



# Mishawaka Communicator



Working together to build the "Best Hometown in America" by delivering exceptional services, promoting safe and clean neighborhoods, elevating the quality of life and inspiring pride in our community.

Dave Wood, Mayor

[www.mishawaka.in.gov](http://www.mishawaka.in.gov)

June 2019

## A Letter from Mayor Dave Wood



### Medical Emergency - What Happens When I Call 911?

I've often said that while Federal and State government gets most of the attention, it is the local level of government that we least know about, yet it is the level of government that impacts our lives the most with critical services that are essential for us to live. While your Mishawaka City Government provides many services like water, electric, wastewater, street maintenance, etc., there is no service that we provide that is more vital than public safety. I sincerely hope that you never need to use our emergency services but in case you do, you can be assured that you will receive rapid response from highly trained professionals using the latest technology and equipment. I think it is

important for you to know exactly what happens when you call 911 for a medical emergency.

### The Emergency

It is 3am and your loved one awakens you having severe chest pain. They appear to be having trouble catching their breath; are very sweaty and very scared. The fog in your brain from your deep sleep is quickly replaced with fear for your loved one - your heart rate increases and you feel as if you're tripping over your own feet as you try to comfort them. You fear that your loved one is having a heart attack, so you dial 911 and wait for the answer...

*What happens now? Who will I talk to on the phone? How will I help my loved one until help arrives? Who will show up at my house? What information will they need, both the 911 operator and the EMS personnel?*

### What Is Happening and What to Do

The first step is to stay calm. First responders know that this is one of the most stressful days of your life. They have a system in place: it starts with the 911 call. When the 911 dispatcher answers your call, they will ask you a series of questions that are intended to make sure the appropriate resources will be sent to the correct location. This process and these questions will not delay the

*(cont'd on next page)*

## Get More Daily Steps

*Health Information from Saint Joseph Health System*

You've probably heard that 10,000 steps a day is recommended to improve your health and decrease your risk of chronic diseases. Since our lifestyles and physical environments are not always designed to help us be active, we need step strategies.

"Taking the stairs instead of the elevator or escalator and parking farther away from entrances are good places to start," said Dr. Nathaniel Stewart, primary care provider at River Park Family Medicine in South Bend. Here are some others:

- Step side to side. You can do this watching TV, talking on the phone or brushing your teeth.
- Pace while waiting. Try this at the doctor's office, the bureau of motor vehicles or anywhere you are stuck.
- Take frequent breaks. Whether you are hard at work or scrolling through social media, get up and walk around periodically. Set an alarm to go off every 45 minutes to remind you.
- Walk to a coworker's office instead of calling or emailing.
- Walk the kids to school or to the bus stop.
- Take your dog for a walk. If you don't have a dog, volunteer to walk dogs at an animal shelter or join a friend when they walk their dog.
- Find friends who walk and make regular dates with them.

One way to turn walking into a healthy habit is to incorporate it into your morning, lunchtime or evening routine. Have a backup plan for bad weather, such as walking inside a mall rather than outdoors.

To learn more, visit [ThisCounts.org](http://ThisCounts.org)

## UPCOMING EVENTS

- Jun 14 - Tent the Island  
15 (*Kamm Island Park*)
- Jun 15 Neon Glow Swim  
(*Merrifield Pool*)
- Jun 29 Independence Day  
Celebration  
(*Central Park*)
- Jun 29 Family Fun Glow  
Run (*Battell Center*)
- Jul 4 City Offices Closed
- Jul 4 Fireworks  
(*Central Park*)
- Jul 13 Fam-to-Fam Sale  
(*Battell Center*)
- Jul 20 21 & Over Beach  
Bash (*Merrifield Pool*)
- Jul 31 Chill With A Cop  
(*Central Park*)
- Aug 2 Dodgeball Tourney  
(*Battell Center*)
- Aug 3 Neon Glow Swim  
(*Merrifield Pool*)
- Aug 9 Merrifield Night Out  
(*Merrifield Park*)

## Mishawaka Farmer's Market

Sundays: May 12 - Sep 8  
11am-3pm in Central Park

Check out the local produce,  
goods, and crafted items.

### ONLINE ACCESS



<http://mishawaka.in.gov>



<http://facebook.com/cityofmishawaka>



<http://mishawaka.in.gov/communicator>



<http://mishawaka.in.gov/parksandrecreation>



<https://twitter.com/MishawakaMayor>



<https://instagram.com/MishawakaMayor/>

## A Letter from Mayor Dave Wood *(continued)*

responders being sent to your location but will aid in beginning to triage the condition of the patient. If needed, the dispatcher will also instruct you on some things to help prepare for responders upon arrival, such as unlocking the door, turning on outside lights, and putting pets away. Depending on the triage level assigned during your call with the 911 dispatcher, a variety of resources may be sent your way. There are several levels of response, ranging from only an ambulance responding without lights and sirens, to the closest unit to you responding with emergency lights and sirens, who then advise other responding units how to proceed. At the highest level of triage acuity, police, multiple fire apparatus, and an ambulance will be sent with emergency lights and sirens activated. This is all done with the safety of the patient, the public, and the first responders' well-being in mind.

### What to Have

The first responders, paramedics, emergency room nurses, and physicians will all need a variety of information to best help the patient. The patient's medical history and current medications are among some of the more important information that will be needed by both the providers who arrive at your home and the staff in the emergency department. A current medication list that includes the dosage as well as a list of the medical history and procedures should be kept in an easily accessible location, **such as on the refrigerator**. It is also important that anyone who has specific wishes for end of life care to have this information readily available—this is especially important for the elderly and terminally ill.

### What Next

In most cases, the ambulance will transport the patient to their hospital of choice within St. Joseph County. Keep in mind that there are specific cases where the paramedics may suggest one hospital over the other due to either distance or specific needs of the patient. In greater than 90% of the cases, the ambulance will NOT use emergency lights and sirens en-route to the hospital, unless there is a time sensitive emergency that requires a test or procedure that cannot be done in the ambulance. Upon arrival to the hospital, patient care will be transferred to the hospital staff. This is where they will leave you and your loved one for further assistance. Billing for ambulance services is sent at a later date. No first responder will ever ask for money or payment as part of their response to your call.

In 2015, the City of Mishawaka, City of South Bend, St. Joseph County, and Clay Fire combined their emergency dispatch centers into one as mandated by the State of Indiana. This center, located in Mishawaka, is a County facility and dispatches ALL emergencies to our area. When you are calling 911, they determine the address of your emergency, what your emergency is, and dispatch the appropriate agency: Police, Fire, Ambulance.

If you have a non-emergency issue, there are non-emergency numbers for the Mishawaka Police and Fire Departments for requests such as records, reports, etc. That number is (574) 258-1678. You will reach a telephone tree and must follow the prompts to reach the appropriate department.

Our first responders impact our day-to-day lives in ways that we don't even realize, but there is no one more important to us in the face of an emergency. I would like to again, thank the men and women of the Mishawaka public safety family for all they do each day to make our city a better, safer place for all.

Yours in Mishawaka,



## 2019 Summer Concert Series

### Battell Park

*Mondays 7:00-8:00 PM*

6/3	The Music Villagers
6/10	Michiana Concert Band
6/17	Jeff "Sinatra" Robinson
6/24	The Whateverly Brothers
7/1	Elvis Tribute
7/8	Dick and Debbie
7/15	The 730 Club
7/22	Keith Millers Blast of the Past
7/29	Gravel Road
8/5	The Valleyaires
8/12	Jazz Assemblage
8/19	Rain Date
8/26	Harvest Dance Band (6p-9p)

### Eberhart Golf Course

*Wednesdays 6:30-8:00 PM*

6/5	The Ember Jar
6/12	Kennedy's Kitchen
6/19	Lakebed
6/26	Hey Annie
7/10	JT Buffett
7/17	Not So Acoustic
7/24	Ginger & Her Baked Goods
8/7	Steve Michaels
8/14	Rain Date

### Central Park

*Thursdays 6:30-8:30 PM*

6/6	Zero*
6/13	Hideous Business
6/20	The Roosters
6/27	Southside Denny
7/4	Memphis Underground
7/11	The 1985
7/18	Ground Control
7/25	Chris Cavanaugh
8/1	Saturday June
8/8	Rain Date

\* 6pm - Ribbon cutting for new Central Park stage.

<http://mishawaka.in.gov/parks/summer-concert-series>

Send your questions, comments, or concerns to [communicator\\_feedback@mishawaka.in.gov](mailto:communicator_feedback@mishawaka.in.gov)