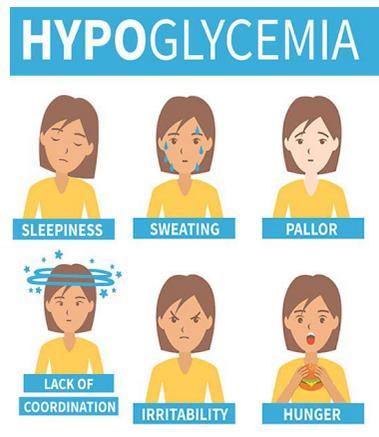


Raising Diabetes Awareness

Diabetes is a fairly common problem today. Did you know there are two types of Diabetes?

Type 1 Diabetes is caused by the body's inability to produce insulin. Type 2 Diabetes is more common and is caused when your body is not using insulin appropriately. **Both Type 1 and Type 2 Diabetes prevent the body from managing blood sugar levels effectively.**

A key factor in helping to maintain a healthy blood sugar is diet and exercise.

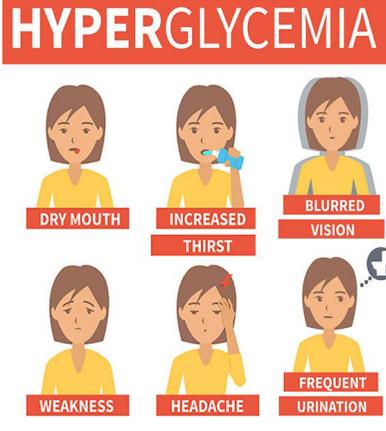


When your body doesn't produce enough insulin or doesn't use the insulin it produces efficiently, sugar levels rise or fall in the bloodstream. Medications can also affect blood sugar. People with diabetes can have problems when their

blood sugar changes and becomes unbalanced. Most people are able to manage and to take corrective actions before their symptoms worsen.

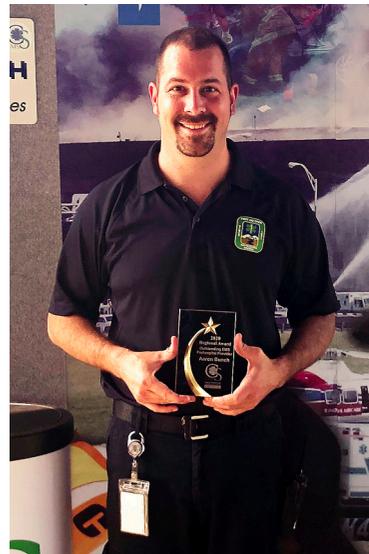
Knowing the signs of changes in the blood sugar levels and being able to respond promptly may save lives! When patients are conscious, they have the ability to correct their blood glucose with food or medication. If

the problem persists, it may be necessary to see a doctor regularly. If the patient is unable to follow directions or is unconscious, this is an emergency, and a bystander should call 911 immediately to ask for help.



Recognizing Excellence

In August 2020, we were pleased to be notified that our very own Captain Aaron Bunch was awarded the Outstanding EMS Prehospital Provider Award. This award is given to an individual who exemplifies outstanding dedication and service to his or her community through involvement with EMS and who serves as a mentor in growth and development of the EMS field. This individual must routinely provide prehospital care in Virginia, be affiliated with at least one Virginia licensed



EMS agency, and be certified as a prehospital EMS provider by the Commonwealth of Virginia.

Aaron is not only dedicated to EMS, but he always goes the extra mile to ensure that every one of his patients receives great care. He provides reassurance and comfort on every call.

Aaron has completed his Paramedic certification and provides outstanding care and support to both his team members and his patients. He is the captain of his shift in Waynesboro and leads by example. As a mentor for EMS students, Aaron is knowledgeable, patient and kind, looking to the future of the profession and encouraging those who will lead in coming years. His mentorship of students is always above and beyond. Aaron looks to the future and is helping move us all forward.

Aaron, moved to our area immediately after graduating from Bridgewater College in 2007. When not working, he enjoys reading, spending time with his dog Ginger, gardening, camping, and spending time with family and friends.

We are beyond proud of Aaron and all he does for the community.

2020

Fund Drive



Waynesboro First Aid Crew and Auxiliary

201 West Broad Street
Waynesboro, VA 22980

(540) 949-7118

www.wfacrescue1.org

Serving the community since 1951.

Contribute

YES...Waynesboro First Aid Crew can count on me. Please direct my gift to:

- WFAC WFAC Auxiliary

Donations may also be made online via Paypal at wfacrescue1.org.

My/our donation: \$500 \$250 \$100

\$50 Other \$ _____

Check enclosed (*please make checks payable to Waynesboro First Aid Crew, Inc.*)

Pay by credit Card

VISA Mastercard American Express Discover

Credit card number _____

Exp. Date ___ / ___ CVV _____

Signature _____

Name(s) _____

Address _____

City _____ State _____ Zip _____

Phone Number _____

Email _____

Waynesboro First Aid Crew is a 501(c) 3 non-profit organization. All donations are tax-deductible to the fullest extent allowed by law.

Your donation makes a difference!



About Us

The **Waynesboro First Aid Crew (WFAC)** is a non-profit rescue squad. Trained volunteers and career personnel provide EMS and rescue services to the City of Waynesboro and the eastern part of Augusta County. We respond to nearly 5000 emergency calls a year, providing both basic and advanced life support to the citizens of our response area. That area includes portions of I-64, the Blue Ridge Parkway and Skyline Drive. WFAC also provides mutual aid response to surrounding localities.

Our mission is to provide the best quality pre-hospital emergency care and rescue services to the citizens of Waynesboro and surrounding areas. We have served the area for over 65 years, and our loyalty to the community continues today. WFAC currently has seventy-two active members comprised of career staff and volunteers who respond to EMS calls. Pictured below is a group of members from one of our monthly training drills.

The **Auxiliary of the Waynesboro First Aid Crew** began in February of 1955. The auxiliary raises money and activates to provide support services. Auxiliary support services include providing food and beverages to personnel of the First Aid Crew, the Waynesboro Fire Department, and other members of emergency services for the City of Waynesboro during intense or prolonged rescue efforts. The auxiliary has sixteen active lifetime members, four active members, one associate member and six honorary members.

Operational Costs

Responses to calls for rescue and/or services cost money. Rising operational costs are making it more difficult to meet your needs. Costs for fuel, vehicle maintenance, and state-of-the-art medical supplies and equipment for our teams are increasing each year. Some examples are:

- An ambulance, fully equipped according to state regulations, costs \$225,000. Pictured below is Unit 6 which replaced one of our older, less reliable units.
- A uniform for one team member costs \$200, not including special equipment like extrication gear and personal protective equipment (PPE).
- Training for one EMT costs \$1300, with specialized training for other team members costing more.



We are here day and night to provide excellent emergency medical care. We are reaching out to our community for help to ensure that we can continue to meet and exceed those expectations!

We Need You

We welcome you to come and join us! We are always looking for volunteers. This is an exciting and gratifying field. Whether you are interested in the joining the medical field or looking to give back to your community, we are happy to have you!



We accept membership applications both from experienced EMS personnel and novice recruits.

You can find more information on volunteering and find an application on our website under the volunteer tab at www.wfacrescue1.org.