

March 2005



NORTHWEST REGION EMERGENCY MEDICAL SERVICES AND
TRAUMA CARE COUNCIL

What's Happening

Taking Care of the Person Who Takes Care of Everyone Else

If you have received this newsletter, you are probably a provider in the health care, fire, EMS, law or military field. A “type A” person who can handle any emergency, make split-second decisions, work a double shift then go directly to coach a Little League game. On a good day you can leap tall buildings in a single bound. While you are always busy and are often the first person people come to when they need help, you seldom take time to take care of yourself. Below are a few tips to give back to yourself as much as you give to others.

- Your health. Nutritious (notice I didn't say “diet”) food is a must. Take a few minutes to pre-plan your meals and always carry a bag of healthy food and snacks with you—with your schedule, you never know when or what you will eat. Make it easier to eat healthy by always having something nutritious at hand. Try to work exercise into your day. Granted after a twelve-hour shift the last thing you will want to do is hop on the Stair Master, but enjoying any activity that adds some exercise into your day (dancing, taking a nature walk, throwing a football around with your kids) will only add to your health. Don't forget to drink lots of water like your momma taught you and by all means make it a point to get a good night's sleep more than a couple of times a week.
 - Your office. Or cubicle. Or workstation. It's spring cleaning time and what better way to unclutter your life than by uncluttering the place you often spend the most time. Archive old files, get rid of things you don't want/like/need any more, organize your space for both efficiency and tranquility and complete your new office makeover with new office supplies.
 - Your technology. Make sure your computer has been updated recently. Archive and organize the files on your computer for maximum ease of use and retrieval, go through your email list and update contact information, and use technology to your best advantage (ie: sync your contact list with your cell, invest in a jump drive, install the latest computer security programs, and checkout www.download.com for some great new software).
 - Your work. Basically do it, ditch it or delegate it. Make a master list of everything that absolutely needs to get done and its due date. Next make a list of things you feel compelled to do for reasons that only Dr Phil would understand yet you really don't want or need to do. Finally, make another list of things you would like to get done. Now take your “need to do” list and delegate as much as possible, making a note of whom the items were delegated to and when you need to follow up with them. Although you probably have the habit of doing everything for yourself, use this opportunity to help others by assigning them tasks that will help them to better develop their skills while at the same time making more time for you to concentrate on more important tasks. Next, fully concentrate your effort on the task with the most immediate due date. When that is completed, move on to the next task that is due. Take the list of things that you don't want or need to do yet feel like you are obligated to do and ditch it...gracefully. Explain that although you would love to help with the (insert task here), a very important new project has come up and you are simply unable to help...no excuses, no promises of helping later. When your “need to do” list is completed, take a look at your “want to do” list.
 - Your self. Treat yourself like you treat others. Make time for yourself, treat yourself with gifts you love, insist, as you would to a friend, that you treat yourself better. Go fishing for a few hours (with your cell phone off), browse the mall for a few hours (with your cell phone off), get a massage, etc.
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Calendar of Events

March 2 7pm
DUI Victim's Panel
Gig Harbor Civic Center
Gig Harbor, WA
253-884-0715

March 7 10am-3pm
Washington State Safe Kids
Meeting
Prime Hotel
Seattle, WA
360-236-3616

March 8 7pm
Youth DUI Victim's Panel
Abundant Life Foursquare
Church
Bremerton, WA
1-360-731-5139

March 9
1st Annual Agriculture Safety
Day
Yakima Convention Center
Yakima, WA
1-800-331-3276

March 10 6:30pm
DUI Victim's Panel
Pt Angeles City Council Office
Pt Angeles, WA
360-417-2385

March 10
Mass Casualty Drill
Pt Angeles, WA
360-417-2525

March 10 7am
Red Cross Real Heroes
Breakfast
Kitsap Conference Center
Bremerton, WA
360-377-3761

March 12 9pm
DUI Victim's Panel
Pt Townsend Rec Center
Pt Townsend, WA
360-385-9135

March 17 7pm
Adult DUI Victim's Panel
Abundant Life Foursquare
Church
Bremerton, WA
1-360-731-5139

March 19
Noon-4pm
Car Seat Safety Check
Safeway
Port Townsend, WA

March 25 8am-5pm
AAA Mature Driver Class

West Side Improvement Club
Bremerton, WA
1-800-462-3728

March 27
Easter

March 29
Region 2 Tabletop Drills
Clallam, Jefferson and Kitsap
Counties
360-337-5267

March 30
Region 2 MCI Drill
Bremerton, WA
360-337-5267

March 30 7pm
DUI Victim's Panel
Rolling Bay Presbyterian Church
Bainbridge Island, WA
360-731-5139

*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?

- Mothers Against Drunk Driving (MADD) offers a free 24-hour support line for victims/survivors of drunk driving. Their national hot-line can be reached at 1-877-MADD-HELP.
- The Washington State Chapter of MADD will soon be offering a grief support group for drunk driving victims. Call them at 1-800-927-6080.
- The Kent Fire Department (King County Fire District #37) is looking for a full-time Public Education Specialist. The position closes on March 4th. For more information, call 253-856-4481.
- Spread the word! Habitat for Humanity is accepting applications for their new Bremerton development. This is an excellent opportunity for low-income families to own their own home. Informational meetings will be held throughout Kitsap County during the month of March. Call 360-479-3853 for more information.
- Harrison South Kitsap Urgent Care Clinic in Port Orchard will be transitioned into a primary care clinic within the next couple of months and will no longer offer urgent care services.
- A variety of Homeland Security awareness-level courses are now available online. Check out this unique way to provide free 'learn-at-your-own-pace' instruction for your personnel at www.homelandtraining.org. As a side note, some agencies (ie: EMS agencies, among others) are eligible for back-fill pay for their employees who take these courses online. Check with your local DEM for more information on this.
- Colleen Rodrigues is the new Training Coordinator for Jefferson County EMS. She can be reached at crodrigues@jgh.org.
- The Consumer Products Safety Commission is a great source of information for recalled products. Not only can you see if the baby stroller you bought at the local thrift store is considered safe, but many fire investigators use their website to research consumer products that may have been involved in fires. This information is available free at www.cpsc.gov and they will even email you recall updates as they happen on your specified products (household, outdoor, child or all products).
- Project Child Safe distributes free firearm safety kits which include a gunlock throughout the country. In our region, these kits are available through the Kitsap County Sheriff's Office, the Shelton Police Department, the Mason County Sheriff's Office and the Port Townsend Police Department. For more information and a list of additional agencies that are providing these kits, go to www.projectchildsafes.org.
- It's legislative season in Olympia and bills affecting all aspects of our lives and work are flying fast and furious through both the House and Senate. Information on legislation that affects the fire service is available by calling 800-491-9322. Information on legislation that affects the EMS community is available in a weekly "EMS Update" by emailing denece.thomas@doh.wa.gov. Additionally, if you would like to contact the governor, and your legislators with one simple phone call, dial 1-800-562-6000 or TDD 1-800-635-9993. This is an excellent free service that allows you to give your message to an operator who will forward it to the appropriate legislators as well as the governor.

**NORTHWEST REGION
EMERGENCY MEDICAL
SERVICES AND TRAUMA
CARE COUNCIL**

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We're On The Web!

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

- Our office can provide all sorts of handouts for your upcoming events. Pamphlets, key chains, pens, mouse pads, stickers, vehicle garbage bags and other items with safety messages imprinted on them are available just for the asking. These items make great handouts at safety fairs and other community events.
- The Region has a new Falls Prevention Checklist available. These are being distributed throughout the region to Senior Centers and Assisted Living Facilities. If someone you know could benefit from this information, download a copy from our website at www.nwrems.org.
- DUI Victim Impact Panels are hosted on a regular basis through our office. However, we can also tailor our programs to specific groups and make presentations as needed at offices, schools, and military installations. Call for more details.
- AEDs can be purchased at the very low price of \$856.40 plus shipping and handling through the Northwest Region EMS office. Special conditions apply so call Anice Grant at 360-479-5631 for more information.