

The Highlander



August 2017



Message from the Chief: Jan Keating

I'm happy to report that Highland Rescue Team, your local EMS provider, is doing well. We've made many changes in the past year, most of which are administrative improvements. The team continues to provide

high quality pre-hospital patient care and stands ready to respond to emergencies all day every day. In 2016, Highland Rescue along with our fire partners Foothills Fire and Genesee Fire responded to 562 calls to 911. These calls resulted in 210 transports to local hospitals.

Our membership is composed of more than 50 individuals, most of whom are volunteers, who devote their free time to serving the district through training and on-call hours. Each member holds one of the following certifications: Paramedic, EMT (Emergency Medical Technician), or EMR (Emergency Medical Responder). Some of our members live here in our neighborhoods, but many of them live out of district and are away from their families while working their shifts at our station.

Our biggest need right now? More members! There are many ways you can volunteer and we'd love to talk to you about it. I can be reached at 303-526-9571 or you can email me at Jan.Keating.CO@gmail.com. Speaking from experience, it's a very gratifying way to serve your community, and you'll have the time of your life along the way.

Whether you see Highland Rescue Team in your future or not, please plan to join us at our annual Open House on Saturday, August 26 from 11-2 at our station, which is located at 317 S. Lookout Mtn. Rd. This event is free to the public and will include lots of good food and activities. Hope to see you there!



Our 7th annual 9HealthFair was a success despite a late-Spring snow storm that dumped 20" of snow on the mountain the night before. The weather didn't stop over 200 people from com-

ing to Rockland Church on Saturday, April 29th to take advantage of all the free and low-cost services that the Fair offers. Our members always enjoy the opportunity to meet District residents when they are not in the middle of a health emergency.

Highland Rescue Team Open House

Saturday, August 26 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.



Member of the Year

Richard Tyrrell-Ead was given the top award at Highland's annual award dinner this past February. He was named our "2016 Member of the Year". Richard ran more calls and worked more shifts than any other volunteer member in 2016. Richard has been with HRT since 2003 and has been a vital part of Highland Rescue Team's leadership team including as a past Chief. He is always ready to help out if he is in town and he has a wicked sense of humor so is fun to work with. Thanks Richard for all you do. This year Richard's wife Janet has also joined HRT and her enthusiasm is infectious!



Deputy Chief Alan Feldman

At our June board meeting the Highland Rescue Team Board approved Chief Keating's recommendation to promote



Alan Feldman to Deputy Chief. Alan is a Colorado native who studied premed at CSU and has always been interested in medicine.

Alan joined Highland Rescue Team in 2005 as an EMT. He quickly rose to leadership roles and served as both a Lieutenant and Captain and has been very active in our training efforts. In 2010 he went on to earn his Paramedic license and currently serves as Highland Rescue Team's Medical Supervisor.

Alan is committed to continuing to improve Highland's practice of medicine. If you have any questions for Alan he can be reached at afeldman.hrt@gmail.com.

The Highland Rescue Team Ambulance District Foundation

The HRTAD Foundation is an organization that manages funds that have been donated to Highland Rescue Team. Revenue generated by the Foundation is primarily used for team training, education, and equipment. Your donations help Highland Rescue Team provide the best pre-hospital care possible. Pieter Hoekstra and Edith Petrock both recently resigned from our board after each serving 10+ years. We want to thank them for their many years of dedicated service. Our current Foundation Board includes:

Tim Hoogheem who has over thirty-six years of experience in financial management and operations of both domestic and international companies. Mr. Hoogheem recently retired after serving as Chief Financial Officer of Boulder Ventures. At Boulder Ventures he coordinated all financial, legal, and administrative matters including fund formation. Tim has been a Genesee resident for the past twenty-nine years.

Roxanne Lenny is a Genesee resident who has lived in the district for 25 years. She is a recently retired marketing executive who loves cooking, travel and fly fishing -- but also feels it is important to give back to the community. In addition to being involved with Highland Rescue, Roxanne supports Mt. Evans Hospice via different volunteer efforts.

Pat Smith has been on the Highland team since 1997, and has lived on the mountain most of his life. He has spent most of his career in the management, insurance and financial service industry. Pat has four children, and has been married to his wife Paula for 29

years. He enjoys serving the team, our great community, and the visitors we help.

Jeff Wood has lived on Lookout Mountain with his wife for 15 years. He is retired from his position as Vice President of a Medical Equipment Manufacturing company. He loves to travel and read history.

Volunteers Needed We will send you to Emergency Medical Responder Class

Foothills Fire, Genesee Fire and Highland Rescue Team are joining to provide an EMR class in 2018. Classes will be held on Friday and Saturdays from March 9th through April (with time off for spring break). Emergency Medical Responders are part of a tiered 911 response system and work alongside other EMS professionals. They provide simple non-invasive interventions that are lifesaving while awaiting additional EMS resources to arrive. Please contact Chief Keating at 303-526-9571 if you are interested in joining the class.

Medical Highlight: CO vs. CO2

What They May Mean to Your Health

By: Paramedic Damon Brown

Carbon Monoxide (CO) and Carbon Dioxide (CO₂) are often confused. The names sound similar, they both are colorless and odorless gases, and at high concentrations, both could be deadly. The difference is that CO₂ is a common, naturally occurring gas required for all plant and animal life. CO is not common. It is a byproduct of the oxygen-starved combustion of fuel.

Carbon Monoxide (CO) (1 Carbon + 1 Oxygen)

CO is produced by improperly ventilated fuel-burning appliances such as oil and gas furnaces, gas water heaters, gas ovens, gas or kerosene space heaters, fire places and wood stoves.

According to the Journal of the American Medical Association, carbon monoxide poisoning is the leading cause of accidental poisoning deaths in the U.S. Symptoms of mild CO poisoning include headaches and dizziness at concentrations less than 100ppm. Concentrations as low as 700ppm can be life-threatening.

Carbon Monoxide Monitoring and 911

If your home does not already have CO detectors we strongly recommend you have them installed. CO detectors can prevent a possible deadly exposure to you and your family. Highland and our partnered fire departments Foothills Fire and Genesee Fire frequently get called to respond when CO alarms go off. During these calls you can expect that both the fire department and Highland (EMS) will respond. The fire departments role is to check the building for the source of the alarm. Highland's role will be to evaluate the health of all oc-

cupants and determine if they had an exposure. If an exposure is suspected transport to the hospital for further care is warranted.

Signs and symptoms of carbon monoxide poisoning may include: dull headache, weakness, dizziness, nausea or vomiting, shortness of breath, confusion, blurred vision, loss of consciousness, and/or changes in skin color.

Highland now has the ability to test for CO levels in arterial blood using SpCO monitoring. This simple test is done in the same way as Pulse Oximetry (SpO₂) monitoring by placing a probe over the finger and will give us near instant on site readings.

Carbon Dioxide (CO₂) (1 Carbon + 2 Oxygen)

CO₂ is a natural byproduct of human and animal respiration, fermentation, chemical reactions, and combustion of fossil fuels and wood. CO₂ is also produced as part of exhaust gases from an engine.

CO₂ poisoning is rare, however scuba divers have to be cautious about it and are most at risk. This condition is most often referred to as “the bends” and may require treatment in a hyperbaric chamber. Leaking compressed CO₂ tanks in enclosed areas can be dangerous as well.

Carbon Dioxide and How Highland Uses It

Carbon Dioxide is expelled from the human body during exhalation as a waste gas and is a byproduct of cellular metabolism. We can use this exhaled gas to determine several things about the cardiopulmonary health of our patient using wave form Capnography and measured End Tidal CO₂ (ETCO₂). This is done by capturing and continually monitoring exhalations of CO₂ gas from the patient. With Capnography we can gain insight into the patient’s current condition and help diagnose causes for symptoms. We can use Capnography to determine effectiveness of treatments and adjust treatments on the fly. ETCO₂ monitoring is used in patients in respiratory distress, shock patients and patients in cardiac arrest.

Frequently Asked Questions:

Who are we? We are a 911 Emergency Medical Services (EMS) Special District which serves the Foothills, Genesee, and Idledale communities. We are located at 317 S. Lookout Mountain Road.

Are we a Fire Department? No, we are not part of a Fire Department, we are an EMS agency. We respond with both Foothills Fire and Rescue and Genesee Fire and Rescue. On medical calls, the fire fighters assist us, do extrications, and control the scene while we focus on patient care.

Is our staff paid? Our paid staff is made up of 2 full time and 3 part time paramedics in addition to a part time administrator. The remaining 40+ members of the Highland Rescue Team are volunteers. Our volunteers

all work a minimum of (3) 12 hour shifts per month/ 432 hours per year.

How are we funded? As a Special District we receive approximately half of our annual budget from property taxes and half from fees for our services.

Other facts:

- We only respond to 911 calls. We do not do facility transports.
- If you need us, call 911, not the station.
- Having a list of the medications you take and medical history really helps us.
- Our station has a training room available to the community for community meetings.
- We offer community CPR classes. Call us if you are interested.

Highland Board Members:

Rob Keating, President
John Zima, Treasurer
Wendy Henke, Secretary
Roxanne Lenny
Steve Carpenter

Please visit our Website at www.highlandrescue.org to learn more about the team. Our Board meetings are open to the public and the schedule is on the website. You can also find board minutes, budgets, audits and special events.

Message from the Board President

I hope you will take the time to join us at our annual Open House on Saturday, August 26 from 11am – 2pm. This free event will include food and lots of activities. It has become the team’s way of saying Thank You to our communities that have supported us over the years. At the Open House you will be able to meet the staff and volunteers. You can tour the station and see some of the equipment that is carried on the ambulances and the rescue vehicle.

Highland Rescue Team continues to serve our Special District very well. The Team frequently receives letters of appreciation from patients and families who are grateful for the services the team provides. Highland is there for us 24/7 and we can always have the confidence that they are ready, willing, and able to help save lives.

We often hear people ask “What is Highland Rescue”? We are YOUR Special District supported through YOUR tax dollars. We are the ambulance service that provides emergency medical care for all of us on the mountain. Please join us on Aug 26. We look forward to meeting you.

Rob Keating
Board President

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

PRSR STD
U.S. POSTAGE
PAID
GOLDEN, CO
PERMIT No. 44

**ECRWSS
POSTAL PATRON**



Thank you to our District Residents; as always, your generosity is deeply appreciated. The Highland Foundation helps support training opportunities for our members. 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**