



The Pulse

of Northwest Fremont EMS, Inc.

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

110 South Bend
Canon City, CO 81212-9772
www.nwfems.com

Spring 2007 Newsletter

Volume 2, Issue 1

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News

Have you checked out the latest issue of Health Watch on the NWFEMS web site (www.nwfems.com)? The articles in Health Watch are posted around the first of each month and contain valuable information that is custom tailored for the NWFEMS service area. Topics covered so far include ATV Safety, Hypothermia, Flu Season, Reducing the Risk of Heart Disease, and When Your Feet Get Beat! These articles include useful information such as symptoms of the flu and when those symptoms warrant medical attention. Be sure to take advantage of this valuable source of information!

Just a Reminder...

NWFEMS is a 501(c)3 organization and all donations are tax deductible. All staff are volunteers. No one is getting paid for their work for NWFEMS. We need your support. Please be generous and send your contributions to:

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

Northwest Fremont EMS, Inc.
ATTN: Newsletter Editor
2286 S Tallahassee Trail
Canon City, CO 81212
Return Service Requested

Building Fund Update

During the winter months, the Board has been finalizing plans to get the building we need at a price we can afford. Unfortunately, most of the available grant money in 2006 was used to help Katrina victims, so our building plans have been constrained by our budget. At present, we can only begin construction on the highest priority item – ambulance bays. However, the building we have chosen is designed so that it can be easily expanded later to include a training room as funds become available.

We were able to find a building style that would accommodate our immediate needs and still fit within our budget, but it required some very painful cost-cutting. For example, as long as we have insulation and plastic sheeting on the inside walls, we can delay the installation of sheetrock. Your contributions to our Building Fund in the next few months can make a difference on this!

Now that the Old Man Winter has begun to release his grip on our area, construction of our ambulance bays is getting ready to move into high gear. Stay tuned for further news!

Joint Training with Four Mile Fire and Rescue

A total of twelve people attended a joint training session for NWFEMS and Four Mile Fire and Rescue in Teller County. The session was held on Saturday, February 3, 2007, at the Four Mile Fire Station. The purpose of this training was to improve our coordination in response to trauma accidents on High Park Road (County Road 11). Topics covered included IVs, medical assessment, and geriatric assessment.

Another joint training session with Four Mile Fire and Rescue will be held in the fall.

Who's Who at NWFEMS

- **President:**
Chris Hecox – president@nwfems.com
- **Vice President:**
Denise Lowrie – vicepresident@nwfems.com
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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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Driver Training Held

Ten people participated in the Certification of Emergency Vehicle Operators (CEVO) training that was held in December, 2006. CEVO training is required for all drivers of emergency vehicles, including our ambulances. Contact Joe Scranton at 275-1724 or Mike Sellen at 276-9069 if you are interested in becoming a driver for NWFEMS. We can always use an extra pair of hands!

Staff Spotlight

Martha Sellen has been with NWFEMS for 2 years as an EMT-B+, which means that, in addition to being an EMT (Emergency Medical Technician), she is also certified to start IVs.



Regarding NWFEMS, Martha says, "I feel this is an important service to the community given the area in which we all live and the proximity to a Hospital!!!!"

"I am very proud of the calls our team has been on that have impacted peoples lives in a positive manner, for example – helping a man who had wrecked his motorcycle and broken his back and pelvis, pulling a married couple out of their house that had been overcome with carbon monoxide poisoning, helping 3 girls that flipped their car off of a cliff on High Park Road, or helping a neighbor that fell 15 feet off of his deck onto concrete.

"I take this volunteer work very seriously and work hard to continue my education and training."

Martha enjoys the outdoors. If she is not working, you can usually find her riding her horses or mules.

Coming Events – Mark Your Calendars!

9HealthFair – Low and no-cost health screenings are available through 9HealthFair. 9HealthFair will be at Evangelical Free Church at 3000 East Main Street, Cañon City, on April 14 or at Valley Health Clinic in Coaldale on April 20, both from 7:00 am until noon. Visit www.9healthfair.org for more information.

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: April 3, May 1, and June 5, 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.

Friends & Family Fund Raiser – NWFEMS has begun a campaign to encourage people in our service area to contact friends and relatives who live outside our service area and give them an opportunity to make a tax deductible donation to our organization. Call Ron Jayson at 275-5094 for more information.

Trash to Treasures Yard Sale – The NWFEMS Annual Trash to Treasures Yard Sale will be held on the Saturday of Memorial Day Weekend (May 26, 2007) at Depot Park in Cañon City. Please start saving your treasures and call Ron Jayson at 275-5094 when ready to arrange for a pick-up. Be sure to stop by Depot Park on Memorial Day Weekend to see if you can find something you just can't live without. Last year over \$2,500 was raised at this event, so it is a very important fund raiser for us!

Health Tips – Preventing Accidental Poisoning

1. If you think someone may have ingested poison, call the Poison Control Hotline at 1-800-222-1222 immediately. **If the victim has collapsed or is not breathing, call 911.**
2. Post the number for the Poison Control Hotline (1-800-222-1222) by every phone, along with other emergency numbers.
3. Keep items in their original containers and leave the original labels on all products (original labels often give important first-aid information). **Never** transfer poisonous or caustic products to drinking glasses, pop bottles, or other food containers.
4. Clean out the medicine cabinet periodically and safely dispose of unneeded and outdated medicines.
5. Don't eat wild mushrooms.
6. Immediately mop up puddles of anti-freeze and car oil in the garage or driveway. They are extremely harmful to children, pets, and wildlife.
7. Keep a first aid kit on hand that contains activated charcoal and syrup of ipecac (available at drug stores). Use these products as directed by the Poison Control Center or other emergency response personnel.
8. If you must transfer gasoline, use a siphon hose. Never try to siphon gasoline or other fuels by mouth.
9. Use a locking cabinet to store "garage" items such as pesticides, cleaning products, gasoline, automotive fluids, lighter fluid, paint thinner, antifreeze, ice-melting products, turpentine, and all other toxic or caustic products.
10. Always check the label before you use a product.
11. Don't take medicine in the dark.
12. Don't take more than the recommended dose in the mistaken belief that "more is better".

Preventing Accidental Poisoning of Children

Children are especially vulnerable to poisoning, so households with small children (even if they are just visiting) need to take extra precautions:

1. Purchase products with child-resistant packaging, and use the packaging properly by closing the container securely after each use.
2. Use child safety locks on all cabinets where medicines, cosmetics and personal care products are stored.
3. Be careful with products you don't normally think of as hazardous – items such as make-up, hand creams, baby powder, or even baby oil can be dangerous to young children.
4. **Never** store medicines inside purses, nightstand drawers, or other locations that are easily accessible to children.
5. If children are around, take the product or medicine you are using with you when you answer the phone or go to the door.
6. Do not put decorative lamps and candles that contain lamp oil where children can reach them. Lamp oil can be very toxic if ingested by young children.
7. If it's medicine, call it medicine. Don't call it "candy" to entice a child to take it.
8. Avoid taking medicine in front of children. They may try to imitate you.
9. Promptly put away products after use and wipe up spills immediately.
10. Find out which household plants are poisonous by checking a reference such as the **Cornell University Poisonous Plants Database** <http://www.ansci.cornell.edu/plants/index.html>. Many plants are poisonous to both humans and to pets.