

Northwest Fremont EMS, Inc.
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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

Fall-Winter 2009 Newsletter

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Web Site Updated!

Check out the new and improved NWFEMS web site! The design of the web site has been completely revised and updated. It has a whole new look and feel as well as updated content.

According to Webmaster Curtis Eulert, the new design will also make the web site easier to maintain.

Fund Raising Position Open

NWFEMS is in need of volunteers who can help with fund raising. People are needed to coordinate fund raising activities, such as NWFEMS's annual yard sale and to submit applications for various grants. This is a Board position that can be shared if there are multiple volunteers who want to help. If you would be willing to help out with any aspect of fund raising, please contact Chris Hecox at 275-3450 or send an e-mail to president@nwfems.com.

Radio Update

New FCC regulations will require NWFEMS to make changes to its existing radio system by the end of 2012. In preparation for these changes, the Fremont County Office of Emergency Management has received a grant to pay for new communications equipment. As a result of this grant, NWFEMS will be receiving a limited number of 800 MHz radios that will meet the new FCC requirements.

At present, it is not clear how well the new radios will work in the mountainous terrain of northwest Fremont County, but having the equipment will give NWFEMS an opportunity to test it and see what will be needed to make it work or to determine if other alternatives need to be considered.

Many thanks to Fremont County and especially to the Office of Emergency Management for their assistance in helping NWFEMS address the new FCC requirements.

NWFEMS Saves Lives!

Comments from a recent patient:

“They took really wonderful care of me. I didn’t think there was very much wrong with me, but they convinced me that it would be good to have it checked out. They were so efficient, loving and caring. They were all so concerned about me and they were so generous with their time.”

“I had had episodes like that before and they only lasted a couple of minutes. I thought maybe it was something I had eaten. It’s nice to know there’s something simple I can do to take better care of myself.”

“I appreciate everything that was done for me. It means so much to know that there are people who care out there and who were willing to take care of me.”

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:**
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- **Maintenance & Safety:**
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- **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 three times a year.

Staff Spotlight

Roleen Lack has served as Secretary of NWFEMS for two and a half years. She is also a trained ambulance driver and is active with the fundraising events. She spends a great deal of time with her two and a half year old grandson and when time permits, enjoys flower gardening, horseback riding in Colorado's beautiful countryside, and curling up with a good book when it's too cold to be outside.



Roleen says, "I believe in giving back to the community. We are very blessed to live where we can enjoy all the beauty of Colorado. It takes participation to make any community work outside our individual homes. Volunteering and giving back is a part of who I am. There are many worth-while projects and organizations that succeed only because of the efforts of the many volunteers that continually give of their time to support them. Volunteers help to keep these organizations running smoothly and efficiently. Volunteer based organizations such as NWFEMS can not survive unless the community at-large is willing to give of their time, expertise, or financial assistance."

"NWFEMS is a wonderful contributing organization and is a great asset to our remote area. I have seen first hand what our ambulance service can do for those in crisis or immediate need of medical attention. I would like to extend an invitation to all our community residents to offer whatever help they can to assist in keeping NWFEMS alive—to keep and have it remain a vital, viable organization to serve all who may be in need. If you have never been a volunteer, I challenge you to give it a try. There is nothing like the feeling of accomplishment when you give of yourself and see positive things working in your very own backyard."

Coming Events

NWFEMS Board Meetings – For more information on the next NWFEMS Board Meeting call Roleen Lack at 269-8904. Anyone in our service area is welcome to attend.

Keeping Up-to-Date

NWFEMS has implemented a new on-line training program that allows EMTs and drivers to take web-based classes at their convenience. Classes that are available on-line include the annual OSHA training as well as training on various medical topics.

NWFEMS volunteers are committed to keeping their skills up-to-date so the best possible emergency medical services can be provided to those in our area. Volunteers have recently completed the following classes:

- Jay Shughart and Curtis Eulert completed the BLS for Healthcare Providers (CPR) class on September 30, 2009.
- Curtis Eulert attended the EMS Safety Summit October 8 & 9, 2009.
- Chris Hecox, Tonya Hecox, and Ann Eulert attended the Colorado State EMS Conference November 5 – 8, 2009.
- Tonya Hecox renewed her Advanced Cardiac Life Support certification on November 16, 2009.

What's in Your Car Kit?

The winter weather in Colorado can create hazardous road conditions. It is important to be prepared for problems on the road by keeping emergency supplies in your car. Which if the following items do you keep in your Car Kit?

- Bag of Sand, Kitty Litter, or Carpet Strips for traction
- Small Folding Shovel
- Ice Scraper and Snow Brush
- Tire Chains
- Jumper Cables
- Tow Straps or Chains
- 50 ft. of Nylon Cord (use to find your way back to the car in a whiteout)
- Multi-Tool, including pocket knife
- Flares or Triangle Reflectors
- Bandana or Ribbon to tie to the antenna (preferably red, but fluorescent orange or green would also work)
- Whistle (to alert rescuers to your location)
- Cell phone or CB radio
- Battery-powered or hand-crank radio
- Snack Foods (energy bars, candy, nuts, dried fruit, tea bags, hot chocolate mix, crackers, etc.)
- Bottled Water (it's less likely to freeze if kept in the passenger compartment)
- Warm Clothes (including knit hats, warm gloves, extra socks, long underwear, and an extra set of dry clothes, such as a snowmobile suit, insulated coveralls, or snow pants and a heavy jacket)
- Outer layer you can remove if it becomes wet (i.e. poncho or raincoat)
- Warm Blankets or Sleeping Bags rated for cold weather
- Space Blankets (a fist-sized packet that unfolds to a large filmy tarp that reflects body heat back to you)
- Flashlight (with fresh spare batteries) or several glow sticks
- Coffee can with several candles and matches (in a waterproof container) or a lighter (NOTE: if you have a candle lit, keep a downwind window open about ½ " for fresh air)
- Camp cup or small pot for heating water
- First Aid Kit (including a supply of any essential medications)

- Pencil and paper
- Garbage bags (extra protection for your feet)
- Coffee can with lid, toilet paper, and hand sanitizer
- Other supplies you might need or want, such as diapers and baby formula, a deck of cards, etc.

Before you leave the house:

- Let someone know where you are going, what route you are taking, and when you expect to arrive.
- Winterize your car – check tires, belts, heating system, battery, antifreeze, and windshield washer fluid.
- Keep the gas tank as full as possible.
- Dress for the outdoor conditions, not for the warmth of your car!

If you are stranded:

- Never leave your vehicle and try to walk to safety. Your chances of survival greatly increase if you stay with your vehicle.
- If you do need to step out of your car for any reason, put on an outer layer first, that you can remove that layer when you return to the car.
- Bundle up and break out the snacks. The extra calories will help keep you warm.
- For heat, it's better to use your candles than the car's engine and heater. Set one candle in the bottom of the coffee can in an inch of sand or kitty litter, and place the can where it will not get bumped or knocked over.
- Plan for someone to stay awake at all times.
- If it's extremely cold and you need to run the motor for heat:
 - Check to make sure the exhaust system is not damaged and the exhaust pipe is not blocked by snow or debris.
 - Open a window slightly for fresh air (about ½ inch and on the side away from the wind and blowing snow). Carbon monoxide can sneak up on you without warning. One minute you're feeling fine and the next you're unconscious.
 - Run the motor and heater for about 10 minutes each hour.

Sources:

<http://www.hopkinsmn.com/community/familyhealth/wintervehiclesafety.html>
<http://www.crh.noaa.gov/bis/wintertips.php>
<http://www.stthomas.edu/bulletin/news/200650/Wednesday/Wellness123.html>
<http://lancaster.unl.edu/home/Articles/2003/WinterDriving.htm>
<http://www.21stcenturyadventures.com/advice/lists/winterSurvivalChecklist.html>