

August 2005



NORTHWEST REGION EMERGENCY MEDICAL SERVICES AND  
TRAUMA CARE COUNCIL

# What's Happening

## Healthy Aging Starts Early

---

How would you like to spend your senior years? Healthy, vibrant and enjoying life to its fullest or frail, ill and bed-ridden? It's kind of like looking at your retirement fund. If you start your fund early and take regular care of it throughout your lifetime, it will allow you to live a financially comfortable life. If, however, you don't think about retirement until it's almost time to collect social security, you may well spend your golden years in poverty.

The time to begin preparing for your old age is now. Even if you are 30, 40 or 50 years old, you can take steps now that will enable you to enjoy decades of quality living. These simple steps will allow you to enjoy healthy aging today as well as for many years to come.

- Keep active with regular strength, cardio and balance exercises. Walking, for example, is simple and an excellent way to exercise. Jack La Lanne, the exercise guru from 1950s and 60s television is now in his nineties. He looks 50 and can still do pushups...on his fingertips!
  - Keep your mind active. Learn something new everyday, do crossword puzzles, keep up with current events, enjoy a hobby or go back to college to study a subject you have always been fascinated by...all of these things keep your brain active and vibrant.
  - Take care of your health. Eat healthy food, get enough sleep, and take care of problems that arise immediately instead of letting them grow unchecked. If, for example, these words are fuzzy, get your vision checked and corrected. If you miss parts of conversations for no apparent reason, get your hearing checked. If grief or problems make you feel depressed for more than a couple of weeks, seek help from your health care provider.
  - Prevent falls! Falls are the number one cause of death for people 75 years and older and the second leading cause of death for people 55 to 75 years old in our region. Often it is not the fall itself that causes death, it is the long list of complications associated with the fall. Go to our website at [www.nwrems.org/falls](http://www.nwrems.org/falls) and download the falls prevention checklist to help you determine where falls could occur in your home.
  - Change your environment to fit your changing needs. Is your home too big, require too much upkeep or difficult for you to traverse due to all of the stairs? Sell it, move to a smaller home that fits your needs and spend the proceeds enjoying yourself. Does driving seem more difficult lately? AARP offers driving classes especially for seniors that teach ways to adjust to your changing needs. Consider, too, the option of "retiring" from driving when the appropriate time comes.
  - Study aging, not just for your own knowledge but in order to help your elderly parents. Know how the medications you take can affect you. Know what services are available in the community to help seniors such as Meals on Wheels and the community senior center (better yet, volunteer for these organizations—you will be helping provide a wonderful service to the community). Look into various retirement living options way before you need them. Ask seniors that you know what their greatest difficulties are—this way you will have years to create solutions to these problems and may even invent the next clapper!
-

## Calendar of Events

---

August 3 7pm DUI Victim's Panel Gig Harbor Civic Center Gig Harbor, WA 253-884-0715	Shelton, WA 360-427-9670 x248  August 11 6:30pm DUI Victim's Panel Pt Angeles City Council Office Pt Angeles, WA 360-417-2385  August 13 9am DUI Victim's Panel Pt Townsend Rec Center Pt Townsend, WA 360-385-9135  August 18 7pm Adult DUI Victim's Panel Abundant Life Foursquare Church Bremerton, WA 360-731-5139	DOT Instructor Course Seabeck Conference Center Seabeck, WA 360-479-5631  October 17-22 Safe Kids Worldwide Leadership Conference Washington, DC 360-236-3606  October 20-22 2005 Washington State Prevention Summit Yakima, WA 877-301-4557
August 4 9am Kitsap EMS Base Station Meeting 'Many Faces of Confusion: ALOC in the Geriatric Patient' Harrison Hospital Silverdale Silverdale, WA 360-478-5997		
August 9 7pm Youth DUI Victim's Panel Abundant Life Foursquare Church Bremerton, WA 360-731-5139		
August 10 7pm Adult DUI Victim's Panel Mason County Courthouse	October 16-20	

*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.*

---

## Some (Surprising) DUI Facts

- In 2002, an estimated 17,419 people died in alcohol-related traffic crashes—an average of one every 30 minutes.
- Of the 42,815 traffic fatalities in 2002, 41% were alcohol-related.
- The rate of alcohol involvement in fatal crashes is more than three times as high at night as during the day (61% vs 18%).
- In 2003, 30% of all fatal crashes during the week were alcohol related compared to 53% on weekends.
- Alcohol-related traffic fatalities are caused primarily by the consumption of beer (80%) followed by liquor/wine (20%).
- Traffic crashes are the number one killer of teens and over one third of all teen traffic deaths are alcohol-related.

*Statistics provided courtesy of Mothers Against Drunk Driving*

## Did You Know?

---

- The Hood Canal Bridge which connects the northern Kitsap Peninsula to the Olympic Peninsula will be closed from 8pm August 11th to 4am August 15th and from 8pm August 21st to 4am August 25th. This is a major highway route and being stuck on the opposite side of the bridge from where you want to be will necessitate a four plus hour detour route. Plan accordingly!
- The Boating Safety Sidekicks organization is holding an essay contest for 4 to 15 year olds. The topic of the contest is “Why I Wear My Life Jacket” and prizes will be \$100 savings bonds. Go to [www.boatingsidekicks.com/essay1000](http://www.boatingsidekicks.com/essay1000) for more information.
- ICE isn't just an urban myth. Started by a paramedic in England who got tired of trying to figure out who to contact when a patient was unconscious, he began a campaign to get everyone to put an ICE (In Case of Emergency) listing on their cell phone. This way, if you are unconscious, EMS or law enforcement personnel can scroll through your cell phone and dial your ICE contact. It was also suggested that if you have more than one person you would like contacted, that you put ICE1, ICE2, ICE3, etc. listings on your phone.
- The “You Drink, You Drive, You Lose” law enforcement crackdown will be held nationwide from August 18th to September 5th. A national advertising campaign will be held in conjunction with this effort to remove intoxicated drivers from our roadways.
- The National Center for Biomedical Research will be holding a three-day class in Centralia, WA, entitled ‘Emergency Response to Domestic Biological Incidents’. More information on this class, which will run from September 27th to 29th is available by calling 360-786-5209.
- The Kitsap Safe Kids organization offers a variety of child safety programs on a regularly scheduled basis at the Mary Bridge Children’s Health Center located at Harrison Hospital in Silverdale, WA. Their on-going programs include: helmet fitting and sales every Wednesday from 2pm to 5pm, a life jacket loaner program and sales every Wednesday from 2pm to 5pm, and car seat checks on the first Wednesday of the month from 10am to 2pm. For more information, contact Marcy Powell at 360-662-1198.
- The 2005 National Injury Prevention and Control Conference web cast can be found online at [www.cdc.gov/ncipc/2005conference/webcast.htm](http://www.cdc.gov/ncipc/2005conference/webcast.htm) for viewing in your spare time.
- The Kitsap County Health District will hold the following live web casts at their office in the Norm Dicks Conference Center in Bremerton, WA. August 2—‘Disaster Preparedness for the Healthcare Provider’, August 9—‘Supporting Children in Times of Crisis’, August 16—‘Chemical and Radiation Threats for the Healthcare Provider’, August 23—‘Emergency Infections for the Healthcare Provider’. Taped web casts this month include: August 5—‘Avian Flu: Implications for Agriculture and Public Health’, August 8—‘Psychological Aspects of Bioterrorism, and August 9—‘Bioterrorist Threats for the Healthcare Provider’. All of these broadcasts are also available for loan on DVD. For more information, contact Ruth Westergaard at 360-337-5752.
- The Washington State Traffic Safety Commission’s 2005 Seatbelt Use Rate in Washington State study is out. It notes a seatbelt use rate of 95.17% overall in Washington state. This is a huge increase from the 36% use rate of seat belts throughout our state in 1986.
- Motorcycle accidents and motorcycle fatalities seem to be going through the roof this summer. While no statistics are yet available, a JAMA study cites the rise in the number of new riders as well as motorcycle rider intoxication as leading causes of rider fatalities. Although not required, it is critically important that all new riders learn the ins and out of safe riding. Call 800-962-9010 to find a Washington Motorcycle Safety Program in your area. A great website for motorcycle information including safety tips can be found at [www.soundrider.com](http://www.soundrider.com).

**NORTHWEST REGION  
EMERGENCY MEDICAL  
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 Summer Update**

---

The staff of the Northwest Region EMS has been busy this summer. Among our accomplishments:

- The Northwest Region Biennial Trauma Plan for 2006-2007 was recently approved. The Plan lists our goals and activities for the upcoming two years and gives us a framework for going forward with our mission in our Region.
- The Regional Protocols are being revised and updated. With months of work from our Protocols Committee behind us, Dave and Elizabeth are now making all of the suggested changes before presenting the Protocols to our MPDs this fall.
- We just got our new DUI brochure back from the printer. The brochure is handed out by all of the courts in Kitsap County and provides information on our DUI Victim's Impact Panels throughout the region. The Kitsap DUI Panels also have new speakers and will be incorporating the new Trauma Nurses Talk Tough presentation with their panels later this summer.
- Dave is busy putting together our training program for the fall. A list of region-sponsored courses for the EMS provider will soon be available on our website.
- Our website ([www.nwrems.org](http://www.nwrems.org)) is continually being updated with news and information for the EMS providers in our region. Our site lists everything from ACLS classes and a falls prevention information to grant funding sources and links to the agencies in our region.
- We will soon be ordering more than a thousand bicycle helmets. Donations on behalf of Ruby DeSantis, our previous prevention coordinator, topped \$2,500. We will use these funds to purchase helmets for distribution throughout our region. If you need helmets for upcoming events, contact our office.