

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](http://www.nwfems.com)

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Fall/Winter 2008 Newsletter

Volume 3, Issue 3

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### Annual Meeting Held August 2, 2008

Northwest Fremont EMS held its 2008 Annual Meeting on Saturday, August 2, 2008 at 2:00 p.m. in the new ambulance building at 56 Chris Crossover. Various board members reported on the accomplishments of NWFEMS over the past year, most importantly the completion of our new ambulance building.

Board member elections followed with the following results: Chris Hecox was re-elected as President, Ann Eulert was re-elected as Director of Communications, Dave Goodling & Jay Shughart were elected to jointly serve as Director of Maintenance & Safety, and the position of Director of Fund Raising is open.

The fund raising position involves organizing our annual Trash to Treasures yard sale and various other fund-raising events and filling out applications for grants. If you know someone who might be interested in serving as the Director of Fund Raising for NWFEMS, please call Roleen Lack at 269-8904.

## Flu Shots Available!

Call 275-3450 to schedule your flu shot!

## Trash to Treasures II Held September 6, 2008

September 6, 2008, dawned clear and crisp as NWFEMS volunteers began the final preparations for the first ever Trash to Treasures II yard sale. The Trash to Treasures yard sale that is held every spring had been such a successful fund raiser, that a second event was scheduled for the fall. The weather was perfect and the fund raiser brought in over \$700 for NWFEMS.

As always, many volunteers helped with this event, including the call committee, the people who helped with storing, sorting, moving, pricing and selling. Heartfelt thanks go out to those who volunteered their time and especially to those of you who generously donated the items required to make this event a success.

## Coming Events – Mark Your Calendar!

**CPR and First Aid** – NWFEMS offers CPR and First Aid Classes on an as-needed basis. Send an e-mail to [training@nwfems.com](mailto: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 January – check the NWFEMS web site ([www.nwfems.com](http://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.

## Who's Who at NWFEMS

- **President:**  
Chris Hecox – [president@nwfems.com](mailto:president@nwfems.com)
- **Vice President:**  
Curtis Eulert – [vicepresident@nwfems.com](mailto:vicepresident@nwfems.com)
- **Secretary:**  
Roleen Lack – [secretary@nwfems.com](mailto:secretary@nwfems.com)
- **Treasurer:**  
Tonya Hecox – [treasurer@nwfems.com](mailto:treasurer@nwfems.com)
- **Physician Advisor:**  
Dr. Mike Tollett – [doctor@nwfems.com](mailto:doctor@nwfems.com)
- **Medical & Training:**  
Chris Hecox – [training@nwfems.com](mailto:training@nwfems.com)
- **Fund Raising:**  
Vacant – [fundraising@nwfems.com](mailto:fundraising@nwfems.com)
- **Communications:**  
Ann Eulert – [communications@nwfems.com](mailto:communications@nwfems.com)
- **Maintenance & Safety:**  
David Goodling & Jay Shughart – [safety@nwfems.com](mailto:safety@nwfems.com)
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Curtis Eulert – [webmaster@nwfems.com](mailto:webmaster@nwfems.com)

## Moving?

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

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## Keeping Up-to-Date

NWFEMS volunteers work hard to keep their skills up-to-date:

- Ann Eulert obtained her certification to teach American Heart Association CPR and First Aid classes.
- Chris Hecox attended the EMS Safety Summit.
- Virgil Burke attended the BLS for Healthcare Providers (CPR) refresher class.
- Roleen Lack attended the BLS for Healthcare Providers (CPR) class.
- Chris Hecox has obtained his certification to teach Advanced Medical Life Support.

## Staff Spotlight

Curtis Eulert is currently serving as the Vice President of the Board for NWFEMS and is also a driver.

Curtis believes that it's important to have an ambulance service in our area so we don't have long wait times for an ambulance to arrive from other areas. He volunteered to serve as a board member and driver because he believes that, "As NWFEMS is a volunteer organization, volunteering is the only way it will stay viable."

Curtis's message to those in our service area is: "Get involved! If everyone said 'It's somebody else's job', we wouldn't have an organization at all. People should come to the NWFEMS board meetings and to the annual meeting, and should get involved in any of the public events that we have."



## NWFEMS Testimonial

Everyone dreads the necessity of making a 911 emergency call. We were no exception early one June morning when our elderly aunt's condition quickly deteriorated.

Northwest Fremont EMS was exceptionally quick to respond to the call. It was impressive how professionally the team conducted themselves. Only after noticing the name on the ambulance did it occur to us that the group was completely composed of volunteers.

We feel that we received prompt, professional and caring assistance as well as invaluable advice throughout the entire ordeal.

In retrospect concerning our experience with Northwest Fremont EMS, we are very satisfied and pleased with our past donations/support of the group. We know that the money has been well spent and that the volunteer staff is very competent, conscientious, caring, and supportive in their service.

It is our sincere desire that all residents serviced by Northwest Fremont EMS will be motivated to sponsor this fine organization in their goal of assisting others in a time of critical need.

Lee & Karen Fry  
Cabin Creek Landowners Association Members

## Health & Safety Tips

### An Annual Flu Shot is Your Best Defense

If you are at high risk of getting the flu, your first line of defense is an annual flu shot. The Centers for Disease Control and Prevention recommend flu shots for children ages 6 months to 2 years and for older adults age 50 and older. These people are considered at high risk for complications from influenza. Also, get vaccinated if you are a police officer or firefighter.

Other people who should get flu shots are those who:

- Are residents of a nursing home or other chronic-care facility
- Have a chronic disorder such as diabetes or heart, kidney or lung conditions; these people are three times more likely to die of the flu than those without these conditions.
- Have a weakened immune system from infection with HIV, leukemia, or medications you take following an organ transplant.
- Will be in your second or third trimester of pregnancy during flu season.
- Work in a health care facility where you are more likely to be exposed to the flu.

The best time to be immunized is between mid-October and mid-November. This allows your immunity to peak during the height of the flu season. Adults receive the vaccine in one injection. It takes two weeks after you've been vaccinated for the shot to take effect.

But the flu vaccine is not fool proof. Its effectiveness varies from year to year and from person to person. Since the strains used in the vaccine are chosen nine months before a particular flu season, there is a slight chance the strains may change before the flu season actually starts.

In addition, if you're young and healthy, the vaccine may be 70 to 90% effective in preventing illness. For an older adult or someone with a chronic medical condition, the vaccine may not be as protective. Still, for older adults who are at high risk, a flu shot can reduce hospitalizations by as much as 70% and deaths by 85%. You may worry about contracting the flu from the vaccine. But the vaccine is made from an inactivated form of the virus, so you can't get the flu from a flu shot.

In some cases, however, you may have a slight reaction to the shot, such as soreness at the injection site, mild muscle aches or fever beginning six to 24 hours after you have been immunized.

If you are allergic to eggs, you probably shouldn't have a flu shot. Because the viruses are grown in chicken eggs, you may have an allergic reaction. If you are pregnant, wait until after your first trimester to be immunized, unless your doctor advises you otherwise.

If you come down with the flu, these measures may help ease your symptoms:

- Drink plenty of liquids to avoid dehydration.
- Get more sleep.
- Try chicken soup. It's not just good for your soul, it can help by breaking up congestion.

Use an over-the-counter pain reliever such as acetaminophen (Tylenol) or ibuprofen (Advil) cautiously, but as needed. Remember, pain relievers may make you more comfortable, but they won't make your symptoms go away any faster and may have serious side effects.

Chris Hecox  
NREMT-P

This article is from the Health Watch section on the NWFEMS web site. Check out the web site at [www.nwfems.com](http://www.nwfems.com) for more great articles like this!