

May 2005



NORTHWEST REGION EMERGENCY MEDICAL SERVICES AND  
TRAUMA CARE COUNCIL

# What's Happening

## Preparing for the End: On Death and Dying

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Death and dying...it's a topic that many of us deal with everyday in the EMS profession yet how prepared are *you* for the end? The national coverage of the Terri Schiavo case, the rash of fatal and near-fatal accidents in our region over the past couple of months, and simply the aging of our population all highlight the need for planning for death no matter how young and healthy you are. The following items are simple ways to plan for your demise and spare your family and friends additional worry and grief.

- **A Will.** Every adult should have a written Will no matter how few possessions they have. This is particularly important as it allows you to assign a guardian for your minor children, appoint an executor for your estate and distribute your property and possessions as you wish.
  - **A Living Will.** A Living Will and other types of Advanced Directives allow you to explain what type and to what extent you wish to receive medical care when you are incapacitated and unable to speak for yourself. As exemplified by the Schiavo case, this is an important document which takes the guess work, and the added emotional trauma, out of the equation when your family is faced with such a decision.
  - **Durable Power of Attorney.** This document allows your spouse or other appointed person to handle your affairs (legal and financial) on your behalf. It can be specifically written to take affect should you become debilitated or no longer able to act on your own behalf. This document is necessary even if you are married as it allows your spouse to sign legal documents on your behalf.
  - **Insurance.** Adequate life, health, disability and long-term care insurance are a necessity. The costs associated with becoming ill, disabled and even dying continue to skyrocket and without adequate coverage, your family can be left inundated with debt should anything happen to you.
  - **Are you an organ donor?** Even if your choice is already specified on your drivers license, it is still an important topic to discuss with your family before they are faced with the decision.
  - **Your Information.** Everything about yourself including your vital statistics, location of legal and financial documents, medical information and list of contacts should be updated regularly and made available to your next of kin.
  - **End of Life Decisions.** Whether through illness, disability or age, we find ourselves nearing the end of life, the following topics should be clearly outlined for your family (having this information *written down* is always better): your wishes for your funeral, your wishes for burial or cremation, your DNR (do not resuscitate) orders, your choice regarding hospice care, and your choice regarding spiritual care.
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## Calendar of Events

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May 1, 14 15, 21

EMT-IV Course  
Bainbridge Is Ambulance  
Bainbridge Is., WA  
360-478-5997

May 12 6:30pm

DUI Victim's Panel  
Pt Angeles City Council Office  
Pt Angeles, WA  
360-417-2385

May 21

Armed Forces Day Parade  
Bremerton, WA

May 4 7pm

DUI Victim's Panel  
Gig Harbor Civic Center  
Gig Harbor, WA  
253-884-0715

May 14 9pm

DUI Victim's Panel  
Pt Townsend Rec Center  
Pt Townsend, WA  
360-385-9135

May 21

Arthritis Walk  
Silverdale, WA  
877-232-2898

May 7

Shelton Children's Festival  
Shelton, WA

May 19 7pm

Adult DUI Victim's Panel  
Abundant Life Foursquare  
Church  
Bremerton, WA  
360-731-5139

May 25 7pm

DUI Victim's Panel  
Rolling Bay Presbyterian Church  
Bainbridge Island, WA  
360-731-5139

May 7

Disaster Saturday  
Kitsap Pavilion  
Bremerton, WA  
360-307-5870

May 19

Washington State Drowning  
Prevention Training  
Ellensburg, WA  
206-987-5718

June 4

Safety Day  
Belfair State Park  
Belfair, WA  
360-275-6711

May 10 7pm

Youth DUI Victim's Panel  
Abundant Life Foursquare  
Church  
Bremerton, WA  
360-731-5139

May 21

Smile Rescuers  
Bremerton, WA  
360-478-2366

June 11

20th Annual Kids Day  
Kitsap County Fairgrounds  
Bremerton, WA

*To list your event here, simply email, fax or call your information to us at the contact numbers listed on the back page of this newsletter.*

## Did You Know?

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- There will be a Trauma Nurses Talk Tough (TNTT) Day on June 10th at Legacy Emanuel Hospital in Portland, OR which is open to all people who give TNTT presentations or are interested in becoming involved in this prevention program. Call Simone at 503-413-4960 to register by May 23rd.
- The 7th Annual Smile Rescuers Oral Health Education Fair will be held on Saturday, May 21st from 9am to 1pm at the Peninsula Community Health Services office in Bremerton. This is a fun, educational event open to all children, teens and parents. Call 360-478-2366 for more information.
- The Spring Washington State Drowning Prevention Project Workshop and Network Meeting will be held on May 19th from 9:30am to 3:30pm in Ellensburg, WA. Call 206-987-5797 for more information.
- Here's a great contest for you creative types. The Boat US Foundation is co-sponsoring a "build a better life jacket" design competition. The prize is \$5,000 and entrants are encouraged to think outside of the box. Go to [www.usboat.com/foundation/lifejacketdesign](http://www.usboat.com/foundation/lifejacketdesign) for more information.
- Kitsap Safe Kids will be holding a pre-Mother's Day Safety Event on May 7th at the North Kitsap Fire District Headquarters Station. The event will feature a free breakfast, car seat check, life jacket sale, helmet sale and fun activities like face painting and scavenger hunts. Contact Marcy Powell at [marcy.powell@multicare.org](mailto:marcy.powell@multicare.org) for more information.
- If you are interested in becoming a certified child safety seat technician there are two, four-day classes coming up. The first will be held May 9-12 in Redmond, WA (contact [www.safekids.org/certification](http://www.safekids.org/certification) for info on this class) and the second will be held June 10, 11, 16 and 17 in Gig Harbor (call 253-403-1417 for more info on this class).
- The Society for Public Health Education and the CDC are awarding a one year fellowship in the amount of \$1,500 for graduate students in the health education, health promotion, or related fields. Go to [www.sophe.org](http://www.sophe.org) for more information.
- Another great source for grant funding information is [www.channing-bete.com/fundinginformation](http://www.channing-bete.com/fundinginformation). This website provides a list of grants available for community development, health, public safety, education and youth development projects.
- On May 7th, the 15th Annual 'Mom and Me at the Zoo' event will be held at Woodland Park Zoo in Seattle and Pt Defiance Zoo in Tacoma. To participate you need to purchase a \$7 t-shirt at Macy's (of which \$3 goes to the zoos). Wearing your t-shirt will allow you entrance to the zoo, as well as allow you to participate in games, face painting, arts and crafts and watch live entertainment.
- Depressed Anonymous is a 12-step program that helps people who suffer from depression. This group meets Tuesdays at 7pm at Mason General Hospital in Shelton. There is no charge to participate and all are invited to attend. For more information, call 360-427-6847.
- A one day conference entitled 'Helping You Work with Families Facing AIDS: Fostering Cultural and Linguistic Competence' will be held May 24th in Yakima. This is a free workshop and open to all who work with grieving families including first responders, nurses, social workers, etc. Call Jeanette Zaichkin at 360-236-3582 for more information.
- Disaster Saturday will take place May 7th at the Kitsap Fairgrounds Pavilion in Bremerton from 10am to 3pm. This program offers a free series of classes on various aspects of disaster preparedness and is open to all. Call 360-307-5870 for more information or register for individual classes at [www.kitsapdem.org/classes](http://www.kitsapdem.org/classes).
- A good book to add to your medical library is "Communimed: Multilingual Patient Assessment Manual" by Brent Kelland and Lou Jordan. The book provides a list of assessment questions in 20 different languages for emergency providers.

**NORTHWEST REGION  
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SERVICES AND TRAUMA  
CARE COUNCIL**

5610 Kitsap Way #240  
Bremerton, WA 98312

PO Box 5179  
Bremerton, WA 98312

Phone: 360-479-5631  
Fax: 360-479-5772  
Email: [nwems@hurricane.net](mailto:nwems@hurricane.net)

**We're On The Web!**  
**[www.nwrems.org](http://www.nwrems.org)**

*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.*

*Their Mission 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*

## **NWR EMS News You Can Use**

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### **Who To Contact at the NWREMS Office**

*Dave McCarthy; Training Coordinator.* Dave can help EMS providers and agencies in our region coordinate training classes and courses, find instructors for classes, provide training equipment and supplies, and assist with DOH course applications. Dave is also a certified CPR/AED instructor.

*April Borbon, Prevention Specialist.* April coordinates the DUI Victim's Panels, can provide free helmets and bicycle safety handouts for your child safety events, distributes falls prevention information to the elderly and can provide information on the Trauma Nurses Talk Tough Program. She is also a test proctor (EMT and Paramedic DOH certification tests), is the webmaster for the NWREMS website and is the editor of this newsletter.

*Anice Grant, Director.* Anice takes care of all of the office tasks, does all funding and accounting, proctors tests, can provide information on all local Council activities in the Region, is on a multitude of committees (RAC, Steering Committee, Data TAC, QI, etc), handles all of the major project in the office (Hood Canal Bridge Closure, Hospital Preparedness, Protocols, AEDs, etc.) and can provide any additional information you need about EMS in the Northwest Region.