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The Pulse

October, 2009

Volume 42 • Issue 10



Volunteers since 1967

The "Heartbeat" of the Huntington Community First Aid Squad

As I sit here I think of what we all went through this past month. As we all tried to remember 911 and our friends from HMFD. As we go on with our lives let us remember those that have gone before us, let us not forget them, and more important let us thank God for knowing them.

The Chief.

An Irish Funeral Prayer

*Death is nothing at all.
It does not count.
I have only slipped away into the next room.
Everything remains as it was.
The old life that we lived so fondly together is untouched, unchanged.
Whatever we were to each other that we are still.
Call me by the old familiar name.
Speak of me in the easy way which you always used.
Put no sorrow in your tone.
Laugh as we always laughed at the little jokes that we enjoyed together.
Play, smile, think of me, and pray for me.
Let my name be ever the household word that it always was.
Let it be spoken without effort
Life means all that it ever meant. It is the same as it ever was.
There is unbroken continuity.
Why should I be out of mind because I am out of sight?
I am but waiting for you, for an interval, somewhere very near, just around the corner.
All is well. Nothing is hurt; nothing is lost.
One brief moment and all will be as it was before.
How we shall laugh at the trouble of parting, when we meet again.*

1st DEPUTY REPORT
Joe Denimarck

October 2009

As I am writing this month, I am in a transition phase between positions. One of my first jobs is to work on updating the database, so I need a copy of cards, your current state certification and drivers license if you drive. Please place them in the first deputy's mail box. It is almost time for annual physicals, Flu shot will be very important for everyone this year. I know not everyone wants it but consider it. With that said what will be Required is N95 Mask Fit testing. During the annual physicals on site medical will be doing the fit testing during the posted physical dates. Which as of now are TBA, watch the bulletin board and emails for times and dates. A proper size mask will help protect you from airborne particles. All the ambulances have multiple size N95 masks and ear loop masks to put on the patients that are coughing with flu symptoms. Med Com has gone back to the "FC" call type for the upcoming season.

Call volumes have been consistently increasing, the day time crews are hardly in the building. There has been a complaint from a neighboring fd to the south of us, who doesn't want to take calls from us anymore. The Chief is currently working on this situation. What can we do as an organization to answer all of our calls? We need help from everybody especially during day time hours to get the ambulances out. There are a lot of pagers and radios out there, so any time or back up calls that can be answered are greatly appreciated and will make a big difference. The day captains will be sending out weekly emails of their openings to fill holes.

Uniforms, everybody while on duty will be in proper uniform which is your issued shirt / sweat-shirt, ems pants, and boots. In addition, you must always bring your EPG gear and safety vests to put in your on duty ambulance. The officers are going to be enforcing it and sending crew members home. Like the older days of the squad, if you are hanging around the building or taking a first responder you will at minimum have a squad T- shirt or wear your sweatshirt or epg coat when going on calls. Outside department shirts will not be tolerated on squad calls anymore, and you will lose your first responder privileges.

Drivers don't forget to do your driver checkouts. First responder drivers please complete the checkout sheets when taking the cars and sign the book. Yes it still exists and nobody signs it. Again privileges will be lost.

Effective immediately the First Responder vehicles will not follow the ambulance on Alpha and Bravo calls. Unless the crew requests manpower or other assistance when they get onscene. It puts all members at risk. The chief will be putting out a chiefs order on this shortly.

Have a safe Halloween....

CHIEF DISPATCHER
Richard Stone

WE HAVE A NEW PROCEDURE:

In an effort to aid in tracking our PCR's, the Officers have approved to following new procedure. All dispatchers will place the PCR's in the mail box labeled, PCR. All alarm worksheets and Med Com print-outs should continue to be placed in the appropriate daily boxes. This new box will be emptied each day. In this way missing PCR numbers will be caught immediately. We hope to have the new box up and running before you read this.

*Congratulations to Brian Quinn, Howard Loewenthal, Patricia Tufo, Mindy Scalzetti and Danielle Millone on passing their Dispatch Tests. Since we always need dispatchers during the day I hope some of you will be able to help out on one of the 11:00 shifts. It is a good way to meet new people that you don't see on your regular shift.
Richard Stone 2-15-35*

September 2009 • Service Awards

25 years

Annette Hershkowitz

October 2009 • Service Awards

5 years *Frank Guariglia*

5 years *Oscar Gomez*

5 years *James Ingwersen*

5 years *Karen Martin*

5 years *John Paul Garcia*

5 years *Patricia Brumm*



SUNDAY CAPTAIN

Chris Winter

As we "fall" into October, I'd like to acknowledge some advancements on Sundays.

- *Congratulations to Laurie Hoffman for being voted off probation and accepted to full membership. I am very proud and grateful to have her as a member of Sunday!*
- *Congratulations to Mindy Scalzetti for passing her dispatch test and becoming a full dispatcher! She covered yesterday's 2 morning shifts on her own and did a great job!*
- *Congratulations to Jim Malillo for advancing to Crew Leader! Our Sunday overnight is becoming a powerhouse!*

Captain Brenner mentioned during the September GMM that if you are not going to participate in the Fall Festival, to please listen up for back-up, if you would during that weekend. I ask this as well. It is tough to get crews from the festival as we need them there to be in compliance. So please think about turning those pagers on for a couple hours if you have the time.

Please join me in wishing Eileen Burns a speedy recovery. We miss you! Sunday morning needs you!!

I'm writing this article the day after we just had our September GMM. Some of you may remember that Monday.

Around 5:30pm I was driving home chatting on the phone with Laurie Hoffman. I hear kids in the background as Laurie starts to give some direction to them as to where to ride their bikes. I think to myself, "kids are fun." I'm glad I have sisters who like to give me nieces and nephews!

Anyway, My squad Blackberry starts to vibrate. I look down and see a rescue call come over as a text message. I don't think much of it. Soon after, a second message comes over with a second call. Then a third right after. I don't even tell Laurie we have 3 calls as she has kids on bikes to deal with. We hang up and I think to myself, "I hope we can cover these calls, I'm not close enough yet to help." With that, the fourth call comes in. At this point, I make my usual call to my Mom to let her know we have 4 calls that just came in. That's all I usually need to say and she turns on the radio and gets her back up shirt on.

I call the building to let the dispatcher know I am on Route 110 and may be able to help if one of the calls is in the south end. Mary Brenner responds with "Yes! You can take the one at the Oceancrest Diner!" As I pull up, I hear the police radio give out another call for Huntington Station area. That brings my count up to 5 calls, in 10 minutes.

To skip any further detail, as I returned to the building after my call, I asked if we were able to handle all the calls or if we had to 24 any. Mary Brenner proudly responded "Yes, we handled all of them!"

This story is one to remember when we think about our squad's abilities and dedication. There are times when we do need to 24 a call, but we also show how great we are at coming together and helping our community. I don't think many, if any, other squads in Suffolk County could handle 5 calls at once! I'm very proud of our squad.

Thank you,

Chris Winter, Sunday Captain

TUESDAY CAPTAIN
Casey Stone

*Tuesday Report
Company 3*

Tuesdays are going smoothly with all of the help that I've been getting. Thank you to everyone who have come out to help on Tuesdays.

Congratulations to Jim Harrigan #1112 on becoming a crewleader, great job Jim.

Thank you Brian Milliken, Kurt Vetter and Millie Gabriel for answering my cry for help on the 1100 shift.

HELP HELP HELP!!!

Tuesday 1100-1500 needs two full crews, the only permanent member I have is a dispatch trainee. If you can help out any part of the day please email or call me at c.stone920@yahoo.com and 631-873-9777

*Respectfully submitted,
Casey Stone
2-15-53*

FRIDAY CAPTAIN
Brendan Fitts

I would like to start off by welcoming back Kurt Vetter. Friday's have been very busy and I would appreciate any backup during the 1100-1500 and the 1500-1900. I need a dispatcher every week for the 1100. Your help is always appreciated.

I would also like to Thank everyone who came out for the standbys at HMFD for the Passing of Honorary Chief Richard Holst





BASICS - October 2009

Diabetes

By Mark W. Brenner



1. You respond to an unconscious patient, a known diabetic. Upon arrival, you find a 45 year old male, unresponsive in his living room. Your first course of action would be to:
 - a. Assure an open airway, consider inserting an airway adjunct
 - b. Administer oral glucose
 - c. Administer oxygen via nasal cannula
 - d. Withhold care until the arrival of ALS.
2. According to the NYS BLS Altered Mental Status Protocol (M-2), if the patient has a known history of diabetes controlled by medication, is conscious and able to drink without assistance, the EMT should:
 - a. Obtain a blood glucose reading
 - b. Not trust the patient to maintain their own airway
 - c. Provide oral glucose, fruit juice, or non-diet soda by mouth and transport.
 - d. Do not administer anything by mouth, and transport to the closest ER
3. Your BLS crew responds to an adult with altered mental status, who is a known diabetic, can maintain his own airway, is non-compliant with testing his blood sugar and does not know if his blood sugar is high or low. ALS is not available. You should:
 - a. Withhold the administration of oral glucose.
 - b. Administer oral glucose
 - c. Transport and consult with the receiving hospital enroute for direction whether or not to administer oral glucose.
 - d. Administer oral glucose mixed with sterile saline.
4. Patients can exhibit signs/symptoms of altered mental status from other causes. Those other causes could include:
 - a. A head injury
 - b. A stroke
 - c. Hypoxia
 - d. All of the above
5. Other causes of altered mental status can also include:
 - a. Drug overdose
 - b. Alcohol intoxication
 - c. Behavioral problems
 - d. All of the above
6. According to the NYS BLS Altered Mental Status Protocol (M-2), emotionally disturbed patients must be presumed to have:
 - a. Diabetes
 - b. Suicidal tendencies
 - c. An underlying medical or traumatic condition causing the altered mental status.
 - d. A history of either a mental health disorder or criminal record.

ANSWERS: 1a, 2c, 3b, 4d, 5d, 6c

**HUNTINGTON COMMUNITY FIRST AID SQUAD
ANNUAL PHYSICAL/FLU SHOT/PPD Testing
AVAILABLE TO ALL MEMBERS**

New York State Department of Health's guidelines recommend that all EMS providers have an annual physical.

In order to address these recommendations, your Board has contracted with On Site Medical Services to perform the physicals at Headquarters. On Site is comprised of a team of experienced board-certified Internal, Emergency and Occupational Medicine Physicians who specialize in performing E.M.S., Fire Service Medical and "fit-for-duty medical exams" for Fire Department and EMS agencies throughout Long Island.

The service being provided by the "On Site" physician's annual examination program is different from that provided by your Squad Physician whose responsibilities will continue to be to conduct "return to duty physicals." This year On Site will be at Headquarters to perform member's physicals on:

Sunday, October 25, 2009, between 9AM and 12 Noon and

Wednesday, October 28, 2009 between 7 PM and 9 PM.

The scope of the physical will include:

Medical history and occupational exposure history,
Height and weight,
Color Vision Testing,
Blood Testing for CBC with differential, electrolytes, renal function, hepatic profile, lipid profile and PSA for gentlemen over 40 years of age,
12-lead EKG
Audiometry
Physical examination
N-95 Fit Testing and PPD (MANDATORY for all Health Care Providers)
A review of all results by a physician, with recommendations and referrals as needed.

**** ALL MEMBERS ARE URGED TO PARTICIPATE IN THIS PROGRAM. ****

Please indicate the time and date that is most convenient for you by completing the "sign up" sheet at the Squad.

If you any questions regarding the physical or are unable to attend either session, please contact Tom Hogan by email at tomhogan2@yahoo.com , by telephone at 516-759-4270 (day) or 631-367-4798 (evening).

First Aid Corner

by Laurie Hoffman

I would like to start off by saying Thank you to all of our members for the outpouring of love and support showed for the passing of Huntington Manor Fire Department Chaplain Richard Holst. This is what HCFAS is all about, unselfishly helping people in a time of need. The passing of Rich has definitely hit home, he has been an integral part of this community for many years, and I can't express how proud it has made me to see everyone come together and take care of each other.

*While we are mourning the loss of our friend, others are rejoicing to meet him behind the veil.
-John Taylor*

This month I would like to go over the roles of the Officers and The Board of Directors. It is each member's duty to know each and every one of these people, whom put in so much extra time and effort into this organization. Granted you may never meet all of these people during your four hour shift, but you should at least know the names and titles. I have been here for less than a year and this is my unofficial listing of the Officers and Directors, and my understanding of what they do. So please excuse me as I am sure I will leave out a large amount of what you all do.

The Board of Directors

The role of the Board of Directors is to set policy, approve the budget, assist in long range planning and negotiate labor and management contracts. Ultimately they oversee all squad business.

PRESIDENT- Roger Winter

The President handles all financial and administrative squad activities

VICE PRESIDENT- Brian Canty

The Vice President is back up to the President

SECRETARY- Lehti Laas

The secretary handles all meeting records and all correspondence

TREASURER- Mark Cappola

The treasurer handles all financial records and bill paying

John Palmieri

Greg Orr

Robert Franz

Andrea Golinsky

Dominic Heavey

First Aid Corner con'td

*The Chief- Dominic Heavey
Overall Operations
1st Deputy- Joe Denimarck
Driver training/Personnel records
2nd Deputy-Anne Gabriel
EMS training/Purchasing supplies
3rd Deputy-Bob Loysh
Vehicle/Building Maintenance*

Day Captains

The day Captain is in charge of all aspects of their day. From new people, old people, cranky people, late people, people who don't show up people, people who don't show up and get no coverage people, and occasionally happy on time glad to be here people. They also handle all paperwork, and overall how the day was run, and any in house chores.

*Monday-Maureen Umberto
Tuesday-Casey Stone
Wednesday-Allison Russo
Thursday-Samantha Ryan
Friday-Brendan Fitts
Saturday-Jeffrey Brenner
Sunday-Chris Winter*

*And last but not least,
Chief Dispatcher-Richard Stone
In charge of all aspects of communications*

So, please try to get familiar with everyone. The names and titles are listed on the mailboxes in front of the Dispatch office, which is how I got to know everyone's name. You wouldn't go to a job, and not know who your bosses are. So whether you like them or not please respect all that they do, and offer them your support by continuing to follow all squad policies and procedures, it would make a world of difference.



Post Members Dispatching



Amanda Manning #P6 Thursday 1900-2300

Amanda is attending John Glenn High School, upon graduation she wants to attend Berklee School of Music to become a Country Music Singer. Amanda started in the Post in June 2007 and loves to dispatch.



Kristin Tiersch #P8 Monday 1500-1900

Kristin is attending Walt Whitman High School, upon graduation she wants to attend a college out west and attend medical school to become either an Emergency Department doctor or a pediatrician. Amanda started in the Post in September 2007.

Students to Students CME Courses at HCFAS

Stroke Review Tuesday October 6th 7-9pm

PCR/Documentation Thursday October 22nd 7-9pm

Skills- Sunday October 25th 2009

AMS Case Review Saturday November 7th 9-11am

Pediatric Case Review Tuesday November 24th 7-9pm

Burns Friday November 27th 7-9pm

These courses will be taught by CIC Mark Brenner free of charge to the county and HCFAS. Mark is asking for a \$1 cash donation for each credit hour that you attend to be put into a scholarship to be granted to a member of Explorer Post 215. This is the opportunity for you to catch up on hours and continue to support our Explorers who endlessly support us.

Please register by contacting Pam Brenner Biersack, at hcfas.cme@gmail.com or (516) 521-6550

HCAD REGISTERED VOTERS NEEDED

Members who are not registered voters and reside in the Huntington Community Ambulance District (combination of the Huntington & Huntington Manor Fire Districts) are urged to fill out a voter registration form ASAP. These forms must be received by the Suffolk Board of Elections at least 25 days prior to a vote. The Town Board is in the process of scheduling a referendum vote to amend the Squad's LOSAP program. It is expected that this vote will take place as early as December 1st. The amendment will allow active members to continue to receive service award credit after they reach the program's entitlement age and receive a service award.

FORMS CAN BE FOUND ON THE DUTY TOUR SIGN IN COUNTER OR ASK ANDREA GOLINSKY OR BOB FRANZ. Members are asked to encourage family members and friends to register also and vote on our behalf in December.

Welcome!



Melissa Hernandez #1264

Sat 1900x2300

- Resides in Huntington Station
- Graduated from Huntington High School
- Graduated from St John's University with BS in Psychology
- Currently pursuing a MS in School Counseling
- Employed as a mentor at Long Island City High School and cashier at Home Depot
- Performing Internship at Walt Whitman High School
- Joined HCFAS to give back to the community
- Future goal to become an EMT



Brian Quinn #1256

Wed 1100x1500

- Resides in Huntington
- Graduated from Patchogue-Medford High School
- Graduated from the University of Chicago with MS in Social Work & PHD in Clinical Social Work
- Self-employed as a Clinical Social Worker
- Join HCFAS to help the community and is interested in the medical field
- Interested in becoming an EMT, possibly a Paramedic



Howard Lowenthal #1260

Sat 700x1100

- Resides in Dix Hills
- Works as a Cardiovascular Tech.
- Daughter attends SUNY Buffalo and wife is a Special Ed Teacher.
- Introduced to the squad through Brian Bielanski
- Interested in becoming an EMT and driver
- Joined the squad to give-back to the community.

Explorer Post 215

of the

Huntington Community First Aid Squad



Pasta Dinner

Saturday, November 14, 2009

5:30 – 7:00pm

All you can eat pasta, salad, bread and refreshments

Adults - \$10
Under 12 - \$5
Under 3 – Free

2 Railroad Street, Huntington Station

For tickets call David at 631-988-1433
or email at davidmohr@yahoo.com



GREENLAWN FIRE DEPARTMENT PARADE



October 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1  Happy Birthday! Brendan Fitts Mary Sisinni	2  Happy Birthday! Lenise Booth	3
4  Happy Birthday! Joseph Gander	5	6	7  Happy Birthday! Clara Elliot Lehti Laas	8  Happy Birthday! Sal Signorelli Joanne Vogel	9  Happy Birthday! James Lupo	10
11  Happy Birthday! Joseph Nappi	12  Columbus Day Happy Birthday! Heidie Magerle	13  Happy Birthday! Paul Rittenhouse	14  Happy Birthday! Harold Noonan	15	16	17  Happy Birthday! Millie Gabriel Orlando Salcedo
18 Recruitment Open House 2:00 pm	19	20  Happy Birthday! Bobby Loysch	21	22  Happy Birthday! Christopher Mallilo Roger Winter	23  Happy Birthday! Joseph Donadio	24
25	26  Happy Birthday! Claudy Grimadeau	27	28	29	30  Happy Birthday! Kathy Hayes Mindy Scalzetti	31 Happy Halloween! 

The First Jack O'Lantern

The Irish carved Turnips and put coals or small candles inside. They were placed outside their homes on All Hallow's Eve to ward off evil spirits. They were also known to use potatoes and Ruta-bagas.

When Irish Immigrants came to America, they quickly discovered that Jack O'Lanterns were much easier to carve out and began using them. This truly neat tradition quickly spread to the general population in America and elsewhere.