

# As the Ambulance Rolls



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Chief draws prizes for the 3 Lakes fishing tournament.



402 class with the commissioners.



Baby beanie for a baby medic.



We



Jenga!



Testing out new heating pads.



Blue skies let North Colorado Med Evac come for a visit.

# Announcements

Time Card Entry:  
40 hours in normal  
8 hours in assigned OT  
Any other OT is unscheduled OT  
You can put up to 40 hours in EMS sick or vacation  
The additional 8 hours goes in EMS sick or vacation OT

There is a slight change in truck check entry:  
Same: You are required to check your truck the first day of your tour and complete the Check list on toolkit each tour. You are also required to check to assure all the back-up trucks at your assigned station are sealed, have oxygen, check monitor, fuel, clean, etc.

Different: Every Day 1 of the month (does not matter if this is your first day or second day) Check your truck, bags, and any backup truck at your station, fill out the tool-kit truck check and make sure you enter ALL the expiration dates in the comments section of any medication, blood tube, combo pads, NS IV fluid, ect.

Audrey will be using this information to help guide the ordering of medications.

We love our fur babies! I mean look how well Panzer rocks the EMS hat! But, if we would like our four legged



friends to keep coming to work, we have to remember to keep their paws off the furniture and their fur vacuumed up in the bedrooms and the station. Please put in the time to poop scoop the back area. We want to remain dog friendly so make sure you are taking the steps to ensure we can!

Don't be the smelly kid in class! Make sure you are grooming your hair, Ladies hair must be pulled back or out of your face when giving patient care. Fellas, trim up that beard, so that you can secure a N-95 mask.. Finally, please do not crop dust people with your cigarette mixed with strong perfume or cologne odor.



Please keep up with your paperwork. When it is late it holds up the entire billing process, which means we are losing \$\$\$!

# Announcements

## Command Corner

This month's Topic: Station Two

From now on, station two will be staffed at all times, just like station four. We need to be a common sight for the public there.

For CE, one and three will come in together and two and four will come in together.

Also, please shut the doors to the bay and to the station to close off the breezeway. We cannot heat the breezeway. The gas bill for station two has gone from \$100 to \$150 a month which equates to \$1200 more a year. Please do your part to ensure that the doors are getting closed.

## Continuing Education

Every day at 9am!

**Feb 1-5: Scenario**

**Feb 8-12: HIPPA Compliance**

**Feb 15-19: Pancreas Review**

**Feb 22-26: Protocol Jeopardy**

**Feb 29-Mar 4: DV 101 by the Advocates**

### Other Educational Opportunities:

- **BLS Refresher Course March 10th and 11th. Sign up on Toolkit by Feb. 12th.**
- **Youth Mental Health First Aid Feb 11th 8:30-4:30 at Granby Fire.**



Nic Pax— Feb 8th

Chad Sprague— Feb 13th

Mikaela Taylor— Feb 13th

Erica Smith— Feb 18th

Sick and vacation time is changing with the new schedule. You will keep all that you have already accrued and now will get 4 sick days and 4 vacation days every year.

**YOU MAKE MY  
HEART HAVE**



**PREMATURE  
VENTRICULAR  
CONTRACTIONS**

You are expected to wear your full and assigned uniform from 7am-5pm every day and anytime you are in the public eye.

**This is not optional.**

# Meet the New Hires

You may have noticed some new faces around the station. Introduce yourself and make them feel welcome when you see them. Until then, here are some things to help you get to know them better.

## **JOSH DEBELL~ PARAMEDIC**

Hometown? Pine, Colorado

What did you do before this job? I've been in EMS since I was in high school. On the fire and dispatch side as well.

Hobbies? Hiking, camping, Languages, and I'm a bit of a Star Trek fanatic.

Who is your hero? My better half Jaclyn for putting up with my shenanigans.

If you could chose one superhero power, what would it be and why? Flight. There is something very invigorating and liberating about an awesome view and being in the air.

If you had to be a color, what color would you be? Dark green.

What are you most excited for here at GCEMS? The challenge and opportunity to practice an incredibly high level of medicine and to be a part of a dedicated fun group of people.

## **DARREN TORO~ EMT**

Hometown- Tucson, Az.

Before this job- I've worked as a resident firefighter at Granby fire since April 2014.

Hobbies- Soccer, rock climbing, hiking, camping, and really anything outdoors.

Hero- My dad is my hero.

Superpower- The superhero power of mimicry, that way I could mimic somebody else's powers, and in that sense have more then one superhero power.

Favorite color- Red.

Most excited for at GCEMS- I'm most excited to learn more of the EMS side of things.

# Meet the New Hires

## **LOGAN PRICE- EMT IV**

Hometown- CO native, born in Fort Collins, grew up in Littleton, and live in Morrison.

Before this job- Prior work was with Christopher's Dodge World for 3 1/2 years. I've been working on most of the commercial vehicles, including our ambulances, for the last 2 years.

Hobbies - My wife, our dog, and I love to be outdoors. Whether that is snowboarding, camping, hiking, backpacking, rock climbing, etc. I am also a gear head and enjoy working on cars.

Hero- My hero would have to be my dad. He started me down the path of auto mechanics as well as medicine. He has always encouraged me to follow my dreams and not be afraid to make a change.

Superpower- If I could have a super hero power it would be being able to fly.

Color- If I had to be a color I would be dark red.

Most excited for at GCEMS- I am most excited to see what my first EMS job has for me and my future. I can't wait to use all the skills I've been working hard on.

## **JOSH PETERS- EMT**

Hometown- McPherson Kansas

Before this job- Lieutenant/EMT at Grand Lake Fire

Hobbies- I am an outdoorsman, favorite thing to do is Fly Fishing

Hero- Very Cheesy, my Dad.

Superhero Power- The ability to grow a money tree

Color- Green

### **Current Field Training Assignments:**

- Josh DeBell with Sean Jarboe and Nic Pax
- Logan Price with Disting Muth and Travis Wildeboer
- Josh Peters with Dustin Peterson and Cory Berger
- Darren Toro with Josh Fleischer and Erik Campbell



Yummy  
eats

February

Two things we love, bacon and cookies! Thanks Schelly!

## Bacon Chocolate Chip Cookies

3/4 c. (1 & 1/2 sticks) butter, softened

1/4 c. bacon fat

1 c. packed brown sugar

1/2 c. sugar

2 eggs

1 t. baking soda

1 t. vanilla

2 & 1/4 c. flour

1 c. semisweet chocolate chips

1/2 c. milk chocolate chips

8-10 oz. bacon (or more, if you like)

First you have to cook your bacon until it's crispy.

Heat oven to 375 F. In a large mixing bowl, combine butter, bacon fat, and sugars. Cream until fluffy. Add eggs and baking soda. Mix well. Mix in vanilla.

Add flour. Mix until flour is mostly incorporated.

Crumble your bacon--about 1/2 cup.

Stir in bacon and chocolate chips.

Drop by rounded scoops onto a parchment lined baking sheet.

-Schelly Olson



# Beat This! 21 Amazing Facts About Your Heart.

Take care of your heart. It's an incredible organ. Here are 21 amazing facts about your heart from Cleveland Clinic — celebrating 21 years as America's Number One Heart Center!\*

**1** The more education you have, the lower your risk of heart **disease**



**2** A normal heart valve is about the size of a **half dollar**



**3** The first heart pacemakers **plugged into** a wall socket



**4** **HAPPINESS** and a strong sense of emotional vitality helps lower your risk of heart disease



**5** The number of heart attacks **PEAKS** on Christmas Day, followed by December 26th and New Year's



**6** The first heart cell starts to beat as early as ...

**4**   
**WEEKS**

**7** The first "study" showing benefits of a **vegetarian diet** appears in the Bible's Book of Daniel **(600 BCE)**



**8** The blue whale has the **LARGEST HEART** — weighing over **1,500 POUNDS**



**9** **modesty** prompted the invention of the **stethoscope**. Before it existed, doctors had to press their ears directly to each patient's chest



10

Heart disease has been found in 3,000-YEAR-OLD

## MUMMIES



11

Your heart is about the size of your two hands clasped together ...



12

... It beats

**100,000**  
times a day



13

**Regular exercise** is the single most important key to heart health. And it is

## FREE



14

Heart disease is your greatest health threat

(and is a greater danger than breast cancer in women and prostate cancer in men)



15

The **beating sound**

is the clap of valve leaflets opening and closing



16

Each minute your heart pumps

**1.5**  
gallons  
of blood



17

Your heart is a coordinated machine. The **RIGHT SIDE** pumps blood into your lungs, while the **LEFT SIDE** pumps it back into your body

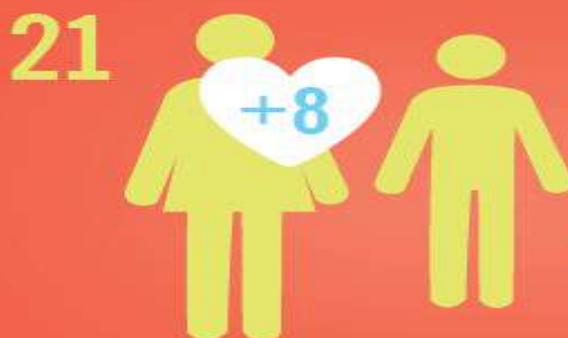


**18** Celebrities who've had open heart surgery in recent years include **David Letterman, Bill Clinton, Barbara Walters, Arnold Schwarzenegger** and **Regis Philbin**



You control your heart health through **diet, exercise** and **managing stress**

**20** **Heart cancer is very rare,** because heart cells **stop dividing** early in life



**A woman's** average heartbeat is **FASTER** than a man's by almost **8 beats a minute**

# Kudos

Shout out to Brooke for being sweet and donating one of her mother in law's quilts to a patient who lost her hand. Her mother in law lost her hand by the same means and still created intricate and beautiful quilts. Thanks for adding the personal touch to this patient's care!

Kudos to Matt Lyons for receiving a citizen's phone call for helping someone while off duty!

Awesome job to Chad and RJ for having a positive patient interaction with a pediatric patient. You guys rock!

Katie S. and Wyatt were rewarded challenge coins on behalf of Children's Hospital for excellence in pediatric care after the mother of the child wrote in to say thank you. Way to go guys!





2016



# FEBRUARY



Sunday



Monday



Tuesday



Wednesday



Thursday



Friday



Saturday

	CE- Scenario 1	CE- Scenario 2	CE- Scenario 3	CE- Scenario 4	CE- Scenario 5	CPR and 1st Aid at Little Sprouts Learning Center
7	CE- HIPPA Compliance	CE- HIPPA Compliance CPR and 1st Aid at MPE	CE- HIPPA Compliance	CE- HIPPA Compliance Youth Mental First Aid 8:30-4:30	CE- HIPPA Compliance	Vintage Snowmobile Races William's Fork Ice Fishing Contest
14	CE- Pancreas Review	CE- Pancreas Review 1st Aid at grand Fire	CE- Pancreas Review CPR and 1st Aid at BVR GCSAR Training	CE- Pancreas Review	CE- Pancreas Review	Wolford Ice Fishing Contest
21	CE- Protocol Jeopardy	CE- Protocol Jeopardy	CE- Protocol Jeopardy GCSAR Training	CE- Protocol Jeopardy	CE- Protocol Jeopardy	
28	CE- DV 101- presented by the Advocates					

Happy Valentine's Day

