

THE PULSE

HCFAS-
PROUDLY
VOLUNTEERING
SINCE 1967

THE HEARTBEAT OF THE HUNTINGTON COMMUNITY FIRST AID SQUAD

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President's Report- Seth Fischer

Hope everyone had a wonderful New Years. It is very exciting that we can finally put 2020 behind us (only to have 2021 in front of us).

I want to personally thank each one of you for everything you did in 2020. This was by far our toughest year on record, and we succeeded. Your passion and dedication are the reason for our success; do not ever forget that we are nothing without the greatest group of volunteers in the world. In fact, we thrived because of your incredible hard work. I am personally grateful for your tremendous efforts, and am really looking forward to 2021 (it can only go up from here).

"Pre-Covid", I was very vocal about the "Volunteer Experience". I want nothing more than to make the time we all give back to our Community a great one, now more than ever. Your Board of Directors are here for you, and encourage you to be vocal. We are always available for any questions or concerns. Please understand that that if we do not know about it, we cannot help. So let us always keep the communication lines open throughout the year.

We are looking forward to our new Chief Kaufman, and supporting him in 2021. He did a phenomenal job in 2020 as third deputy chief and we anticipate another year of great success. Over the last few weeks, our Chiefs and Operational Officers have made very smooth transitions into their respective roles, and we are looking forward to having them lead HCFAS through 2021. On behalf of your Board of Directors, we are excited to support our Operational team in 2021, and ensure they have whatever is needed.

Questions? Submissions?

Email Editor
Katie Donegan at
thepulse.hcfas@gmail.com



President's Report- Seth Fischer

In the coming days, I will be posting a Committee List in the Ready Room. I ask all members to please find a Committee that you would like to participate in, and reach out to the Committee Chairperson to join. We can always use your help.

With the numbers in our Community rising, we must continue to remain vigilant. The virus is starting to hit us closer to our own homes, with more and more family and friends testing positive. Continue to be careful on calls, wear your PPE, and assume everyone you come in contact with is positive.

We will get through this together. We have a great team in place, and amazing members to get us to the finish line. We must continue to stay positive and stay focused. Best of luck to everyone in 2021. Health, happiness, and prosperity to ALL!

Chief's Report - David Kaufman

Dear Members,

Happy New Year! I hope you all got to spend some time with your families, whether it was virtual, or in person. Thank you to all the members who came in on Christmas Eve/Day and New Years Eve/Day.

Again, I would like to say thank you to Chief Michael Como and the officers of 2020. You all did an excellent job, and I am excited to work with all of the 2021 officers.

I am honored to be the chief of this department and I am fully invested in its success. This year we will hopefully close out the pandemic, and together we can plan beyond that and see what's next on the horizon.

If you have an issue, please feel free to reach out to me or another officer. I am always happy to hear from you. I am looking forward to another great year.

David

Join us on ZOOM for the January GMM on
Monday January 11th at 700 PM.

Check your email for information. Reach out
if you need any help.

1st Deputy Chief – Ryane Como

Happy 2021 everyone; we made it! I wish everyone a year full of more “normalcy”, happiness, and success in all your endeavors.

As I transition to the position of First Deputy Chief, I look forward to getting to know each of you on a personal basis, and hope that everyone feels comfortable approaching me with questions or for help. I am always reachable on my cell at 716-807-5913 or via email at first.deputy@hcfas.org.

COVID – 19

1. Please continue to take all precautions to protect yourself and your fellow members. Please take your temperature at the front door, wear face coverings in the buildings, wear N95s and eye protection on every call regardless of priority code, don additional PPE as needed, decontaminate ambulances, wash your hands often, and practice social distancing when removing masks.
2. I am taking over as the COVID exposure/infection point of contact, so please notify me immediately if you are experiencing any symptoms (runny nose, headache, scratchy throat, etc) and do not go to the building until we talk.
3. Jaclyn Ritterhaus (the new Second Deputy Chief) will be taking over the task of notifying members if they had a COVID positive transport to Huntington Hospital.
4. Vaccination sign up emails were sent out the 23rd-25th to all eligible riding members. If you feel that you should have been included and did not receive an email to sign up, please contact me immediately. Once Phase 2 is initiated (which includes other frontline personnel), emails will be sent promptly for dispatchers and admin members to sign up.
5. Suffolk County COVID-19 testing sites are available if needed. Click the link below to locate a site. Many require appointments.

<https://suffolkcountyny.gov/Portals/0/FormsDocs/CountyExecutive/PDF/11.24.20%20COVID-19%20Testing%20Sites.pdf>

Did you know that you can find the answer to questions you may have in our SOPs and By-Laws? You can find them on the hcfas.org website. Log on to the website, go under “Documents” and select #9 or #13. You can also find many frequently needed forms under # 10 such as Finger Read Adjustment and Leave of Absence Request. If you’re not sure how to log onto the website, ask your Captain.

Please remember that each quarter, members need 48 hours to remain in good standing (although many do more!). To qualify for the gift card at the end of the year, you need 36 shifts (must be full 4 or 8 hours to count). Make sure you finger in and out on the same shift on the finger readers.

Be kind to one another, treat your patients with respect, wash your hands, and stay healthy. ☺

2nd Deputy Chief – Jaclyn Rittershaus

Happy New Year everyone! I hope you had healthy and happy holidays! Firstly, thank you for allowing me to serve as Second Deputy Chief this year! It is an honor. I will try my best to fulfil my obligations and help us progress. If anyone feels I could improve something or you have any ideas you'd like to discuss, please don't hesitate to contact me either by email, phone, or in person around the squad.

A huge thank you to First Deputy Chief Ryane Como for continuing to meet numerous times to help me transition into the role. You are amazing. HCFAS and the community are incredibly lucky to have such an intelligent, altruistic, rockstar of a woman as a member.

My first task to tackle was the January review training, which has been posted. I went with the classic winter topic of Hypothermia and Cold Injuries. I hope you enjoy it and find some interesting bits of information, while refreshing your memory on protocols and symptoms.

Our first CME of the year will be on COVID-19, hosted by Dr. Brandler via Zoom on Monday, January 18th at 1900. Thank you Fiona for coordinating the CME! Keep an eye out for the Zoom invitation email to sign up.

Stay safe and healthy. Don't forget to wear your PPE!

Best wishes for a beautiful year.

Jackie

3rd Deputy Chief – Bill Connolly

Thank you for electing me to serve as Third Deputy. I am looking forward to working with everyone. I would like to thank David Kaufman for assisting me transition to this new role. Have a happy and safe New Year.

Chief Dispatcher - Mike Capotosto

Thank you everyone for electing me as the Squad's new Chief Dispatcher. 2020...It's been real. Thank you to all the officers and the board for all the hard work in 2020, as well as the membership. I'm still blown away – 13 Signal 24s for the year. I'm looking forward to 2021, and hopefully a drop in our pandemic call rates. I look forward to continue working with Mike Barker and the Dispatch Training and Test Coordinators to keep getting our new members through dispatch training and out on the road.

If anyone has any questions, comments, or suggestions for me, please don't hesitate to reach out.

Be safe out there.

Thank you,
Mike Capotosto

Company 1 – Captain Dale Bartolomeo

SUNDAY

Happy New Year!!

Current shifts that need permanent personnel on them:

0700 - ALS

1100 - ALS

1500 - OK

1900 - OK

2300 - Dispatcher And ALS

These spots are open on a weekly basis so anyone who can help out please contact me!!

As always, please keep an eye out for weekly Facebook posts and messages from all the captains for shift openings. We really appreciate everyone's help and support.

Please keep up with your Review Trainings

Let's have a great year!!!

Company 2 – Captain Paul Bayer

MONDAY

Hello HCFAS volunteers, from your new Monday Captain! I'm so honored to have this opportunity to contribute to the health of our agency and our community!

My first shout out is to Kelly Murphy for her dedication over the last four years as Monday Captain. Her dedication has prepared Monday to be in a great position as we move forward into 2021.

My second shout-out is to the Monday crews who have cautiously and optimistically accepted me as their Captain this year - I look forward to continuing a smooth running day!

Of course, no Captain's report is complete without a pleading for help! We're still short a second full crew on the overnight, but we're doing pretty well on all other shifts!

Thanks for everything that you do - and I'm looking forward to a great year!

Company 3 – Captain Elizabeth Mohr

TUESDAY

Thank you to everyone who voted for me, I look forward to working with this wonderful group of officers this year. Good luck to all the new officers and board members. 2020 was a big year and I am looking forward to 2021.

Thank you to all the individuals who continually answer up on Tuesdays. You guys are a huge part of the day that I couldn't do without each and every one of you. Please remember to stay up to date on all your review trainings and keep doing your checkouts!

Company 4 – Captain Eric Nazinitsky

WEDNESDAY

HCFAS membership,

I would like to start by thanking everyone for their support in this past election. I will be taking over for Katie Donegan, as your Wednesday Captain and look forward to working with the incoming chiefs and officers for a great and successful 2021!

All members are invited to come down on any shift

I can be reached anytime via my cell # (631)-406-3896 or by email at wednesday.captain@hcfas.org

Eric Nazinitsky
2-15-54

Company 5 – Captain Colin Weigele

THURSDAY

Happy New Year HCFAS! I'd like to thank everyone for their support in electing me as the Thursday Day Captain for 2021. I've had the pleasure of meeting most of you, and for those who I have yet to meet, I am looking forward to it. I'd also like to thank John Mancino for his support in the transition. He left some big shoes to fill, but I look forward to trying my best to fill them, and working alongside everyone during the year!

Colin Weigele #1553

Outgoing Company 5 Captain John Mancino

- I hope you all had a Happy and Healthy Hanukah, Merry Christmas, Joyous Kwanza and a Happy New Year.
- I want to thank everyone who helped me over the last two years. Since there are so many to mention. I would surely never do justice by making a list, and probably I would leave someone out. You all know who you are.
- I want to wish Colin all the best as the new Thursday captain; I know he will do very well and we are all here to support him.
- Please help Colin by filling some shifts for him. Thursday 1100, 1500, and 2300 could use drivers and Crew Leaders, 1500 needs a permanent dispatcher and 1900 needs a semi-permanent dispatcher, as both shifts dispatchers are out due to a LOA.
- Congratulations to Dino Macharola #1599 on advancing to Crew Leader and Congratulations to Thomas Panichella #1573 who should have by now been approved by the BOD to come off probation. They are great members who are going to do well.
- Thank you for Christmas Eve and New Year's Eve, to all who came out to support the day made things go smoothly.

Christmas Eve, we had 18 calls. I want to thank everybody who took time out of their Christmas Eve to come in and help out. I hope you enjoyed all the food.

Thank you Evi Baer, Hila Baer, Paul Bayer, Elizabeth Beach, Elizabeth Bernfeld, Jonathan Bram, Dino Macharola, Leslie Brown, Kenney Cadet, David Kaufman, Jackie Callahan, Jackie deBruin, Carolyn Dia, Katie Donegan, Brett Dowler Alex Hastava, Lorraine Healy, Mike Jacoby, Martin LoCascio, Esteban Lopez, Casey McCormack, Andrew Mesnick, Hugh O'Brien, Thomas O'Leary, Jeff O'Neill, Alyssa Sorensen, Christy Stiles, Paul Terenzi, Fiona Witkowski, Joseph Losquadro.

We had a wide range of calls. Cardiac arrest, supraventricular tachycardia with conversion, injuries from a fall, several intoxication's, respiratory, diabetic, suicide attempts, cardiac, abdominal pains and let's not forget the all-inclusive pandemics.

Outgoing Company 5 Captain John Mancino

New Years Eve we had an equally impressive turnout. We responded to 19 calls. Again, a wide range of calls, mostly along the lines of what we usually get, and of course lots of code 36 pandemic calls with one being a confirmed positive per the family. Of course, all PPE was being used. Thank you for giving part of your day to support the squad and the community.

Joshua Abraham, Melissa Anastos, Eric Autz, Evyatar Baer, Hila Baer, Paul Bayer, Elizabeth Beach, Steven Benjamin, Emily Berkowitz, Jonathan Bram, Carol Dia Alexander Hastava, Lorraine Healy, Michael Jacoby, Martin LoCascio, Felipe Lopes, Esteban Lopez, Dino Macharola, Ann Maloney, John Mancino, Casey McCormack, Hugh O'Brien, Thomas O'Leary, Jeffrey O'Neill, Paul Terenzi, Claire Tesoriero, Fiona Witkowski.

Without your generous donation of your time and talents, we would not have been successful.

There were no signal 24's for either day.

- I will continue to review skills practice on all shifts. Anybody who would like to come in with some ideas of things they want to practice please let me know and I'll try to make it happen.
- Big congratulations to the Thursday 2300 shift who on 12/10/2020 had back to back respiratory arrests and a life save.

The first one was an adult female in respiratory arrest secondary to a witnessed and confirmed ketamine/fentanyl overdose in a car. The crews did an amazing job, got her out the car, artificial ventilation with a BVM, nasal Narcan without response (remember it was fentanyl, 10x more powerful than heroin), IV access, IV Narcan, few minutes later spontaneous respirations and then eventually woke up. Unfortunately, she became violently combative but fortunately no one was hurt as SCPD took over. She was safely transported to Huntington Hospital.

The second call unfortunately had a different outcome, but thanks to the amazing effort by the crew that responded the patient was given every possible chance. Several days later I received a written letter of appreciation from the family to Chief Kaufman, Joshua Abraham, and myself, thanking us for our efforts and for staying in the ED trauma bay with the patients grandson and helping him through watching the resuscitation effort. I also saw the grandson on New Year's Eve at Huntington hospital and he again expressed his appreciation. The grandson is a member of service in a neighboring department.

Congratulations and great job to Thomas Panichella, Carolyn Dia, Casey McCormack, Michaela Ryan, David Kaufman, Joshua Abraham and John Mancino.

Outgoing Company 5 Captain John Mancino (cont'd)

- Huge congratulations to the Thursday 0700 shift

November 19 responded to an 80 year old man in the parking lot found to be in cardiac arrest. SCPD early CPR, 5 shocks, EZIO (Intraosseous IV), intubation, Drugs (EPI x4, Amiodarone x1) then ROSC in and out with a pulse in the ED upon arrival. The patient had a +STEMI with a trip to the cath lab and Stent and AICD placed. The pt was discharged home on Wednesday November 25 just in time for Thanksgiving. The chief will be submitting this to county for a life saver award.

The patient's son has been in touch with Chief Como and expressed his appreciation and gratitude for saving his father's life. We may have a meet and greet in the future.

Great job everyone!!

Lorraine Healy, Martin Locascio, Ann Maloney, Jonathan Menard, Paul Terenzi, Jacqueline deBruin, John Mancino, SCPD Driscoll, paid medic Joseph Losquadro.

- Kudos to a good team on a late Christmas evening call. 76-year-old female symptomatic, lightheadedness, hypotensive for her baseline, chest pain radiating to the shoulders, palpitations, general malaise and just not feeling right found to be in supraventricular tachycardia at 200 bpm.

Team worked really well together. On the living room couch, IV access two rounds of adenosine which then converted to A-Flutter but at a much better rate, in the 130s and a 12-Lead EKG. Medical control contacted with no further interventions ordered at that time.

Blood pressure improved, heart rate came down and patient stated she felt much better upon arrival to the hospital. Huntington Hospital pre-notified, patient bypassed triage and went straight to the trauma bay.

Great job by Hila Bear, Alex Hastava, Alyssa Sorensen, Carolyn Dia and John Mancino.

Outgoing Company 5 Captain John Mancino (cont'd)

Deploying to Europe.



Dino Macharola #1599 (great number) Thursday 1100 and 1500. Sometime within the next few weeks he will be leaving us for 9-10 months for a mobilization to Ramstein Air Base at the DWMMC (Deployed Warrior Medical Management Center) in Germany. The DWMMC, a program developed during the wars in Afghanistan and Iraq and funded by U.S. Central Command, is responsible for the coordination, reception, triage and patient movement of all ill, wounded or injured warfighters from four combatant commands and other regionally aligned military force.

Dino is a graduate of Hofstra University with a degree in History and The Hofstra Army Reserve Officer's Training Corps (ROTC). Dino is a First Lieutenant in the US Army reserves for the past 3 years and a member of 7238th MSU (Medical Support Unit) based out of Fort Hamilton Brooklyn. He will be functioning as an operations officer responsible for the planning and training of those in the medical field taking care of our injured soldiers. They will be replacing the 7236th MSU, based out of Fort Benning, Georgia.

Dino makes sure all providers are current in skills such as BLS/ACLS/PALS/NREMT (sounds like the second deputy chief). Dino currently works as a scribe in the ED at Stony Brook Hospital and upon his return is considering a career in medicine.

We wish Dino a safe deployment and look forward to his return in the fall.

Thank you to everyone for being here and making a difference. See you around the kitchen table and on the rig.

John Mancino
Thursday Ex-Captain

Company 6 – Captain Kathy Castillo

FRIDAY

Happy New Year!!!

I hope this year will be brighter for everyone. I have to say, the past two years have been amazing with the Officers and BOD working side by side!

I want to give a huge THANK YOU to all who make Fridays run so smoothly. There are no words to express my gratitude for all Company 6 members, and all who come in every week to help out.

We had some very trying time, and everyone came together to make HCFAS the outstanding agency that it is. I have always been a proud member, but my heart is full knowing how awesome our members are. We can accomplish anything we put our hearts and minds to.

I want to wish the outgoing officers, incoming officers and BOD good luck, health, and happiness.

As always, stay safe and love each other!!!

Company 7 – Captain Casey O'Riordan

SATURDAY

HCFAS Family,

I would like to thank you all for electing me as your new Saturday Day Captain. I am super excited to get to know everyone and I look forward to working with this year's Chiefs office. I hope everyone had a great holiday and I wish everyone a happy and healthy new year!

Notes from Board Secretary Bob Franz

LOSAP 2020 Points – Bob Franz

The 2020 LOSAP Point listing posted on the bulletin board is being updated periodically. It is requested that each member review their points and report in writing any discrepancies to the LOSAP point committee. All review trainings had to be completed & submitted by December 31, 2020 to be eligible for LOSAP points for 2020.

LOSAP 2019 Annual Participant Statements - Bob Franz

The December 31, 2019 LOSAP annual participant statements have been received and will be distributed to all participants in your member mail folder or by the USPS. Upon receipt, please review this statement carefully and if any of the information is incorrect, please put a detail note with any corrections in Secretary Bob Franz's mailbox. If you require a change of beneficiary, please use HCFAS Form # 430 which can be found on the form rack outside the dispatch office or on the Squad website or server.

Many thanks go to Mary Brenner, Martha Brenner and Joe Nappi for their assistance with the statement distribution. If you have any other questions, please contact Bob Franz (robo4200@hotmail.com).

HCFAS Group Term Life Insurance Program Changed from VESO to VFIS.

A New VFIS Enrollment / Beneficiary Form Needs to be Completed

The VESO's group term insurance has been replaced by VFIS which is underwritten by Combined Life.

A new VFIS enrollment / beneficiary designation form must be completed by all participants. The beneficiary form and the updated HCFAS program guidelines have been distributed to all participants in your Squad mail folder. Please complete, sign and date the form and return it to Secretary Bob Franz's mail box. If anyone has any questions, please contact Bob at robo4200@hotmail.com or 631 421-9121 or at the Squad extension 150.

You must be off probation to participate in this program.

NYS Income Tax Claim for Volunteer Firefighters' & Ambulance Workers' Credit for 2020 – Bob Franz

You can claim the \$200 refundable credit for 2020 on the NYS Department of Taxation and Finance Form IT-245. As per the instructions, you cannot claim the credit if you receive a real property tax exemption that relates to your volunteer service under Real Property Tax Law. The ambulance workers' credit is available to full-year NYS residents who are active volunteer ambulance workers for the entire tax year for which the credit is claimed. A copy of the Form IT-245 & instructions is posted on the bulletin board. If you have any technical questions, consult your independent tax advisor.

Notes from Board Secretary Bob Franz (cont'd)

10 % Property Tax Exemption – Bob Franz

The filing deadline with the Town of Huntington (TOH) Assessor is Monday March 1, 2021 for property tax year 12/01/21 to 11/30/22. The property must be owned by the volunteer or the volunteer and spouse only. Members who are currently receiving the 5 year or 20 year status tax exemption will have their years status renewed by the Squad by the deadline date. (See below for renewal application that must be completed and directly filed with the TOH Assessor's Office).

Current recipients who moved or sold their home prior to March 1, 2021, or had other ownership changes, please drop a note with your detail information in Bob Franz's mail box. If you moved and purchased another home, you must fill out a new application form for your new residence.

Members who will be eligible for the first time (achieved at least 5 years or more of service by 3/1/21 and own a home (title must transfer by 3/1/21), please complete an application form and place it in Bob Franz's mailbox before Friday February 5, 2021. Forms were put in your squad mail folder and are posted on the bulletin board.

To be eligible, the property must be owned by the volunteer or the volunteer and spouse only, the property must be your prime residence and be in the Town of Huntington and you must have 5 years of active squad service by March 1, 2021.

For members with 20 or more years of service by March 1, 2021, the property can be located anywhere in Suffolk County (Call Bob Franz at 631 421-9121 or email robo4200@hotmail.com for specific details).

Note for members currently receiving the property tax exemption: If you do not want the Squad to renew your property tax exemption on 3/1/21 because you intend to take the \$200 NYS income tax credit for calendar year 2022, please put a note in Bob Franz's mailbox prior to February 5, 2021.

New TOH Law Requirement

As previously reported and posted on the bulletin board nine months ago, a NYS Comptroller's exemption audit recommendation to the TOH Assessor resulted in the TOH Board amending the TOH law to require the following: All property owners granted this exemption shall resubmit an application on before status date March 1, 2021, and on or before taxable status date every five (5) years thereafter, to verify their qualifications as set forth in the law to determine continued eligibility for the exemption.

Recently the TOH Assessor mailed a TOH Renewal Form to all recipients of the Volunteer FF / Ambulance Workers exemption. Please read the TOH cover letter carefully, complete the renewal form and sign the certification. The certification signature of the applicant (and spouse, if spouse also owns the property) is required.

If you have any questions regarding eligibility, please contact the Town Assessor's Office since there has been various NYS Comptroller's Opinions issued over the years.

Notes from Board Secretary Bob Franz (cont'd)

SC Recruitment Committee – The Suffolk Educational program for Retention in the Voluntary Emergency Service (SERVES) -Bob Franz

The SERVES Administrative Guide is in the process of being amended and will be posted on the suffolkbravest.com website at the beginning of January. Changes include expanding the footprint of eligible colleges to include on line colleges not located in Suffolk County; adding vocational schools and having some flexibility for document submission. An expanded FAQ will high light these and other aspects of the program.

. Highlights of the SERVES program follow.

- The program is a reimbursement program with award payment made directly to the student-volunteer at the completion of each semester.
- SERVES provides student-volunteers who attend an approved school with a reimbursement based upon tuition costs at Suffolk County Community College- i.e. as of November 2019 the maximum payment for a 12 plus credit schedule (full-time status) with a GPA of 3.75 to 4.00 or an “A” would be \$2,735.
- The student-volunteer will receive reimbursement based upon a sliding scale related to their GPA.
- The number of credits supported by the program; full or part time; covers a Bachelor’s Degree or up to 120 credits (see administrative guide for definition of lifetime credit hours).
- The Deadline for application and documentation submission for the Spring Semester is February 1, 2021. Applications shall be date stamped upon receipt and the earliest dated applications shall be reviewed first as SERVES funds shall be disbursed on a first come, first served basis.
- For more information about SERVES go to www.suffolksbravest.com/pdf/currentSERVESguide.pdf.
- This is NOT an educational program; it is a retention program designed to help keep Members in the Volunteer Fire & EMS Service.

Squad Annual Election – Secretary Bob Franz

Thank you to Chris Roulo, Carolyn Mullen and Brian Canty for the vote tally at the annual election. Thank you to everyone who assisted with the annual election –Annette Hershkowitz, Chris Roulo, Carolyn Mullen, James Mallilo, Christine Tedone, Gina Angevine, Alvin Espinal, and Jessica Mason. Congratulations to the election winners and many thanks to all that ran for an office. I look forward to working with everyone in 2021 and wish everyone a Safe, Healthy and Happy New Year and a pandemic free 2021.

Notes from Board Secretary Bob Franz (cont'd)

2021 Election Results – Secretary Bob Franz

Annual Election December 14, 2020 – The following members were elected for 2021:

Board of Directors:

Michael Como

Fiona Witkowski

Roger Winter

Carol Nucci

Chief: David Kaufman

1st Deputy Chief: Ryane Como

2nd Deputy Chief: Jaclyn Rittershaus

3rd Deputy Chief: William Connolly

Chief Dispatcher: Michael Capotosto

Day Captain:

Dale Bartolomeo - Sunday

Paul Bayer - Monday

Elizabeth Mohr - Tuesday

Eric Nazinitsky - Wednesday

Colin Weigele - Thursday

Kathleen Castillo - Friday

Casey O’Riordan - Saturday

The 2020 Corporate Officers Elected at the Board of Directors Meeting December 17, 2020:

President Seth Fischer

Vice-President Michael Como

Treasurer Roger Winter

Secretary Bob Franz

Board of Directors - 2021

Seth Fischer – President

Michael Como – Vice President

Roger Winter – Treasurer

Robert Franz - Secretary

Brian Canty

Jeffrey Daniels

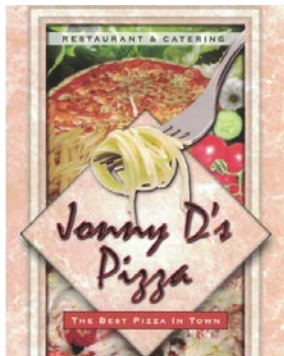
Fiona Witkowski

Carol Nucci

David Kaufman - Chief

HCFAS Discounts- Dave Mohr

There are many places that offer discounts to Squad members. Even if you don't know if they do or don't, it can hurt to ask. I have had times when I have asked and the answer was 'we don't, but hold on' and they would go and talk to a manager/owner and in the end a discount was given. We have accumulated just some of the places in Huntington that offer a discount to Squad members. **If you know of a place that offers a discount to Squad members, put a note in Director David Mohr's mailbox or email me at davidmohr@yahoo.com.**



Jonny D's Pizza

946 New York Avenue

631-385-4444

15% Discount

Show Squad
Membership Card



15% Discount

Show Squad Membership Card



**15%
Discount**

Show Squad
Membership Card



10% Discount

Show Squad Membership Card



Flowerdale by Patty

"Elegance with a personal touch"

1933 New York Avenue

10% Discount

Show Squad Membership Card

BASICS – January 2021

CPR

By Mark Brenner

Happy New Year! As the new year begins, American Heart Association CPR instructors are undergoing an Instructor Update via an on-line platform. Doing this update motivated me to consider reviewing the most basic of the BASICS, CPR.

Notable changes include:

- Do not delay starting chest compressions on a pregnant woman. And, if resuscitated, move her to her left side.
- Infant compressions are still 1/3 of the diameter of the chest. But rescuers can use 2 fingers, or 2 thumbs or the heel of one hand just below the nipple line when performing the chest compressions.
- When an advanced airway is placed, ventilations should be 20-30 breaths per minute. New data indicates that higher ventilation rates (at least 30/minute in infants less than one (1) year of age and at least 25/minute in older children) are associated with improved rates of ROSC.

Try these review questions:

1. You come across an adult female lying on the ground in a park. She is not moving. The scene is safe. You should FIRST:
 - a. Call for help
 - b. Assess breathing and pulse simultaneously
 - c. Start CPR
 - d. Do both A and B simultaneously
2. Assessing breathing and pulse should be:
 - a. Done in less than 5 seconds
 - b. Done in less than 10 seconds
 - c. Done for a full 30 seconds
 - d. Done for a full 60 seconds
3. The rate of chest compressions is:
 - a. 60 per minute
 - b. 80 per minute
 - c. 100 per minute
 - d. 100 – 120 per minute
4. The correct depth of adult compressions is:
 - a. 1 ½ - 2 inches
 - b. 2 inches
 - c. 2 inches (5 cm) but no more than 2.4 inches (6 cm)
 - d. As deep as you can perform them
5. Full chest wall recoil:
 - a. Is not of concern for out-of-hospital resuscitations
 - b. Allows for greater venous return and cardiac blood flow, so we should not lean on the chest between compressions.

6. The ration of compressions to ventilations for a pediatric patient is:
 - a. 1 Rescuer – 30 compressions to 2 breaths
 - b. 2 Rescuer – 15 compressions to 2 breaths
 - c. Both A and B
7. What is the proper depth of compressions on the following patients:
 - a. Infant
 - b. Child
 - c. Child at puberty
8. You are performing CPR on an intubated adult patient. You provide breaths:
 - a. One every 5 seconds
 - b. One every 6 seconds
 - c. One every 6 – 8 seconds
 - d. Two after every 15 compressions

ANSWERS: 1d (with the prevalence of cell phones, both calling for help and assessing breathing and pulse can be done simultaneously, hastening the start of chest compressions), 2b, 3d (any faster and the heart cannot fill adequately with blood to allow for adequate stroke volume), 4c, 5b, 6c, 7 a 1.5 inches (4 cm), b 2 inches (5 cm), c follow the adult guidelines, 8c.

Our agency is fortunate to have the LUCAS device on each ambulance and first-responder vehicle. Unfortunately, we sometimes encounter those patients who don't fit the device because they are either too small or too big. Therefore, our knowledge and competency in CPR is essential.

I have included this link to a video to help review the use of the LUCAS device.
<https://www.youtube.com/watch?v=cRpJYT7M0Eo>

Thank you for all the good work you do!

January 2021

HCFAS Birthdays

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
		Andrew Taylor & Sean Harkins	Rich Rudolph & Alison Russo	Liz Steenson & Philip Schmidt	Solomon Walden	
10	11	12	13	14	15	16
		Jaclyn Rittershaus	Carolyn Mullen, Steeven Jean & Rachel Bellack		Will Cohn, Emily Schaffert & Tom Panichella	Michele Miller
17	18	19	20	21	22	23
	Tom O'Leary	Danielle Raynor	Jill Decker & Erica Alicea	Annette Hershkowitz	Chris Roulo & Zach Flurkey	Nerissa Edwards
24	25	26	27	28	29	30
Bency Jean- Baptiste		Kevin McCann, Evelyn Cruise, Rodriguens Gabriel & Juliet Costa	Sue Seibel		Sue Manning	Andrea Golinsky
31						
Mackenzie O'Brien						

January Length of Service Awards
to be presented at January GMM

15 Years
Rich Stone #1149
Lorrie Stone #1150