



# COUNCIL NEWS

Working Together to Build A Better Tomorrow

January 2016

## Happy New Year!

**...Another Year Over and a new one just begun....**

**From all of us at Seven Mountains EMS Council  
we wish you all the best in 2016...**

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"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

Happy New Year!! I just can't believe it's 2016 already. It's the middle of winter and I am thinking about amusement parks. I feel like a fourteen year old spending the day at Knoebels Amusement Resort; after riding the Twister three too many times, I am disembarking my car after having just rammed through the exit doors of the Haunted Mansion knowing that I am about to spend the rest of the day on the Merry Mixer; though I should really take some time to recuperate.

As most, if not all, of you know, the Commonwealth has been in a budget impasse since last July. Finally right before the New Year the Legislature passed a budget which the Governor line item vetoed – allowing EMS funding to remain in the approved spending. We are finally going to start receiving some of our funding allowing us to reenergize ongoing projects while establishing new.

Here's where I need your help. I am impressed at how well the staff is able to keep their finger on the 'pulse of the region' and understand those areas within the Regional EMS system where we can positively impact patient care; but, we are only seven individuals with limited exposure. I (we) want your input. Please keep a lookout for a customer satisfaction survey which I will have ready for distribution sometime in the first quarter of 2016. I ask that you take the time to complete this survey to give me your honest opinion of how we are doing; what needs to continue; what needs to cease; and what additional services/assistance you would like to see from YOUR regional council. I can't, and won't, guarantee that everything requested will be instituted; but, will assure you that each item will be examined as to its benefit throughout the Region.

Thank You for all you do – 24/7/365 – to assist the residents, visitors, and commuters throughout Central Pennsylvania in making one of the worse days of their life a little better by knowing that someone is there to help. As always, if you have any questions or concerns, please feel free to contact me or one of the other staff members for assistance. I hope to see you at the annual spring conference - March 18-20 2016 – in Danville. I have heard Chief Bouvier (Deputy Chief of Operations, New Orleans EMS) several times over the years and have always found him both informative and interesting. I am honored that he has agreed to present the Keynote address on Saturday and very much looking forward to attending. More information on the conference to come shortly.

That's all until next time. My New Year's wish, for all, is that 2016 be more like an extended ride on the Pioneer Train – smooth, consistent forward momentum – on a beautiful August day than the thrill rides we all endured last year.



# Critical Incident Stress Management

The Seven Mountains/Susquehanna Valley Critical Incident Stress Management (CISM) Team is a cooperative effort of the LTS & Seven Mountains EMS Councils. Our Team serves Centre, Clinton, Columbia, Juniata, Lycoming, Mifflin, Montour, Northumberland, Snyder, Sullivan and Union Counties. Services are provided to any emergency response agency requesting assistance. Our CISM Team is overseen by a Mental Health Clinician and consists of Mental Health Professionals, EMS, Fire, Law Enforcement and Clergy Members. Our team members are trained to the Dr. Jeffrey Mitchell model and have many years of experience between them in their respective fields.

**Access to the CISM Team is available 24 hours a day by calling the number listed below:**

**MIFFLIN COUNTY 911 CENTER - 717-248-9607**

## So what is a Critical Incident?

Dr. Jeffrey Mitchell, Ph.D., defines a critical incident as “any situation faced by Emergency Service Personnel that causes an unusually strong emotional reaction which has the potential to interfere with their ability to function either at the scene or later....All that is necessary is that the incident, regardless of the type, generates strong feelings in the emergency worker”.

Emergency Service Personnel are becoming more aware of the stressors unique to their occupations. These stressors, to which the providers are routinely exposed, often show themselves in physical and/or psychological symptoms.

Some of the common signs and symptoms of excessive stressors may include:

- ☛ Confusion in thinking
- ☛ Difficulty in making decisions, disorientation
- ☛ Changes in ordinary behavior patterns-such as eating, personal hygiene, withdrawal from others
- ☛ Emotional Shock
- ☛ Anger
- ☛ Grief
- ☛ Depression
- ☛ Feeling Overwhelmed
- ☛ Hopelessness/Helplessness

## Who should be debriefed?

Any person directly involved in the operation of an event (critical incident) for whom the event has elicited an unusually strong reaction or may exhibit some of the above signs/symptoms.

## When should a Defusing or Debriefing take place?

A Defusing is typically conducted within the first 12 hours of a critical incident, while a Debriefing should be conducted within 24-72 hours after an event.

A Debriefing is not a criticism/critique of a particular performance or operation. The process provides a forum where personnel directly involved in an incident can discuss normal reactions and feelings that may be experienced after an incident.

**PLEASE DO NOT HESITATE TO CALL THE CISM REQUEST NUMBER IF YOU FEEL THAT A CISM WOULD BE BENEFICIAL TO YOUR SERVICE PERSONNEL. OUR TEAM WANTS TO ASSIST EMERGENCY SERVICE PERSONNEL WHO ARE JUST TOO VALUABLE TO LOSE!**



# Attention: American Heart Instructors

## \*\*AMERICAN HEART ASSOCIATION UPDATE 2015 RELEASED\*\*

The long awaited American Heart Association's (AHA) 2015 Updates have been released.

If you are an AHA Instructor you should have already been notified of the Updates.

To be able to teach the new materials the instructor must complete the Updates by February 15, 2016 and only those who complete the updates will be issued the Kits with the updated materials. The old versions will be available to be taught until February 15, 2016.

Interim Healthcare Provider Exams will be provided by your AHA Training Center until the final exams are released in March-April, 2016. Skill sheets and interim instructor materials/guidelines are available on the AHA Instructor Network. Also, the new materials, such as texts, are expected to be available March-April, 2016.

At this time, we do not know if there will be any price increases, but you will be notified if there are. Please be sure to complete your Update by February 15 and send copies of the completed certificates to the attention of Cathy Grimes at [cgrimes@smemsc.org](mailto:cgrimes@smemsc.org).

This online update will also serve as your required Update for 2016. If you have any questions, please feel free to call Cathy at 814-355-1474.





# Licensure



**The Following Services are due for relicensure by April 1st, 2016 - contact Jim Urban to begin this process as soon as possible:**

- ♣ Warrior Run Area Fire Dept.
- ♣ Citizens Hook & Ladder QRS
- ♣ Richfield Ambulance



- ♣ Thompsonstown Ambulance
- ♣ Lower Mahanoy Fire Co QRS
- ♣ Port Trevorton QRS

## REMINDER:

ALL QRS Agencies, whether renewing a license or applying for an initial license, must now use the PA EMS Agency Application (Ambulance Service Application) on the EMS Portal. Any agency adding, deleting or replacing a vehicle must also use the EMS Agency Application.

If you have changed your management team (i.e. elected new company officers for 2016) You **MUST** go online and file a licensure amendment, using the EMS Agency Application (Ambulance Service Application). If you have any questions regarding this, please call Jim Urban in the council office.

## REMINDER:

ALL ALS Service Medical Directors are responsible for the tracking and maintenance of medical command authorizations for their ALS providers. The agency managers/officers must maintain a written description, signed by the agency medical director, explaining how these records will be kept and maintained.

# From The Regional EMS Education Coordinator

## RECERTIFICATION

As the new year begins, I'd like to remind everyone of the process of recertification, as it seems to hold much question among the providers - First, log into the BEMS website or check your card to verify your recertification date if you do not know it. Make sure you have all of your continuing education completed in plenty of time to ensure that your record accurately reflects the continuing education credits PRIOR to your expiration date. Also, please be sure to fax or email a copy of your current CPR card to be added to your record prior to recertification. You do not have to submit anything (other than CPR Card) to the office unless you took a course (that you have a certificate for) and you did not receive credit for it on your con-ed record available to you on the BEMS EMS Portal. Remember that if you allow your certification to expire, you will be required to complete all remaining/required continuing education, AND take the National Registry cognitive (written) exam which is now computer based. If your certification has expired greater than two (2) years, you will be required to complete ALL past continuing education, along with taking the cognitive (written) and psychomotor (practical) exams.

## CONTINUING EDUCATION

Did you know that it is very simple to check for upcoming continuing education courses, both within the region and across the Commonwealth? You can go to <https://health.state.pa.us/ConEd/ClassSearch.asp> and search for continuing education courses.

## SPRING CONFERENCE

Please continue to watch for updates for the 2016 Spring Conference - the brochure will be coming in the next few days and it's going to be a good one! There is a lot of great educational opportunities headlined by New Orleans Deputy Chief of Operations Ken Bouvier!! He will be speaking Friday and Saturday. There are many opportunities for Clinical Patient Care hours (medical/trauma) and lots of great speakers. We hope you will join us for the annual Spring Conference, March 18th-20th, 2016 at the Pine Barn Inn in Danville, PA



# **MEET THE STAFF**

## **Amanda Krebs-Stancavage**

### **EMS System Development Coordinator**



#### **What is your job at the Council?**

I am the EMS System Development Coordinator - I am responsible for many different wide range tasks. Public Education and Outreach, including Hands Only CPR demonstrations, and, my favorite outreach, introducing children to Andy the Ambulance, our interactive robot ambulance! I also bring EMSKI, our mascot dog with me every now and then. I am also the staff lead on planning the annual spring conference, which I hope you all enjoy. I am also responsible for Grant discovery and application, Safety initiatives, recruitment and retention, and I put together this newsletter! I also do complaint investigations, as necessary, and help out other areas as needed, like licensure and I also teach CPR.

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

I love the interaction with the public, educating them about EMS and what we do. I enjoy working with children, because I love to see their reaction to Andy and EMSKI! I also very much look forward to planning the spring conference, it's a challenge, and I am always up for a challenge!!

#### **How many years are you in EMS?**

2016 will be my 18th year in EMS. I started with Fairview Fire Company Ambulance in 1998 as an ambulance attendant after I was involved in a car accident. I became a First Responder in 1999 and then an EMT in 2001. In 2007, I graduated from Lackawanna College and became a Nationally Registered Paramedic.

#### **Do You Currently Work or Volunteer in EMS?**

Yes, I currently volunteer with Shamokin Emergency Squad and Trevorton Ambulance. I recently took a flex paramedic position with Elysburg Fire Department EMS and also work seasonally as a paramedic at Knoebels Amusement Resort.

# MEET THE STAFF

## Amanda Krebs-Stancavage

### EMS System Development Coordinator

#### Why Did You Get Into EMS As A Career?

As I mentioned earlier, I was involved in a car accident on July 7th, 1998. I was on my way to work when I rolled my car. Fortunately, I wasn't hurt too badly, but the EMS on scene helped make the horrible experience a little easier. At that point, I decided that is what I wanted to do for others. My mom and dad were both at one time EMTs, and, as a matter of fact, my mom was the first female EMT to join the Mt. Carmel Fire Department. My dad was a firefighter and EMT with Shamokin Emergency Squad. I listened to their stories, and decided that I would try it. 18 years later, I still have a passion for EMS that I've never really had for anything else. When you find something you truly love, stick with it. I've tried other things over the years and ALWAYS come back to EMS.

#### What Is Your Favorite Thing to Do Outside EMS?

My favorite thing, outside of EMS, is spending time with my family. My fiancé Chuck, who is also an EMT, and my daughter Sammie, who is VERY active in sports and music, keeping us quite busy with practices and other things. I also love music, and I play guitar and keyboard in local classic rock band R.A.T.L. In which my Dad is the lead guitar player, and Chuck is the soundman, so I guess even with that, it's spending time with family...

#### What Was Your Biggest Challenge In Your EMS Career?

Kids. Hands down my biggest challenge was and still is pediatric patients. Kids aren't supposed to die, but sadly, they do. Seeing a child critically injured, or gravely ill is the hardest thing for me. Looking at a mother or father, the pain in their eyes, that small glimmer of hope that maybe you could do something, but yet, knowing that even though you did everything you could, their child was dead. If anything, it makes you appreciate your family all that much more. I hugged Sammie a little tighter and a little longer every time. Life is precious, and sometimes, way to short.

#### What advice would you give to someone beginning a career in EMS?

NEVER STOP LEARNING - you don't know it all. You will never know it all. If you think you know it all, learn something new. It's an evolving and ever changing career. What you know today will change tomorrow. You will not save everyone. It's going to hurt. You're going to cry. It's ok. It's normal. It will make you stronger, and a better EMS provider. Do what you do, do it with conviction. Be professional. Make sound judgements. Take advice, and don't get offended by constructive criticism. Thank your preceptors. Learn from your seasoned providers, teach your new providers. No one is JUST an EMT or JUST a paramedic or JUST an EMR - we are all a TEAM - no ONE PERSON saves a life - always be a team player.





**These recipes and more available at:**

[www.foodnetwork.com/recipes/articles/50-after-school-snacks/50-quick-snack-recipes.page-28.html](http://www.foodnetwork.com/recipes/articles/50-after-school-snacks/50-quick-snack-recipes.page-28.html)

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



**Smoky Pretzel Mix**

Melt 1/2 stick butter with 2 tablespoons brown sugar, 1 teaspoon smoked paprika, and 1/4 teaspoon cayenne. Toss with 3 cups mini pretzels and mixed nuts. Spread on a baking sheet and bake 20 minutes at 325° F. Stirring occasionally.



**Yogurtwiches**

Place a scoop of frozen yogurt between 2 graham cracker squares. Roll the edges of the sandwich in chocolate chips. Freeze until firm.



**Pretzel Melts**

Sandwich small slices of cheddar between mini pretzels. Put on a parchment lined baking sheet. And bake about 10 minutes at 425° F - Serve with Mustard



**Chicken & Waffles**

Mix chicken salad with some sliced grapes and chopped walnuts. Spoon onto toasted mini whole-wheat waffles

# Preparedness Corner

## All Hazards Preparedness

All Hazards Preparedness is exactly what it says... it is being prepared for “all hazards” at any time. It combines natural, biological, chemical, and radiological events. The main focus of all-hazards preparedness is to save lives, and protect ourselves and our loved ones against these threats.

There are generally three steps to all-hazards preparedness:

1. Get a Preparedness Kit
2. Make a Plan
3. Be Informed

The following is a generalization of these steps. You can download the entire all-hazards preparedness guide by clicking [HERE](#)

### *Get A Preparedness Kit*

Gather supplies for your all-hazards kit - this will better prepare you and your family for a public health emergency. Take a moment to gather the following supplies and store them in a waterproof bin:

- ☞ Water - 1 gallon per person/day
- ☞ Food - non-perishable easy to prepare
- ☞ Flashlight with extra batteries
- ☞ Battery powered or hand crank radio
- ☞ First Aid Supplies
- ☞ Medications
- ☞ Multipurpose supplies (tools, duct tape, scissors, etc)
- ☞ Copies of personal documents
- ☞ Cellphone with charger
- ☞ Emergency Disaster Plan
- ☞ Extra Cash
- ☞ Emergency Blanket, Extra Clothes, and Sleeping bag (one per person)
- ☞ Anything unique to people in your family (eyeglasses, contacts, medications, etc)
- ☞ Games for children
- ☞ Pet Supplies
- ☞ Car and House keys

### *Make A Plan*

Your family may not be all in the same place when disaster strikes, now is a good time to put together a plan on how you will contact each other and what you will do. Before finalizing a plan, sit down and discuss the following topics with your family:

- ☞ What types of emergencies are most likely to happen in your area?
- ☞ Pick two meeting places - one right outside in case of a fire, and one outside your neighborhood in case you can't return home
- ☞ Plan an evacuation route
- ☞ Make sure you include pets in your plan, and any elderly relatives in the area
- ☞ PRACTICE!! You need to review your plan monthly and practice it regularly



# Preparedness Corner

## All Hazards Preparedness

### BE INFORMED

Being informed means keeping up-to-date with the most current information available. Below are some basic steps you can take to help keep you and your loved ones safe:

- ❏ Learn about the public health emergencies that can and do occur in your area. This can range from a house fire, to a medical emergency to those affecting your entire community like a flood or an earthquake
- ❏ Identify several means of obtaining emergency information like a NOAA weather radio, or local media outlets like TV or radio stations.
- ❏ Know the difference between a “WATCH” and a “WARNING” and listen for information on each when the weather threatens.

**WATCH** - means conditions are favorable for the development of severe weather. Keep an eye to the sky and listen for updates on local media.

**WARNING** - Severe weather is imminent or occurring - take shelter and all precautions.

- ❏ Know what actions to take to protect yourself during public health emergencies that may occur in areas where you work or vacation, and know what to do in those places as well.
- ❏ Make sure at least one person in your family is CPR/AED and First Aid trained.
- ❏ Teach children how and when to call 911
- ❏ Teach each family member how to use a fire extinguisher and where it's kept.
- ❏ Share what you have learned with your family



# Conference Update

**SAVE THE DATE!!!**

**SPRING CONFERENCE 2016**

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

**Here are some things to look forward to:**

- **The 2016 Keynote Speaker will be Ken Bouvier, Deputy Chief of New Orleans EMS, often featured on A&E's NIGHTWATCH!**
- **Basket Raffle : Due to great success last year, we will again be doing the raffle - This years donations will go to the National EMS Memorial Foundation**
- **EMS Awards and the Jack Williams Award will be given again this year! Get your nominations in! The nomination forms are on the following pages!**
- **Saturday night will feature a Mardi Gras themed social event following the EMS Awards!**



**Keep an eye to the website for more information as it becomes available!!!!**

# 2016 EMS Awards



The Seven Mountains EMS Council is proud to again present EMS Awards in conjunction with the 2016 EMS Conference. The following awards are available to be presented. Please use the nomination form on the following page to nominate a provider/

agency for the following 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 Service Recognition:**

- ✚ The Distinguished Service Recognition is presented to an EMS Dispatcher, Educator, or Administrator who has made a significant contribution to the advancement and/or development of EMS in the Region.

## **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.

# Awards Nomination





# 2016

## Jack Williams Memorial Award



**We are currently accepting applications for the annual “Jack Williams Memorial Award.”**

The Jack Williams Award is provided by the family of Jack Williams to memorialize their father who was an active EMT and officer with Shimer and Fifth Ward Hose Companies in Milton and an EMS Training Officer for the Milton Ambulance Service. Mr. Williams also served the community and region as an EMS instructor and Susquehanna EHS Council board member for more than 20 years.

The EMS community is being asked to submit nominations of ALS or BLS practitioners as well as instructors whose service or actions have exemplified their spirit to serve, teach, improved patient care or promoted emergency medical services within the Seven Mountains EMS Council region.

**Nominees should be those individuals who you believe have made a significant contribution to the provision of emergency care by using their skills and knowledge to help improve our emergency medical services system and who represent the qualities that Jack Williams demonstrated during his service to our region.**

This year the Jack Williams Award recipient will be announced at The Seven Mountains EMS Council's Spring Conference EMS Awards at the Pine Barn Inn on Saturday evening March 19th, 2016.

Nominations are being accepted for any EMS Provider or Instructor within the Seven Mountains EMS Council Region whom you believe deserves this recognition. General criteria for consideration include:

- 🚒 **Current Pennsylvania Department of Health Certification**
- 🚒 **Possesses outstanding clinical and documentation skills.**
- 🚒 **Continuing education and/or Medical Command is in good standing.**
- 🚒 **Consistently performs care in an exemplary manner and exhibits compassion to their patients.**
- 🚒 **Has contributed significantly to the development and growth of pre-hospital EMS in the region.**
- 🚒 **Has the respect of the EMS Community.**

# Jack Williams Memorial Award Nomination



## **Staff Contacts**

Tim Nilson Executive Director:

[tnilson@smemsc.org](mailto:tnilson@smemsc.org)

Laura Rompolski Office Manager:

[lrompolski@smemsc.org](mailto:lrompolski@smemsc.org)

Cathy Grimes EMS Program Specialist:

[cgrimes@smemsc.org](mailto:cgrimes@smemsc.org)

Mark Wolfgang Regional Education Coordinator:

[mwolfgang@smemsc.org](mailto:mwolfgang@smemsc.org)

Jim Urban EMS Licensure Coordinator:

[jurban@smemsc.org](mailto:jurban@smemsc.org)

Amanda Krebs EMS System Development Coordinator:

[akrebs@smemsc.org](mailto:akrebs@smemsc.org)

Howdy McGinnis Emergency Preparedness Specialist:

[hmcginnis@smemsc.org](mailto:hmcginnis@smemsc.org)

### **Contact Us:**

**Seven Mountains EMS**

**44 Universal Road**

**Selinsgrove, PA 17870**

**OR**

**523 Dell Street**

**Bellefonte, PA 16823**

**(814) 355-1474**

**OR**

**(570) 473-7834**

**[www.smemsc.org](http://www.smemsc.org)**

