

A large, modern building with a glass facade and a sign that reads "HUNTINGTON COMMUNITY FIRST AID SQUAD". The building is surrounded by trees and a clear blue sky.

THE PULSE

*THE HEARTBEAT OF THE HUNTINGTON COMMUNITY FIRST AID SQUAD
PROUDLY VOLUNTEERING SINCE 1967*



MAY 2022 – VOLUME 55 – ISSUE 5



***President
Fiona Witkowski***

Congratulations to Ryane Como on being awarded the honor of Woman of Distinction in 2021. Ryane became a member in September 2015, an EMT in 2016 and the Saturday Day Captain in 2018. She went on to become the Second Deputy Chief in 2019 and then the First Deputy Chief last year, as well as giving birth to Teddy. We all appreciate the hard work Ryane put into tracking members who became sickened by Covid-19 and arranging for vaccinations when they became available.

Although we acknowledge our “top performers” at the Installation Dinner every year, I would also like to thank all the people who come in every week, but due to the luck of the draw, don’t necessarily become involved in a high-profile case such as a cardiac arrest (with ROSC), or a medevac. In the interest of giving credit where it is due, I invite you to let me know about crews who should be recognized for their work. This could be responding to multiple back-to-back calls, handling a very difficult situation in a professional way or going “above and beyond” in some other way. Put a note in my mailbox or send me an email, and I will put a note in The Pulse and thank the crew with a small token of my appreciation.

Trust men and they will be true to you; treat them greatly and they will show themselves great.
— Ralph Waldo Emerson.



*Chief
David Kaufman*

It is with great sadness that we announce the passing of Chief Kaufman's Grandmother, Lorna Fisher, on April 25th.



*1st Deputy Chief
Katie Donegan*

Happy May! Warmer weather and fun times lie ahead and it's going to be a great few months at HCFAS!

Thank you to everyone who has been assisting me the last month - especially Mary Winter and Ryane Como! Your help is greatly appreciated!

Please be diligent about doing your checkouts and taking care of the rigs when returning from a call. Crews should be cleaning up after themselves and restocking what's needed. Double check to make sure all equipment is turned off and that it's in good shape for the next call.

Ryane Como is continuing to handle COVID related issues and can be contacted at ryanecom@gmail.com.

We are officially in the second month of the second quarter of the year, and everyone needs 48 hours per quarter. Please remember to finger in and out on the same shift. If you are going to miss a shift, plan to make up the hours by coming in early and staying late or doing another shift entirely.

For Company 8 members, please reach out if you need any support in knowing which shifts are in need. As a reminder, let the Day Captain know when you will be in so they can add you to their roster and onto a crew.

If you have any concerns, please reach out to your Captain or any Chief so we can assist you in a timely manner. I am always happy to answer questions about leaves, advancements and any other needs you may have!

Katie Donegan 2-15-31



***2nd Deputy Chief
Dale Bartolomeo***

I hope everyone is doing well!!

Please look over the last month QA/QI Committee PULSE article for some key issues that have been pretty persistent issues with PCR documentation and PCRs in general.

This month's review training is on the hepatitis.

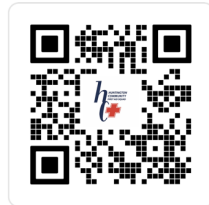
Please complete all monthly review training on a monthly basis.

Please remember all PCRs must be completed and faxed within four hours.

Anyone who needs to take a CPR class, BLS CPAP, BLS 12 Lead, or Check & Inject, please use the QR codes below to register.

I hope everyone has a good month!!

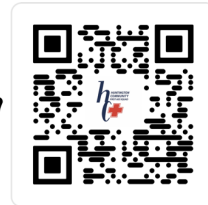
Dale Bartolomeo 2-15-32



BLS CPAP



12 LEAD



Check & Inject



***3rd Deputy Chief
Bill Connolly***

Please remember to contact your Day Captain and myself when there is an issue with the ambulances. I can be reached on my cell phone (516) 457-0967 or email, third.deputy@hcfas.org

We are fully stocked with PPE for COVID calls. Gowns are in the unlocked BLS closet. However, face masks and N95 respirators remain in their current location.

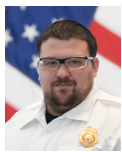
Also continue to be careful while driving and don't be afraid to take your time if necessary. Safety is first. Please remember to put the Chevy ambulances in high idle at the scene:

- 1) put the ambulance in park,
- 2) set the parking brake,
- 3) turn cruise control ON and push SET.

If you are not familiar with these steps, ask a driver trainer. In the Ford ambulances, you need only to set the parking brake. This activates the high idle.

Thank you for everything you do.

Bill Connolly 2-15-33



***Chief Dispatcher
Mike Capotosto***

Dispatch Training: Congratulations to our newest Dispatcher, Sean Delle! Apologies if I missed anyone. Thank you to the Dispatch Training Committee for getting our newest members through training so quickly!

Call Statistics:

We closed out March with a total of 458 calls, transporting 84.1%. We had 3 24's for the month, bringing us to a total of 27 at the end of March.

We have had people respond to the building as backup personnel 43 times this month, up from 36 in February.

Monday was the busiest day of the week for March, averaging 18.5 calls per day. Coming in second was Thursdays with 15.8 average calls per day.

As always, pagers are available for drivers and crew leaders who live in district – if you're interested speak to myself or your Day Captain.

Mike Capotosto 2-15-35

Co. 1 – Sunday Captain – Jacob Levinsky

Hello everyone and happy May! I hope everyone has been good and have been staying healthy. I would like to thank everyone who helped out on Easter Sunday, Tom Schirripa, Jeff O'Neill, Matt Philip, Andrew Taylor, Colin Weigele, Jackie DeBruin, Kenney Cadet, and everyone else who has helped Sunday in general. All of your help means a lot to me. Those who came in for Sunday, I hope you all enjoyed the food that was catered by Uncle Giuseppe's.

Help is needed on many shifts:

A Driver is needed for the 0700, as well as the 1100, and a Dispatcher and a full crew is needed for the 2300.

Anyone available to help out, please let me know.

As always please remember to Clock **IN** and **OUT** on the same shift after completing either your 4- or 8-hour shift. You can use the finger reader by Dispatch Office or the back door to see what time you clocked in so you can tell what time you need to clock out to receive credit for the full shift. Also, don't forget to do your weekly checkouts and clean up after yourselves after every call. If you use something on the rig, please clean up and restock if necessary. You are not the only one who uses the ambulances, and think about how you would feel if you found the ambulance you are using is messy and missing equipment.

Jacob Levinsky, Co. 1 Captain

Co. 2 – Monday Captain – John Connors

Company 2 & HCFAS Members,

April flew by, it was a month that does not go unrecognized. The continued dedication that this membership shows is something that should be continuously commended. Most of us grew up in this town, and still live here. This community is our home and we should treat patients as family, because they are. I ask all of you to have conversations with your patients, find similarities, instill comfort and show compassion. For all you know, they have and would do the same for you. No one is in the best shape in an emergency, not the nicest, most talkative, etc. But your words can pluck the thorn from the dragon's foot, your words can make all the difference to someone's day. Thank you all for everything you do!

I would like to give a shout out to few members that have been coming in to help out: Bobby Loysch, Bob Biersack, Andrew Giusto, Steve Zeth, Richie Cortes, Paul Bayer, & Tom Lemp. The list goes on. There are many members on Monday that do more than one shift and I am grateful to have them here, not only for their help, but for the positive presence they bring with them. All

who pass through on Monday are surely blessed with wisdom. It has always been a pleasure to be a part of Monday. Thank you for the experiences.

Monday is still lacking full crews, we have no Crewleaders on the 1100 shift. The 2300 needs two full crews as always. ACL's and First Aiders are always welcome.

Sincerely,
John Connors, Co. 8 Captain

Co. 3 – Tuesday Captain – Joe Savaglio

No Article Submitted

Co. 4 – Wednesday Captain – Dominic Heavey

Welcome to May everyone.

As a reminder to everyone, vacation time will soon be upon us and members will be taking a long-awaited vacation. Please let your Day Captain know as soon as possible when you intend on taking vacation. If you can get a replacement that would also help out. I myself will be on vacation from July 27th through August 17th, more on that in the coming weeks. Look for sign-up sheets.

I would like to thank the following members who came in and helped out on Wednesday's. Luke Bartolomeo #1595, Jacqueline De Bruin #1581, Alan Marino #1652, Matthew Philip #1631, John Stevens #1627; Tiffany White #1259, Ori M Bare #1673, Ryane Como #1462, Seth Fischer #1281, Shannon Gore #1583, Robert Loysch #56, Eric Nazintsky #1480, Casey Orr #1283, Richard Rudolph #1083, Sebastian Pierre #1656, Pamela Brenner #1157, John Mancino #1494, Noah Ramos #1674, Gina Angevine #1073, and Carolyn Mullen #72.

I would like to compliment the following crews on Wednesday for a job well done. April 13th, 23:00 to 07:00 Fire Stand by at Syosset F.D. for a house fire. Crewmembers Kenney Cadet #1619, Casey Orr #1283, Ryane Como #1462, and Vanessa Cortez Hernandez #1502. Also on April 13th, 23:00 to 07:00 for a call for a very large person (775 lbs.) to assist the Pt. getting into bed. Crewmembers Matthew Philip #1613, Ori Baer #1673, Dominic Heavey #973, HMFD and SCPD. April 20th, 11:00 to 13:00, same patient now to be transported to Huntington Hospital. Crewmembers Alana Marino #1652, Robert Biersack #1423, Alyssa Wohl #1655, Monica Rios #5002250, Pamela Brenner #1175, John Mancino #1494, Robert Loysch #56, Juliet Costa #1623, Dominic Heavey #973, Gina Angevine #1073, Carolyn Mullen #72, HMFD, SCPD, and East Brentwood FD who transported the patient on their bariatric stretcher along with our ALS provider John Mancino and EMT Alana Marino who assisted Brentwood during transport. I would also like to thank Huntington Hospital for their help in moving the patient from the ambulance to their

stretcher. A total of 29 providers took part in the Safe Transport of this patient. Job well done by all the providers.

As a reminder to all providers EPCR must be completed before you leave your shift, any information you have obtained with your phone should be details and no information about the call is to be left on counter tops.

Have a safe April

Dominic Heavey, Co. 4 Captain

Co. 5 – Thursday Captain – Colin Weigele

Hello again everyone and Happy Spring!

Thank you to everyone who has come in to cover calls and pick up extra shifts, it is extremely appreciated and I cannot thank you enough.

Congratulations to Jamie Terenzi #1643 on passing her NYS exam and becoming an EMT-B.

As always, some help is still needed on Thursdays. A Driver is needed on the 1100, 1500 and 2300 and a Crewleader is needed on the 1100.

If anyone is able to help, please let me know!

Again, thank you for all your help and amazing work.

Colin Weigele, Co. 5 Captain

Co. 6 – Friday Captain – Alex Hastava

No Article Submitted

Co. 7 – Saturday Captain – Steven Benjamin

If at the end of the year, assuming I am still Captain, the most important metric to me will be having ZERO members hurt on a call. A call the other week at 4am that I was on made me realize crew safety needs to be more of a focus. The frequency of behavioral, overdose, intoxication and violence related calls is increasing. Here are some conclusions I have come to:

1) The Medical Control doctor is not your partner. They are focused on what they believe the patient needs based on the information you give them. The risk to you and your crew does not come into play when Medical Control gives instructions. If those instructions create a high level of risk for you and your crew, you need to prioritize your crew. Which brings me to:

2) The Suffolk County Police will always help out, but many officers will not be proactive. You need to be clear on what you need, then back off and let them provide the help. Do not hold back on asking for an officer to ride during the transport if you are uncomfortable about the safety of the crew. You do not need to be the Crewleader to ask for this. Which brings me to:

3) Some members take too much risk, whether it be attempting to lift more than their capabilities or being hands on with a patient who is acting in a way that might result in violence. Always get the help you need to reduce your personal risk.

New business – Congratulations to Amina Sadiq who is now a Crewleader, Landary Rivas and Matt Filunuk are now ACL. I just received my third new Company 7 member for the year, Daniel Alaiev, who is already an EMT. His official shift will be the 1100.

To members coming back from Educational Leave this month - I will be thrilled to have you back, but please let me know in advance of your return. This will enable me to schedule you for a time and crew that is likely to get you productive work. Please don't show up unannounced. Many other members have established themselves as regular and highly competent contributors during your time on leave. They are not losing their spots.

Members of the week since the last report.

3/26/22 – Kevin Solano

4/2/22 – Eve Pollack

4/9/22 – Mike Barker

4/16/22 – Noah Ramos

4/23/22 – Amina Sadiq

Stay safe everyone.

Steven Benjamin, Co. 7 Captain

Proposed SOP Change 02-2022

Proposal:

To update the Fire Stand-by SOP to add the Paid Paramedic response, inasmuch as 9F calls come in as Alpha calls, which the Paid Paramedic would not normally respond on.

Background/Justification:

Advance life support at a Fire Stand-by is necessary for the use of the Cyano kit.

Change (additions are underlined and deletions are ~~stricken~~):**Article VI - Emergency Calls, Section 12 - Fire Stand-bys**

Fire Stand-bys are a unique type of emergency call that involves multiple agencies, can have multiple patients, including fire department personnel, and a scene that can change at a moment's notice. Upon receipt of a fire stand-by call the following should be done.

1. Ideally, the Dispatcher should send two (2) ambulances to the scene, one on either side of the incident, additionally the Cyano kit should go on the first responding ambulance and the Paid Paramedic is to be dispatched to the scene. The first arriving ambulance will be a non-transporting, command ambulance until an Officer arrives on scene and takes over command of the scene, at which time the Officer in Charge will determine if the first arriving ambulance will continue to be a non-transporting, command ambulance.
2. As always, the highest-ranking officer on scene is in charge. In the absence of an officer, the first arriving Crewleader is in charge.
3. 2-15-25 (MCI Vehicle) is only to be sent when staffing permit or upon request by the Officer in Charge, but only after two (2) ambulances have been dispatched.
4. Switch all communications for the stand-by to F-2.
5. Utilize the SMART triage system for multiple patients.
6. Initiate Suffolk County EMS Fire Rehabilitation protocol.
7. Identify the need for additional resources.
 - A. Additional ambulances from surrounding departments.
 - B. Suffolk County Coordinator.
 - C. Suffolk County for misting fans.
 - D. Dispatchers should try and obtain a second dispatcher.
8. Notify the Day Captain

Basics – May 2022
Decontamination
By Mark Brenner, CIC

On a recent weekday afternoon, our agency was dispatched to the scene of an assault at a fast-food restaurant. Enroute to the call, Medcom advised that there were three patients, and so the crew requested a second ambulance be dispatched (within moments, the police upgraded the number of patients to four). Upon arrival, the crew was met by numerous police vehicles and four female patients standing outside the restaurant, complaining of irritation to the face, allegedly caused by being sprayed with an irritant. Although the patients washed their faces after they were assaulted, the crew immediately began flushing the face of the patients.

1. What do you suspect that the crew used to irrigate the faces of the patients? Right! Sterile water.

When the second ambulance arrived, they were staged by the driver of the first ambulance. The driver of the second ambulance went to the door of the restaurant and called to the remaining employees to determine if there were additional patients still inside. There were not.

He then went to the driver of the first ambulance and cautioned them to keep the driver's compartment windows open and advised them to have the crew in the patient care compartment to open the sliding side window to improve ventilation.

2. During transport, the first ambulance included what information in their hospital notification?

Three important pieces of information: Their two patients were sprayed in the face with an irritant, the patients needed further decontamination upon arrival at the hospital, and that, there were going to be a total of four patients.

3. Did you know that there is a decontamination room adjacent to the emergency room?



The non-descript gray door has a small sign above it which says "DECON".

4. Upon returning to headquarters, what did the crews do? Right! They restocked the vehicles and cleaned them. Disinfectant cleaner is kept in the janitor's closet which is located between the Women's and Men's rooms. The mop and mop bucket might also be there.

Keep in mind that the fire departments are trained and equipped to handle decontamination. You can always request them to respond to the scene if the contamination warrants additional resources.

Did You Know that New York State revised its BLS Protocols as of 2/25/22? You can access them by clicking on this link:

https://www.health.ny.gov/professionals/ems/docs/bls_protocols.pdf

Reminder

BLS Core CME 6 – OB, Neonate, Pediatrics, Special Needs Patients, Safe Transport of the Pediatric Patient

Tuesday, May 17, 2022, 7:00pm – 10:30 pm

Cold Spring Harbor FD.

Register at Suffolk County EMS – 631-852-8050

Birthdays

5/1 – Stephanie Cortes #1426
5/3 – Brandon Rivera #1669
5/7 – Eric Autz #903
5/7 – Alyssa Sorensen #1614
5/8 – Lorraine Healy #1452
5/8 – Elizabeth Mohr #1292
5/10 – Lisa Mohr #573
5/10 – Mary Winter #485
5/10 – Dino Macharola #1599
5/11 – William Connolly #1457
5/11 – Alyssa Wohl #1655
5/13 – Patricia Tufo #1242
5/13 – Breanna Tahany #1586
5/14 – Salvatore Esposito #1658
5/15 – Mary Brenner #487
5/15 – Christine Tedone #677
5/16 – Thomas Schirripa #1392
5/16 – Matthew Philip #1631

5/19 – Esteban Lopez #1519
5/20 – Joel Paul #1068
5/20 – Michaela Ryan #1537
5/22 – Kelly Murphy #1325
5/25 – Bedel Saget #1175
5/25 – Luke Towers #1622
5/26 – Michael Como #1463
5/27 – Tiffany White #1259
5/27 – Michael Giarrizzo #1578
5/28 – Justin Chermak #1594
5/29 – Casey Stone #920
5/29 – Michael Mahoney #1564
5/30 – Cecilia Melgar #1220
5/30 – Susanna Otto #790
5/30 – Jacob Levinsky #1529
5/30 – Benjamin Curry #1568
5/31 – Vincent Castillo #1474

Congratulations

Congratulations to Joe Grant #1304 and his wife, Carolyn, on the birth of their daughter Ivy Belle Grant. Born 4/6/22 at 1:27pm, 7lbs., 7ozs.

Length of Service

5 Years

Dana Silverstein #1510
Brandon Eybergen #1512
Vasken Kazandjian #1513

15 Years

Thomas O'Leary #1187

20 Years

Susan Martin

35 Years

Kathy Hayes
David Mohr

Meetings

5/5 – 1900 Board of Directors
5/9 – 1930 General Membership, Dinner starts at 1830
5/19 – 1900 Board of Directors

Stand-Bys

5/1 – 0700-1100, YMCA 5K run/walk in memory of Marcia Mazzola
5/5, 6/2 and 7/28 - 1815 HFD, Fire Academy
8/14 - 0815 HFD, Fire Academy
5/25, 6/15, 7/20, 8/17, 9/14 and 10/12 - 1830 HMFD, Fire Academy

Holidays

May 5 – Cinco de Mayo

Cinco de Mayo is a celebration that is observed, yearly, on May 5. It is a day that commemorates the Mexican army's victory, on May 5, 1862, over France at the Battle of Puebla during the Franco-Mexican War (1861-1867). In the United States Cinco de Mayo has become associated with the celebration of Mexican-American culture but should not be confused with Mexico's Independence Day which is celebrated on September 16.

May 8 – Mother's Day

Mother's Day is a holiday celebrated annually on the second Sunday of May. It is a day that commemorates motherhood and appreciates all mothers and mother-figures (including grandmothers, great-grandmothers, stepmothers, and foster mothers) as well as their contribution to society.

May 21 - Armed Forces Day

Armed Forces Day is a federal holiday observed annually on the third Saturday of May. It is a day dedicated to paying tribute to men and women who currently serve in the United States' armed forces. Additionally, Armed Forces Day also forms part of Armed Forces Week. It should be noted, that because of their unique training schedules, National Guard and Reserve units may celebrate Armed Forces Day/Week over any period in the month of May.

May 30 – Memorial Day

Memorial Day formally known as Decoration Day, is a federal holiday observed yearly on the last Monday of May. Memorial Day is a day that commemorates all men and women who have died while serving in the military for the United States of America.



**Come join the Mets for EMS Day at Citi Field on
Tuesday, May 17 at 7:10pm**

Join the Mets for EMS Day as they take on the Saint Louis Cardinals! Show your support for Emergency Medical Service while enjoying a Mets game at Citi Field. Sit together with fellow EMS members, family and friends in our Big Apple Reserved seating.

The Board of Directors has approved up to 46 tickets for this event. The cost for the member will be paid by HCFAS but you must submit a check for \$28.00 to secure your seat. Non-member guests attending with the member/post member must pay \$28.00 for their ticket. A check payable to HCFAS for each non-member must be received prior to the purchase of tickets for the member group. Member/Post member and non-member tickets will be purchased at the same time to ensure that the group sits together. In addition; each Squad member signing up for the trip must give the event coordinator Brian Canty a \$28.00 check covering their cost and a separate check for guest(s). Post Members signing up for the trip must give their checks to Brian Canty for \$28.00 covering their cost and a separate check for \$28.00 for each guest(s). Please put your checks (no cash) in my mail box ASAP to secure your seats. Squad/Post members please give one check (to be returned) for you and another check for your guests (nonrefundable). If you do not show up your \$28.00 will not be returned. It is the member/post member responsibility to find someone to take their seats in the event they (or their guests) cannot show up.

Please Sign up in the Ready Room ASAP. We have to secure tickets by **May12th. Huntington Coach** will be supplying a bus for transportation.

Brian Canty, Special Events

Recipe of the Month
Lisa Mohr
Slow Roasted Beef Tenderloin



You will need:

- ~ 2-3 pound beef tenderloin, tied
- ~ Thermometer
- ~ Roasting pan with rack
- ~ Spice rub:
 - 1 tsp black pepper
 - 2 tsp granulated beef bouillon
 - 2 tsp salt
 - 3/4 tsp cornstarch
 - 3/4 tsp dried oregano, crumbled
 - 3/4 tsp paprika (not hot)
 - 3/4 tsp garlic powder
- ~ Splash of olive oil

Directions

- ~ Remove meat from the fridge about 1 hour prior to cooking.
- ~ Heat oven to 225 degrees
- ~ Mix spice rub ingredients thoroughly
- ~ Put a splash of olive on the meat and rub it in.
- ~ Rub the spice rub into the meat.
- ~ Place the meat on the roasting rack and into the pan and place the thermometer probe in the center in the thickest part of the beef.
- ~ Bake for 2-3 hours until the thermometer reaches 130 degrees for medium rare.
- ~ Allow the meat to rest for at least 15 minutes.

HCFAS Discounts – David Mohr

There are many places that offer discounts to Squad members. Even if you don't know if they do or don't, it doesn't hurt to ask. I have had times when I have asked and the answer was "we don't, but hold on" and they would talk to a manager/owner and in the end a discount was given. We have accumulated just some of the places that offer discounts to Squad members.

If you know of a place that offers a discount to members, please email me at davidmohr@yahoo.com

Always have and show your Squad Membership card.



946 New York Avenue – 631-385-4444 – 15% Discount



340 New York Avenue – 631-549-8887 - 15% Discount



Catusco's Pizza – 336 Depot Road – 631-629-4872 - 15% Discount



9 East Carver Street – 631-427-0514 – 15% Discount



720 Walt Whitman Road – 10% Discount



1933 New York Avenue - 10% Discount



340 West Jericho Turnpike – 631-659-3111 – 10% Discount



9 Wall Street – 631-271-3540 – 15% Discount



247 Broadway Greenlawn Road – 631-740-3155 – 20% Discount



60 Main Street – 631-421-4242 - \$50 Initiation Waived & 20% off Membership Fee



134 Main Street, CSH – 631-367-6060 – 50% Discount



800 New York Avenue – 631-423-0200 – 15% Discount