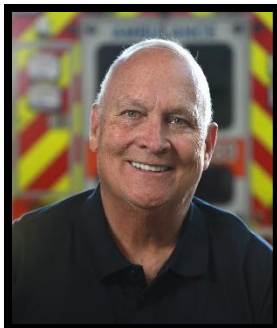


# The Highlander



December 2020



## *Message from the Board President*

When I last communicated with you no one could foresee what challenges we would be facing in 2020. What a year it has been for all of us!

First, I must **thank you** for your overwhelming support for the mill levy initiative last May. It passed with 74% support and reflects the confidence you have in the Highland Rescue Team. Your Board will continue to be prudent overseers of those funds on your behalf and protect the investment you have made.

In the mill levy we told you we were going to incorporate a paid Chief model for the District, and we were able to fill that position in late October

The pandemic has presented several challenges for the Team. At the start we were instituting several different protocols initiated by both the State and the hospitals. Fortunately, these have come together, and we have not experienced any limitations to our service. Although we have incurred additional expenses because of the pandemic, they have not had a material effect on our budget as of this writing. The Board passed a Medical Emergency Declaration, and we were able to apply for and receive grants from the federal and state governments.

We are looking forward to 2021 and have several initiatives planned for next year. The biggest project is the planned replacement of one of our 3 ambulances, and we are in the process of creating the specifications. Ambulance 289 has been in service for over 10 years and we have been setting aside the money it will take to replace it.

We were not able to have our annual Open House this past summer as well as the 9HealthFair we sponsor each spring. Those cancellations were unfortunate, and we missed having our community members being able to participate.

Emergency Responders are scheduled to be among the first to receive the COVID-19 vaccine when it comes available. That process has started, and I want you to know it is high on our list of priorities to accomplish this. Our team will be safe so we may keep you safe. That is our commitment to you:

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**To provide you with the best emergency medical response possible.**

Again, thank you for your support to the Highland Rescue Team.

*Rob Keating*  
*Board President*



## **COVID-19 and Our District**

Jefferson County like Denver is at Level Red at the time of this writing. The current guidelines include: cancel gatherings with people who you do not live with; wear a mask when you must go out; stay at least 6 ft away from others; and wash your hands often. The average two-week positivity rate in Jefferson county has risen to 12% from the 3% we saw in August. With the holidays upon us we are braced for an increase in cases over the next few months.

Some good news to focus on is overall this area has seen fewer cases than most- likely because we have minimal retail and housing is spread out. We have learned that transmission of COVID-19 from surfaces contaminated with the virus has not been documented and that most people contract it from person to person within close contact via respiratory droplets. Jefferson county has added free testing sites in Golden, Lakewood, and Evergreen. Go to [www.jeffcohealth.org/coronavirus-covid19](http://www.jeffcohealth.org/coronavirus-covid19) for timely updates on guidance and recommendations, symptoms, testing locations, and community resources. Colorado's call line for general questions about the novel coronavirus is Co-Help 303-389-1687 or 1-877-462-2911.

### **When to call 911:**

If someone is showing any of these signs, seek emergency medical care immediately.

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face



## The History of how Highland Rescue Team was Formed

**1966** – **Idledale Rescue** was formed as a support organization to Idledale Fire Department to provide EMS transport, technical rope rescue, and vehicle extrication. Idledale Rescue was formed in response to increasing numbers of vehicle accidents in Bear Creek Canyon. Through local fundraising effort by members of the Idledale Fire Department funds were raised to build the first Ambulance in the area. This ambulance was built by members of the new organization after purchasing a used Dodge panel van.

**1974** – **Idledale Rescue** sends 2 of its members to the 1<sup>st</sup> Paramedic education program offered in the Denver area at the old University Hospital off Colorado Boulevard.

**1977**- **Idledale Rescue** still closely linked to Idledale Fire Department placed an ambulance at the home of mother/son team Rod and Riva Nelson located on the north side of Grapevine Road to help cover increasing call numbers on I-70 at the north end of their district.

**1982**- **Idledale Rescue Team** changed its name to **Highland Rescue Team** to better reflect the larger area it then covered. By 1982 it provided ambulance services for not only Idledale Fire's District but also for Lookout Mountain Fire, Genesee Fire, and Mount Vernon Fire. Highland also start construction on a new main station at the corner of Lookout Mountain Road and Hwy 40. This is still the main station location. The initial station consisted of a 2-bay parking garage and a small office area with kitchen.

**1997**- *Foothills Fire and Rescue* is formed after a merger of the former Lookout Mountain Fire, Idledale Fire, and Mount Vernon Fire Departments.

**2000**- Highland's main station at the corner of Lookout Mountain Road and Hwy 40 received the first building expansion adding a classroom, a day room for crews, and much needed additional storage.

**2005** – Up until this point Highland Rescue Team and former Idledale Rescue had relied on donations and fundraising efforts for funding. Facing financial concerns due to increased costs of operation, decreasing revenue options, and possible future collapse, Highland Rescue Team asked voters to approve a 2-mill levy increase to property taxes. Local voters responded with a greater than 70% yes vote forming the **Highland Rescue Team Ambulance District**.

**2011**- Highland's station received another addition and remodel adding a larger classroom, 3 more bathrooms 2 with showers. 4 bedrooms, a tool room, and a 3<sup>rd</sup> bay with additional storage.

**2020** – Paid Chief – Although Highland Rescue Team Ambulance District plans to uphold our long-standing use of volunteers, the role of District Chief will be a full-time paid position. This is done in response to increasing demands on the Chief making it no longer feasible to ask this level of commitment from volunteers. Also, in 2020 Highland adds a 4<sup>th</sup> bay and consolidated all apparatus at our main station.



## Meet Our New Chief

### Bob Fager

Bob joined the Highland team this past October and became the first paid Chief in Highland Rescue Team's history. He lives in Indian Hills with his wife, Dina, and his two sons, Jack (11) and Joey (9). He has been

around EMS all his life. Both his parents volunteered as EMTs in the small town where he grew up in northern NY state. His dad was the EMS Chief, and his mom was the first female member of the department.

He has a degree in computer science and has spent 21 years in telecom. Most of his time in telecom was spent working on mobile phone networks, cell sites – radios, amplifiers, antennas, and the computers that control them.

When he moved to Indian Hills in 2005, it was natural for him to become a volunteer at Indian Hills Fire Department. A few years after completing EMT school, he jumped at the opportunity to attend an EMT-Intermediate academy. He was responsible for bringing advanced life support to the Indian Hills community. He later went on to Paramedic school at Denver Health and became a part of the leadership team at Indian Hills.

EMS became his true passion many years ago, so he is extremely pleased to have this opportunity at Highland.





Raynnie LeMay receiving her award from Chief Feldman

## Highland Annual Awards

Our top honor **“Member of the Year”** was given to **Captain Aaron Smith**. Aaron joined Highland in 2011 and was promoted to Captain last fall. He has been an integral part of our leadership team and headed the Wildland team. Aaron recently resigned to pursue a full-time fire career. **The MVP award was presented to volunteer Raynnie LeMay**. Raynnie worked 1200 hours last year which is three times the number of shifts that Highland requires. She is quick to train others, help clean the station and take on jobs no one else wants. She has made herself indispensable and we are lucky to have her. **Rookie of the Year was awarded to Marius Rosu**. Marius cleared probation quickly and like Raynnie works many extra shifts and gladly takes on projects and training opportunities. Finally, John Singsheim was promoted to Lieutenant at our annual awards dinner. John was our MVP last year and has continued to dig into every task given and is active in both training and wildland. It is unusual not to run into John at the station on any given day. He continues to elevate Highland to a higher level of service.



Member of the year, Captain Aaron Smith, helps Chief Alan Feldman present John Singsheim with his Lieutenant helmet.

## COMMUNITY CPR

350,000 “out of hospital” cardiac arrests occur in the US per year. Seventy percent of those happen in homes. According to the American Heart Association, nearly 45% of “out of hospital” cardiac arrest victims survived when immediate bystander CPR was administered. Unfortunately the majority of victims do not get immediate help because only 20% of Americans know how to perform CPR. With a greater emphasis on compressions, not only is CPR easier, it is more effective and we are actually saving more lives.

Community CPR is offered quarterly in conjunction with Foothills Fire and Rescue and Genesee Fire and Rescue. The instructors are kind and compassionate and will do their best to take the fear out of CPR. Please call Chief Bob Fager at 303-526-9571 for details.

## How to Know When to Call 911

- **Heart attack symptoms**, such as chest pain; pain extending to neck, jaw, or arms; shortness of breath; light-headedness; nausea; cold sweats
- **Stroke symptoms**, such as drooping face, arm weakness, or speech difficulty
- **Difficulty breathing**
- If you have **lost consciousness** for any length of time
- **Large amounts of blood** in the stool or urine, especially if accompanied by fever, rash, fatigue, pain, or evidence of blockage
- **Any sudden, intense, or unrelenting pain**
- **Sudden or intense headache**, especially with fever, neck pain, stiffness, or rash
- **New altered mental status**
- **Any deep cut**, especially if muscle, tendon, or bone is visible
- **Fever if accompanied by lethargy, altered mental status, or symptoms of infection**
- **Any fall in which you hit your head**. This holds true especially for seniors who are on blood thinners

## Highland Board Members:

*Rob Keating, President*

*Patty Hall*

*John Zima, Treasurer*

*Terry McCarthy*

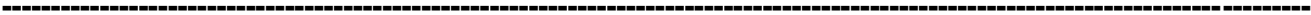
*Roxanne Lenny, Secretary*

[www.highlandrescue.org](http://www.highlandrescue.org)

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

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

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**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**