

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 2008 Newsletter

Volume 3, Issue 2

© 2008 Northwest Fremont EMS, Inc. All rights reserved.

Open House Set for July 12

The insulation and installation of the garage door openers has been completed, and our building is now being used to store our ambulances. The last remaining major task is the installation of the heaters, but it is warm enough now that this can be deferred until the fall. The new building is now in service and we are delighted to have completed this important step in the history of NWFEMS.

To celebrate this important milestone, you are invited to an Open House to be held on Saturday, July 12, 2008 from 11:00 a.m. until 2:00 p.m. at 56 Chris Crossover just off County Road 2.

Blood pressure checks will be available. There will also be a silent auction and door prizes. The ribbon-cutting ceremony will be at 11:30 a.m. And, subject to weather and availability, there will also be a demonstration by Memorial Star Transport (e.g. critical care helicopter).

Bring your friends and come join us for hamburgers, hot dogs, chips, and desserts. Check out our ambulances & meet the EMTs, drivers, and support personnel who make it all happen!

Annual Meeting to be Held August 2, 2008

Northwest Fremont EMS will hold its 2008 Annual Meeting on Saturday, August 2, 2008 at 2:00 p.m. The meeting will be held at the EMS building at 56 Chris Crossover just off County Road 2. This is your chance to hear what NWFEMS 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 – President, Communications (e.g. radios), Fund Raising, and Maintenance & Safety. The term of office for board members is two years. If you are interested in serving on the NWFEMS Board, please call Roleen Lack at 719-269-8904 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. August will be here before you know it! Make plans now to attend!

Trash to Treasures a Big Success!

This year's Trash to Treasures yard sale fund raiser brought in over \$2,000 for NWFEMS. This has been one of our most consistent fund raisers and plans are being made to have another one this fall. Stay tuned for more details!

Meanwhile, we would like to extend our heartfelt thanks to the many volunteers who helped with this event, including the call committee, the people who helped with storing, sorting, moving, pricing and selling and especially to those of you who generously donated the items required to make this event a huge success.

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

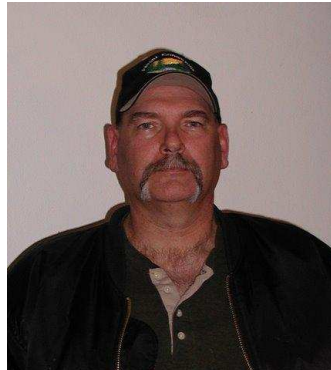
The Pulse of Northwest Fremont EMS, Inc. is a publication of Northwest Fremont EMS, Inc. **The Pulse** is published four times a year.

Trash to Treasures II

Items in good condition are now being collected for Trash to Treasures II, the fall edition of our highly successful yard sale. We can accept new or gently used furniture, tools, sporting goods, and housewares. Please call Ron Jayson at 719-275-5094 to arrange for pick-up.

Staff Spotlight

As Maintenance & Safety Director for NWFEMS, Brad Nelson takes care of the ambulances – having the oil changed, checking the batteries, replacing tires, etc.



Brad retired as a Sergeant from the Northglenn Police Department after 24 years. In his work with the police department, he was often the first responder on a scene and has had many opportunities to see people at their worst. He also understands the value of having an EMS organization that can respond promptly to calls. Brad is currently working for the Colorado Division of Gaming.

According to Brad, NWFEMS is a good organization and something that we definitely need in our area. Accidents happen, and having NWFEMS available is better than having to wait for someone from Cañon City or Divide to respond.

Brad has always been involved in his community and enjoys public service and community service. He says he even enjoys attending our board meetings!

Coming Events – Mark Your Calendar!

Open House – July 12, 2008, 11:00 AM until 2:00 PM. See page 1 for more information!

2008 Annual Meeting - The 2008 Annual Meeting for NWFEMS will be held on Saturday, August 2, 2008, at 2:00 PM at the new EMS building at 56 Chris Crossover just off 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 July – check the NWFEMS web site (www.nwfems.com) for the date and time. Anyone in our service area is welcome to attend. For more information, call Roleen Lack at 269-8904.

Continuing Education – Medical training is held on a regular basis, and training dates are scheduled as needed. Training is usually held at 6:00 PM at the Hecox residence. All responders are encouraged to attend. For more information, call Chris Hecox at 275-3450.

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 has completed the requirements to become a certified service technician for Stryker cots
- Chris Hecox attended the Critical Care Transport Symposium

Trail Ride Loads of Fun

On May 3, almost a dozen rider/ horse pairs set out on a trek to 31-mile hill. It was a brisk, but beautiful & sunny day. After the round-trip ride, everyone enjoyed burgers and brats prepared by NWFEMS volunteers. Everyone who was there enjoyed the ride and being outdoors.

Plans are being made for another trail ride in the fall. If you are interested, contact Ron Jayson at 719-275-5094 for more information. A limited number of horses will be available for use by non-horse owners, so call early and get your reservations in.

NWFEMS Saves Lives!

On the morning of New Year's Day, 2008, I re-injured a ruptured disk in my back while cleaning a stall in our barn. The pain was not too bad at first, but by late evening it was difficult to walk, and even when lying down, the pain was constant and severe. About 10 pm I decided a trip to St. Thomas Moore was in order.

Deeann called 911 and within 10 or 15 minutes the Northwest Fremont EMS ambulance was coming up the driveway. After several questions by Chris, Tonya, and Martha, Chris administered a shot of morphine, and within a few minutes the pain was gone and I was on the way to the hospital.

Luckily, I have not needed surgery on my back, and it has healed nicely on its own. Without NWFEMS nearby, I don't know how my wife would have gotten me into a car, and the trip into town would have been an agony.

-Ron Jayson

Names and quotes used with permission.

ICE Your Phone!

If you were incapacitated, would emergency workers know who to contact to get your medical history? A recent survey has shown that more than 75% of the people surveyed don't carry any information about who they would want contacted on their behalf if something happened to them*.

One idea to help responders know who to notify is to create an entry in your cell phone under "ICE", the abbreviation for "In Case of Emergency". You can create more than one entry by using "ICE1", "ICE2", etc. and also include a name with your entry, such as "ICE1 John". It would be helpful if the person listed in your ICE entry knew something about your medical history and who else might need to be contacted. An ICE entry can also be used to help return a lost cell phone to its owner.

Sometimes cell phones can become damaged or separated from their owners, so an ICE entry in your cell phone should be used in addition to a card you carry in your wallet or purse.

There is a rumor going around by e-mail that an ICE entry in your cell phone leaves it vulnerable to a virus, but this is not true**.

If you are one of those 75% who do not carry emergency contact information around with you, take a few minutes to write this plus some basic medical history on the back of a business card and put it with your ID. Then, create an ICE entry in your cell phone as an additional way to make sure the correct people are notified if needed.

* <http://www.truthorfiction.com/rumors/i/ice.htm>

** <http://www.snopes.com/crime/prevent/icephone.asp>