



F-M AMBULANCE SERVICE

VITAL SIGNS



May 2006



F-M Ambulance Holds Annual Appreciation Banquet

On Tuesday April 11th F-M Ambulance Service employees gathered at the Fargo Air Museum for the annual Appreciation Banquet. Congratulations to Scott Helmer, Mike Schulz and Rick Cameron for getting the "Achievement in Excellence" award. Everyone had a great time laughing at the roast and enjoying the food served by the leadership team!

The **F-M Ambulance Citizen's EMS Academy** wrapped up its first session on Wednesday April 12th. Taking part in the Academy were Lowell Wolff, Leah Johnson, Julie Marxen, Lou Ann Honek and Nichole Goodin. The next Citizen's EMS Academy will take place this fall.

If you know anyone who is interested in being a part of the Citizen's EMS Academy, please have them contact Kristi.



F-M Ambulance director Mike Hall and new field supervisor Rick Cameron enjoy being roasted with their balloon hats.



The leadership team was all dressed up, ready to serve food to all of the employees!



Deann Krupich was named the North Dakota ALS provider of the year for 2006. She got the opportunity to go to Bismarck in May to meet the Governor Hoven and have her picture taken with some other award recipients from North Dakota.

Did You Know...

- A "jiffy" is an actual unit of time for 1/100th of a second
- A shark is the only fish that can blink with both eyes.

F-M Employees Take Part in Events

February

Sondra Peterson, Sherm Syverson and Kristi Rasmussen finished up their season on the 2006 F-M Ambulance/Meritcare broomball team. The team ended with a 7-5 record, which was an improvement from previous year. All three team members have been playing broomball on the team since 2003.



March

On St. Patrick's Day, Wade Mitzel and Derrick Berg braved the chilly weather and ran the St. Patrick's Day 5K race. Wade got many votes for best dressed as he sported an entirely green outfit, green shamrock-shaped glasses, a green head, and his Hulk hands while running. Both Wade and Derrick had a great time running and plan on taking part in the event again next year.

April

"Ready, set, go!" Balls were flying everywhere in the Oak Grove gym on Wednesday April 5th when approximately 20 employees from F-M Ambulance took part in the first annual F-M Ambulance Dodgeball game. Fortunately no one sustained any major injuries (although there were two minor injuries that took place). Everyone seemed to have a blast playing and agreed that the dodgeball game will have to be an annual event. After the dodgeball game some people stuck around to show off their basketball skills in an F-M Ambulance pick-up basketball game.



Darin and Dean show off their style by wearing their old Kindred football jerseys for the game



Becky, Kari, Sondra and Sherm wait to get back in to the dodgeball game



Team members show off their basketball skills after the dodgeball game

May

At 8:00 AM on a Saturday morning you probably wouldn't expect to see a group of employees from F-M Ambulance standing outside ready to run and walk for 3 miles or more – especially when it's about 50 degrees out. But on Saturday May 20th, that's exactly what they did. April, Janine, Wade, Kristi and Don all finished the 5K run in the Fargo Marathon and Tom D. did the half-marathon (13 miles!). Everyone who took part got an "F-M Ambulance Marathon Team" t-shirt and wore them proudly!



April, Janine, Wade, Kristi and Don after they finished the 5K race in the Fargo Marathon

Operation Prom

As approximately 200 students looked on, three people were injured and one was killed in a single car crash on Tuesday May 2nd at Moorhead High School. This wasn't an ordinary crash – this was “Operation Prom”.



Operation Prom is a drinking and driving prevention program designed to provide the audience of young adults a realistic view of the results of drinking and driving. The audience at Moorhead High School witnessed a simulated single car crash caused by drinking and driving that resulted in one casualty, two people seriously injured, and the fourth being arrested for many charges, including DUI.



Kathy Lonski Receives Star of Life Award

The American Ambulance Association (AAA) held its 15th Annual *Stars of Life* event at the Omni Shoreham Hotel in Washington, DC, May 7th-10th, 2006. F-M Ambulance Service is proud to announce that Kathy Lonski will be a 2006 *Star of Life* award recipient.

Kathy was selected for the *Star of Life* award because of her dedication to EMS in the Fargo-Moorhead community. Specifically noted were Kathy's efforts in assisting the victims in Hurricane Rita in Texas in September and October 2006. Kathy was part of the F-M Ambulance team that volunteered to travel to Texas to serve the victims of the devastation of Hurricane Rita. Kathy agreed to stay in Texas for two tours for duty. While she was there she touched the lives of many Texans who were impacted by the storm. While in Texas Kathy endured very primitive living conditions and often worked 36 hours straight.



Kathy with her parents and Earl Pomeroy in Washing D.C.

Kathy is also being recognized for the continued dedication to care of our pediatric patients. Kathy has been an innovator in the development, implantation and delivery of educational courses for the EMS provider in pediatric emergency. This education has prepared countless paid, volunteer and hospital based medical providers in caring for the pediatric patient.

Kathy traveled to Washington, DC on May 6th to receive her award. While there she had the opportunity to visit with our congressional delegation and got a special tour of the White House.

Get To Know...

A close up on our new F-M Ambulance Employees

Greg Glood Dispatch

Where are you from?

I am from Fargo. My parents live in Fargo and I have one brother who lives in Minneapolis. My girlfriend's name is Mandy and she has a 2-year-old son named Jalen.



What did you do before working at F-M Ambulance Service?

I previously worked for Rochester Armored Car as an Armored Car Driver. I have also worked at US Bank Service Center as a customer service representative and in the U.S. Air Force as a dispatcher in the missile field for security forces.

What do you enjoy doing in your spare time?

I enjoy playing golf, working on cars, and playing computer games.

What made you want to work at F-M Ambulance?

I have wanted to be a firefighter or paramedic since I was a kid and this is a stop in the right direction to accomplish that goal.



George gives away a free ice cream coupon from Culver's to a girl found wearing her bicycle helmet.

Did You Know...

Sherm Syverson and **Ron Lawler** both were elected to new positions within the Instructor/Coordinator Society in Bismarck in April? Sherm is the new vice president and Ron is the new secretary/treasurer for the I/C Society. Congratulations to both of them!



The unveiling of the F-M Ambulance Service Major Incident Response Vehicle took place on Thursday May 4th. The vehicle is ready for use but will continue to be up fitted throughout the summer by members of the MCI team.

Get To Know...

A close up on our new F-M Ambulance Employees

Bill Wann Merigen Medical

Where are you from?

I am originally from Bristol, Tennessee. I moved to South Dakota from Pittsburgh, Pennsylvania and now live in Sioux Falls. I have a wife named Karen, five children – Heather, Brandon, Justin, Mark and Kristen – and one grandchild, Ryan, who is five.



What did you do before working at F-M Ambulance Service?

I have 20 years of marketing experience with everything from industrial water treatment to enterprise solutions software development.

What do you enjoy doing in your spare time?

I enjoy camping, supporting organized swimming as a meet official and reading.

What made you want to work at F-M Ambulance?

I knew about the organization through a personal relationship and wanted to be a contributor to its continued success.

Welcome New Employees

Joe Beaudreau	EMT-B	Past student
Mike Garberg	EMT-P	Past student
Reed Groth	EMT-B	Past student
Stephanie Kittleson	EMT-B	Current student
Amy Swenson	EMT-B	Current student

Upcoming Wellness Committee Events

June:	June 11 th – Kickball @ 1400
July:	July 16 th – Frisbee Golf @ 1600
August:	TBA - Volleyball
September:	TBA - Family Day

More information about all activities will be posted soon on the wellness board in the kitchen!

National EMS Week May 14th – 20th

The American College of Emergency Physicians (ACEP) announced the 33rd annual Emergency Medical Services (EMS) Week will be celebrated throughout the nation May 14-20, 2006. The event brings together local communities and medical personnel to publicize safety and honor the dedication of those who provide the day-to-day lifesaving services of the medical "front line."



Serving on Health Care's Front Line

National EMS Week will feature hundreds of grassroots activities coast-to-coast that will be planned around this year's theme, "EMS: Serving on Health Care's Front Line," which underscores the commitment and dedication of the 750,000 EMS providers who serve their communities.

"As this year's theme emphasizes, the brave men and women who serve as EMS providers are often first on the scene of a disaster, a motor vehicle crash or other event that may place them in a hazardous environment," said Dr. Frederick Blum, president of ACEP. "It's important that we take the time to honor these front line medical responders for often going above and beyond the call of duty to save lives, while risking their own."

The weeklong series of events will include national and local activities to honor EMS providers (paramedics, emergency medical technicians, first responders, fire fighters, and police) to raise public awareness about health and safety issues, including how to prevent injuries and what to do in a medical emergency.

F-M Ambulance celebrated EMS week by holding an open house on Wednesday May 17th.



F-M Ambulance EMS Week Open House

Ambulances, fire trucks, police vehicles and many other things lined the F-M Ambulance parking lot on Wednesday May 17th for the 3rd annual EMS Week Open House. There were between 200 – 300 people that showed up to help celebrate national EMS week.



Andy the Ambulance took a break next to 6753 during the open house



Ambulances from F-M and Casselton Ambulance were both available for tours during the open house



Andy the Ambulance enjoyed visiting with all of the kids at the open house



Many people enjoyed touring the Lifelight helicopter



John Lein and Hickok, his canine partner from Moorhead Police Department were a hit



Many vehicles from different agencies were open for tours during the open house



Many of the kids had a blast in the bouncy castle (and so did Janine and Kristi)



Many different people helped out and participated in the open house



Both Fargo and Moorhead brought their fire trucks over for tours

Get To Know...

A close up on our new F-M Ambulance Employees

Where are you from?

I am from Newfolden, MN. I joined the volunteer fire department when I turned 18 and the first responder group about 2 years later. I have worked for 2 years part-time and 3 years full-time for Great Plains EMS.

What do you enjoy doing in your spare time?

My parents, sister, brother and both sets of grandparents all live in an area near Newfolden, so if I'm not in Fargo, there's a good chance I'm back home. I also enjoy being at the lake, camping, waterskiing, and scuba diving. I enjoy playing roller hockey, and you might find me working on a computer if the challenge is right.

What made you want to work at F-M Ambulance?

I want to go on and get my paramedic, and by working at F-M I hope to get more out of the paramedic course.

Steven Rud EMT-B



Get To Know...

A close up on our new F-M Ambulance Employees

Jason Westholter EMT-B

Where are you from?

I am from Fergus Falls, MN. I was a firefighter/EMT in Marshalltown, IA before coming to Fargo.

What do you enjoy doing in your spare time?

I enjoy doing anything outside, especially camping, fishing and hunting. I am getting married in August, so I have been busy helping plan that too!

What made you want to work at F-M Ambulance?

I had a good experience going through the EMT class which in turn made me have a good impression of the company. The company is always moving forward with confidence while using new technology and good customer service.



Katie Noennig was the recipient of the 2006 F-M Ambulance Explorers Scholarship. Katie has been an active member of the F-M Ambulance Explorers for two years. She is currently in the summer EMT-B class.

Did You Know...

- "Stewardesses" is the longest word typed with only the left hand and "lollipop" with your right. (Bet you tried this out with your fingers, didn't you?)
- A dime has 118 ridges around the edge.

Summer is Here!

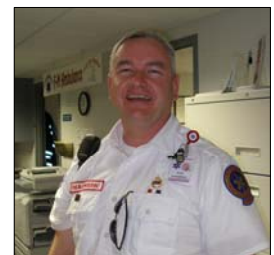
Summer is here, and F-M Ambulance has started its annual ice cream give away. Culver's has teamed up with F-M Ambulance to give away ice cream coupon for children that are seen wearing their bike helmets. There are over 125 coupons to give away this summer!



Marcel gives away an ice cream ticket to a girl that was wearing her helmet.

New Positions at F-M Ambulance

There are some new faces in some new places around F-M Ambulance. Rick Cameron has recently changed positions within F-M Ambulance Service. Rick has been with F-M Ambulance for 15 years – he has been teaching in the education department for 6 years and has recently been promoted to field supervisor. Even though he will still be working at F-M Ambulance, the education department and the paramedic program will greatly miss Rick!



Bob Klein a.k.a. "Farmer Bob" has joined the education department at F-M Ambulance as the Liaison Coordinator. Bob has been working at F-M Ambulance as a paramedic for 10 years and has been working in EMS since 1987. He was the director of Langdon Ambulance for 2 years, providing advanced life support for the Langdon area before joining F-M full time. He has lived in the Langdon area his whole life. This is the first year in 25 years that Bob has not farmed!

EMS Memorial

By Don Martin

The local emergency services of Fire, Law Enforcement and Emergency Medical Services within Cass County, ND and Clay County, MN are working together to build a memorial to honor those personnel who have died while in the line of duty. The memorial will honor those personnel within those two counties who have died while doing one's duty to the grateful citizens of Cass and Clay county. The memorial will be located in Lindenwood Park.

The first EMS volunteer to be honored on the memorial will be Jerry Decker, of Hunter, ND. Jerry suffered a heart attack and died while transporting a patient to the hospital as a member of the Hunter Ambulance Service. During his life, Jerry also worked as a peace officer and firefighter. Jerry's life was filled with the need to help others.

The committee has been working hard to make this dream come true in our area but now desperately needs financial help in order to make this dream a reality. Donations will be used solely for costs of materials and labor. All administrative costs are free since all members are volunteers. The committee needs to raise \$30,000 in order for an additional \$30,000 in matching funds from the metropolitan's area city and county governments to be granted. To donate for the memorial, please contact Don Martin at F-M Ambulance Service.

F-M Ambulance Chamber Choice Award

F-M Ambulance Service was nominated for the Fargo-Moorhead Chamber of Commerce Not-for-Profit *ChamberChoice* Award. The *ChamberChoice* Awards program is designed to recognize the vigorous entrepreneurial spirit and important contributions made by businesses in the Fargo-Moorhead metropolitan area.

Many people from F-M have been busy helping prepare for the award. Sherm worked on an extensive application form that was turned in on February 10th. At a luncheon on March 16th, the top three finalists were announced, with F-M Ambulance being one of them. On April 6th, the finalists were honored at the Chamber Spotlight Breakfast, where we had the opportunity to present F-M Ambulance by presenting a short speech about the business. On April 20th, all nine Chamber awards finalists were highlighted at the Fargodome's Business After Hours event. On May 24th at the Chamber's *Annual Awards Luncheon*, all nine companies received their *ChamberChoice* Awards. Highlighting the event was the announcement of the top-rated company in each of the three categories. Unfortunately, F-M Ambulance was not named the not-for-profit of the year winner, but we are still very proud to say that we were a *ChamberChoice* Award recipient in 2006!



Did You Know...

- No word in the English language rhymes with month, orange, silver, or purple

A Trip to Cambodia

By Wade Mitzel



The first two weeks in May I got the opportunity to go to Cambodia. The purpose of the trip was to assess the need to bring a medical team to some of the most remote villages in northwestern Cambodia. We also worked with some local missionaries to encourage and strengthen the work they are doing.

We discovered the health care in the villages to be very low. The nearest clinic the people in the villages had was over an hour away by boat and the clinic was staffed by nurses for only a few hours each week. People are getting sick and dying from malaria, upper and lower respiratory infections, pneumonia, and various parasites. Dental attention is also greatly needed.



Travel to the villages was very difficult. We drove for over an hour on roads that would get washed out and had to cross bridges that didn't get much maintenance. Once we got to a small village named Ta Veeng, we traveled by boat for over an hour to get to the villages. Once we arrived, we discovered that we were only 10 miles from Vietnam and under 25 miles from Laos.



People lived in huts like the ones to the right. Most people are farmers and harvest rice to live on. Some farmers grow cashews which is a better and more stable crop. Cashews aren't affected by weather as much as rice crops.



We had an excellent trip. We have decided to go back in February with a medical team to try and help with some of the medical needs these people have.

F-M Ambulance Participates in Law Day at West Acres

Hundreds of youngsters were at West Acres on Saturday April 22nd for "Law Day". The kids had the opportunity to tour area emergency response vehicles, including cars from the Fargo, Moorhead and West Fargo police departments, Cass and Clay county sheriff's departments, and F-M Ambulance. Everyone seemed to enjoy touring the ambulance and the police vehicles and getting stickers and mini-first aid kits!



F-M Ambulance participates in "Law Day" at West Acres Mall on April 22nd.



We hope that you have enjoyed this edition of "Vital Signs", a quarterly on-line newsletter distributed by F-M Ambulance.

If you have any ideas, questions, or comments about "Vital Signs", please contact Kristi at (701) 364-1759, or email kristi.rasmussen@fmambulance.com.