

Council Hires EMS Trainer



The Central Shenandoah EMS Council welcomes Sara Prudoff-Smith as the new EMS Trainer. Sara will begin working full-time for the Council on March 21, 2005.

Born and raised in the DC metropolitan area, Sara moved to the Shenandoah Valley to complete her Bachelor's at James Madison University. It was during that time she took her first EMT class, joined Harrisonburg Rescue Squad and Harrisonburg Fire Company #1. In 2002 she graduated with a B.B.A. and turned to the workforce, joining Rockingham County Fire & Rescue as a Firefighter/Shock Trauma.

One short semester out of college Sara enrolled in the Paramedic program at Northern Virginia Community College. There she finished Summa Cum Laude, earning an A.A.S. in Emergency Medical Services and NREMT-P certification.

For the last year and a half Sara has been working with the University of Virginia Medical Center in the Heart Center, Newborn Intensive Care Unit/Newborn Emergency Transport System (NETS), and most recently as an addition to the Emergency Medicine Department as a part of the Special Operations division. She will continue her services part-time with both NETS and the E.D. Special Operations division, and has plans to rejoin a volunteer agency in the region.

A homeowner, pet-parent and retired rugby player, Sara resides in Harrisonburg with her dog, three cats and fiancé.

She is thrilled to move into her new position as an EMS trainer with the Central Shenandoah EMS Council where she can apply her experience and knowledge to training providers in the region.