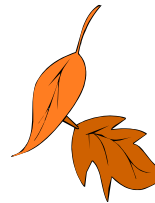


# Village Ambulance Service

## FALL 2010 Newsletter



### The Nuts and Bolts of the Flu

From Wikipedia

Flu season is a regularly recurring time period characterized by the prevalence of outbreaks of influenza (flu).

The season occurs during the cold half of the year in each hemisphere. Influenza activity can sometimes be predicted and even tracked geographically.

While the beginning of major flu activity in each season varies by location, in any specific location these minor epidemics usually take about 3 weeks to peak and another 3 weeks to significantly diminish. Individual cases of the flu however, usually only last a few days.

In the United States, the flu season is considered October through May.

The exact mechanism behind the seasonal nature of influenza outbreaks is unclear. Some proposed explanations are:

- People are indoors more often during the winter, they are in close contact more often, and this promotes transmission from person to person.
- Cold temperatures lead to drier air, which may dehydrate mucus, preventing the body from effectively expelling virus particles.
- The virus may linger longer on exposed surfaces (doorknobs, countertops, etc.) in colder temperatures.
- In nations where children do not go to school in the summer, there is a more pronounced beginning to flu season, coinciding with the start of public school. It is thought that the creche environment is perfect for the spread of illness.
- Vitamin D production from Ultraviolet-B in the skin changes with the seasons and affects the immune system.

## Welcome back!

Welcome to the Fall 2010 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



#### Julie Williams EMT-Basic

Julie began employment with Village Ambulance Service as a part-time EMT-Basic in early 2010. In this short time she has proven to be a tremendous asset to her patients, support staff and coworkers.

Julie possesses the drive that isn't typically found in many. Her desire to learn and grow in the EMS field is unparalleled, and she truly loves working with people. She is dedicated to the quality of her work and her number one priority is treating her patients in a caring and compassionate manner.

Any patient, support staff or coworker who speaks with Julie will have the privilege of dealing with an extremely knowledgeable, caring



and professional EMT.

Julie earned her EMT-Basic certification from Village Ambulance Service in 2009 and, "after a few more years in the field," is interested in advancing her pre-hospital medical education.

Julie is married and has three children and two grandchildren

Her hobbies include spending time with family, reading and tending to the family farm.

# COMMUNITY



Sadly, a grim pattern is emerging from many local food pantries. Donations have flat-lined or fallen, and it's no secret that a slowing economy has pushed more families to the financial edge. Food and gas prices have increased, leading more of those people to seek aid at community and cooperative food pantries.

Since the demand for emergency food aid is increasing, Village Ambulance Service has decided to make its annual food drive a year-round event.

Non-perishable food items or grocery store gift-card donations can be dropped off at our office located at 30 Water Street, Williamstown, MA. If transportation isn't possible, please call 413-458-4889 or 413-884-5729 for donation pickup. All donations are tax deductible.

To date, Village Ambulance Service has raised over 1500 pounds of food for the Williamstown Food Pantry. Thank you for your continued support!

## Fall Safety Tips

### Home Alone

Every week thousands of parents leave children home alone while they are at work, run errands, or attend social engagements. It is estimated that over 40 percent of children are home alone at some time, though rarely overnight. As your fall calendar fills up and you consider leaving your child home alone, remember to:

- Explain your expectations for any time that your children are unsupervised.
- Establish a regular schedule for your children to check in – calling to let you know how and what they are doing.
- Set rules about friends visiting.
- Create a first aid kit and teach children how to use it.
- Keep a list of emergency phone contacts by the phone.
- Store alcohol and prescription medication where they are inaccessible to children.
- Discuss when and how to answer the phone or doorbell



**EMERGENCY  
- DIAL 911**

**State Police Eliminating \*SP  
and \*MSP: Remind Motorists  
that "9-1-1 SAVES LIVES"**

The Massachusetts State Police and the State 911 Department would like to remind motorists to dial 9-1-1 for all roadway emergencies. This is a fundamental cornerstone to ensuring a prompt emergency response of police, fire or EMS personnel. When you dial 9-1-1 on your wireless telephone, vital information is presented to State Police dispatch personnel, including your approximate location. The dispatchers assess the information, notify the appropriate State Police barracks or the local authorities of jurisdiction, then send the appropriate law enforcement and/or rescue personnel to the scene.

For more information, please contact the Mass State Police General Headquarters at (508) 820-2300.

## CPR isn't just for dummies! You can learn it too!



Anyone can learn CPR. You're no exception. Village Ambulance Service can make it simple by providing customized classes given at your office, business facility, or even at your home. The important thing is that you feel comfortable learning this valuable life-saving technique in a private environment

Learning CPR can be fun, and YOU will feel good about yourself knowing that you can help a loved one if the need ever arises.

So whether you need to learn CPR for the first time or become recertified, we can help!

Call our business office at 413-458-4889 to find out more.

# TRAINING

## Fall 2010 Continuing Education

All classes will be held at The Spruces Recreational Center, Route 2, Williamstown, MA 01267 unless otherwise specified

### **Assisted Albuterol Program**

Wednesday, October 20, 2010  
6 PM to 9 PM

3 Credits Pending for Basic/Intermediate Only  
Speaker: NARH Respiratory Faculty

### **Paramedic/Basic Interface Program**

Saturday, October 23, 2010  
10 AM to 4 PM

6 Credits Pending for Basic/Intermediate/Paramedic  
Speaker: Village Ambulance Service Faculty

### **BLS Skills Lab (KED, Traction Splint, Longboard)**

Wednesday, November 10, 2010  
6 PM to 9 PM

3 Credits Pending for Basic/Intermediate/Paramedic  
Speaker: Village Ambulance Service Faculty

### **ALS Skills Lab (I/O, ETT, Needle Decompression, IV, Needle Crich)**

Tuesday, November 30, 2010  
6 PM to 9 PM

3 Credits Pending for Paramedic Only  
Speaker: Village Ambulance Service Faculty

### **Pediatric Emergencies**

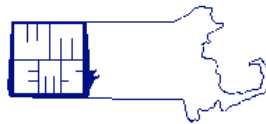
Wednesday, December 8, 2010  
6 PM to 9 PM

3 Credits Pending for Basic/Intermediate/Paramedic  
Speaker: Village Ambulance Service Faculty

### **Communication & Documentation**

Wednesday, December 29, 2009  
6 PM to 9 PM

3 Credits Pending for Basic/Intermediate/Paramedic  
Speaker: Village Ambulance Service Faculty



## Announcing the 4th Annual Western Mass EMS Conference!

**November 5 and 6, 2010**

The Holyoke Holiday Inn & Conference Center  
Holyoke, Massachusetts

[WWW.WMEMSCONFERENCE.COM](http://www.wmemsconference.com)

This exciting conference will give EMS personnel an opportunity to learn more about the all-important but often ignored subjects they are faced with in EMS. Attendees will have the opportunity to network with EMS personnel in a casual environment. They will be able to hear national speakers offer their insights and advice on many different subjects. This conference is destined to become a must attend event.

For the brochure and registration information please enter the following link into your computer browser:  
<http://www.wmemsconference.com/Docs/Conference%20Brochure.pdf>

## VAS EMS Explorer Post 911 "Adopts" Highway

The Village Ambulance Service EMS Explorer Post 911 has adopted a 2-mile section along route 7 north.

The stretch of highway is approximately 2 miles before reaching the Pownal, VT town line.

The Massachusetts Adopt-A-Highway Program began in 1992, when the first 13 volunteer groups picked up litter along their designated stretches of highway.

Operated by the Massachusetts Highway Department (Mass Highway), this program is one of many similar programs statewide that allows volunteers to give their time to help keep the highways litter-free.

The group has committed to adopting the 2-mile section of highway for a period of two years and is obligated to pick up litter along both sides of the adopted segment at least once a month, between April 15 and November 15.

All participants are required to attend a safety training session and view a safety video prior to participation. The safety training session is administered by the Explorer group's Lead Advisor using the Department's training video for safe litter pickup and the Department's safety bulletin.



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## THANK YOU!

Due to contributions- monetary and otherwise- from Berkshire County businesses and individuals, Village Ambulance Service's EMS Explorer Post 911 has not only quickly grown to 19 members, but has been able to sponsor membership in the post for those who might not otherwise have been able to afford the nominal dues, and support activities at meetings and local outings. Again, thank you for all of your support!

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### 2010 Post Officers

Kevin Stant, President  
Steven Beagle, Co-Vice President  
John Harris Jr., Co-Vice President  
Jared Godfrey, Treasurer  
Mary Tremblay, Secretary

### 2010 Elected Advisors

John Harris Sr.  
Tammy Harris  
Michelle Sawicky  
Shawn Godfrey



# IN MEMORIAM 2010

## Dr. Sheldon Brotman

The entire Berkshire County medical community deeply mourns the passing of Sheldon Brotman, MD, FACS, FCCM, who died July 18, 2010, after a short illness. He was 69.

Born in Baltimore, Md., Dr. Brotman's extensive experience in trauma and critical care took him to various facilities on the east coast and in Michigan. A lieutenant commander in the Navy Medical Corp, Dr. Brotman served as the ship's physician aboard the troop ship UPSHUR (Vietnam) and at the U.S. Naval Hospital in Newport, RI. Among his professional appointments were: staff surgeon at Waldo County Hospital in Maine, Paul Oliver Memorial Hospital in Michigan and the Maryland Institute for Emergency Medical Services Systems in Maryland. Dr. Brotman was an associate in Trauma/Critical Care at Geisinger Medical Center in Danville, Pa., for many years.



Dr. Sheldon Brotman, center, holds one of his many sailing awards

He was chief of the Trauma/Critical Care Center at the Berkshire Medical Center in Pittsfield, Mass., where he was honored with several awards, including Physician of the Year and a Lifetime Achievement Award from the Western Massachusetts EMS Council and a Residents Teaching Award. The former Chief of Surgery at the Berkshire Medical Center, Parvis Sadighi, MD, said, "Dr. Brotman was the Trauma Center."

As a resident of Oak Bluffs, Mass., since 1997, he had once served on the visiting surgical staff of Martha's Vineyard Hospital. His love of Martha's Vineyard and the waters of New England provided a magical and challenging setting for his beloved 49-foot racing sloop, Whisper, on which he spent most of his non-working hours. He was a passionate and experienced ocean sailor winning awards, including Best Performance by a New England Yacht and IRC in the Newport or Marion to Bermuda Yacht race, which he had participated in for 24 years. He was as devoted to sailing as he was to medicine. He held academic appointments at the University of Maryland, Georgetown University, Milton S. Hershey Medical Center, Thomas Jefferson School of Medicine and the University of Massachusetts.

Dr. Brotman earned his medical degree at the University of Maryland, School of Medicine and completed his internship at Kings County Hospital and residency at the U.S. Naval Hospital in Illinois. He completed a fellowship in trauma at the Maryland Institute for Emergency Medical Services Systems. He was a member of numerous professional medical societies, including the American Medical Association, American Trauma Society, Association for Academic Surgery, and the American Association for the Surgery of Trauma and was a fellow of the American College of Surgeons and American College of Critical Care Medicine. Dr. Brotman was a Diplomat of the American Board of Surgery.

Dr. Brotman had many awards to his credit. He wrote extensively about trauma and critical care and authored more than 70 publications and 100 abstracts and posters. He also served as the editor of the Journal of Trauma. A 1984 Reader's Digest article recalled one of Dr. Brotman's surgical interventions that miraculously saved a badly injured fire fighter. In recognition of his medical treatment, Station 22 of the Prince George's County Fire Department in Maryland awarded him a fire fighter's helmet adorned with the station number.

Dr. Brotman was an ardent Boston Red Sox fan and enjoyed hearing the Boston Pops and Boston Symphony. Besides his beloved wife, Marilyn, Dr. Brotman leaves his daughters, Laura Rasche of Aztec, N.M.; Lynne Alden of Wolfeboro, N.H.; his daughter, Jennifer Brotman of Northampton, Mass.; his sons, David Brotman and Alexander Brotman, both of Pennsylvania, and William Brotman of Denver Colo.; and three grandchildren, Olivia and twins, Ryan and Randal of Wolfeboro, N.H.