



Fun Preparedness Activities for the Whole Family

Summer is a wonderful time to get the whole family involved in activities that will make your home safer, your knowledge greater, and your family more prepared for any disaster that could happen.

- Go camping. This is a fun activity that also teaches everyone what it would be like if you were without power or water for a period of time or if you had to camp outside because your home is damaged in an earthquake.
 - Go fishing. Going out and actually procuring your own food from the wild is a lost art; this is a good skill and a fun activity for the whole family. Ditto with hunting, crabbing, shrimping, etc.
 - Grow a garden. Even with a tiny garden, you will be producing your own food, teaching the kids about nature/botany/biology, and hopefully you will even have enough left over to store for the winter.
 - Have a work party for your yard. Right now is an excellent time to take care of your yard as well as clean up your land in order to help prevent wildfires.
 - Exercise together. Being physically fit is important during a disaster, but in your day to day life it is even more critical. A family that exercises together is closer, healthier, and more prepared for any disaster that may strike (such as getting yourself out of a second story window during a fire or running away from a stranger).
 - Cook together. Whether you are making cookies, putting together food for a barbeque, or cooking a gourmet meal, having the whole family cook together is as important for developing skills the kids will use when they grow up as it is for building family camaraderie.
 - Take a class together. What skills would it be important for the whole family to know? CPR? Safe boating? How to use a HAM radio? Kids soak up knowledge like a sponge and learning a new skill is even more fun when the whole family participates.
 - Put together a family disaster plan. And drill it. Almost all of us participate in disaster planning and drills at work in order to make us safer. Why not provide the same information to your family. Simply Google 'family disaster plan' and you will find a number of templates that you can discuss and develop with the family. Don't forget to hold random fire drills, earthquake drills, stranger danger drills, etc.
 - Provide the necessary safety equipment and provide a quick safety review any time your family does an activity together such as riding motorcycles or ATVs, swimming at the lake, jet skiing or other fun summer activities.
 - Have a summer barbeque and invite the neighbors. Many of us don't even know our next door neighbors but these are important people who can help keep an eye on your home when you are gone and keep an eye on your kids when they are around the neighborhood.
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Mark Your Calendar!

DUI Panels

July 1; 7pm Pierce County—Gig Harbor Civic Center; Gig Harbor, WA 253-884-0715

July 8; 7pm Kitsap Youth—Abundant Life Foursquare Church; Bremerton, WA 360-731-5139

July 9; 7pm Shelton Adult—Oakland Bay Jr Hi School; Shelton, WA 360-427-1686

July 10; 6:30pm Clallam County—Pt Angeles City Council Office; Pt Angeles, WA 360-417-2385

July 12; 8:30am Jefferson County—Pt Townsend Rec Center; Pt Townsend, WA 360-385-9193

July 15; 7pm Kitsap Spanish—Abundant Life Foursquare Church; Bremerton, WA 360-731-5139

July 22; 7pm Kitsap Adult—Abundant Life Foursquare Church; Bremerton, WA 360-731-5139



Base Station Meetings

Jefferson County EMS

June 3rd at 9am

'Respiratory System'

Chimacum, WA

crodrigues@jgh.org

Kitsap County EMS

June 3rd at 9am

'Cardiac Arrest with Unknown Etiology'

Bremerton, WA

360-447-2066

Mason County EMS

June 19

'Pediatric Emergencies'

Shelton, WA

360-426-1611

EMS Live@Nite

When: No program in July

Where: Via video conference

Topic: 'n/a'

More Info: 888-258-9632

Council Meetings

Jefferson County EMS Council

July 1st; 7pm in Chimacum

Northwest Region EMS Council Meeting

No meeting scheduled this month.

West Olympic Peninsula EMS Council

No meeting scheduled this month.

Mason County EMS Council

No meeting scheduled this month.

Clallam County EMS Council

No meeting scheduled this month.

Kitsap County EMS Council

July 23rd; 9am at the Readiness Center

Post Your Event Here!

Email info to aprilborbon@yahoo.com

More Upcoming Events

July Is...

- Fireworks Safety
- Anti-Boredom Month
- Disaster Education and Awareness Month
- National Therapeutic Recreation Week (third week)
- Independence Day (July 4)
- Chocolate Day (July 7)
- World Population Day (July 11)
- National Ice Cream Day (July 20)
- Disability Independence Day (July 26)

SmileMobile

July 21-25

In Poulsbo

206-517-6303

Free dental care for children!

Training Alerts

- July 24 & 25—Applied Suicide Intervention Skills Training (ASIST) for Juvenile Justice and At-Risk Youth Community Service Providers Renton, WA
206-297-5922

Meetings in the Northwest Region

July 2—Mason County Inter-Agency Meeting; Noon in Shelton. 360-427-1686

July 9—Mesa Redonda de Kitsap; 8:30am at the Silverdale Center. 360-337-5260

July 9—Region 2 Hospital Preparedness meeting; 10am in Silverdale. 360-479-5631

July 16—Kitsap Child Death Review; 8:30am in Bremerton. 360-337-5250

July 22—Clallam Healthcare Coalition meeting; 10am in Pt Angeles. 360-479-5631

July 28—Kitsap Gets Active; 8:30am at in Bremerton. Pat Degracia at 360-337-5235

July 30—Kitsap Suicide Prevention Task Force; 3:30pm in Bremerton. 360-337-5250

Financial Preparedness 101

What problem can hurt productivity, hinder job performance, increase stress which leads to higher medical bills and thus higher insurance rates, and in some instances cause accidents or even death on the job? According to a number of reports, financial problems.

The Personal Finance Employee Education Foundation (www.pfeef.com), reports that one in four American workers are seriously financially distressed which can have a negative impact on the worker, their family, and their employer. It shouldn't come as a surprise to anyone who has had to buy groceries or fill up their gas tank over the past few months that people are being financially squeezed from all angles.

While there are no "simple" steps to get out of debt, there are some common sense ways to make this happen. Imagine what you could do if all of your bills were paid off, your house was paid for, you had investment income to cover your retirement and children's education, and your entire paycheck was yours to do with what you wanted. Here are some ideas for becoming financially prepared and getting out of debt:

- Have an emergency fund. Start with \$1000 in savings that will only be used for true emergencies. This money can come from a garage sale, selling things on EBay, working overtime, or getting a part time job. Once you have this fund in place you won't fall victim to Payday lenders, credit cards with astronomical fees and interest rates, or other loans that keep you in perma-debt because of a sudden emergency.
- Pay off your debts. All of them. Start with the lowest credit card and work your way up to paying off your cars, student loans, and home. This can be a long and painful process or a short and dramatic process depending on how desperate you are and how much you want to get out of debt. First, stop spending except for necessities (BTW, anything with a designer label isn't a necessity), stop using credit cards, cut your expenses to the bone, sell everything you can do without, and take up a second or even third job—with this type of intensity, you can work your way out of debt fairly quickly.

- Build up a significant emergency fund. Once your debts are paid off, keep the cash flowing in and use this to fund your emergency fund of six to eight months of living expenses (just think—once your debts are paid off, the amount of money you will need to pay your basic monthly bills will be significantly less). This fund will come in handy no matter what the disaster—a job loss, a lengthy illness, a disaster along the lines of Hurricane Katrina, etc.
- Use common sense. You can live without cable TV and your children won't be permanently scarred by shopping at the Goodwill, but things like insurance, nutritious food, and having a phone available to call for emergency help should not be scrimped on.

As a result of controlling your debt instead of your debt controlling you, not only will you be less stressed, healthier, and happier, but you will be a more productive, effective employee and will be able to concentrate on your job instead of on your creditors.

Financial Info Online

- Dave Ramsey www.daveramsey.com
- Dollar Stretcher www.stretcher.com
- Simple Dollar www.thesimpledollar.com
- Saving Advice www.savingadvice.com
- Get Rich Slowly www.getrichslowly.org
- No Credit Needed www.ncnblog.com
- Carnival of Personal Finance www.carnivalofpersonalfiance.com
- Wise Bread www.wisebread.com
- Bank Rate www.bankrate.com
- Blogging Away Debt www.bloggingawaydebt.com

Tragic Accidents and Prevention Steps

We have seen a rash of tragic accidents lately. Maybe these particular accidents could not have been prevented because the people involved did not have the knowledge about what could have happened and what to do to prevent these tragedies, but we can all take a lesson from the outcome:

- Backover/drive over accidents. These accidents almost always involve small children playing in the driveway and are often fatal. Generally these accidents involve two problems. First, cars are so big that you really can't see close to your vehicle even if you use all of the mirrors provided. Second, we often don't think to walk all the way around our vehicle to look for problems before we hop in and go. Some prevention tips: always walk around your entire vehicle before you leave and check for kids, toys, or other problems; back into your parking space so you have a clear view when you arrive and leave; and never let your children play in the driveway or on roads. Parents are usually shocked at "Spot the Tot" demonstrations that put a person in the driver's seat of a vehicle and demonstrates to them just how much they *can't* see when it comes to kids sitting on the ground in front of or behind an SUV or van.
- Drowning. There have been a number of drownings in local rivers and lakes recently. In fact you can tell when summer has begun because there are reports of drownings on the news nearly every night as soon as the weather gets sunny. Some prevention tips: always wear a life jacket when in a boat, water skiing, or playing around the water (for kids and those who don't swim well), understand that in spring and early summer, the rivers in our area usually run fast and high—a clear drowning risk even if you are a good swimmer, swimming in local lakes and rivers can be dangerous because of the cold water no matter how well you swim so only swim in designated areas and relatively close to shore; also, never drink alcohol prior to swimming and never swim alone.

A Random Assortment of Interesting Weblinks

The internet is full of interesting info. Here's some sites you may find interesting/amusing/totally odd:

- Cool: a video game that teaches AP level Immunology. <http://games.slashdot.org/article.pl?sid=08/06/29/198238&from=rss>
- Creepy: an interactive autopsy website. <http://www.deathonline.net/movies/mm/autopsy.cfm>
- Useful: Top 100 Open Source Software Tools for Medical Professionals <http://www.ondd.org/the-top-100-open-source-software-tools-for-medical-professionals/>
- Hmmm: '41 Secrets Your Doctor Would Never Share'. <http://www.rd.com/living-healthy/41-medical-secrets/article75920.html>
- Enlightening: Grand Theft Auto DUI. <http://kotaku.com/5011147/grand-theft-auto-dui>
- Interesting: Random Facts but All True. <http://www.thecryptmag.com/Online/29/RandomFacts.html>
- Educational: 100+ Resources for Teaching Without Textbooks. <http://www.teachingtips.com/blog/2008/06/26/100-resources-for-teaching-without-textbooks/>
- Valuable: Hundreds of preparedness links. <http://www.codenameinsight.com/>
- Fascinating: Top 100 Academic Medical Blogs. <http://www.ondd.org/the-top-100-academic-medical-blogs/>
- Hmmm: Rate Your Neighbor (not in a good way). <http://www.rottenneighbor.com/>

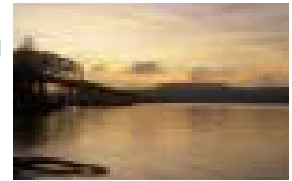
Remember, you don't need to type out all of these web addresses—just go to the NWREMS website and click on 'What's Happening links' or go to <http://www.nwrems.org/whlinks.htm> for a clickable list of all of these websites.

Keep These Upcoming Events in Mind!

- In 231 days, on February 17, 2009, television stations in the United States will stop broadcasting in analog and switch to digital broadcasting. This means that if you do not have cable or satellite TV and pick up your television reception by an antenna on your house or “rabbit ears” on the TV, you will not be able to watch TV after February 17th. Cable and satellite TV customers should ask their providers about any changes that will occur due to the switch. People who use an antenna to get reception can purchase a set-top converter box that will allow them to pick up digital television signals; coupons are available to help with the purchase of these devices. Go to www.dtv.gov for more information and downloadable coupons.



- In May and June 2009, the Hood Canal Bridge will be closed for a period of six weeks. This closure will greatly impact many people in our region, especially those who must use the bridge in order to get to work or receive medical care. Those who live along highway 101 in Mason, Jefferson, and Clallam Counties will also be impacted as this will be the only road access available to the Olympic Peninsula during the closure. Currently the Northwest Region EMS office is working with the Department of Transportation as well as all of the EMS providers in the region to plan for the closure. The next EMS Hood Canal Bridge Closure Mitigation meeting will be held on August 7th at 2pm at the North Kitsap Fire and Rescue Fire Station in Kingston. Additional information about the DOT's plans for the closure can be found on their website at www.hoodcanalbridge.com. Also, the NWREMS website has a page dedicated to providing information about the closure at www.nwrems.org/hoodcanalbridge. Within the next couple of weeks, we will be posting information sheets on the NWREMS website with specific information on how employers, employees, vacationers, and those who live on the Olympic Peninsula can prepare for this closure.



The bottom line in EMS, medicine, and many other disciplines is to prepare as much as possible before a crisis happens. We know that these two events will impact many people so now is the time to plan and take action in order to mitigate the affects of these events.

Have a Safe and Happy 4th of July!

According to the CDC, in 2007 nearly 10,000 people sought treatment in an ER for fireworks-related injuries; 11 died. Let's make this year's 4th a safe and happy event for everyone. Here's how to stay safe around fireworks:

- Fireworks: should be legal and not the more explosive (illegal) professional-grade fireworks. They should only be lit in a clear area (no grass, trees, or other flammable items around), should never be thrown, pointed at someone, or played with after they are lit, and should never be detonated in any type of metal or plastic container.
- Children: should be supervised at all times, should never light fireworks, should never touch or be near fireworks that have been lit or that are “duds”, and should not carry around or play with fireworks in the house.
- Parents: should ensure a safe location for detonating fireworks, should have a bucket of water or hose on stand-by while lighting fireworks, should always supervise their children (even..maybe especially, the bigger ones) when lighting fireworks, and should set a good example for how to use fireworks.

Did You Know?

- The SmileMobile will be in Poulsbo from July 21-25. This is an excellent opportunity for low-income children to receive free dental care. To make an appointment, call 800-572-7835. Volunteers are always welcome to help out with this program and dentists who volunteer their services will receive continuing education credit.
 - Family education and support services is offering a new “Kinship Conversations” program in Shelton. This program includes a monthly meeting held on the first Monday of every month from 6pm to 8pm at the First Baptist Church in Shelton and provides discussion as well as information on resources for family members (grandparents, aunts and uncles, and others) who are raising their relative’s children. The program can also provide financial assistance for caregivers for things such as rental assistance, car repairs, gas and bus vouchers, and other items. Call 360-754-7629 or go to their website at www.familyeducationandsupport.org.
 - The Washington Dental Service Foundation is offering a scholarship for future dental hygienists, dental assistants, and laboratory techs for Washington State residents who are a member of an underrepresented minority. Scholarships will range from \$3,000 to \$15,000 and will be renewable annually. Download a copy of the application from our website at www.nwrems.org. Hurry—applications are due July 25th!
 - The 2008 Tribal Emergency Preparedness Conference will take place on July 23-24 at the Wildhorse Casino Resort in Pendleton, OR. This conference will focus on a variety of preparedness issues that impact tribes such as ‘Tribal Law Enforcement and Public Health Collaboration’, ‘Tribal Casino Emergency Plans’ and ‘Tribal Leaders Risk Communications’. To register or for more information go to www.npaihb.org.
 - Don’t miss the free immunization clinic which will be held at El Centro in the Seaside Church in Bremerton on July 14th. This is a great opportunity to get your children immunized and ready to go back to school in the fall.
- Appointments are not needed, just walk in anytime on July 14th, between 10am and noon, and between 1pm and 3pm. For more information, call El Centro at 360-731-4311.
- The Kitsap County Domestic Violence Task Force will host their 6th Annual Community Picnic at Evergreen Park in Bremerton on July 22nd from 5pm to 8pm. This event is free and open to the public and will feature a barbeque as well as entertainment. Call 360-373-5392 for more information.
 - The Youth Suicide Prevention Program will be hosting ASIST (Applied Suicide Intervention and Skills Training) tailored to a variety of providers over the coming months. Training includes identifying those at risk for suicide, intervention skills, and information on resources available for follow-up and care of the individual contemplating suicide. Training will be held on July 24 and 25 for those who work with at-risk youth in the juvenile justice field or other community programs, on August 4 and 5 for foster and adoptive parents and relatives and caregivers of foster care or adoptive children, and on September 10 and 11 for those who work with youth in Native American communities. Call 206-297-5922 for more information or to register.
 - MRSA (Methicillin-resistant Staphylococcus aureus) is a hazard to everyone—healthcare workers, patients, and the public as well. The Tacoma/Pierce County Health Department’s website has a page dedicated to MRSA which includes fact sheets, tool kits, and other resources. Check out their website at <http://www.tpchd.org/page.php?id=12>.
 - If you work with clients from a variety of cultures, check out the Washington State Department of Health’s ‘translated materials’ webpage which offers a number of flyers, brochures and other informational materials on a variety of public health topics, that have been translated into a variety of languages. Go to www.doh.wa.gov/translated_materials.htm for more information.

**NORTHWEST REGION
EMERGENCY MEDICAL
SERVICES AND TRAUMA**

5610 Kitsap Way #240
Bremerton, WA 98312

PO Box 5179
Bremerton, WA 98312

Phone: 360-479-5631

Fax: 360-479-5772

Email: admin@nwrems.org

Edited by April Borbon
www.aprilborbon.com
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We're On The Web!

www.nwrems.org

News from the NWREMS Office

Here's what's happening in July at the NWREMS office:

- Thank you to everyone who participated in our Region 2 Healthcare Coalition Strategic Planning session on June 23rd. We now have a comprehensive strategic plan which will help us move forward with our healthcare preparedness efforts. We have the following healthcare meetings coming up this month: Clallam County Healthcare Coalition meeting on July 22 at 10am at Olympic Medical Center. The Kitsap County Healthcare Coalition meeting which was scheduled for July 24th has been cancelled.
- Regional Public Health will be hosting a Measles table-top drill on July 18th from 10am to noon in Port Hadlock, which the NWREMS staff will be attending. If you would like more information about participating in this drill, contact Jessica Guidry at guidrj@health.co.kitsap.wa.us.
- We have recently been awarded an EMS for Children grant that will allow us to host a Pediatric Conference which will be held in January 2009. This should be an informative, interesting event. A location is being chosen at this time—stay tuned for more information.
- Our office will be closed on July 4th in observance of Independence Day. We wish everyone a safe and happy holiday.
- We still have lots of safety handouts (DUI bracelets, key chains, brochures, etc) available. If you are having an event this summer, we would be happy to provide these handouts to you to give away free of charge.

The Northwest Region Emergency Medical Services and Trauma Care Council is a non-profit umbrella organization which oversees EMS training, prevention activities, and program funding in Clallam, Jefferson, Kitsap and Mason Counties.

The mission of the NWREMS & TCC is to promote and support a coordinated system for local Emergency Medical Services/Trauma Care Councils by:

- *Providing resources/funding*
- *Enhancing education/training*
- *Promoting data collection/analysis*
- *Facilitating communication*
- *Promoting standardization*
- *Promoting public education and prevention*