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The Pulse

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Volunteers since 1967

The “Heartbeat” of the Huntington Community First Aid Squad

CHIEF’S REPORT

Dominic C. Heavy

First let me thank everyone for voting for me and allowing me to be your Chief and Chief of H.C.F.A.S. For 2009, I look forward to working with each and everyone. Congratulations to all the Officers and B.O.D. that got voted in for 2009. With that said, I must thank the following Officers for a great 2008; Ex. Chief Mary Conover I wish you all the best in the future, (see you in March). Ex. First Dep. Chief Greg Orr see you at the B.O.D. meeting. Ex. Second Dep. Chief Cindy Cairl, Look forward to working with you on those committees. Ex. Chief Dispatcher Jonathan Stone, I enjoyed working with you and look forward to working with you in the future. Friday Day Captain Tom Lemp great job and I will be talking to you about RTE/CPR/Ambulance Orientation. Sunday Day Captain Eileen Burns (15 Years) hope I/We can all see that as an Officer, you will be missed at the Officer Meetings; drop by from time to time; I know you will be on some of those committees.

Thanks goes out to the B.O.D. for a great Dinner at the December G.M.

Now that was a Great Holiday Party (well done Brian and your Committee). Reeve and Mary, the Slide Show was as great and we look forward to next year’s (now let’s get started, only 12 months, you know how time flies). The Children’s Holiday Party now didn’t that go great.

MARK YOUR CALENDARS

*FIRE RESCUE & EMS MEGA SHOW
Saturday 1/ 24/09 and Sunday 1/25/09.
at Nassau Veterans Memorial Coliseum,
Uniondale, Long Island*

HAPPY NEW YEAR

ROLL ON 2009

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*Company 4 Report
Dominic C. Heavy*

HAPPY BELATED HOLIDAYS TO EVERYONE.

I first would like to start by thanking all the Co. # 4 Members for all there hard work during my time as Captain, it has being a pleasure working with each of you. With that said I would also like to thank every member of the squad for making my job as Captain easy and I hope that you do so for the next New Captain on Wednesday. I will remain on the 23.00hr to 07.00hr on Wednesday. As I sit here, one week before Christmas I think of all the good times I have had with each member of the Squad, and I hope that will NOT change.

To Chief Mary it has being a great time serving as an Officer with you as the Chief of H.C.F.A.S. Take it from me you will be missed. We as a group of Officers have achieved a lot in the last Two years this could not have being done with out you leadership. I hope I can do as much. Time will tell.

To all the 2008 Officers it has being great and I look forward to working with each of you and the 2009 Officers next Year as Chief.

ROLL ON 2009

HAPPY NEW YEAR TO ALL

Captain Dominic C. Heavey.

January 2009 • Service Awards

25

Ann Donegan

15

Chris Winter

A letter from Eileen Burns to all members of HCFAS....

Well my story began in the Fall of 1992 when now Ex-Chief Bob Scarabino had spoken to a group of members about running for office with him as he was putting his "cabinet" together. It sounded interesting to all of us after he sat and spoke with us and before we knew it, we all had felt the "bug"! At the Nomination Membership Meeting for the 1993 elections we all went for it! As the years went on and I continued to have the support of the membership, that kept the "bug" going, before long not only was there just the "weekly roster and calls to fill open spots", but more and more responsibilities that any one who has ever held office is well aware of. I had a good feeling about Sunday's and up until 12/28/09 I was always grateful to have it and no matter what any Day Captain would offer each new year for a "switch" they knew it would never, ever happen although one year I held Wednesday for six months which was also a great group to work with!

The first three years were a bit difficult since the day was on the lite side with members, but I just want to mention a few names who started on Sunday and are still there: J. Barkocy 0700-1500, S. Cullen-Kutcher, M. DeWan, D. Trainor, M. Milo 1500-1900 (this crew allowed me to go home and revive myself to return or the next 12 hrs!) and T. Reciniello, and S. Otto 1900-2300. Along with the regulars, there have so many members that have come through the day that I can't even begin to count, although I do remember you! Many members stayed a few months, others a few years, some due to job changes, education, and the best reason of all, to start a family. To this day there are a few members that split the year due to family obligations such as sports, coaching, or just needing to be on the side lines cheering the kids on. It all counts! No matter the reason, I was always happy to have them back and so was their crew. Some members are doing their primary shift on another day and come in on Sunday because of the members that they've met and have become friends with! As every one is aware of, the reasons, stories, and calls can go on for ever. Every one has their special "do you remember?"

With out a doubt I will miss the many new members that chose Sunday. It was always the best part to get them up and running, through all of the training and out on to the ambulance for their "first call"! It was great to see so many new members already interested to get in to an E.M.T. course and talk of becoming a Crewleader and/or Driver. That always seemed like a bonus of being a Day Captain.

At the end of each year I was always proud to say that although every member worked very hard on every day, Sunday's never had more then six 24's in a year. THIS WAS NEVER BY ANY MEANS A COMPETITION, it was true luck and having the extra personal available to answer up or for the crew to be lucky to do a quick turn around, but believe me, it took a number of years for me to come to terms that 24's happen no matter what. But again thank you to every one for what ever and when ever you were able to help out.

For the many officer's that I've worked with, some more then once, thank you for your help especially with my many, many Med. LOA's (which I'm pretty sure I hold the record on) and for dealing with the "other side" of me! Every January it was said by the Chief that for every one at the table, business was business and many times it was best to agree to disagree and that we did and that is what made it work, many times!!

Well I think that I've gone on just about far enough back over the years, so for one last time, I sincerely thank each and every member, be it my duty crews, committee members, officer's and every single member for all of your support in so many ways. I honestly could not have done it with out your dedication, reliability, and the many shoulders that were always there for me to lean on and this also includes family.

Eileen Burns

Thank you Eileen, I'll miss your great articles...

Patricia Salajka - Editor

HCFAS New Members



Welcome!

New Member

Matt Valle
HCFAS Member#1238
Saturday 2300-0700

- Resides in Huntington Station
- Graduated from Walt Whitman High School
- Attending Sacred Heart University with a major in Social Work
- Employed at the YMCA as an After-School Counselor
- Former HCFAS Explorer
- Joined HCFAS with a desire to give back to the community
- Future goal is to become a Social Worker
- Is looking at becoming a Crewleader & Driver



Welcome!

New Member

Elise Fisher
HCFAS Member#1231
Tuesday - 1100 - 1500

- Resides in East Northport and 5 kids
- Graduated from Syosset High School
- Attended Nassau Community College
- Certified as a Medical Assistant and EKG Technician from BOCES
- Currently attending the EMT course
- Employed a physical therapy aide at Huntington Physical Therapy
- Future goal of becoming a Paramedic

Election Results for the 2009 Board of Directors & Operational Officers

Board of Directors (elect 4)

125 John Palmieri

104 Lehti Laas

97 Greg Orr

85 Andrea Golinsky

79 David Mohr

77 Harvey Lapidus

Chief Dispatcher (elect 1)

65 Richard Stone

51 Keith Rubenstein

7 Luke Bartolemo

write in:

28 Brian Milliken

Jim Mallilo

Day Captains (elect 7)

152 Matt Cappola

116 Samantha Ryan

114 Casey Stone

105 Maureen Umberto

103 Alison Russo

95 Brenden Fitts

94 Jonathan Stine

write in:

48 Jeffrey Brenner

3 Brian Milliken

1 Kevin Brenner

1 Alyssa Axelrod

1 Cindy Cairl

1 Patricia Salajka

Chief (elect 1)

120 Dominic Heavy

48 Tom Lemp

First Deputy (elect 1)

84 John Maier

79 Anne Gabriel

Second Deputy (elect 1)

136 Joe Denimarck

Third Deputy (elect 1)

94 Bobby Loysch

62 Phil Orlando

Dear Members,

Per the HCFAS Bylaws Article X, Section 3, this is to advise you that there will be a special election held at the January 12, 2009 General Membership Meeting to fill the position of Saturday Day Captain and any other position that may arise. The possibility could exist for an additional election at the meeting if a current office-holder runs for the vacant position and creates another vacancy.

Respectfully,

Mark Cappola

**Mark Cappola
Secretary**

I want to share with you some words by author Jim Ryan from his book "Simple Happiness. The 52 Easy Ways to Lighten Up". The chapter "What Makes You Happy?" is great to reflect on with the start of the New Year: Author Rita Mae Brown put it very well when she wrote, "I finally figured it out. The only reason to be alive is to enjoy it." In my talks, I often ask the audience, "Who has an activity that they love to do, an activity that makes time fly by unnoticed?" I point out that it can be an activity that melts stress away or it can be an activity that puts them in a state of flow, a state of joy. The response from the audience are amazingly varied: reading, gardening, listening to music, painting, writing, playing golf, working out, walking, and so forth. It is easy to see those who are sincere in their passions by how quickly they raise their hands and the enthusiasm in their voices as they share! What a blessing it is to have something that you love to do, something that brings you joy and satisfaction.

What I find of equal interest is that many people don't know how to answer the question. It's as if they don't have an activity that fills them with passion. It happens with every group- some respond right away, while others sit quietly and say nothing. It could very well be that they have something they love to do, but simply choose not to share it. But it is a sad thought to think that a person might not identify with any activity that brings true joy.

Take a look at yourself. Are you having fun during your day? Do you have something that you look forward to doing? If you don't, there are plenty of opportunities out there for you. Take a look at your adult education bulletin. Is there a class that piques your interest? What about your local library? Stop in and ask about their programs and activities. Local libraries have become community centers offering many interesting activities. Churches, too, offer many opportunities to get involved, both in services to others and socially.

Don't forget, there are two parts to this equation. The first is in knowing what brings you joy. The second is finding time to pursue your interest. Many of us find ourselves in a situation that does not seem to offer the time for fun. We have highly committed family responsibilities or demanding work schedules. Perhaps it's a long commute to work that takes up our mornings and evenings/ The tendency for most is to put things off to a later date when we think will have more time or perhaps enough money. Certainly, these circumstances can be real. But if we allow them to get in the way of what we enjoy, they may become the cause of resentment. And that will only keep you from not only finding what makes you happy, but doing it.

Know what makes you happy and find time to do it! Developing your talents is one of life's greatest sources of satisfaction. Sometimes just a little time away helps you come back refreshed and better equipped to handle whatever life may bring your way. Making time for you is not a selfish attitude, but a self-loving one. Often, all that is needed is a small compromise with your spouse or your boss- an effort that is well worth making.

If you are not already doing what makes you happy, then now is a good a time as any to begin. Letting your light shine not only brightens up your own life, but inspires those around you to brighten up their lives as well! Have a

Happy New Year everybody. Maureen Umberto



Special Delivery

Jonathan Korets, Mark Cappola, Patty Salajka, Harvey Lapidus

LOSAP 2008 Points – Bob Franz

The 2008 LOSAP Point listing posted on the bulletin board is being updated periodically. It is requested that each member review their points and report in writing any discrepancies to Andy Ball of the LOSAP point committee. The deadline for review trainings is January 15, 2009. The final list will be sent to the Town of Huntington in March for Town Board approval.

NYS Income Tax Claim for Volunteer Firefighters' & Ambulance Workers' Credit for 2008 – Bob Franz

The NYS Department of Taxation and Finance has issued Form IT-245 to claim the \$200 refundable credit for 2008. 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 draft copy of the Form IT-245 & instructions is posted on the bulletin board. If you have any technical questions, consult your independent tax advisor.

10 % Property Tax Exemption – Bob Franz

The filing deadline is March 1, 2009 for property tax year 12/01/09 to 11/30/10. Members who are currently receiving the tax exemption will be recertified by the Squad by the deadline date. Current recipients who moved or sold their home prior to March 1, 2009, please drop a note with your detail information in Director Bob Franz's mail box. If you moved and purchased a new home, you must fill out a new application form for your new residence. Members who will be eligible for the first time (achieved 5 years of service or purchased a home by 3/1/09), please complete an application form and place it in Director Bob Franz's mailbox before Friday February 20, 2009. To be eligible, your name must be on the property deed, the property must be your prime residence and be in the Town of Huntington and you must have 5 years of active squad service by March 1, 2009. For members with 20 or more years of service by March 1, 2009, the property can be located anywhere in Suffolk County (Call Bob Franz at 631 421-9121 for specific details).

Note for members currently receiving the property tax exemption: If you do not want the Squad to renew your property tax exemption for 2009 (12/01/09 to 11/30/10) because you intend to take the \$200 NYS income tax credit for calendar year 2009, please put a note in Bob Franz's mailbox prior to February 20th.



Vital signs are among the most important pieces of information that can be ascertained during patient assessment. According to the New York State Pre-hospital Care Report (PCR), vital signs consist of Respirations, Pulse, Blood Pressure, Skin, and Pupils. Each of these signs is important, not only in their own right, but taken together, provide the pre-hospital care provider with a compelling picture.

The act of breathing is called **respiration**. A single breath consists of inspiration and exhalation. When assessing respirations, we are concerned with two factors: rate and quality. When assessing the patient's respirations watch the patient's chest/abdomen and count for no less than 30 seconds. If abnormal respirations are present, count for a full 60 seconds.

Respirations can be normal, shallow, deep, labored, noisy, or occur in an unusual breathing pattern. Shallow breathing occurs when there is only slight movement of the chest or abdomen. Many resting people breathe more with their diaphragm than with their chest muscles. If they are moving an insufficient amount of air to sustain life, we will need to ventilate the patient with a BVM.

Labored breathing can be recognized by an increase in the work of breathing, the use of accessory muscles (pronounced movement of the shoulders, neck, or abdominal muscles), nasal flaring (widening of the nostrils on inhalation) and retractions (pulling-in) above the collarbones or between the ribs, especially in infants and children. You may also hear stridor (a harsh, high-pitched sound heard on inspiration), grunting on expiration (especially in infants) or gasping.

Noisy breathing is obstructed breathing. Sounds to be concerned about include snoring, wheezing, gurgling, and crowing. All patients with noisy breathing require prompt transportation.

Patients with unusual breathing patterns need to be monitored closely for rate and quality, since if either of these falls outside the realm of "normal" the provider may have to ventilate the patient with a BVM to assure adequate oxygenation.

The pumping action of the heart is normally rhythmic, causing blood to move through the arteries in waves. A fingertip held over an artery where it lies close to the body's surface and crosses over a bone can easily feel the characteristic beats. What you feel is called the **pulse**. When we assess the pulse we are concerned with two factors, rate and quality.

The pulse rate is the number of beats per minute. Pulse rates can vary among patients depending upon their age, physical condition, medications or other substances, blood loss, stress and body temperature. The normal pulse rate in an adult male at rest is between 60 and 100 beats per minute. Any rate above 100 beats per minute is fast (tachycardia) or below 60 beats per minute is slow (bradycardia). However, it must be noted that an athlete may have a resting pulse rate of 40 – 50 beats per minute which is perfectly "normal" for them. In an elderly or non-athletic patient, this pulse rate range may be indicative of a serious condition.

When assessing the pulse, if the pulse is regular count for 30 seconds and multiply by 2. If the pulse is irregular, count for a full 60 seconds.

As for the quality of the pulse, two factors are important; pulse force and pulse rhythm. The pulse can be either strong or weak, and regular or irregular. Many medical conditions can cause variations in pulse rate, and pulse quality.

Basics Cont'd

The color, temperature and condition of the patient's **skin** can provide valuable information about your patient's circulation. The best places to assess skin color in adults are the nail beds, inside of the cheek, and the inside of the lower eyelids. In infants and children the best places to look are the palms of the hands and the soles of the feet.

Look at the skin to determine skin color. Abnormal skin colors include pale, cyanotic (bluish), flushed, and jaundiced.

Touch the skin to determine the skin temperature. Abnormal skin temperatures include hot, cool, and cold.

Assess the skin for its condition. Abnormal skin conditions are either wet or very dry.

The force of the blood against the walls of the blood vessels is **blood pressure**. Blood pressure should be measured in all patients over the age of 3. Auscultate the blood pressure. In a high noise environment, palpate (although only the systolic reading can be obtained by this method).

Pupils

Use a penlight to check the reactivity of the pupils. Also assess for the size of the pupils. The pupils can be equal or unequal, as well as normal, dilated, or constricted in size. When a light is introduced normally the pupils will react. Sometimes, the pupils will not react to light and occasionally, they may unequally react when exposed to light.

Hypoperfusion

There are times when patients sustain injury to the cardiovascular system: a significant loss of blood, inability of the heart to adequately pump the blood, or an inability of the vasculature to maintain adequate pressure in the vessels. When any of these occur, the body cannot be adequately perfused. This leads to shock or, hypoperfusion.

The signs and symptoms of hypoperfusion include a weak, rapid pulse, increased respirations, cool, pale, clammy skin, and dilated pupils, and, when the body through the above compensatory mechanisms cannot maintain a normal blood pressure, a drop in the blood pressure. Another sign associated with hypoperfusion is altered mental status.

There are many conditions in which the patient might develop hypoperfusion. These include hypoglycemia, anaphylaxis, cardiogenic shock, hypovolemia, and neurogenic shock. When a patient has any of these conditions, time is of the essence. By minimizing time on-scene (the platinum ten minutes), it is more likely that the patient will be receiving definitive care within the "golden hour".

BLS treatment for hypoperfusion includes, oxygen, hemorrhage control including application of the MAST (if appropriate), maintenance of body temperature, positioning (Trandelenburg position), and rapid transport. Keep in mind that an ALS intercept is appropriate, but transport should not be delayed for ALS to arrive or to be initiated.

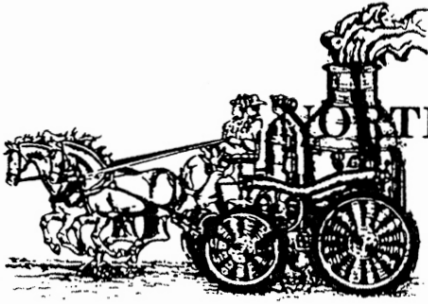
References:

Pre-Hospital Care Provider Student Reference Guide, New York State Department of Health, Bureau of EMS. Pages 6-9 – 6-10.

January 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1  Happy New Year! <i>Happy Birthday!</i> Reina Gomez	2  <i>Happy Birthday!</i> Maureen Umberto	3
4  <i>Happy Birthday!</i> Arlette Stanecker	5  <i>Happy Birthday!</i> Kim Davidson	6  <i>Happy Birthday!</i> Richard Rudolph Alison Russo	7  <i>Happy Birthday!</i> Linda Caputo Philip Schmidt Elizabeth Steenson	8	9	10
11  <i>Happy Birthday!</i> Paul Mori	12  General Membership Meeting <i>Happy Birthday!</i> Oscar Gomez	13  <i>Happy Birthday!</i> Carolyn Mullen	14	15  <i>Happy Birthday!</i> Jonathan Korets	16 <i>Happy Birthday!</i> Michele Miller Melissa Rubino Carlos Suarez	17 
18 Recruitment Open House 2:00pm <i>Happy Birthday!</i> Thomas O'Leary	19  Martin Luther King, Jr Birthday	20  <i>Happy Birthday!</i> Erica Alicea Jill Decker	21  <i>Happy Birthday!</i> Annette Hershkowitz	22  <i>Happy Birthday!</i> William Billups Christine Blackwell	23	24  <i>Happy Birthday!</i> Al Szigethy
25  <i>Happy Birthday!</i> Sabrina Aziz	26  <i>Happy Birthday!</i> Kevin McCann Gabriel Rodriguens	27  <i>Happy Birthday!</i> Claudia Bauer	28	29  <i>Happy Birthday!</i> Sue Manning	30  <i>Happy Birthday!</i> Andrea Golinsky	31

- *January's birthstone is the garnet.*
- *Its birth flower is the carnation or snowdrop.*
- *The Chinese floral emblem of January is the plum blossom.*
- *The Japanese floral emblem of January is the camellia.*



NORTHPORT VOLUNTEER FIRE DEPARTMENT

Robert "Beefy" Varese Jr.
Chief Engineer
John McKenna
1st Assistant Chief
Chris Hughes Jr.
2nd Assistant Chief

December 4, 2008

John Palmieri
Huntington Community First Aid Squad
Railroad Street
Huntington Station, New York

Dear John:

As we sit and patiently await the results of our written exams we would like to extend our thanks to you and your crew for another great refresher course. It is always a pleasure to work with you every three years; you do an excellent job in preparing us for the state exams.

Please pass along our thanks to Mary, Doug, Brian, Joann, Chris and, yes, Jamie too. They are a great help in working through the little details of passing the practical.

We appreciate all the time and enthusiasm you all put into making the class a good refresher for us and a little fun at the same time.

And thanks from the community we serve.

Sincerely yours,

John Michels

Bill Marsden

Jake Milliken

Ray Sherman

Doug Mosher

John Michels
Bill Marsden
Jake Milliken
Ray Sherman
Doug Mosher

- SEE JOHN - I FOUND
THE SIGN IN !