

THE PULSE

HCFAS-
PROUDLY
VOLUNTEERING
SINCE 1967

THE HEARTBEAT OF THE HUNTINGTON COMMUNITY FIRST AID SQUAD

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Happy March everyone, hope you are all well!!

It is already March and we are moving along very well. There is tremendous forward momentum from the Chief's office, and I cannot thank them enough for their hard work and dedication. On behalf of the Board of Directors, we are truly impressed by what Chief Como has done leading his team thus far. 2nd Deputy Ryane Como is getting our review trainings out on time, managing our credentials, and putting together some awesome classes for our members. 1st Deputy Elizabeth Wuestman, who has ensured us that laminated credentials are finished, has done an amazing job putting a comprehensive system in place from an Operational level to managing all credentials moving forward (AWESOME JOB). 3rd Deputy David Kaufman has been doing a phenomenal job of managing our fleet, and our ambulances are looking better every day. We should be very proud of our Operational Officers, and how they have tackled their first 60 days.

With regards to our checkouts, we still need to do a better job. As I mentioned last month, we are still under a microscope, and I am sure no one wants to be the crew to be dinged for something by the DOH. There is a reason why ALL ambulances need to be checked out regularly. HCFAS is synonymous for running multiple alarms at a time, and obviously, our backup crews, who call in, are not doing checkouts. They are grabbing a Toughbook and going to the alarm, hoping what they will need for patient care, and Part 800 are in their ambulance. I understand we are super busy at some points throughout the day and night, but please make sure our ambulances are checked out and ready to hit the road. Paramount to anything else is the fact that our residents rely on us to provide the best level of care, but of course, an ambulance inspection at any time is always a possibility.

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

This month the Board and I will be working on a compliance piece that we need to put in place for Medicare/Medicaid. This is an immediate need for our organization based on our level of billing. There are meetings planned in the immediate future and I will provide more information at our March GMM.

Special thanks to Treasurer Canty, Joanne Vogel and Sue Siebel. They all worked very hard on our Installation Dinner. I thank you guys very much for your hard work.

Last but not least, I am asking for your HELP! As I have mentioned, your "volunteer experience" at HCFAS is top of mind for me in 2019. I want to be the best volunteer agency in the country, but I need your help and guidance. I ask that you please email me as many items as possible that you think would enhance our experience at HCFAS. Most of us have full time jobs that we either love or hate and may have crazy families at home, so when you come to your building for your shift I would like it to be a good time for all. Please also include activities that you think would work with everyone. Some of you volunteer or work at other agencies. What are they doing for their members that you think would work at HCFAS? My email address is sethfischer11@gmail.com, please email me any ideas you have, and let's all discuss them at the next GMM. Apparently any idea is a good idea, except, I already asked Treasurer Canty for a frozen yogurt machine and he said no.....(so skip that one).

March looks like it's coming in like a lion, so please use caution when operating an ambulance and watch your scene safety at all times.

Remember the mind grows strong through use. Struggle makes power.

Napoleon Hill liked to tell a story about his grandfather, a wagon builder in North Carolina. When the old man cleared the land for cultivation, he always left a few oak trees in the middle of the field at the mercy of the elements, unsheltered by other trees in the forest. It was from those trees that his grandfather made the wagons' wheels. Because they were forced to struggle against the fury of nature, they grew strong enough to bear the heaviest load. Welcome difficult challenges, for the greatest opportunities will come from challenges that force you to expand your mind as you search for creative solutions. During life's bleakest hours, take solace in the fact that you are strengthening yourself through struggle so that in the future you will be prepared to take on even greater challenges. Like the old oak tree, you grow strong only when you are forced to struggle.

Chief's Report - Michael Como

As we enter the month of March our agency has answered over 1000 calls. Everyone has been doing a great job coming in for your shifts and doing backup calls. As a way of saying "thank you" to members that answer up on calls, we are going to start raffling off a gift card each month. The first drawing will be during the April GMM. Each time you answer up, the dispatchers will flag you in the CAD as "rescue", and that will be one entry in the raffle. Officers will not be included in the raffle. Also, if you are in need of a pager, please let your captain know and one will be provided to you

We are making a big push with recruitment this year. Thursday Captain John Mancino was kind enough to take over the corporate Facebook page and has been working hard to get the word out about volunteering at HCFAS. Third Deputy Kaufman and I are also currently working with the Town of Huntington to have recruitment signs made up. I am hopeful that through these recruitment efforts we can start to fill in the gaps we have on the schedule. Until that comes to fruition, help is needed on days with a lot of gaps (especially Wednesday and Thursday during the day). If you could come in to do a shift or even listen up, the captains and I would be grateful.

By now most of you have received laminated copies of your EMT-B/CC/P credentials and your driver's licenses. I ask that you keep them on you when you are acting in the capacity of crewleader or driver.

The first parade of the year is the 85th annual Huntington St. Patrick's Day Parade which will be on Sunday March 10th. A sign-up sheet is in the ready room. I'm looking forward to marching with our members and Post members. There will be great food at HQ after the parade (thanks Brian!).

I hope everyone had a nice time at the installation dinner. Brian Canty, Joanne Vogel, and Sue Seibel did an amazing job organizing the event. While we were all at the dinner, our agency was covered by CSHFD, GFD, and DHFD, and the following members dispatched: Leyda Mata, Tristan Liu, Lauren Aviles, and Jack Kovalsky. Tom Curry, Jordan Drelich, Erica Alicea, Steeven Jean, and Gerardo Vasquez also helped cover calls during the dinner. Thank you all for helping!

1st Deputy Chief – Elizabeth Wuestman

The end of the first quarter of 2019 is near! I am so thankful to each and every member that has helped achieve some of the goals we had set out in the beginning of the year. I look forward to accomplishing so many more. As first deputy I have had the pleasure of getting to know many of our new members and forming even stronger relationships with many other members. Please reach out whether to say hello, ask questions, or personnel related discussions, I am a resource and want to ensure each and every member feels at home here at HCFAS.

Finger reads... Please please please remember to punch in and out on the same shift. I have absolutely no problem adjusting finger reads for those rare times you forget to do so, however we have 267 active members and you can imagine how many finger reader forms that can build up in just a short period of time.

Hours... The end of the 1st quarter is March 31st please make up any missed shifts, look for mismatches in your finger reads and speak with your captains if you have had any recent family obligations or illness that may have impacted your hours this quarter. I have asked all day captains to run hours mid quarter and notify anyone who may have been short, I will be reminding them to do so for the remainder of the year, however, this is a courtesy and ultimately your responsibility to track your hours. Your attendance and our low 24 rate is in direct correlation to one another. Without you, we would not be able to successfully serve our community! Thank you for your service.

Longevity awards... It was brought to my attention at the February GMM that we once published our longevity awards in the pulse article. That week I sat down in front of SCM and put together a list for the next year that will be published in the pulse for the appropriate month for the remainder of the year. If anyone else ever has ideas of how to improve the HCFAS experience and access to information, please share with your officers, we want to help!

Members interested in driving and qualify to become drivers, please place a copy of your license in my mailbox with your badge number and a note stating your interest. Laminated certifications... Please collect your laminated certifications from your day captains. If you have not already handed in your certifications to be laminated, please place them in my mailbox.

2nd Deputy Chief – Ryane Como

The March Review Training is out on Transport Decisions and Hospital Destinations. Please be sure that you have completed the February Review Training on Sexual Harassment as this is a requirement. You must complete this training by March 30th. All ALS providers should have received an email regarding the switch to the FlowSafe II CPAP device. These devices are being deployed in the ambulances on Sunday March 3rd. If anyone did not receive the email and needs hands on training, please contact me.

Thank you all for your continued dedication to HCFAS. If anyone has training ideas, I am always open to suggestions.

Upcoming CME/Training Opportunities:

- Monday March 11th after the GMM: Mark Brenner is offering a 1 hour non-core CME on “Infusing Care into Emergency Medical Care”
- Tuesday March 12th 1900: Trauma Pre-Notification and Call Review by Colby Rowe and Dr. Vossinkle from Stony Brook Hospital
- Thursday April 4th 1900: “Delivery of a Baby in the Field” by Dr. Robert Scanlon from Huntington Hospital

3rd Deputy Chief – David Kaufman

Hello members,

There are several interesting repairs in the works. 21 will be receiving new rub rails. 19 will be having the dent on the upper left of the module removed. 20 will be getting a new backup camera and will be going to a body shop soon. 17 will be having the exterior metal repaired. The order of these is dependent on vendor availability.

There are now extra regulators in the airway cabinet in case something happens to the one in the oxygen bag, or you need to use a second tank.

There are now portable EPCR laptop chargers in all the ambulances and in 81. They are either in the glove compartment or in the center front cabinet of the patient compartment with the pediatric pouch.

We have received all new modems for the LifePak 15 Monitors. This should eliminate any issues with transmitting EKGs.

Thank you to Mike Capotosto for assisting me to order and install a new clock in 21.

Thank you to everyone who has helped wash the ambulances and fly cars so far this winter. A few I saw recently were Gary Brandel, Andrew Taylor, Jordan Drelich, and Paul Bayer, but I know there were certainly more than that.

I am disappointed to say that nobody took the opportunity to win a mystery prize by memorizing the Gettysburg Address. That offer has now expired.

Thank you to everyone who checks the gas level and fills up vehicles on their shift. I recently received a request to put a little information on gas prices in The Pulse. Below I'll mention the gas stations I've noticed we use frequently.

Some best priced gas stations: 201 Depot Rd, 445 W Jericho Tpk (Valero), 378 Oakwood Rd (7-eleven)

1290 NY Ave USA is okay, at a similar price, but sometimes a little higher than above.

"Larry's" USA Petroleum, 405 NY Ave is about \$0.20 per gallon more expensive than the first list of prices above, so it's okay if you're short on time, but not ideal.

Please remember to fill out a hospital restock form so the Squad can recover supplies from the hospital in a 1 for 1 exchange for what we used. The forms are now available at headquarters in addition to the hospital. The hospital sticker is not mandatory. It goes in the restock mailbox at headquarters after it's completed.

Happy St. Patrick's Day.

See you out there!

Chief Dispatcher - Michael Barker

One of the most important responsibilities of the Chief Dispatcher is making sure members get credit for all the calls they do. During the “paper PCR” era, this was much easier. When you returned from a call, you handed the dispatcher the paper PCR that had all the names of the members participating on the bottom. That is why I have been harping on the importance of telling the dispatcher who is going on the call BEFORE you leave the building, so we can add them into the CAD. And if anyone joins you on the call, please tell us when you return so we can put them in the CAD too.

You probably do not know that the Chief Dispatcher spends most of Monday doing a QA / QI process comparing last week's ePCRs to the CAD to make sure all the names that appear on the ePCR are also in the CAD. At the same time, the Chief Dispatcher checks three dispatcher entries to assure that the statistics we report to the Town and County are correct and give HCFAS credit for the proper response procedures.

When you are dispatching, PLEASE make sure you do the following:

1. If a Medic or ALS provider is dispatched to any call, please enter a “P” or “CC” next to the first responder or ambulance icon in the CAD.
2. If the ambulance does not transport, please choose one of these reasons from the “signal” drop down menu:

Call Cancelled

RMA

Unfounded

Signal 50

3. If a Medic or ALS provider goes to the hospital on the ambulance, please enter “ALS Run Call” from the “signal” menu in the CAD.

I put up a new sign in the dispatch office reminding dispatchers that we have 4 minutes to confirm a crew for Alpha, Bravo, or Charlie calls, but only 2 minutes to confirm a crew for Delta or Echo calls. This protocol has been in place since 2007.

Finally yet importantly, it is still winter. Please keep the doors closed unless a vehicle is entering or leaving the building. That is a Homeland Security requirement.

Thank you for all you do. Michael

Company 1 – Captain Bill Connolly

SUNDAY

Thank you to you all who make Sundays run so well. Lots of big news to share. I would like to congratulate 2 new crew leaders: Lauren Stalzer and Erik Krischand and Company 1's new driver, Jaclyn Rittershaus. Also congratulations to Julia Vodopia and Joseph Corcoran for coming off probation.

Sundays has a new member Felix Rivera Medina. Welcome! The 23:00 shift is still in need of a dispatcher and a driver. If you are available to cover shifts or in need of driver training please feel free to contact me, Sunday.captain@hcfas.org.

Company 2 – Captain Kelly Murphy

MONDAY

In like a lion, out like a lamb....March is always fun between the crazy weather, marching in the Saint Patrick's Day parade, the Installation dinner and looking forward to new beginnings.

- I would like to welcome Equislaure Gabriel aka KIKI to the Monday 1900 shift as our FA. KIKI always brings a smile and is super smart and friendly.
- Congrats to Solomon Walden on passing the dispatch test, ambulance orientation becoming a FA and starting the ACL program. Thank you Solomon for always staying for a double shift whenever I ask for your help.
- Congrats to Kristin Tiersch on becoming a CL and starting the DR TR program. Thank you Kristin for coming in and covering multiple shifts almost every week, you're the best !

Thanks to all the Co. 2 members and so many other wonderful members that continually show up to cover shifts or answer up to our pages. We are still rocking with NO 24's !!!

What Monday needs;

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

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

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

1900 2nd due ALS

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

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

I wish everyone Irish or not a very Happy St. Paddy's Day!!!

Kelly Murphy

Monday Day Captain

Company 3 – Captain Elizabeth Mohr

TUESDAY

First off a huge thank you to everyone who has come helped on Tuesdays. As always, they are a busy day that needs all the extra people that come down. A 1st Due Crew is needed each Tuesday overnight. If anyone is available, please let me know. Also, second due crew leaders are needed for the 0700 and 1500.

This month, I would like to thank Bobby and Tom who come down each week to do an extra shift and help cover the day. Week after week I can count on both of them to come down and help out on the two busiest shifts of the day.

Again, thank you to everyone who helps out on Tuesdays, all the hard work and dedication does not go unnoticed.

Company 4 – Captain Katie Donegan

WEDNESDAY

Continuous thanks to all of those who continue to help out with staffing Wednesdays- as many of you know there are many holes to fill on this day and every ounce of help is appreciated! For those unaware, Wednesdays can almost ALWAYS use help on the 0700, 1100 and 1500 (DR only). Thanks to Bob Biersack, Steven Benjamin, Seth Fischer and Fiona Witowski for constantly helping out and to Mary Winter for making many of the phone calls I cannot.

I'd like to welcome Joseph Savaglio #1549 and Jonathan Guarino #1550 to Wednesdays! We are happy to have you as part of the team.

Thank you to the special events committee for a wonderful Installation this year. It was a fantastic night.

Thanks once more to all of those who are on Wednesdays, either regularly or to help out, your hard work and dedication to our community is outstanding.

Katie

Congratulations!

St. Catherine of Sienna Hospital awarded its "PROTECTOR OF THE PENUMBRA" award at a ceremony on 2/27/18 to a crew from Kings Park Fire department that included our own Tyler Gibbs. The award was in their excellent handling of a stroke call. Quick recognition of the potential stroke, rapid transport and detailed hospital report prior to arrival at the ED including the so very vital last known well was an important part of the excellent outcome for the patient.

submitted by Martha Brenner

Company 5 – Captain John Mancino

THURSDAY

Thursday Day Captain

In case you haven't heard, in February we hit the Triple Crown of Groundhogs. Punxsutawney Phil, Malvern Mel and Holtsville Hal all did NOT see their shadow, so as you can guess spring is right around the corner.

I want to thank everybody for all the hard work they've done so far in helping out the new officers get things going. I think a lot has been ironed out, but we as a team have a lot of work ahead of us. Thursdays are in desperate need of second due crews on all shifts and a first due crew on the 1500 shift. All help will help will be appreciated.

As announced at last month's general membership meeting I'm taking over the social media committee. Without interfering with patient care, if anybody has the opportunity to snap off some good photos of what we do and what we respond to please get them to me so we can publish them and advertise all the great work the squad does. Additionally we will use social media as a way to try to recruit new members. If you would, please share stuff on your personal pages and try to spread the word of all the great things HCFAS does I think that would help recruit quality talent to our organization. After all, they're your friends so why wouldn't we want them to be part of our organization.

We're still having issues with the ambulances not being restocked after calls, please be diligent and make sure that the rigs are set up so that we are prepared for the next call, we never know what we are going to get. Specifically be very careful with the Lifepack. The blood pressure cuff, EKG cables and pulse oximetry needs to be put back in the pocket on the side of the unit, if we have to pull the device off the ambulance we can't have these items dragging on the ground. As the third deputy chief can attest to, the cable that connects the pulse oximetry is disgustingly expensive and breaks if you breathe on it too hard.

That's all for now, enjoy the rest of the winter, be safe everybody and thank you all for all the help you've given me.

Best regards,
John Mancino
Thursday Captain



Company 6 – Captain Kathy Castillo

FRIDAY

Top o' the morning to ya!!

I want to give a shout out to everyone who has loved, cared, helped, and prayed for me over this past year. I still can't believe I had open-heart surgery, but my work down here is not done yet! I seriously don't know what I would have done without my HCFAS family and friends. You guys ROCK!

Congratulations to Christina Denker on being officially credentialed as in EMT CC! I know you worked hard for this, and I'm very proud of you Christina, keep up the good work! I would also like to congratulate Karl Forsburg for being awarded probationary member of the year, I am very proud of you. I also want to congratulate Tommy Romano #939 on receiving life membership. You are such an asset to HCFAS in so many ways, and truly deserve it! Thank you for all you do Tommy!

Thank you to all who help out on Fridays, and a special shout out to all the Friday members who are just amazing!

Stay safe and love each other

Company 7 – Andrew Taylor

SATURDAY

I would like everyone to welcome new member and EMT Tristan Liu Badge # 1548 on the Saturday 1500. Mary Sisinni is doing a great job in training him. Tristan is picking up Dispatching quickly and cannot wait to ride the Ambulance. If you see Tristan, please introduce yourself and help him out as needed. Thank You.

I want to say [Happy 22 years Anniversary](#) to member 1029 Ona Mastroianni and her husband.

I want to say Congratulations to Brandon Eybergen (1512) on becoming a Driver.

I want to say best of luck to our members who are in the Driver Training Program: Jordan Drelich (1527), David Villegas (1472) and Gerardo Vasquez (1055).

Thank you to all Company 7 crews that responded on the 3 on 16: Dispatcher Alexa Aviles, Dispatcher Lauren Aviles, Robert Loysch, Lenise Booth, Bency, Jody, Steven Benjamin, Ona, T.C, Gary Brandel, Kimberly Prestin. Chief Ryane Como, Captain Liz Mohr, Chief David Kaufman, Pam Best and Esteban Lopez, Matthew Valle, Jaclyn Rittershaus, Deborah Rudilloso, Timothy Quigley, Jeffrey Brenner, Robert Biersack, Andrew Giusto, , Chief Michael Como, 2nd Deputy Chief Ryane Como, Day-Captain Kelly Murphy.

Notes from Board Secretary Bob Franz

NYS Income Tax Claim for Volunteer Firefighters' & Ambulance Workers' Credit for 2018 – Bob Franz

You can claim the \$200 refundable credit for 2018 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.

LOSAP 2018 Points – Bob Franz

The 2018 LOSAP Point listing posted on the bulletin board was updated. You must have at least 50 points in the total column and a Yes in the Pass column to qualify for a year of LOSAP credit for 2018. It is requested that each member review their points and report in writing any discrepancies to the LOSAP point committee. The final list will be sent to the Town of Huntington in March for Town Board approval.

Notes from HOCPR Chair Kathy Castillo

We held a Hand Only CPR demo on February 16th at HQ and successfully trained several members of our community on this life saving skill. Thank you Kelly Murphy, John Mancino, Loreley Villamide-Herrera, Julia Vodopia, Ryan Como, Jaclyn Rittenhouse and Mike Como for helping run this demo.

If you are interested in joining this awesome committee, please reach out to Kelly Murphy or myself 631-637-1881

Calendar of Events

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

BOD Meeting	March 7
GMM	March 11
Officers Meeting	March 20
BOD Meeting	March 21



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

LOSAP Corner from Jim Mallilo

The LOSAP Committee is here to ensure that all members get credit for all work that they do, provided that it is clearly reported and ALL necessary information and proper signatures are supplied on the correct paperwork.

Each LOSAP Category has maximum as determined by NYS. Fifty points must be obtained with a combination of categories.

EMS	Training	Drills	Sleep-in/Shift	Elected	Meetings	Misc.	Military
25	25	20	20	25	20	15	50

Forms

Training #400 it is the Green Form

- 1) This form is to be used for all trainings that a member(s) attend, NOT to include the Monthly Review Trainings (Drills, as NYS defines them).
- 2) It must include the DATE; Location; Start & Stop Time; the Course/Topic; If a certificate or card is issued at the completion of the training, that must be included as well
- 3) The Ranking Officials printed name, signature and date is required

Meeting Sign-in # 415

- 1) This is used for any meeting attended
- 2) It must include the DATE; Location; Start & Stop Time; Meeting Name/Title;
- 3) The Ranking Officials printed name, signature and date is required

Duty Tour # 410

- 1) To be used for a Duty Tour or Task of 4 hours or more, less than 4 hours will not earn a LOSAP point.
- 2) Since Duty Tours are now registered by the finger reader, the Chief Dispatcher, Dispatcher or the Day Captains signature are no longer applicable.
- 3) The Task must be filled out and the Chairman's Signature is required.
If you are performing office work for an Elected Official then that Official will sign in the Chairman's Signature.

Miscellaneous # 425

- 1) To be used when the Activity is not covered by any of the other categories
- 2) The Date, Activity, Start and End Time need to be filled out, a members signature and number is required,
- 3) The Presiding Officials Signature and Number are required.

Note:

All paperwork is to be submitted no later than the 10th day of the following month. Any paperwork that is not legible, missing information or signatures will be placed in the basket on the sign in desk.

New Member Spotlight from Martha Brenner

Member # 1548 Tristan Liu Saturday 1500

Tristan was born in British occupied Hong Kong and has lived in several other places. He graduated from Stony Brook University with a Biology/Chemistry degree and a Masters in Physiology. He is currently working for an engineering company specializing in neural prototype devices. These are devices designed to solve neurological diseases such as Parkinson's Disease via the brain in place of medications.

Tristan is preparing for the MCATs and in the summer hopes to complete a paramedic program planning to use this to help defray the cost of medical school.

Tristan has one brother who lives in California. In his free time he enjoys snowboarding.



Member #1551 Nicole Campbell Tuesday 0700

Nicole graduated from Stony Brook University this past December. She said she always wanted to be an EMT and knew of HCFAS from family friends. She is currently employed as a medical scribe. She follows the doctor and takes down all his notes.

Nicole is number 2 of 5 children and lives in Huntington. She has two dogs, goldens, named Ginger and Charlie. She is currently studying for the MCATs.

Member #1552 Kimberly Reyes-Flores Thursday 1500

Kimberly is currently a student at Nassau Community College. She plans to pursue training in radiology. She has come to HCFAS to gain some firsthand knowledge of the issues that lead a patient to a radiologist. Kimberly is the oldest of two blended families that total 1 sister and 15 brothers!!!

In her spare time Kimberly is an outdoor girl enjoying fishing and hiking. She has a dog named Snoopy and a cat named Chavelo.



Synthetic Drugs and First Responders

Second Deputy Chief Ryane Como, Fiona Witkowski and John Mancino arranged to have Paul Vecchione and Keith Scott present an awareness seminar presented by Long Island Prevention and Resilience Enrichment Program (Long Island Prep)



Pictured L/R Second Deputy Chief Ryane Como, Fiona Witkowski, Keith Scott (L.I. Prep) Captain John Mancino, Paul Vecchione (L.I. Prep)

ANSWERING THE CALL

Substance Abuse
Professionals Sound
The Alarm

Be careful while you work, it can kill you. For a packed house of members of the Huntington Community First Aid Squad, the message was clear: synthetic opioids are dangerous and deadly, and they are here to stay.

Members, attending an awareness seminar presented by Long Island Prevention and Resilience Enrichment Program (Long Island Prep) learned Wednesday about the origins of these substances, the dangers they present to first responders and how you can protect yourself and your crews.

Synthetic opioids, a prominent and deadly cause of the current opioid crisis, can pose a major threat to first responders who find themselves on a call to save victims of overdose. Paul Vecchione, president of Long Island Prep, offered a grim reminder of how dangerous these substances can be, “The lethality of these drugs is staggering, it is imperative that we get the word out to first responders that they need to be cognizant of their presence these drugs and their impact.” Founded in 2017, Long Island Prep is a not for profit organization whose goal is to educate communities and children on the dangers of substance abuse.

Keith Scott, presenter and senior staff member at Long Island Prep, enlightened the Members with a comprehensive and thorough run down of what first responders should be aware of as they enter the residence of suspected overdose victims. Members of the First Aid Squad, who often find themselves attending calls related to opioid overdose, got a full brief on the dangers which drugs such as fentanyl and carfentanil two of the leading synthetic opioids now ravaging communities across The United States, pose. Often manufactured overseas and obtained through the dark web, synthetic opioids, in their purest form can be as powerful as 40-50x

stronger than regular street heroin. According to Scott, to ensure maximum profitability, illicit drug dealers are lacing their product with fentanyl and carfentanil to ensure that their clientele become dependent on these very addictive and deadly substances, even aiming to induce lethal doses to attract more users, forcing them to buy even more drugs.

Perhaps the most frightening fact is that most first responders, unaware of the minute but equally deadly quantities of the drugs on surfaces and clothing of overdose victims, die of accidental inhalation or absorption. Fentanyl poses a risk to every user because it can be disguised as any type of pill-most times without the users knowledge.

As well as learning about the dangers these drugs possess, Squad members were trained on methods of protection, including the need for face masks and specialized clothing needed to prevent exposure.

The presentation also covered topics ranging from synthetic marijuana, gateway drugs and our youth, to the continued challenges these substances pose for first responders, families of victims and society in general. Vecchione, speaking on the need for more trainings such as this, presentation to the Squad summed up the message, "Knowledge is power, the more we can communicate the dangers to communities across the Long Island, the better off we are, including saving lives."

The Squad is grateful to Second Deputy Chief Ryane Como, Fiona Witkowski, Captain John Mancino, for organizing the event.

March Longevity Awards (presented at March GMM)

10 Years

Sheryl Roach #1253

Suzie Biagi # 1251

Tyler Gibbs #1252

15 Years

Sam Ryan #1108

20 Years

Fernando Rivadeneira #965

Thank you all for your years of continued service!

BASICS – March 2019
The BASICS
By Mark Brenner

I began writing the BASICS column decades ago when I was a young EMS instructor who noticed that we could all benefit from reviewing “the basics” of emergency medical care. What was true then is still true today. As providers we must remain life-long-learners.

With that in mind, twenty-five members attended the Non-Core CME following the January GMM. Twenty have completed the “laboratory” session and have earned their CME certificate! Congratulations and thank you! The results have been wonderful! How do I know? Because I have been stopping at the Squad throughout February and have seen a noticeable improvement in the condition of the ambulances! Thank you to all who have adopted this improved work ethic! For those who did not attend the CME but would like an opportunity to earn 2 hours of non-core credit, please let Second Deputy Chief Ryane Como know. I’m confident that we can schedule another class.

However, we all must remain vigilant to how we use the equipment. Just today I found a Lifepak on, with the NIBP cuff inflated, and the batteries about to die (showing one red bar each.) After use, please pack away the Pulse ox cable and blood pressure cuff (rather than simply draping them over the monitor) and shutting the power off by depressing the POWER button for several seconds until the monitor powers-off.

Speaking of non-core CMEs, I will be offering a non-core CME following the March GMM. You can earn one hour of non-core credit. The topic will be “Infusing ‘Caring’ into Emergency Medical Care.” This comes on the heels of the latest EMS Instructor Update class where instructors were challenged to add empathy into their instruction. All are welcome, whether you are seeking Non-Core CME credit or simply improve your perspective.

I have also been approached by Fiona Witkowski about preparing and presenting other non-core CMEs on Communications and on calls with patients who are obviously dead. The latter topic is one of relevance since the NYS EMS Council at its January meeting approved the adoption of the State-wide Protocols, one of which is “Obvious Death.” These protocols are expected to be modified and rolled-out in August for inclusion in courses that will start in September. The draft of these protocols can be viewed on-line at: <http://www.sthcs.org/uploads/2/8/3/6/28361089/draft-2019-nys-bls-protocols.pdf>

March Birthdays

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2 Robin Smiles
3 Danny Mugavero and Tiffany Gonzalez	4 Karl Forsberg	5	6	7 Joe Losquadro	8	9
10	11	12	13 Vasken Kazandjian and Kristin VanBenschoten	14 Richie Cortes and Joe Grant	15 Jon Menard	16
17	18 Keith Rubenstein	19	20	21 Sheryl Roach	22 Bob Biersack	23 Tyler Gibbs
24	25 Stephanie Caracciolo	26 Cynthia Feliciano	27	28 Todd Atkin	29 Kristen Tiersch	30 James Ingwersen
31						