



Patricia Salajka, Editor psalajka@optonline.net

The Pulse

August, 2009

Volume 42 • Issue 8



Volunteers since 1967

The “Heartbeat” of the Huntington Community First Aid Squad

PRESIDENTS REPORT

Roger Winter

What is a Family?

Most of us consider a family to consist of parents, sisters, brothers, children, grandparents, aunts, uncles, cousins, etc. But there are many more kinds of families other than that kind of family. Our Huntington Community First Aid Squad family is a perfect example. Having been at the Squad picnic brought that to mind. I saw the traditional families together having a great time with their children and parents and grandchildren but I also saw our Squad family together having a great time as well. We, as Squad members, come from all different walks of life; different backgrounds, different socioeconomic backgrounds, religions, ages, etc., but – we are still a family. We have one purpose – to help our community, but we also care for each other. When one of our Squad family has an emergency or death in their personal family we're there for them. If they have something to celebrate (a wedding, the birth of a baby, a graduation) we celebrate with them.

Just like in personal families, we sometimes disagree, bicker & get angry. But, the bottom line is, we are still family with that same purpose to help the community. So let's recognize each other's skills and individuality, strengths and altruistic motives for being a member of Huntington Community First Aid Squad.

Chief's Report:
page 1

Inside This Issue:

Calendar: page 12

New! First Aid Corner
page: 8

CHIEF'S REPORT

Dominic Heavey

I hope everyone had a very happy 4th July on behalf of the 2009 Officers. On behalf of the Officers we thank you and your families for all the hard work during the first 7 months of the year, ROLL on 2009.

On behalf of the Operational Officers I would like to welcome the 2009 Officers of Explorer Post 215 who were installed on Saturday evening at there Installation Dinner.

The Officer Are:

Elizabeth Mohr Chief; Brendan Gellerstein First Deputy Chief; Chelsea Miller Second Deputy Chief; Kristin Tiersch Captain and Samantha Mohr Secretary/Treasurer we look forward to working with you all.

Did you know that the Explorer Post 215 has being around since 1996. I would like to thank the Advisor for all the hard work they do, and don't forget they are always looking for new Advisor to help out. If you are interested in helping talk to David Mohr Chief Advisor.

Well with the First Day off Summer just passed members will be thinking of going away on Vacation, I just ask if you do to remember to let your Captain know and try to get a replacement. If you do go away on Vacation have a great time.

With the Summer months ahead it will mean more traffic on the roads along with Children now that school is out, please drive cheerfully.

I am sure by now everyone is aware we can here SC/PD once again in the dispatch office, at least this will give us a head up on things going around in our district. I have being receiving good reports from the Chief Dispatcher that the CAD system is working and those we are making more improvement every day. Members are getting use to all the forms and are helping one another. Keep up the good work.

Have a safe Summer.

*Thanks
The Chief
ROLL on 2009*

CHIEF DISPATCHER

Richard Stone

Dear Members,

I hope everyone is enjoying their summer. We still need dispatchers for the 1100shifts.

Also keep up the good work with entering info on the CAD system. We are continuing to make positive progress in the implantation of this system and I am sure most people are finding it quicker and easier then doing everything on paper.

We held our first review class for members that wanted a refresher in the use of the CAD system. If there are still members that would like a refresher please call or e-mail Tomo Hiroasawa and let her know when you are available.

SUNDAY CAPTAIN
Chris Winter

Hello from the Sunday Captain's Desk. My name is Chris Winter and I will be the Sunday Captain for the remainder of 2009. Thank you to Matt Cappola for the service to the organization as Captain this year.

I don't have much to report on yet, but to start out, thank you to those who helped out answering calls on Sunday during the HCFAS picnic. A special thanks to Paul Kelly for being the first person to answer a back up call for me!

We have several opportunities on Sunday for folks who would like to get some dispatching practice in and/or first aider ride time in. Please feel free to call me if you are interested in coming in!

Welcome back to Eileen Burns! It was nice to see you on duty as I began my Sunday tenure.

Thanks to Brian Canty for helping me get some breakfast to the crews on picnic day.

That's it for now.

My email address is hcfas897@yahoo.com. Please call the building if you don't already have my phone number or squad issued phone number.

Thank you.

*Chris
Sunday Captain*

THURSDAY CAPTAIN
Samantha Ryan

I would like to thank everyone for coming in and doing back up calls, I appreciate it a lot. I hope everyone had fun at the parade and the picnic because both events were fun. I do need help with back up calls during the day so please listen up!!

Your Captain,

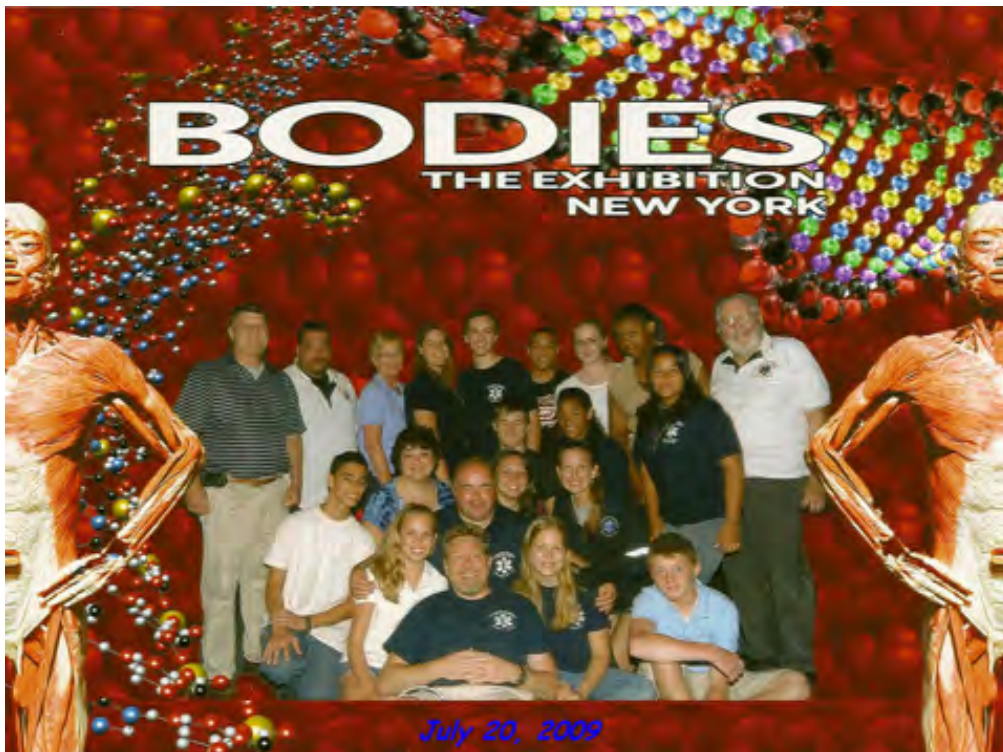
Samantha Ryan

SATURDAY CAPTAIN
Jeffrey Brenner

Well we are half way through summer and the department is running. As always I am very proud of my crew for the dedication and hard work you are putting in. Once again I ask that you make sure you are up to date on your review trainings, conduct checkouts promptly at the beginning of your shift (including BLS, DR and ALS if you have a provider), and find a replacement if you will be missing a tour. For those of you with some free time this month Co.7 can always use help, especially on the overnight.

To the Saturday overnight crew on July 11th; the crew was awoken by the alarm phone to a report of a pedestrian vs train at the Huntington Railroad station. With a full ALS crew and 81 with a captain and paramedic responded with Huntington Manor F.D. searching to find a male on the tracks 500 yards east of the station. The crew acted quickly and carefully to find the male breathing but in serious condition. The crew stabilized him; FD prepared an exit strategy off the ten foot tall retaining wall at the rear of manor field and secured the LZ for the medivac to University Hospital. With everyone's great efforts and hard work the patient was stabilized and transported efficiently. JOB VERY WELL DONE!!!!

Keep yourself and each other safe as always, and come down and play with Co.7.

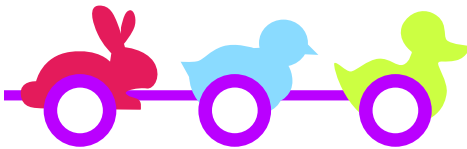


Explorer Post 215 attended Bodies the Exhibition on Monday, July 20th. The Post members were also joined by President Roger Winter and Chief Dominic Heavey, Mary Winter, Joe Frisenda, Sheryl Roach, Bernie Hershkowitz, Sam Ryan and David Mohr.

Good & Welfare



*CONGRATULATIONS TO SHERYL BURKE
AND HER HUSBAND ON THE BIRTH OF
THIER SON ETHANTHOMAS ON 6/22/09.*



*JAKE RYAN ENDEE, BORN 7/8/09 TO MY
DAUGHTER LISA AND HER HUSBAND TOM.
DONNA MASTROPIETRO, # 714
TUESDAY OVERNIGHT*

*CONGRATULATIONS TO KATHY LEONARD ON THE
BIRTH OF HER GRANDSON FRANCIS ROBERT
CHRISTOPHER LEONARD ON 7/2/09.*



August 2009 • Service Awards

10 years
Dominic Heavey

5 years
James Harrigan

Town of Huntington Grant and Assistant Programs

Andrea Golinsky

The Town of Huntington is offering 3 programs thru the Community Development Agency. Information is included in this issue of the Pulse. I have applications for the matching grant program for First Time Home Buyers. If you think you may qualify and are interested in filling an application contact me at

Home 631-427-489 • Cell 631-241-5155

DO YOU HAVE MONEY TO BURN?

Probably not... but each year many people needlessly throw money out the window in the form of wasted heat. The Huntington Community Development Agency in Cooperation with the Community Development Corporation of Long Island, Inc., currently has a grant available to provide weatherization services for your home. It's a chance to stop the needless waste of your money, and the service is offered to you to absolutely FREE!

Possible services include:

- Complete heating system clean and tune, repair when necessary
- Weather stripping, caulking and air sealing to eliminate drafts
- Attic, wall and basement insulation when necessary
- Broken window and primary door repair/replacement when necessary
- Hot water heater replacement

These services will be performed free, provided that your gross income is lower than the amount shown below – (Effective October 1, 2008)

<u>Size of Household</u>	<u>Monthly Income</u>	<u>Annual Income</u>
1	\$1,963	\$23,556
2	\$2,567	\$30,804
3	\$3,172	\$38,064
4	\$3,776	\$45,312
5	\$4,380	\$52,560
6	\$4,984	\$59,808
7	\$5,097	\$61,164
8	\$5,210	\$62,520
9	\$5,324	\$63,888
10	\$5,437	\$65,244
11	\$5,800	\$69,600
11+	+450	

Please call the number below for additional information
(631) 351-2881
Ask for Weatherization

Direct all mail to:
Huntington Community Development Agency
100 Main Street, Room 309
Huntington, N.Y. 11743

Town of Huntington
Huntington American Dream Homebuyers Assistance Program
For First Time Home Buyers
(631) 351-2881

Program Highlights

Goal: To help make the “All American Dream” of homeownership a reality for Huntington residents wishing to purchase a home in the Huntington township.

Type of Assistance Available: Matching funds for a down payment by family size and income level. The eligible homebuyer is responsible for their portion of the down payment and all closing costs.

Property Value Limit: The appraised value of a HOME assisted property acquired by a first time Huntington homeowner must not exceed the HUD 203 (b) mortgage limit for our area for the type of housing being purchased. The limit on the value of a single family unit is \$396,150.

Type of Housing Available: Preexisting or newly constructed single family residences located within Huntington Township occupied as a principal residence inclusive of single family dwelling (one unit), including Condominiums or Manufactured homes.

Eligibly Criteria: An applicant must be a:

- I. First-Time Homeowner – as defined by HUD as a household that has not owned a home during the three year period immediately prior to the purchase of a residence with HOME assistance funding;
- II. Family Income – meaning a prospective buyer must have a gross annual income not exceeding 120% of the median income for the area as determined by HUD; and
- III. Family occupying the property as a Principal Residence.
- IV. Huntington residents or children or grandchildren of Huntington Residents.
- V. Assistance up to \$15,000.00.
- VI. Application fee of \$100.00.

<u>INCOME GUIDELINES:</u>	<u>Family Size</u>	<u>Maximum Allowable Income</u>
	1	\$85,600
	2	\$97,800
	3	\$110,000
	4	\$122,200
	5	\$132,000
	6	\$141,800
	7	\$151,600
	8	\$161,400

Suffolk County Fire Rescue & Emergency Services



Suffolk County Fire/EMS Discount Health Insurance Survey

County Executive Steve Levy has pledged support to the volunteer fire departments and ambulance companies throughout Suffolk County for those members who may be in need of personal health care insurance. He has tasked Commissioner Joe Williams of Suffolk County Fire Rescue and Emergency Services to assess the need of how many Fire and EMS volunteers would be interested in buying discounted health insurance. This health insurance would only be available to those who currently do not have it. Kindly provide us with your contact information if you would be interested in buying discount health insurance for yourself or your family. All those submitting their contact information will be provided with more details as they become available.

Thank you for your volunteer service.

Please complete this form and fax to 631-852-4861, or submit to:

INSURANCE SURVEY
C/O SUFFOLK COUNTY FIRE RESCUE AND EMERGENCY SERVICES
PO Box 127
YAPHANK NY 11980

First Name: _____

Last Name: _____

Street Address: _____

City: _____

State: _____

Zip Code: _____

Phone: _____

E-Mail: _____

Volunteer Class: _____
(i.e. - Fire or EMS)

Department Affiliation: _____
(i.e. - Fire Department or EMS Company Name)

Coverage Type: _____
(Single Plan or Family Plan)

Copyright © 2009 Suffolk County Government. All rights reserved.

First Aid Corner

by Laurie Hoffman

As a new member to this organization, I am writing this article to help inform new members of all the wonderful things HCFAS has to offer. There are many benefits to this organization, which many new members may not yet be aware of. Each month I will be highlighting some of these benefits.

July's Presidents Report had an amazing overview of volunteering and what it means to be a member of HCFAS. So, if you haven't yet had a chance to read it, you can do so by viewing it online. If you are not yet on the email distribution list you can email Brian Canty at HCFAS2@gmail.com and Jonathon Stone at kneedragger.jon@gmail.com. You will then receive the Pulse Newsletter electronically.

One of the best things I've done here so far was taking John Palmeri's EMT class. It has taught me so much and has really prepared me for any situation I might encounter in EMS. I still have limited ride time on the ambulance but I now have the confidence to ride with pride. It is very intimidating to be a new member and not know the "lingo" and I do recommend to everyone who has not yet taken the class to do so. You form such a great bond with the teachers and fellow class mates, and they never hesitate to take out time from their schedules to come in for extra help. It is a great way to meet other people from the organization who are not on your shift.

If you'd like to sign up for a class check the bulletin Board across from the sign in desk for any upcoming EMT, CC and Paramedic Courses. When you are ready to sign up for a class please see Sally Staszak. You will need to give her a check to cover the cost for the EMT book. You will be reimbursed from the squad when you have successfully completed and passed the class. When you get your EMT card you must fill out the Course/Seminar Reimbursement Request located in box 154 outside dispatch office. Submit a copy of your EMT card along with proof of payment and request form in the 2nd deputy mailbox. If you need help any Officer may assist you in this process. Anyone who wants to participate in the Paramedic Program must currently hold a valid EMT certification which cannot expire during the course of the class, and must be presented to the officers and Board of Directors for consideration. Follow the same process for any refresher classes as above EMT.

I would like to congratulate the CLASS OF 2009 High School Graduates Tyler Gibbs member #1252 and new member Danielle Milione #1258 both on the Friday 1500-1900. Tyler will be attending SUNY Cobleskill in the fall, and Danielle will be attending CW Post. Best of luck to them both.



BASICS - August 2009

Heat Related/Environmental

By Mark W. Brenner



When I think of August, I think of heat and humidity. In the world of EMS, August brings heat related emergencies and burns.

1. You are activated for an adult male with burns. What types of burns might this patient be experiencing?
 - a. Chemical
 - b. Thermal
 - c. Electrical
 - d. Any of the above
2. You are activated for a man with chemical burns from being sprayed with insecticide. The most important consideration is:
 - a. Donning nitrile gloves enroute
 - b. Donning full EMS gear before responding
 - c. Having your crew bring their EMS gear on the call.
 - d. Having your N-95 mask within reach
3. You are dispatched to a call for a man with chemical burns from an industrial accident. You are advised that the fire department is also enroute. Upon arrival, you should:
 - a. Enter the industrial facility in full EMS gear to locate the patient
 - b. Wait in the hot zone as the fire department decontaminates the patient
 - c. Wait in the safe zone while the fire department decontaminates the patient.
4. Your patient was burned by a chemical. After decontamination by the fire department, you should:
 - a. Load the patient in the ambulance and transport
 - b. If possible, continue to flush the site of the burn for 10 minutes
 - c. Continue to flush the site of the burn for 20 minutes before transporting
 - d. If possible, continue to flush the site of the burn during transport for up to 20 minutes.
5. If your patient has received a chemical burn and is contaminated with a dry powder, after receiving the patient in the safe zone, you should:
 - a. Brush any remaining chemical off of the patient
 - b. Flush any remaining chemical off of the patient with water.
 - c. A then b
6. Your patient has suffered electrical burns from coming in contact with the energized end of the extension cord he severed while cutting the hedges. According to the NYS BLS Protocols, your first action would be to:
 - a. Perform an initial assessment
 - b. Place the patient in a position of comfort
 - c. Assure that the scene is safe
 - d. Cover the burns with a dry sterile dressing
7. You respond to a male 12 year old, burned while playing with a candle and lighter fluid. After assuring that the scene is safe, your next action would be:
 - a. To extinguish burning clothing and stop the burning process
 - b. Perform an initial assessment
 - c. Assure that the patient's airway is open, and that breathing and circulation are adequate
 - d. Place the patient in a position of comfort

BASICS - Cont'd

8. What would you use to determine the extent of the burn on a patient's body surface area?

- a. Braselow tape
- b. Rule of Nines
- c. Rule of Thumb

9. You respond to an adult male with burns to the front of his chest and abdomen from his shirt being ignited by a barbeque. The fire has been extinguished and the burned shirt has been removed. The patient has a patent airway and has adequate breathing and circulation. He has been placed on oxygen. You would care for his first and second degree burns by:

- a. Applying moistened sterile dressings to the burned areas
- b. Applying dry sterile dressings to the burned areas.

10. You respond to a man who has collapsed on the tennis court. Upon arrival you note he is maintaining his airway, is breathing rapidly, his skin is hot, red, and somewhat moist, and his mental status is altered. Your initial assessment of the patient is that he is suffering from:

- a. A stroke
- b. An acute myocardial infarction
- c. A heat related illness

11. Treatment for this patient would include:

- a. Moving him off of the tennis court into the shade or the ambulance
- b. Rapid transport and requesting for ALS intercept
- c. Protecting his airway/administering high flow oxygen
- d. All of the above

12. You have established the rehab sector at a fire scene ensuring that you are close enough to be seen, but not be in any danger. When a fire fighter comes to your sector, your initial rehab would be:

- a. Pulse for at least 30 seconds at rest
- b. Blood pressure
- c. Tympanic temperature

13. The fire fighter's pulse rate is 120 beats per minute. You would now:

- a. Take her oral temperature
- b. Begin rapid cooling
- c. Have ALS start an infusion of Gatorade

14. The fire fighter's temperature is 100.2, but her pulse rate is 114 beats per minute. You would:

- a. Transport the fire fighter
- b. Cox her to drink more Gatorade
- c. Increase (double) the amount of rehab time and then reevaluate.
- d. Allow her to return to duty.

BASICS - Cont'd

15. During your medical evaluation of a fire fighter in rehab, while conditions would cause you to move from rehab to designating them as a patient?

- a. Chest pain or shortness of breath
- b. Altered mental status
- c. Skin temperature and condition consistent with heat stroke
- d. An irregular pulse
- e. All of the above.

16. As health care providers, which substances should we refrain from when we expect to provide care during times of high heat and humidity?

- a. Antihistamines
- b. Caffeinated beverages
- c. Room-temperature water
- d. Both a & b

17. When caring for patients suffering from heat exhaustion, we should provide fluids only when:

- a. The patient has a patent airway and can swallow
- b. When directed by Medical Control
- c. When the fluid is chilled to 40 degrees F.
- d. In the presence of an ALS provider.

18. Non-invasive CO-oxymetry may be used by any EMS provider trained and authorized in its use. If you are called to a home where the CO alarm was activated, and the occupant's SpCO is greater than or equal to ($\geq$) 12 but is not complaining or displaying any signs or symptoms consistent with Carbon Monoxide emergencies, you should:

- a. Have the patient sign an RMA form as well as the PCR.
- b. Treat the patient with 100% oxygen and transport to the closest emergency department.
- c. Treat the patient with oxygen for 10 minutes, but release after completing an RMA
- d. Contact Medical Control

19. You are called to a home where the CO alarm was activated. The occupant's SpCO reading of 8 but is complaining of a mild headache and fatigue. You should:

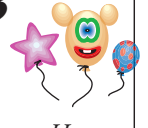
- a. Recheck the SpCO after 5 minutes and if it is the same, RMA
- b. Treat the patient with 100% oxygen and transport to the closest emergency department.
- c. Have the fire department recheck the house for a CO reading, and if it's normal, you may allow the occupant to reenter.
- d. Call for ALS

20. Which device is used to determine a person's SpCo?

- a. Rad 57
- b. Pulse oximetry
- c. LifePak 12
- d. A 2PAM kit.

ANSWERS: 1d, 2b, 3c, 4d, 5c, 6c, 7c, 8b, 9b (reference Protocol T-4 Page1), 10c, 11d, 12a, 13a, 14c, 15e, 16d, 17a, 18b, 19b, 20a

August 2009

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
						1
2  <i>Happy Birthday!</i> Dominic Heavey Ronald Weinhofer	3  <i>Happy Birthday!</i> Lorrie Stone	4	5  <i>Happy Birthday!</i> Ann Maloney	6  <i>Happy Birthday!</i> Hugh O'Brien Vaghela Prafulba	7  <i>Happy Birthday!</i> Bruce Hafner	8  <i>Happy Birthday!</i> Mike Barker Richard Stone John Palmieri
9  <i>Happy Birthday!</i> Albert Mirabella	10 GMM <i>Happy Birthday!</i> Harvey Lapidus	11  <i>Happy Birthday!</i> Diana Weinberg	12 	13 <i>Happy Birthday!</i> Paul Kelly Lawrence Thompson	14	15  <i>Happy Birthday!</i> Mary Ann Johnson
16 Recruitment Open House 2 pm  <i>Happy Birthday!</i> Joanne Mirabella	17  <i>Happy Birthday!</i> Carl Schramm	18  <i>Happy Birthday!</i> Tom Lemp Mike Smith	19  <i>Happy Birthday!</i> Matthew Sisinni	20	21  <i>Happy Birthday!</i> Frances Jazombek Bernard Poole	22
23  <i>Happy Birthday!</i> Vanessa Amaya	24	25  <i>Happy Birthday!</i> Corinne Taylor	26	27	28  <i>Happy Birthday!</i> Lawrence Herman	29  <i>Happy Birthday!</i> Mary Woznick
30  <i>Happy Birthday!</i> Christy Stiles	31					

• *August's flower is the gladiolus or poppy, and its birthstone is the peridot.*

Welcome!



Emily Schaffert #1248

Wed 1500x1900

- *Resides in Huntington*
- *Graduated from Harborfields High School*
- *Currently attending Stonybrook University pursuing a major in nursing*
- *Interested in the medical field*
- *Joined HCFAS to give back to the community after being inspired by a friend*
- *Former Post 215 member*
- *Is interested in becoming a Driver*

2009 HCFAS Picnic

