



What's Happening

Tips for a Healthy and Happy Fall

The kids are back in school, the days are getting shorter, and the weather is definitely cooling off. With fall on the way, consider these tips to keep your family healthy and safe through the coming months:

- Ensure your home is safe. Now is a good time to have dead or dying trees near your home cut down so they don't blow down during winter storms. It is also a good time to make any repairs that may be needed such as wobbly handrails on the stairs, roof leaks, or leaky gutters and downspouts.
 - Have an alternate source of heat ready in case the power goes out. Along with this, you will want to install a carbon monoxide detector in your home as using alternate sources of heat often leads to carbon monoxide poisoning during the winter.
 - Check out your generator now, before it is needed. Make sure it is tuned up and that it starts easily. Make sure that you have gas stored for it, and most importantly that it is correctly vented away from your home. Also ensure that it is properly hooked up into your electrical box so that it does not cause problems for people repairing the lines that go down in your neighborhood.
 - Make sure the kids are aware of the dangers that are common during the fall: always have them walk with a buddy, make sure they wear appropriate safety gear such as bicycle or skateboard helmets, and have them dress brightly so they can easily be seen at dawn and dusk.
 - Take extra care on the roads. Kids are walking to school or waiting for the bus in the dark, teens are driving to school early in morning or returning at dusk when visibility is lessened, walkers are bundled up in the cold which can impair their range of vision, and roads are often slippery because of rain or ice. Slow down, pay attention to everything, and don't assume the driver coming towards you is doing the same.
 - Keep up the healthy eating and exercise. During summer it is easier to get out and exercise since the days are long and warm. It is also easier to eat healthier since all of the fruits and vegetables are in season and easily available. As it gets colder, it is less enticing to both exercise in the cold and continue to eat good nutritious food. Consider changing your routine (exercise during lunch instead of in the morning) or change the type of exercise you do (use a treadmill instead of walking around the neighborhood). Now is also the time to check out all of the fall fruits and vegetables available (yams, apples, etc) and try some new recipes.
 - Help your elderly friends and relatives prepare for winter. Do they have enough firewood? Do they know about ordering medications over the phone or online so they don't need to get out in bad weather to go to the pharmacy? Is their home safe (fresh batteries are in the smoke detectors, fall hazards are fixed)? Do they have emergency food and water stocked for use during an extended power outage? Will someone check on them when the temperature drops below freezing to make sure they are keeping warm?
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Mark Your Calendar!

DUI Panels

Sept 6; 8:30am Jefferson County—Pt Townsend Rec Center; Pt Townsend, WA 360-385-9193

Sept 9; 7pm Kitsap Youth—Abundant Life Foursquare Church; Bremerton, WA 360-731-5139

Sept 10; 7pm Mason County—Oakland Bay Jr Hi School; Shelton, WA 360-427-1686

Sept 11; 6:30pm Clallam County—Pt Angeles City Council Office; Pt Angeles, WA 360-417-2385

Sept 16; 7pm Kitsap Adult—Abundant Life Foursquare Church; Bremerton, WA 360-731-5139

Sept 23; 7pm Kitsap Adult—Abundant Life Foursquare Church; Bremerton, WA 360-731-5139



Base Station Meetings

Jefferson County EMS
September 4th at 9am
'General Patient Assessment'
Chimacum, WA
crodrigues@jgh.org

Kitsap County EMS
September 4th at 9am
'Protocols'
Bremerton, WA
360-447-2066

Mason County EMS
September 20th
ACLS
Shelton, WA
360-426-1611

Council Meetings

Jefferson County EMS Council
September 2nd; 7pm in Quilcene

Northwest Region EMS Council Meeting
September 11th; Noon at The Lodge in Sequim

West Olympic Peninsula EMS Council
No meeting scheduled this month.

Mason County EMS Council
September 18th; 6pm in Shelton

Clallam County EMS Council
September 18th; Noon at Olympic Medical Center

Kitsap County EMS Council
September 24th; 9am at the Readiness Center

EMS Live@Nite

When: September 9th; 7:15pm

Where: Via video conference

Topic: 'SIDS'

More Info: 888-258-9632

Post Your Event Here!

Email info to aprilborbon@yahoo.com

More Upcoming Events

September Is...

- Baby Safety Month
- Health Aging Month
- Child Passenger Safety Week (fourth week)
- National Minority Donor Labor Day (Sept 1)
- 9-11 Day (Sept 11)
- Centenarians Day (Sept 22)
- Native American Day (Sept 26)
- Family Health & Fitness Day (Sept 27)

West Sound Safety & Health Expo

September 17 & 18
Bremerton Harborside

Free!

360-473-5926



Training Alerts

- September 10 & 11—Applied Suicide Intervention Skills Training (ASIST) for Native American Youth service providers Auburn, WA 206-297-5922
- September 20—Advanced Burn Life Support Class Harborview in Seattle; 206-744-4259
- September 15—Kitsap County EMT Course Bremerton, WA 360-447-2066
- September 22—Mason County EMT Course Shelton, WA 360-426-5533

Meetings in the Northwest Region

September 3—Mason County Inter-Agency Meeting; Noon in Shelton. 360-427-1686

September 4—Kitsap Gets Active Meeting; 8:30am in Bremerton. 360-337-5250

September 10—Mesa Redonda de Kitsap; 8:30am at the Silverdale Center. 360-337-5260

September 16—Clallam Healthcare Coalition meeting; 10am in Pt Angeles. 360-479-5631

September 17—Kitsap Child Death Review; 8:30am in Bremerton. 360-337-5250

September 19—Hood Canal Bridge Closure Mitigation meeting; 10am at NKFR 360-479-5631

Evacuation 101

Last month there were wild fire evacuation and this month there are hurricane evacuations. Add to that the possibility of tsunami evacuations and the occasional winter storm evacuation and you see the need to have things ready to go in an instant. Here the basics for a safe evacuation:

- Be ready to evacuate even if the possibility never arises. Have an evacuation bag packed for each member of the family and stored in the closet or garage. Be sure to include the following items: **Cash**—there may not be an ATM (or it may not be working) when/where you evacuate to. **Medications**—you may not have your prescription on hand or pharmacies may not be open so bring your own necessary meds. **Food and water**—when you evacuate, stores may not be open or the place you end up may not have food and water so bring it with you. **Important papers**—things such as passports, birth certificates, marriage license, financial document, etc. are necessary to prove who you are and what you own. Bring them with you. **An overnight bag**—if you have a hygiene kit and a change of clothes, at least you will be able to clean up after you evacuate; this is a big psychological boost in a trying time. **Communications stuff**—a cell phone and a hard copy of your contact information (friend's and family member's phone and email contact info). **A thumb drive** with all of the contents of your computer backed up on it. **Something to pass the time**—playing cards, a book, an iPod, etc. **Emergency supplies**—first aid kit, flashlight, emergency blanket, etc. **Any special, hard to replace item**—dentures, hearing aids, glasses, nebulizer, etc.
- Have an idea of where you will evacuate to. The home of friends or family who live far enough away from you to be out of danger, a hotel, or as a last resort, an emergency shelter. Be sure to call ahead to the hotel you intend to stay at as a whole lot of other people may have had the same idea and already reserved all of the rooms.
- Consider ahead of time how you will evacuate. Will you take a car, bus, or airplane? Do you have some cash in reserve to fill up the gas tank on your way out of town? In many poor areas, the number one reason for not evacuating is because the people didn't have a car, or didn't have the money to buy gas or a bus ticket to get out of town. It is always a good idea to keep at least a half of tank of gas in your car just for these times when you must leave immediately.
- Evacuate early. You don't want to be one of the hundreds of thousands of people driving down the freeway at five miles per hour during the last hours of the evacuation. Try to leave as soon as possible which will both give you a good head start on traffic and ensure that the gas stations along the route still have fuel.
- Secure your home. Close all of the windows, lock all of the doors, and turn off/unplug appliances. You do not need to turn off the main electrical breaker to your home, the water main coming into your home, or the gas main unless advised to do so.
- Let someone know where you are going. Call ahead to friends or relatives, even if you plan on staying in a hotel, to let them know that you are evacuating, who is with you, where you are going, and what route you are taking.
- Pay attention to the news and public information warnings before, during, and after you evacuate. These news sources will provide the latest information on the estimated danger of the situation, evacuation routes, and other information pertinent to your escape; they will also let you know when it is safe to return home.
- If you must return to the area to work (ie: emergency service providers) during the evacuation, make sure your family is securely evacuated first and provide them with contact information so that they can reach you if necessary such as the number to the EOC you will be working out of in case your cell phone doesn't work.

With a little pre-planning, a safe, efficient evacuation could save the lives of those you care about most.

Women and Heart Attacks

If you have ever seen someone have a heart attack, you know it can be quite dramatic. They turn an ashy shade of grey, clutch their chest, then keel over. CPR is started, emergency providers arrive, and hopefully they have a good recovery. At least that's the scenario for men. For women who have an AMI (acute myocardial infarction or heart attack in layman's terms) the scenario can be quite different.

In a study by the National Institute of Health, 95% of the female participants reported new or unusual symptoms a month before the heart attack even happened. Symptoms such as unusual fatigue, sleep disturbance, indigestion, and shortness of breath were commonly reported whereas less than 30% of the study participants reported any sort of chest pain.

Women need to be aware that their first heart attack could be their last simply because many of the classic symptoms associated with a heart attack don't happen when a woman is experiencing an MI which often leads to a delay in care. Here are some ways to help prevent such an occurrence:

- Take care of yourself. Don't smoke, eat right, exercise, and de-stress on a regular basis.
- See your doctor regularly. Make sure your doctor knows if you have a family history of heart disease, and keep any problems (diabetes, high blood pressure, high cholesterol) under control.
- Be sure to ask you doctor about signs and symptoms of a heart attack in women. Things such as the previously mentioned symptoms along with back pain, dizziness, nausea, and pain in the arm or jaw can also signal a heart attack.
- If you have symptoms, don't rule out the possibility of a heart attack just because you eat right, exercise everyday, don't have a history of heart disease, and are in good health. The reason many women delayed getting care, according to the NIH study, is exactly for these reasons, along with the reason that they didn't think their symptoms were severe enough to warrant a trip to the

doctor or emergency room. This can be a fatal mistake.

- If you think you are having a heart attack, call 911 immediately.
- Consider taking an aspirin (not Tylenol or Motrin) at the onset of symptoms while you wait for emergency help to arrive.
- Never drive yourself to the ER or have a family member do this unless you have no other option as you could die on the way. At least if you are in the back of an ambulance and have a full blown heart attack, the paramedics have the knowledge, skills, and tools to possibly revive you.

According to one researcher, women's heart attack survival statistics are not encouraging. Among women ages 25 to 44, AMIs are the third leading cause of death. Among women age 45 to 64, they are the second leading cause of death. Compared to men, women are less likely to survive the initial heart attack, less likely to get out of the hospital alive, and more likely to die within a year of their heart attack. This may be because women don't recognize the heart attack symptoms and therefore put off seeking help until it is too late, or it may be because women have smaller hearts that are able to sustain less damage before failing completely.

It is imperative for everyone, to be proactive about heart health. Preventive measures can make a world of difference in the survivability of a heart attack, as can early awareness of what is happening. Of course, once a patient is diagnosed with an MI, follow-up and monitoring by your cardiologist, taking medication as prescribed, and making changes to your lifestyle as suggested by your physician can make a world of difference in your ability to survive and overcome such an event.



Who to Contact When You Need Help

Depending on your situation (or the situation of your client) the time might arise when you need help. Immediately. Here's who to contact:

- For social service help (assistance with heating bills, rent, or other help) call 211. This is a national number that will provide local assistance in your community for a wide range of social service problems.
- For immigration issues (we have seen a huge up tick in immigration enforcement which picks up and detains undocumented immigrants but this can leave their children with babysitters or home alone since their parents may possibly be detained for months or deported). Call the Northwest Immigrant Rights Project at 800-445-5771.
- For information on classes, projects, volunteering, or what to do during an emergency, contact your county's Department of Emergency Management. In Clallam County call 360-417-2305, in Jefferson County call 360-385-9368, in Kitsap County call 360-307-5870, and in Mason County call 360-427-7535.
- For any emergency that could impact life, health, or property call 911.
- For education assistance (this covers everything from getting a degree, funding your education, and remedial classes to workforce training and women in transition programs) contact Olympic College in Bremerton at 360-792-6050 or Peninsula College in Port Angeles at 360-417-6255.
- For a huge community resource guides, go to <http://www.kcr.org/forms/community%20resource%20guide.pdf> or to <http://www.clallam.net/HealthServices/assets/applets/Resource20071.pdf>.

Interesting Info from the World Wide Web

- Did you know that a bacteria has been found to be the cause of death for many people during the pandemic flu of 1918? Read more about it at www.npr.org/templates/story/story.php?storyId=93747214
- A round-up of "20 Parts of the Body That You Don't Need" can be found at www.amazingposts.com/2008/08/20-parts-of-your-body-you-dont-need.html
- Popular Science recently did an article on a new breed of traumatic brain injury caused by blast waves in Iraq. Read all about it at www.popsci.com/military-aviation-%2526-space/article/2008-08/shock-system
- From the funny/cool blog file: check out 6 Year Med, the blog of a medical student. Go to <http://6yearmed.blogspot.com/>
- Ali's African Adventures is another interesting blog from a pediatric nurse who is working on the hospital ship Mercy off of the African Coast. Take a look at it at <http://alirae.net/blog/>
- Start your own blog: www.blogger.com
- If you don't want the responsibility of keeping up a blog, make up a free, one-page webpage about your favorite topic at www.squidoo.com
- If you are putting together a PowerPoint presentation and need some attention getting pictures related the safety/medical/EMS field, check out www.safetycenter.navy.mil/photo/archive/default.htm or www.wreckedexotics.com.

*All of these links can be found online at www.nwrems.org/whlinks

Did You Know?

- The Youth Suicide Prevention Program is offering an Applied Suicide Intervention Skills Training (ASIST) course on September 10 and 11 at the Muckleshoot Tribal Health and Wellness Center in Auburn. This course is designed for people who work with youth in Native American Communities and is offered at no charge. Attendees will learn how to identify suicide risk factors, how to intervene with those at risk for suicide, and provide information on resources that are available for suicidal youth. Call 206-297-5922 for more information or to register.
- The rules are changing for the Washington State Basic Food Program. Beginning October 1st, this program which provides the well known "Food Stamps" benefit for needy families, will increase the gross income limits to 200% of the Federal Poverty Guidelines and will waive asset limits as well; this will allow many more families to qualify for food assistance. Applying for this program will also automatically enroll school age children in the free lunch program, and qualifies the participant for local low-cost local phone service and WIC as well. Call 877-514-3663 for more information or to apply.
- The West Sound Safety and Health Expo will take place on September 17 from 10am to 6pm and September 18 from 8am to 2pm at the Kitsap Conference Center and along the Boardwalk in Downtown Bremerton. This free event will feature displays and hands-on exhibits about health and safety and will also have a kid's zone. Call 360-473-5926 for more information.
- Modest Needs (www.modestneeds.org) is a unique organization that allows people to ask for help from the public (assistance with paying for emergencies that arise such as a job layoff that causes the person to miss a car payment or help with medical bills) while at the same time they thoroughly investigate the situation so that the public can donate and be assured that the money is going where it is supposed to go to help someone truly in need. Check it out!
- Walmart's State Funding Giving grant applications are now being accepted. These grants can be used to fund job training, education, health, and environmental sustainability programs. Go to <http://walmartstores.com/CommunityGiving/> to apply. Hurry, grants are due September 25th.
- The Washington State Falls Prevention Grant application is now available. Four grants in the amount of \$35,000 each will be awarded for falls prevention initiatives. Applications are due by September 5th. For an application, contact Ilene Silver at Ilene.silver@doh.wa.gov
- The Washington State Healthcare Coalition Workshop will take place on September 24th in SeaTac. This is an annual event that allows healthcare coalition representatives from around the state to gather and share ideas. Contact Anne Widney at anne.widney@doh.wa.gov for more information.
- Even though we are heading into winter, the Boat US Foundation is now accepting application for grants to fund boating safety projects. Grants of up to \$4,000 will be awarded to promote boating safety and education. Go to www.boatus.com/foundation/Grants/index.htm to apply.
- Falls Free Washington has a great website with lots of information on falls prevention, balance information and exercise opportunities by county for seniors. Go to www.fallsfreewashington.org for more information.
- The Northwest Tribal Emergency Council is an excellent resource for Native American Tribes in our area. This organization provides tribe-specific emergency preparedness resources such as templates and planning resources, training and classes, and information on grant opportunities. Their Annual Conference will be coming up on September 16 & 17. For more information, go to www.nwtepc.org.
- The Washington Poison Center is seeking applicants for their annual Mr Yuk poster contest for 6 to 12 year olds. Information and instructions are available on their website at www.wapc.org.

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We're On The Web!
www.nwrems.org

News from the NWREMS Office

We're gearing up for a busy fall at the NWREMS office:

- The Region 2 Healthcare Coalition which encompasses Clallam, Jefferson, and Kitsap counties now has a monthly newsletter to keep everyone updated on what is happening with the local and regional coalitions. To get on the mailing list, contact April at aprilborbon@yahoo.com.
- We are eight months away from the six-week Hood Canal Bridge Closure which promises to impact everyone in our region. We will be hosting a Hood Canal Bridge Closure Mitigation meeting on September 19th from 10am to noon at the North Kitsap Fire and Rescue Headquarters Station in Kingston. All agency reps/providers are welcome to attend.
- After taking the summer off, our TED, QI, and Regional Council meetings will be starting again in September. The Training and Education Committee will meet at 9am on September 11th at the Lodge in Sequim. Following that meeting will be the QI Committee meeting at 10am, lunch at 11:30am and the Northwest Region EMS Council meeting at noon. Please note that at this meeting we will be reviewing and approving our 2009-2013 Regional Trauma Plan.
- Mark your calendar for October 2nd—on this day we will be hosting the Region 2 Hospital Preparedness meeting in our office at 9am followed by the Region 2 Healthcare Coalition meeting at noon at the Clubhouse at McCormick Woods in Pt Orchard. Invitations will go out around the first week of September.

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*