

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



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

Summer 2007 Newsletter

Volume 2, Issue 2

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2007 Annual Meeting to be Held August 4

Northwest Fremont EMS will hold its 2007 Annual Meeting on Saturday, August 4, 2007. The meeting will be held at 56 Chris Crossover at County Road 2 (the site of the soon-to-be constructed building for housing ambulances). This is your chance to hear what the Board has accomplished in the past year, to vote on any business that may come before the meeting, and to elect board members for the coming year.

There are four Board positions that are up for election – Vice President, Secretary, Treasurer, and Medical & Training. The Maintenance & Safety position is also open. The term of office for board members is two years. If you are interested in serving on the NWFEMS Board, please call Linda Hutchcraft at 276-0405 or e-mail secretary@nwfems.com so your name can be added to the ballot.

Light refreshments will be available after the meeting. This will be a great opportunity to get to know the Board members better and to socialize with your neighbors. Make plans now to attend this important event!

Building Update

The materials for the building to house the ambulances for NWFEMS have been ordered, permits have been applied for, and construction is expected to begin shortly. It has taken longer than expected, but the new building should be up by the end of the summer – maybe even in time for the Annual Meeting on August 4!

Drivers and EMT's Needed!

Ambulances and a building are useless without volunteers to drive and to do patient care. NWFEMS needs more drivers! In order to become a driver for NWFEMS, you need a clean Colorado driver's license and about 3 days of training (AHA First Aid, AHA CPR, and an Ambulance Driver Training class). If you are willing to help out, NWFEMS will see that you get the training you need! Contact Joe Scranton at 275-1724 or Mike Sellen at 276-9069 for more information.

NWFEMS also needs EMTs (Basics, Intermediates and Paramedics). If you are interested in helping out with patient care, contact Medical & Training Director, Chris Hecox at 275-3450 for more information. If you are already an EMT, please consider volunteering (EMT Refresher classes are available). If you are not already an EMT, ask where you can get the required training.

Newsletter News

Thanks to all of you for your patience and assistance while our mailing list is being updated. I am continuing to review and update our address list as new information becomes available. Unfortunately, I occasionally mess up a good address! I appreciate your understanding as I work through the ever-changing list of property owners and residents in the NWFEMS service area. -- Ann Eulert, Editor

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 – doctor@nwfems.com
- **Medical & Training:**
Chris Hecox – training@nwfems.com
- **Fund Raising:**
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- **Communications:**
Ann Eulert – communications@nwfems.com
- **Maintenance & Safety:**
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- **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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The Pulse of Northwest Fremont EMS, Inc. is a publication of Northwest Fremont EMS, Inc. **The Pulse** is published four times a year.

NWFEMS Saves Lives!

NWFEMS does save lives, but sometimes it's out of human hands. In one recent incident where the patient later died, the attending physician said, "It looked as if everything that could have been done was done, and done well." That's high praise for volunteers who are operating in what are sometimes very difficult situations.

One of the goals of NWFEMS is to give patients the best care possible under the circumstances. Not every patient can be saved, but the volunteers at NWFEMS are committed to insuring that each patient has the best opportunity possible for a positive outcome, and sometimes that's all anyone can do.

Staff Spotlight

Ron Jayson has been a driver for NWFEMS since 2005. He also serves on the NWFEMS Board of Directors as the Fund Raising officer.



Ron says that he enjoys being part of something that helps people in need. Of course, he also enjoys making the lights flash and making the siren scream!



Ron has lived in the NWFEMS service area since he retired from teaching in Cañon City in 2004.

In addition to his service with NWFEMS, he manages to stay busy with his other interests at Wyndhill Alpacas and Yardwork Lawn Service.

Coming Events – Mark Your Calendars!

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: July 3, August 7, and September 4, 2007. For more information, call Chris Hecox at 275-3450.

NWFEMS Board Meetings – NWFEMS Board Meetings are held monthly. The next scheduled Board Meeting will be on Friday, July 13, at the Lowrie residence. Anyone in our service area is welcome to attend. For more information, call Linda Hutchcraft at 276-0405.

Annual Meeting – The NWFEMS Annual Meeting will be held on Saturday, August 4, at 2:00 PM at 56 Chris Crossover. For more information, call Denise Lowrie at 276-9488.

EMT Basic Class – Pueblo Community College will be offering the EMT Basic class at their Fremont Campus this fall. Classes start August 27 and end December 15, and will be held on Monday and Wednesday evenings, 6:00 to 9:30 PM, with some Saturday sessions. Call PCC Fremont Campus at 296-6100 for more information. If funding is available, NWFEMS may be able to help with training costs.

Did You Know?

All the blood donated at St. Thomas More Hospital is used right here in Cañon City? Walk-in donors are welcome any time between 8:00 AM and 4:30 PM Monday through Friday. As long as you are over the age of 18 and meet the screening criteria, you can give the Gift of Life! An added plus is that your cholesterol levels will be tested and reported back to you for free. Call St. Thomas More Patient Services at 285-2160 for more information.

Trash to Treasures Yard Sale

The NWFEMS Annual Trash to Treasures Yard Sale was held on Saturday, May 26, 2007 at Depot Park in Cañon City. Many thanks to those of you who donated items for the yard sale and to the many volunteers who assisted with the event.

This event raised over \$2,000 for NWFEMS.

Friends & Family Fund Raiser

The Friends & Family Fund Raiser has now been completed. This innovative fund raiser brought in over \$1,700. Thanks to the donors and to those who wrote letters for this campaign. Your efforts to support NWFEMS are greatly appreciated!

Continuing Education

NWFEMS personnel work hard to keep their patient care skills up-to-date. Paramedic Chris Hecox recently attended an EMS Instructor Symposium, EMT-B Tonya Hecox attended an educational session entitled "What's New in OB-Gyn Trauma Care", and EMT-B+ Martha Sellen attended the state Trauma Conference in mid-June. Be sure to let these volunteers know how much you appreciate their efforts to be prepared to give you the best care possible if the need arises!

Radio Stuff

The FCC is mandating changes to the way the radios used by emergency responders operate. The changes must be made by January 1, 2013. Implementing these changes will require updates to our equipment and will improve interoperability with other agencies, as required by Homeland Security. NWFEMS plans to apply for grants to be used to fund this upgrade.

Health Tips - Keep Safe in Your Kitchen!

- Always stay in the kitchen while cooking. The most common reasons for leaving the kitchen are: attending to children, answering phone calls, watching television, and answering doorbells.
- Keep anything that can burn away from the burners on your range top.
- Keep a pot lid handy to smother a pan fire. If a fire occurs, simply shut off the heat and cover the fire with the lid. Don't try to move the pan or throw water on the fire.
- Wear short sleeves or roll up your sleeves when cooking. Long loose sleeves are more likely to catch on fire or get caught on pot handles.
- Always turn pot handles away from the edge of the range top. This will help you avoid spills, and keep the pot handle out of the reach of small children.
- Burns often occur when children pull on hanging tablecloths or placemats. Use tablecloths and decorations with care.
- Use caution when removing a cover from hot food to avoid steam burns. Food that has been microwaved can cause burns just as easily as something heated on your range top.
- If there are small children around, drink hot beverages from travel mugs with tight fitting lids.
- Every kitchen should be protected by Ground-Fault Circuit Interrupters (GFCIs). If you don't have them, hire an electrician to install them in your home.
- To prevent scalds from hot tap water, keep your water heater set at 120 degrees Fahrenheit or below.
- Store knives and other sharp objects out of the reach of children.
- Never leave barbecue grills unattended while in use. Keep grills away from other objects, including your house and any shrubs or bushes.
- When emptying the dishwasher, take the knives out first!

Sources: http://www.homesafetycouncil.org/safety_guide/sg_kitchen_w001.aspx
http://www.nyc.gov/html/fdny/html/safety/firesafety_kitchen_cooking.shtm