

The Highlander



August 2015

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. The team includes 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, Emergency Medical Responders and a Medical Director (Physician.) Some of these special individuals have been with the team for over 20 years.



I am honored to have been Chief for the past three years. I will be handing the reins to my successor, Ron Quaife

and staying for an indeterminate amount of time for the transition. Ron has excellent management skills and a thorough healthcare background to continue to lead Highland as a great EMS (Emergency Medical Services) organization that provides high quality patient care to your community. Ron is a nurse, paramedic, and our Medical Supervisor.

He has been with Highland for 22 years. Please join me in welcoming him as chief of our great organization.

I am proud to continue to be a part of this outstanding rescue agency 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 22nd 11am-2pm

Please join us at Highland's annual Open house. Come meet the Team. Planned activities are a helicopter landing, State Patrol education, bouncy house for the kids, lunch, basic CPR instruction, and ambulance and station tours.

Dr. Beckman Receives 2014 Dr. Valentin E. Wohlauer Award for Physician Excellence in EMS

Highland Rescue Team's Medical Director and district resident, Dr. Beckman, was honored at the 2014 Emergency Medical Services Association of Colorado conference last fall. Dr. Jeff Beckman's dedication to regional and statewide EMS issues is exemplified by his activity in the State EMS Trauma and Advisory Council and his leadership in the Foothills RETAC. He serves as medical director of 11 prehospital EMS agencies overseeing continuing education and quality improvement. Congratulations Dr. Beckman. We are proud to work with you.



Medical Highlight: Tick Bites

As active Colorado residents you should know that:

- 30 species of ticks occur in Colorado, commonly at elevations between 4000 and 10,000 feet and usually from early spring to late fall.
- The common ticks found in Colorado can transmit Colorado tick fever (CTF), tularemia “rabbit fever” and Rocky Mountain spotted fever.
- CTF accounts for most cases. It is an acute viral infection and symptoms include fever, chills, headache, body aches and general weakness.

Ticks are abundant this year due to our wet weather. There is no specific treatment other than to make sure the tick is fully removed from the skin and to treat the symptoms. **If you find a tick, remove it by grasping it with tweezers as close to the skin as possible.** Pull straight upward and never squeeze the body of the tick. Clean your hands and the bite area thoroughly with rubbing alcohol or soap and water.

Prevention is key. Check yourself and pets frequently for ticks after hiking or gardening. Ticks take several hours to settle and begin feeding. This gives you time to find and remove them. DEET @ 25% is an effective deterrent. A natural insect repellent is eucalyptus which has an average protection time of 6-8 hours making it almost as effective as DEET.

If you develop a rash or fever within several days or weeks of removing a tick, see your doctor.

Member of the Year

Captain Matthew Mogg was selected by the membership as our Member of the Year. Matt has been at HRTAD since November of 2012. He became Medical Operations Manager in March of 2013. Matt has been involved in EMS for 14 years. He started as a First Responder, and progressed as an EMT, Ski Patroller, Firefighter, Dispatcher, and Critical Care Tech. He is thrilled to be serving the community and feels he is blessed to work in such a beautiful district.

Captain Damon Brown received the MVP (Most Valued Player) award this year. Damon joined Highland as an EMT student volunteer in 1998. After a year as an EMT he went back to school to become a paramedic. He was a volunteer Paramedic at Highland until a paid position became available in 2003.



Damon has seen Highland grow from 20 members to 60. “I have always been proud of being part of this team. I love working in this community.”

Early CPR Saves Lives!



Highland responded to a Evergreen mutual aid request at Walmart for “CPR in progress”. Upon arrival they found Foothills Fire, Jeffco Sheriff Deputies and Walmart Employees assisting the patient. Highland members Carl Joyce, Chris Enright and Captain Mogg initiated ALS (Advanced Life Support) interventions with the support Of Evergreen Fire personnel who arrived shortly after HRTAD.

Evergreen Public Access Defibrillation and Evergreen Fire/Rescue presented the 3 with the **Life Saver Award**.

“In recognition of unselfish dedication in making our community a safer place. Matt, Carl and Chris helped save the life of a Evergreen resident on January 15, 2015 by performing CPR and participating in the rescue.

Because seconds count, we salute true community heroes!”



Our 5th annual 9Health Fair was held April 25th. Rockland Community Church once again allowed us the use of their facility to host the Fair. Our members enjoy the opportunity to meet District residents when folks are not in the middle of an emergency.



Highland Awarded Grants

We received word this July that Highland was awarded a Colorado EMTS Provider Grant to replace the chassis for our oldest ambulance. The 2005 ambulance has been a maintenance nightmare. The remount saves us \$50,000 over the cost of a new ambulance. Most EMS grants typically cover 50% of the cost and take many months of work to secure. Chief Jones has done an exceptional job securing grant money for Highland the past several years.

Highland has also received 3 CREATE (Colorado Resource for Emergency and Trauma Education) grants this past year for 3 of our volunteer EMTs to attend Paramedic school. In return they agree to serve as volunteer paramedics to the District for 3 years after completing school.

Station Improvements



Lt. John Zima is pictured here laying new carpet for our classroom. John and Damon Brown head up many projects each year to improve and keep our Station well maintained. This year the bay floor was also re-surfaced and the bay walls were repainted.

Highland Rescue Team Foundation is looking for new Board Members.

The HRTAD Foundation Board meets each quarter and the Board manages funds that have been donated to Highland Rescue Team. Revenue generated by the Foundation is primarily used for Team training and education. If you are interested in joining the Foundation Board and have a financial background, please contact Chief Ron Quaife at ron.quaife@highlandrescue.org.

Message from the Board President

I want to take this opportunity to invite you to attend the Highland Rescue Team open house scheduled for August 22, 2015 from 11 to 2. This is your chance to see your tax dollars in action. It is also your opportunity to meet the staff and volunteers that make Highland so successful, and to ask them any questions you may have. You can interact with both the outgoing Chief Sharon Jones and the new Chief of Highland, Ron Quaife.

Jim Espy, Board President

Dog Rescue



Highland participated in 2 canine rescues the first half of June because of fast water in Bear Creek due to high runoff and the large amount of rain we had in the Foothills.

We were dispatched in both cases because dog owners were putting themselves at risk trying to save their dogs. In the first rescue Evergreen's swift water team made their way across the creek to set an anchor and Alpine Rescue set up a high line over the creek to evacuate both the man and his dog.

The second incident occurred a week later when a Lab, got into the water and got caught in the current and dragged under a bridge. Foothills Fire at first thought the dog may have drowned, but then heard whimpering through an air-duct. They called in the Evergreen Swift Water emergency team, and asked HRT to go to scene due to people being in the water. Then Swift Water Team got suited up and went into the river downstream, and dove under the bridge and worked their way upstream under each of the bridge sections until they found the dog. The dog was brought out safely, and reunited with his owner. Denver open space fined the owner \$100 for having a dog off a leash.

Highland Board Members:

Jim Espy, President

Roxanne Lenny

Wendy Henke, Secretary

Stephen Carpenter

Rob Keating, Treasurer

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

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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
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Golden, Colorado 80401
303-526-9571**