

Priority One Report



A Quarterly Newsletter

Volume 4 - Issue 1

Happy New Year

Happy New Year! 2014 is officially upon us.



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Happy New Year

Happy New Year and welcome to 2014! As with last year, this new year brings change, as this editor steps down from newsletter duties to accept a new position in a new city. Thank you for five great quarters editing this newsletter, and thank you to ALS for 4 1/2 years of learning and growth.

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HAPPY NEW YEAR

Looking Back

As reported in the October 2013 edition of this newsletter, ALS once again participated in the Breast Cancer Awareness Campaign, with pink ribbons on ambulances and employees sporting pink shirts and gloves. ALS also partnered with Yakima Valley Memorial Hospital to sponsor an awareness drive at 'Ohana Mammography Center. Employees Dwight Derby, A.J. Fandrich, and Josh Redtfeldt were on hand for the event. From the YVMH Foundation webpage:

Thank you, Advanced Life Systems, for AGAIN sponsoring the drive for breast cancer prevention and education at 'Ohana Mammography Center!



Thank you to everyone who participated!



Save A Life Event

February brings both the annual Save A Life CPR Blitz and the annual Polar Plunge in Yakima. This year's Save a Life event again takes place at the Yakima Convention Center. There are classes in both English and Spanish, and all classes are free. From the Save A Life website:

Each year, hundreds of people from across the Yakima Valley come together to learn valuable lifesaving lessons in cardiopulmonary resuscitation (CPR) and the use of automatic external defibrillators (AEDs). Participants include new parents, young families, school teachers, middle and high school students, grandparents and seniors caring for each other at home...[i]n 2014, our goal is to teach another 1,000 members of our community these skills, as well as provide education about responding to situations involving stroke and choking in both adults and infants. We ask that participants share this knowledge with others.



The AHA encourages every community member from middle school aged and older to participate in this vital educational opportunity. For more information or to register, please call (509) 574-5990 or visit www.savealifeyakima.org

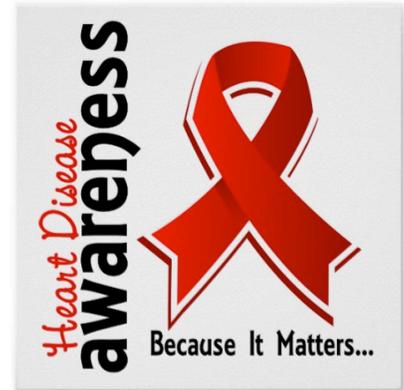


Polar Plunge

The Polar Plunge is an annual event organized by law enforcement agencies across Washington to benefit Special Olympics Washington. From the website:

Take a dip in the ice waters across Washington State and be a part of the "coolest" event of the year! Join the fun, help raise funds and win prizes all in support of Special Olympics Washington...[t]his unique opportunity gives individuals, organizations and businesses the chance to support Special Olympics Washington by collecting pledges for the "opportunity" to plunge into frigid water across Washington State.

This event invites you to collect pledges and be "Freezin' for a Reason!" ALS employees will be among those braving the cold again this year! For more information about this event or to register, please visit http://www.specialolympicswashington.org/calendar/letr_events/polar_plunge



Heart Disease Awareness Month

February is also Heart Disease Awareness month. The term "heart disease" includes diseases of the blood vessels, like coronary artery disease; heart rhythm problems, called arrhythmias; heart infections; and deficiencies one is born with, like congenital heart defects.

Heart disease is the number one killer of both women and men in the United States, with approximately 600,000 deaths attributed to heart disease each year, or 1 death in every 4. In fact, heart disease is so widespread that each year 715,000 people have a heart attack, and cardiovascular disease costs the United States \$312.6 billion per year!

While these numbers sound alarming, heart disease is actually preventable and controllable with physical and dietary changes. During the month of February, the Center for Disease Control will provide a tip per day to point people in a healthier direction, however it offers these ideas all year long:

- **Don't become overwhelmed.**
- **Don't go it alone.**
- **Don't get discouraged.**
- **Reward yourself.**
- **Eat a healthy diet.**
- **Maintain a healthy weight.**
- **Exercise regularly.**
- **Monitor your blood pressure.**
- **Don't smoke.**
- **Limit alcohol use.**
- **Have your cholesterol checked.**
- **Manage your diabetes.**
- **Take your medicine.**

The CDC encourages further research both on their website and other related websites, and talking these issues over with your doctor. For more information about Heart Month, these tips, or preventing heart disease, please see <http://www.cdc.gov/features/heartmonth/>

Happy New Year from ALS, and stay safe out there in winter weather and driving conditions!

