

Northwest Fremont EMS, Inc.
ATTN: Newsletter Editor
110 South Bend
Canon City, CO 81212-9772



The Pulse

of Northwest Fremont EMS, Inc.

Providing emergency medical services to residents
and visitors of Northwest Fremont County.

Fall 2006 Newsletter

Volume 1, Issue 1

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Check Out Our New Look!

Welcome to the inaugural issue of **The Pulse of Northwest Fremont EMS, Inc.**, the new newsletter for NWFEMS. **The Pulse** will be published four times a year and will include safety tips and features of interest to those in our service area.

We're Now Online!

In addition to a new newsletter, NWFEMS also has a new web site, <http://www.nwfems.com>. Bookmark this address so you can easily check the web site once a month for the latest edition of **Health Watch**. Also be sure to keep an eye out for news, announcements and additions to our photo albums.

News from the Annual Meeting

The 6th annual meeting of the NW Fremont EMS was held August 5, 2006. The big news was that 4.02 acres of land has been donated to NWFEMS to be used, among other things, as a location for a building to store our ambulances. Many thanks to Canyon Springs developers, Jerry Seifert, Jerry Dunn, and Fred Lowry for this generous gift!

Building Fund Update

Currently, over \$8,000 cash has been raised and over \$30,000 in in-kind donations has been pledged for the construction of a building to be used for ambulance storage and a training room. However, we still need additional donations to completely fund the project. Tax-deductible donations are always welcome and should be sent to:

Northwest Fremont EMS, Inc.
ATTN: Treasurer
110 South Bend
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The building will be built in phases as funds become available, with ambulance bays being our top priority.



The building site has been cleared and leveled. Watch as our building takes shape!

Who's Who at NWFEMS

- **President:**
Chris Hecox – president@nwfems.com
- **Vice President:**
Denise Lowrie – vicepresident@nwfems.com
- **Secretary:**
Linda Hutchcraft – secretary@nwfems.com
- **Treasurer:**
Tonya Hecox – treasurer@nwfems.com
- **Physician Advisor:** Dr. Mike Tollett
- **Medical & Training:**
Chris Hecox – training@nwfems.com
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- **Communications:**
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Mark Thorstad – safety@nwfems.com
- **Building Committee:**
Jerry Converse – building@nwfems.com
- **Newsletter Editor:**
Ann Eulert – newsletter@nwfems.com
- **Webmaster:**
Curtis Eulert – webmaster@nwfems.com

Moving?

For address changes or corrections, call Ann Eulert at 719-275-1765, e-mail newsletter@nwfems.com or write to:

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NWFEMS Saves Lives!

“Truly, I am alive today because of how responsive they were,” says Polly Denton about NWFEMS. “We live in a very remote area, and we are very grateful that they were there when we needed them.”

NWFEMS provided life-saving treatment to Polly and her husband, Dennis, when they were overcome by carbon monoxide poisoning. “They were so competent and so caring”, Polly says. “They always explained what was happening to us. The thing I remember the most was how kind they were. I can’t speak highly enough about the service they provided. They are my heroes!”

According to Dennis, every home should have at least one carbon monoxide detector.

Names and quotes used with permission.

Staff Spotlight



Dr. Mike Tollett is the Physician Advisor for NWFEMS. Dr. Tollett graduated from Oklahoma State University in 1986 and has been affiliated with NWFEMS since 2001.

Dr. Tollett enjoys motor sports in his spare time, such as participating in the Pikes Peak International Hill Climb.



Coming Events – Mark Your Calendars!

Save a Life! Learn CPR – Pueblo Community College will be offering a one-day CPR class at their Fremont Campus during January, 2007. For more information, call Pueblo Community College at 296-6100.

Become an EMT! – EMT classes are being offered at Pueblo Community College, Fremont Campus, starting January 15 and ending in early May. Classes will be held on Mondays and Wednesdays, 5:30 to 9:30 PM. For more information, call Pueblo Community College at 296-6100.

Driver Training – A 3-hour driver training class is currently being scheduled. For more information, call Joe Scranton at 275-1724 or Mike Sellen at 276-9069.

Continuing Education – Medical training is on the first Tuesday of each month at 6:00 pm, and is currently being held at the Hecox residence. Upcoming training dates are: December 5, 2006, and January 2, February 6, and March 6, 2007. For more information, call Chris Hecox at 275-3450.

NWFEMS Board Meetings – NWFEMS Board Meetings are on the second Sunday of each month at 6:00 pm, and are currently being held at the Hecox residence. Anyone in our service area is welcome to attend. For more information, call Linda Hutchcraft at 276-0405.

Joint Training with Four Mile Fire and Rescue – Joint training with Four Mile Fire and Rescue in Teller County will be held to improve our coordination in response to trauma accidents on High Park Road (County Road 11). Date, time, and location will be announced soon. For more information, call Chris Hecox at 275-3450.

IV Class – An IV class is being scheduled for after the first of the year. For more information, call Chris Hecox at 275-3450.

Flu Shots Available Soon

Northwest Fremont EMS is on the wait list to receive 20 doses of this year's flu vaccine. The vaccine is expected to arrive the first or second week of November. The flu shot is recommended for those in high risk categories, including all health care workers. For more information, call Chris Hecox at 275-3450.

Education

Congratulations to John Adams and to Tonya Hecox on completion of EMT-B training and to Martha Sellen on completion of the PHTLS (Pre-Hospital Trauma Life Support) class. This brings the total number of EMTs, paramedics, and First Responders for NWFEMS to eleven.

Thanks to Outgoing Board Members & Staff

Many thanks for a job well done to outgoing NWFEMS board members. We are grateful to Herb Zimmerman and Becky Moser for their service to NWFEMS and to our community. Special thanks to outgoing president Ida Zanmiller. Ida will be relocating in the near future, and we will all miss her guidance and leadership. To all our outgoing board members: Your efforts have been greatly appreciated!

We are also grateful to Virgil Burke for his service to NWFEMS as an EMT since 2001. Virgil is retiring as an EMT, but will continue on as a driver. However, we are definitely keeping his number handy!

Take the Time to Avoid Falls!

A simple fall can be a life-changing event! A broken bone is often the start of more serious problems, especially in older people. Most slips, trips, and falls are preventable! Here are some tips to help you stay safe:

- Keep walkways around your home clear of snow and ice. Spread sand or salt on icy areas. Always be on the lookout for wet or icy spots that may be slippery.
- Clean up spills and tracked-in debris promptly. When you come inside, wipe your shoes thoroughly on a door mat.
- Wear non-skid shoes or boots. Replace shoes or boots if the tread is worn.
- Be especially careful on uneven surfaces, around ladders, and on stairs.
- Do not use a step stool that is unsteady or is too short for you to use safely.
- Use the handrails when going up or down stairs. Stairs should be well-lit and solidly-mounted hand rails should be installed on both sides of the stairs.
- Mount grab bars near tubs, showers, and toilets.
- Put no-slip strips on stairs, on tile and on wooden floors. Put non-skid mats or strips under rugs. Make sure all carpet is securely tacked down.
- Keep areas where you walk free from clutter. Things like electric cords should be kept away from traffic areas.
- Avoid sudden changes in direction when you are walking.
- Don't carry a load that is so big that you can't see where you are stepping.
- Pay attention to your surroundings. Being alert is one of the surest ways to reduce injuries caused by slips and falls.