

The Highlander



August 2021



Message from Chief Bob Fager

Thank you for taking a few minutes to learn about what is happening at Highland Rescue Team, your local emergency medical ambulance service. There have been a number of

significant changes with the team over the past year.

The biggest change was hiring a paid chief in late October of 2020. For years, the team was led by a volunteer. I am very fortunate to have been selected in October to become Highland's first paid chief. Having volunteered as an EMT and paramedic for over 15 years, I knew I loved emergency medicine, but I never planned to make it a career. I certainly did not know just how much I would enjoy doing this every day.

I love working with the members of this community and helping people when they are in need, but the thing I enjoy most about the job is working with so many volunteers. Our district is incredibly lucky to have a group of about fifty amazingly dedicated volunteers. These faithful individuals commit countless hours to staffing our ambulances. When they are not out running calls, they are busy training and making sure we are ready for whatever we might be called to next. Our volunteers meet the same requirements of any paid ambulance service, but they do it without pay. Some of these individuals are paid medics with other services, but many are professionals in other industries. I genuinely enjoy coming in to work every day, getting to know the wide array of people who volunteer here and working with people who are here for no other reason than because they want to be here.

We are always looking for new volunteers. If you would like to help your community, meet many interesting people, and become part of our family, there is an application on our website. Or visit our open house on August 28th and learn what we are all about.

OPEN HOUSE

Saturday, August 28 11am-2pm

Please join us at Highland's annual Open House. Planned activities are a bouncy house for the kids, Jeffco Sheriff education booth, basic CPR instruction, and ambulance and station tours. The crew will be serving lunch so please stop by and meet the team!

Highland Annual Awards

Our top honor "**Member of the Year**" was given to **Brian Davis**. Brian joined the team as a volunteer EMR in 2018 and has been an outstanding team member ever since. Not only does Brian put in a lot of official shift hours, he also reliably jumps in as a back-up medic on our second out calls when he is off shift. He was recently promoted to Shift Supervisor.



The MVP award was presented to volunteer Lt. **Carl Joyce**. Carl works many more shift hours than required. In addition to being an officer, Carl is our Wildland Fire Team Coordinator. He manages our wildland firefighters, ensuring they are properly equipped, trained, and paid.

Rookie of the Year was awarded to **Caela Bialek**. Caela joined our team as a volunteer EMT in Sept 2020. She won everyone over with her enthusiasm, great attitude, dedication, and strong work ethic. Caela is currently studying to become a paramedic. We look forward to seeing her around the station more again once she graduates.



MEDICAL CORNER

Chronic Dehydration

According to the Mayo Clinic the average adult loses ten cups of water every day simply by breathing, sweating, and urinating. The human body is, on average, between 50-70% water and when you lose as little as 3% it can start to affect body function. Up to 75% of Americans suffer from Chronic Dehydration and do not realize it. Living at altitude as we do, keeping well hydrated is even more important.

Common symptoms of dehydration:

- Fatigue
- Constipation
- High blood pressure
- High cholesterol
- Weight gain
- Joint pain & stiffness
- Skin disorders
- Digestive disorders

It is recommended you **drink half your body weight in ounces of water per day**. So, if you weigh 150lbs, you should be drinking 75oz of water a day.

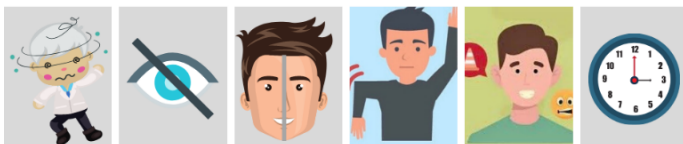
Spot a Stroke

When considering a stroke remember the mnemonic **BE FAST**. A stroke is a medical emergency. Noticing when symptoms start is important, as is activating 911 quickly for emergent transport to the hospital. Strokes are treatable in a hospital setting and patients respond well to immediate treatment.

The symptoms and signs of stroke include the sudden onset of:

- loss of balance with dizziness and/or headache
- loss of or blurred vision, double vision
- drooping of one side of the face (if unsure ask the person to smile)
- weakness of the arm and/or leg
- slurred speech or language difficulty

SPOT a STROKE, B.E. F.A.S.T.



BALANCE

Loss of Balance, Dizziness

EYE

Blurred vision

FACE

One side is dropped

ARM

Arm or Leg Weakness

SPEECH

Speech difficulty

TIME

Bring immediately to hospital

Colorado Heatwave

The heat has been intense this summer. With many more hot and dry days to come, it is important to be aware of the signs of heat-related illnesses and what to do. Heat-related illnesses like heat exhaustion or heat stroke happen when the body is not able to properly cool itself. While the body normally cools itself by sweating, during extreme heat, this might not be enough. In these cases, a person's body temperature rises faster than it can cool itself down. This can cause damage to the brain and other vital organs.

Older adults, the very young, and people with chronic diseases are at highest risk. However, even young, and healthy people can be affected if they participate in strenuous physical activities during hot weather.



HEAT EXHAUSTION is a sign your body is overheating. **Symptoms** may include heavy sweating, cold, pale, and clammy skin, rapid, weak pulse, nausea or vomiting, muscle cramps, tiredness or weakness, dizziness, headache, and fainting (passing out).

If experiences any of these symptoms, **it is important to cool your body down!** Move to a cool place. Loosen your clothes. Put cool, wet clothes on your body or take a cool bath. Sip water. **Get medical help right away**, if you are throwing up, if your symptoms get worse or if your symptoms last longer than an hour.

HEAT STROKE is a medical emergency. **CALL 911 right away** if you any of the following symptoms:

- High body temperature (103°F or higher)
- Hot, red, dry, or damp skin
- Fast, strong pulse
- Headache
- Dizziness
- Nausea
- Confusion
- Losing consciousness (passing out)

While waiting for emergency response personnel to arrive, move to a cooler place, help lower the body temperature with cool cloths or a cool bath. **DO NOT DRINK.**



Volunteers Needed!

We provide Emergency Medical Responder training.

Please contact Cpt Travers at 303-526-9571, if you are interested in joining the team.

The Highland Rescue Team

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



Highland Rescue Team is unique. 78% of our team are volunteers. Most similar agencies have a few volunteers at best. We have 50 volunteers. 14 of our volunteers live in our District while 36 commute to work here. All volunteers work a minimum of three 12 hour shifts each month. Our volunteer staff saves the district \$295,000 per year. Our paid staff is made up of 3 full time and 1 part time paramedics in addition to one part time administrator. All of us work together to make sure the District has advanced life support around the clock.

CALL STATISTICS

July 1, 2020 through June 30, 2021

By Response Type

Cancelled/Stand By/Patient Refusal	38%
Patient Transported	34%
Patient Care w/o Transport	14%
Assist Public/Fire Operational Support	14%

By Zone

Foothills	52%
I-70	22%
Genesee	21%
Golden	3%
Evergreen	2%

By Shift

Day Shift, 7am-7pm	69%
Night Shift, 7pm-7am	31%

365 days
719 responses

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**
- **Any sudden or intense headache**, especially with fever, neck pain, stiffness, or rash
- **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
John Zima, Treasurer
Roxanne Lenny, Secretary

Patty Hall
Terry McCarthy

Message from the Board President

It has been a busy year for Highland Rescue Team. Dealing with the Covid outbreak was incredibly challenging and we were able to gear up to implement the additional medical requirements mandated by the various health agencies. We were able to manage through this period without incurring any excess expenses and the Team was able to get the vaccine in early 2021.



Last year the district overwhelmingly supported the mill levy, and we hired a full-time chief in late October 2020. Chief Fager has done an outstanding job with the team and has implemented additional training and processes in the past eight months. This has strengthened the capabilities of the Team and we are well positioned to continue to provide outstanding service and response for the district.

As part of our capital replacement plan, a new ambulance is on order and scheduled to arrive later this year. It will be a great addition to our equipment. It was fully funded and will not have a negative effect on our operating reserves.

Barbara DeBoer, the administrative Team member for Highland Team Rescue is going to retire in August and she will be greatly missed. She has served in this role for the past eleven years and has made a great contribution to the Team. Fortunately, we were able to hire Hanako Wyles who has experience in Special District operations, and we know she will be a terrific addition to the District. Thank you for your support and I hope to visit with you at the open house on August 28th.

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**