



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 2008 Newsletter

Volume 3, Issue 1

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NWFEMS Building Update

We are down to the last three major milestones before the building can be put into service:

1. Complete the installation of insulation and have the insulation inspected. (At the time this was written, the insulation was about half-done.)
2. Install the heaters (the heaters are here and the propane line can be run above ground for now, but once the ground has thawed, the line will be buried).
3. Install the garage door openers.



Once the building has been completed, an “open house” will be scheduled. Watch for details on this event and make plans to attend the celebration!

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

Got Horses?

Would you like to join your friends and neighbors on a horseback ride through some beautiful countryside and then top off the ride with a tasty BBQ lunch? Pending BLM approval, NWFEMS will sponsor this event as a fund raiser.

The 5-mile ride will start at the Jayson residence in Delilah Peak and end up at Mill Gulch at the foot of Thirty-one Mile Mountain. This event is scheduled for Saturday, April 26 with a bad weather date of May 10. The cost is \$25 per rider and includes lunch. The ride is scheduled to take 3 to 3½ hours.

If there is enough interest, we would love to make this an annual event. Spread the word among your horseback-riding friends! For more information, contact Ron Jayson at 275-5094 or fundraising@nwfems.com.

Billing Volunteer Found!

When the Winter 2007 edition of The Pulse was published, we were looking for someone to assist with billing. We are delighted to report that Roleen Lack has offered to take on this important responsibility. Special thanks to Roleen for agreeing to help with this!

Keeping Up-to-Date

NWFEMS volunteers are committed to keeping their skills up-to-date so the best emergency medical services possible can be provided to those in our service area:

- Chris Hecox attended a Winter Driving School and completed an Advanced Medical Life Support class.
- Curtis Eulert and Ann Eulert attended a Hazardous Materials Training for Medical Support Personnel class.
- Tonya Hecox completed the Pre-Hospital Trauma Life Support (PHTLS) class.
- Ann Eulert completed the International Trauma Life Support (ITLS) class.

Who's Who at NWFEMS

- **President:**
Chris Hecox – president@nwfems.com
- **Vice President:**
Curtis Eulert – vicepresident@nwfems.com
- **Secretary:**
Roleen Lack – 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:**
Ron Jayson – fundraising@nwfems.com
- **Communications:**
Ann Eulert – communications@nwfems.com
- **Maintenance & Safety:**
Brad Nelson – safety@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:

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

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!

Ken Nelson was riding an ATV and accidentally hit the gas instead of the brake. He went over an embankment and when he finally came to a stop, the ATV was on top of his leg. Ken says, "My leg was gushing a lot of blood, so my son called 9-1-1. They said that I may have passed out, but I can't remember that. It seemed like it didn't take them long to get there." Meanwhile, the family dog lay down beside Ken and refused to leave his side.

The doctor in the Emergency room was amazed that a man his age was out riding an ATV. Although Ken received 9 stitches he is healing nicely and is looking forward to his next ATV ride.

What does Ken have to say about his experience with NWFEMS? "The service was fantastic!"

Names and quotes used with permission.

Yes, YOU Can Help!

If you think it's a good idea to have an ambulance service that operates in northwest Fremont County, then NWFEMS needs your support -- both financially and as a volunteer.

- Since NWFEMS is a 501(c) 3 organization, all contributions are tax deductible. Please keep this in mind as you consider your charitable contributions for 2008.
- NWFEMS needs people who want to serve their community by volunteering to be drivers, EMTs, board members and auxiliary personnel for NWFEMS. Training can be provided for drivers and EMTs. Would you like to help with the Trash to Treasures yard sale? The horseback ride? The Annual Meeting? Call Ron Jayson at 275-5094 to volunteer!

Coming Events – Mark Your Calendar!

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 12 or at Valley Health Clinic in Coaldale on April 18, both from 7:00 am until noon. Visit www.9healthfair.org 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 24, 2008). Please start saving your treasures and call Ron Jayson at 275-5094 to arrange for a pick-up.

2008 Annual Meeting - The 2008 Annual Meeting for NWFEMS will be held on Saturday, August 2, 2008, at 2:00 PM at the new ambulance barn at 56 Chris Crossover and County Road 2. Please mark your calendars and make plans to attend!

CPR and First Aid – NWFEMS will be offering CPR and First Aid Classes during 2008. Dates are to be determined. E-mail training@nwfems.com or call Chris Hecox at 275-3450 to sign up.

NWFEMS Board Meetings – NWFEMS Board Meetings are held quarterly. The next meeting will be in April, 2008, and the date and time will be announced shortly. Anyone in our service area is welcome to attend. For more information, check the NWFEMS web site (www.nwfems.com) or call Roleen Lack at 269-8904.

Continuing Education – Medical training is held on the first Tuesday of each month at 6:00 pm at the Hecox residence. Upcoming training dates are: April 1, May 6, and June 3, 2008, but are subject to being rescheduled if needed. All responders are encouraged to attend. For more information, call Chris Hecox at 275-3450.

Heart Attack Warning Signs

Some heart attacks are sudden and intense — the "movie heart attack," where no one doubts what's happening. But most heart attacks start slowly, with mild pain or discomfort. Often people affected aren't sure what's wrong and wait too long before getting help. Here are signs that can mean a heart attack is happening:

- **Chest discomfort.** Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- **Discomfort in other areas of the upper body.** Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- **Shortness of breath** with or without chest discomfort.
- **Other signs** may include breaking out in a cold sweat, nausea or lightheadedness

As with men, women's most common heart attack symptom is chest pain or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting, and back or jaw pain.

Learn the signs, but remember this: Even if you're not sure it's a heart attack, have it checked out (tell a doctor about your symptoms). Minutes matter! Fast action can save lives — maybe your own. Don't wait more than five minutes to call 9-1-1.

Calling 9-1-1 is almost always the fastest way to get lifesaving treatment. Emergency medical services (EMS) staff can begin treatment when they arrive — up to an hour sooner than if someone gets to the hospital by car. EMS staff are also

trained to revive someone whose heart has stopped. Patients with chest pain who arrive by ambulance usually receive faster treatment at the hospital, too. It is best to call EMS for rapid transport to the emergency room.

If you can't access the emergency medical services (EMS), have someone drive you to the hospital right away. If you're the one having symptoms, don't drive yourself, unless you have absolutely no other option.

Stroke Warning Signs

The American Stroke Association says these are the warning signs of stroke:

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden, severe headache with no known cause

If you or someone with you has one or more of these signs, don't delay! Immediately call 9-1-1 so an ambulance (ideally with advanced life support) can be sent for you. Also, check the time so you'll know when the first symptoms appeared. It's very important to take immediate action. If given within three hours of the start of symptoms, a clot-busting drug called tissue plasminogen activator (tPA) can reduce long-term disability for the most common type of stroke. tPA is the only FDA-approved medication for the treatment of stroke within three hours of stroke symptom onset.

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