



# COUNCIL NEWS

Working Together to Build A Better Tomorrow

April 2015

## When will Spring Get Here????

Believe it or not, it's **APRIL!!!** But the snow and the cold just won't stop!! When we should be planning for spring and summer type injuries, we're **STILL** dealing with flu patients and cold weather... but don't worry, soon enough it will get warm...

Remember, anything that you would like to see featured in the newsletter, or if you have something to contribute.. **PLEASE** feel free to contact Amanda at the Council Office or by email at [akrebs@smemsc.org](mailto:akrebs@smemsc.org).

**"This calling to give of myself  
Most do not understand  
But I stand ready all the time  
To help my fellow man.."  
The EMS Prayer**



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# From the Executive Director

**Welcome to the Council's spring newsletter. Spring....hard to believe it's here already; but, truly a welcome event.**

**First off I would like to thank everyone who supported the annual Spring Conference held March 13-15, 2015. Last I saw, we had just over 100 providers avail themselves of the educational sessions which were offered. Almost unanimously, evaluations showed participant opinion of the all aspects of the conference as 'Good to Excellent'. An EMS Preparedness day was added to track alongside Leadership day. Both pre-conference sessions were well attended and seen as beneficial to participants. Staff is already working on next year's program.**

**Congratulations to the individuals/agencies who were the 2015 winners of the Seven Mountains EMS Council, EMS recognition program (listed elsewhere in this newsletter). All recipients are recognized for their service to and/or dedication within the regional EMS system and for exemplifying what can be accomplished through a strong, coordinated emergency medical services SYSTEM. Again, congratulations to all the winners whose name and nomination will now be forwarded to the Pennsylvania Emergency Health Services Council (PEHSC, State Advisory Council) for consideration of a state recognition.**

**Now our sights are set and course aimed at May 17<sup>th</sup>-23<sup>rd</sup> for EMS Week. This annual observance – Initiated by President Ford in 1974; continued for four additional years; then not held until reestablished in 1982 – is an opportunity to recognize EMS professionals (paid and volunteer) for the many hours they spend preparing for and delivering care to the residents of and visitors to our communities. Please accept this heartfelt 'THANK YOU' (on behalf of the Council Board of Directors, staff and myself) for everything you do, every day, to help improve the lives of so many individuals throughout the Commonwealth and beyond. Your commitment is truly appreciated.**

## Licensure Corner:

The following services are due for relicensure on July 1st, 2015 Please logon and begin the application process as soon as possible. Please contact Jim Urban with any questions:

- ❖ Moshannon Valley EMS
- ❖ Newton/Wayne QRS
- ❖ Milton Fire Dept. EMS
- ❖ AREA Services
- ❖ Upper Augusta QRS



## **REMINDER!!**

**All agencies (ALS, BLS and QRS) are required by the Rules and Regulations and the EMS System Act to have an Agency Medical Director to oversee the agency. This MUST be a physician with the qualifications listed in the Rules and Regulations § 1023.1**

**One of the qualifications is that the agency medical director must have completed an agency medical director course. This can be found at :**

[www.medicaldirectoronline.com](http://www.medicaldirectoronline.com)

# Preventing Spring Sports Injuries

- ★ Be in proper condition to play the sport and have a preseason physical exam
- ★ Wear all appropriate protective gear
- ★ Avoid playing when very tired or in pain
- ★ Make warm ups and cool downs part of your exercise routine. Exercises such as stretching or light jogging can help minimize the chances of muscle strain or other soft tissue injury. They also make the body's tissues warmer and more flexible
- ★ Cool down exercises loosen the muscles that are often tightened during exercise.



**When the weather gets warm, the sports begin! Every year a countless number of kids and adults end up in hospital Emergency Rooms for injuries related to spring sports. Can you recognize common sports injuries? Take the quiz below and see how you do!!**

1. What are the five most common Spring Sports Injuries?
2. A baseball pitcher is at the end of his count, and winds up for his last pitch of the game. He throws the ball and almost immediately upon release of the ball, he grabs his shoulder and begins complaining of pain, weakness, and limited range of motion. What type of injury has this pitcher likely suffered?
3. In a softball game, two girls collide in the outfield trying for a fly ball. The fall to the ground. The one girl strikes her head and briefly loses consciousness. 911 is called and you arrive on scene to find this 15 year old female awake, but confused (GCS 14). She doesn't remember what happened and states that she is dizzy and nauseated. What injury do you suspect?
4. A soccer player is moving the ball down the field when another player attempts to steal the ball. He misses and accidentally makes contact with the outside of the first players knee. The first player falls to the ground grabbing his leg in pain. He states that he heard a "pop" in his knee and is unable to walk or stand because of the pain and instability. Upon assessment, the knee is discolored and starting to swell. What type of knee injury do you suspect?

## QUIZ ANSWERS:

1. Sprains/Strains; Fractures; Shin Splints; Dislocations; ACL Injuries
2. Rotator Cuff Injury
3. Concussion
4. Acute ACL Tear Injury



# From The Regional EMS Education Coordinator

## ***Upcoming EMS Certification Training-***

### **\*Juniata County, Emergency Medical Responder**

**6-1-2015 thru 8-6-2015**

**Contact Harrisburg Area Community College  
at 717-780-2510 for course information or to Register  
for this class.**

### **\*William Cameron Engine Company-Union County**

**9-22-2015 thru 3-8-2016**

**Contact Harrisburg Area Community College  
at 717-780-2510 for course information or to Register  
for this class.**

***Continue to watch our website [www.smemsc.org](http://www.smemsc.org) under the  
upcoming provider training link for future course that are  
currently being scheduled.***

### **Child Protective Service Law EMS Quick Link below:**

**[CPSL FAQs for EMS April 2015 Final Revised.pdf](#)**

# From The Regional EMS Education Coordinator

## FAQ's for EMS Certification Courses

### **1. What is the number of hours mandated for the new EMS Certification Programs?**

While course completion time is based upon competency, the National Association of State EMS Officials (NASEMSO) recommends the following minimum time frames:

Emergency Medical Responder (EMR) = 48-52 Hours

Emergency Medical Technician (EMT) = 150-200 Hours

Advanced Emergency Medical Technician (AEMT) = 150-250 Hours

Paramedic = 1000 – 1200 Hours

### **2. Patient Contact for EMT – Observation versus assessment, number versus hours, ER versus urgent care center versus ambulance, etc.**

10 Patient Contacts/Assessments

Preferred order of preference:

Hospital

Specialty Center

Ambulance

### **3. What is the cost to meet clinical time requirements? (Immunizations, background checks and clearances, etc.)**

This would be similar to what an EMS agency would require as part of an employment interview/hiring process. Requirements and costs may differ from agency-to-agency or institution-to-institution.

### **4. Will 16-18 year olds have to take a different test and get a state EMT and then take a NREMT test later to get their NREMT?**

As of January 1, 2013, all EMR and EMT candidates will take a Practical Psychomotor Examination that will reflect the new National EMS Education Standards. Written Examinations updated to the new National EMS Education Standards will continue to be administered by the Pennsylvania Regional EMS Council Educational Coordinators and/or approved staff.

Effective January 1, 2014 all Basic Level EMR and EMT written certification examinations will transition to cognitive/computer based exams through the National Registry of Emergency Medical Technicians (NREMT) and Pearson Vue Testing Centers. Application fee can be paid by credit card or thru vouchers purchased by programs or individuals and distributed to exam candidates.

Current NREMT policy will recognize and credit the assessment exam results of individual candidates desiring NREMT Certification, in addition to the Pennsylvania certification initially issued, upon reaching the age of 18 within one year of successful exam completion. Interested individual candidates must personally make specific application along with a nominal administrative fee of \$30.00 thru the NREMT Certification Department at 614-888-4484, Option 2

# Flakka: The New Designer Drug

Since the “bath salts” epidemic in 2012, drug manufacturers have been trying to stay one step ahead, developing new versions of the previously banned synthetics. The latest, and potentially deadlier, version of “bath salts” is Flakka. Otherwise known as “gravel” or “\$5 Insanity” - It’s produced from a compound known as alpha-PVP, synthetically derived from the amphetamine-like derivative of the drug cathinone. Cathinone comes from the Khat plant, found in parts of the Middle East and Somalia. The leaves of the plant are often chewed for euphoric highs in native countries.

Flakka comes in the form of crystalline rock. It can be smoked, swallowed, snorted or injected. As technology grows, so does drug use. In a day in age where “e-cigarettes” are the popular thing, the newest method of using Flakka is placing it in the cartridge of an e-cigarette and “vaping” the drug, making public use easy without raising suspicion. The duration of the effects of Flakka range and vary greatly. They can last as short as 3-4 hours, or lingering effects can last for days. Its found to be highly addictive, both physically and psychologically, and the worst part of all, it’s affordable. While bath salts sold for anywhere from twenty to fifty dollars a “hit” - Flakka is selling for as little as five dollars a hit.

Flakka has been found mostly in Florida, but has also been reported in Ohio, Texas, and other states across the country. The appeal of this drug is that the derivative has not yet been banned. Other drugs, such as Molly and Ecstasy, which contain a psychedelic compound MDMA, have grown in popularity over the past decade, but synthetics, like Flakka, represent a new trend which may be even more harmful. The mechanism behind this is that Flakka acts as a re-uptake inhibitor of dopamine and nor-epinephrine, which are important to nerve transmission, leading to a more prolonged effect known as “excited delirium” Flakka blocks the mechanism for the reuptake and causes a concentrated effect of dopamine and serotonin, causing this delirium state.

Excited delirium is marked by symptoms such as paranoia, disorientation, hyper aggression, tachycardia, hallucinations, diaphoresis, incoherent speech and shouting, “Superhuman” strength predominantly during efforts to resist restraint, hyperthermia (body temperature can rise to 106 degrees) with profuse sweating and inappropriate clothing, or removal of clothing, even in the coldest environments.

During this state, body temperatures can rapidly rise, causing a cascade of events which could lead to kidney damage and renal failure as a result of rhabdomyolysis. Rhabdomyolysis occurs as a result of the breakdown of muscle and can release a chemical called CPK or creatinine phosphokinase, which can damage the kidneys.

Physiologic effects of Flakka triggers severe anxiety, paranoia, and delusions that can lead to a psychotic state, characterized by a surge of extreme violence, increased strength, and loss of awareness and reality of surroundings.

Patients suspected of consuming Flakka or other synthetic drug should be treated with extreme caution. One of the chief concerns with Flakka and other synthetics are that the suppliers (generally from China and India) and the users do not know what is actually contained in the drug when it is sold on the streets. Transactions are often made online and then reaching the streets, where it is repackaged, especially into capsules available for vaping. Lacking purity, this drug may be cut with anything from heroin to cocaine, or even sprinkled with cannabis. Naloxone will not be clinically effective in treating an overdose of Flakka, as it is not an opioid. Following BLS protocol 801 and ALS protocol 8001 for psychological disorders and other protocols related to the underlying medical conditions occurring related to the ingestion of the drug will generally be the best course of treatment. Always make sure that the scene is safe prior to entering.

According to the US Drug Enforcement Agency (DEA), Flakka cases are significantly increasing from no reported cases in 2010 to 85 cases in 2012, and now greater than 670 in 2014. No statistics have yet been reported for 2015.

\*Information obtained from [www.forbes.com/sites/robertglatter/2015/04/04/Flakka-the-new-drug-you-need-to-know-about](http://www.forbes.com/sites/robertglatter/2015/04/04/Flakka-the-new-drug-you-need-to-know-about).



# MEET THE STAFF

Each Newsletter, beginning with this one, we will feature a “meet the staff” highlight of a council staff member

- The first feature is:

## Jim Urban EMS Licensure Coordinator



**What is your job at the council?**

At council, I am the lead person for the Licensure Program (ALS, BLS, QRS) and Voluntary Rescue Service Certification. This entails reviewing the applications, conducting the inspections, issuing decals, and to make sure the licensure standards are being adhered to. Because the EMS for Children program through PEHSC parallels the licensure program, I handle that also. The Medical Command Facility recognition falls under my responsibilities, which also entails reviewing applications and conducting inspections. Data collection is also one of my jobs, ensuring that services are adhering to the data submission requirements of the regulations and forwarding the data for the region to the Bureau. Assisting with and suggestion of how best to expend the EMSOF funds to better advance the system. I also serve as council liaison to the State Rescue Task Force, Council Leadership Committee, Council Regional Communications Committee, County Ambulance Associations, South Central Mountains Regional Task Force EMS Committee and North Central Task Force Health & Medical Committee. I also handle complaint investigations as requested.

**What do you like most about your job?**

The thing I like most about my job is the interaction that I have with the providers when I perform the inspections. Seeing their equipment and station and being able to talk to them during the inspection

**How many years have you been involved in EMS?**

I have been involved with EMS since 1978 (You do the math.) I started out as a volunteer firefighter and ambulance attendant in my hometown in Luzerne County. Became an EMT, continued volunteering with my hometown ambulance and local ALS unit. In 1983 I attended the first paramedic certification course at Luzerne County Community College, since at that time, I was involved in establishing an ALS unit for the West Side communities in Luzerne County. In 1986, a local hospital took over operations of the ALS unit and kept it in service 24/7. I worked there until 1993 when I then moved up to the regional EMS office in the Northeast where I did most of the same duties I have here. From 2001-2007 I was still involved in Emergency Services, but at the 911 Center. Around 2004, I started using my field experiences and my college degree and became a trainer for Powerphone, Inc., teaching Emergency Medical Dispatch and Fire Dispatch to 911 dispatchers nationally. In 2007 I returned to EMS at Seven Mountains EMS Council, and well, here I am.



# MEET THE STAFF

## Jim Urban

**Why did you get into a career in EMS?**

EMS wasn't my first career choice. Believe it or not, I have a college degree in education, and taught high school for two years. Unfortunately (or fortunately) that didn't work out. The future of the school I was teaching at was uncertain, and I needed something with stability. The hospital offered me a position, so I took it and I just fell in love with what I was doing there.

**Do you currently work or Volunteer in EMS outside the office?**

Currently I don't do a lot of EMS outside the office. I do, however, work and volunteer with fire departments here and back home in Luzerne County.

**What is your favorite thing to do outside of EMS?**

When the weather is nice, I like to work on my golf game (or as I like to say, a nice walk ruined) I'm also a bit of a history nut, so I enjoy reading or watching shows related to history.

**What was your biggest challenge in your EMS career?**

I'd have to say my biggest challenge was really two things. The first was when we were involved in establishing an ALS Unit for the West Side communities. Educating the public that it was no longer a "swoop and scoop" when you called an ambulance. And the second was establishing an AED program in a rural county, with a low call volume and the closest hospital being 35-40 minutes away.

**What advice would you give to someone who is just beginning a career in EMS?**

Advice for new comers? You need to have thick skin. In EMS, we have a tendency to "eat our young." The hazing, the restrictions placed on "newbies" will all go away when another "newbie" comes along. But until that new person comes along (and it will feel like an eternity) absorb and learn as much as you can so that when your time comes, you will be able to prove yourself. This doesn't only happen when you join an organization but when you attain a new certification, you become the "newbie" again. Don't get discouraged, your time will come - **GUARANTEED!**

**Jim's primary location is the Bellefonte Office, and he can be reached by calling either 570-473-7834 or 814-355-1474 or by email at [Jim.Urban@smemsc.org](mailto:Jim.Urban@smemsc.org)**





# SAVE THE DATE!



**Seven Mountains EMS Council will be holding  
a**

**Basic Infection Control Officer Training Class**

**August 15th & 16th, 2015**

**Location, Times and Fees will be forthcoming..**

**This course will be presented by Ms. Katherine West**



**REMINDER: Since a dedicated infection control officer and  
infection control plan are licensure requirements, we encourage  
ALL agencies to take advantage of this opportunity**



**These recipes and more  
available at:**

[www.realsimple.com](http://www.realsimple.com)

[www.eatingwell.com](http://www.eatingwell.com)

**SIMPLE "ON THE GO" SNACKS AND MEALS FOR EMS**



**Dark Chocolate and Nut Clusters**

1/4 cup unsalted roasted nuts      1 Ounce Melted Dark Chocolate (70-80% cocoa)

Mix together the nuts and chocolate. Separate into clusters and place on wax paper

Refrigerate until set

195 calories/ 3g Fiber/ 4g Protein/ 14g Fat



**Pizza Roll Ups**

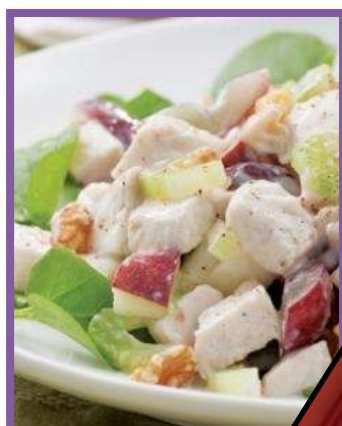
One 8" whole wheat flour tortilla      2 Tbsp. Prepared Pizza Sauce

12 leaves baby spinach      3 Tbsp. Part-Skim Shredded Mozzarella

1. Place tortilla on plate and spread pizza sauce over it. Top with layer of spinach leaves

2. Sprinkle with cheese and microwave on high 45 seconds or until cheese is melted. Carefully roll the tortilla and let stand 10 minutes before slicing

217 calories/3g Fiber/26g Carbohydrates/14 mg Cholesterol/ 7g Fat



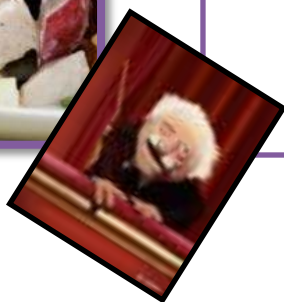
**Chicken Waldorf Salad**

1/3 cup low-fat mayonnaise      3 cups chopped cooked chicken breast      1 med. Red apple

1/3 cup nonfat plain yogurt      1 cup halved red or green grapes      2 tsp lemon juice

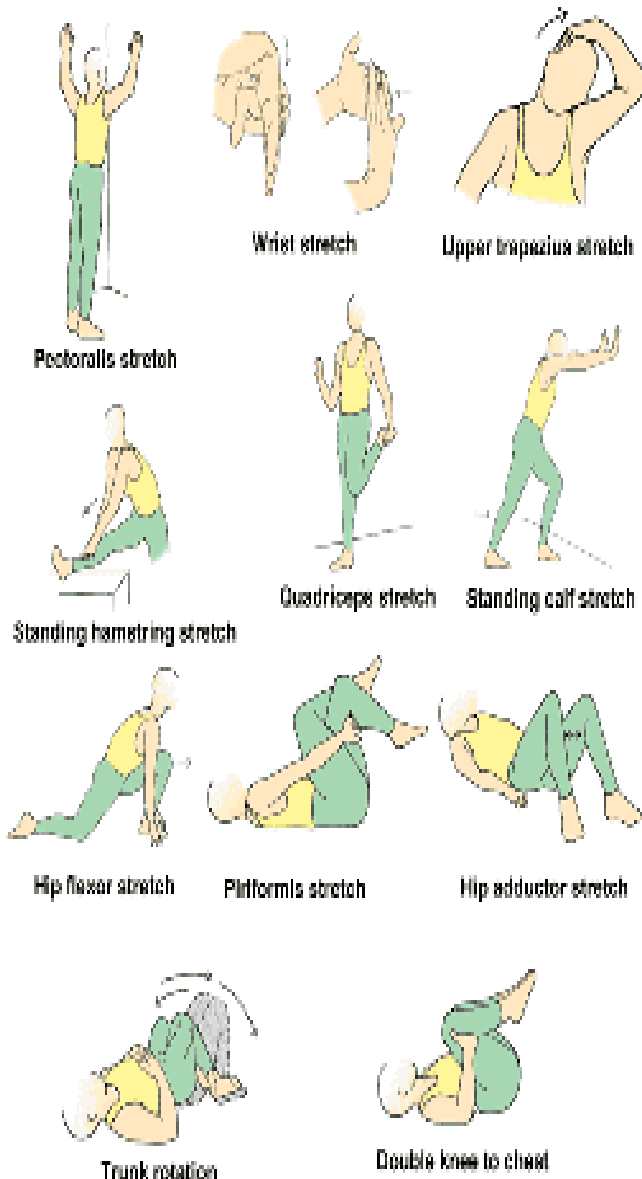
1/4 tsp salt      1 cup diced celery      1/2 cup walnuts

Whisk mayonnaise, yogurt, lemon juice, and salt in a large bowl. Add chicken, apples, grapes, celery and 1/4 cup walnuts. Stir to coat well. Serve topped with remaining walnuts



One of the most common, and often career-ending injuries in EMS are back injuries. By doing simple exercises to strengthen not only your back, but your core muscles, you can decrease your chances of suffering a potentially devastating injury!! See the following stretches and core strengthening exercises!

## Stretching



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<b>Abdominal crunch:</b> Lie on your back with hips and knees bent.		Lift up your head off the floor. You will feel your abdominal muscles tighten. Continue repeating reps as tolerated.
<b>Oblique crunch:</b> Lift one shoulder more than other, alternate sides.		
<b>Isometric abdominal crunch</b>		Start with same position as abdominal crunch, but place pillow on knees. Press with arms on pillow, hold and count to 10, then relax. You will feel the abdominal muscles tighten.
<b>Pelvic tilt</b>		By pushing the small of your back against the floor, you will feel your abdominal muscles tighten, and your pelvis will tilt forward. Hold the position and count to 10, then relax.
<b>The Plank:</b> By keeping your hips off the ground, the abdominal muscles contract. Your weight can be on your knees or toes.		
<b>Oblique plank:</b> By rotating your whole body to the side, you can feel the oblique (side) muscles tighten.		The whole body is rotated, without twisting between the hips and shoulders. It is as if your body were a log, rotated as one unit.
<b>Bridging:</b> By lifting the hips off the floor, the back muscles have to tighten.		Hold this position, count to 10, then relax; repeat as tolerated.
<b>Superman or Quadriped:</b> Start with on hands and knees, lift up one arm and opposite leg.		May start by lifting only an arm (to exercise upper back muscles) or one leg (for lower back muscles) and advance to lifting two extremities at a time. Hold the position for a count of 10.
<b>General conditioning:</b> Whatever exercise you choose, it's very important to get your heart pumping.		Exercise has many benefits: cardiac, pulmonary, metabolic, bone health (less risk of osteoporosis), aside from helping your low back.



# Preparedness Corner

## Are You Ready for Spring Storms?

Spring Storms affect relatively small areas when compared to hurricanes and winter storms. A typical thunderstorm is 15 miles in diameter and lasts an average of 30 minutes. Despite their generally small size, thunderstorms can be dangerous and often deadly! EVERY thunderstorm produces lightning, which is unpredictable and can occur miles ahead of the storm.. Heavy rains from storms can cause flash flooding, especially when the ground is already saturated from snowmelt. Remember, strong winds, hail and tornadoes can and DO occur in thunderstorms, sometimes with little or no warning. So why be concerned about springtime storms? Here's why:

### Lightning

- ⚡ Causes an average of 55-60 fatalities and 400 injuries each year.
- ⚡ Occurs with EVERY thunderstorm
- ⚡ Costs more than \$1 Billion in insured losses each year

### Tornadoes

- 🌪 Cause an average of 60-65 fatalities and 1,500 injuries each year
- 🌪 Can produce wind speeds in excess of 200 mph
- 🌪 Can be 1 mile wide and can stay on the ground for over 50 miles.

### Straight Line Winds

- Can exceed 125 miles an hour
- Can cause destruction equal to a tornado
- Are EXTREMELY dangerous to aviation

### Flash Flooding

- ☔ The number one cause of deaths associated with thunderstorms more than 90 fatalities per year

### Hail

- Can be larger than a softball (5" in diameter)
- Causes more than \$1 billion in crop and property damage per year!



*The National Weather Service considers a thunderstorm SEVERE if it produces at least 1" hail, winds of 58 mph or stronger or a tornado*

### How Far Away is the Lightning?

- ⚡ Count the number of seconds between the flash of lightning and the sound of the thunder
- ⚡ Divide this number by 5 to get an estimate of the distance in miles to the lightning strike
- ⚡ If you can hear thunder you are close enough to be struck by lightning!!

### What is the difference between a watch and a warning?

WATCH - A WATCH is issued when a storm/flood/tornado is likely to occur in your area. Watch the sky and stay tuned for warnings.

WARNING - A WARNING is issued when a storm/flood/tornado is occurring or imminent. Danger to life and property may happen



# Preparedness Corner

## How to Prepare for Spring Weather

They happen every year - Thunderstorms, Tornadoes, Flash Floods... every spring hundreds of people are killed or injured during severe weather events. Because Spring weather is unpredictable, you may be unprepared when the storm hits. Advance planning for severe weather can save your life! A list of things you should have on hand are:

- ☛ A battery-operated flashlight, a battery operated NOAA Weather Radio, and extra batteries for both.
- ☛ An emergency evacuation plan, including a map of your home, and , for every type of severe weather emergency, routes to safety from each room.
- ☛ A list of important personal information, including:
  - Telephone numbers of neighbors, family and friends
  - Insurance and property information
  - Telephone numbers of utility companies
  - Medical information
- ☛ A first-aid kit may include:
  - Non-latex gloves
  - Assortment of adhesive bandages
  - Antibiotic ointment
  - Sterile gauze pads in assorted sizes
  - Absorbent compress dressings
  - Tweezers
  - Scissors
  - Adhesive cloth tape
  - Aspirin packets (81mg each)
  - First Aid Instruction book
- ☛ A 3-5 day supply of bottled water and nonperishable food
- ☛ Personal hygiene items
- ☛ Blankets or sleeping bags
- ☛ An emergency kit in your car.



Always remember that severe weather can strike anywhere at any time of the year. Unfortunately, there isn't much advanced notice or warning in a severe weather event, and by the time a storm is approaching, there is little time to prepare. Protect your family, your property, and your life, by preparing now. Tell your family members where to seek appropriate shelter during a storm. Practice your emergency plan and show all family members where the emergency supplies are stored in your home. Make sure they know how to turn off the water, gas, and electricity in your home.

You may not have to deal with extreme weather this spring, but if storms occur, you'll be ready for them!



# Regional EMSC Agencies

- ⚡ **Bellefonte EMS - Master Level**
- ⚡ **Central Juniata EMS - Basic Level**
- ⚡ **Centre LifeLink EMS - Advanced Level**
- ⚡ **Danville Ambulance Service - Advanced Level**
- ⚡ **Elysburg Fire Co. Ambulance - Master Level**
- ⚡ **FAME EMS - Advanced Level**
- ⚡ **Geisinger Medical Center Life Flight - Master Level**
- ⚡ **Goodwill Hose Flemington - Master Level**
- ⚡ **Lock Haven EMS - Master Level**
- ⚡ **Mount Nittany Medical Center EMS - Master Level**
- ⚡ **Mountain Top Ambulance - Advanced Level**
- ⚡ **Pleasant Gap EMS - Master Level**
- ⚡ **Port Matilda EMS - Basic Level**



**Congratulations to these services!!! If you want to learn more about becoming recognized as an EMS for Children Agency, please see the following page...**



# Become a Recognized Pediatric EMS Agency!



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Pennsylvania's Pediatric Voluntary Recognition Program has been implemented in an effort to ensure that all children in the Commonwealth receive the best possible prehospital emergency medical care. EMS agencies are recognized under this program for showing significant dedication to providing excellence in pediatric emergency medical care.

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This multi-faceted program currently has four levels, each building on the previous:

- **Basic**—Pediatric-specific equipment. Based on federal guidance, EMS agencies must carry all recommended pediatric-specific equipment on each of their licensed vehicles.
- **Intermediate**—ChildLine child abuse background clearances. In order to prevent criminal acts against children, all agency EMS providers must have a child abuse background check on file.
- **Advanced**—Continuing education hours. To improve knowledge of the unique medical needs of children, EMS providers must complete four hours of pediatric-specific continuing education annually.
- **Master**—Community Outreach programs. EMS agencies demonstrating excellence in pediatric care also share a responsibility to provide education, injury prevention initiatives, and outreach within their community. This outreach can be accomplished in several different ways and may target a variety of audiences.

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This recognition program was created by the Pennsylvania Emergency Health Services Council EMS for Children Program, in partnership with the Pennsylvania Department of Health, Bureau of EMS.

For the application and more information, visit

[www.PAemsc.org/current-projects](http://www.PAemsc.org/current-projects)

Or contact Tom Winkler, EMS for Children Project  
Director, at [twinkler@pehsc.org](mailto:twinkler@pehsc.org)



PENNSYLVANIA EMERGENCY  
HEALTH SERVICES COUNCIL  
*Your Voice In EMS*

# Conference Update

**THANK YOU!!!!!!**

**To all the speakers, vendors, providers, staff and Pine Barn Inn staff for yet another successful conference!!**

**SAVE THE DATE!!!**

**SPRING CONFERENCE 2016**

**March 18th-20th, 2016 — Pine Barn Inn Danville**





# 2015 EMS Awards

The Seven Mountains EMS Council is proud to announce that in conjunction with the 2015 Spring Conference, There were several EMS Awards presented Saturday night, March 14th, after the conference. There was a social hour with light food, an awards presentation and a social event following with DJ Entertainment. The following awards were presented with recipients and pictures on the following pages. Congratulations to the award Recipients and we look forward to presenting these again in 2016!! Each nomination will be forwarded to PEHSC for nomination for their statewide awards!!!

## Distinguished Provider Award:

- ✚ The Distinguished Provider Award is presented to an ALS or BLS provider who is currently in good standing with the PA Department of Health and has made a significant contribution in the performance of duties or advancement of EMS.

## Distinguished Agency Award:

- ✚ The Distinguished Agency Award is presented to an EMS Agency whose license is in good standing with the PA Department of Health and has made a significant contribution to the growth and development of EMS in their community.

## Distinguished Community EMS Recognition:

- ✚ The Community EMS Recognition is presented to a non-EMS affiliated community member who provided life-saving care in an emergency situation (i.e. provided bystander CPR until EMS arrived)

## Distinguished EMS Partner Recognition:

- ✚ The EMS Partner Recognition is presented to an EMS partner, such as police, firefighter , lifeguard, etc. who performed life-saving action until EMS arrived, and/or made significant contributions to EMS partner relations.





# 2015 EMS Awards

## 2015 Jack Williams Memorial Award

### **DARWIN BOBB - Danville Ambulance Service**



L to R: Cathy Grimes, SMEMSC, The Williams Family, Darwin Bobb, Richard Gibbons, State Director of EMS; Amanda Krebs-Stancavage, SMEMSC

“Mr. Bobb is an outstanding individual who always takes a few extra minutes to treat each patient with courtesy, dignity, and grace... The skills and values he instills have been a great value to Danville EMS both as a provider as well as a friend. Mr. Bobb's passion for his patients and openness to teach others his values and skills are far above your average expectation.” Charles Haertter, dispatch supervisor for Danville Ambulance. This quote was from the nomination of Darwin Bobb for the annual Jack Williams Memorial Award.

The Jack Williams award is presented annually to an EMS provider or educator who has exemplified their spirit to serve, teach, improve patient care or promote EMS within the Seven Mountains EMS Council Region.

This award is given in Memory of Jack Williams, who served the region for over 30 years as a provider, educator and board member of the Susquehanna EHS Council Region. Mr. Williams passed away in 1992.

## 2015 Distinguished Provider Award

### **MATTHEW RJ SIKO - Elysburg Fire Department EMS**



L to R; Richard Gibbons, Director of EMS; Howdy McGinnis, SMEMSC; Matthew RJ Siko.

On December 1st, 2014 Matthew Siko, Paramedic and Director of Operations at Elysburg Fire Department EMS, responded to a call for a motor vehicle accident with entrapment. Matthew responded and was advised there was a rollover accident with one person trapped. The victim was unresponsive with uncontrolled bleeding. Upon arriving at the scene, Matthew not only realized he was dealing with a victim with critical injuries, he also realized the victim was not only one of his staff paramedics, but also his brother's girlfriend.

Matthew remained calm and professional while providing the best care available to the patient.

Recovery is a long, hard, journey, BUT it is largely due to Matthew's training, professionalism, demeanor and 110% commitment to his patient that recovery is even an option.

# 2015 EMS Awards

## 2015 Distinguished Community EMS Recognition

### STEVEN HOLLENBACH, III & JAY WARNER

Jay Warner and Steven Hollenbach III were recognized for their action on the evening of September 27th, 2014 when they were returning home from a trip to the convenience store. They were riding their bikes when they heard and saw a man, with his clothing on fire, excitedly running around his backyard.

These young men stopped and told the victim to “stop, drop and roll” while they smothered the flames with their coats. One young man called 911 while the other calmed and reassured the patient. They assisted EMS with immobilizing and preparing the patient for transport when the ambulance arrived.

Chief James Blount of William Cameron Engine Company stated, “The level of courage and bravery displayed by the actions of Steven Hollenbach III and Jay Warner far exceeds the expectation of such untrained young men. Their unhesitating actions, bravery, professionalism and teamwork directly contributed to saving the life of their neighbor and are in keeping with the highest tradition of emergency services.”



L to R: Laura Rompolski, S MEMSC; Steven Hollenbach III; Jay Warner; Richard Gibbons, State Director of EMS

## 2015 Distinguished Partner Award

### SHAMOKIN POLICE DEPARTMENT

Shamokin Police Department was recognized for being a vital EMS Team Member following an incident that occurred in the afternoon of September 16th, 2014 - An EMS call was dispatched for possible seizures in a vehicle in the police department parking lot. On duty patrolman Raymond Siko immediately headed toward the location. Patrolman Shane Mowery, who was just leaving shift, met Siko in the parking lot and they both headed for a man calling for help. Upon arrival, the officers encountered an unresponsive victim still belted in the car. They quickly recognized the patient was in cardiac arrest. They notified the 911 center of this and extricated the patient from the car. Siko, joined by Chief Darwin Tobias, initiated CPR while Mowery returned to the cruiser to retrieve the AED. The AED was applied and a shock was delivered. EMS arrived on scene and the officers assisted with patient care and packaging of the patient for transport. This care ultimately resulted in the patient having return of spontaneous respirations and circulation. Several weeks later, the victim returned to the police station to thank the officers.



L to R: Amanda Krebs-Stancavage, S MEMSC; Patrolman Raymond Siko; Chief Darwin Tobias; Richard Gibbons, State EMS Director



# 2015 EMS Awards

## 2015 Distinguished Agency Award

### LACK TUSCARORA EMS



L to R: Mark Wolfgang, S MEMSC; Jacqueline Leister; Chris Yarnell; Richard Gibbons, State Director of EMS

Lack Tuscarora is a rural, volunteer community ambulance in Juniata County, serving Lack and Tuscarora Townships. Though small in size, and call volume, they have a large presence within the EMS System throughout their communities. They have come a long way since the days when they were one of two EMS agencies in the area; both struggling to maintain facilities, equipment and manpower to provide quality EMS Care to residents and visitors. Since they merged in 2005, they have worked together to build a new station which includes 3 bays, office and lounge areas for volunteers and a large “social hall” for training, fundraising and community events. Lack Tuscarora is a frequent sponsor of continuing education courses or some other training exercise, in which they encourage their membership to participate in. “The efforts put forth by this small group of EMS providers and community members is a true testament of what a community EMS agency can be. No words can describe the effort and dedication that these individuals put in on a daily basis—7 days a week - day and night, snow or rain.” (quoted from nomination)

## 2015 Recognition of Service Award

### CHERYL WALTER

(unable to be there, Cheryl’s husband Al accepted on her behalf)



L to R: Richard Gibbons, State EMS Director; Al Walter; Robert Manenkoff, nominator; Tim Nilson, S MEMSC.

Cheryl Walter was presented a special recognition of service award, an infrequent recognition of an individual who has dedicated countless hours and efforts toward improving prehospital emergency care and promoting the Emergency Medical Services (EMS) System throughout the Seven Mountains EMS Council Region.

During her 30 plus years as a regional EMS Provider, Cheryl served as Captain of the Milton Ambulance Service and coordinated EMS Activities at the Milton Harvest Festival Parade and Milton Football Games. She is a seasoned EMS instructor/evaluator for the Pennsylvania Department of Health; A CPR instructor for the American Heart Association, and former board member of Susquehanna EHS Council. Cheryl is also a founding member of, and an instructor for, the Susquehanna Valley Critical Incident Stress Management (CISM) Program.



## CONGRATULATIONS!

### Berwick Hospital Center

**For meeting the standards and being  
recognized as a Medical Command  
Facility**

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### Sunbury Hospital

### Evangelical Hospital

**For meeting requirements and renewing  
their recognition as**

**Medical Command Facilities**

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**If you have any questions please contact the Regional Council Office**  
**We will be happy to help!**