



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

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AMBULANCE DISTRICT
317 S. lookout Mountain Road
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The Highlander —A Publication of the Highland Rescue Team Ambulance District- September 2013
 Highland Rescue Team Volunteers - 50 Years of Service to the Community!



"The Highland Grill"

October 5th Open House 1:00-5:00pm
Please join us for our first annual open house at the Highland Rescue Station. There will be food, activities and more. Highland members will be on hand to check blood pressure and provide basic CPR and AED education. A third party will also be here offering flu shots for a nominal fee.



Message from the Chief:
Sharon Jones

The Highland Rescue Team Ambulance District (HRTAD) provides emergency services for Lookout Mountain, Genesee and the Highway 74 corridor. These services include ambulance care, rope and back country rescue as well as wildland medical care. The team comprises between 50 to 60 healthcare personnel. Approximately 95% of our members are volunteer/ unpaid individuals who donate their time for the residents and those who transit the District. The team includes Paramedics, Registered Nurses, Emergency Medical Technicians, First Responders and a Medical Director (Physician.) Some of these special individuals have been with the team for over 20 years.

I am proud to be a part of this great organization and appreciate all of your support. Please note that we welcome new members so contact us if you would like to join our team.

Thank you.
 Sharon Jones, MBA, RN, EMT
 Chief

Medical Highlight: Hypothermia
 Believe it or not, colder weather is right around the corner. Get ready for winter; know the signs and symptoms of hypothermia. The most likely time to suffer from this is with quick unexpected changes in weather, which is what Colorado is known for.

Hypothermia is defined as when your core body temperature drops below 95 degrees and is caused from a decrease in heat production, an increase in heat loss or a combination of both. Those with an increased risk for developing it are: outdoor enthusiasts (which we have an abundance of here), older adults, the very young, and people with other medical conditions.

Someone suffering from hypothermia may feel nauseous, dizzy and have chills. Impaired judgment, uncoordinated movement and slurred speech are also common. As exposure to the cold continues, your body generates heat in the form of shivering. Once shivering stops, cooling happens very fast and you are in serious trouble.

What to do: Move to a warm space. Remove any wet clothing. Wet clothes allow 5 times as much heat loss as dry. Wrap up in dry blankets. Do not overly exert yourself or rub extremities. If able, drinking warm drinks (avoid alcohol and caffeine) and sugar sources can help increase your core body temp and help with dehydration. If you or someone you are with is experiencing these symptoms, please call 911.

Be proactive and plan ahead now for colder weather. Keep a blanket, bottled water, and an energy bar in your car at all times. Dress in layers and make sure you always have a waterproof layer.

Highland Board Members:
 Robert Gair, President Wendy Henke
 Ed Daniels, Secretary Stephen Carpenter
 James Espy, Treasurer

Thank you for your time and commitment to Highland.

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 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. Please 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!

HRTAD Member of the Quarter:

Richard Tyrrell-Ead was voted "Member of the Quarter" by his Highland Team Members. He is a long time team member, former Chief, and we all want to say thank you for all that he does for Highland. Richard was also presented the **MVP, Most Valuable Person** Highland award this past February at our annual party.

Other awards given this past year to members were: **Matt Davidson** was given **Member of the Year**; both **Jessie Coyle** and **Abbey Travers** were awarded **Rookie of the Year**; and **Carl Joyce** was recognized for **Outstanding Service** to Highland while assisting Gene-see during a structure fire.



Highland Receives State EMS Matching Fund Grants.

In 2012 and 2013 Highland received large State of Colorado EMS matching funds grants. The State of Colorado grants are competitive state wide grants and the successful applicants are awarded 50% matching funds for approved EMS equipment and vehicles. In 2012 a new Ambulance was approved, a new power pram (the patient cot in the ambulance) and 10 AEDs for distribution to our first responders who live in the District. The new ambulance replaced the 1999 ambulance which started having maintenance issues.

The 10 AEDs allow us to locate an AED within ¼ of a mile of most District residents. Scientific studies demonstrate conclusively that the rapid application of an AED, along with good CPR compressions, is a significant factor in reducing deaths from cardiac arrest. We are pleased to lead the State of Colorado in having AEDs located so close to the residents that we serve.

In 2013, Highland was awarded another significant matching fund grant. This year we replaced the three cardiac monitors we keep in each ambulance. The new monitors give us additional capability, including being able to monitor carbon monoxide in the blood stream. CO detector 911 calls have increased significantly since Colorado passed a law requiring CO detectors in all new homes, or homes being sold. This capability will enable Highland to respond more appropriately to those types of calls. In addition, it will assist us in determining if firefighters need treatment when involved in fighting structure fires. These monitors sell for over \$30,000, so the EMS matching funds substantially helped us meet our budget.

In addition to the monitors, we received funds to obtain a third power pram. This ensures that all of our patients will be provided a smoother transport and the new pram will help reduce back injuries to personnel.

January 1, 2013 saw the implementation of the Federal Communication Commission requirement that all VHF radios be narrow banded, so the 2013 grant also included a request to provide replacements for all of our old VHF radios.

In summary, our capital fund requirements have been greatly aided by our ability to compete statewide for matching EMS capital funds. This, and the service provided by our volunteer paramedics, EMTs and first responders, enables Highland to continue to provide the finest pre-hospital emergency medical service.

Other Highland News:



Matthew Mogg was hired in March to be our Paramedic/ Medical Operations Manager. He graduated from

Denver Health's Paramedic School in September of 2012. Matt spent four years working as a Tech in the ICU at Swedish Medical Center. Prior to becoming a Paramedic, Matt had been an EMT for 9 years and a First Responder for 3 years. He has been married to his wife Rebecca for 5 years, and they have a son, Jake, who is a year and a half old.



Christopher Walling

Chris Walling passed away May 2, 2013 at the young age of 31. Chris was a good friend to all of us at Highland and the Community we serve. He had been with Highland Rescue for 10 years before he left last May to become EMS Director for

Rio Blanco Fire Protection District. Chris's life was one of service to his community and he was both a loving husband and father. Chris is survived by his wife and 2 children.

Nettie Calvi- Honored for 38 Years of Service to Highland Rescue Team

At the Quarterly Meeting in April, Nettie Calvi was honored for 38 years of service to the communities served by Highland Rescue Team. She retired from Highland Rescue Team in November 2012. Nettie, a pediatric, critical care RN by training, served as a First Responder, Paramedic, Board Member (both Board President and Secretary), Chief and Administrator at various times and was well known for rapid responses on Hwy 74. In her years of service, she touched 1000s of lives and is credited with hundreds of lives saved. Her service is unparalleled. **Thank you Nettie!!** Chief Jones presented Nettie with a certificate and gifts honoring her service.



Message from the President of the Board:

As President of the Board of the Highland Rescue Team Ambulance District, I want to thank our 50 plus volunteers for their continued superior service to our community. In an average year the Team will respond to about 550 calls along with our Fire Department partners. From those calls the Team will usually transport about 250 people in need of hospital services. Given the diverse geographic makeup of our District and the volume of travelers passing through it on I-70, there is never a dull moment at our Station on Lookout Mountain Road.

The Team staffs our Station twenty four hours a day, seven days a week with at least one paramedic and one emergency medical technician. Given our large volunteer base, however, the number of staff members available at any given time is much larger allowing us to staff as many as three ambulances if needed. The Team is made up of a very talented group of experienced professionals. The community is fortunate to have members who have been volunteering with the team for many years (5, 10, even more than 20 years is not uncommon) and we have young and older staff who live outside of our community who volunteer to maintain their skills and be a part of a cohesive group providing vital services to a community. Our Community benefits every day from the dedication, professionalism, and compassion of all our staff members.

I hope community residents will stop by the Station October 5, 2013 for our first annual Open House and meet some of our administrative staff and volunteers. There will be an opportunity to tour our Station and to take a look at the vast amount of lifesaving equipment that is carried on our ambulances.

The Board of Highland Rescue Team Ambulance District meets once a month at 4PM on the second Monday of each month at our Station. The meetings are open to the public and we value input from the community so feel free to stop by if you have questions or just want to find out what we are accomplishing. If you just have a question about our services, feel free to call our administrative staff or our Chief, Sharon Jones during the workday at 303-526-9571.

Robb Gair, President
Highland Rescue Team Ambulance District Board