

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

Summer 2010 Newsletter

Volume 5, Issue 2

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Annual Meeting to be Held August 7

The 2010 Annual Meeting for Northwest Fremont EMS will be held on Saturday, August 7 at 2:00 PM at the ambulance building at 56 Chris Crossover (just off County Road 2 about two miles from Highway 9).

The agenda includes:

- * Reports on NWFEMS activities for the past year,
- * Review of the budget for the upcoming fiscal year (August 1, 2010 through July 31, 2011),
- * Board member elections, and
- * Any other business that may come before the meeting.

Refreshments will be served. Mark this date on your calendar and make plans to attend!

Board positions that are up for election this year are President, Fund Raising, Maintenance & Safety, and Communications (Radios). In addition, the position of Secretary is also open. If you would be willing to serve in one of these positions (or in any other capacity), please contact Vice President Curtis Eulert at 275-1765 or e-mail vicepresident@nwfems.com

Sleep Problems

The term Insomnia can mean:

- Taking more than 45 minutes to fall asleep
- Frequent awakenings with inability to fall back asleep
- Early morning awakening

None of these are problems unless they make you feel chronically tired. If you feel alert and rested, there is little need to worry. Short-term insomnia, lasting a few nights to a few weeks, is usually caused by worry over a stressful situation. Long-term insomnia which can last for months or even years, is often caused by general anxiety, medications, chronic pain, depression, or other physical disorders.

Sleep Apnea is a sleep disorder that is usually caused by a blockage of the upper airways. People with sleep apnea usually snore loudly and breathing can stop for 10-15 seconds or longer. Mild sleep apnea may be cured by changing some of your pre-bedtime habits. More severe sleep apnea may require medical treatment.

Things that might help sleep problems include:

- Get regular exercise, but avoid strenuous exercise within 2 hours before bedtime.
- Avoid alcohol and smoking before bedtime.
- Drink caffeine in moderation and not after noon.
- Drink a glass of warm milk at bedtime.
- Don't take sleeping pills. Continued use of sleeping pills actually increases sleeplessness in many people.
- Engage in relaxing activities in the evening.
- Use your bed for sleeping. Don't eat, watch TV, or read in bed.
- Sleep only at bedtime. (Naps are fine if you don't have sleep problems.)
- Go to bed only when you feel sleepy. If you are awake for more than 15 minutes, get up and leave the bedroom.
- Get up the same time each day.

If one month of self-care doesn't solve the problem, call a healthcare professional.

Who's Who at NWFEMS

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

Monitor/Defibrillator Donated

Many thanks to Aspen Ambulance District for their donation of a cardiac monitor/manual defibrillator to NWFEMS. This allows NWFEMS to have a manual defibrillator in each of its ambulances and eliminates the need to move the existing manual defibrillator from one ambulance to another depending on the type of call.

Coming Events

2010 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.

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.

Keeping Up-to-Date

- * Chris Hecox, Tonya Hecox, and Ann Eulert attended the Rocky Mountain Trauma Conference June 15 – 18, 2010.
- * Ann Eulert completed the 20-hour OSHA curriculum for EMS providers.
- * Tonya Hecox attended an Advanced Medical Life Support Class May 3 – 4.
- * Chris Hecox renewed his Advanced Medical Life Support instructor certification.
- * Chris Hecox attended a Critical Care Life Support class on May 2.

Keeping Track of Loved Ones

Do you ever worry about a loved one who you fear might wander off and possibly get lost? Perhaps someone with Alzheimer's Disease, dementia, Down's Syndrome, autism, or some other condition that may cause them to wander off and get lost? Fremont County has a program that may be able to help.

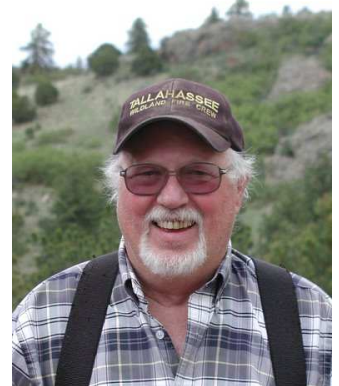
The Life Trak program works by providing the participant with a device about the size of a wristwatch that emits a radio signal and is worn 24X7. (The device is difficult to remove without special equipment.) If the individual should become lost, the sheriff's office can use a locating unit to help find the missing person.

If you know someone who is at risk of wandering off and might benefit from the Life Trak program, call the Sheriff's office for more information.

Staff Spotlight

Gary Lack has been a driver for NWFEMS for a year. Gary has a background in law enforcement and especially enjoys helping direct traffic around an accident scene and working to get the scene cleared as soon as possible.

Gary has lived in the NWFEMS service area since 2005 and is also a volunteer firefighter with the Tallahassee volunteer fire department. In his spare time he enjoys horseback riding, collecting eggs from his chickens and taking his dog, Mr. Biggs, for rides in his truck.



Health & Safety Tips

How can you protect yourself from health scams?

You see the ads everywhere these days—"Smart Drugs" for long life or "Arthritis Aches and Pains Disappear Like Magic!" or even statements claiming, "This treatment cured my cancer in 1 week." It's easy to understand the appeal of these promises. But there is still plenty of truth to the old saying, "If it sounds too good to be true, it probably is!"

Health scams and the marketing of unproven cures have been around for many years. Today, there are more ways than ever to sell these untested products. In addition to TV, radio, magazines, newspapers, infomercials, mail, telemarketing, and even word-of-mouth, these products are now offered over the Internet—with websites describing miracle cures and emails telling stories of overnight magic.

The problem is serious. Untested remedies may be harmful. They may get in the way of medicines prescribed by your doctor. They may also waste money. And, sometimes, using these products keeps people from getting the medical treatment they need.

So, how can you protect yourself? Be wary. Question what you see or hear in ads or on the internet. Newspapers, magazines, radio, and TV stations do not always check to make sure the claims in their ads are true. Find out about a product before you buy. Don't let a salesperson talk you into making a snap decision. Check with your health care provider first.

Remember the old stories about a snake oil salesman who traveled from town to town making wild claims for his fabulous product? Well, chances are that today's scam

artists are using the same sales tricks. Look for red flags in ads or promotional material that:

- * Promise a quick or painless cure
- * Claim the product is made from a special, secret, or ancient formula
- * Offer products and services only by mail or from one company
- * Use statements or unproven case histories from so-called satisfied patients
- * Claim to be a cure for a wide range of ailments
- * Claim to cure a disease (such as cancer, arthritis or Alzheimer's disease) that hasn't been cured by medical science
- * Promise a no-risk, money-back guarantee
- * Offer an additional "free" gift or a larger amount of the product as a "special promotion"
- * Require advance payment and claim there is a limited supply of the product

Two Federal government agencies work to protect you from health scams:

- * The Federal Trade Commission can help you spot fraud.
- * The Food and Drug Administration protects the public by assuring the safety of prescription drugs, biological products, medical devices, food, cosmetics, and radiation-emitting products.

If you have questions about a product, talk to your doctor. Getting the facts about health care products can help protect you from health scams.

Source:

<http://www.nia.nih.gov/HealthInformation/Publications/quackery.htm>

NWFEMS 2010 STATUS REPORT

Have you ever thought about what happens when you pick up the phone and dial 911? Many people take for granted that if they call 911, help will be on its way, and they have never thought about what is required to make that help available.

Have you thought about what kind of infrastructure it takes to support a 24X7X365 response? How many people have to work at the dispatch center to make sure there is always someone there to answer the phone when a call comes in? What kind of training does a 911 dispatcher need to have? How do they know what agency to send? How much does it cost to train, staff, and maintain this system?

What about the 2-way radio system? How much equipment does it take to insure that the radios used by emergency responders work when they are needed, even in places where there is no cell phone signal?

How much does a fire truck cost? How many people does it take to safely respond to a call? What does it take to keep those people trained and ready to respond at a moment's notice on a continuous basis?

Many people assume that their tax dollars pay for the services they receive. While this is true for some agencies, Northwest Fremont EMS is NOT a taxing district and does not directly receive any of your tax dollars. While NWFEMS does bill for the calls it runs, the income from its billings only provides about 25% of what is needed to run the organization. The rest of the money comes from grants, donations, and fund raisers.

Even in the winter months, the interior of an ambulance must be kept warm – not just for patient comfort, but also to help treat shock. The supplies and equipment kept on NWFEMS's ambulances are continuously monitored and anything that has expired is replaced, whether it's the aspirin that is used for chest pain, the saline solution that is used to maintain fluid levels, or the D50 (dextrose) that is used to treat a diabetic emergency. Batteries in the defibrillators must be replaced periodically, and even the pads used with the defibrillators have an expiration date. Some of these items are very expensive, especially the medications used for heart problems.

NWFEMS receives grants from the state and county to pay for some of the training that is needed for its responders to keep their skills up-to-date, but it relies on funds from other sources for its operating capital. Utilities, insurance, fuel, oil changes, and other routine maintenance on the ambulances are essential for NWFEMS operations, and all of these things cost money.

Once a year Northwest Fremont EMS asks for donations. The Board of Directors of NWFEMS believes that the people of northwest Fremont County will do what it takes to support this organization if people understand how vital this organization is and that none of its responders receives one red cent for their efforts. In fact, many responders bear some of the costs of the organization out of their own pockets. We ask for your support of the volunteers who give so generously of their time to make sure that you have access to prompt emergency medical services in our area.

If you think this organization is worth keeping, how much are you willing to invest in it? Are you willing to donate a couple of days (or more) a month to be a volunteer? If you're not able to help with patient care, would you be willing to serve on the board, help out with the newsletter, or help with our fund raisers? We are always seeking individuals to help with activities—especially our fundraisers such as the Trash to Treasurers Yard Sale or the Trail Ride. In order to remain a viable organization, NWFEMS must have more volunteers as well as donations from the community.

To obtain more information, please contact Curtis Eulert at 719-275-1765 or e-mail vicepresident@nwfems.com. To volunteer or to make a donation, please complete the form below and return it in the envelope provided.

The Fiscal Year for NWFEMS is from August 1 to July 31. While donations are gratefully accepted any time, it would be helpful in planning our budget if donations could be received by the end of July. NWFEMS is a 501(c)(3) organization and that all contributions are tax-deductible. Thank you!

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Yes, I want the area served by Northwest Fremont EMS to have access to fast, high-quality emergency medical care!

Enclosed is my donation for:

- \$25.00
- \$50.00
- \$100.00
- Other Amount: _____

Send acknowledgement to:

I am willing to help:

- with fund raisers
- with the newsletter
- as a board member
- as an ambulance driver
- with patient care
- with billing

Please contact me at:
