



December 18, 2024

Happy Holidays from Quilcene Fire Rescue!

Special thanks to our Board of Fire Commissioners – Art Frank, Melody Bacchus, and Marcia Kelbon – for the vision and leadership they provide to our team and community.

Our company officers, Captains Mark McCrehin and Thane Grooms, Lieutenants Kevin Winn and Nick Singleton, along with our dedicated career and volunteer members, work hard to keep our community healthy and safe.

Community Assistance Referral and Education Services (CARES) is an exciting new program which we started earlier this year under the amazing leadership of volunteer EMT Kimberly Kinser. CARES helps members of the Quilcene and Coyle communities who need non-emergency assistance. Our CARES program recently received grant funding from Olympic Community of Health.

Many of our emergency calls involve falls. Here are some tips to prevent falls and other trip hazards:

- **Remove trip hazards:** Keep walkways and stairs clear of boxes, newspapers, electrical cords, phone cords, and other items.
- **Use non-slip surfaces:** Install non-slip mats in the shower and bathtub, and consider using a bath seat.
- **Install grab bars:** Install grab bars in the shower and tub.
- **Secure loose rugs:** Remove or tape down loose rugs.
- **Use night lights:** Place night lights between the bedroom and the bathroom.

As winter weather arrives, keep space heaters at least three feet away from anything that can burn like curtains, furniture, and papers; always turn them off when leaving a room or going to bed; and never overload electrical outlets.

Remember to Stay Safe and Stay Alert!!

Thank you and have a safe and prosperous holiday season.

Chief Tim McKern