



“Have a Heart” Blood Drive

We would like to thank everyone involved in our “Have a Heart” blood drive held at our Wilmington Headquarters on Friday, February 11th. The Massachusetts General Hospital Blood Donor Center came to Action Ambulance with one of its two mobile collection units. Overall, the blood drive was considered a great success—an average blood drive will collect 13 units of blood, our blood drive collected 20 units! We had many people who helped in getting the word out about our blood drive, supporting our donors, donating blood and providing coverage so other employees could come donate, thank you to all of you.

We have decided to hold another blood drive this summer and are working with the staff at MGH to schedule a date. If you are interested in being involved in our upcoming blood drive or would like to set one up for your facility or company, you can contact Kim Cronin at 617-726-8165 or visit the MGH website:

http://www.massgeneral.org/bloodonor/bdc_involved.htm

**Volunteer blood donors are always in great need—
donate and you could save a life!**



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“If we had no winter, the spring would not be so pleasant; if we did not sometimes taste of adversity, prosperity would not be so welcome.” - Anne Bradstreet



National Sleep Awareness Week—March 28th—April 3rd

“The National Sleep Foundation invites you to participate in the annual National Sleep Awareness Week® (NSAW) campaign. Join us March 28th – April 3rd as we help America to *SLEEP WELL TONIGHT FOR A BETTER TOMORROW!*”

What is National Sleep Awareness Week? It's a major public education and awareness campaign conducted by the National Sleep Foundation in partnership

with thousands of partners to promote the importance of quality sleep to health, productivity and safety.



NSAW 2005 provides a focus of activity involving NSF, its sponsors, the media, sleep centers na-

tionwide and thousands of concerned citizens across the country who share our commitment to "Waking America to the Importance of Sleep®."

For more information, please visit the NSF website:

<http://www.sleepfoundation.org>

Action Increases Stoneham Town Coverage to ALS

On March 1st Action Ambulance attended the Town of Stoneham Selectman's Meeting to introduce the change in town coverage from Basic Life Support status to Advanced Life Support status.

This change took place after careful review of the calls that require an ambulance in the town of Stoneham and the level of care that would best service the patients. By

providing ALS coverage to the Town of Stoneham, the residents of the town will now have advanced assessment and treatment within minutes of calling 911.

This was done at no increase in cost to the taxpayers in Stoneham and was met with praise from the town's people in attendance at the meeting.

Action Ambulance is proud to

provide service to the Town of Stoneham and is committed to providing the best possible care to their residents.



National Playground Safety Week—April 25th-29th

National playground safety week is an opportunity for parents, schools, child care centers and caregivers to focus on teaching children the importance of playground safety, to survey play areas to assure they are safe and to commit to providing safe playground equipment to our youngsters.

The National Program for Playground Safety is launching a "Play S.A.F. E. Promise" campaign and is encouraging children to promise to play safe, while asking the adults to promise to provide a safe play environment. The National Program for Playground Safety has many articles and resources on their website to help you provide a safe play environment, it is:

<http://www.uni.edu/playground>

Some tips they suggest for playground safety are:

1. Make sure adult supervision is always present at the playground.
2. Encourage children to play on age appropriate equipment.
3. Survey the area and make sure there are no apparent hazards such as broken glass, pieces of metal, sharp rocks.
4. Make sure there is appropriate ground cover around equipment. Such as bark mulch, pea gravel or sand. Asphalt, cement and grass do not provide enough cushioning.
5. Inspect ladders and stairs. Make sure they are secure, in good condition and they have appropriate hand rails.
6. Check swing area for safety. Swings should be made of soft material, not wood or metal. There should be a 6 foot landing zone in front and behind each
7. swing and the area should be separate from climbing structures. Slides should have ladders with handrails, steps with holes for drainage to reduce slipping and slides should be shaded to prevent overheating and burns on hot days.

National Playground Safety Week is April 25th –29th, please be safe, use caution and have fun!



CVA—What is it and What are the Warning Signs

CVA or Stroke is a cardiovascular accident that affects the arteries leading to and within the brain. When a blood vessel that is carrying blood to the brain is blocked by a clot or bursts, a stroke occurs. The area of the brain that does not receive the blood and nutrients it needs begins to die.

When an artery is blocked by a clot it is called an ischemic stroke, which is the most common type of stroke and accounts for approximately 88% of all strokes. If the blood vessel ruptures it is considered a hemorrhagic stroke or bleeding stroke.

When a person has a stroke they can suffer from paralysis, language, vision and cognitive deficits. In order to minimize the long term affects of a stroke, immediate attention and treatment is necessary. Recognizing the warning signs of a stroke is extremely important, listed below are the signs:

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body.
- Sudden confusion, trouble speaking or understanding.
- Sudden trouble seeing in one or

both eyes.

- Sudden trouble walking, dizziness, loss of balance or coordination.
- Sudden, severe headache with no known cause.

These are all signs of a possible stroke and should be considered life threatening, immediate medical attention needs to be given to any patient with these symptoms.

For more information on strokes you can visit the American Stroke Association website or call 1-888-4-Stroke.

Daylight Saving Time—Spring Forward

Daylight Saving Time begins for most of the United States at 2a.m. on the first Sunday of April which is April 3, 2005. During Daylight Saving Time, clocks are turned forward one hour, effectively moving an hour of daylight from morning to evening.

The changeover time was originally chosen to be 2 a.m. when the majority of people would be home, the fewest trains would be running and it would minimize disruption. It

has stayed that way ever since.

There are several areas of the United States that do not recognize daylight saving time. They are Hawaii, American Samoa, Guam,

Puerto Rico, the Virgin Islands, most of the State of Indiana and the State of Arizona.

A safety tip from many fire departments is to check and/or change the battery in your smoke detectors when you change your clocks. It is an easy way to remember and to keep yourself and your family safe.

We hope you enjoy your “extra” hour of daylight!



Community Relations

Our community relations department offers CPR certification and recertification classes, child car seat safety lectures and inspections, playground safety and bicycle safety lectures, 911 awareness programs for children, career day presentations, health fair demonstrations, prom mock crashes, drug and alcohol awareness lectures and vial of life programs.

If you are interested in scheduling a class or attending an already scheduled class, please contact Wayne Gilbert at 781 253-2600.



Upcoming Community Events

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| 3/16 | Lord Wakefield Weekly 5k Run
North Ave, Wakefield 6:30 PM |
| 3/23 | Lord Wakefield Weekly 5k Run
North Ave, Wakefield 6:30 PM |
| 3/26 | Merrimack River Trail Race
Wyndham Hotel, Andover 9:00 AM |
| 3/27 | 3rd Annual 5k Cross Country Run
Old Salem Greens Golf Course, Salem 9:00 AM |
| 3/30 | Lord Wakefield Weekly 5k Run
North Ave, Wakefield 6:30 PM |
| 4/10 | 9th Annual North Shore Wellness Fair 5k Run and Fun Walk
Salem State College, Salem 9:00 AM |
| 4/24 | March of Dimes Fundraiser Walk
Andover 10:00 AM
Boston 12:30 PM |

Protecting Children from Internet Exploitation

Advances in computer and telecommunication technology has not only improved our lifestyles, it has increased the risk of danger for our children. When our children are online, they are exposed to the dangers of sexual exploitation from child molesters who use the internet to find victims.

The Federal Bureau of Investigation has published a pamphlet for parents that can be downloaded from their website www.fbi.gov/publications/pguide/pguidee.htm

The pamphlet provides information on recognizing risk signs such as:

- Your child spending large amounts of time online, especially in the evening.
- Finding pornography on your computer.
- Strange phone calls for your child from people you do not know or your child making calls to phone numbers you do not recognize.
- Mail, gifts or presents being sent to your child from someone you don't know.
- Your child quickly turns off the computer or changes the screen when you enter the room.

- Your child becomes withdrawn from the family.
- Your child is using an online account belonging to someone else.

If you suspect your child may be getting involved in a dangerous situation, you should have an open, honest conversation with them regarding your fears and the dangers that are out there. You can install equipment on your computer to limit the ability to access certain websites and chat rooms. You can utilize caller ID to monitor who is calling your child and where they are calling from as well as reviewing your phone bill to track who your child is calling. If you think there is a serious risk to your child, you should contact your local authorities immediately. Our children are our greatest national resource and it our responsibility as parents and community members to help keep them safe and protected. For more information you can visit these websites:

<http://familyinternet.about.com/cs/internetsafety1.htm>

<http://www.cybersafety.us/>

<http://www.ed.gov/about/offices/list/os/technology/safety.html>

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