \$1 million in outside funds to support expanding community resource paramedic services.

A grant from the Verdant Health Commission (Public Hospital District 2) will supply nearly \$500,000 and a contract with North Sound Accountable Community of Health (ACH) will provide up to \$455,000. This will fund one additional community resource paramedic and community health workers to coordinate client care.

With these additions, South County Fire will have a total of six community resource paramedics, including four working rotating 24-hour shifts, and at least three community health workers to coordinate client care.

Both Verdant and North Sound ACH have made prior generous donations toward this critical service. We are grateful to both organizations for sharing and supporting our vision to create a healthier, more resilient community.



Captain Nicole Picknell leads our Community Resource Paramedic team. Assistant Chief Shaughn Maxwell was instrumental in launching the program, the first of its kind in our state.

For every emergency room visit that is prevented by community resource paramedic intervention, the cost savings are dramatic:

- Each emergency medical services response costs at least \$4,000.
- The average emergency room visit costs \$2,000. If critical care is required, the cost can run upward of \$20,000.

Chief Maxwell cited a 2019 study that found 5% of the population accounts for 50% of healthcare spending in this country. He said, "When we focus on the unmet needs of that 5%, we are enhancing the availability of emergency resources for everyone."

Making a difference

Community volunteers support South County Fire in a variety of ways

Merle Wong, Fire Corps

Fire Corps volunteers help promote public safety in the community in a variety of ways: assisting with fire and injury prevention education, events and administrative tasks.



“Having been a nurse and nurse educator for over 25 years, I wanted to continue teaching CPR, health promotion, and disease/injury prevention. This experience has been a definite highlight in my early retirement years. I have interacted with hundreds of people, young and old, in Snohomish County as a result of my volunteering in the community classes

and events conducted by South County Fire ... Volunteering gives me a sense of purpose, self-fulfillment, camaraderie with my SCF colleagues and belonging to a community.”

Connor Matson, Volunteer Firefighter Support

Volunteer Firefighter Support members provide critical support services to first responders at fire responses and other emergencies, responding in a specialized fire support truck to refill firefighter air packs, provide scene lighting and support fireground safety. They also assist with community events and education.



“Being a volunteer with South County Fire has given me hands-on training and knowledge of the fire service while allowing me to further my education and work toward being a career firefighter.”

Michele & Mark Lundgren, Support 7 Incident Response Team

Support 7 is a non-profit organization of volunteers who respond to emergency scenes to support firefighters and help victims, survivors and families in traumatic situations.



“We’ve been Support 7 Incident Response Team volunteers for more than 10 years now and we absolutely love being a part of such a great organization. First responders are incredible people and we have some in our life who are important to us. This is a way we can show our appreciation by showing up on-scene

and providing snacks and beverages to them and providing a safe, quiet place for our neighbors in crisis to grieve and who are experiencing a life changing event.”

Do you know what to do if you're stuck in an elevator?



Firefighters have been training with new tools to rescue someone from an elevator in case of a medical emergency.

If you're stuck in an elevator:

Push the emergency button inside the elevator if available.

Use a cell phone to call 911. If you can, provide details on where the elevator is located inside the building and the last floor you passed.

Stay calm and know that help is on the way.

ON THE COVER

Training new firefighters

Our community's newest firefighters participate in live fire training at the Snohomish County Fire Training Academy in Stanwood. South County Fire has 10 recruits participating in the 13-week fall academy. They will graduate this month and will begin working in our 15 neighborhood fire stations in January.

South County Fire had 13 recruits graduate in the spring academy: Blake Churchill, Stephanie Dapper, Lidong Feng, Nolan Heisel, Tanner Holmes, Connor Holttum, Nick Jessen, Gideon Lamb, Lorenzo Mendoza, Brian Ouellette, David Schenk, Zander Woofenden and Dain Zirwas.



Celebrate safely



Christmas is the peak day for candle fires. Keep candles

away from anything that can burn 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.



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.



Smoke alarms provide an early warning of a fire to give you

time to escape. Test alarms monthly so you know they work. 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.

Brier & Mountlake Terrace appoint RFA board liaisons

The cities of Brier and Mountlake Terrace officially became part of the regional fire authority (RFA) August 1.

In April, voters in both cities overwhelmingly approved annexation into South County Fire. Each city has appointed a liaison to the Board of Fire Commissioners. Liaisons will serve until city voters have their first opportunity to run for a board seat in a commissioner election district that includes all or a portion of their city.



Paula Swisher

The City of Brier appointed City Clerk/Treasurer Paula Swisher as its liaison to the board. Swisher has worked in local government for 20 years and was actively involved in the city's RFA annexation efforts.

She has been a leader in state and county professional organizations including the Washington Municipal Clerks Association, Washington Public Treasurers Association and Snohomish County Clerks and Finance Officers Association.



Jesse Hoffman

The City of Mountlake Terrace appointed Public Works Director Jesse Hoffman as its liaison to the board. Hoffman has worked for the city since May 2022. He previously served as assistant director of facilities for a college and as the electrical manager for an international airport in California.



Congratulations to our 19 fall Community Emergency Response Team graduates, shown here with our instructors.

Community Emergency Response Team Learn to help in a disaster

Take a three-day Community Emergency Response Team (CERT) course to learn disaster preparedness to help you, your family and your neighbors.

CERT volunteers learn basic disaster response skills such as:

- Fire safety
- Light search and rescue
- Team organization
- Disaster medical operations

Spring class dates:

March 22, 23 & 24, from 8 a.m. to 5 p.m., each day, at South County Fire Headquarters, 12425 Meridian Ave. S., Everett.

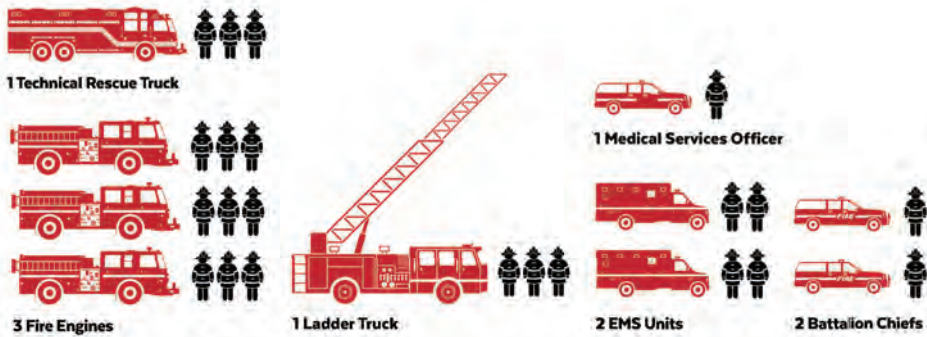
LEARN MORE

Visit our website to learn more and sign up to receive information on how to register.

www.southsnofire.org/CERT



Did you know ...
at least 22 firefighters
respond to a house fire?



Fire can grow quickly and the window to save lives and property shrinks with every second that passes.

It's important to quickly assemble enough firefighters to do every job that needs to be done to put the fire out and rescue anyone trapped inside.

And there's a lot to do: hooking to the hydrant, stretching hose, searching for victims, venting hot gases and much more.

A minimum of 22 firefighters and 10 response units are immediately dispatched to a house fire. If warranted, more firefighters and trucks may be added to the response.

For a fire in a commercial building or a building with four or more stories, we will send even more crews and trucks. The numbers are based on a national standard supported by scientific evidence and research. The goal is to always have enough resources to handle the situation safely and effectively.

After the fire is out, firefighters circle around to quickly review what went well during the response and where to improve. They also point out any scene hazards before moving on to the next phase of work: salvage and overhaul. Salvage protects property and belongings from damage. Overhaul ensures the fire is completely extinguished.



HEADQUARTERS
12425 Meridian Avenue S
Everett WA 98208
(425) 551-1200
www.southsnofire.org

Board of Commissioners

Derek Daniels, *Board Chair*
Micah Rowland, *Vice Chair*
David Chan
Michael Fearnough
Jim Kenny
Mark Laurence
Chris Teofilak

Jesse Hoffman, *Mountlake Terrace Liaison*
Paula Swisher, *Brier Liaison*
Mike Todd, *Mill Creek Liaison*

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. Meetings are held in person at Headquarters and remotely using Zoom teleconferencing. Login instructions, agendas, minutes and videos are available at www.southsnofire.org/meetings.

Fire Chief

Thad Hovis

Neighborhood Fire Stations

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 Firs
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

Fire Station 76 • Mill Creek
1020 153rd Street SE
Mill Creek WA 98012