

Village Ambulance Service

Fall 2012 Newsletter



September is National Preparedness Month

The period between September and October marks the transition from summer to fall and the knowledge that winter is just around the corner. Gardens and flowers are going into their dormant state; the fall harvest of crops is about to be completed; and preparations for the coming, shortened days of winter are underway—at least in the northern climates.

While the calendar can tell us when to think about certain tasks requiring preparation because of the changing seasons, there is no similar calendar that says when a tornado will strike or what day a fire might affect our home, place of work or community. September is National Emergency Preparedness Month – a time to pause and think about the **what if's**: what if I have a fire in my home; what if a hurricane is imminent; what if I lose the power to my home for several days; what if I have to cope with extreme heat or a severe winter storm.

Devoting a month to think about these perils and how you can best handle them is good planning and preparation. The National Fire Protection Association offers a myriad of resources to identify the **what if's** and just as importantly, the **how to's**; how to react a fire in my home; how to prepare for a hurricane; how to deal with no power, and how to manage in extreme swings of temperature or other weather events.

Visit NFPA's Emergency Preparedness page for ideas, planning, supplies and resources you and your family should have on hand.

The Leaves are beginning to Fall...

Welcome to the Fall 2012 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



Michael Gleason EMT-Paramedic

Congratulations to Michael Gleason for being this month's Employee Spotlight!

Mike started working at Village Ambulance Service in 2010 and already has made a major impact.

Along with practicing as a field Paramedic, Mike has devoted a significant amount of time to revamping Village Ambulance Service's fleet preventative maintenance program. There's no denying that our ambulances, and crews, have reaped the benefits of Mike's hard work.

In addition, Mike has been named the company's Facilities Supervisor because of his mechanical skills and talent. It's no secret that when something is in need of repair, many of us ask "Where's Mike?"

Mike earned his EMT-Basic certification



in 1987 and Paramedic in 1998. Along with being a CPR and ACLS Instructor, certified Massachusetts EMT Examiner and emergency vehicle driving program coordinator, Mike sits on numerous local and regional committees, and has been instrumental in the success of many events, including the annual Massachusetts EMS Conference and Berkshire County EMS Expo.

Thank you Mike on being a great leader and someone that we can all look up to! We are excited to see you grow within the company and hit your goals!

It's Flu Season!

Preventing the Flu: Good Health Habits Can Help Stop Germs



1. Avoid close contact.

Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

2. Stay home when you are sick.

If possible, stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness.

3. Cover your mouth and nose.

Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.

4. Clean your hands.

Washing your hands often will help protect you from germs.

5. Avoid touching your eyes, nose or mouth.

Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

6. Practice other good health habits.

Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

*Information borrowed from Centers for Disease Control and Prevention Website;
<http://www.cdc.gov>.*

Village Ambulance Service & The Williamstown Council on Aging

COAT & CAN DRIVE

November 2, 2012
8 a.m. – 4 p.m.

The Harper Center
118 Church Street
Williamstown, MA 01267



ONE WARM COAT®

www.onewarmcoat.org

**Thank you for your
continued support!**

FALL: A Season to Think About Safety

Leaves

As beautiful as leaves may be, they can be just as dangerous. Use care when walking across sidewalks that are covered in leaves. They are slippery when wet and the chance of falls increase. To mitigate this risk, remove all leaves from sidewalks to-and-from your house especially if you have kids walking to school.

Ladders

Ladders are used most during autumn months to clear gutters of fallen leaves. Ladder safety is a must.

Never stand above the second from the top rung and don't stretch or lean over the side of the ladder to grab or reach something.

Take the extra time to go down the ladder and adjust it to the proper position to relieve the unsafe situation caused by leaning or stretching.

Keep ladders in good repair and never paint wooden ladders or buy one that has been painted. Paint hides flaws.

According to the Bureau of Labor Statistics, 122 deaths occurred in the civilian work force from ladder mishaps in 2011.



TRAINING

2012 Fall & Winter Con Ed Programs

***All classes, unless otherwise noted, will be held at Williams College - Griffin Hall 4 & 5**

EMT-Basic Refresher

October 5,6,7,8, 2012

Friday **6pm – 10pm**; Saturday **8am – 5pm**; Sunday **8am – 5pm**; Monday **6pm – 10pm**

Infectious Diseases

Tuesday, October 16

6pm to 9pm - 3 credits Approved

Instructor: Angela Swistak, EMT-I

Emergency Vehicle Operators Course (EVOC)

Saturday, October 27

8am to 5pm - 8 credits Approved

Instructor: Shawn Godfrey, NREMT-P, CCEMT-P, I/C

Integrating Law Enforcement and EMS

Tuesday, November 13

6pm to 9pm - 3 credits Approved

Instructor: Gregory Onorato, North Adams Police Department

Non-STEMI Patients for ALL EMS Providers

Tuesday, November 27

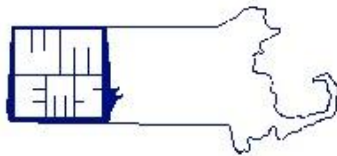
6pm to 9pm - 3 credits

Instructor: Shawn Godfrey, NREMT-P, CCEMT-P, I/C

EMT-Intermediate Refresher

December 15 & 16, 2012

Saturday **10am – 2pm** & Sunday **10am – 2pm**



Announcing the 2012 Massachusetts EMS Conference!

October 19 - 20, 2012

MassMutual Center

Springfield, Massachusetts

WWW.MASSEMSCONFERENCE.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 more information or to register, please visit: www.massemconference.com



As participants in the 2012 Josh Billings Runaround Triathlon maneuvered through the course Sunday morning, an army of volunteers provided physical and emotional support. And while those crossing the line were recognized as champions, the volunteers earned their own accolades.

Once again, the VAS Explorer Post offered a helping hand by volunteering at the event.

Four Explorers and four Adult Advisors manned two water and medical aid stations.

"We received a lot of compliments and thanks as the runners passed by," Advisor Michelle Sawicky said.

57th Annual Northern Berkshire Fall Foliage Festival Parade

Sunday, September 30, 2012 - 1PM - Downtown North Adams

Be sure to look for Village Ambulance Service and Village Ambulance Service EMS Explorer Post 911 members in this year's Northern Berkshire Fall Foliage Festival Parade.

This year's theme, "Toys on Parade in Northern Berkshire", is meant to celebrate the great community and host of this annual event, while also adding a fun twist.

The parade will step off this year on Sunday, September 30, 2012 at 1:00 PM from the Wal-Mart parking lot and continue down Curran Highway before winding through downtown North Adams. Thousands of Berkshire residents and visitors enjoy the annual parade, which commemorates the magnificent autumn season.

2012 EXPLORERS' HORRORS HAUNTED ATTRACTION



The Post is ready to embark on its third annual Explorers' Horrors Haunted Attraction at the Berkshire Mall. The event is scheduled for Friday, October 26 from 6pm to 8pm, Saturday, October 20 & 27 from 2pm to 8pm and Sunday 21 & 28 from 12pm to 6pm. The cost is \$3 dollars for adults and \$2 for children.

More than 650 guests went through last year's attraction, which was outfitted to include four rooms. A haunted sushi bar, spooky graveyard, pumpkin patch, and exorcism were used to successfully frighten the mall-goers. A Post Advisor parent was in charge of each room while the students did most of the decorating and acting.

Come test your nerves...if you dare.

For more information on this or any other Explorer related event, please call our office at 413-884-5729