

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

Spring 2009 Newsletter

Volume 4, Issue 1

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Trash to Treasures Scheduled for May 23

The NWFEMS Annual Trash to Treasures Yard Sale will be held on the Saturday of Memorial Day Weekend (May 23, 2008). Please start saving your treasures and call Ron Jayson at 275-5094 to arrange for a pick-up. Items in good condition and in working order are needed. We don't accept clothing, but housewares, sporting goods, yard tools, furniture, appliances and many other categories of items are accepted. If you have something you are willing to donate, but are not sure if it can be accepted, please call Ron for more information.

The yard sale will be held at Depot Park (Highway 50 at 9th Street) in Cañon City from 8:00 AM until 3:00 PM. This annual event is one of our biggest fundraisers and volunteers are always needed to help with soliciting and collecting items, pricing, setup, sales, and clean-up. If you are able to help with any of these, please call Ron Jayson at 275-5094 and let him know what you can do to help make this a successful fundraising event..

Meanwhile, make plans to stop by the yard sale on Memorial Day weekend to see if there are some treasures there that you just can't live without!

NWFEMS Saves Lives

When I called for help, NWFEMS responded very quickly. They were VERY VERY professional. Even though they knew me, they put me completely at ease. I felt comfortable and safe. They were totally in control and knew what they were doing. They kept me calm when I could have been in a panic. They were constantly monitoring me both physically and emotionally. They were SO reassuring.

I never felt pressured, but went to the hospital anyway to check things out. When I got to the hospital, what I was told there was no more than what they had already told me, and I found that to be really reassuring.

In addition, they stayed there at the hospital with me until my husband arrived. I thought that was really above and beyond the call of duty.

-- Deean Jayson, Delilah Peak

Keeping Up-to-Date

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

- Tonya Hecox has completed the requirements to become an EMT-Intermediate. This two-semester class (and associated certifications) qualifies her to provide a higher level of care to those in our service area. Please join us in congratulating Tonya on this accomplishment!
- Chris Hecox, Tonya Hecox, and Ann Eulert attended an EMS Mini-Conference in Boulder, CO, on January 24, 2009.
- Tonya Hecox and Ann Eulert attended the State EMS Conference in Keystone, CO, on November 6 – 8, 2008.
- Ron Jayson, Gary Lack, Ann Eulert, David Goodling, and Jay Shughart completed the AHA Heartsaver First Aid Class on November 3, 2008.

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:**
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- **Fund Raising:**
Ron Jayson – fundraising@nwfems.com
- **Communications:**
Ann Eulert – communications@nwfems.com
- **Maintenance & Safety:**
David Goodling & Jay Shughart – safety@nwfems.com
- **Newsletter Editor:**
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- **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.

Staff Spotlight

Ann Eulert says, "Every night when I go to bed, I say a little prayer for the health and safety of everyone in the NWFEMS service area -- partly because I hope nobody has to call 9-1-1 and partly because it's nice to be able to sleep through the night."



Ann attended the EMT class at Pueblo Community College in the fall of 2007 and has been an EMT-B with NWFEMS for the past year.

Ann says, "Every time I go on a call, I become even more convinced of how essential this organization is to northwest Fremont county. I see how grateful people are because we were able to get there so quickly. I hear questions like, "Where did you come from? How did you get here so fast?" There are people out there who are alive now because NWFEMS was able to get to them in time. If they had had to wait for someone to arrive from Cañon City, they would not have made it."

Still, Ann is concerned about the long-term health of the organization. "As important as this service is, we need more volunteers on the medical side to keep the organization running. Fremont County requires that we provide coverage 24X7, and additional EMTs are needed to maintain that level of coverage."

The shortage of volunteers is not unique to NWFEMS -- it is a problem for most small rural ambulance services. These organizations can survive only if there is a constant supply of new volunteers who are willing to help when the existing volunteers are ready to step down. If you would be willing to help out either as a driver or by becoming an EMT, please contact any board member for more information.

Coming Events – Mark Your Calendar!

Trash to Treasures Yard Sale - The NWFEMS Annual Trash to Treasures Yard Sale will be held on the Saturday of Memorial Day Weekend (May 23, 2008). Please start saving your treasures and call Ron Jayson at 275-5094 to arrange for a pick-up.

CPR and First Aid – NWFEMS offers CPR and First Aid Classes on an as-needed basis. Send an e-mail to training@nwfems.com or call Chris Hecox at 275-3450 to sign up.

NWFEMS Board Meetings – NWFEMS Board Meetings are held quarterly or more often if needed. 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.

9Health Fair – The 9Health Fair will be held on Saturday, April 25, 2009 at the **Evangelical Free Church**, 3000 East Main Street in Cañon City. The health fair includes basic health screenings such as a finger-stick glucose screening and a body fat skin fold screening. The event will start at 7:00 AM and last until 12:00 noon.

2009 NWFEMS Annual Meeting – The 2009 Annual Meeting will be held at 2:00 PM on Saturday, August 1, 2009 at the ambulance building, 56 Chris Crossover just off County Road 2 (approximately 2 miles from Highway 9). The agenda includes reports on activities in the past year and election of board members

Health & Safety Tips

Protect Your Head: Five Simple Steps to Prevent a Stroke

Eighty percent of all strokes are preventable, according to the National Stroke Association. And when it comes to preventing a stroke, the necessary steps are probably healthy lifestyle suggestions you've heard before.

Let's take a closer look at exactly how making just five changes can help you. By knowing exactly how your efforts can protect you from strokes – which affect 700,000 Americans each year – you may be more inspired to take action.

1. Don't smoke. If you smoke, quitting is one of the most important things you can do to decrease your chances of a stroke. Puffing on tobacco sets the stage for a stroke in many ways. It's linked to accumulation of plaque in your carotid arteries, which supply blood to your brain – and blockage in these arteries is the leading cause of stroke. The nicotine in the tobacco raises your blood pressure. The carbon monoxide from smoking lowers the amount of oxygen that your blood can carry to your brain. And smoking makes your blood more likely to clot, and blood clots in an artery that supplies blood to your brain can trigger a stroke.

If you smoke, talk to your doctor about medications and programs that can help you stop.

2. Trim down. Being overweight is associated with many factors that raise your risk of a stroke. You're more likely to have high blood pressure. You're more likely to have high cholesterol, which is an ingredient in plaque in your arteries. And you're more likely to develop type 2 diabetes.

Doctors typically determine whether patients are too heavy by their body mass index (BMI), which uses a formula combining your height and weight. Ideally, your BMI should be less than 25.

You can easily calculate your BMI online by visiting the Centers for Disease Control and Prevention at <http://www.cdc.gov/nccdphp/dnpa/bmi/index.htm>.

3. Get moving. If you don't do much physical activity, you also have a higher risk of developing high blood pressure, high cholesterol, and diabetes. Even if you're at a healthy weight, it's still important to exercise regularly. If you're overweight, more activity will help you shed the extra pounds.

Go for at least 30 minutes of physical activity on most days. If you can't do it all at once, it's OK to break up your activity into smaller chunks.

4. Prevent or control diabetes. Diabetes can damage the blood vessels in your brain and elsewhere in your body; most people with diabetes die of some form of cardiovascular disease. If you already have diabetes, maintaining good blood sugar control through weight loss, physical activity, and possibly taking medications can help reduce your risk of stroke.

If you don't have diabetes, regular physical activity and keeping a healthy weight will help you avoid it.

5. Eat a good diet. Loading up your plate with fruits, vegetables and grains, and cutting down on foods high in sodium, cholesterol and saturated fat, is also an important component in a stroke-preventing lifestyle. Sources of fat to avoid include fatty meats, full-fat dairy, and baked snack foods containing partially hydrogenated oils. Keep your consumption of sodium below 2,400 milligrams a day, which is equal to about one teaspoon of salt. This daily amount includes all salt and sodium in your foods, not just salt you add.

This type of diet will help you maintain a healthier blood pressure and lower cholesterol.

Source: Life Line Screening

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For more information on Life Line Screening please visit www.lifelinescreening.com or call 1-800-697-9721.