

# The Highlander



August 2022



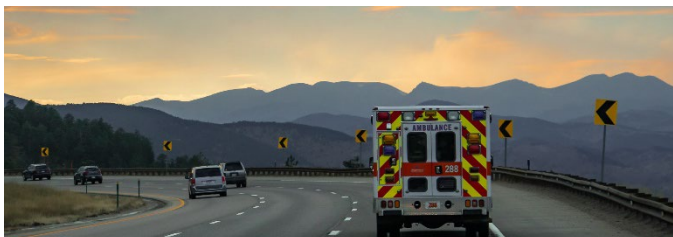
## Message from Chief Bob Fager

Highland Rescue Team strives to provide the highest possible service to our community. To ensure this, we have recently focused on increased safety for our community and our ourselves.

Standard ambulance design used across the U.S. makes wearing a seatbelt while caring for patients unworkable. The design of our **new ambulance** changes that. Rather than having benches for our medics, it has seats with four-point seatbelts. Nearly everything is within reach from these seats. Our patients have always worn seatbelts in the back of the ambulance. Now we do too.

Another change we have recently made is far less flashy than a new ambulance but equally focused on safety. We have dramatically **reduced our use of lights and sirens** when responding to calls. Evidence shows the use of lights and sirens improves patient outcomes in only a few cases. It does, however, significantly increase our odds of being involved in a collision. In collaboration with our dispatchers, we now use lights and sirens only on the calls where their use might make a difference to our patient.

The third big change at Highland is the addition of a **Community Paramedicine program**. This program is not quite off the ground yet but should be operational soon. Community Paramedicine is an emerging healthcare delivery model. It allows specially trained medics to assist and care for patients in their homes and in other locations outside of a hospital. Community Paramedics help fill gaps in our healthcare system, reduce trips to doctors and emergency departments, decrease hospital readmission rates, improve people's quality of life, and decrease healthcare costs. We are looking forward to being able to better serve our community with our Community Paramedicine program.



## OPEN HOUSE

August 27<sup>th</sup>, 11am-2pm

Come tour the station, meet the team and some of our other area first responders.

Enjoy activities for the kids, CPR demonstrations

- and **lunch on us!**



We invite you to join our team.

## VOLUNTEERS NEEDED!

Most EMS volunteers see the job as a rewarding challenge, a chance to make a difference in the lives of others, and an opportunity to give back to their community.

We need  
**YOU!**



READY TO LEARN  
MORE? CONTACT US  
TODAY!

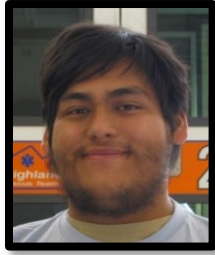
303-526-9571

[damon@highlandrescue.org](mailto:damon@highlandrescue.org)

## HIGHLAND ANNUAL AWARDS

2021  
MEMBER  
OF THE  
YEAR  
Mario Acosta

Mario joined the team as a volunteer EMT in 2020. He readily steps up when shift coverage is needed. In the first quarter of 2021, Mario signed up for 311 shift hours. That

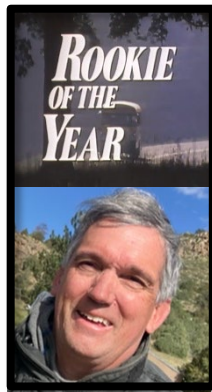


comes to 26 hours a week that he worked on top of his regular paid job. We are fortunate to have Mario as part of the team.



The MVP award went to volunteer Lt. Red Ryder. Red has been a steady presence at the station since 2013. She takes on many additional tasks to keep the team operating smoothly. She recently joined the Peer Support team which provides mental health support to fellow first responders.

Steve Telgener was unanimously voted **Rookie of the Year**. Steve joined our team as a volunteer EMT in April 2021 and immediately won the team over with his enthusiasm for EMS and excitement to be part of Highland. Not only is Steve great with patients, but he also takes care of the team. He acts as a mentor to the newest volunteers and frequently brings in treats to share which can make those long 12hr shifts 'sweeter'.



## MEDICAL TRAINING



### Message from Training Coordinator Steve Drago

Hello neighbors! As the new Paramedic/Training Coordinator for Highland Rescue Team, I am honored to work with such an outstanding team of Emergency Medical Services providers in such a uniquely situated and special area. The Foothills, Genesee & Idledale communities are beautiful but also present unique challenges for First Responders. One of those challenges is that 911 calls are never scheduled, and multiple calls can and do occur simultaneously and often in the distant outreaches of the district with longer response times. This is true with every

type of call – from motor vehicle accidents to heart attacks, strokes, and cardiac arrests. This is where you can help. Though we are ready 24/7 to respond to all 911 calls when you need us, **we are most effective when our community members are trained and ready to provide First Aid** including stroke recognition and even CPR when necessary. Early recognition and intervention through bystander CPR saves lives, period. To that end, Highland Rescue Team looks forward to offering **free CPR training to community members** this Fall.



Taking this course and being ready to act in a crisis could be the greatest gift you give a family member, friend, or neighbor.

Get trained. Save a life.

# LEARN CPR

You Can Do It!

Contact Highland at 303-526-9571 to learn more

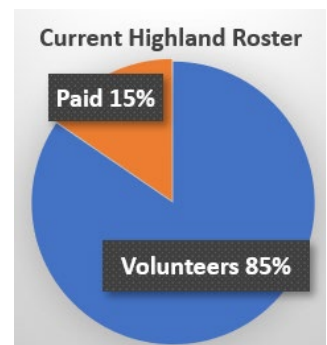
## The Highland Rescue Team Your 911 Medical Response

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

*Our job is to respond to 911 medical needs* – we also accompany your fire responders (Genesee and Foothills Fire & Rescue) on fire calls in case a medical issue arises.

*Our team is unique* – our workforce of over 50 medical professionals are primarily volunteers.

*Our team is highly trained and experienced* – while we recruit new members each year, many of our members have been serving as EMTs or Paramedics for many years.



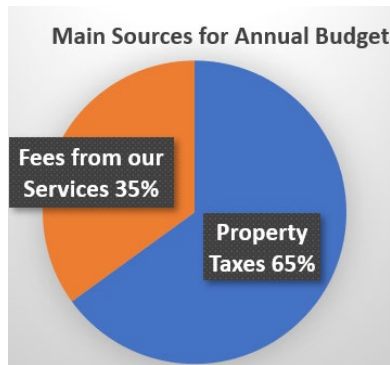
When you call 911, our medical staff responds to your call and provides care to stabilize your health, and in many circumstances, transports you to a hospital. We not only serve residents of the Foothills area, but anyone traveling throughout our area no matter where they reside.

Here is what we have responded to **Jan 1- Jun 30, 2022:**

Number of total calls	386
Number of calls with patient contact	213
Patients transported to the hospital	144
Number of calls to incidents on I-70	76



As a Special District we receive approximately 65% of our annual budget from property taxes and 35% from fees for our services. From time to time, Highland Rescue receives tax deductible charitable donations. We use those funds for additional training and education plans for our members.



We have a new website [www.highlandrescue.org](http://www.highlandrescue.org) if you want to learn more about the team and our Board of Directors.

### Message from Board President John Zima



After enduring many challenges in the past years, Highland Rescue Team is in great condition largely due to the leadership of past Board President Robert Keating and invaluable contributions by former Board member Roxanne Lenny who both termed out of their roles in May. With their departure from the Board, we welcome new Board members Kara Cooper and Dan Kasinec.

After many COVID related delays, Highland Rescue Team Ambulance District has finally received its **new ambulance** and it is a great improvement in providing for the safety of patients and medical personnel during transports.

Our addition of paid Chief Bob Fager and Administrator Hanako Wyles has improved the operation of the team. More opportunities for training and career advancement are being offered to our volunteers which results in

retaining qualified personnel. This all translates to Highland Rescue Team being able to continue to provide the quickest and best emergency medical assistance to our community.

We all look forward to seeing you at our **Open House on August 27<sup>th</sup>, 11am-2pm** and appreciate the support of the community, Foothills Fire, Genesee Fire, and the Jeffco Sheriff's Office.



Call 911 **IMMEDIATELY** if you experience...

<b>Heart attack symptoms</b> such as: <ul style="list-style-type: none"> <li>✓ Chest Pain or pain extending to neck, jaw, or arms</li> <li>✓ Shortness of breath</li> <li>✓ Light-headedness</li> <li>✓ Nausea</li> <li>✓ Cold sweats</li> </ul>	<b>Stroke symptoms</b> such as: <ul style="list-style-type: none"> <li>✓ Drooping face</li> <li>✓ Weakness on one side of your body</li> <li>✓ Difficulty speaking</li> <li>✓ Altered mental state</li> </ul>
<b>Large amounts of blood in stool or urine,</b> especially if accompanied by fever, rash, fatigue, pain	<b>Any sudden or intense headache,</b> especially with fever, neck pain, stiffness, or rash
<b>Difficulty breathing</b>	<b>Any sudden, intense, or unrelenting pain</b>
<b>Loss of consciousness</b> for any length of time	<b>Any deep cut,</b> especially if muscle, tendon, or bone is visible
<b>Fever</b> if accompanied by lethargy, altered mental status or symptoms of infection	<b>Any fall</b> in which you hit your head, especially if you are on blood thinners

**Be prepared:** Always have a list of the medications you take on hand and provide your medical history



**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**