

The Highlander



August 2014

Message from the Chief:

Sharon Jones

The Highland Rescue Team Ambulance (HRTAD) provides emergency services for Look-out 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.

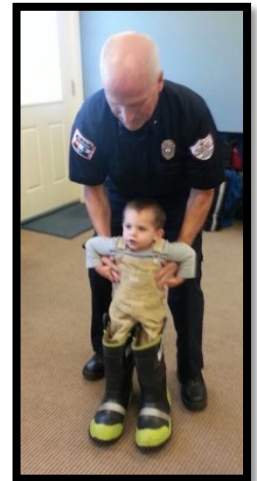
Sharon Jones, MBA, RN, EMT
Chief



Highland Rescue Team Open House August 16th 11am-2pm

There will be a taco bar, activities and more. Highland members will be on hand to check blood pressure and provide basic CPR and AED education.

Pictured to the right is Lt. Chuck Bauman helping a youngster see how it feels to fill the shoes of an EMS/Fire volunteer. You can never start too young.



Medical Highlight: Snakebites

Of the 25 snakes found in Colorado, only 2 are venomous and only one of those is found in our District- the Western or Prairie rattlesnake. Rattlesnakes are generally nonaggressive toward people unless they are startled, cornered, or stepped on. They are ectothermic, and avoid temperature extremes. They will be seen out in temperatures ranging from 50-80 degrees.

Rattlesnakes have several distinct characteristics:

- Large, triangular head
- Heat-sensing pit on snout
- Vertical pupils
- Thick, heavy body (averages 3 ft. in length)
- Distinctive rattle, or a blunt-pointed tail

If you are confronted with a rattlesnake, remain calm and still at first, then try to back away slowly. Rattlesnake sightings are common, but bites are not and if bitten, 1/3 of rattlesnake defensive strikes are dry- meaning no venom is injected in the wound. Human fatalities are



Pictured above is EMT Dave Rush teaching young community residents some CPR basics at last year's open house.

rare (1%) as long as the victim seeks **quick medical treatment and gets to the hospital.**

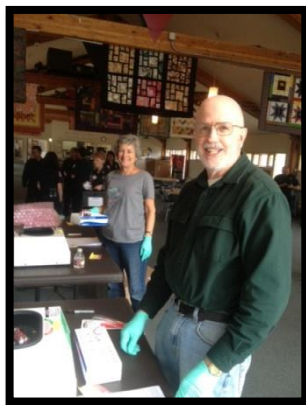
Each year Highland Rescue has several rattlesnake related calls in our District- usually late summer and early fall.

General Care: Remove yourself/the patient from proximity to snake. Call 911, keep calm and do not try to kill the snake. A dead rattlesnake can still bite and inject venom until rigor mortis is complete. Remove all constricting items from bitten limb- rings, jewelry and clothing. Immobilize bitten part and keep in neutral to below the heart position. Initiate prompt transport to the hospital for antivenin. **DO NOT** use ice, refrigerants, tourniquets, scalpels or suction devices. Mark margins of redness and or swelling with pen and include time.

9HealthFair

OWN YOUR HEALTH

Our 9health Fair was held May 3rd this year and our numbers went up significantly from last year. Pictured to the right are Jim Espy and Nancy Balter. Jim is a past HRT member and current Board President, who can be counted on each year to run our centrifuge area. Nancy Balter also returns each year to help with our fair in addition to running the Evergreen 9health Fair. We could not do it without them and of course all of you.



A District resident shared with us that after attending our health fair last year, her husband's results included an elevated PSA and eventually a prostate cancer diagnosis. Now, post-surgery, he has fully recovered.



Ron Quaife has been appointed to **Deputy Chief of Highland Rescue.** He brings a wealth of experience and knowledge to the position. Ron has been a Highland Rescue Team member now for 22 years, has served as Assistant Chief, and is currently our Medical Supervisor. He is the EMS Program Manager at Exempla Healthcare and specializes in Pre-hospital Emergency Medical Care, Disaster Management, and Emergency Preparedness Healthcare Education. He will serve as Deputy Chief until **August of 2015, when he will become Chief.**



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.

Member of the Year:

Lt. Jan Keating was voted Member of the Year by the Highland Rescue Team membership. Jan has been a first responder volunteer for over 10 years and has been in a leadership role for many years. She took over running the 9health Fair for us last year and will continue in that role. Jan also sits on the HRT Foundation Board.



EMT's **Mary Cherny** and **Jackee Rakos** were both given "Rookie of the Year" awards and **Lee Bergstreser** was our **Highland MVP** for the year. We have so many great volunteers!

Lauren Coe, who was in a terrible accident last January, received the **Resilient Member of the Year** award for being a constant inspiration to all of us. It is hard to believe that it has only been one and a half years since Lauren's accident. She has come so far against tremendous odds and we are so very proud of her.



MEDICAL EMERGENCY INFORMATION:

Please consider filling out the Medical Information card on the back of this newsletter. 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. Make 3 copies: one for your wallet, one for your car glove compartment and tape one to your refrigerator.

New Board Members

Roxanne Lenny and Rob Keating both joined the Highland Rescue Team Board on May 12, 2014. Both have business backgrounds and Roxanne has served on the HRT Foundation for the last year. We welcome you and thank you for joining our Board.



With new Board Members on board we had to say good bye to long time Board members **Ed Daniels** and **Robb Gair**. Both Robb and Ed have given their time and expertise to the HRT Board for many years. They have both served as officers on the Board and have supported our many projects and participated in our outreach programs. Thank you for your contribution and your service to our team.

Highland Board Members:

- Jim Espy, President
- Wendy Henke, Secretary
- Rob Keating, Treasurer
- Roxanne Lenny
- Stephen Carpenter

Thank you for your time and commitment to Highland.

I want to take this opportunity to invite you to attend the Highland Rescue Team open house scheduled for August 16, 2014. This is your chance to see your tax monies in action. Also, you will get to meet the staff and volunteers that make Highland so successful.

Jim Espy, Board President

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

Date of Birth:	Name:	Emergency Contact/Number:	FORMS ATTACHED:	
Address:	Emergency Contact/Number:	Alternate Contact/Number:	EMS DNR/NO-CPR	YES NO
Insurance Type:	Insurance #2:	Insurance #2:	LIVING WILL	YES NO
Insurance Policy #:	Insurance Policy #2:	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:		Doctors		Phone	
SURGERIES	DATE:	SURGERIES	DATE:	BLOOD TYPE:	RELIGION:

MEDICATIONS

Name	Dose	Frequency	Name	Dose	Frequency

**HIGHLAND RESCUE TEAM
AMBULANCE DISTRICT**
317 S. Lookout Mountain Road
Golden, CO 80401

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