



Deer Run Community News

Newsletter of the Deer Run Community Organization - Winter 2016

Important Public Meetings

On January 19th, 2016, there will be two (back-to-back) meetings open to the public at Poulsbo City Hall. This will be your best chance to learn more and ask questions about major changes coming to our area and how they will affect us here in Deer Run.

4:30 - 7:00 pm: Noll Road Improvements / Project Update Meeting

7:00 -8:00 pm: A Birds-Eye View of Planned or Proposed Nearby Developments

The first meeting is being hosted by Poulsbo city staff. The second will be hosted by Mayor Becky Erikson and Poulsbo City Councilman Ken Thomas, who is a resident of Deer Run.

The meetings are informational in nature. There will be time for informal questions by anyone attending.

DRCO Update

Your DRCO Board has been busy, and you will soon see a few changes.

- New signs will be installed at both entrances into Deer Run. An artist's rendering of our new "sandblasted" signs appears on page 3, along with other details.
- We have requested additional Mutt Mitt stations, so they will be more convenient than ever for neighborhood dog walkers. The dispensers have improved our "housekeeping," but we still have people who let their dogs wander and leave unpleasant reminders of their visits. Please pick up after your wandering pets.
- We're installing larger "Neighborhood Watch" signs.
- We're updating our DRCO website. Charlie Toth has done an outstanding job over the years of creating and maintaining our website; but major health problems have hampered his efforts in recent years. Nevertheless, Charlie has been coaching Candy Peters and others to aid the transition and updating. DRCO owes Charlie a huge debt of gratitude for his selfless dedication and service to Deer Run as our webmaster. Candy Peters has generously offered to take on this important responsibility. Our website is often the first place realtors and prospective buyers visit to learn about Deer Run.

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DRCO

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Board Meetings

If you would like to attend a board meeting, please contact us by email or phone for date and time. All Deer Run homeowners are welcome.

Deer Run Resident Saved by Quick CPR Response of Neighbors

A Deer Run resident is alive today because of the quick, effective, hands-only CPR response of nearby neighbors, and the early emergency response from professional firefighter paramedics and emergency medical technicians.

The couple had just returned from an afternoon walk when, "My husband said he was feeling tired and began to sit down. Then he suddenly collapsed into the chair. I called to my neighbor, Larry Altenbrun, who happened to be out in the yard playing with his boys," said the man's wife. Another neighbor, Ian Eisenhood, heard the call and also came running. A third neighbor heard the yell and dashed into his house and got his wife, nurse Stacey Grundmeier. The two men, along with coaching from Grundmeier and the 911 operator, worked diligently together to keep the man alive until Poulso Fire Department paramedics and EMTs arrived.

Altenbrun said, "When I heard the yells, I could tell by the tone of her voice that it was something serious. Ian and I sprinted over there. We found him in the recliner. He wasn't breathing normally and was very pale. I couldn't feel a pulse so the 911 dispatcher told us to begin CPR." The two neighbors got the man to the floor and immediately started CPR. "The 911 dispatcher was fantastic, she gave us constant instruction and encouragement," he said.

Grundmeier, a nurse at Virginia Mason, said, "I had just recertified in CPR. The stars all lined up that day and everything came together. I'm glad we all

had the training because it helps you stay calm. You know what you have to do, and you do it."

The wife said, "The teamwork that day was incredible. When firefighters arrived, my husband had no pulse. They shocked him several times and were able to get the return of a pulse. From the help of my neighbors to the professional work of the firefighters, my doctor said they did a perfect job saving his life. He didn't suffer any brain damage." The man underwent quadruple bi-pass surgery and is now home and doing well.

"Because of them, we just celebrated our 49th wedding anniversary! I am so grateful for my Deer Run neighborhood. My daughter came over the other night. We carved pumpkins and had fun greeting the trick-or-treaters. We were all keenly aware that things could be much different this holiday season and we are very happy my husband is doing so well," she said.

Altenbrun said, "When I visited the couple the other day, it sure felt gratifying to see him breathing and to know his heart was beating."

The wife explained that the man had a stint put in his heart about eight years ago, but he was doing well and not on any medication. The wife recently brought the firefighters a huge box of chocolates, and included a thank you note that said, "Our great neighbors had started CPR immediately when he collapsed, and you took over. The doctor did a quadruple bypass but said you all did a great job.... he is walking, talking, and is

perfect! OK, he still thinks he drove himself to the hospital, but everything else is good!"

The Sudden Cardiac Arrest Foundation says that SCA kills more people than Alzheimer's disease, assault with firearms, breast cancer, cervical cancer, colorectal cancer, diabetes, HIV, house fires, motor vehicle collisions, prostate cancer, and suicides combined. They say:
-- Two-thirds of SCA deaths occur without any prior indications of heart disease.

-- The vast majority, 95 percent of victims, die from SCA because of the lack of timely medical attention.

-- There are a reported 1,000 SCA-related deaths each day -26 of which are children.

Other national statistics show that the median age for a SCA is 63-years-old, 64 percent of SCA victims are male, and most SCAs occur in the home.

Research shows that for every minute that CPR and defibrillation is delayed, survival drops by 10 percent. The first compressions immediately following a cardiac arrest are the most effective and they become less and less effective as the minutes pass."

Officials encourage all citizens to learn CPR. Poulso Fire Department offers CPR classes twice a month. Call 360-779-3997 for more information or visit www.poulsofire.org.

Excerpted from article written by Jody Matson, Poulso Fire Department

New Signs For Deer Run Entrances

Shown right is an artists's rendering of Deer Run's new entrance sign. We will soon have matching signs at our rear entrance on Gustaf, as well as our front entrance on Noll Road. The rear entrance sign will be mounted on posts and will face incoming traffic on the right side of Gustaf. Signs will be constructed of wood and sandblasted to create raised letters.

The Meredith Heights HOA Board has kindly given Deer Run permission to locate our Gustaf entrance sign on their property.



It's Contagious

Most Deer Run residents take an extra minute to or two to put away their trash and yard-waste containers so they are not visible from the street -- **as required by our by-laws and covenants**. But when neighbors see others neglecting to put

them away, they assume nobody cares. Sociologists call it the "broken window" effect. When neighborhoods tolerate small symptoms of neglect it can grow into a pattern of neglect. We all care too much to let that happen. We want realtors, prospective

buyers and visitors to see us at our best, and know we care about the quality and appearance of our neighborhood. Please take an extra minute or two to store your trash and yard-waste containers where they cannot be seen from the street.



Deer Run Community Organization
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FIRST
CLASS
POSTAGE



Please provide DRCO with your Email address so we can contact you promptly when necessary with neighborhood alerts and important announcements. Email it to deer.run.co@gmail.com. This information is not shared and remains confidential.

