

JANUARY 2020

**STAFF MEETING
JANUARY 16,
2020
STATION 1 @ 1800**



Special points of interest:

- Always sign narcotics log with the relieving party or Captain on shift
- Stay Safe and always be a professional with a personal touch!!!

Created by Chief Jennings
Edited by Lorren Sherrill

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AS THE AMBULANCE ROLLS



GRAND COUNTY EMS

**HAPPY
50TH
BIRTHDAY**



JANUARY 2020

MPHS EMT CLASS & FRASER ELEMENTARY LUNG DISSECTIONS



The Middle Park High School EMT Class went out to Fraser Valley Elementary School to help out with Lung Dissections! Way to go guys!!



EMS

WHETHER YOU ARE DOING CPR, EXTRICATING SOMEONE FROM A WRECKED CAR OR HOLDING THE HAND OF A LITTLE OLD LADY...WE DO WHATEVER IS NEEDED WHENEVER ITS NEEDED.

Thanks for making GCEMS a respected

organization out in our community! If you have any pictures and stories that you would like highlighted in the MONTHLY Newsletter, please email them (high resolution) to Lorren at

Isherrill@co.grand.co.us

along with a brief description.

The more pictures the better!

MERRY CHRISTMAS GCEMS



Thank you for all that you do !!!!

JANUARY 2020

WAY TO GO CORY!



Cory Ziegler received a Coin of Excellence from the Board of County Commissioners on Tuesday December 17th. Cory was nominated for the award by an anonymous member of the public for his work in providing CPR and First Aid training and representing Grand County EMS, our level of training, and the quality of our equipment during the classes he teaches. The public out reach programs facilitated by GCEMS and our staff makes more of an impact than we realize!!!

Congratulations to Cory!!!!!!

Station Rotation

Be on the look out for station rotation on vairrko towards the beginning of the month!!

Leave the radios, pagers, and garage door openers at the station. Computers stay with the trucks. Take your personal items with you.

Have a great day!

JANUARY 2020

WELCOME ROBERT GOOD



Welcome to the new Captain, Robert Good.

Robert started Monday December 9, 2019. A little bit about Robert is that he moved up to Granby from Colorado Springs with his wife. He's got 4 kids with 2 grandbabies.

A little background about Robert is the he was with AMR in Colorado Springs for 27 years, with 31 years EMS in the El Paso County Area. He was an EMT for 4 years before he decided to become a Paramedic. He was a Flight Paramedic for 8 years and Operations Supervisor with AMR from 2014-2019.

He will be starting as the new C Shift Captain when he is done with the field academy.

Make sure that you stop by and introduce yourself!

Welcome to the team!!!

JANUARY 2020

INFORMATION

Fire Alarms, Smoke Alarms, and CO Alarms

Fire Alarms, smoke alarms and CO alarms are a part of what we do as an EMS agency. Remember we are there for several purposes. We treat any patients that result from the occupants, we are there for any fire fighters that might get injured and it shows our support of fire fighting efforts when we seek fire service related grants or other things. We typically should respond to these calls without lights and sirens unless there are known patients that need immediate evaluation or treatment. The only time that we should not respond and monitor from the station is in the cases that there is confirmation that there are no patients and that the system would be stressed by our response. This is an EMS 20 decision only. No individual crew should decide to monitor instead of responding.

Way to go Tammy Russell, Brian Gourdin, and Cooper Knochenmus for attending and completing the National Fire Academy Management of Emergency Medical Services in Maryland!! They attended and completed the 2 week class Mid-December!

Check Out Medic 9!!! Go out and try the new arm rest on the stretcher! Chief was able to gain a grant to help buy a set for the stretchers of the 911 Medic Units.

Please remember to complete you time card!! Clicking Save/Submit makes it ready to Allen to review and approve. Remember the shift day is 0700-0700 with all 24 hours of the shift in the calendar day you start the shift. There are only 24 hours in a day so of you come in early for someone or stay late for some reason that is documented as Unscheduled OT in the day before if early or the day after if staying late. Please put in the reason for these entries and the command staff person approving the extra time. It helps of you make notations on all time entered such as station or truck assignment, covering open shift or who you are filling in for and so forth. It is your money that you have earned so help us get it to you!

The cards in the Hand Tevy bags have been updated as well as the Vairkko Sheets. There have been several changes! Please go through your bags carefully and get them up to stock. Shoot Erica an email if you are short on supplies and we are out upstairs and she will get more ordered!!

“IT’S A THINKING JOB”

JANUARY 2020

INFORMATION CONT.

Remember the days of “Black out” seasons? I certainly do and I did not like it at all! I can’t imagine anyone wanting to return to those days when there were no vacation days allowed for weeks at a time. With that said Grand County EMS is a 24/7/365 operation and we must have the appropriate number of ambulances staffed on any given day to serve the community and visitors. When someone asks you to cover so they can be gone remember that you may need to be gone sometime and need coverage yourself. When there is a call out for any reason remember your peers on duty will have to pick up the slack unless you step up and fill in. When the system is getting hammered and command staff asks for help it is not just because we want to interrupt your day off, we really need your help! I know how much we all like our days off and yet if we all help out, the load is spread enough, that it is so much lighter. If you have any ideas on how to make this process easier, I would love to hear from you!

~Allen Pulliam, Deputy Chief~

East Grand Community Health is now a participating member of PEAK for insurance coverage.

The ESU 16 and Allen’s QRU radios have been reprogrammed. Ops 5 should be Ops 5 now.

Check to see if you are on the “Naughty List” on Lorren’s desk. And get your name erased. For those who are not on the list GREAT JOB!! You make life easier!!

~ Allen Pulliam~

THANK YOU TO ALL THE STAFF FOR 16 YEARS OF EXCITEMENT AND FUN!!!!!!!!!! – CHIEF RAY JENNINGS

Congrats to our new Medical Directors!

Medical Director—Darcy Selenke

Assistant Medical Director—Lisa Floyd

Each will assume the position starting January 17, 2020

JANUARY 2020

INFORMATION CONT.



Thank you to Cordie’s brother for updating the ATV trailer!! This should make loading the four-wheelers easier!

Captain Gourdin has installed one of two new wireless routers– first one is on Medic 5. Can you tell a difference? I hope you can!

Welcome back Nadine Kentfield!!!! YAY!!!!

Nadine is going to help in the office a bit and assist in taking the high school students to their clinical.

Welcome back Andy Terrell, Paramedic coming back part-time – Yay us again!!!

Tourniquets are part of the Uniform! Wear yours and have it available!!!

Safety– Three points of contact– The snow and ice will get you and the ground hurts!

Safety – It get dark early – wear your vest and be seen!!! STAY ALIVE!!!!!!!!

Are you prepared for winter?

Make sure your car is:

- Check fluids
- Flashlight
- A small shovel
- Make sure your tires are good
- Ice scrapper
- Snack food
- Have extra blankets
- Tow rope
- Water
- Have an extra jacket, gloves
- Jumper cables

BE PREPARED!!!



Dustin Sanchez
01/10

Dr. John Nichols
01/15

Brad Holzwarth
01/27

Caitlin Davis
01/31

JANUARY 2020

CHIEF RAY JENNINGS RETIREMENT PRESS RELEASE



GRAND COUNTY, COLORADO

EMS Chief Retirement Announcement

Chief Jennings has not only built a department committed to their mission, but has led by example. He has taught us how to lead with integrity, empathy, and inspiration, without hesitation.

Grand County, Colorado announces the retirement of Emergency Medical Services (EMS) Chief, Ray Jennings. Chief Jennings was appointed as EMS Director in 2003. During his tenure, he played a substantial role in improving the quality of service, response time, training, community involvement, and overall atmosphere of Grand County EMS. The department provides Basic Life Support, Advanced Life Support, and Critical Care Paramedic services.

When appointed as Chief, GCEMS had many shortcomings that challenged the department. Under Chief Jennings' leadership, GCEMS has become one of the top ranked ambulance services in both the state and nation.

Grand County's weather alone creates challenges for emergency responders, but when the difficulties of terrain and staff retention accompany it, many would say it was a losing battle. However, Chief Jennings accepted the challenges with confidence and optimism. He knew that in order to provide the quality of services this county deserved, some adjustments would need to be made.

Through his knowledge of the county, Chief Jennings established an innovative method of scheduling and ambulance staging. Because of this, GCEMS provides services from the top of Rabbit Ears Pass to the top of Berthod Pass, covering approximately 1,864 square miles with an overall response time average of just over 10 minutes.

In addition to his efforts improving response, he also made it possible to supply his staff with up-to-date, quality equipment and ensures excellent services through high levels of training rarely seen in programs throughout the nation. Chief Jennings has always believed that in order to provide the highest quality of care possible, it is imperative

that care givers are educated and highly trained. Under his leadership, GCEMS never failed to reach these expectations.

Chief Jennings has not only been a positive influence for GCEMS, but has also impacted the community. His development and design of the EMT class for local high school students is an excellence example of this. This class, entering its 15th year, allows high school seniors the opportunity to learn job skills while being introduced to the medical field as a profession. It has opened the health care career door for many students, many work in the EMS industry now (some with Grand County). While others have chosen different tracts into the medical profession, all express the importance this opportunity provided for success in life.

Many who have the opportunity to work with Chief Jennings will testify to his commitment to Grand County and EMS. However, this commitment extends much further than Grand County. Chief Jennings is well known throughout the State and Region for his tireless efforts to improve and support the emergency services industry. He has served at the governor's pleasure on the State Emergency Medical and Trauma Committee, is involved in the Chiefs, Managers and Directors Group (CMD) in Colorado, and provided consultative visits to other EMS agencies. Through the EMSAC CMD group he has testified and lobbied for multiple pieces of legislation that directly effects emergency response or responders. He is also involved in guiding EMS nationally through the American Ambulance Association.

Grand County Emergency Medical Services' mission is:

"...To provide lifesaving point of care services, emergency pre-hospital care during transport, and emergent & non-emergency medical transportation,

with the highest standard of professionalism, the most advanced training, and a deep sense of caring for our patients and their families.

Consistent with a commitment to excellence, Grand County EMS focuses a strong emphasis on quality emergency medical care, treating the professional EMS staff with dignity and respect as well as the citizens we serve.

Grand County Emergency Medical Services continually works to maintain excellence by investing in training and technology that enhances our professional EMS staff ability to provide the highest quality of emergency patient care, increase community awareness, and increase the value of our service.

Grand County Emergency Medical Service is Committed to the Community today and for the changing future."

Chief Jennings has not only built a department committed to this mission, but has led by example. He has taught us how to lead with integrity, empathy, and inspiration, without hesitation. Chief Jennings has challenged us all by setting high but attainable goals, while providing the support and guidance to become the best leaders we can. He has displayed a level of excellence that can be surpassed by none. His ability to quickly and efficiently make decisions during a time of crisis have not only been admirable, but lifesaving.

On behalf of everyone at Grand County, thank you Chief Jennings for everything you have done for GCEMS, the community, and the EMS industry. Your leadership and commitment to excellence will truly be missed.

INNOVATIONS

What innovations do you remember which we have achieved?

- 2003 adopted the GCEMS slogan “Professional Care with a Personal Touch” (Deputy Chief Allen Puliam invented the slogan)
- 2004 developed and initiated the Mountain Medical Response Team (Captain Art Castle lead the development of the team)
- 2004 ambulance design included the oxygen bottle lift.
- 2005 Developed a web presence with “grandcountyems.com” (website designed by Mark Buss)
- 2005-2006 school year, First EMS Agency in CO to host a High School EMT course
- 2006 The sixth in the United States to use ESO for PCR
- 2007 the first in the county to use 800 radio system and proves its efficacy.
- 2008 developed and adopted Marty the Moose as the official mascot. Started handing out Marty’s to kids.
- 2008 added Jack’s bumpers to ambulances and quick response units
- 2010 Develop an RSI protocol. In the course of this protocol developed a check sheet which has been adopted and modified by EMS agencies and flight agencies across the United States.
- 2012 Added Varikko
- 2013 Adopting the LUCAS CPR device for cardiac arrest.
- 2013 ambulance design innovations included liquid spring and the Mermaid heater/cooler (allowed us to care ROC and Ativan), USB ports for the staff to charge their cellular devices, and the Esbar heaters.
- 2015 the complete change from the backboard to the vacuum mattress.
- 2019 added Active 911
- 2019 Converting the GCEMS Customer Care billing platform to ESO Billing system
- 2019 adopting Handtevy Pediatric Emergency Care System

- Second EMS Agency in CO to have a waiver for EMTs to use supraglottic airways. (Colorado Springs AMR was the first)
- Ambulance design with the side patient door moved all the way forward for patient privacy, environmental control, and a spot for consulting.
- First EMS Agency in Colorado to use an actual ventilator in the field
- First EMS Agency in Colorado to deploy the Ferno iNX stretcher
- Schedule change from the modified Kelly to the 48/96 schedule
- Schedule change from the 48/96 to the 48/120 schedule
- Schedule change to use multiple schedules of 48/96 and 48/120 to put more Medic Units available for the community
- First EMS Agency in Colorado to use the IStat
- First EMS Agency in Colorado to use Ketamine for pain control
- The first county agency to have variable message boards

JANUARY 2020

MEDIC OF THE MONTH IS....

Vince Holditch



Vince Holditch was nominated for Medic of the Month! Vince came to us from Colorado Springs. He started on July 8, 2019.

He has been doing really good on most to all of his paper work. If there is something wrong with any of it, he works really hard to fix his mistake as soon as he possibly can! ~Billing staff

He's been a really good addition to the team. He's being nominated for his outstanding performance as a paramedic and for his dedication to the agency. ~Chief Ray

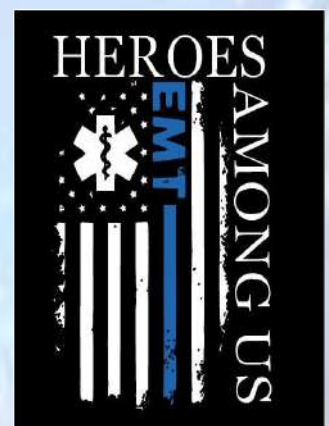
Just over all a great attitude and always willing to help out and get things down!

Way to go Vince! Keep up the good work!!

If you would like to make a nomination for Paramedic or EMT of the Month please give your nominations to Lorren!

Reminder:

If you haven't gotten your individual staff picture taken yet please see Lorren!!!



RECIPE(S) OF THE MONTH

ONE PAN SOUTHWESTERN CHICKEN & RICE

Ingredients:

- | | |
|---|--|
| 2 Tablespoons Grapeseed oil | 1 poblano pepper, diced |
| 1 lb. boneless skinless chicken cutlets | 2 garlic cloves, minced |
| 1 teaspoon cumin | 1 1/2 cups brown rice & wild rice blend |
| 1teaspoon smoked paprika | 14 oz can diced fire roasted tomatoes |
| 1/4 teaspoon ancho chili powder | 3 1/4 cups low sodium chicken broth |
| 1 teaspoon salt | 14 oz. can sweet corn (no salt or sugar added) |
| 1/4 teaspoon ground pepper | 1/3 cup shredded Mexican cheese |
| 1 1/2 cups diced sweet onion | Garnish: Fresh Cilantro, diced green onions |
| 1 red pepper, diced | lime wedges and sliced avocados |

Directions:

1. In a small bowl, add cumin, smoked paprika, ancho chili powder, salt, and ground pepper. Stir
2. Pat chicken cutlets dry with a paper towel. Season both sides of the chicken with spice blend.
3. Heat Lagostina Casserole Dish to medium-high heat.
4. Add grapeseed oil to pan and then the chicken. Cook each side of the chicken for 4-5 minutes. Remove chicken from the pan and place on a plate.
5. Immediately add sweet onion, red pepper, and poblano pepper to the pan. Sauté until onions are translucent. Approximately 2-3 minutes. Season with salt.
6. Add garlic cloves and brown rice & wild rice blend to the pan. Sauté for 2-3 minutes, stirring constantly.
7. Next add in the fire roasted tomatoes and chicken broth. Stir all the ingredients. Bring to a boil.
8. Cover and reduce the heat to a simmer. Simmer for 20-30 minutes or until the liquid evaporated.
9. Add the corn to the pan while rice is cooked. Stir to combine everything. Place chicken on top of the rice blend. Sprinkle with Mexican cheese.
10. Cover to melt the cheese, about 2 minutes.
11. Garnish with fresh cilantro, green onions, lime wedges and sliced avocado.



JANUARY 2020

COPYCAT CAFÉ ZUPAS POPPY SEED DRESSING AND SPINACH BLEU CHEESE SALAD

Ingredients:

For Poppyseed Dressing:

- 1/2 cup apple cider vinegar
- 1 teaspoon dry mustard powder
- 1/4 cup red onion; chopped
- 1/2 teaspoon salt
- 1 tablespoon poppy seed
- 3/4 cup Sugar
- 1 cup vegetable oil

For the Salad:

- 16 ounces baby spinach
- About 3 cups sliced strawberries
- 6 ounces bleu cheese, crumbled
- 1/2 cup sliced almonds, toasted

Instructions:

1. Add all the dressing ingredients to a blender and blend until smooth. Set aside.
2. Toss all the salad ingredients except the almonds in a very large bowl. Add as much of the dressing as you want. Add the almonds. Toss and serve immediately.



JANUARY 2020

TIME TO GET MOVING—MONTHLY WORKOUT

TRX System Upper Body Workout Three Rounds

RX push-up (5)

Targets: Shoulders, Chest, Arms

Difficulty: Beginner

How to: Here's how to you pump up the plain ol' push-up. Hook your toes through the TRX stirrups so the tops of your feet face the floor. Lift your body up so your weight rests on the palms of your hands.

Keep core tight, bend elbows to lower chest between hands. You'll feel your chest and shoulders working as you press back up to the starting position.

TRX Chest Press (5)

Targets: Arms, Chest

Difficulty: Beginner

How-to: Forget lying down to perform the typical chest press. Stand facing away from the anchor, with feet shoulder-width apart. Grab the handles with an overhand grip and extend arms in front of you at shoulder height. Lean Forward so your body is at a slight angle.

Bend elbows and lower chest between hands. You'll engage your chest and arms as you push yourself back up to the starting position

TRX Inverted Row (5)

Targets: Biceps, Lats

Difficulty: Beginner

How-to: Row, row, row, your way to a fitter physique. Lie directly underneath the TRX. Bend knees and plant feet on the floor. Reach up to grasp the handles, palms facing each other, arms fully extended, as you lift your body a few inches off the floor.

Keeping elbows close to your sides, bend elbows to pull torso up toward the handles until your body forms a straight line from shoulders to knees. Lower to return to the starting position.

You'll put your biceps and back to work as you raise and lower your torso, slowly and with control. You can also perform this exercise with straight legs, heels grounded to the floor, and your body at a diagonal.

Kneeling Triceps Press (5)

Targets: Triceps

Difficulty: Beginner

How-to: Target those tris with this no-frills move. Kneel facing the anchor and grab the handles with an underhand grip. Stretch arms straight out in front of you and hold them shoulder-width apart.

Bend elbows to lower your upper body toward the floor until your hands are in line with ears— this is when you'll start to feel those triceps burn. Return to the starting position.

JANUARY 2020

EVENTS AND TRAINING CALENDAR

JANUARY 2020

SUN	MON	TUE	WED	THU	FRI	SAT
			1 9a Weekly CE 7pm-9:30pm 5Point Adventure Film Festival @WP	2 9a Weekly CE 7pm-9:30pm 5Point Adventure Film Festival @WP	3 9a Weekly CE 7pm-9:30pm 5Point Adventure Film Festival @WP	4 7pm-9:30pm 5Point Adventure Film Festival @WP
5	6 9a Weekly CE	7 9a Weekly CE	8 9a Weekly CE	9 9a Weekly CE	10 9a Weekly CE	11
12	13 9a Weekly CE	14 9a Weekly CE	15 9a Weekly CE	16 9a Weekly CE	17 9a Weekly CE	18
19	20 9a Weekly CE	21 9a Weekly CE	22 9a Weekly CE	23 9a Weekly CE	24 9a Weekly CE 32nd 3 Lakes Ice Fishing Contest	25 32nd 3 Lakes Ice Fishing Contest
26 32nd 3 Lakes Ice Fishing Contest	27	28	29	30	31	

JANUARY 2020

EVENTS AND TRAINING CALENDAR

FEBRUARY 2020

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15 Wolford Ice Fish- ing Contest
16	17	18	19	20	21	22 5th annual Warri- or’s Scramble Ice Fishing Contest @Williams Fork Reservior
23	24	25	26	27	28	29



OUR FAMILY TAKING CARE OF YOUR FAMILY

THANK YOU!!!!

Mission Statement

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EMS

“Your job is not to judge. Your job is not to figure out if someone deserves something. Your job is to lift the fallen, to restore the broken, and to heal the hurting”
