

TELLICO VILLAGE VOLUNTEER FIRE DEPARTMENT

February 2018

Mission: To Save Lives and Property

Should I stay in my home?

Rick Papke, Deputy Chief

If you are getting up there in years, you may have had the discussion about whether it's better to stay put or go to an assisted living facility.

According to a 2011 AARP research report, almost 90 percent of people over age 65 would rather remain at home as long as they're able, and 80 percent of older Americans have firm plans to stay put.

With the cost of a year in an assisted living facility running upwards from \$40,000 you might consider investing in your home. Here's a look at some stay-in-home improvements that might be beneficial.

In-home monitoring service Life Alert, AT&T *Digital Life Care*, and *BeClose.com* are systems that provide seniors with direct communication devices when an emergency takes place. These systems generally involve a monthly fee and sometimes require the purchase of equipment. Please check web sites for details .

Walk-in bathtub. These can be helpful for seniors who have trouble climbing in and out of the bathtub. However, one drawback is they require one to first enter the tub and then fill it and, when finished, one sits in the water and waits for it to drain.

Remote-controlled blinds. A wonderful convenience for some seniors.

Grab bars for the bathroom. These are bars located in the bathtub/shower and next to the toilet which may make someone unsteady feel more confident.

Widen doors. If you or a spouse are in a wheelchair or using a walker this may be a necessity.

Disability ramp. If wheelchair-bound, or if you think that day is coming, this is a must.

Lever-style doorknobs. One of the easiest and cheapest retrofits is to switch traditional round doorknobs with lever-style doorknob handles.

Elevator. This will be a challenge and costly option for existing homes.

Stair lift. Another option for multi-level homes.

And finally some simple fixes within your home: **Avoid slippery conditions and remove tripping hazards.**

These tips are given as thought starters . . . your due diligence is a requisite.

If you stay, please stay safe . . . and always remember that we have your back.

Did you know ?

The Tellico Village Fire/Rescue Team responded to 539 medical assistance calls in 2017...that's up 25% from 2016.

Neighbors Helping Neighbors 2018 Campaign

If you have not yet needed assistance from the Tellico Village Fire/Rescue Team chances are you know someone who has and sooner or later you also will need our help.

When you do, you will want us to be well equipped, well trained and highly motivated.

We need your moral and financial support to achieve those goals.

Yes, I want to join the 100% Club. Enclosed is my donation.

_____ \$50 _____ \$100 _____ \$125 _____ \$150 _____ Other

Name _____ Address _____

Please make checks payable to: TVVFD, 210 Chota Rd. Loudon, TN 37774

Thank you for your generous moral and financial support.

Neighbors Helping Neighbors: Meet the Volunteers

The members of the Fire/rescue team see their roles as more than "just doing a job". They see it as helping their neighbors and making the village a better place to live.

Bob Harris



A resident of Toqua he and wife Mary relocated from Mt. Prospect, IL in January of 2017.

Bob has degrees from Wesleyan College and a graduate degree from

the University of Northern Iowa. He worked at Hallmark Cards and United Airlines.

Bob Joined the Fire/Rescue Team in November of 2017 and is presently a firefighter.

Giving back to the community is his reason for serving our community.

Ray Bauer



Ray Bauer he and wife Becky (featured to the right) moved here from Cary, IL in July 2017. They live in the Coyatee neighborhood .

Ray has a BS/AS Degree from St. Louis University in Aerospace Engineering and an MBA from Keller School of Management. He was a Program manager at Northrup.

A firefighter since October 2017 he is an EMR in training and has always been interested in public service.

Becky Bauer



Married to Ray (picture on the left) she is an Cardiac RN and graduated from St. Lukes Hospital School of Nursing in St. Louis, Missouri.

Becky was the # 1 fund raiser in 2013 Advocate Health Care for the American Heart Association.

Becky joined the Fire/Rescue Team in September, 2017. She is a firefighter and EMR in Training. Serving the community is her motivation.

Firefighters Extinguish New Years Eve Fire

Don Skalecki, Fire Chief



I couldn't believe it. . .ten minutes into the new year and we received a 911 call about a grass fire in the Village north end at road marker 27.

Apparently someone set some fireworks off to celebrate the New Year and caught the hill side on fire. We extinguished it relatively quickly and firefighters found out how quickly splash-back from the nozzle freezes on their turnout gear at 12 degrees.

Glen Quillen at POA Public Service office quickly responded to our request and salted and de-iced the road to prevent traffic accidents.

There are many potential mishaps with fireworks. Bodily harm and, of course, fires are a few. What seems safe isn't always the case many times there are unintended consequences.

All worked out very well. . .Happy New Year !

Aging and Falling: Cause and Effect

Given the demographics of the Village age, lift assist calls are increasing. Reasons for falling vary – could be a change in medical condition, loss of balance, problem with a change of medication – but almost all have a relationship to age.

The facts are – approximately 70 to 80% of lift assist calls result in serious enough injuries that a transport to a hospital is required.

Too many callers are embarrassed and often-times underestimate the extent of injuries and some, without even knowing the extent of their injuries, ask that we not dispatch an ambulance.

If one falls and loses consciousness for seconds or minutes, there is potential damage to your brain. Although you will make the decision regarding ambulance transport, please consider the advice of the medical professional on site.

Villagers Supporting Fire/Rescue Fund Raising Committee

Rich Planzo, Rich Seymour, Bill Koeppe, Rich Herbst, Bob Thelen

Rich Herbst, Editor