



THE HIGHLANDER — A PUBLICATION OF THE HIGHLAND RESCUE TEAM AMBULANCE DISTRICT- APRIL 2012

HIGHLAND RESCUE TEAM VOLUNTEERS — 50 YEARS OF SERVICE TO COMMUNITY!

MESSAGE FROM THE PRESIDENT OF THE BOARD: We are celebrating 50 years of service to our community. The Team wants to express its deep appreciation for the on-going support and confidence that you have given us. We remain committed to providing excellence in pre-hospital medical care. 2011 was a busy year for the District. We expanded the Station: added a Quick Response Vehicle to the fleet (a used Jeffco Sheriff's vehicle), made the conversion to electronic patient care reports, expanded the team to almost 60 members and answered over 563 calls. Thank you for your support of the Volunteers who have provided emergency medical service to our community for almost 50 Years!
Robb Gair, President of the Board, Highland Rescue Team Ambulance District.

HIGHLAND STATION EXPANSION

The Members of the Highland Rescue Team want to thank the residents of the District for their support of the expansion of the Station.



The expanded Station provides sleeping quarters for members on overnight shifts, bathrooms for males and females, a new bay for the Quick Response Vehicle and an expanded training/meeting room. Special thanks go to the proprietary members of Mount Vernon for providing additional space for parking at the Station and to the Board of Directors of the Highland Rescue Team Foundation for providing \$225,000 for the expansion. Team members provided over \$20,000 in sweat equity by renovating the office area, installing cabinets, and building shelving in various parts of the Station. In addition, members donated the funds for upgrading the kitchen counter tops. Contributions from District residents provided the rock for the Station exterior. Thanks to all who supported the expansion!

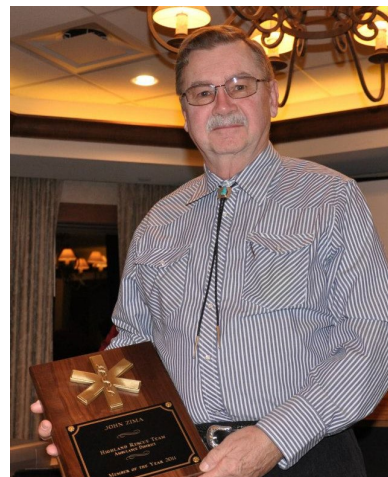
RUMORS OF TAX INCREASE

The Board of Directors has heard the rumors of a millage increase and wants to ensure District residents that **NO** increase is planned!



9HEALTH FAIR APRIL 21ST: the District will sponsor its fourth annual 9Health Fair on April 21st. 9Health Fair will again be held at Rockland Community Church, located at 17 South Mount Vernon Road, Golden. Plan on attending!!

Free Screenings:
Blood Pressure,
Body Mass Index,
Eye, Bone Density;
Talk to a Professional. Blood Work
Screenings \$25-\$35;
Colon Cancer Screening Kit \$20; Do not eat 12 hours before having blood drawn; Diabetics should not fast;
Drink plenty of water before having blood drawn; Continue taking prescription medications; Must be 18 years of age or older to participate.



HRTAD Member of the Year: John Zima, a resident of Genesee, was announced as member of the year at the annual banquet held at Mt. Vernon Country Club. John's promotion to Lieutenant was announced at the same time.

COMMUNITY CPR AND FIRST AID

Help US to help YOU.... LEARN FIRST AID & CPR!
Did you know that Sudden Cardiac Arrest claims almost 1000 lives a day just in the U.S.?! 82% of out-of-hospital cardiac arrests happen in the home. It is time for everyone to know how to help. The great thing is, CPR is easier than ever to learn and remember. With a much greater emphasis on compressions, not only is the new method easier, it is more effective and we are actually saving more lives!

Highland Rescue is pleased to be able to offer this simple yet comprehensive training to you at NO CHARGE! Our instructors are kind and compassionate and will do their best to take the fear out of CPR.

We look forward to seeing you in our classes! Call the Station at 303-526-9571 for details. Class times can be offered to meet the needs of District residents.

New CPR standards have been issued by the American Heart Association. Be up to date and ready to save a life!

FOOTHILLS AUXILIARY PANCAKE BREAKFAST – JUNE 2

The Foothills Auxiliary is holding its annual Pancake Breakfast on June 2, beginning at 7:00 a.m. The Auxiliary is committed to assisting Foothills Fire, Genesee Fire and Highland Rescue Team during significant events in the District. Providing food and drink for Firefighters and Rescue Team members is just one of the ways that they provide assistance. Please support the Auxiliary and have pancakes with us on June 2nd.

BOARD MEMBERS RETIRE AND NEW BOARD MEMBERS ELECTED

Board Members Annette "Nettie" Calvi and Pat Smith are retiring from the Board of Directors. They have served on the Board of the District since the District was established in January 2005. Nettie and Pat continue to serve the community as members of the Team. Nettie is the senior member of the team in terms of service having joined the team in 1974. Pat has served as a team member since 1998. Thanks to both for their outstanding service.

Jim Espy was reelected to the Board for a second term; the new Board members are Dr. Steve Carpenter, a Riva Chase resident and Dr. Wendy Henke, a Genesee resident. Robb Gair and Ed Daniels continue to serve on the Board.

MESSAGE FROM THE CHIEF: RAYMOND B. WELLS

2012 marks a year of transition for the Chief of Highland August, Chief Wells will pass the reins of the team to



Sharon Jones after a three year term as Chief. I want to take this opportunity to thank the Board of Directors for having the confidence to allow me to lead this exemplary group of volunteers and paid

staff who provide pre-hospital emergency medical services to the residents of the District and those that recreate and transit the District. It has been an honor to serve the District! I will continue to serve Highland an additional year as Assistant Chief.

In addition, I want to introduce Deputy Chief Sharon Jones, who will provide leadership to the District after August. Sharon has volunteered at Highland since 2008;



she is an EMT with Highland, but also is an experienced critical care Registered Nurse with management experience in health care. Sharon also volunteers with Genesee Fire Rescue. Sharon lives in

Genesee with her husband Mike, a pilot with United Air Lines.

OTHER HIGHLAND NEWS: Long time Highland Captain Chris Walling is leaving the District. Chris has been named the EMS Director for Rio Blanco Fire Protection District in Meeker, CO. We all wish the best for Chris and his wife Sara, son Frederick and another child on the way.

MEDICAL EMERGENCY INFORMATION:

For those of you who do not have a File of Life card currently on your refrigerator, please consider filling out the Medical Information card on the back of this newsletter. Make 3 copies: one for your wallet, one for your car glove compartment and tape one to your refrigerator. If you have a medical emergency, this information can be critical and assist us in giving you the best medical care possible. It is extremely hard for your family or yourself to gather information in the middle of a true emergency.

QRV ADDED TO THE FLEET



Highland maintains three ambulances in service. This year we added a QRV (Quick Response Vehicle) which is designed to get a paramedic into the more remote and distant areas of the District faster than an ambulance can reach a patient. The QRV is fully equipped with the Advanced Life Support equipment found on the ambulance allowing a paramedic to begin treatment as soon as the paramedic arrives. The ambulance always accompanies the QRV on medical and fire calls. The QRV is also used for routine trips not requiring an ambulance, thus taking mileage off the much more expensive to operate ambulances. In addition to the medical equipment and supplies, the QRV has rope rescue gear and wildland fire gear on board. The vehicle is a 2007 retired Jeffco Sheriff's car and was made available to the District under the Sheriff's surplus program.

WILDLAND FIRE AND HIGHLAND RESCUE TEAM:

As you know, the recent large wildland fire just south of Highway 285 was devastating to over 4000 acres and resulted in the loss of three lives and over twenty homes.

At the same time, we had a much smaller fire on the Grapevine Road between I-70 and Idle-dale. Highland volunteers and staff responded to both instances. In the larger fire, Highland's Lt. Taylor Gray was Medical Unit Leader for the Incident Management Team that managed the fire, even after the Federal Type 1



Team arrived. Highland's responsibility is to support our wildland firefighters with emergency medical services on the fire line. We will respond to all incidents within the District and to other incidents in Jefferson County when requested by the Jeffco Incident Management Team. Our medical personnel assigned to a fire are all wildland fire qualified. We are proud of Lt. Taylor Gray and all our wildland firefighters.

THANK YOU TO OUR DISTRICT RESIDENTS; as always, your generosity is deeply appreciated. Economic times are still tough. The residents of the District continue to open their hearts and wallets to provide support to the Highland Rescue Team Foundation. From all of us a heart-felt **Thank You!!**

Highland Rescue Team Foundation Donations

Contribution: \$25.00 \$50.00 \$100 \$250 \$500 \$1,000 Other: _____

Name: _____ Address: _____

City: _____ State: _____ Zip: _____

Phone: _____

Please make check payable to the "Highland Rescue Team Foundation." All donations are tax deductible.

**Highland Rescue Team Ambulance District
317 South Lookout Mountain Road
Golden, Colorado 80401
303-526-9571**



Medical Information



DATE

Name:

Date of Birth:

Emergency Contact/Number:

FORMS ATTACHED:

Address:

Alternate Contact/Number:

EMS DNR/NO-CPR YES NO

Insurance Type:

Insurance #2:

LIVING WILL YES NO

Insurance Policy #:

Insurance Policy #2:

POA YES NO

MEDICAL PROBLEMS: (Circle All That Apply)

High Blood Pressure	Diabetes, No Insulin Use	Asthma	Irregular Heart/Rhythm
High Cholesterol	Diabetes, Use Insulin	Liver Disorder/Hepatitis	Blood Clotting Disorder
Heart Attack	Hypothyroid	Congestive Heart Failure	Bleeding Disorder
Stroke/mini-Stroke (TIA)	Osteoporosis	Alzheimer's/Dementia	Kidney Disorder
Seizures	Rheumatoid Arthritis	OTHER:	Pneumonia
Cancer:	COPD/Bronchitis/Emphysema	OTHER:	Heart Valve Problems

ALLERGIES:

SURGERIES	DATE:	SURGERIES	DATE:	BLOOD TYPE:	RELIGION:
				DOCTOR(s)	PHONE #s:

MEDICATIONS

Name	Dose	Frequency	Name	Dose	Frequency