

THE PULSE

HCFAS-
PROUDLY
VOLUNTEERING
SINCE 1967

HCFAS

THE HEARTBEAT OF THE HUNTINGTON COMMUNITY FIRST AID SQUAD

Inside This Issue

1-2	President's Report
3-4	Chief's Report
4	1 st Deputy Chief
5	2 nd Deputy Chief
6	3 rd Deputy Chief
6	Calendar of Events
7	Chief Dispatcher
8-11	Captains Reports
12-13	Notes from Secretary
13-14	Committee Reports
15	CME Program
16-19	Good and Welfare
20	New Member Spotlight
21	Blood Drive Flyer
22	CISM Information
23	Scholarship Application
24-25	GMM
26-27	Compassion and Fatigue Education
28-29	Memorial Day Events
30-31	BASICS
32	Birthdays

Questions?
Submissions?

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



President's Report- Seth Fischer

Happy June!!

As we are officially at the halfway point of the year, I have nothing but sincere thanks and gratitude for everyone. We are all stepping up and doing amazing things together, and I could not be more proud of what we are accomplishing.

Here is a quick, high-level overview of what is happening from a Board perspective:

1. Since the beginning of the year, Chief Como, Treasurer Canty, Secretary Franz, Tom Hogan, John Palmieri and I have been working with Supervisor Lupinacci and his team to come to an agreement over increasing the dollar amount of our LOSAP, and lowering the entitlement age. While this is a work in progress, rest assured that we have the right team in place doing everything in our power to make this a reality.
2. The new ambulance is almost complete and should be at the building ready for inspection within the next 30 days.
3. Vice President Ann Schwartz, Board of Director David Mohr, Board of Director Roger Winter, and Richard Stone, are working with Engineers from H2M to survey, spec out, and understand areas in and around the building that need to be replaced, repaired, and constructed. This is a very tough and time-consuming initiative, as there is a great deal of area to cover.
4. Board of Director Jeff Daniels is working extremely hard on a compliance initiative that we must have in place relative to our billing structure.
5. The TOH has increased our billing rates to be aligned with the average in NYS.

President's Report- Seth Fischer (cont'd)

Please join me to give a big thanks to Sara Manning for organizing our Open House. This was a tremendous undertaking, as most of you know, and the outcome was phenomenal, with 175 people in attendance. Fortunately, Sara had an army of amazing members behind her to ensure success, and I would like to recognize Chief Michael Como, Second Deputy Chief Ryane Como, Third Deputy Chief David Kaufman, VP Ann Schwartz, Secretary Franz, Board Member David Mohr, Captain John Mancino, Captain Kelly Murphy, Captain Kathy Castillo, Captain Bill Connelly, Lehti Laas, Loreley Villamide-Herrera, Anne Donegan, Erik Krisch, Zack Flurkey, Thomas Lemp, Fiona Witkowski, Eagle Scout Jake Levinsky, Annette Hershkowitz, Gary Brandel, Eric Nazinisky, Brett Dowler, Betty Wood, Julia Vodopia, Evelyn Cruise, Andrea Golinsky, Jaclyn Rittershaus, Diane Tanko for the amazing fliers, and Tony Cruz for his awesome photography. It is also very important that we recognize Sue Otto and Kathi Bonessi for rallying our awesome Post Members. Special thanks to Emily Yonkes, Alex Havasta, Jackie Callinan, Adrian Anguira, Christopher Diaz, Alex Bayer, Connor Hamilton and Alexa Aviles. We are very grateful for all of your hard work. There are many moving parts that came together to make this a success, and these individuals have all done a tremendous job ensuring an amazing outcome. Thank you.

In closing, I had spoken with the Commissioner of another department a few weeks back, and he was very curious as to what our "Secret Sauce" is, what is our "recipe for success"? He could not fathom how we are able to staff our ambulances with ALL volunteers 24/7/365, and answer the heavy call volume that our agency is synonymous for. Without batting an eyelash, I responded with "we have the greatest group of members in the world, who care tremendously for our Community and our Organization". When you mix those together in a pot, you get a winning team, or the "Secret Sauce". I will admit, I continue to scratch my head and ask myself how we do it, but we get those ambulances on the road, for our Community, and for each other. Fantastic job!!

Not to be redundant, but we all know by now how thankless volunteering is, but it is important you understand what a great job we are doing, and it shows. KEEP UP THE GREATNESS!

Chief's Report - Michael Como

As we move forward into June, our agency has answered over 2400 calls and our 24 rate remains extremely low. I appreciate everyone's continued hard work!

The Chief's Council Scholarship drawing occurred a couple of weeks ago. The names of the applicants were put into a bowl and picked at random. I'm sorry to announce that none of our members won the scholarship this year. Although this opportunity has passed, there is still time to apply for the HCFAS scholarship.

There are some changes taking place with our paid paramedic program. Cono Cimino got promoted at work and while this is amazing news for him and his family, this means he no longer has the time to be our lead medic. I appreciate the hard work he put into our medic program and wish him all the best in his new position. Seven candidates were interviewed for lead medic and at the end of that long process, I am happy to say that Laurent Barbou has been selected as our new lead medic. Laurent has extensive experience in EMS as a paramedic and as a leader. I have no doubt that he will meet and exceed our expectations in his new role. This is a perfect opportunity to remind everyone that if you ever have any issues or comments pertaining to the medic program, you should reach out to me directly.

HCFAS will be hosting a blood drive Sunday, June 23rd. The drive is being held in memory of Brian Plante, a Huntington resident that tragically took his own life last year. Brian's mom reached out to us asking if we would be willing to host the event. Thanks to the support of the Board of Directors, we were able to accomodate Mrs. Plante's request. Please consider donating and feel free to share the information with your friends and family. You can sign up online (<https://calendly.com/carolynp123/blood-drive-in-memory-of-brian-plante>). The flyer is included in this edition of The Pulse.

We have a number of parades to look forward to this summer. Sign up sheets will be posted in the ready room.

The upcoming parades are as follows:

- Eatons Neck 4th of July Parade - Thursday, July 4th (no surprise on the date for this one)
- Huntington Manor Parade - Wednesday, July 17th
- East Northport Parade - Wednesday, August 7th
- Greenlawn Fireman's Fair Parade - Thursday, August 29th

Chief's Report - Michael Como (cont'd)

Also, please remember that the CISM (information included later in the PULSE) is a resource that is always available to you through County. At any time (24/7) you can let a Captain or Chief know if you would like the team activated and we immediately set the process in motion.

Respectfully submitted,

Michael Como, Chief

1st Deputy Chief – Elizabeth Wuestman

Hey all! Wow we are nearly half way through 2019!! Keep up the great work! Our 24 rate is extremely low which means you are coming in for your shifts, coming in early, staying late and just over all killing it!

Finger reads... Please take a look at your breakdown of shifts and determine if you need any corrections made so you can fill out the finger reader adjustment form. Please remember to punch in and out on the **same shift**. If you are here for a double and DO NOT need LOSAP points **you do not need to punch out between shifts**.

Members interested in **becoming drivers**, please place a copy of your license in my mailbox **with** your badge number and a note stating your interest.

Laminated certifications... This is now a Chief's order to have your required squad ID with appropriate certifications on your person as part of your uniform. Please remember to have this on you at all times while operating as a member at HCFAS; whether you attach your key fob to it, hang it in your car, keep in your mail folder so you have it when you are in the building. Please remember this is also a state requirement. **If you need a copy laminated, place it in my mailbox with a note stating so!**

We have a lot of **standbys** coming up and being asked of us. For probationary members, if you need events or members looking to do some extra hours, reach out to the stand by committee: Julia Vodopia 631-418-4269 or Eric Nazinitsky 631-406-3896.

Bike team is also looking for new members! Contact Keith Rubenstein 631-404-0018 or Dale Bartolomeo 631-525-3566.

Any questions, concerns or just want to catch up, feel free to call/text/email me 631-418-5596 or first.deputy@hcfas.org

2nd Deputy Chief – Ryane Como

Review Training / EMT-B In-service Class

The June Review Training has been posted. This month's topic is Annual OSHA/Infection Control (BBP). Thank you to Brian Canty for composing the training materials. This is a mandatory compliance training and must be completed by July 1st. Please do not make me chase after you to complete the training.

BLS CPAP training classes are ongoing. We would like to have everyone trained by August 1st before the new BLS protocols come out. Please make every effort to sign up. If you have a schedule conflict and none of the posted classes work please contact me ASAP to arrange an alternative time. You must complete the online test and watch the online video prior to attending the in-service class.

Upcoming CME Opportunities

- Thursday June 13th 1900: Dr. Brandler will be conducting a call review on Chest Pain based on pcrs reviewed by the QA/QI committee. Thank you to Fiona, Gail Glister and Ali Russo for their work on the Chest Pain review project.
- Monday June 17th 1900: ESO will be coming to do an in house training on the ePCR software – please make every effort to attend this training especially if you still feel like you struggle to complete your pcr on calls or have questions.
- Saturday June 29th 1000: Dr. Crupi will be presenting on Abdominal Pain. Thank you to Fiona for arranging this session.
- TBD: I am working with SCPD aviation to arrange a drill with the helicopter sometime in early July. This is pending a permit from the town. More information to come.

ePCR Reminders:

We are losing out on \$4,000-\$16,000 **a week** in billing revenue due to missing or inaccurate insurance information.

Most of this can be avoided if we capture a patient's SSN and phone number. In addition to available insurance information, please make every effort to obtain valid addresses, phone numbers, and social security numbers. For MVAs, please remember to obtain and document the car insurance company of the vehicle the patient was in.

We are also missing out on significant revenue due to insufficient documentation on pcrs. Please remember to complete a full physical assessment (should not be "not assessed" for most sections) and a descriptive narrative. This will be reviewed at the ESO training on the 17th.

In all cases, patient care is always paramount.

3rd Deputy Chief – David Kaufman

Thank you to everyone who helped at the work detail and open house. We were able to clean all the ambulances and the truck room in advance of these events. Some people who helped were Bobby Loysch, Gary Brendel, Jake Levinsky, Lauren Stalzer, Dale Bartolomeo, Brett Dowler, Zach Tuck, Kathi Bonessi, Alex Bayer, Alex Hastava.

Here are a few reminders:

Please do not use four-wheel drive in the vehicles unless it is necessary. If you do use it, please return it to two-wheel drive when you are done so it is ready for the next person. Remember, depending on the vehicle, you may have to shift into neutral.

If a piece falls off of a vehicle or our equipment, please let me or a member of the vehicle maintenance committee know so that it can be put back on or replaced if necessary. Do not just throw it out.

When using the vehicle wash station, please put everything back as you found it, including carefully reattaching the hose nozzle so it is ready for the next person. If you are on duty on a nice day, please wash your ambulance or responder vehicle.

Have an excellent summer everyone!

Length Of Service Awards

to be presented at the June GMM



Cindy Cairl- 30 Years
Susanna Otto- 30 Years
Tiffany White- 10 Years
Allison Alveoli- 5 Years

Chief Dispatcher - Michael Barker

We are almost half way through the year, and the dispatch training process is going well. There are only **six members left in dispatch training**, and two of them are college students just back from their ELOA that I expect will pass any day now.

Dispatchers, please don't forget to **CHECK THE BUILDING** before paging out when you need members for a call. Twice in the last week, we had situations where active ALS and CL / DR personnel were in the house when the dispatcher hit the tones.

Dispatch Basics:

1. If a member does a back-up call, please add "**Rescue**" next to their name on the personnel list for that call. There is no need to put any other label on that list.
2. If the Medic is dispatched to any call, please put "**P**" next to the first responder icon in the CAD. If a Critical Care provider goes, add "**CC**" to the vehicle they are in.
3. If the ambulance does **not** transport, please click a reason in the "signal" drop-down box: "**Call Cancelled, RMA, Unfounded, or Signal 50.**"
4. If the Medic goes to the hospital, please click "**ALS Run Call**" from the drop-down menu. If a CC does ALS on any call, also add "**ALS Run Call**".

If the ambulance **transports to a hospital** other than our beloved Huntington Hospital, click on the ambulance icon and select the name of the receiving hospital from the **Destination / Hospital** box.

Finally, please remember that you have **4 minutes** to confirm a crew for an Alpha, Bravo, or Charlie call, but only **2 minutes** for a Delta or Echo call. If you are not able to assemble a crew by that time, please call MedCom to signal 24 the call, and try to determine the name of the responding department. **Patient care is our first concern.**

Thank you for all you do. michael

Company 1 – Captain Bill Connolly

SUNDAY

I would like to thank all the Company 1 members who keep Sundays running smoothly by staying for additional shifts, teaching new members, and demonstrating reliability in any situation. Your hard work and dedication do not go unnoticed. Thank you.

I would like to congratulate post member Alex Hastava who won 2018 Youth Provider of the year for Suffolk County. Alex usually rides with James Barkocy and Eileen Burns on both the 07:00 & 11:00. I would also like to recognize Diane Tanko for designing the tee shirts, given out this year for EMS week. Also best wishes to Esteban Lopez on his military leave in San Diego and his safe return.

The 19:00 & 23:00 shift needs a dispatcher and the 23:00 is in need of a second due crew.

Company 2 – Captain Kelly Murphy

MONDAY

Summer begins on June 21st, 2019, hard to believe with some of the hot days we are already having. As a reminder keep cool and drink plenty of water and carry water on the rigs with you as well to stay hydrated.

As always, I would like to thank the Co.2 members for all the hard work they put in every week. Also I would like to thank all the members that come in and do an extra tour, or just help out on Mondays.

Congratulations to John Connors #1524 and Equislaure Gabriel (aka Kiki) # 1528 for becoming full members. Both John and Kiki ride the Monday 1900 shift and they are equally awesome!

Monday was hit with our 2nd 24 for this year during the 0700 shift, due to a 3rd alarm within minutes of each other. Please try to help by either coming in or listening up as much as possible.

There were so many birthdays during the month of May. A very special birthday for Mary Brenner turning 95 years young. I know Mary had a wonderful birthday that lasted a week long with many festivities. I am happy to have you on Monday as our 1500 dispatcher Mary, Thank you for all your hard work and dedication to H.C.F.A.S.

Company 2 – Captain Kelly Murphy

MONDAY

Monday needs help as follows:

0700 1st due CL, 2nd due CL, ALS, FA's

1100 1st due CL/DR, 2nd due CL, ALS, FA

1500 1st due ALS, 2nd due DR/CL, FA

1900 2nd due ALS

2300 1st due ALS, 2nd due CL, ALS and FA.

Please reach out to me if you are ever available to cover these spots.

Be safe and be happy.

Kelly Murphy
Monday Day Captain

Company 3 – Captain Elizabeth Mohr

TUESDAY

Thank you to all the amazing Tuesday members, Company 8 Members and those who regularly help out on Tuesdays! They would not go as smoothly as they do without each and every one of you. Help is always needed on Tuesday's, especially the overnight, if anyone is available please let me know.

Just a reminder, the 2nd quarter concludes at the end of June! Any Tuesday member who has questions about hours, please reach out to me as soon as possible. Please remember to complete your review trainings! Thank you again to everyone for all the help!

Liz

Company 4 – Captain Katie Donegan

WEDNESDAY

This month's article is dedicated to my constant saviors who help out almost each and every week without me even needing to ask- Bob Biersack, Steven Benjamin and Fiona Witowski. Thank you all for the extra shifts you pick up to help out on Wednesdays. Your extra commitment provides me greater peace of mind that the day is running smoothly. I can never thank you enough.

Additional thanks to all Co 4 members and those who still come and help out even though I call and text you consistently. It takes a village to provide the care that we do to our community and you are all the strongest and most capable village people I could ever hope to be a part of!

Company 5 – Captain John Mancino

THURSDAY

As I'm writing this EMS week is coming to a close. I hope everyone had a great week and enjoyed the gifts from the squad's Leadership. I'm very proud to be working with such an extraordinary group of people who are so dedicated to the service of their community.

I'm working with the second deputy and the QA/QI committee, we've got some really good training opportunities that are in development, so stay tuned, I think your really going to enjoy them.

The Facebook page is starting to gain traction. If anyone would like to submit some material for posting please let me know. I'm always looking for pictures and the story behind them that shows off what an outstanding agency we are and how amazing our people are.

We have an opening for a full-time dispatcher on the Thursday 1500 shift if anybody's interested in coming on board please let me know.

I would like to welcome Mr. John Zadran to the 0700 shift, John is currently doing dispatch training and will very shortly complete that and start first aiding. Please welcome him to the squad. Check out the new member biography section of this journal.

Finally, I would like to extend my extreme gratitude and respect to the people of the Thursday crew; the people who come in every week and are always here to get things done. Additionally, I want to thank all the people who are stepping up to cover all those extra shifts and fill all those vacancies and voids. Without your outstanding commitment, this agency would not be the success we are.

As of this writing, we are 24 free. And that is thanks to you.

Company 6 – Captain Kathy Castillo

FRIDAY

Thank you all for what you do for our community. I know we have quite a few new members, and I have noticed a huge change in the willingness, eagerness, and dedication they have. I encourage our more experienced members to guide, mentor, and help them through their journey at HCFAS. We all started in the same place! I am especially proud of our younger, newer members for getting involved in committee work, taking on responsibilities and have shown some pretty amazing dedication to our wonderful organization! It's a beautiful thing!!

Stay safe and love each other!

Company 7 – Andrew Taylor

SATURDAY

I wanted to say Congratulations to Alexa Aviles for passing her Dispatch Examination

I would like to welcome new member 1558 EMT/Dispatcher Trainee Annika Lacroze on Saturday. Please welcome her with open arms and hearts as she is very excited to be here at HCFAS.

Thank you to all Company 7 crews, Those that responded on the 3 on 16 President Seth, Chief Michael Como, Chief David Kaufman, Monday Day Captain Kelly, Tuesday Captain Liz Mohr, Brian Canty, Brian Block, Michael Jacoby, Jake Levinsky, David Villegas, Mary Sisinni, Robert Biersack, Ona Mastroianni, Timothy Quigley. Lenise Booth, Bency Jean-Baptiste and Laura Treulich. I wanted to Thank Chief Jeffery Brenner, Deborah Rudilosso, Gary Brandel, Ona Mastroianni, Timothy Quigley, Pam Brenner, Jake Levinsky, and Esteban Lopez.

Notable Calls: (May 11, 2019)

Two MVA Accidents and cardiac arrest called this past Saturday May 13, 2019.

1) MVA- Car vs Tree (HQ) 1 patient critical transported to Nassau County Medical Hospital. Brian Block, Bob Biersack and Gary Brandel were on this call.

2) MVA- vehicle vs vehicle 2 (one stable and one critical patient) one was transported to Huntington and the other was medevac. Crew members Driver Thomas Hogan, CL Pam Best, First Aider Leyda Mata, First Aider Fritz Barreau, CL Lauren Connelly and driver Loreley Villamide-Herrera.

3) Cardiac arrest- SCPD officers, ALS Gary Brandel, Paramedic Eric Nazinitsky, CL Casey o'Riordan, and Driver Bob Biersack, Timothy Quilgey, Pam Brenner and David Villegas.

Thank You, Mary Sisinni, Laura Treulich, Alex Hastava, Alex Bayer and Dispatch Training Tristan Liu for handling all those calls.

If you need a CPR Card, Chairperson Michael Jacoby is in charge of CPR classes. Please contact him as soon as possible to get in a class. MICHAEL JACOBY (cpr@hcfas.org).

Saturday continues to need help throughout the day, especially the overnight. If anyone is ever available, please let me know. Again, thank you. Be safe 🧐

Andrew Taylor
Saturday Captain
Personal cell: 631-896-3284
BLS CPR/AED INSTRUCTOR
saturday.captain@hcfas.org

Notes from Board Secretary Bob Franz

2019 HCFAS Scholarship – Deadline July 1st – Bob Franz

The Board of Directors approved the awarding of up to six (6) five hundred dollar (\$500) squad scholarships to be given to any non-probationary HCFAS Squad member in good standing or a direct family member (ie: spouse, son, daughter, brother, sister) residing in the same home as the sponsoring non-probationary member in good standing. A drawing will be held at the July 2019 General Membership Meeting to select from those applicants who have applied to the Secretary (Bob Franz) as of July 1st, with the appropriate application forms and with the required qualifying evidence. The Secretary will receive from the Chief, a declaration that those applicants are non-probationary members or family members of non-probationary members in good standing. These scholarships are to be an incentive for the applicants, who must present documentation (academic transcripts) of at least a 2.0 grade point average for the preceding year. The applicant must have been enrolled for a minimum of six college credit hours per semester (minimum two semesters) or the equivalent period at a vocational school. All 2018 scholarship winners are not eligible for the 2019 scholarship drawing. The application form is included in this Pulse and is posted on the bulletin board and website. The form can also be found on the mail folder counter at the Squad. Incomplete applications submitted to the Secretary will be returned and not processed – all required documentation must be attached.

LOSAP 2018 Points – Bob Franz

The 2018 LOSAP Records Listing was approved by the Huntington Town Board on April 16, 2019.

In compliance with General Municipal Law, the approved listing was returned to the Squad on May 22, 2019 and posted on the bulletin board for a mandatory 30 day period. It is requested that each member review the information next to their name and report any changes in writing to the President with a copy to the Secretary. Each reported change must be clearly identified and explained with supporting documentation, if applicable. Please also verify that your legal name is properly indicated.

July 9, 2019 Golf Outing – Drawing at the June General Membership Meeting-Bob Franz

The Hubbinette Cowell Associates' 34th Annual Golf Outing will be held Tuesday July 9, 2019 at the Hamlet Wind Watch Golf Club Shotgun start at 7:30am followed by brunch and awards. As in past years, the Squad can send a foursome and Brian Canty has posted a signup sheet for a drawing to be held at the June General Membership meeting.

Notes from Board Secretary Bob Franz (cont'd)

NYS Volunteer Ambulance and Rescue Association Scholarship-Deadline August 1st – Bob Franz

The NYS Volunteer Ambulance and Rescue Association scholarship application can be found on their website www.nysvara.org or on the bulletin board & must be received by August 1, 2019 (applications postmarked later than the deadline August 1, 2019 will not be considered). This scholarship is open to squad members and post 215 members. Each year the NYSVARA provides up to three \$500 scholarships. Scholarships are awarded on the basis of merit as determined by The Scholarship Committee of the Association, whose decisions are final. Applicant must be a high school senior in good academic standing and graduating in June of the year applying or an adult member furthering their education. Applicant must have applied to and be planning to enroll and pursue a course of study in an accredited college or university.

HOCPR Committee- Kathy Castillo, Chair

We have a bunch of events coming up through the summer. I want to thank everyone who has helped out with HOCPR. We have several new members on this committee, and we're looking to expand it even more. If you have a HOCPR shirt, and no longer participate with this committee or were given a shirt for a one-time event, please return it to Kelly Murphy or me so we can give them to members that participate.

Thank you.

Calendar of Events

Check out these upcoming special events. Show your HCFAS pride! Participating in events and supporting our organization and your fellow Members!



BOD Meeting	June 6
GMM	June 10
Officers Meeting	June 11
BOD Meeting	June 20

*Show your HCFAS pride!
We need your
participation at
meetings, parades, and
other events. It's a
great way to meet your
fellow Members!*

Public Relations- Andrea Golinsky

Georgina Rivas from the South Huntington Public Library came to the Squad Friday, May 17th to deliver baskets of goodies that were made up by the Young Adults of the SHPL. They were done in recognition of EMS Week and to thank our members for their work in emergency care to the community.

Pictured is Captain Kathy Castillo accepting the baskets from Georgina Rivas of the South Huntington Public Library.



The New York State EMS Memorial Ceremony took place on the Plaza in Albany Tuesday, May 21st. Seven names were added to the Memorial Wall including that of William Ryan (father of Michaela Ryan) who was a member of Bay Community Volunteer Ambulance and a former member of HCFAS who passed away due to 9/11 related illnesses. HCFAS had an ambulance and a first responder vehicle on the Plaza for the ceremony. Chief Michael Como led a contingent of HCFAS members in honoring those who lost their lives in the line of duty.



CME Program- Pam Brenner-Davis, CME Coordinator

I LOVE the CME program. I believe it gives providers the chance to learn and grow among their peers, to direct their time and attention to topics of interest or particular concern, and it empowers EMTs to constantly strive to be better.

Remember, though, that the CME program is a privilege, and requires that each participant, and the agency as a whole, adhere to the guidelines.

Please read these CME program guidelines to stay aware:

- All certification paperwork must be submitted to Suffolk EMS **70 days prior to your expiration**
- You must meet with me to certify your completion no later than **90 days prior to your expiration**
- All renewing EMTs must have a current CPR card – this means a card with a *minimum of 6 months remaining*
- You can only complete half of your non-core hours through "Self-Study" all other hours must be completed through classroom time – for most HCFAS members you'll use your review training for your Self Study Hours. This means you cannot use any additional online courses for non-core credit
- You must maintain continuous practice at the level you are recertifying
- Core classes may not be taken a second time for Non-Core Credit
- BLS providers may take ALS Core classes for Non-Core Credit, with the permission of SCEMS
- Paperwork can be submitted up to 9 months prior to your expiration
- All paperwork must be dropped in my mailbox on an ongoing basis. HCFAS CME records are subject to audit, so please help me keep your files current. If you're more tech talented, go ahead and scan them to me! pamelabrenner@gmail.com
- When you renew and receive your new card, take a picture and text [516-521-6550](tel:516-521-6550) or email pamelabrenner@gmail.com
- Core classes can be taken in any order
- I recommend taking your skills early in your renewal, these classes don't come up often and you don't want to get jammed up
- Take Fiona Witkowski's monthly non-core classes at HCFAS. She works so hard to organize innovative and entertaining classes, and does a brilliant job!
- Thank your HCFAS CICs Brian Canty and Mark Brenner, they work hard to keep their teaching credentials and we are so lucky to have them teach for us in house
- All upcoming courses can be found at <http://www.suffolkremSCO.com/main/continuing-medical-education/>

I'm available to answer questions and to help you achieve success in your renewal. The best way to reach me is by text 516-521-6550 but I can talk by phone, exchange emails, or meet in person. Your success in this program is truly important to me and I'll do everything I can to help.

Thank you for taking your time to keep your certifications and continuing to commit to providing quality EMS care. It's my pleasure to work alongside such wonderful professionals.

Good and Welfare

It is with deep sadness that we announce the passing of Cirilo Hernandez Negron who was the grandfather of Vanessa Hernandez, thoughts and prayers are with the family.



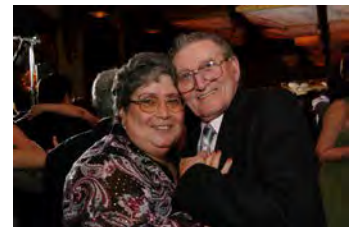
Get well wishes for Joe Nappi who was hospitalized, and is now recovering at home.

Get well wishes for Paul Kelly who was hospitalized, and is now recovering at home.



Get well wishes for John Stiles, husband of Christy Stiles, who was briefly hospitalized but is home recovering and doing very well.

Get Well wishes for Fred Steenson, husband of Liz Steenson, who was hospitalized but is home recovering.





Greg Orr is recovering after eye surgery. He is home resting and feeling much better.



Louis Dell's wife Quinn was involved in a MVA, and she is slowly recovering. Get well wishes to Leora Orlando, wife of member Phil Orlando was involved in a MVA. She is slowly feeling better day by day. Special thanks to all of our members who responded as quickly as they did



Congratulations to Sam Mohr, daughter of David and Lisa Mohr, and sister of Captain Liz Mohr on her marriage to Lenny Collado. Best of luck to you both we are very happy for you.



Congratulations to Shayna Castagna on her graduation from PA School Please join me in wishing

Happy Birthday



Mary Brenner a very Happy 95th Birthday

Best of Luck & Fair Sailing Esteban



On behalf of HCFAS, please join me to wish [Esteban Lopez](#) the best of luck! He is one of our greatest members, embarking on the next chapter of his life. Thank you for all you do, and best of luck!

In Esteban's own words:

I am attending CORTAMID West which is a summer cruise for Naval ROTC. Midshipmen spend four weeks

in San Diego, one week learning about the different communities of the Navy including Surface Warfare, Aviation, Submarines, and the Marine Corps. Different activities include spending time underway on active duty vessels, live fire drills, and having liberty to explore around San Diego."

TOWN OF HUNTINGTON MEMORIAL DAY WREATH CEREMONY 201



Life Member, Ret. Capt. USA, Paul Kelly gives the Memorial Day Remembrance speech
" We, the residents of Huntington, honor and thank all of the men and women who sacrificed all of their tomorrows, their hopes, prayers and dreams in all of our nation's wars so that we our children and our grandchildren may live in peace and safety". Ret. Capt. USA Paul Kelly and Sergeant at Arms, Fred Amore, Cmdr. VFW #9263 Salute the Members of the Vietnam War Memorial.

New Member Spotlight, Martha Brenner

John Conners 1554

John was a member for many years including a year as the Tuesday Day Captain. He left in 2017 to pursue a job opportunity in Florida. However the family situation did not work out in the sunshine state so he has returned to New York to be near his daughters Payton 4 and Charlotte 18 months. John is currently working at GEICO but hopes to move into a medical related field soon. Also note John is the half brother of our current First Deputy Chief, Liz Wuestman. You will find John on the Monday 1900 shift.



John Zadran #1557

John believes that Huntington is a very special community and that being fortunate enough to live here he wants to do something to give back. John was recently graduated from Stony Brook University with a degree in Biology/Science. He is one of 5 children 4 boys and number 5 the only girl! His hobbies are volley ball and reading. You will find John on the Thursday 1100 shift.

Annika Lacroze #1558

Annika is graduating this spring from Cold Spring Harbor High School and will be attending Case Western in Ohio as a premed student. She is a NYS EMT taking the class simply because she wanted to learn more about medicine. Her family has been friends with the Comos for many, many years. She told me it was Peter Como, Chief Como's brother who suggested she join HCFAS. Annika has been accepted under a college member program where these students must do a minimum of 2 shifts per week when they are home. Annika has a twin brother, and older brother and the family includes 4 dogs! In her spare time she likes to be on the water boating or wake boarding. You will find Annika on the Saturday 0700 shift. (BTW Annika is a danish name)



Blood Drive

In Memory of Brian Matthew Plante

Huntington Community First Aid Squad

2 Railroad Avenue, Huntington Station

PLEASE Park in Railroad Parking Lot 18

Sunday, June 23, 2019

10:00 am - 4:00 pm

Your donation will help to save up to **THREE lives**. Our community hospitals need your help. Please share this lifesaving gift!

Donate Today - People can't live without it!

Thank you from all of us.



Eligibility Criteria:

- ✚ Bring **DONOR CARD** or ID with signature or photo.
- ✚ Minimum weight 110 lbs.
- ✚ Age 16 - 75 (16 year olds must have parental permission).
- ✚ Age 76 and over need doctor's note within two weeks of June 23.
- ✚ Eat well (low fat) & drink fluids.
- ✚ No tattoos for past 12 months.

For questions concerning medical eligibility call 1-800-688-0900

To schedule an appointment, text your name and preferred time:

Carolyn Plante 631.316.5627

If unable to text, email Carolynp123@hotmail.com

Critical Incident Stress Management

A Chief Officer or his/her designee can arrange for a critical incident stress debriefing by calling the hot line at:

(631) 924-5435

The Suffolk County Critical Incident Stress Management (CISM) Team was established in 1984 to provide critical incident debriefing and related services for Suffolk County's emergency response personnel. A critical incident is defined as "an event which negatively impacts the responders in such a way that it interferes with their performance at the scene as well as their overall well-being". Critical incident stress debriefings have been shown to mitigate the effects of a critical incident and to assist emergency response personnel with the healing process. The Team operates a 24-hour-a-day hotline for debriefings and related services.

All requests are handled promptly, often immediately. The Team's services must be requested by the emergency response agency; the Team will not respond to an event or arrange for a debriefing unless it has been requested to do so.

If an individual is having problems of a personal nature, please encourage them to contact the Team. **The Team does not take third party calls; the individual must call the Team.**

Qualified health professionals, assisted by trained peer counselors, (many of which have extensive volunteer experience with their local response agency) conduct all debriefings.

The Team provides the following services:

- *Demobilization*: The Team is called upon to respond to the event location to observe personnel as they perform their duties;
- *Defusing*: The Team speaks to the emergency response personnel before they are dismissed from the event;
- *Debriefing*: The Team meets in a group session with those who participated within 48-72 hours of the event.
- *One-on-one counseling* is also available through the hot line number.



Huntington Community First Aid Squad, Inc.

2 Railroad Street Huntington Station, NY 11746

Business Number: 421-1263

Fax: 421-0666

Scholarship Application-2019

Deadline July 1, 2019

Applicant's Name: _____

Applicant's Address: _____

Home Phone Number: _____ Cell _____ email _____

School Attending: _____

Sponsoring Member's Name: _____ # _____

Sponsoring Member's Address: _____

email _____

REQUIREMENTS:

-Applicant must be a non-probationary HCFAS Squad Member in good standing or a direct family member (spouse, son, daughter, brother, sister) residing in the same home as the sponsoring non-probationary HCFAS Squad Member in good standing. Only one application per applicant will be accepted.

-Applicant must have at least a 2.0 grade point average for the preceding year.

-Applicant must have been enrolled for a minimum of six (6) college credit hours per semester (minimum of two semesters) or the equivalent period at a vocational school for the preceding year.

-Applicant cannot be a 2018 HCFAS scholarship recipient.

-Deadline: Application and required documents must be received by HCFAS Secretary by July 1, 2019

APPLICANT MUST SUBMIT THE FOLLOWING:

-Completed application.

-Proof of enrollment (academic transcripts) for the preceding year (two semesters) with at least six (6) college credit hours per semester or the equivalent at a vocational school and a 2.0 Grade Point Average for that year.

-Proof that family member applicant resides in the same home as HCFAS Squad Member.

I certify that the information provided is true and correct.

Applicant's signature: _____ Date _____

For Internal Use Only:

I certify that the above applicant or if not the applicant, then sponsoring member is a non-probationary member in good standing in accordance with HCFAS By-Laws/SOPs.

HCFAS Chief's signature: _____ Date _____

I certify that the application received meets the requirements:

HCFAS Secretary's signature: _____ Date _____

General Membership Meeting May 2019



Pictured L/R: President Seth Fischer, Meg Callinan, Chief Advisor Sue Otto, Kathi Bonessi Christopher Diaz, Emily Yonkes, Alex Hastava, Jacqueline Callinan, Alex Bayer, Chief Michael Como,

Suffolk Regional EMS Council 2018 Awards

A couple of months ago the 2019 operational officers submitted our nominations for the 2018 Suffolk Regional EMS Council Awards.

It is with great pleasure I announce that Alex Hastava, the 1st Deputy Chief of Post 215, was selected as the 2018 Youth Provider of the year in Suffolk County. Having been selected as the Youth Provider for Suffolk County, his name will now go up to Albany for consideration on the state level. In addition to being an officer and active member of Post 215, Alex also volunteers at Huntington Hospital as an Emergency Department Ambassador. Congratulations Alex, this is well deserved and we are all very proud of you.



Standing with Alex Hastava, the 1st Deputy Chief of Post 215, Father Greg Hastava President Seth Fischer and Chief Mike Como.



Joan Florio receiving her 5 year length of service pin.

Life Member Bob Loysch receives a gift card he won in the signal "3 on a 16 raffle". award for back up calls





"Compassion Fatigue Education and Prevention".

This course was sponsored throughout the county by the Long Island Council on Alcoholism and Drug Dependence. Steve Chassman Director of the Long Island Council on Alcoholism and Drug Dependence, Inc. gave an exciting, thoughtful, insightful look into speech for around thirty five

members from HCFAS and neighboring agencies on Friday, May 24, 2019. This class again was sponsored by HCFAS and Chiefs Ryane Como and Mike Como. Everyone who attended the class came out agreed that everyone should attend this class

As a Licensed Clinical Social Worker, Mr. Chassman is well-versed in treatment modalities for mental health conditions and substance related disorders. Modalities include motivational interviewing, engagement techniques, stages of changing behavior, cognitive behavioral therapy, dialectical behavioral therapy, co-occurring disorders, including medication compliance, wellness self management, emotional self regulation, rational emotive therapy, grief and loss



counseling, critical incident stress debriefing, co-dependency counseling, empowerment and recovery readiness counseling, risk reduction counseling, crisis intervention counseling, risk assessment for suicidal and homicidal ideation, therapeutic intervention strategies for substance use and co-occurring disorders and mental health psychological assessment and evaluation skills. Mr. Chassman is skilled as an individual therapist and facilitator of therapeutic and psycho-educational groups for

clients and families.

Mr. Chassman is a dynamic speaker of professional seminars geared towards promoting professional growth and skill bases for students and professionals in the arena of substance use and mental health service provision. Mr. Chassman emphasizes the need for psychological education as a means of empowering individuals towards self efficacy and community education and prevention to combat substance-related disorders.”





2019 Memorial Day Wreath Ceremony



HCFAS attended the ceremony held on May 26th at the Huntington Town Hall to honor our fallen soldiers.





2019 Memorial Day Parade



The HCFAS members with Chief Como, marched on May 27th to honor our fallen heroes.



BASICS – June 2019
By Mark W. Brenner, CIC
Your EMT Certification

Congratulations! That's how the letter from the New York State, Department of Health, EMS Bureau begins when you achieve certification as an EMT, EMT-CC, or EMT-P. And congratulations indeed! After months of work, you have received certification that will span 36 months. The last thing you want to think about is hitting the books again. But every member will benefit from thinking about how they want to recertify. There are the traditional refresher classes frequently offered here at HCFAS by Brian Canty. But Brian might not be offering one at the time or on the days of the week you find preferable, and so you would have to take a refresher class at another location.(EMT-CC' s should be aware that their recertification can only be conducted through the CME program.)

Or EMT's and Paramedics can enter the Continuing Medical Education (CME) program. Here, the provider takes classes throughout the next 33 months including required topics known as Core Content, non-required courses know as Non-Core, renew their CPR certification and attend a skills validation class. But in order to participate in this program, the member must register with the HCFAS CME Coordinator, Pam Brenner-Davis. Before you complete your CME recertification process, you must meet with Pam for her to validate your work. She will provide you with a letter acknowledging that you have satisfactorily completed the work, and then you will make an appointment to meet with Deputy Chief Dina Wayrich of Suffolk County EMS. You must meet with her no later than 60 days prior to the expiration date on your current certification. You will receive your new card in the mail within a couple of weeks and Suffolk County EMS will automatically re-enroll you in the CME program.

Failure to complete the program in the required time will force the provider to enroll in a traditional refresher course should they wish to recertify.

More information on this can be found on the Suffolk County EMS website: SuffolkREMSCO.com. Click on the CME tab. There is an overview of the requirements. But YOU must contact Pam Brenner-Davis to enroll in the CME program. Don't wait. The sooner you enroll, the sooner you can begin to earn CME credits. I teach many Core Content Classes here at HCFAS. Recently, I have started to teach them at Cold Spring Harbor FD. Suffolk County EMS offers classes at Dix Hills FD, its EMS Academy in Yaphank and at numerous sites throughout the County. Check out the listings of Core and Non-Core classes being offered. Find a day/time that meets your schedule and register for it. That's right – call Suffolk County EMS during business hours at 631-852-5080. Or email Raegin Kellerman at raegin.kellermann@suffolkcountyny.gov.

Many of the Squad's Review Trainings can be applied to the Non-Core requirements. Again, the sooner you enter the program, the sooner you can begin to earn credit. Plus the Squad's QA/QI committee has been scheduling many non-core CMEs.

Maintaining your certification is work. But there are many ways to achieve it. However, I encourage every provider to register with Pam Brenner-Davis to participate in the CME program. The sooner the better. You can always opt-out. If you have any questions, contact Pam. She's great! Don't believe me? Ask Raegin Kellermann at SCEMS when you call to register for a CME class. Pam is regarded as one of the best CME Coordinators in the system.

But she can't perform miracles. It's up to each of us to fulfill the CME requirements in a timely fashion. And remember, like us, she too is a wife, a mom and a woman with a career. She can't always meet with you exactly 61 days before your certification meeting with the County. Please be considerate.

And, if you want to get started on CMEs, check out the information below. (College students – Welcome home! Please consider enrolling in the CMEs listed below) And to all - thank you for maintaining your certification!

Non-Core CME Opportunity

MSU

Mobile Stroke Unit Training

On-line! 1 hour. You must use a computer that can access a printer to print your certificate. You cannot do it on a tablet and save your work.

Go to SuffolkREMSCO.com

Click on the “Protocol” tab

Click on the red MSU icon to the right.

Reminder:

BLS CME Core Refresher July 2019

Huntington Community First Aid Squad

2 Railroad Street

Huntington Station, New York 11746

Instructor: Mark Brenner EMT-CC, CIC # 50554

Pre/Co-requisites ICS 100, ICS 700 and HazMat Awareness

July 15, 2019 (Monday: 9:00am – 12:00pm)

Class 1 – Preparatory, EMS Operations, Special Needs Patients (3 hours)

9am to 12pm

July 16, 2019 (Tuesday: 9:00am – 4:00pm)

Class 2 – Airway, Respiratory (3 hours) 9am to 12pm

Class 3 – Patient Assessment (3 hours) 1pm to 4pm

July 17, 2019 (Wednesday: 9:00am – 4:00pm)

Class 4 – Pharmacology, Med. Admin., Emergency Meds., Cardiology, and Shock & Resuscitation (3 hours)
9am to 12pm

Class 5 – Immunology, Toxicology, Endocrine, Neurology, Psychiatric
(3 hours) 1pm to 4pm

July 18, 2019 (Thursday: 9:00am – 5:00pm)

Class 6 – Abdominal, Geni-Renal, GI, Hematology (3 hours) 9 am to 12pm

Class 7 – Geriatrics, Obstetrics, Neonate, and Pediatrics (4 hours)
1pm to 5pm

July 19, 2019 (Friday: 9:00am – 1:00pm)

Class 8 – Trauma (4 hours) 9 am to 1pm

To register: Call Suffolk County EMS 631-852-5080.

These may be taken as a course or any session individually.

June 2019

HCFAS Birthdays

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
	Stefanie Mirabelli			Donna Gurtowski & John Mascina		
9	10	11	12	13	14	15
		Eero Neumann				Patrick Daneegan
16	17	18	19	20	21	22
	Beatrice Martinez			Rich Gierbolini & Karen Sprague- Wong		
23	24	25	26	27	28	29
	Maxine Epstein	Solange Rich				Greg Orr & Dave Mohr
30						
Mary DeWan & Osa Mastrolaroni						