



It all started at The Lunch Box, before Beth Berkowitz even thought about joining Weston EMS. She was having lunch with her daughter when another child across the table started choking on her pizza.

Ms. Berkowitz remembers, “No one reacted very quickly ... except for me ... and I picked her up and stood her on the chair (trying to remember how to do the Heimlich maneuver on a four-year-old) and she coughed up the pizza on her own ... much to everyone’s relief.”

Ms. Berkowitz continued, “The next day I saw an ad in The Forum about Weston EMS starting a new class for volunteers interested in becoming EMTs. I thought I would do it ... so I would really know what to do in an emergency.”

“My family was surprised by my decision because I have a reputation in the family as being kind of squeamish,” Ms. Berkowitz remembers. “But I have loved it from the beginning and the connections I have made with all the other caring, dedicated people have been wonderful.”

Beth Berkowitz has been active in the Weston community for a long time. She worked as a medical assistant and office manager for a local doctor, is active in the Weston Women’s League, the PTO, and is a real estate agent for Camelot. She recently co-founded a relocation consultation business called “Transitions.”

Earlier she taught elementary school in Stamford, was a paralegal and has extensive experience in the insurance industry.

She and her husband have three children, two in college and a daughter in the Weston schools.

As for Weston EMS, Ms. Berkowitz believes it was “one of the best decisions I ever made.” She

serves on the Executive Board of Weston EMS.

She reported her pet peeve is that many houses in Weston are not well marked with addresses on the driveway and that makes it harder for the EMTs to get there quickly.

“I am happiest when I see that I have made a difference in someone’s life, whether it is easing someone’s stress in an emergency or keeping someone alive on the way to the hospital,” she said. “It really is neighbors helping neighbors!”