

# Community News

## On-scene medical care crucial for heart-attack victims

It was cold, windy February night in Florence when the calm of the evening at the Western Lane Ambulance District (WLAD) headquarters was broken by the sound of alarms. Paramedic David Rossi and EMT Intermediate George Lydick were dispatched to a report of a patient having chest pains at a local residence.

Upon arriving on-scene, the medics jumped into action by taking vital signs, exams, 12 lead ECG Monitor to diagnose

heart rhythm and possible heart muscle damage, IV access and blood draw, aspirin for blood platelet thinning to prevent clotting, Nitroglycerine in order to dilate the blood vessels to allow smooth blood flow through the vessels and the heart.

The patient was stabilized on scene and then quickly transported by ambulance to Peace Harbor Hospital for further medical exams and treatment.

In this situation, the patient



COURTESY PHOTO

**Western Lane Ambulance District paramedic David Rossi works with a patient in the ambulance en route to PeaceHealth's emergency room.**

was fortunate. The emergency department physician determined that the patient was not having a heart attack this time — but that it was essential for the patient to have called 911 and summoned emergency medical services to the scene.

“The paramedics can do cer-

tain things that can help us make the diagnosis fast and start treatment that can be beneficial,” said Peace Harbor Hospital Emergency Department physician Dr. Foster.

Heart-attack patients should not attempt to drive themselves

into the hospital because “with a heart attack, it’s possible at any minute they can become incapacitated and can cause an accident hurting themselves or others,” Dr. Foster added.

It is often difficult for a patient to determine if he or she is actually having a heart attack or if it’s something else.

“Part of the problem is the patients think they’re not having pain because it could be tightness, pressure, burning, discomfort — but all of that can be consistent with a heart attack. The ER is the best place to rapidly figure out what’s going on,” said Dr. Foster.

Heart attack deaths are the number one leading causes of mortality in the United States, according to the Centers for Disease Control and Prevention. Approximately 1-in-3 American adults have one or more types of cardiovascular disease, and over a million will have a heart attack this year.

Approximately half of heart related deaths occur before a patient arrives at a hospital, underscoring the important role

of pre-hospital emergency care in the “chain of survival” for heart attacks.

Time-to-treatment is critical for heart attack patients, and rapid emergency medical services response, intervention and transport to specialized medical facilities is essential for positive outcomes and cannot be emphasized enough.

“It’s imperative that treatment for heart attacks is started immediately,” said paramedic David Rossi. “A delay in treatment can cause permanent heart muscle damage and lead to death.

“I’ve seen it before, where I had a patient in his early 40s and he began experiencing chest pain at 7 p.m. but he waited until 7 a.m. before he called 911. By the time he got to the hospital, two thirds of his heart was damaged and he died needlessly two weeks later.

“We are here for you day or night, so don’t ever hesitate to call if you think something isn’t right,” said Rossi.

Submitted by Al Krietz, WLAD

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## CERT training to be offered Upriver in April

DEADWOOD — Upriver Community Emergency Response Team trainings are scheduled for April 9, 16, 24, 30. The sessions cover two 3-hour modules each meeting, with a 30-minute lunchtime.

Trainings are 9:30 a.m. to 3:30 p.m., and Frank Nulty is the instructor. Those unable to attend a session, or have to leave early, can make up those modules online at [www.fema.gov/community-emergency-](http://www.fema.gov/community-emergency-response-teams)

response-teams.

There is also a 3-hour disaster drill scheduled for May 1 at the Mapleton Fire Station.

The first session will be at the Deadwood Community Center; an alternate site is

available in Mapleton.

Attendees will choose the most convenient for the majority for session two.

To enroll in the trainings or recruit others, contact Jim Grano at 541-268-9954.

12th Street Alano Club Hope Meets 1525 12th Street (Old hospital, back annex). Meeting site for “Open to All” recovery groups: AA, DDA, Al-Anon, Native American AA, GA, Kids caught in the crossfire, AlanoHope.org Meetings. Seven Days a week. Call for times & meeting agenda. Contact: 541-997-9558 or 612-462-1481. Friday 5:30pm, 1525 12th St. (Old hospital, back annex) Contact: 541-999-1243 or 541-991-9588.

55 ALIVE/MATURE DRIVING. Contact Lane Community College, 541-997-8444.

A. C. A. Adult Children of Alcoholics (and Addicts). Meets every Monday at 3pm St. Andrew’s Episcopal Church, 19th & Tamarack. Contact: Loyd or Kyle (612) 462-1481.

Ada Grange #570 meets second Saturday of each month. Potluck at 5pm. Meeting at 6pm. Enjoy getting together with people involved in helping the community. Ada Grange is 10 miles out of Canyon Road. Contact: Linda Pugh 541-997-4254, or PO Box 674, Florence, OR 97439.

Aglow International meets first Saturday, 10am-Noon., at Florence Vineyard Fellowship, 2610 Kingwood St., Contact: Judy Murphy 541-997-5849.

Al-Anon Family Group meets every Thursday at noon, at St. Andrew’s Episcopal Church, Library Room, 19th & Tamarack. Contact: 541-997-3788.

Al-Anon Family Hope Group 1525 12th St. (old hospital back annex). Meets Fridays 5:30pm to 6:30 pm. Contact: 541-999-1243.

Al-Anon Siuslaw Family Group meets every Tuesday at 7pm., at Cross Roads Assembly of God, 10th & Maple St., Rm 14. Contact: 541-997-1209 or 999-0152.

Al-Anon Mapleton Family Group meets every Monday at 7pm, at the Mapleton Evangelical Church, Riverview Ave., Mapleton. Access door off rear parking lot. Contact: 541-999-5223.

Alcoholics Anonymous meets Mon., Wed. & Thurs., 7pm., Episcopal Church, 19th & Tamarack. Contact: 541-992-0152.

Alcoholics Anonymous meets Mon. thru Sun., 5:30-6:30pm., Siuslaw Pacific Ctr., 1445 W. 8th St. Contact: 541-992-0152.

Alcoholics Anonymous meets Mon. & Fri., 10am., New Life Lutheran Church, 21st & Spruce Streets. Contact: 541-992-0152.

Alcoholics Anonymous meets Tues (closed), Thurs and Sat (open), 7pm., Mapleton Lions Club Annex on River Ave., Mapleton. Contact: 541-992-0152.

Alcoholics Anonymous Open meetings Sunday, 10-11am, 1525 12th St. (Old hospital, back annex). Contact: 541-991-7870 or 541-999-7300.

Alcoholics Anonymous Men’s Meeting. Meets Tuesdays, from 5-6pm, at the Methodist Church on the corner of Kingwood & 2nd St. Contact: 541-992-0152.

Alcoholics Anonymous New Beginnings Men’s stag. Meets 11:30 am-12:30pm. (Closed) Methodist Church @ Kingwood & 2nd St. Contact: 541-992-0152.

Alcoholics Anonymous (SIS) Sisters in Sobriety Women’s meeting. Meets Wednesdays at 5:30-6:30pm, at St. Andrew’s Episcopal Church, 19th & Tamarack in Library. Contact: 541-992-2110.

Alzheimer’s Support Group meets the 1st & 3rd Wednesdays of every month, 1-2:30pm., Regency Florence, 1951 E. 21st Street, Florence. Contact: Paulette Volkoff 541-997-8436.

American Red Cross Oregon Pacific Chapter meets 3rd Monday of each month, at 1pm. Contact: Tom or Carol 541-999-2119. Persons interested in learning about becoming a Red Cross Volunteer should call and get information. Great opportunity to help locally.

American Legion & Aux., Francis M. Yost Post No. 59 meets the 4th Tuesday of every month, 5pm for dinner and 6pm for general membership meeting, at Elks Lodge of Florence, 1686 12th Street. Contact: 541-997-3082.

Anger Management for Men. Meets weekly every Tuesday from 6pm to 8pm. Location: 1710 Laurel Way, Unit B (upstairs), Florence. For information contact: Deborah Grigsby, LPCI, MMHC, 541-999-1913, no cost group sessions.

Anger Management for Women. Meets weekly every Tuesday from 12 to 2pm. Location: 1710 Laurel Way, Unit B (upstairs), Florence. For information contact: Deborah Grigsby, LPCI, MMHC, 541-999-1913, no cost group sessions.

Argentine Tango in Newport meets every Monday night at 7-9pm. (7:30pm on second Monday) at South Beach Community Center located east of LaQuinta motel on 3024 SE Ferryslip Rd. First 1/2 hour is a lesson-then dancing. No partner needed. All ages welcome. Wear leather bottom shoes, for info contact: 541-

## THE MEETING PLACE

263-2705 or <http://www.geocities.com/yesnewportanglo>

Baha’i Faith of Florence discussion meetings every Monday evening @ 875 7th Street, 6:30pm. Soup’s on supper and interfaith devotional discussion. No Charge. Contact: Suzanne Mann-Heintz 541-590-0779 or James Heintz 541-590-0616.

Beloved Community of Florence. Healing Circle, Meditation, Spiritual Coaching. Meets every Saturday, 10:30am., Private Home. Contact: Eleanor 541-999-9870 Cell.

Better Breathers Club, meets 4th Wednesday of each month, Peace Harbor Medical Center in Conference room C-2. 3:30pm. Contact: Karl 541-992-6300 Ext 563.

Breastfeeding Support Group, second Thursday, 6:30-7:30pm., Siuslaw Area Women’s Center, 12th St., Florence. Contact: 541-997-1794.

Cancer Education Group Everyone Welcome. Meets every other Tuesday at 1:30pm @ 1525 12th St., Ste. 4A, Florence. Contact: 541-997-3788.

Central Oregon Coast Amateur Radio Club meets every Wed. 7-8:30am, at Koffee Klatch @ Drifwood Shores Restaurant. Wed net @ 7 pm. 146.80(-) 100hz tone.

Chronic Pain Group People with chronic pain helping people with chronic pain, meets 1st & 3rd Tuesday, 5:30 to 7:00pm at Community Baptist Church, 4590 Hwy. 101, Florence. Contact: 541-991-0037.

Citizens Democracy Watch, meets at 1pm., the last Sunday of the month at the Women’s Center. Contact: 541-997-3950.

City Club of Florence, Meets 1st & 3rd Fridays of each month, 11:30am small menu & beverages offered, Speaker: 12-1 pm. Ocean Dunes Golf Clubhouse, 3345 Munsell Lake Rd. For information, call 541-992-5135.

Coast Chamber Ensemble, meets every Thursday, 3-5pm., Coast Village Clubhouse. All musical levels welcome. Contact: 541-970-4346.

Coastal Celtic Society, Meets the third Wednesday of each month, Contact: Carolyn McCord 541-997-9142 for different locations and time.

Coastal Women Veterans, 2nd Friday, 11:30am. Place to be announced. Contact: 541-992-8623.

Coastal Writers, 1st and 3rd Thursday, 7-8:30pm, at the Shorewood, 1451 Spruce St. Contact: 541-992-8575.

Community Chorus of Florence meets Mon. 7-8:30pm, at Cross Road Church, 10th & Maple Sts. Florence. Contact: Laura Merz, 541-992-8567.

Diabetes Health & Wellness Group, Meets twice a week every Wednesday from 9am to 11am AND 8pm to 9:30pm. Location: 1710 Laurel Way, Unit B (upstairs), Florence. For information contact: Deborah Grigsby, LPCI, MMHC, 541-999-1913, no cost group sessions.

Disabled American Veterans and Auxiliary meet first Saturday each month at 11am. Contact: Ron Caputo 541-997-4961.

Florence Senior Travel Club, Meets Monday, Wednesday & Friday, Noon-3, at Jerry’s Hot Rod Grille, 1179 Hwy. 101. 541-999-9700.

Florence Siuslaw Lions Club, 1st & 3rd Tuesdays, 6:30pm., Pacific Pines RV Park meeting room, 4044 Hwy. 101, (entrance on 42nd St.) Contact: 541-991-3161.

Florence Unitarian Universalist Fellowship, Sundays, 10am, at the Fellowship Hall located at the NW corner of Heceta Beach Rd. & Hwy 101. Contact: Sally Wanz 541-992-9505.

Friends of Needles & Hooks of the Siuslaw, This group does charitable knitting & crocheting for schools, SOS, & Helping Hands. All are welcome. Meets 2nd Tuesday in Bromley room Siuslaw Public Library from 3pm-5pm. 4th Tuesday — at Greentrees Community Room from 3pm-5pm. Contact: Suzanne Mann-Heintz, 541-999-9700.

Friends of Florence Events Center meets on the last Tuesday of every month, 3pm, at Florence Events Center. Contact: FEC 541-997-1994.

Friends of Honeyman State Park, Meets 3rd Monday of each month at 11:15am. recreational meeting hall at Honeyman, on Canary Rd. A group of volunteers who support projects at Honeyman — activities include park upkeep, planting & clearing, interpretive programs and special events. Everyone Welcome! Contact: Suzanne Mann-Heintz 541-590-1779, or honeymanfriends@aol.com

Friends of the Library meeting, 4th Thursday of each month, 11am., Bromley Room Siuslaw Public Library. Contact: Susy Lacer, 541-997-8663.

Grief & Loss for Adults, Meets weekly every Thursday from 9am, to 11am. Location: 1710 Laurel Way, Unit B (upstairs), Florence. For information contact:

Nichols 541-999-6907.

Pacific Dunes Siuslaw Club meets for Dinner Socials at Driftwood Shores, for Business Meetings at Bliss’ 101. For details, call 541-997-4082.

Pacific Shores Community of Artists, meets 2nd Wednesday of each month, 10-Noon at Elks Lodge, 1686 12th St. Florence, (room next to Thrift Store) Topic: Regular membership meeting. Contact: Claudia Ignatieff 541-999-7785. Website: [www.pscartists.org](http://www.pscartists.org).

Pacific Shores Community of Artists, board, 3rd Wednesday of each month, 10am., at Fire Station on Hwy. 101. Contact: Claudia Ignatieff 541-999-7785. Website: [www.pscartists.org](http://www.pscartists.org).

Parkinson Support Group meets first Tuesday of each month at Ocean Unity, 834 SW Lee, Newport. Call 574-6560 for more information. Jeff Geiger, Facilitator.

Peace Harbor Hospital Auxiliary meeting, 3rd Thursday, except July/August, luncheon at 11:30, Florence Events Center. Contact: 541-992-0669 or 541-992-1970.

Parish of St. Ignace Ministers - Support for veterans and their families. Especially wartime service. Contact: Bond Hanson, 541-997-2074; Dan Hackett, 541-992-0688.

Professionally Retired Ornerly Single Seniors. (PROSS). For information, contact Dannie, 991-6430, or write P.O. Box 572, Florence.

Quilt Guild (Rhododendron), 2nd and 4th Wednesdays, 10am., Florence Christian Church. Contact: Cyndie Wenz, President.

RAPP Committee meets 3rd Wednesday of each month at B&G conference room, 1234 Rhododendron Drive, noon-1:30pm.

Rainbow Girls, Meet 1st & 3rd Wednesdays, 6pm, Masonic Lodge 84910 Highway 101 South (1.5 miles south of the bridge). Contact: Sherry, 541-915-9382.

Reiki Gathering All Reiki students 1st, 2nd, 3rd degree. Time to work on each other. No cost. Meets 2nd Wednesday of the month 6:30-8:30pm in Private Home - call for directions. Contact: Lynette Kristine 541-997-2154.

Retreads Motorcycle Club, Florence Chapter, meets second Saturday of the month at 9am @ Kathleen & Ninas for breakfast & a ride. Contact: Bill Trapp 541-997-5063.

Rhododendron Society, Siuslaw Chapter, meets 3rd Tuesday of every month, 7pm., Presbyterian Church of the Siuslaw, 3996 Hwy. 101. Contact: Mike Bones, 541-997-3082. Sept. May only.

SAR (Sons of the American Revolution) Central Coast Chapter, meets 3rd Saturday of each month, at Reedsport Methodist Church at 11am. For information call 541-271-3777, or James Ives - President 541-271-4212.

S.C.O.R.E. (Service Corps Of Retired Executives), free personal consultations with people in or interested in business. Contact: LCC, 541-997-8444.

SHIBA, (Senior Health Insurance Benefits Assistants) Meets in Florence @ DHS & LCC 1st Tuesday & 3rd Friday. Call for an appointment for Medicare help. Contact: 800-722-4134.

Siuslaw Area React meets third Tuesday each month, 7pm. Contact: 541-997-4297.

Siuslaw Diabetic Support Group meets third Tuesday each month, 2pm., Siuslaw Public Library, The Bromley Room. Contact: 541-997-7134 Julianne or Joan. No meetings June, July or August. Start September 20, 2011

Siuslaw Fiber Arts Guild meets the third Wednesday of each month from 10am-Noon at Bromley Room at the Library. Contact: Margaret Keith 541-997-5588. Anyone interested in joining in the knitting, hand-spinning, felting, rug-hooking is welcome.

Siuslaw Fisherman’s Association, Meets 3rd Monday of each month at 1536 12th St. Church of the Nazarene, 2nd floor, 6pm. Contact: Annette Smith 541-992-2345.

Siuslaw Friendship Club meets the second Thursday of each month at 11am. Contact: Betty Fieldson 541-997-2842.

Siuslaw Genealogical Society meeting, 3rd Wednesday of each month, 7pm. Public Library, Bromley room. Contact: Kevin Mitze 541-992-2376.

Siuslaw Sewing Services, Women’s Empowerment Support Group meets every Tuesday, 4-6pm., 1576 West 12th St. Contact: 541-997-2816.

Siuslaw Pioneer Museum meeting,

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**Siuslaw News**

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