

## Neal's Notes

I really do not have too much to say this month. We are moving into a time of year where the population in our service area grows and doubles at times during the summer months. Communities have a lot going on. It presents challenges of the infrastructure of the counties and EMS. It presents challenges to CMH.

We have just put our new Ford Transit in service. The BLS crews have helped put it together. The first LDT was to Popular Bluff, as I write this they are scooting down the road. I am excited for us to add 709 to our fleet. I am anxious to see how well the BLS crews like it. Mr. Babb took a look at it and he is anxious to see what we think about it. Will this be a truck we keep in our fleet?

Everyone: Thank the staff that crew the BLS truck. They do a tremendous amount of work for us and allow the ALS trucks to stay available. They do not complain and get the job done.

CMH has hired a full time Emergency Manager and he will be starting May 7<sup>th</sup>. This is a very good thing for CMH. As big as we are and we continue to grow, we need a person to focus on Emergency Management and keep the mitigation, protection, preparation, response, and recovery cycle going. During the time I worked with Jeremy MacLaughlin, Director of HR, as we worked through the process, it was very interesting to find out of all the hospitals in Missouri only 14 had full time Emergency Managers. Also, there is not a pool of hospital specific Emergency Managers out there. CMH is now in a unique position with an Emergency Manager. Our program will grow and better support the whole community and the organizations.

All that to say, I will still be involved in the Hospital Emergency Management, but I will be able to focus and spend a lot more time with the Pre- Hospital Department. I want to be able to better support the Operation Managers, Theron and EMS Education, and also support you and the whole department. I am looking forward to this. I will be taking vacation the 1<sup>st</sup> week in May. I will take time and clear my head. When I get back, I will begin to reassess and set my priorities and also help orient the new Emergency Manager. There is a lot for us all to do.

Enjoy yourself and get outdoors,  
Be Safe!  
Neal T.

### CMH EMS ALL DEPARTMENT STAFF MEETING/EMS WEEK

On May 23<sup>rd</sup>, we have an All Department Staff meeting at 0900 at the Polk County Base. Following the meeting, we will be having a cook out to celebrate EMS week.

Plan to join us and celebrate EMS week! More information and a reminder to come out in May.

We will provide the Hamburger and Hotdogs. We are asking that those attending bring a side dish.



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### Message from Jeff Miller

I wanted to take a moment to thank each of you for the purposeful, worth-while work you do each day during National EMS month. I know your work can be stressful and difficult at times, but you truly make a tremendous difference for the patients that you serve and for this I am thankful. I hope you each have a great day and appreciate the gifts and talents you have been given to provide life-saving care!

Jeff Miller  
COO-CMH Hosp Admin

## Hickory Co./St. Clair Co. News

The year is flying by and we are looking at a very busy summer schedule. Lucas Oil Speedway is defiantly packed full of events. Bolivar Speedway is going to be up and running by the time this comes out. Along with all the other standby events that our service takes care of through the summer.

Vacations are hitting us also with requests off for vacation every month now through December. There have already been several requests off turned down due to having too many already requested off and approved.

A few things I would like to touch on in our stations in Hickory and Osceola. Team work is going to be imperative in order to keep ample shift coverage this summer in all the stations. I may need to ask at times that the Paramedics allow me to shuffle work schedules around a bit as each one of you take your vacation time. If you could also help with open shifts in Polk County or even some of the standbys this summer, please let Aaron or I know.

There have been a couple of instances lately where ambulances are not full of fuel at shift change which is causing on coming crews to be unable to run more than one call prior to getting fuel. This needs to stop! You need to refuel at  $\frac{3}{4}$  of a tank to keep the above from happening unless you have been running nonstop and have not had time to put fuel in your ambulance. That is the only time I should ever hear of a crew not being able to take a call because they need fuel. Please make sure your ambulances have a  $\frac{3}{4}$  to full tank of fuel at morning shift change.

Everyone should now be doing the morning truck checks using the online Google form. Please make this a habit. If you catch a call straight out of the box when you come in that morning, please do them when you get back to the station. You can find the link on the GETEC desktop. This goes much faster when both crew members are involved with morning truck checks. Hickory seems to be doing as well as most compared to the other stations. Osceola: We really need to work on this.

Everyone in the stations have responsibilities, not just a few of the staff. In order for things to run smoothly, everyone needs to be involved with their assigned job duty, along with morning truck checks and station duties. Please remember to sign off what you PERSONALLY have done or taken care of that day in the daily station notebook. I will be making adjustments to these forms as not all the daily station duties need to be done as often I as have scheduled them. As we hit our busy season, you may need to do more regular medication and supply orders.

Thank you to those that filled out the 360 feedback on me. Six out of 14 of you took the time to complete the survey. I will work hard to correct low scoring areas. I may be asking some questions about what you want out of your staff meetings and huddles (shift exchange reports, etc.) as this seemed to be a fairly across the board low score.

The past couple of weeks I have received Thank You messages for three of our crews for some outstanding CARING and COMPASSIONATE CARE that was given to your patients. Thank you, Tim B., Peter, Tim S., Emma, Cheyenne, and Mike for exemplifying what and who we are.

I will be reviewing our new budgets for the next fiscal year and see when we can get a few things replaced that have been requested, but just have not had the money in our budget to get done as this fiscal year is coming to an end.

**The two stations are finishing strong as far as the end of this fiscal year's budget. We are right on target, from employee hours, supplies, etc.** I thank each one of you for helping keep the budget within limits. It takes a strong team to make this happen.

Thank you to all of you for making this a great past year! I could not have done it without each of you doing your part.

Alice Roberts B.S., EMT-P  
Hickory-Osceola Ops. Manager

*“Everyone should now be doing the morning truck checks using the online Google form.  
Please make this a habit.”*



## Health & Safety

The April showers have brought the May grass to mow. In late April, we had the TIMS class and EVOS class. One of the surprising things about the class was the level of distracted driving that happens while using a phone and driving.

From the EVOS textbook page 61: distracted driving by type of distraction and their respective percentage increase in operator response time.

- \* Under the influence of alcohol (legal limit) 13%
- \* Under the influence of marijuana 21%
- \* Talking on a hands-free phone 27%
- \* Texting 37%
- \* Talking on a hand-held phone 46%

So, you have almost a 25-50% lengthening of your reaction time when driving a vehicle and using a phone of any kind.

We all know that it is best in life to pay attention to what you are doing, and that your efforts are best when your mind and body are focused on the task in front of you. When I'm mountain biking, I ride much more poorly if I am thinking about something at home or at work, rather than the trail in front of me and the bike under me. You each can probably think of things you do better when you are focused on the task in front of you, whole heartedly. When we first learned to drive, we took the task very seriously. With time, we become complacent and more relaxed while driving. We change radio stations or CDs, eat and drive with our knees, and text and drive. With the prevalence of cell phones, people now have access to us at any time, even while driving, which is a time when we need to be the most focused. Often times we feel the buzz of our phone or smart-watch and feel that we must see what it says while driving. The truth is that you do not need to look at your phone or watch while driving a 7 ton vehicle with at least one other soul onboard. We do not want anyone hurt because of a choice you made while driving that is easily preventable.

So what can you do to drive without the distraction of your phone?

- Silence your phone from any notifications.
- Set your phone away from you while driving.
- Ask your non-driving partner to handle any navigating issues.
- Ambulance Operations policy PHS01-01 states **"Cell phones should not be used by driver, unless absolutely necessary, and only for business related to the response."**
- Ask yourself, "Is using my cell right now absolutely necessary? Would a court of law find that my peers in the same, or similar situation, do the same thing as I am about to do?"
- If you have the habit of always having to respond immediately to messages, work on breaking that habit. When you are on a call, pay attention to your patient, not your phone. You can make the simple choices to stay focused on your, your partner, and your patient's safety while driving.

Have a great May! Always make the safest choice.

Brice Flynn  
NRP, I/C, AAS, BA  
Health and Safety Chief



### May Birthdays

Robert Frye	9th
Josh Moore	17th
Cole Pirkle	17th
Kevin Schoen	18th
Daniel Zacher	24th
Stormy Mixon	28th
Steve Keller	31st

### CMH EMS Anniversaries

8 Years  
Lucas Weaver

6 Years  
Tim Bradley

2 Years  
Allison Young

1 Year  
Josh Moore

## Scheduling Guidelines for Google Calendar & Open Shifts

Managers are going to try something different to try and free/save us some time. If this works, we will continue to do this. Right now, this will be on a trial basis only.



Each new schedule will be loaded onto the Google Calendar SIX weeks prior to start date, showing all available open shifts. We will continue doing this to where there will be 12 weeks at any given time showing on the Google schedule calendar.

Employees will need to be PROACTIVE and RESPONSIBLE for picking up shifts to meet the minimum requirements for their job during the 6 week schedule. (PRN: Three shifts and/or standbys a schedule.)

These open shifts will be available to be picked up or shift bid on in the following order:

1. PRN (up to 39 hours per pay period) and PT Employees (up to 60 hours per pay period) Give and take on both of these.
2. FT employees in the Paramedic class - Polk County Employees extra shift needs to be on your short week side where you are only schedule 3 shifts.
3. All Fulltime employees- Polk County Employees the extra shift needs to start on your short week side where you are scheduled three shifts for the week.

Once the schedule is loaded onto Google Calendar, the open shifts will be available first come, first serve to all PRN and PT employees until the paper schedule is emailed out.

After paper schedule comes out, then FT employees in the Paramedic class may pick up one shift per pay period. You will be allowed one week to get this done. Polk County Employees: Extra shift needs to start on your short week side where you are only schedule three shifts.

After the Paramedic student staff has had their chance, all employees PRN, PT, or FT may pick up anything else that is left as open.

To search for open shifts on the Google Calendar:

- I. Go to the search bar at the top of your Google Calendar.
- II. Type in Open ALS or Open BLS and it should pull up in a list all the open shifts that are available.
- III. Contact that station manager to be added to the schedule.

RULES:

- 🚫 To start with, please do not ask for any back to back shifts that has little to no down time between the shifts or split shifts.
- 🚫 **Please do not request any 48's in the 24 stations or split shifts.**
- 🚫 **Managers will address back to back shifts, shift splits, or 48's on an as needed basis in order to maintain shift coverage.**

### **SCHEDULE:**

May 13<sup>th</sup> to June 23<sup>rd</sup> Availability due by: Past Due Request off due by: Past due New Schedule out: May 4<sup>th</sup>

## Polk County News



Squad 9 (709) Ford Transit

*“Everyone at CMH EMS is doing a great job getting the STEMI activation started. Keep up the good work.”*



As you all know, we have a Fentanyl and Morphine shortage. I have talked to the pharmacy and they are going to see if they can find Ketamine for us. I have just received 25 Fentanyl on the 26th of April. I was told this is going to be the last shipment for a while. Pharmacy is also out of Morphine as of the 26th of April. They are not sure when they will get any of the Morphine in either. I am not saying do not treat your patients, but be careful on the pain that you treat. Chronic pain, according to protocols, we do not treat. Remember the vital sign indicators for pain. If and when we run out it, could be the last of the narcotics we receive. We have Toradol on the trucks that we can use for pain control as well. Ketamine can be used in pain control per our protocols. As our shortage continues, I will spread the pain medications around to different boxes. We may not have the numbers that are indicated on our narcotic sheets.

I appreciate the people and crews that come in and do a transfer for the organization. However, remember if you do come in and do a transfer, it will be considered a shift. What do we do at the end of our shifts? We clean the truck inside and out. It is not fair for a crew to come in the next day to find their truck with the cot not made, with it dirty on the outside - splattered with bugs. The inside having food wrappers and such throughout the truck. I expect everyone who comes in and takes a transfer to finish their work! This is part of the tasks that I have mentioned in the past. **COMPLETE your work.**

With that being said, I do really appreciate the extra shifts that everyone has been picking up. Night shift, you guys are work horses taking care of open shifts and working with each other getting stuff filled.

We had a truck pull 900+ miles the other day. Jeremiah Curtis: I think you now hold the all time record for miles. We will start the 900 mile club and name it after you. Seriously, Thank You for staying around and finishing up that last transfer for us. Allen Werner: I appreciate you coming in on that day doing two of those. Dawn Sloan: Thank you for staying after Paramedic class and helping us out as well.

John Frazer, Peter Holm, Eric Childress, Cheyenne Stone, Emma Igo, John Wright: Thank you for leaving your home bases for some shifts here in Polk County. Everyone here appreciates your help when we are short.

This month we will be announcing that we be a Level II STEMI center!! Everyone: It starts right here with us! Everyone at CMH EMS is doing a great job getting the STEMI activation started. Keep up the good work.

The last employee survey has come out. This is what affects my LEM score. Last year, we only had 11 Polk county employees fill it out. I would challenge everyone of you guys to get in and fill that out. We are wanting to see a big turn out and see what improvements need to made. Thank you for your cooperation.

I am proud to be a part of you guys. I have nothing but appreciation for what you all do. I would put every one of you up against any other service because we are that good. Continue with the hard work and making me look good.

Aaron Weaver, Paramedic  
Operations Manager - Polk County  
CMH EMS



## Welcome from Beautiful Stockton Lake - Cedar County

While taking a moment to finally sit down and wrap my head around what all has gone on the last few days & weeks, I can now say “Where has the time gone?” Just seems like yesterday we were starting making plans on the new station at Stockton. Now, that is over and we can take a deep breath and say “WHAT THE HECK?” Move day has come and gone, and I really want to say a BIG “THANK YOU” to everyone that came out and helped. We couldn’t do it without you! We still have a lot of work to do and the crews have a game plan to get it done and I know they will. We talked to the Board and yes they do have on their radar to do the same thing in El Dorado in the near future but it just will not be as large. So, with that said, please, if you’re in the neighborhood, stop by and take the 25 cent tour of our new CMH EMS Ambulance Base in Stockton! We would love to have you. Open House is May 21<sup>st</sup> at 4pm-7pm everyone is invited.

Looking through my phone this morning, I came across this and thought it would be nice to put out there. If you’re hurting, don’t hesitate to call, stop by or ask for help, a shoulder to cry on, or someone to talk to.

### 10 Ways To Be More Positive Everyday:

- #1 Don’t waste time on Gossip
- #2 Be Yourself
- #3 Hug At Least 3 people (Not your Boss)
- #4 Do a Random Act of Kindness
- #5 Don’t Argue
- #6 Laugh
- #7 Play like a Child
- #8 Stay Active
- #9 Relax
- #10 Sleep Well

### Cedar County Board

The Board had their monthly meeting this last week and even though we lost one of our great supporters (Kenny Turner), we are hoping his replacement will be just as much as a supporter to us as he was. We wish him well in his healing and adventures. Not much else was done at the meeting but elect officers for 2018 and pay bills.

### Cedar County Standbys:

Cedar County is looking at the following standbys coming up. If you are interested in helping out with any and or all, watch for additional information on Google Calendar. Your help would be greatly appreciated.

- 📅 Light the Lake 3 day concert.
- 📅 Eldorado Springs Picnic.
- 📅 Black Walnut Festival Stockton.
- 📅 Stockton Lake Triathlon.

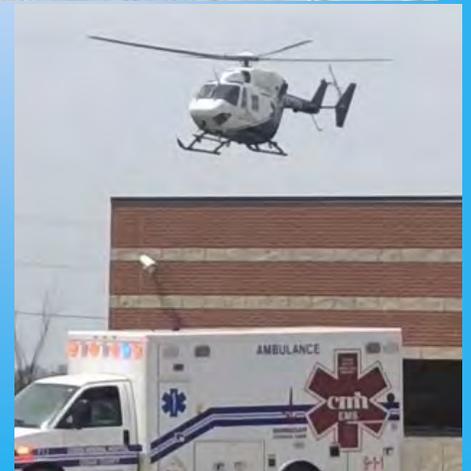
Big Thanks to Morgan Young with working with Stockton School District in planning and conducting the Stockton School Docudrama this month. We received some really good feedback and everything went off without a hitch. Thanks to the crews that made this possible: John Shaver, Stormy Mixon, Alicia Zacher, and Daniel Zacher. See page 7.

Thanks again for ALL YOU DO! And be Safe out there.  
Tom Ryan  
Ops Mgr, Cedar County

***“If you’re hurting, don’t  
hesitate to call, stop by or  
ask for help, a shoulder to  
cry on, or someone to talk  
to.”***



# Stockton Docudrama



On Tuesday April 17, at Stockton High School, in conjunction with area Law enforcement, CMH EMS, Stockton and Chapel Hills firefighters and funeral home representatives, the SHS Students Aware group took part in the simulation which was observed by the SHS student body.

# Cedar Co Ambulance Headquarters - Stockton

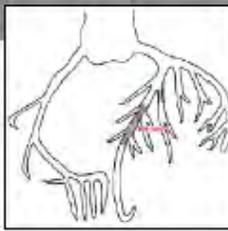
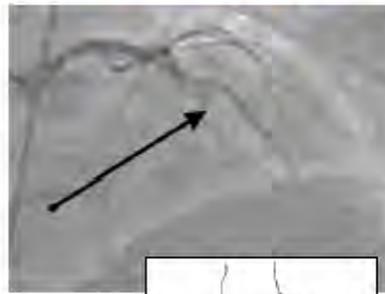


# STEMI Case Report – H1139963

2/21/18

Patient	911	FMC 2ECG	Scene Time	CMH Arrival	D2MD	D2ECG	ECG2Actv	ED DIDO	CCL Time	ECG2B	EMC2B	Dr.	Quality Measures
62 y/o	13:18	N/A	20 min	14:28	0 min	N/A	Not Actv	37 min	16 min	33 min	109 min	Best	100%
M	CMH EMS	Code Blue in Progress	Code Blue		Goal <10 min	Code Blue in Progress		Code Blue		Goal <90	Goal <120	Riley	ACC Recommendations Met

Narrative	Chief Complaint	Diagnosis	Outcome
While cutting down a tree in a secluded area with his son, patient suddenly began coughing frothy sputum and became very short of breath. Due to their location, son loaded patient into his truck to meet an ambulance when patient became unresponsive en route – son pulled over, began CPR, & deputies soon took over. Upon EMS arrival, patient in asystole. ACLS initiated – Vfib, defib x3, PEA – CPR continued upon ED arrival. After 75 min of downtime, ROSC obtained in ED & ECG obtained. Patient went emergently to CCL; STEMI activation not performed.	Acute onset of dyspnea	Anteroseptal STEMI, cardiogenic shock	100% mid-LAD → BMS. Anoxic encephalopathy due to prolonged downtime. Therapeutic hypothermia considered, but upon neurologist evaluation, TH determined futile based on severity of neurological injury, prolonged cardiac arrest, and patient's physical examination. After a long discussion with family, comfort measures were requested. Patient expired shortly thereafter.



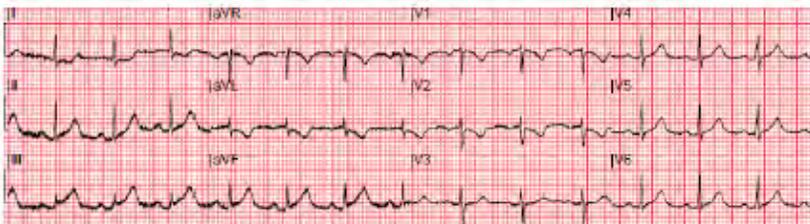
EMS – Paul D'Agostino, Emma Igo | ED – Dr. Riley, AJ Allison, Lourie Green, Abby Wine | RT = Tanya Jordan | CCL = Dr. Best, Rob Richardson, Mollie Taylor, Breanna Barnett, Joel Thompson | Social Services = Tim Martin | ICU = (Admit) Tom Sanders

# STEMI Case Report – H1145355

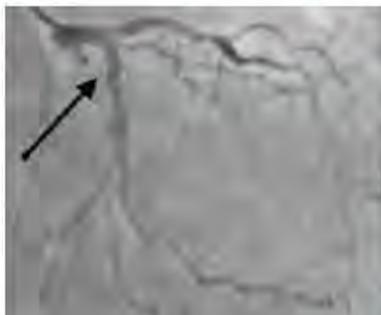
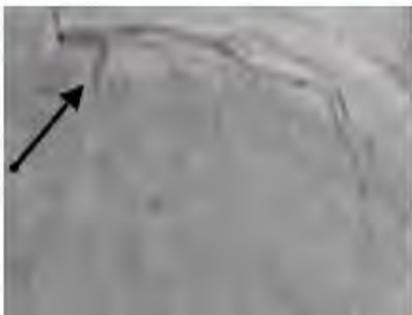
3/16/18

Patient	911	FMC 2ECG	Scene Time	CMH Arrival	D2MD	D2ECG	D2Actv	ED DIDO	CCL Time	D2E	FMC2E	Dr.	Quality Measures
54 y/o	17:09	7 min	15 min	17:59	8 min	-36 min	-27 min	9 min	19 min	32 min	75 min	Koshy	100%
F	CMH EMS	Goal <10 min	Goal <20 min		Goal <10 min	Goal <10 min	Goal PRE-ACTV	Goal <30 min		Goal <90	Goal <120	Jones	ACC Recommendations Met

Narrative	Chief Complaint	Diagnosis	Outcome
Patient called 911 immediately upon onset of severe chest pain while sitting. EMS ECG transmission & STEMI pre-activation performed per protocol. Initial delay in communication with CMH ED during transport documented due to lack of phone coverage.	Acute 10/10 chest pain radiating into arms & back	Inferior STEMI	100% prox-LCx → DES x2. EF = 40%. Discharged home two days later.



Quality Cardiac Care Recommendations		
ASA within 24 Hrs of Arrival	MET	324mg by EMS
D2B < 90 min	MET	32 min
Antiplatelet Post-PCI	MET	600mg Plavix by CCL
ASA @ D/C	MET	81mg ASA
Antiplatelet @ D/C	MET	Plavix
Beta Blocker @ D/C	MET	Metoprolol
Statin @ D/C	MET	Atorvastatin 80mg
ACE-I / ARB for LVSD @ D/C	MET	Lisinopril
LV Evaluation @ D/C	MET	LV Gram, EF = 40%
Smoking Cessation Advice	MET	By Cardiologist
Cardiac Rehab Referral	MET	Phase I Ordered

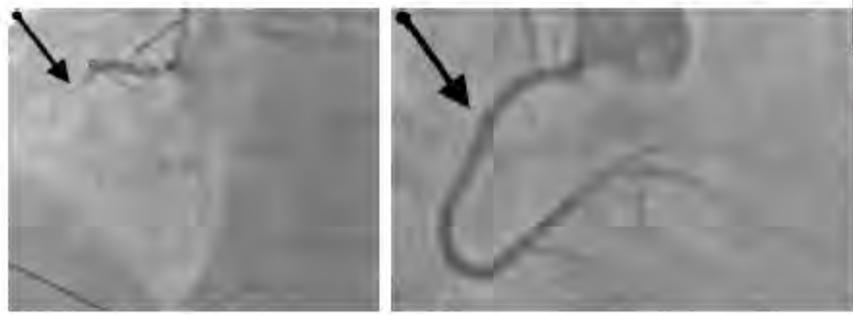


EMS – Michael Minter, Cheryl Andrew | ED – Dr. Jones, Andrea Kew, James Nation | CCL = Dr. Koshy, Rob Richardson, Joel Thompson, Jason Hopkins, Breanna Ledford | Social Services = Tim Martin | ICU = (Admit) Courtney Boland.

# STEMI Case Report – H1150597 4/10/18

Patient	911	FMC 2ECG	Scene Time	CMH Arrival	D2MD	D2ECG	D2Actv	ED DIDO	CCL Time	D2B	FMC2B	Dr.	Quality Measures
69 y/o	11:22	5 min	18 min	13:00	0 min	-70 min	-69 min	4 min	15 min	19 min	96 min	Best	100%
F	CMH EMS	Goal <10 min	Goal <20 min	Ground=39 min Air=20 min	Goal <10 min	Goal <10 min	Goal PRE-ACTV	Goal <30 min	Goal <20 min	Goal <90	Goal <120	Smieshek	ACC Recommendations Met

Narrative	Chief Complaint	Diagnosis	Outcome
Patient called 911 one hour after onset of severe chest pain. EMS ECG transmission & STEMI pre-activation performed per protocol. Due to distance, air transport requested, but upon Cross Timbers LZ arrival, transport delay communicated due to mechanical issues with helicopter – so ground EMS pursued directly to CMH. Once cell service was available, medical control contacted en route. Once mechanical issues were resolved with the helicopter, air transport requested again – and rendezvous with Cox Air Care coordinated at Pittsburg LZ. Total transport time from scene depart = 59 min. Upon CMH arrival, CCL ready – patient expedited to CCL.	Acute 10/10 chest pain radiating into left arm, associated with diaphoresis	Inferior STEMI	100% mid-RCA → DES. EF = 60%. Discharged home the following day.



Quality Cardiac Care Recommendations		
ASA within 24 Hrs of Arrival	MET	324mg by EMS
D2B < 90 min	MET	19 min
Antiplatelet Post-PCI	MET	600mg Plavix by CCL
ASA @ D/C	MET	325 mg ASA
Antiplatelet @ D/C	MET	Plavix
Beta Blocker @ D/C	MET	Metoprolol
Statin @ D/C	MET	Atorvastatin 80mg
ACE-I / ARB for LVSD @ D/C	N/A	EF = 60%
LV Evaluation @ D/C	MET	LV Gram
Smoking Cessation Advice	N/A	Never Smoker
Cardiac Rehab Referral	MET	Phase I



EMS – Timothy Bradley, Peter Holm |  
 Cox Air Care – Jimmie Lawrence, Meg McIlquham, Jason Klamberg | ED – Dr. Smieshek, Yolanda Rogers, Michael Lamb, Amanda Oliva, Chelsea Hoops |  
 CCL = Dr. Best, Rob Richardson, Bryan Inman, Breanna Barnett, Mollie Taylor |  
 Social Services = Suzannah Phillips | ICU = (Admit) Eddie Sprague, (D/C) Megan Dunn | CR = Ronda Hardt

## Positive Comments (from CMH Rapid Pulse)

**CMH Emergency Medical Services** - "My Aunt had a STEMI and was over an hour from the hospital. After having difficulty with the helicopter being unable to lift the Medic and the EMT-B did a fabulous job taking care of my aunt. She as well as all of the family were very impressed with the decisions that were made on saving her life. We all know that if it wasn't for them my Aunt would not be with us today. I thank this same crew because they also took care of my Uncle (same household) the year before with an MI. I am so impressed with the care they both received and the 'fast thinking' in the field! Thank you **Tim Bradley and Peter Holm** for being an amazing team! I appreciate you from the bottom of my heart for giving us more time with two of the most amazing people we know."

**CMH Emergency Department** (Google review) - "Our daughter fell and broke her arm and was treated here in the ED. We live 45 minutes away from the hospital and had her seen, arm set, casted, and back in her own bed within 5 hours. From the EMS crew who came to our house, to registration, radiology, nursing staff, and the various doctors and PA involved with her care - everyone was great! Our family could not have asked for a better group of individuals to take care of our child."

# CMH Education Department Classes

**ACLS Initial (2d)**  
(0830-1700)  
(CPR & 103)  
May 23 & 24  
Sept 13 & 14  
Nov 7 & 8

**ACLS Renewal**  
(0830-1700) (CPR)  
~~April 27~~ May 11  
June 22 July 19  
Aug 1 Aug 30  
Sept 27 Oct 11  
Oct 24 Nov 28  
Dec 6 Dec 21

**PALS Initial (2d)**  
(0830-1700)  
(CPR & 103)  
July 12 & 13  
Nov 1 & 2

**PALS Renewal**  
(0830-1700) (CPR)  
~~April 19~~ May 15  
June 28 July 26  
Aug 9 Aug 24  
Sept 21 Oct 18  
Nov 16 Dec 13

**PEARS (CPR)**  
(0830-1700)  
Jun 7  
Oct 4

*Contact CMH Education Services by email or phone for registration information.*

## CMH EMS Education

**Mandatory Fire Extinguisher  
Training**

- Security Office  
May 16 @ 0700  
June 6 @ 0700  
July 18 @ 0700  
Aug 8 @ 0700  
Sept 5 @ 0700  
Nov 14 @ 0700  
Dec 12 @ 0700

Be Prepared! Know PASS and RACE acronyms.

**Mandatory Haz-Mat Training**

- Sept 14th @ 0800  
Sept 14th @ 1300  
Oct 2nd @ 0800  
Oct 2nd @ 1300



# cmh

EMS ALL STAFF  
MEETINGS

Wed May 23 9am – 11am  
Wed Sept 26 9am – 11am





# 2018 Lucas Oil Speedway Schedule (Tentative)



Lucas Oil evening races will be starting 30 minutes earlier this year.

You will be expected to be at the track at 1815. Please allow for drive time from the station to the track.

Date		Classes
March 14th	Rich Nichele Memorial Media Luncheon	
March 31st	Open Test & Tune	
April 7th	Weekly Show #1-Weekly Championship Series Spring Opener Presented by Fox 5 KRBK	LM, Mod, SS, B-Mods \$1,000 to Win Late Models
<b>April 13th - 14th</b>	<b>5th Annual MLRA Spring Nationals Presented by RacingJunk.com</b>	<b>MLRA, Mod, SS</b>
April 21st	Weekly Show #2- <del>Super Saver Special Night</del> Presented by OnMedia/DISH/DirecTV	LM, Mod, SS, B-Mods \$750 to Win B-Mods
April 27th-28th (Off Road Track)	Level 5 Off Road UTV/Side by Side Racing	Level 5 Off Road UTV Racing
April 28th	Weekly Show #3-\$5 Dollar Night Presented by KY3	LM, Mod, SS, B-Mods \$750 to Win Street Stocks
<b>May 5th</b>	<b>7th Annual Impact Signs, Awnings &amp; Wraps Open Wheel Showdown</b>	<b>ASCS Warrior/Red River Region Sprints, POWRI Midgets, WAR Sprints</b>
May 12th	Weekly Show #4-NMI Night at the Races Presented by Wild Animal Safari. FREE Admission for all Mom's courtesy of NMI/VMG Marketing.	LM, Mod, SS, B-Mods \$1,000 to Win Modifieds
May 19th (Off Road Track)	Kansas City Off Road Racing Association Sportsman Off Road Racing	KCORRA
May 19th	Weekly Show #5- Ozarks Coca-Cola/Dr. Pepper Night at the Races Presented by OnMedia/DISH/DirecTV	LM, Mod, SS, B-Mods \$1,000 to Win Late Models
<b>May 24th - 26th</b>	<b>26th Annual Lucas Oil Show-Me 100 Presented by ProtectTheHarvest.com</b>	<b>LOLMDS, MLRA, Mod</b>
June 2nd	NO RACING UNLESS OTHERWISE SCHEDULED	
<b>June 8th - 9th</b>	<b>7th Annual John Haas Memorial Drag Boat Classic</b>	<b>LODBRS</b>
June 9th	Weekly Show #6- Presented by KY3 Digital	LM, Mod, SS, B-Mods \$750 to win B-Mods
June 16th	Weekly Show #7- Bolivar Herald-Free Press Mid-Season Championships	LM, Mod, SS, B-Mods \$750 to Win Street Stocks
<b>June 22nd - 24th (Off Road Track)</b>	<b>2nd Annual Off Road Shootout</b>	<b>LOORRS</b>
June 23rd	Weekly Show #8-NWTF Race to Save the Hunt Night	LM, Mod, SS, B-Mods \$1,000 to Win Modifieds
<b>June 29th - 30th (Off Road Track)</b>	<b>Lucas Oil Invitational Pro Bull Ride Presented by ProtectTheHarvest.com</b>	<b>Amped Up Productions</b>
June 30th	NO RACING UNLESS OTHERWISE SCHEDULED	
July 5th	Weekly Show #9- Casey's General Stores Thursday Night Thunder plus Fireworks Presented by KY3	LM, Mod, SS, B-Mods \$1,000 to win Late Models
July 7th	NO RACING UNLESS OTHERWISE SCHEDULED	
<b>July 14th</b>	<b>12th Annual CMH Diamond Nationals</b>	<b>LOLMDS/MLRA, Modifieds</b>
July 20th-21st (Off Road Track)	Level 5 Off Road UTV/Side by Side Racing	Level 5 Off Road UTV Racing
July 21st	Weekly Show #10- Veterans and Military Appreciation Night Presented by Fox 5 KRBK	LM, Mod, SS, B-Mods \$750 to win B-Mods
July 28th (Off Road Track)	Kansas City Off Road Racing Association Sportsman Off Road Racing	KCORRA
July 28th	Weekly Show #11- Ozarks Food Harvest Food Drive Night Presented by OnMedia/DISH/DirecTV	LM, Mod, SS, B-Mods \$750 to Win Street Stocks
<b>August 4th</b>	<b>9th Annual USMTS Slick Mist Show-Me Shootout Presented by Foley Equipment</b>	<b>USMTS, Street Stocks, B-Mods</b>
August 11th	NO RACING UNLESS OTHERWISE SCHEDULED	
August 17th-18th (Off Road Track)	Level 5 Off Road UTV/Side by Side Racing	Level 5 Off Road UTV Racing
August 18th	Weekly Show #12-TA/Petro Fan Appreciation Night Presented by The CW Ozarks/O-Zone	LM, Mod, SS, B-Mods \$1,000 to Win Modifieds
August 25th	Weekly Show #13-Bill Roberts Chevrolet-Buick Season Championship Night Presented by KTTS	LM, Mod, SS, B-Mods Class Champions Crowned
<b>Aug. 31st - Sept. 2nd</b>	<b>8th Annual Diamond Drag Boat Nationals</b>	<b>LODBRS</b>
<b>September 1st</b>	<b>MLRA Larry Phillips Memorial Presented by Rugged Radios</b>	<b>MLRA, \$750 to win B-Mods</b>
September 8th	NO RACING UNLESS OTHERWISE SCHEDULED	
<b>September 14th - 15th</b>	<b>Lucas Oil Pro Pulling Nationals</b>	<b>PPL-Classes TBA</b>
<b>Sept. 20th - 22nd</b>	<b>8th Annual ASCS Jesse Hockett/Daniel McMillin Memorial</b>	<b>ASCS Sprint Cars, WAR Sprints</b>
September 29th	NO RACING UNLESS OTHERWISE SCHEDULED	
<b>Oct. 4th - 6th</b>	<b>5th Annual Big Buck 50 Presented by Whitetail Trophy Hunt</b>	<b>Street Stocks, ULMA Late Models</b>
<b>Oct. 12th - 13th</b>	<b>5th Annual Lucas Oil MLRA Fall Nationals</b>	<b>MLRA, TBD</b>
<b>Oct. 20th</b>	<b>Monster Truck Nationals-Eve of Destruction</b>	<b>Monster Trucks, TBD</b>

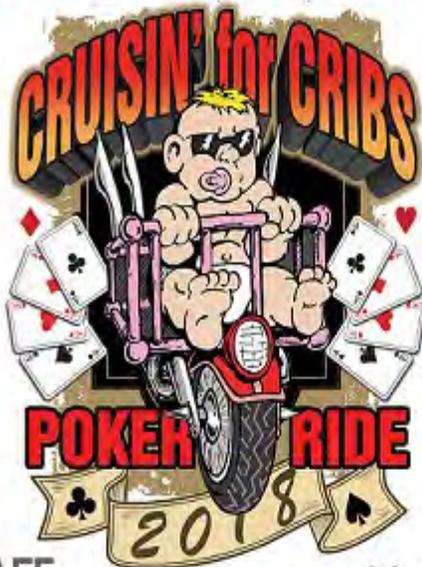
**Celebrate Happy Hour!**

Stop by the Hospital Cafeteria **Monday – Friday** between 1 – 3 p.m. and enjoy Smoothie Happy Hour.

Enjoy a 25% discount on an Island Oasis Smoothie when you mention CMH PRIDE!



**Motorcycle Poker Run  
Benefitting Cribs for Kids Project**



**SAFE KIDS**  
SPRINGFIELD  
Facebook

**Pit Bull Powersports**  
SPRINGFIELD, MO  
BOLIVAR, MO

**SATURDAY, JUNE 9, 2018**

RIDE BEGINS AT: **PITBULL POWERSPORTS** (2114 W. SUNSHINE ST., SPRINGFIELD, MO 65807)  
RIDE ENDS AT: **THE ROCK, PITBULL POWERSPORTS** (4190 MO-10, BOLIVAR, MO 65613)  
\$25 / BIKER - \$10 / PASSENGER  
KICKSTANDS UP, 10:00 AM, LAST RIDER IN, 3:00 PM

REGISTER AT [WWW.SAFEKIDSSPRINGFIELD.ORG](http://WWW.SAFEKIDSSPRINGFIELD.ORG)

100-MILE  
SCENIC  
RIDE

FREE  
SNICKETS FOR  
FIRST 100

PRIZES FOR  
BEST/WORST  
HAND

FOOD  
TRUCK

LOCAL BAND  
& LIVE  
AUCTION

RAFFLES &  
GIVEAWAYS



**MaMa Jean's Natural Market**

29 mins · 📍

All first responders who show a valid photo ID will receive a FREE drip coffee, a FREE cookie and 50% OFF ANY deli menu item on the First Day of EVERY month. If the first of the month happens to fall on a day when we're closed we will honor this offer on the day before.

It's just our way of saying thank you to our First Responders for the difficult job they do every day by putting their lives on the line to protect and enhance our community and way of life.

Please spread the ... See More

**FIRST OF THE MONTH  
FIRST RESPONDERS**



POLICE • FIRE FIGHTERS • EMTs

**— THANK YOU —**

**for your service and protection**

On the **FIRST** of EVERY month all first responders will receive a FREE regular drip coffee, cookie and 50% OFF one deli menu item.