

Northwest Fremont EMS, Inc.
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Return Service Requested



The Pulse

of Northwest Fremont EMS, Inc.

Providing emergency medical services to residents
and visitors of Northwest Fremont County.

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Canon City, CO 81212-9772
www.nwfems.com

Spring 2010 Newsletter

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Who Calls NWFEMS?

An analysis of the calls NWFEMS received during 2008 and 2009 shows that:

- * 51% of these calls were for trauma – auto accidents, ATV, motorcycle, and bicycle accidents, burns, falls, etc.
- * 28% of these calls were for medical concerns – chest pain, dizziness, shortness of breath, headache, etc.
- * 5% of these calls were for a combination of medical and trauma, for example, chest pain that caused an auto accident,
- * 7% of these calls were for lift assists, and
- * 9% of the time, it was determined that assistance was not needed before anyone from NWFEMS arrived at the scene (“stand down”).

Approximately 70% of the automobile accidents that NWFEMS responded to during this two-year period were rollovers. In fact, one responder reports that all the auto accident calls she has been on during this time where someone was injured were rollovers and that all of the auto accident calls that were not rollovers ended up being non-injury accidents.

Introducing Reverse 911

Almost everyone is familiar with the 911 system. It gives you a universal number you can call from almost anywhere in the U.S. to summon assistance for fire, police, and medical emergencies. Most people know that dialing 911 from a land line will also transmit your street address to the 911 dispatcher in case you cannot provide that information yourself. In addition, calling 911 from a cell phone will route your call to the nearest 911 dispatch center, and some will even transmit your GPS coordinates.

Fewer people are familiar with the “reverse 911” system. This system allows a 911 dispatch center to identify all land lines within a given geographic area and then call those numbers with a recorded message. For example, it could call everyone within a 5-mile radius of a fire and advise you whether or not you need to evacuate based on your location. Other criteria can also be set up for reverse 911 calls. For example, Fremont County’s reverse 911 system was used recently to notify Search & Rescue volunteers of an operation where their assistance was needed.

But what if you don’t have a land line and only have a cell or VOIP phone? You would need to register your phone number in order to receive reverse 911 calls.

To register a cell or voice over IP number, visit www.fremontco.com, click the link under **Fremont 911 Emergency Notification** and follow the instructions. (Please do NOT call 911 for instructions!) The process only takes a few minutes. Each number can be registered to only one address, which could be home, work or any other address a resident chooses. Registered cell numbers are stored on a secure server and are not actually seen by any employees nor are they distributed to anyone.

Who’s Who at NWFEMS

- **President:**
Chris Hecox – president@nwfems.com
- **Vice President:**
Curtis Eulert – vicepresident@nwfems.com
- **Secretary:**
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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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Coming Events

NWFEMS Board Meetings – For more information on the next NWFEMS Board Meeting call Chris Hecox at 275-3450. Anyone in our service area is welcome to attend.

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.

9Health Fair – The 9Health Fair will be held on Saturday, April 24, 2010 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 2010 Annual Meeting will be held at 2:00 PM on Saturday, August 7, 2010 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 the election of board members.

Trash to Treasures Yard Sale – NWFEMS's annual Trash to Treasures yard sale would normally be announced in the Spring edition of the newsletter and volunteers would begin soliciting donations. However, the yard sale is on hold pending a volunteer who can coordinate this effort. If you want to get involved and help with this event, please call Vice President Curtis Eulert at 719-275-1765.

Volunteers Needed!

NWFEMS needs more volunteers! Volunteers are needed to coordinate fund raising activities, such as NWFEMS's annual yard sale, to submit applications for various grants, to manage patient billing, and to serve as the Secretary for the Board of Directors. This work can be shared if there are multiple volunteers who want to help. If you would be willing to help out, please contact Chris Hecox at 275-3450 or send an e-mail to president@nwfems.com.

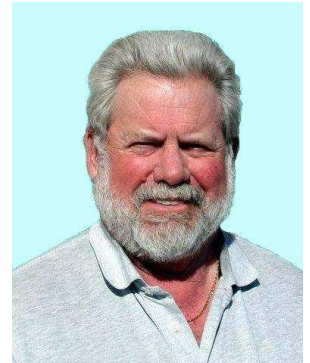
More importantly, NWFEMS needs volunteers to help with patient care – either as drivers or as EMTs. **Without additional volunteers, NWFEMS will soon reach a point where it will not be able to meet the requirements of the county and it will have to cease operations.** If you have been thinking that this is something you might like to do “someday”, that day is here! The time to step forward and volunteer is now. Please call any of the Board members if you can help!

Staff Spotlight

Jay Shughart has been the Maintenance and Safety Director for NWFEMS for almost two years. He is also training to become an ambulance driver.

Jay has 52 years experience in the automotive sales and service industry, and he uses this experience to keep our ambulances in tip-top shape.

Jay says that NWFEMS could use more volunteers. He has seen how important this organization is and believes that people should support it.



Health Tips – Reducing Stress

We all need a little stress in our lives. In moderate amounts, stress challenges us to grow and learn. However, too much stress actually reduces productivity and leads to exhaustion. Excessive levels of stress for long periods of time can affect your health – weakening your immune system and making you vulnerable to illnesses, including colds, the flu, ulcers and heart disease. Check out the ideas below for ways to reduce your level of stress.

On a daily basis:

- ▶ **Rest** – Make sure you get enough sleep to be rested and refreshed every morning. Take a nap, if needed.
- ▶ **Eat Well** – Eat a variety of healthy, flavorful foods. Make it a point to eat slowly and to enjoy your meals.
- ▶ **Exercise** – Find something you are willing to do regularly that gets you up and moving for at least 15 minutes every day. Maybe it's yoga, pumping iron, or taking a walk around the block. The bottom line is that you will be able to cope with stress better if you are fit.
- ▶ **Have Fun** – Do something just for fun every day – preferably something that makes you laugh out loud.
- ▶ **Make Time For Friends** – Cultivate friendships with people who are positive. A strong social network will help you get through the rough spots.
- ▶ **Count Your Blessings** – Take a few minutes to think about how fortunate you are.
- ▶ **Prioritize** – The things listed above should automatically be a part of your day. For everything else, make a list of all the things you need to do and then identify the one single task that is the highest priority. Focus on getting that one task done. If you finish it, start on the next one. If nothing else on the list gets done, that's OK because you are spending your time on the most important item on your list.

As Needed:

- ▶ **Just Say No** – Recognize that there are limits on how much you can do. Keep commitments outside work and family to a level you can manage.
- ▶ **Simplify** – Find ways to make your life simpler. For example, if you hate writing checks, set up automatic payments for your bills. If you don't enjoy cooking, make extra and freeze the leftovers for a quick & easy meal later. Hate housework? Check into getting a maid service.
- ▶ **Get Rid of Clutter** – Looking at clutter drains your energy, even if you don't realize it. Spend 20 minutes cleaning off your desk, clearing out your inbox, or packing up items you don't use any more (for the next Trash to Treasures yard sale) and see how much better you feel!
- ▶ **Be Early** – Being late can be very stressful. Build plenty of time into your schedule so that you don't feel rushed. If you end up with extra time before an appointment or meeting, take a few minutes to relax, make a phone call, or enjoy a walk outdoors.
- ▶ **Relax** – Develop strategies for relaxation that work for you – get a massage, take a bubble bath, read something inspirational, listen to music, or use meditation.
- ▶ **Let It Go** – Recognize that there are some things that you cannot control and make a conscious choice not to let those things stress you out. For example, if you're stuck in traffic, getting stressed about it won't help anything. Accept that it's going to take a little longer than you expected to get where you are going.
- ▶ **Get Help** - If you are feeling overwhelmed and you can't seem to get your life under control, consider getting professional help. Whether it's help getting your finances under control, working on a relationship issue, coping with chronic pain, or exploring a new career option, sometimes you need the perspective that an independent professional can give.