

Village Ambulance Service

Spring 2013 Newsletter



Flowers are in bloom...

Welcome to the Spring 2013 edition of the Village Ambulance Service EMS & Community Awareness Newsletter. This publication is aimed at keeping you updated on the progress of Emergency Medical Services in Berkshire County.

Employee Spotlight

Mel Wilkinson

EMT-Basic

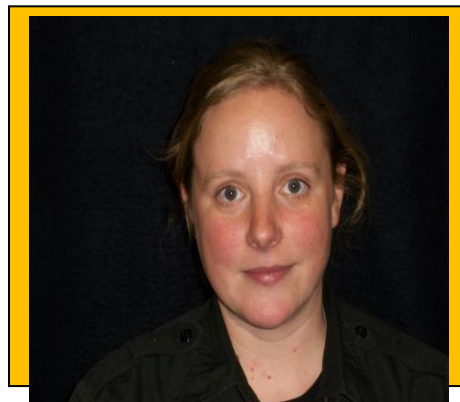


Congratulations to Melissa 'Mel' Wilkinson for being this quarter's Employee Spotlight!

Mel started working part-time at Village Ambulance Service in 2012 immediately after earning her EMT-Basic certification through VAS's accredited EMT program.

When asked how she learned of the emergency medical services trade, Mel said "I've always had aspirations of helping my community, so between practicing as an EMT and my full-time job as the Animal Control Officer in North Adams, public service keeps my life pretty busy." "I enjoy that," she added.

When time permits, Mel also works as a teaching assistant for Village Ambulance Service's Spring and Fall EMT-Basic program. According to Mel, "Teaching not only allows me to help



others achieve their goal at becoming an EMT, but also enables me to stay ahead of the curve when it comes to my own skills and knowledge."

In her spare time, Mel enjoys playing flyball and hiking with her dogs, as well as cooking. She is currently enrolled in culinary classes at Berkshire Community College.

As for the future, who really knows what it holds. Either way, Mel plans on a long career as an EMT.

VAS Hosts Free Training Opportunity for Fire, Police and EMS Responders



The Western Mass Regional Homeland Security Advisory Council awarded Village Ambulance Service funding to host a one day, eight hour course conducted by [STS Consulting](#) based in Chicopee, MA.

In an effort to help keep first responders safe, the training – held on Saturday, March 3, 2013 at the Williams Inn – looked at several topics that seem to be emerging locally and across the nation. The course covered topics like chemical suicide detection, concealed weapons and scene safety, on-scene etiquette and reading a patient's body language. Over 65 participants attended.

EMS Workers to be honored at Annual Banquet

Emergency Medical Services Corporation (EMSCO) of Berkshire County will host its awards banquet on Friday, May 17, at the ITAM Lodge, Pittsfield. Cocktail hour starts at 6 p.m. with a buffet dinner at 7 p.m.

The banquet is held annually to honor EMS/public service providers from Berkshire County. The event kicks off Emergency Medical Services Week, celebrated nationwide from May 19 through May 26. This year's theme is "EMS: One Mission; One Team."

To register for the banquet or for more information, please contact Luanne Weiskotten, County Ambulance Service, at (413) 499-2527. Registration deadline is May 9, 2013.

SAFETY TIPS



Spring is upon us! The weather is changing, the flowers start blooming, we start spending more time outdoors and many of us start to organize our home in the form of spring cleaning. Prevent injuries, be prepared for floods, don't forget daylight saving time and simplify your spring cleaning activities with these helpful tips.

Spring Cleaning

Spring time is a perfect time to clean out the winter from your home. Spring cleaning generally involves a series of tasks from lifting and bending, to moving objects, climbing stairs or ladders as well as other physical tasks. Make safety a priority when you start your spring cleaning.

Daylight Saving

Spring forward! Daylight Saving Time begins every year on the second Sunday in March. Clocks are set forward by one hour in most of the United States, except Hawaii and most of Arizona. With Daylight Saving, we have more daylight in the evening and less in the mornings.

When you change your clocks, check the batteries in your smoke alarms and carbon monoxide detectors. Batteries in smoke detectors should be replaced yearly, and there should be smoke detectors on every floor of your home (including the basement) and outside bedrooms or sleeping areas.

Floods

Floods are the most common natural disaster in the United States. Warmer weather, snow melting, spring thaw and heavy rains increase the risk of flooding in the spring months. It's important to be prepared for what Mother Nature may bring your way. [Keep you and your family safe before, during and after a flood.](#)

Traumatic brain injuries

In spring, many families enjoy sports activities. This is a great way to stay physically active, prevent illnesses and spend time with those you care about. But injuries are a common occurrence. And while some of these injuries may not be serious, many experience very serious injuries.

Often times, mild hits occur to the head while playing sports – people fall, bump into things, get hit by others – and sometimes, these hits can result in something more serious. A traumatic brain injury (TBI), caused by a bump, blow or jolt to the head, disrupts the normal function of a person's brain.

Concussions and mild forms of TBIs are the most common TBIs that occur every year. Concussions occur when someone experiences a bump, blow or jolt to the head but can also occur from a fall or blow to the body that causes the head and brain to jerk quickly back and forth.

Every year, almost [1.7 million](#) people sustain a traumatic brain injury (TBI). And every year, TBIs play a role in a number of deaths and cases of permanent disability. TBI is a contributing factor in a [third](#) of injury related deaths in the United States, and [falls](#) are the leading cause of TBI.

Although there are varying degrees of TBIs, they are all very serious and should be checked out by a health care professional.

[The signs and symptoms of a concussion](#)

[What to do if a concussion occurs](#)

[Prevent concussions](#)

Information borrowed from: <http://www.nsc.org>

TRAINING & EDUCATION

Remaining Spring 2013 Continuing Education Programs

Saturday, April 6th

3 p.m. to 6 p.m.

IV Access Challenge

Instructor: Kevin O'Mara, EMT-Paramedic

3 credits approved (Intermediate & Paramedic only)

Williams College - Hopkins Hall 001

Thursday, April 18th

6 p.m. to 9 p.m.

12 Lead Interpretation Review

Instructor: TBA

3 credits approved (Paramedic only)

Williams College - Hopkins Hall 001

For more information on these classes, please contact our office at 413-458-4889 or by email at education@villageambulance.com

Please visit our website www.villageambulance.com for a full list of our Fall/Winter 2013 Con Ed series coming soon!

Other Training Opportunities



Trauma First Response Program

Dates: Saturday, April 20, 2013
9:00am - 6:00pm

Location: Easthampton Fire Department
32 Payson Avenue
Easthampton, MA 01027

Cost: FREE!

To Register: Registrations are accepted via email ONLY. Please send your name, phone number and email to:

Christopher Norris
Deputy Fire Chief, Northampton Fire
cnorris@northamptonma.gov

Class size is limited to the first 44 participants to register. Registration will be confirmed via email.

MA OEMS approval for 8-hours of Continuing Education for the EMT and EMT-I ONLY.

Please contact NAEMT@MedicEd.com with any questions.

COMMUNITY OUTREACH

Emergency Medical Services of Berkshire County presents

EMS EXPOSITION

Sunday, May 19th

11 AM - 6 PM

Vehicle Displays • Car Seat Checks
Raffles, Prizes & Giveaways!

SPONSORED BY:



BERKSHIRE MALL

Village Ambulance Service to participate in Expo

The Emergency Medical Services Corporation (EMSCO) of Berkshire County will be holding its 4th annual EMS Expo on Sunday, May 19, at the Berkshire Mall, Lanesborough, from 11 a.m. to 6 p.m. The event kicks off [National EMS Week](#) which runs May 19-25 and recognizes the live-saving services provided by EMS workers who man the front lines on a daily basis.

Local EMS providers, as well as firefighters, law enforcement officers and other public service workers will be scattered throughout the common areas of the mall, providing information on their line of work while also conducting interactive demonstrations.

There will be several ambulances stationed inside the mall, and the public will have access to the vehicles' several functions. Numerous apparatus from various disciplines will also be located outside in the east parking lot of Sears.

The expo is geared to people of all ages. Whether it's a child eager to see the inside of a fire truck, a teenager interested in pursuing a career in medical services, or an adult looking for a detailed explanation of their local EMS providers, the expo will cater to all visitors.

Child Passenger Seat Check-Up Scheduled

In conjunction with Adams and North Adams Ambulance Service, Village Ambulance Service will co-host a Child Passenger Safety Seat Check-Up Event on Sunday, April 21, 2013, at the Adams Ambulance Service station, 185 Columbia Street, Adams, from 1 pm to 4 pm. Certified technicians will be available to provide on-site child safety seat inspections and education. Bring your child, your safety seat, and know your child's weight and height.

For more information, please contact Lynn Richardson, North Adams Ambulance Service, at (413) 664-4935 or visit their office at 10 Harris Street, North Adams, MA.

From 2006 to 2010, there were 4,028 children, age 12 and younger, killed in car crashes as passenger vehicle occupants, and about 660,000 were injured! Unfortunately, nearly half of children killed in crashes are found to be unrestrained. For a child safety seat to do its job right, it has to be: appropriate for your child's age and size, installed properly in your vehicle; and adjusted to fit your child securely.

If you're a parent or caregiver, don't miss this opportunity to have a free child safety seat inspection by a certified child passenger safety technician. Technicians can provide hands-on advice and instruction. Make sure your children are safe and you are in compliance with the current child safety seat law in Massachusetts. The law requires all children under 8, unless taller than 4'9", to be in a child safety seat system which includes traditional child safety seats with harnesses and booster seats. All child passengers under age 13 should ride securely restrained in the back seat, where they are safest — every trip, every time.

Task Force Assembled

Village Ambulance Service and the Williamstown Council on Aging have developed a joint task force with the goal of more readily identifying disabled or restricted (wheelchair bound, mobility impaired, oxygen dependent) members in our community during large scale events, like severe weather emergencies, power outages, and any other incident which may warrant immediate resident extrication or on-site assistance. The task force will start visiting residents door-to-door next month to determine specific resident needs, and acquire a brief medical history. If you or a loved one meets or exceeds the above criteria, please call our office at (413) 458-4889 or email us at business@villageambulance.com to schedule a visit.