

March 2014 Injury Prevention MOU Grant Report
Aero Methow Rescue Service SAIL Program

March 2014

The Injury Prevention MOU was granted to support the recruitment of additional instructors, instructor training, instructor mentoring and the implementation of a second SAIL program in the Methow Valley.

To date we have recruited one new instructor who is currently enrolled in the SAIL Instructor on-line course through Pierce College. We have recruited 3 new volunteers to assist and 'shadow' participants. The volunteer training is being conducted during our SAIL program on Mondays and Thursdays. New volunteers began training February 2014 and will continue training through May 2014. In June, the new instructor will have completed the online SAIL instructor course. At that time we will evaluate the ability to expand the current group or the need to add a new group. We have enrolled two new participants as a result of the additional volunteers. We plan to acquire additional chairs and equipment to support the program. RSVP of Washington is assisting with additional weights, balls and resistance bands. A falls prevention PSA was recorded for KCSY Sunny FM and aired in February 2014.

Thank you for your support.

Respectfully Submitted,

A handwritten signature in cursive script that reads "Theresa Remsberg". The signature is written in black ink and has a long, sweeping underline that extends to the right.

Theresa Remsberg, AEMT
SAIL Instructor/Trainer
Aero Methow Rescue Service