

EMH Prehospital November Newsletter 2019

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Thanksgiving Facts to Entertain Your Family During Dinner!!

President Lincoln declared Thanksgiving a Federal Holiday in 1863 in an attempt to bring families and friends together during the Civil War.

On December 26th, 1941 Congress passed a law making the 4th Thursday in November Thanksgiving. Prior to that, The President would declare which Thursday they would celebrate Thanksgiving on for that year.

President Kennedy was the 1st President to Pardon a Turkey. Since then, following Presidents have followed in suit, donating the turkeys to Children's Zoos!

According to insider.com the most popular Thanksgiving side dish is Mashed Potatoes, with Stuffing coming in second!

Pumpkin is the most quintessential Thanksgiving dessert!!

That time is upon us!! The time of year where people are hitting the roads to drive to Grandma's house!! Here are some reminders for the Holiday Season!!

Be Patient, especially when driving!

Be alert when driving—increased drivers on the roads, snow/ice on the roads, and those deer are on the move!

Wash your hands!! Cover your mouth!! Flu Season is here—who can afford to be sick?

Enjoy this season with your friends and family! Life is short, soak it up!!

But most importantly, take care of yourself—take time for some ME TIME!! Get a massage, spend some time in the woods, whatever you need to do to destress and relax! If you are not healthy and happy you cannot take care of those who need you!!

Happy Thanksgiving all!!



Thankful

I am thankful for my family & the people I work with.

You enrich my life-Neal Taylor

*MY FAITH, MY NEW BRIDE,
AND MY JOB! ZANE GORE*

GOOD FRIENDS & FAMILY!!

THAT I'M NOT COMPLETELY INSANE!

-GOLDIE MASTERS

My family, my career, and my fur babies!! —Emma

Getting my Paramedic license!!
-AJ Sherrer

I am thankful for my family, friends, and coworkers. -Cheryl Andrews

I am thankful for God's goodness and provision for my family during medic school. -James Pursseley

My family & my kids -Jeremiah Curtis

**The roof over my head,
the food on my table & my
family & friends!! —Alicia
Zacher**

**I AM THANKFUL FOR MY FAMILY
AMANDA DICKOVER**

**Roof over my head, health, family, my me Marci, friends, and
of course the UNDEFEATED 49ERS!!!-Bill Walker**

Another year has passed, and God has, yet again, pour down his blessings out on me. I am thankful for my wonderful husband, 6 healthy & happy children, and 2 grandchildren. And if that is not enough, through His wonderful grace he has also given me a career that, after 23 years, I still absolutely love to wake up to! Thankful is an understatement...Im truly blessed!! Kellie Wilson

**MY LOVED ONES, MY LOLA, A RELIABLE VEHICLE, THE
ROOF OVER MY HEAD, MY CRAFTINESS AND ABILITY TO
COOK. BUT, MOST OF ALL, I AM THANKFUL FOR MY PRE-
CEPTORS, MY MENTORS & I PASSED THAT NATIONAL
PARAMEDIC TEST ON THE 1ST TRY!! -DAWN SLOAN**

**I AM THANKFUL FOR ALL OF MY CO-WORKERS
WHO STEP UP AND HELP OUT AROUND THE
STATION AND PICK UP SHIFTS! AND, IT IS
DEER SEASON!! —AARON WEAVER**

**I AM THANKFUL FOR MY WIFE & FAMILY. HEALTH. THE ROOF OVER MY HEAD AND A BED TO SLEEP
IN EVERY NIGHT. MONEY IN THE BANK, AS LITTLE AS IT MAY BE. WISDOM THAT COMES WITH AGE &
LEARNING FROM MY MISTAKES. HAVING A JOB THAT I ENJOY. FREEDOMS ALLOWED TO ME AS
AN AMERICAN. WAKING UP TODAY, AND HOPEFULLY TOMORROW WITH COFFEE. GOOD
FRIENDS. AND EACH OF YOU THAT MAKES OUR COMMUNITY A BETTER, AND MORE SAFE PLACE TO
LIVE!! -TOM RYAN**



Neal's Words of Advice

I am currently reading a book titled **People Care – Friendly Practices for Caregivers**, by Thom Dick. Thom began his career in the San Diego area as an American Red Cross First Aid provider. ARC First Aid providers made up most ambulance crews in the 1970s. Thom went on to become a Paramedic and worked in the San Diego area for many years. He has written for EMS Journals and spoke at many conferences. For many years he had a column in JEMS. In fact, I have been a Thom Dick follower ever since I read my first JEMS and have always enjoyed reading his material from call reviews, better ways to do things, to values and things that are not taught in text books. Between James Page and Tom's writing they have helped shape me and my career.

I have had many very good mentors in the EMS career. I was fortunate I had Rusty and Connie. They looked at the patient as a human being and helped me move beyond the clinical aspect of the job. They also taught me how to talk, interact and work with the patient's family and or friends. Reading Thom's book helped me reflect. There are so many non-clinical things we can do to be better EMTs and Paramedics. So many times we focus on the clinical aspect of our job.

We take care of people at their worst moments in life. We are invited into their homes, or location of the call. We are called for a reason, anytime, anywhere anyplace. The person needs help and they call EMS. The reason may be very apparent. The reason may seem insignificant to you, but it is not insignificant to the patient. We need to be compassionate with our patients. It can be hard. We are quick to judge and sometimes our judgment clouds our judgment about the person, both clinically and personally, shame on us. We are called to take care of the problem/chief complaint and care for the patient as a human. It is our job to filter out all the noise to treat and care for the patient. Learn to step back and care for the patient clinically and also as a person, it will make you a better care giver. A smile, using the patient's name, respecting the patient's modesty, a warm blanket, and listening to and respecting the patient go a long way gaining their confidence and helping them at a vulnerable time.

I think that **People Care** should be a required read for all EMS providers and encourage each of you to obtain a copy of this book. It puts our job in perspective and will make you better at your job. You can get the book on Amazon, give it a read.

I am excited about ESO Schedule. We have needed a better schedule tool to meet our needs. **Next schedule beginning 11/10/19 will be on ESO Schedule.** It will take us a little while to get used to it, and Operations Manager and I realize your schedule is important to you. Please be patient as we figure it out and work through the glitches.

Please work on using DRATT as your narrative format. It will become our required narrative format.

Thanks for the work you do. Be Safe

Neal T.



THERE IS
always, always,
ALWAYS
something
to be thankful for

Deep Thoughts in Hickory County

November is the month of Thanks and at a minimum 36 hours of hoping we don't run one of the many calls that are associated with a family get together where food is served.

Below are 6 Thanksgiving spoilers that can be easily avoided.

1. **Heart Burn:** From over eating of fatty or spicy foods. Often the chest pain is mistaken for a heart attack.
2. **Weight gain:** The average American gains 2 lbs on Thanksgiving. Weight gain puts us at a higher risk for heart disease, stroke and diabetes.
3. **Choking:** Caused from eating too quickly and not breaking your food down in order to properly swallow.
4. **Excessive Drinking:** Main thing here is don't overdo it on alcohol. Lastly don't get behind the wheel, or make sure you have a designated driver.
5. **Cuts and Burns:** Being careful while preparing food and putting sharp knives away and out of reach of children can prevent a trip to the ER.
6. **Food poisoning:** Properly preparing food and not cross contaminating food during preparation is a good start. Once the bird is in the oven, clean your countertop up before starting to prepare the next dish for your meal.

Along with trying not to have any Thanksgiving Day spoilers, remember to give Thanks to those things that have meaning in your life.

There are several things that I am Thankful and grateful for in my work life.

1. **Our CMH EMS Family** – I am grateful to work alongside a group of people that make saving lives their job.
2. **Helicopters** – Having that added resource to get a patient from our rural areas to a Level 1 Trauma center is something I am thankful and grateful for.
3. **Rescue Volunteers** – Free and no questions asked. Who give up countless hours of their time to help those who live in the communities we serve.
4. **Dispatchers:** Our talented jugglers. They answer calls, dispatch Law Enforcement, EMS, Fire and Rescue, and make it look effortless.
5. **Fire Fighters:** I am grateful for those who coordinate our landing zones and provide fire protection.

What would you add to this list, what are you thankful and grateful for this year?

I hope those of you that are off work get to spend that special time with your family, and those who are working this year, Thank you!

Alice Roberts

B.S. Paramedic

Hickory County Ops. Manager



St Clair County Updates

Well that past few weeks have been something that I never imagined I would be going through. As most know, I have been out on a leave of absence due to a family emergency. Luckily everything has gone as well as could be expected and I am planning to return to work very soon. We still have a long road ahead of us but are staying in faith that everything will work out for the best. We have an awesome surgeon that has given us a lot of hope.

I want to thank Neal for understanding that family comes first and allowing me the time to get things taken care of. Big shout out to Aaron for stepping up and taking up the slack and helping getting shifts covered in Osceola. I have missed out of a lot of things in the past few weeks, the implementation of the new scheduling program, some ESO training to name a few. I have some catching up to do! Thanks to those from the other counties that played a part in covering the open shifts, I'm not going to try to name everyone because I'm sure I will miss someone.

Want to welcome Bob Anthony to the float position in Hickory/St. Clair, I know Bob will be an asset to us and I am excited to have him aboard.

Since I have not been around I don't know of any actual St Clair County news to report. So for now just remember take care of yourselves, don't take tomorrow for granted, it is not promised or guaranteed.

John Fraser, Paramedic

Operations Manager—St Clair County



Please keep John and his family in your thoughts and prayers as they heal!!

Until further notice, please contact Aaron Weaver for your manager needs in Osceola. Aaron will cover St Clair while John is out on FMLA. Thank you for your patience!

Life & Times from Sunny & Warm Stockton Lake

Cedar County – Missouri Route 32 approximately four miles west of Stockton will **CLOSE** for up to two weeks starting Thursday, November 7, to allow contractor crews to connect the roadway to a newly straightened section of Route 32 which includes a new bridge over Cedar Creek, the Missouri Department of Transportation said.

Drivers are urged to use Missouri Route 39 and Cedar County Route K to get around the closing.

Contractor crews will build the new connecting pavement from existing Route 32 to new sections of straightened pavement on either side of the new Cedar Creek Bridge.

The closing could last until late November.

When the roadway reopens Route 32, traffic will use the new section of roadway and the new Cedar Creek Bridge.

Training:

First Responder Class is progressing Morgan is getting ready to spin this up and get it going, we have over 22 people signed up for this class in Cedar County, this class will be held in Eldorado Springs, Remember to give Morgan a pat on the back, and thank him for giving up time with his family to help out. I believe they will be a great asset to Cedar County EMS when they are done with their class

Scheduling: Everyone is learning all we can about the new ESO scheduling program, if you have any questions or concerns please call or stop by, hang in there new sometime is hard, specially learn a new system, just wait till next year when we switch to the new ePCR program.

Personnel:

Employee spotlight features **Alan Werner** he is stepping down from the FT Eldorado EMT position and going to Polk as an PRN so he can finish his Medic Class, we hope him the best, and don't forget to tell him Congratulation on his recent engagement to be married. Also Ray Kluhsman is stepping down from FT Medic in Eldorado to PRN, we are still looking for a Full Time Medic in Eldorado Springs, Kellie will be filling in for now, remember this is a up and booming station with some of the latest equipment and comforts, please get with me if you are interested. Also Logan Thomas has accepted the position of Full Time EMT in Eldorado Springs starting this next schedule, we want to thank her for coming over and look forward in working with her in the future.

Finally, thanks to all crews who helped out this season with the football games. Football season for Cedar Co is almost over, just have to finish the state playoffs. Go Stockton and Eldorado.

Life and Times of Sunny and Warm Stockton Lake (cont)

Cedar County Board:

The 2020 Budget has been officially turned in to the Board, we are not asking for much this next year due to the slow year in Sales throughout the county, and saving up to purchase a new Ambulance in 2021 for an estimated cost of \$220,000.00. We are asking for the following with an estimated cost of \$32,000.00

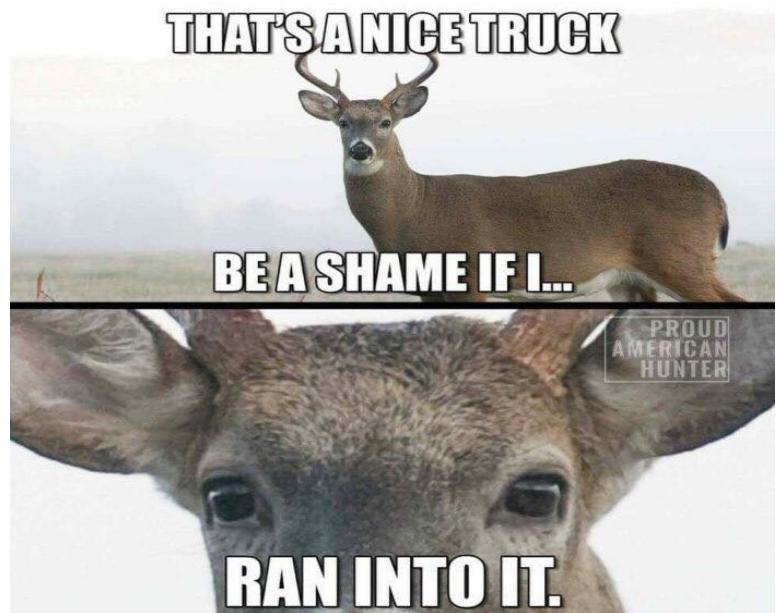
- * Ventilators on all 4 trucks
- * Grill Guards for 3 trucks
- * MCI Kits
- * Completing the Training room Tables, Chairs, wipe off boards and overhead projector

Stay safe and try not eat too much!!

Tom Ryan, Paramedic
Operations Manager, Cedar County

WATCH OUT!!!

Those poor does are being chased by all sorts of males this time of year, and in response, they are jumping out in front of ambulances!!



Highway 32 4 miles west of Stockton will be closed for 2 weeks, starting Nov 7th. Plan accordingly!

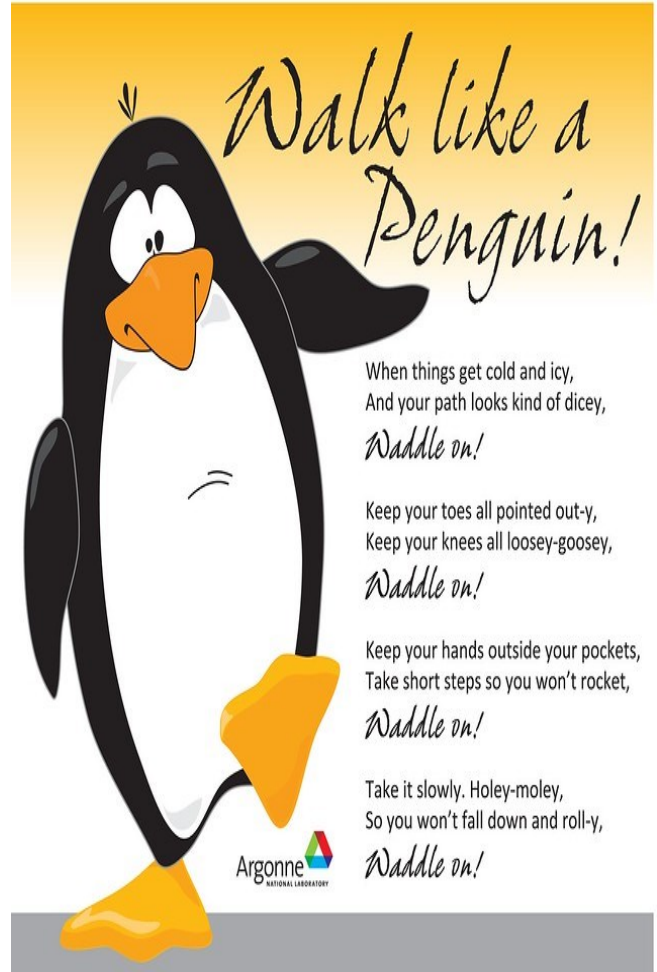
Brice's Health & Safety Tips

Well. The slippery slow of colder temperatures is upon us. As I write this the snow and sleet is falling outside. I do not have much to report this month, just some reminders you all should know well by now.


- * Wear your seatbelt in the front of the truck and the back (as much as possible).
- * Put all stair chair straps and cot straps on the patients you move while on those devices. If you have a problem with your straps, please let me know.
- * Strap your monitor down with a seatbelt.
- * Do not be on your phone while driving
- * Take your time and step carefully on the wet and cold stuff. It is probably slick.
- * Use the Pedi-Mate anytime you have a child that does not require full SMR.
- * Make sure your heater works. If it does not, please let Fleet know ASAP. It is very important to keep our patients warm.

Stay safe and warm!

Brice Flynn, Paramedic




IS YOUR VEHICLE WINTER READY?




WINTER WEATHER AWARENESS WEEK

SAFETY AT HOME

- Make sure your home is well insulated.
- Check battery powered equipment, and stock extra batteries for flashlights and a portable television/radio.
- Keep some type of emergency heating equipment available so you can keep at least one room warm enough to be livable.
- Stock an emergency supply of food/water.
- Keep water pipes from freezing by wrapping them in insulation. Let faucets drip a little.
- Stay indoors during cold snaps. Elderly persons, children, and those in bad health may be especially susceptible to cold weather.
- Move livestock to sheltered areas. For pets, bring them indoors or provide some form of heat. Provide them with fresh water as well.
- Dress to fit the season. Wear loose, layered clothing.
- Check your supply of heating fuel, but prevent fire hazards.



#WinterPrep NWSBirmingham



HOW TO PREPARE FOR BLACK FRIDAY!



- * **PICK UP EXTRA SHIFTS AT WORK!** IF YOU PICK UP A SHIFT BETWEEN **11/10** AND **11/23** THAT OVERTIME WILL BE ON YOUR BLACK FRIDAY PAY CHECK!!
- * **SET A BUDGET!!**
- * **PREPARE A SHOPPING LIST BY LOOKING AT ADS THE WEEK LEADING UP TO BLACK FRIDAY!!** SURVEYS SHOW THAT **40%** OF **AMERICANS** BUST THEIR BUDGETS ON **BLACK FRIDAY** MAINLY DUE TO NOT HAVING A SHOPPING LIST!
- * **BE SURE YOU'RE WELL HYDRATED THE WEEK LEADING UP TO BLACK FRIDAY!**
- * **BE PREPARED FOR THE WEATHER!!** IS IT GOING TO SNOW? RAIN? **WEAR A LIGHTER WEIGHT JACKET** SO YOU CAN TIE IT AROUND YOUR WAIST WHILE IN STORES FOR SHOPPING EASE.
- * **BE PATIENT!!** IF YOU CANNOT GET THE DEAL AT THE STORE, YOU CAN ALWAYS ORDER IT ONLINE!! **AND MOST WILL HAVE FREE DELIVERY!** EVERY YEAR **AT LEAST 3** PEOPLE **DIE** DUE TO **BLACK FRIDAY** SHOPPING! THAT **DOLL HOUSE** FOR YOUR **6** YEAR OLD IS **NOT WORTH DYING OVER!!**
- * **BE READY TO STAND IN LINE.** **BRING A BOOK OR A BATTERY CHARGER** TO KEEP YOURSELF ENTERTAINED WHILE WAITING TO CHECK OUT —OR MAKE FRIENDS WITH THE PEOPLE AROUND YOU!!
- * **BE KIND!!** **BLACK FRIDAY** SHOULD BE A FUN DAY TO SPEND WITH FAMILY WHILE GETTING SOME GREAT DEALS!! **NO ONE LIKES A SCROOGE! SMILE!!**
- * **SNACKS!!** **PACK SNACKS AND A WATER BOTTLE!** **KEEP THAT BLOOD SUGAR UP!**
- * **DO NOT MAKE MULTIPLE TRIPS TO YOUR VEHICLE TO UNLOAD YOUR BAGS.** **TAKE REUSABLE BAGS AND CONSOLIDATE YOUR PURCHASES** —SAVE TREES AND PROTECT YOUR VEHICLE FROM BREAK INS! **WHEN LOADING YOUR PURCHASES IN YOUR VEHICLE, PACK THEM OUT OF SIGHT.** **EVEN IN YOUR TRUNK IT IS WISE TO LAY A BLANKET OVER YOUR PURCHASES!**
- * **HAVE FUN!** ENJOY THE DAY WITH YOU PEOPLE!!





Celebrations!!!

Birthdays

Cory Sidwell Nov 2
Missi Painter Nov 9th
Craig Scroggins Nov 21
Allison Young Nov 25th
Zach Lang Nov 26th
Emma McAntire Nov 27
Matt Lee Nov 29

Anniversaries!!

Raymond Klusman 1 year
Logan Thomas 1 years
John Wright 3 years
Dawn Sloan 4 years
Michael Minter 6 years
Tom Ryan 6 years
Briice Flynn 7 years
Greg Beydler 8 years

A woman with blonde hair, wearing a black t-shirt and black leggings, is sitting on a large rock. She is smiling and looking towards the camera. The background shows the Grand Canyon under a blue sky with scattered clouds. A large tree is visible on the left side of the frame.

Congratulations!!!

Dawn passed her National Registry test and is now waiting for her state license to arrive!! Congrats Dawn!! Your hardwork has paid off!!

Congratulations!

CONGRATULATIONS!



Many Congrats to Zane Gore (Polk County EMT) and his new bride, Emily. They were married on October 3rd . For their Honeymoon they enjoyed a relaxing week of traveling through Missouri, visiting the Promised Land Zoo, Stanton Wildlife Preserves, Maramec Caverns and the RA Cabins in Petersburg.

Congratulations Mr. and Mrs. Gore!!

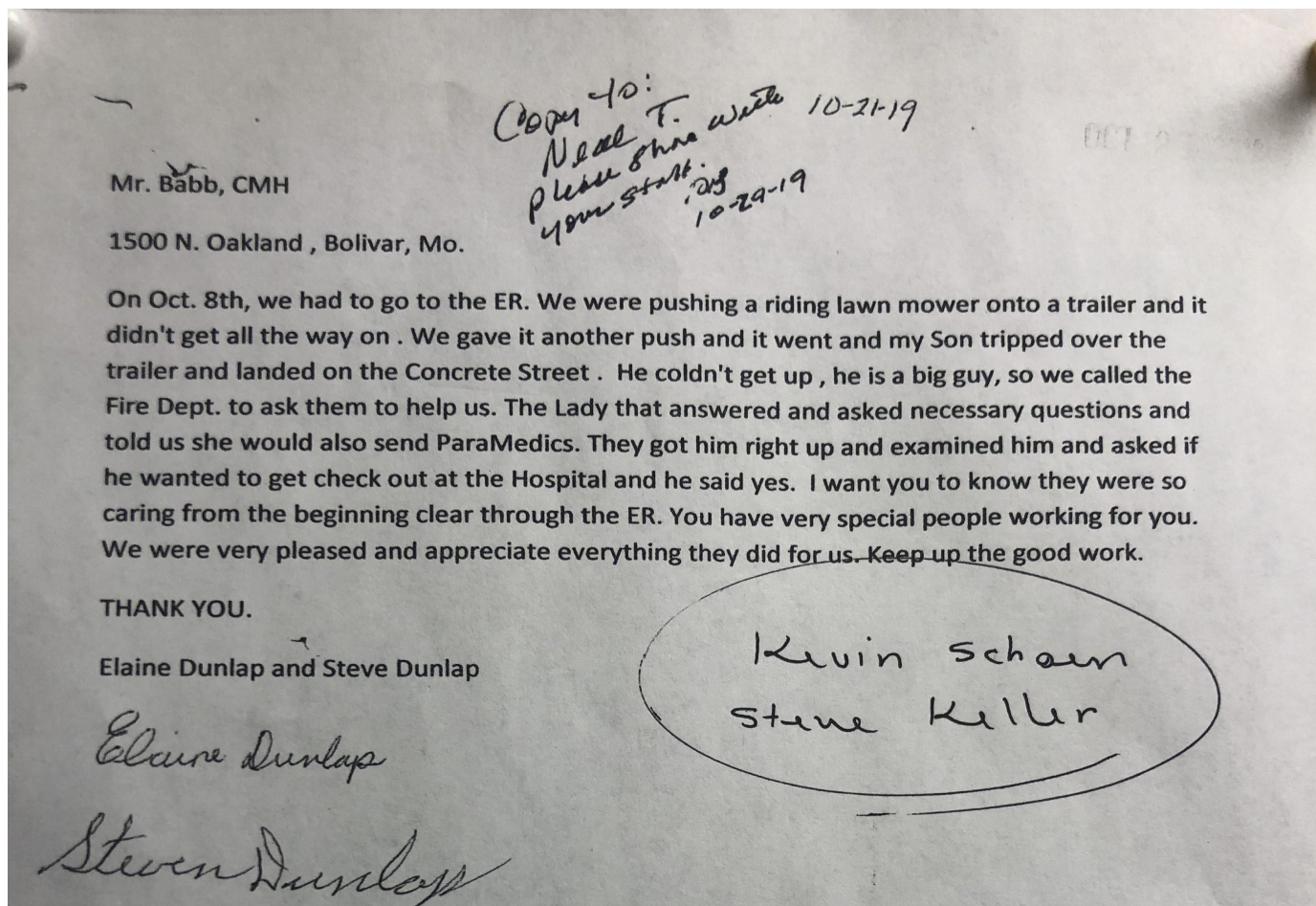
Congratulations to Cheyenne (St Clair County EMT) and her new husband, Samual. They were married on October 19th. We wish you both a lifetime of happiness!

Congratulations Mr & Mrs Smart!!



Cutting Edge

GREAT JOB GUYS!!



CMH EMS Mission Statement

To provide safe, exceptional and compassionate care to our communities

CEDAR COUNTY TRUCK OR TREAT



October Staff Meeting



Bruce Fugate preparing for his flu shot!



Last EVOS class is Nov 30-Dec 1!! If you have not completed this class you will be removed from the truck!!

MISSING



**ROY IS 2 INCHES IN HEIGHT.
WEIGHS ABOUT 2 OUNCES.
LAST SEEN WEARING A RED
HAT, BROWN JACKET, BLACK
BOOTS AND HOLDING A
SHOVEL.**

**HAVE YOU SEEN
ROY?**

**HE WAS LAST SEEN
SITTING ON THE DASH
IN 702. IF YOU KNOW
THE WHEREABOUTS
OF ROY, PLEASE
LEAVE HIM IN
AMANDA'S BOX. NO
QUESTIONS ASKED.**

