

Weston EMS profile: Lynn Pokorny is living her dream

Written by Susan Jordan, Weston EMS
Monday, 10 May 2010 00:00

Lynn Pokorny joined Weston EMS 15 years ago.

She tells a wonderful story of how she joined: "I was talking to someone about what I would do differently if I had my life to do over," Ms. Pokorny said. "I said I would be a doctor."

Shortly after that conversation, Ms. Pokorny saw a sign in front of the firehouse recruiting new EMS members. She said, "that was it" — joining EMS would be her "taste" of the medical field she wanted in her life.

Today, Ms. Pokorny is a crew chief as well as the infection control officer for the town of Weston. The H1N1 alert has kept Lynn busy this past year, as it's her job to disseminate information and the latest protocols to all town emergency workers.

Ms. Pokorny grew up in Westport and worked at IBM before she married and had her children. She has two daughters, Emma, 14, and Gilly, 12.

"They grew up with me going on calls. They're both proud that I'm helping people," Ms. Pokorny said.

When her younger daughter started school, Ms. Pokorny began teaching at the Community Nursery School at the Methodist Church. She is now the assistant director.

She said, "I really love being with the little kids and making a difference in their lives."

When asked about memorable calls that she has been on, Ms. Pokorny told the story of a diabetic emergency. The patient was just waking after a diabetic episode and Lynn was in the back of the ambulance with him.

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She said, “He was kind of hazy and looked up at me and said, ‘Are you an angel?’ I’m sure he thought he was dying and I felt so good being there for him. To this day, I think of that story and when people ask me why I do volunteer work for EMS when I have so much going on in my life ... that’s why.”

Ms. Pokorny continued, “We’re all human beings and we have to be there for each other. Every call I go on, I feel like I make a difference.”

Plus, she feels the EMS volunteers in Weston are an amazing group of people. “Weston is lucky to have us!”