

Honoring Our

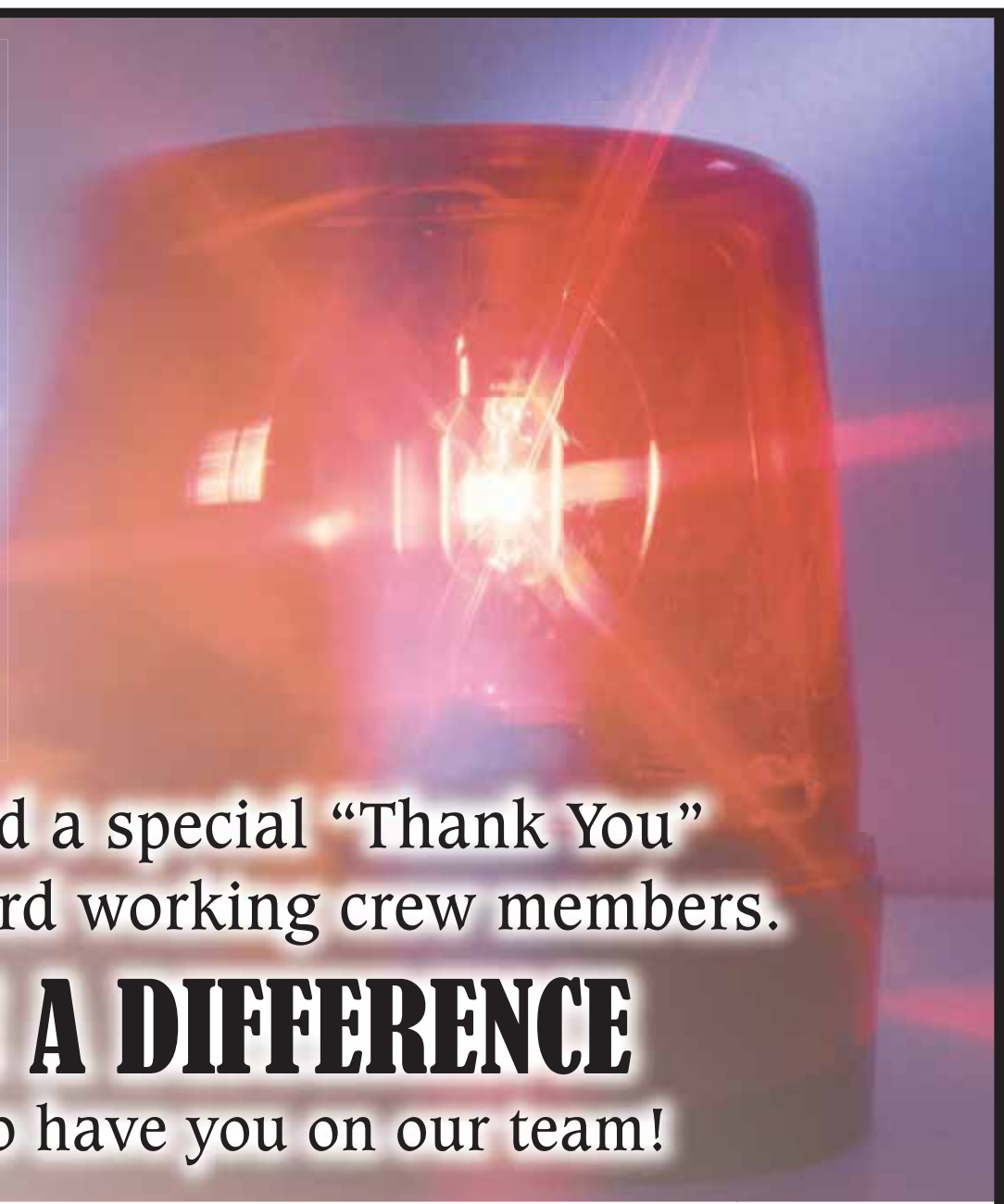
Local First Responders



October 2022

A Special Supplement to

McLean County Independent, Central McLean News-Journal and The Leader News



We want to extend a special “Thank You” to our dedicated, hard working crew members.

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The Garrison-Max-Ryder-Makoti Ambulance Service has approximately 1100 square miles of 911 coverage. We are made up of 35 members to include paid full time, paid part time and volunteer staff. We have 3 ambulances in Garrison, one in Max and one in Makoti. Our service is fortunate to have many ALS staff members, so we can help other BLS ambulance services by providing ALS intercepts for critical patients.

Between 911 calls and hospital transfers we run approximately 550 calls per year. This service is also a certified training center who hosts multiple classes per year to include first aid, CPR and AED use, EMR, EMT and AEMT initial and refresher classes.

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Nicole Folden



Amanda Melby



Dawn Lakoduk



Cindy Larson



Natalie McGlaughlin



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Max Crew



Left to right, Kim Bush, Luke Zabka, Jody Gullickson, Gary Gullickson.

Ryder-Makoti Crew



Left to right, Chris Huus, Dar Huus, LeeAnn Larson, Lori Hauf, Elizabeth Huus, Shawna Schenfisch, Melissa Rensch-Taylor, Amanda Hauf, Glen Hauf, Chris Taylor, Mike Larson.



GARRISON FIRE DEPARTMENT

Honoring the ultimate sacrifice

BY: ETHYN WILLIAMS-CALVERT
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The clang of a fire bell could be heard ringing out 20 consecutive times as the somber ceremony played out in the crisp autumn evening air last Saturday.

The Fallen Firefighters Memorial, a stark reminder of the sacrifice these men and women had made for the safety of their community, started the evening which concluded with the North Dakota Firefighter Museum's annual Hall of Fame Banquet.

Beginning with a meet and greet at the Museum, located on Main Street in Garrison, the event then moved outside to the memorial ceremony. To open the ceremony, Rev. Janis Sloka III, pastor at St. Paul Lutheran Church in Garrison, led those present in a prayer to honor the firefighters the group was there to memorialize. Sloka is also one of the many volunteer firefighters with the Garrison Fire Department.

Following the opening prayer, Master of Ceremonies and North Dakota Firefighter's Association Secretary/Treasurer Allan Klein read through the names of the 20 North Dakota firefighters who have died in service and a reading of the 50 North Dakota firefighters, retired and active, who passed



Members of the Garrison Fire Department assembled to prepare and serve at their annual Firemen's Breakfast on Oct. 9. Firefighters present include in front: Justin Behles, Ray Zerr, Gerry Bernston, Dwight Rensch, Chad Betz, Bob Koelzer, Graling Steinwand and Keith Thelenm and un back: Ben Bernston, Cole Seidler, Boyd Flath, Nick Behles, Kim Essler and Glen Huettl. Missing from the photo are Bruce Schreiner, Tod Graeber, Paul Schlichting, Cory Nordquist, Cody Schulz, Corey Bittner, Steve Hasenwinkel, Cory Phillips, Austin Westman, Logan Melby, Josh Hanson, Jason Ermer, Shannon Staehr, Nick Klemisch, Austin Schmidt, Ron Krebsbach, Dusty Seidler, Chad Trautman, Janis Sloka, Jacob Behles, Craig Talbott, Gary Larson, Jim Wilcox, Dean Krebsbach, Mike Matteson and Jason Ziemann. (James C. Falcon)

away during the last year.

With the Remembrance Ceremony completed, the group adjourned and moved from the museum and monument to Garrison's Fire Hall for the North Dakota Firefighters Hall of Fame Banquet.

Honoring 2022's two inductees, Kenneth Popiel of Grafton and Raymond Volk of Sur-

rey, the banquet featured addresses from Klein, Museum Director Amber Klingbeil, Museum President Mike Matteson, Chief Deputy Kimberly Erslund and Chief of Garrison Fire Department Bruce Schreiner.

Those present at the event were also treated to a home-cooked meal from the Garrison

Fire Department, the GFD prepared prime rib, fish, baked potatoes, their signature coleslaw and dessert as well as a wide array of adult beverages.

All in all, the event provided a quiet relaxing night for First Responders in Garrison, as well as North Dakota as a whole, who place their life on the line day in and day out

to ensure their communities remain safe.

Honoring those who have remained in the field and remembering those who are no longer with us are two important aspects of a field like firefighting and a delicious free meal and speeches full of jokes are undoubtedly great ways to do so.



GARRISON AMBULANCE SERVICE

'A thing of the past'

BY JAMES C. FALCON
james@nordaknorth.com

The days and times of emergency medical technicians volunteering their time is for the most part history.

"Volunteer positions are a thing of the past," said Jodi Gullickson, an EMT with the Garrison-Max Ambulance Service and a member of its board. "It's a paid service. We can't get anybody to say 'I'll take these runs. You don't need to pay me.' That's all gone away."

While the Garrison-Max Ambulance Service offers "one of the highest paid" positions in the state, she added, they are "always looking for people to help out."

Like many industries in

North Dakota, as well as nationwide, First Responders are on the lookout for employees. Gullickson said that the Garrison-Max Ambulance is "always looking for people to help out."

"It's a lot of commitment," Gullickson said, adding that the issue of worker shortages in the emergency medical field has been a long-standing issue – and it's not limited to just the Garrison-Max Ambulance Service. "They're all struggling with lack of help. Everybody's looking for people to work. It's a sad situation."

Part of the job requirements would be coursework – First Responder, Emergency Medical Technician and Advanced Emergency Medical Techni-

cian – which are done at the Garrison-Max Ambulance barn in Garrison.

"If you're taking classes with us and you sign up to be on our squad, those are paid for," Gullickson said, noting that depending on the classes, the costs could otherwise range from \$145 to \$2,000.

"In some instances, we do CPR training at the school or out at Camp of the Cross," Gullickson said. "We've gone to Ryder and White Shield. Rather than everybody coming here, it's just as easy for us to go there."

For more information or to set up times for classes, call the ambulance barn at 701-463-2178.

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Why law enforcement is essential for the community

Much of 2020 has been dominated by newsmaking events that have made the year one few people will soon forget. Unprecedented and stressful circumstances can contribute to spirited debates and uncertainty about the future. Complicated situations can affect people in many ways, but the public may be wise to take some cues on how to navigate challenging situations from the professionals who routinely find themselves confronting adversity.

Law enforcement officers who don the uniform each and every day routinely put others first in the name of public safety. According to the National Law Enforcement Memorial Fund, there are now more than 800,000 sworn law enforcement officers serving in the United States, which is the highest figure ever. Officers often step up to serve despite the risks associated with working in law enforcement. A total of 1,627 law enforcement officers died in the line of duty over the past 10 years. There were 135 law enforcement officers killed in the line of duty

in 2019 alone.

Law enforcement personnel serve many important roles in the communities they serve. Here's a closer look at the integral roles of police and other law enforcement personnel.

- **Maintain law and order:** The police force is made up of many different departments with the collective goal of maintaining law and order. Traffic police are responsible for enforcing the rules of the road and minimizing the chance of accidents. Other departments canvas the streets ensuring that residents-civil liberties are not being compromised.

- **Save lives:** Whether they're preventing a life-threatening crime or administering emergency medical care at a car accident until an ambulance can arrive, law enforcement officers save lives every day.

- **Assist in adverse situations and provide crisis support:** Police officers often fill the role of counselor or friend to people who find themselves in difficult situations. An officer can play a part in helping people make

better life choices in the future. Training in situational de-escalation also means police officers are capable of defusing difficult situations before they snowball into serious, potentially life-threatening confrontations.

- **Investigate crimes:** Police are the first people to respond when crimes have been committed. These individuals investigate the situation and find the perpetrator.


- **Foster strong communities:** Law enforcement officers share a unique solidarity with other officers, peers, community leaders, and even medical professionals, which helps to create a strong fabric for a community. Officers frequently have each others backs as well as the respect and support of the public for putting their lives on the line.

Law enforcement is an essential component of orderly, safe and supportive communities. Recognizing and respecting the important role law enforcement officials play is a great way to show them how much their efforts and sacrifices are appreciated.




Law enforcement personnel serve many important roles in the communities they serve.


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GARRISON LAW ENFORCEMENT

The Garrison Police Department includes Travis Tesch, chief of police; two full-time officers Justine Arrey and James Jabara; and two part-time officers.



Justine Arrey

Arrey has been with the Garrison Police Department for a year and a half. She is originally from central Africa and has been in the United States – living in North Dakota, as well as Minnesota and North Carolina – for 12 years.

Prior to joining the Garrison police force, Arrey worked for the North Dakota Department of Corrections and Rehabilitation in Jamestown for a year.

What Arrey likes most about being a police officer is “being able to change a few things around ... just being able to help people.”



Travis Tesch

Originally from Fessenden, Tesch has worked in law enforcement for 22 years – “23 years in January.”

Started with the Park River Police Department before becoming a county deputy with Walsh County for 11 years. After learning about a job opening in Wells County, Tesch and his family moved there. He then became Chief of Police in Fessenden from 2011 to 2020. Since 2020, Tesch has been the Chief of Police for Garrison.

Tesch said that the gratitude he gets from people is what he likes most about being a police officer.

“I’ve even had people thank me for writing them a ticket. It keeps them from a worse accident or something worse down the road,” Tesch said. “Just doing the job right and people thank you later.”



James Jabara

Jabara arrived in North Dakota ten years ago from his native Las Vegas after being stationed at Minot Air Force Base.

He said that after having “an epiphany,” Jabara took “an early out” from the military and switched careers to law enforcement. He worked as “a normal patrol officer” for the Minot Police Department – “the closest thing to the military” – for four years before working for the Harvey Police Department (where he met Tesch). Jabara has been with the Garrison Police Department for two years this December.

“Over time, it’s working with the community,” Jabara said regarding what he likes most about being a police officer. “Getting to know the individual’s background stories. I really enjoy working with the community.”

Keep safety in mind when decorating for the holidays

Decorations help make the holiday season a magical time of year. Stores are awash in color and twinkling lights, and similar imagery is on display in private homes.

Designing holiday displays can be a great way for families to spend time together and kick off the celebration.

When trimming the tree and decorating this holiday season, families must keep safety in mind. A little planning and some precautionary measures can ensure displays are enjoyed all season long. Travelers Insurance offers the following holiday decorating safety tips.

- Do not overload outlets.
- Never exceed the maximum number of light strands that can be attached together.
- Use lights and products that have been tested for safety.
- LED lights should be used whenever possible.
- Minimize the risk by using candles only when they can be monitored. Artificial candles can be used in place of real

candles.

· Check for freshness in live trees.

· Place Christmas trees at least three feet away from all heat sources, including fireplaces and heaters.

· Use decorations that are non-combustible or made from flame-resistant materials.

· Pay attention to the age recommendations of decorations to see if they can be used in homes with young children.

· Exercise caution when hanging decorations at high heights. Make sure the ladder is secured and have a spotter who can hold the ladder and pass items up safely.

· Outdoor electric lights and decorations should be plugged into circuits protected by ground fault circuit interrupters, or GFCIs.

· Exercise caution when decorating near power lines that extend to the house.

· Keep hung stockings far away from open flames so they do not catch any errant embers.

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MAX FIRE DEPARTMENT



Steve Hannegrefs stands among the firefighter's coats in the Max Fire Hall on Oct. 5. Hannegrefs has been a part of the firefighting team at the Max Fire Department for 50 years. (James C. Falcon)

A lot can happen in 50 years

BY JAMES C. FALCON
james@nordaknorth.com

MAX – When Steve Hannegrefs joined the Max Fire Department, it had but one truck. “That was a pumper truck,” he said. “That was the only one they had for quite a few years. We ended up with a pickup with a unit on it. Now, I think we have four pickups with units. We have a tanker and we have a pumper.”

The fire hall, when he started, was located at the Max City Hall where the food pantry now is. Over time, a fire hall was built with two subsequent additions to make room for its growing cache of vehicles.

Of course, a lot can happen in 50 years. This past July, Hannegrefs reached that milestone with the fire department.

“I probably didn’t think I would be a fireman, let alone do it for 50 years,” Hannegrefs said with a chuckle.

The Epping native said that being a part of the fire department and “working with the

“I probably didn’t think I would be a fireman, let alone do it for 50 years”

- Steve Hannegrefs

other people for a common cause is a part of an individual’s civic duty.”

“Just being in a small community and knowing you have a fire department, if you’re a part of the community, you take part in it,” Hannegrefs said. “I think it’s important you be involved in the community.”

With the fire department, he served as its fire chief from 1999 to 2004 and as its secretary-treasurer for 14 years.

In addition, Hannegrefs taught at Max School for 13 years, plus an additional 19 years where he taught and served as principal at the same time. And, for 22 years, Hanne-

grefs was also a part of the Garrison-Max Ambulance, but “I just couldn’t do that anymore.”

Because of health issues, Hannegrefs hasn’t gone out to any fires in the past few years, but he still remains active with the squad.

“I’ve been out there, but I can’t do that anymore,” he noted.

The number of firefighters has grown since the earlier days of Hannegrefs’ firefighting, he said.

“Right now, there’s more people involved – but they’re a lot younger than they were a few years ago,” he said, noting that fire chief Cody Swanson is “pretty driven, so there are a lot of young guys active in the department.”

While Hannegrefs is older than his firefighting contemporaries, he noted that he’ll remain firefighting “for quite a while.”

“I probably won’t be going to many – if any – fires themselves, but I’ll be involved with the rest of it,” he said.

MAX FIRE DEPARTMENT MEMBERS

Jake Adams Jr.
Jake Adams Sr.
Jalen Adams
Sam Adams
Vince Bostow
Chris Cauts
Waylon Delzer
Brad Edinger
Shawn Fritel
Greg Gullickson
Terry Gullickson
Corey Hammer
Steve Hannegrefs
Joel Hauf
Braden Janz
Obert Kinn
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UNDERWOOD FIRE DEPARTMENT

Neighbors helping neighbors

Rural fire departments and farmers working together

BY CAMMIE WRIGHT
cammie@nordaknorth.com

When it comes to fighting field fires, firefighters and farmers in McLean County depend on each other.

According to Underwood Fire Department Chief Jesse Carr, most of the calls the department receives are field fires during combining and haying seasons. Time is of the essence when fighting a spreading field fire. That's where local farmers have stepped up to help the department quickly contain field fires in the critical moments before more firefighting equipment can arrive to rural areas.

"We really appreciate the help we get from the farmers in the area," Carr said. "When we are out on a field fire, they will show up in a tractor with a disc and cut a fire break for us to stop it from spreading. Or they will show up with water tanks and let us hook up to as more services get on scene."

Carr reported a symbiotic relationship between rural fire departments and the people they serve. Beyond volunteer firefighters with a fire hall with equipment, support from the community, help from landowners, and adding new members joining as others retire are all important factors.

Carr, who has been an Under-

wood volunteer firefighter for 12 years and chief for four, began his tenure with the department after some nudging from a family member.

"My father-in-law Bob Hovdenes asked me to get on the fire service, so I'd thought I would give it a shot," Carr said. "They needed some younger guys and I found that I really enjoyed it. I've met some good people through it and made some life-long friendships."

Hovdenes, 71, is still a member of the service.

"We have members who have been there one year, and members that have been there 42 years," Carr said. "It becomes like a second family, which is important when out on the scene."

Carr says the Underwood Fire Department goes through team trainings once a month through the North Dakota Firefighters Association (NDFFA).

"We keep training important," Carr said. "We have state officials who come up to train from the NDFFA. Just last month we had two instructors come up and we did a two-day extrication course where we cut up cars. They taught us tricks and techniques of how to cut up cars, so it's about getting the equipment in the members' hands so they are more familiar with it in time



Underwood Firefighter Frank Zietsman helps Cayle Lemmer and Drayt Lemmer extinguish a fire during the Fun with Firefighters event at Poolside Park last Summer. Chief Carr says events like these are important to keep the department connected with the communities it serves.

of need."

He added: "If we don't keep up with the good training and making members feel like they belong to something, we have fewer active members. We have made a point to diversify tasks in the department, so everyone feels like they are there for a reason, besides on-scene calls. Someone does communications, for example, and other members take responsibilities for other tasks like maintenance. It makes them feel like it's their

job, and that they belong."

Carr noted that finding new members is always a challenge for a volunteer service.

"The biggest thing is getting more young people to step forward to sign up to volunteer,"

Carr said. "We want to make sure they are signing up for a reason. To help their community, receive valuable training and feel like they belong to something important, because it is."

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TURTLE LAKE AMBULANCE SERVICE

TL Ambulance continues construction on facility

BY: CAMMIE WRIGHT
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As far as calls for service go, President of Turtle Lake Ambulance Dave Hanson says not much has changed in the last 35 years for the 25-member volunteer service. The majority of calls are for medical response when someone is sick.

But the Turtle Lake Ambulance service is in the middle of a game-changing project: the construction of a new ambulance hall.

The new facility, located at 259 Burke Street in the southeast part of Turtle Lake, will be nearly 5,000 square feet, with a large garage bay, meeting and training area for region-wide training courses, and room for growth.

Additionally, the new facility will feature an added amenity for the dedicated

volunteers: Sleeping quarters for on call responders.

“The sleeping quarters are important for us because most small towns are short-handed,” Hanson said. “So we have a couple people who live in Mercer, and are willing to cover some call time, but they are too far away. Most people don’t realize that we have to be en route, within 10 minutes, from the time the pager goes off the state expects wheels to be turning.”

Construction of the new Turtle Lake ambulance hall continues in the southeast part of the city. Hanson says the underground plumbing work has begun this week. The water, sewer, backfilling and foundation work was completed over the summer.

Hanson says they hope to have the building complete in May.



Construction continues at the site for the new Turtle Lake Ambulance hall.



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The weight of the work

First responders face increased risk of depression, PTSD

Courtesy of the Substance Abuse and Mental Health Services Administration

It is estimated that 30 percent of first responders develop behavioral health conditions including, but not limited to, depression and posttraumatic stress disorder (PTSD), as compared with 20 percent in the general population. In a study about suicidality, firefighters were reported to have higher attempt and ideation rates than the general population.

In law enforcement, the estimates suggest between 125 and 300 police officers commit suicide every year.

First responders are usually the first on the scene to face challenging, dangerous, and draining situations. They are also the first to reach out to disaster survivors and provide emotional and physical support to them. These duties, although essential to the entire community, are strenuous to first responders and with time put them at an increased risk of trauma.

Hazards

Protecting the population's health is a vital part of preserving national security and the continuity of critical national functions. However, public health and public safety workers experience a broad range of health and mental health consequences as a result of work-related exposures to natural or human-caused disasters. First responders involved in these occupations are exposed to hazards inherent in the nature of their jobs.

Examples include exposure (direct or indirect) to death, grief, injury, pain, or loss as well as direct exposure to threats to personal safety, long hours of work, frequent shifts and longer shift hours, poor sleep, physical hardships, and other negative experiences.

Many natural or technological disasters produce overwhelming disruption to the social, familial, economic, and physical structure of the affected community. Disaster response is usually made up of a wide array of professional and volunteer organizations with varying levels of disaster experience. Collateral damage, or the intra- and interpersonal disturbances that arise from disaster work, can be observed among both professional and volunteer first responders.

EMT/EMS

One of the core risk factors for first responders is the pace of their work. First responders are always on the front line facing highly stressful and risky calls. This tempo can lead to an inability to integrate work experiences. For instance, according to a study, 69 percent of EMS professionals have never had enough time to recover between traumatic events.

As a result, depression, stress and posttraumatic stress symptoms, suicidal ideation, and a host of other functional and relational conditions have been reported.

Depression is commonly reported in first responders, and rates of depression as well as severity vary across studies. For instance, in a case-control study of certified EMS professionals, depression was reported in 6.8 percent, with mild depression the most common type.

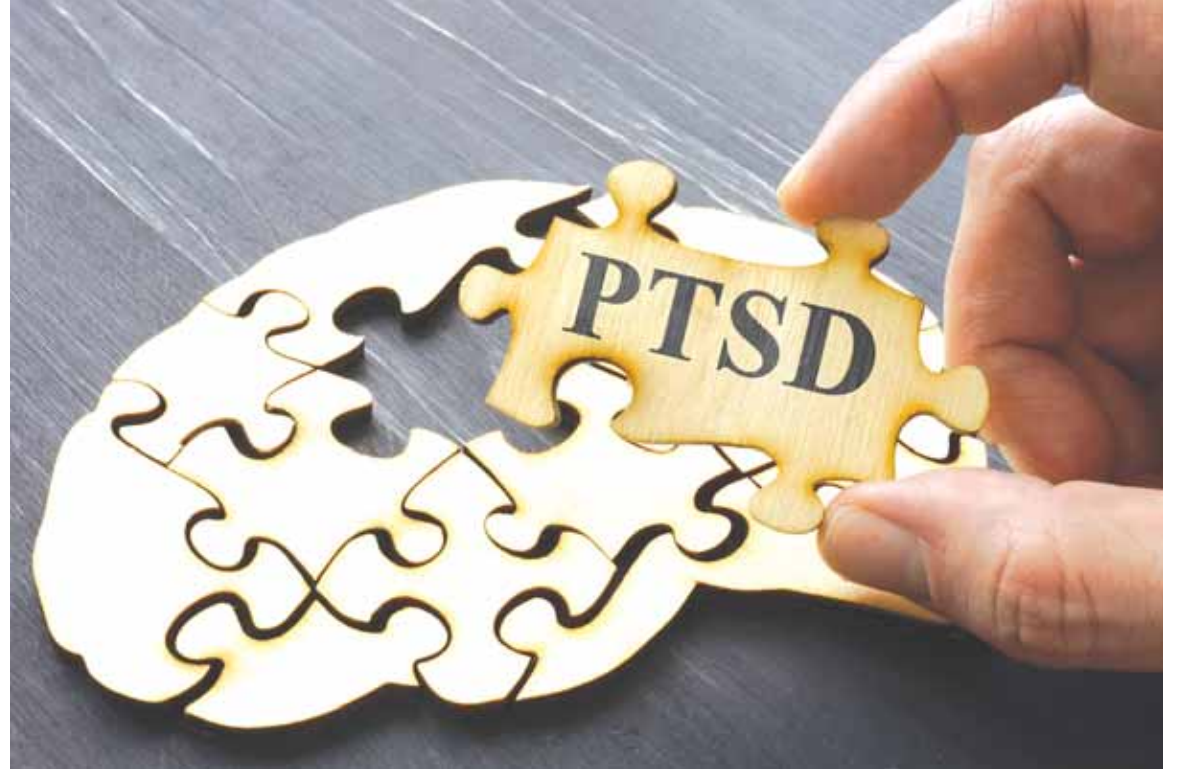
Stress symptoms and post-traumatic stress symptoms in EMS personnel have been reported in a number of studies. For instance, in a review of published literature, EMS/paramedics reported higher peritraumatic dissociation at the time of the Loma Prieta Bay Area earthquake. In a study in Germany, 16.8 percent of emergency physicians had probable PTSD. In a case-control study among certified EMS professionals, stress was reported in 5.9 percent, with mild stress the most common type (3.1 percent)

Firefighters

The nature of the work of firefighters, including repeated exposure to painful and provocative experiences and erratic sleep schedules, can pose significant risk to firefighters' mental health.

To add to that risk, firefighters face many barriers to seeking help, including stigma and the cost of treatment. For instance, according to a study, volunteer firefighters have greater structural barriers to use of mental health services (including cost, inadequate transportation, difficulty getting time off from work, and availability of resources) than career firefighters and the general population.

As with EMS professionals, depression is commonly reported in firefighters, and studies have found various rates and severity of depression. One study found that volunteer firefighters reported markedly elevated levels of depression as compared to career firefighters (with an odds ratio for volunteer firefighters of 16.85 and for



First responders from law enforcement, firefighters and EMTs have reportedly higher rates of mental health issues like depression and PTSD. (File photo)

career firefighters of 13.06.

The researchers observed that greater structural barriers to mental health care (such as cost and availability of resources) may explain the increased levels of depression observed among volunteer firefighters. Additionally, competing demands for volunteer firefighters (having a separate job) create stress vulnerabilities that contribute to the development or exacerbation of behavioral health conditions. Organizational factors (such as more systematic and stringent recruitment and screening within career departments relative to volunteer departments) may contribute to the difference in the levels of behavioral health symptoms.

In another study, 22.2 percent of female career firefighters were at risk of depression, while 38.5 percent of the female volunteer firefighters were at risk of depression.

One study reported mark-

edly elevated levels of post-traumatic stress in volunteer firefighters, while career firefighters reported higher levels of PTSD.

Recent (past month) heavy or binge alcohol drinking was reported in approximately 50 percent of male firefighters, and driving while intoxicated was reported in 9 percent of male firefighters. Female firefighters account for 5.1 percent of the total number of firefighters.

Law enforcement

Police officers are at increased risk of negative mental health consequences due to the dangerous nature of their jobs as well as the greater likelihood that they experience critical incidents, environmental hazards, and traumatic events.

In a study, about three-fourths of the surveyed officers reported having experienced a traumatic event, but less than half of them had told their

agency about it. Additionally, about half of the officers reported personally knowing one or more law enforcement officers who changed after experiencing a traumatic event, and about half reported knowing an officer in their agency or another agency who had committed suicide.

A study following police officers after the 9/11 attacks found a 24.7 percent prevalence of depression, and a 47.7 percent prevalence of both depression and anxiety.

Preventing and treating

Leaders and managers can take these steps to support the behavioral health of their teams:

- Plan in advance of mobilization, and develop clear written protocols and strategic plans. This is important for the behavioral health of first

PTSD continued on 10

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responders because the feeling of being well-prepared and the sense of doing a job well serve as protective factors against behavioral health issues and conditions.

- Include all the team members in the development of the protocol, and ensure they are all adequately trained. Teamwork and sense of community serve as major protective factors for disaster workers. High sense of team accomplishment and assurance of personal and team capabilities were associated with reduced stress levels.

- Gather as much information as possible about the situation at hand to reduce the dangers from disaster exposure. Perceived dangers to well-being and safety were linked to anxiety, depression, and general psychiatric syndrome.

- Develop a clearly defined leadership cadre, establish sub-teams, and determine factors that could prevent some of the team members from participating. Organizations should put the welfare of their team at the forefront and move toward a more supportive attitude.

- Model the structure of the team on the Incident Command System.

- Ask potential responders before the disaster to be aware of the stress they are dealing with and to assess whether they have the capacity to deal with the additional stress the disaster situation will involve. Recognize good work during the disaster, empower staff, and assign responsibility to staff to have a protective effect.

First responders can take these steps to protect their own behavioral health before deployment:

- Be aware of personal vulnerability and signs of burnout and compassion fatigue.

- Make plans prior to the disaster for self-care during the disaster response and plan on taking breaks, sleeping adequately, and eating nutritious meals and exercising during relief work.

During and after response, leaders and managers can

MENTAL HEALTH IN FIRST RESPONDERS

An estimated 30 percent of first responders develop behavioral health conditions including, but not limited to, depression and posttraumatic stress disorder. This compares to 20 percent of the general population.

Volunteer firefighters reported markedly elevated levels of depression as compared to career firefighters.

75 percent of surveyed officers reported having experienced a traumatic event, but less than half of them had told their agency about it.

According to a study, 69 percent of EMS professionals have never had enough time to recover between traumatic events.

(Substance Abuse and Mental Health Services Administration, 2018 report)

act as follows to support their teams:

- Develop clear lines of communication.

- Assess the welfare of the team, resolve any conflicts between team members, and rotate

Assignments. The role of leadership is crucial in maintaining the mental health of their team.

- Encourage workers to pair up in a “buddy system” to support each other and monitor each other’s stress reactions, and provide support to them if needed in doing so.

- Provide mental health and resilience training, and promote counseling and debriefing following stressful situations.

- Provide team group sessions upon return to home base, as well as staff support services. No further assignments should be given before workers have had sufficient time to recover; relief workers need some time to adjust, ease back into personal life, and take some time before returning to work.

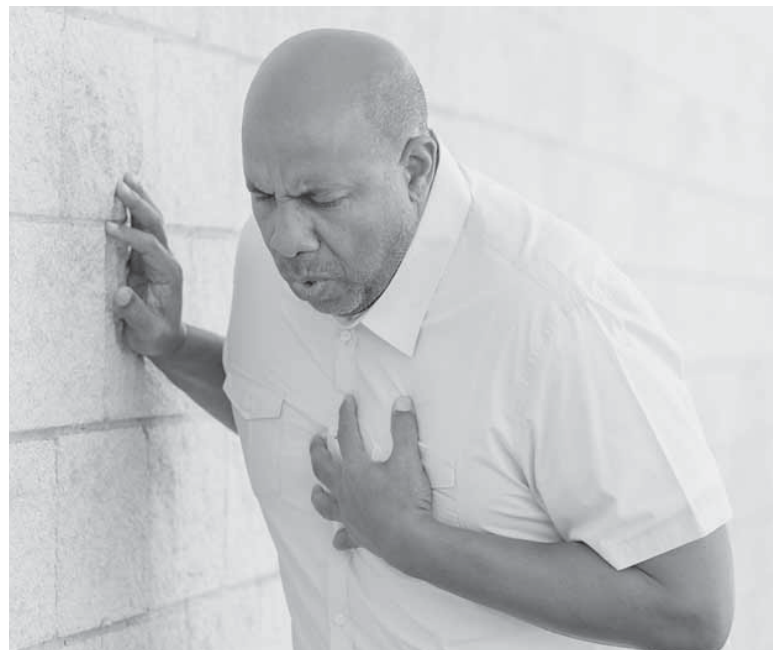
How to plan for medical emergencies

Medical emergencies pose a significant threat to human health. According to the National Center for Health Statistics, unintentional injuries accounted for more than 192,000 deaths in 2020. That marks a significant increase since 2015, when NCHS data indicates roughly 146,000 people died from unintentional injuries.

Unintentional injuries are not the only situations that qualify as medical emergencies, which also can result from sudden, life-threatening issues like heart attack or stroke. Knowing what to do in the wake of a medical emergency can reduce the likelihood that such instances end in tragedy. And though medical emergencies might be most often associated with aging men and women, such scenarios can affect anyone at any time. That means it’s in everyone’s best interest to learn how to plan for medical emergencies.

- Document your medical history and keep printed documentation in an easily accessible place. Younger individuals likely won’t have as much documentation regarding their medical histories, including existing conditions, medications and even previous emergencies. But all individuals should print out a document that includes a brief rundown of their medical histories, and keep the document in an easily accessible place so caretakers, spouses or roommates can quickly find it and share all relevant information with first responders.

- Pack an overnight bag. Aging men and women or young people with a history of illness and/or medical emergencies



Medical emergencies pose a significant threat to human health.

should pack an overnight bag or ask their caretakers to pack one for them. Include pajamas, personal toiletries and other care items, and even some books or activity books so you have something to do should you require an extended stay in the hospital. Include a spare phone or device charger in your overnight bag, as it’s easy to forget such items when you’re hurrying out the door in an emergency situation.

- Become CPR-certified. The medical experts at MedStar Health recommend that individuals take classes for first aid and CPR. Such lessons can save lives and help anyone experiencing a medical emergency get immediate attention until first responders arrive to administer additional care. Some organizations may offer

free CPR courses, while others, including the American Red Cross, offer training at affordable prices.

- Map out the quickest route to the nearest emergency room. Modern drivers are accustomed to relying on their car’s GPS systems to get from point A to point B. However, during a medical emergency it’s ideal if individuals or caretakers already know where the nearest hospital is and how to get there. That removes uncertainties from the situation and ensures that precious seconds won’t be wasted trying to get devices to connect with automobiles.

Medical emergencies can affect anyone at any time. Knowing what to do in such situations can save lives and increase the chances of a positive outcome.

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MCLEAN COUNTY SHERIFF'S DEPARTMENT



Members of the McLean County Sheriff's Department in 2019. (Submitted)

Sheriff's department keeps watch on mental health

BY ALYSSA MEIER

In his nearly 20 years at the McLean County Sheriff's Department, Sheriff Jerry "JR" Kerzmann says the department and its officers have evolved to meet the changing needs of the county.

Now, in his eighth year as sheriff, Kerzmann said the department faces a growing number of mental health-related calls.

"There are a lot of mental health needs right now," Kerzmann said. "This week we're dealing with three sexual assaults alone, and obviously the

drug problem ties into mental health."

Kerzmann said the county is seeing mental disorders impact everything from drug cases and violent crimes to vehicle accidents, with officers from the department dedicating more of their time to handling the sensitive situations.

"There is a lot of deputy time spent on commitals, people being off their meds," Kerzmann said.

Kerzmann said the department -- which staffs 43 people across patrol units, the jail and administration -- is struggling against what he called a "revolv-

ing door" of drug offenders who aren't getting the help they need.

"They're getting farmed out to correctional facilities so fast, there's no rehabilitation," Kerzmann said.

Kerzmann said officers also struggle with enforcing the law when sentences are cut short.

"Someone will get a 1 year sentence from the judge and may not spend 60 days. You can't even threaten anymore that they're looking at 15 years. They laugh at you," Kerzmann said. "The teeth aren't really there anymore."

Kerzmann said his team is working to use what resources

they can to get help to those in need while protecting the general public in one of the state's largest counties. He said the department is getting increased support from county government to ensure officers have the equipment they need and that the department is prepared for whatever comes next.

"We've come a long way even

in the last eight years," Kerzmann said of his time overseeing the department.

Kerzmann added that he was proud of the team at the sheriff's department and the level of commitment and compassion displayed by everyone on staff.

"They come together and they're always going to do the job," Kerzmann said.

The Falkirk Mine would like to recognize and thank all of our emergency services personnel for all the hard work and dedication to the health and safety of our employees and community.

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Derek Betz
Lucas Bichler
Troy Bies
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5 steps to prepare for natural disasters

(StatePoint) There's no better time than right now to prep yourself and your family for the unexpected. Don't wait until torrential rain and high winds beat on your windows or wildfire flames glow on the horizon. In those moments, your only thought will be getting your family to safety.

According to the Association of International Certified Public Accountants, nearly 30% of people have not taken any steps to prepare their family for a natural disaster, yet more than 60% of Americans believe they will likely be impacted by one in the next three to five years.

While no one likes to dwell on worst-case scenarios, taking time now to prepare your family for any unexpected event will save you precious time when a disaster strikes, and help you evacuate at a moment's notice if need be. Here are a few ways to start.

Pack Your "Go Bag": A "Go Bag" is a disaster kit that ensures that you and your family have everything you may need in an emergency. The American Red Cross recommends packing an emergency radio, water container, food supply for three days, a personal hygiene kit, a first aid kit and any medications your family needs. If you have a pet, ensure you have enough food, medications, a leash, collar, ID tags and even a crate or kennel in

case you need to evacuate to a public shelter. Some other items to include are a flashlight, batteries, multi-tools, duct tape, exam gloves and hand sanitizer.

Know What Natural Disasters Could Affect You: According to the Department of Homeland Security (DHS), 90% of disasters within the United States involve flooding and an estimated 1,000 tornadoes touch down every year. Knowing what natural disasters your region is prone to can help you best prepare.

Stay Informed: There are various apps and alerts you can sign up for to stay on top of any weather developments. You can get the latest storm forecasts online from NOAA's National Weather Service and the National Hurricane Center. You can also download the Federal Emergency Management Agency app to send notifications to loved ones, locate emergency shelters in your area and more. T-Mobile and Metro by T-Mobile customers can call 611 or visit T-Mobile.com to stay up to date on response and recovery efforts.

Use Tech to Protect Your Essentials: Using technology to store all your important documents on a secure jump drive or in cloud storage can help keep you protected during an emergency. There are several apps available like Google Scan Drive that al-



low you to use your phone's camera as a scanning device. The DHS recommends you capture important documents like insurance policies, identification documents, medical records and pet information. You can also scan memorabilia like family photos in case the physical copies are destroyed.

Stay Charged: To stay con-

nected during a storm, keep your phone fully charged. Make sure you have fully charged portable power banks to keep your smartphones charged and the correct charging cables. Doing so will help you reach loved ones and find safety when disaster strikes. To maintain an optimal battery level, set your phone to power

saving mode and use airplane mode when your phone is not in use.

Don't wait until an emergency is looming to prepare. Taking key actions now can help you stay safe, informed and connected during a natural disaster, and help you recover in the aftermath.

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FIRST RESPONDERS

Section 2



WILTON AMBULANCE SERVICE

Wilton ambulance seeking EMTs

While the technology and techniques have changed, the need for Wilton's local ambulance service is as constant as ever in 2022.

Wilton Ambulance Squad Leader Leann Domonoske-Kellar said that in her 20 years working on the service, the kind of calls for help have remained largely the same.

"Our calls are typical EMS calls -- Medical and Trauma," Domonoske-Kellar said.

Yet while the 911 calls for accidents and heart attacks are steady, Domonoske-Kellar said much has changed about how the service responds these days.

"EMS has changed in the past years," Domonoske-Kellar said. "Today we can run a cardiac strip and have it in the hands of a cardiologist before we leave the scene of a call."

Domonoske-Kellar said the tools and resources available to the Wilton ambulance are constantly developing, as is the training for the service's EMTs.

"EMS is constantly evolving with more advanced treatments," Domonoske-Kellar said.

Domonoske-Kellar joined the Wilton Ambulance Board of Directors in 2001 after some prodding.



Carrying and administering Narcan is one of several changes the ambulance service has undergone in recent years.

"EMS is constantly evolving with more advanced treatments"

- Leann Domonoske-Kellar, Wilton Ambulance squad leader

"I pass out when I see blood," Domonoske-Kellar said. "They guaranteed I would never have to be in the ambulance."

Several months later, Domonoske-Kellar agreed to

help fill in as a driver, and later agreed to take EMT training and become a full-time member. She later became the squad leader.

Domonoske-Kellar said the Wilton Ambulance Service currently has 14 members including drivers and EMTs, which there is a constant need for.

"The biggest need in Wilton is EMTs," Domonoske-Kellar said. "If anyone is interested in taking a course, please reach out to your local ambulance service."



Wilton Ambulance Squad Leader Leann Domonoske-Kellar demonstrates how to use the overdose treatment Narcan, which the ambulance service has carried since 2016. (Leader-News file photo)

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WASHBURN FIRE DEPARTMENT

A family of firefighters

BY ALYSSA MEIER

It isn't just a department, it's a family.

That's what Assistant Fire Chief Travis Verke says of the group at the Washburn Fire Department.

Travis, who has been with the department for 23 years, said the rural department of just over 20 volunteers bonds both on the site of emergencies and during off time.

"We're pretty much a family down there," Travis said. "All the guys get together and hang out on the weekends."

The fire department is particularly a family affair for Travis, who works alongside his father, Clayton, the chief of the department.

Travis said his father's work at the department inspired him to become a firefighter himself.

"I joined the week after my 18th birthday," Travis said. "Dad was always involved so it was where I spent all my time anyway."

Travis and Clayton spend their shifts alongside 23 other volunteers who range in age from their 20s to retirement age.

"Most of our guys are between 25 and 40," Travis said.

Travis said those outside of that age range are there either to gain knowledge or to give it. "We have very few young



Members of the Washburn Fire Department take part in a local fish fry event. (Submitted)

ones, and a handful of older guys that don't come to everything but are there for knowledge, for their experience," Travis said.

Travis said the department, stationed on Main Avenue in Washburn, responds most often to car accidents and grass fires, with other emergencies popping up occasionally.

"Last year we had a house fire on main street but we don't have many structure fires like that," Travis said.

Travis said grass fires have declined in recent years, citing that farmers have started setting up water tanks on some of their vehicles to help keep blazes at bay when they spark.

The department tends to see more calls in the winter, when crashes on snowy or ice-covered roads are prevalent.

"In winter, traffic accidents are pretty regular," Travis said.

Travis said the department is always in need of volunteers,

especially during day shifts when much of the department is working.

"During the day gets a little tricky," Travis said. "A lot of our guys work at the power

plant so until that 4 p.m. range, we may have only a couple of people to respond."

Anyone interested in volunteering for the department can contact Travis at 701-315-0028.

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The Insurance Information Institute recommends anyone involved in a car accident take the following steps to make the most informed decisions in what is often a difficult situation.

What to do in the immediate aftermath of a car accident

Car accidents happen every day. Though the World Health Organization reports that approximately 1.35 million people die each year as a result of road traffic crashes, many more people walk away from such accidents relatively unscathed. In such instances, knowing what to do in the immediate aftermath of an accident can help drivers and passengers stay safe and start on their road to physical and financial recovery.

No two car accidents are the same, but the Insurance Information Institute recommends anyone involved in a car accident take the following steps to make the most informed decisions in what is often a difficult situation.

- Assess your physical condition. The III recommends people involved in accidents check themselves for injuries in the immediate aftermath of an accident. Call 911 if you are hurt. If you're seriously injured, try to remain still and only move with the assistance of emergency response personnel.

- Assess passengers physical condition. Drivers who are not too hurt to move can check on their passengers after assessing their own condition. Before moving a passenger who is injured, speak with an emergency response professional. This person can assess the situation and determine if it's safe to move an injured passenger or if it's best to wait for first responders to arrive on the scene.

- Get to a safe place. If possible, move to the side of the road or a sidewalk. If it's safe to move a vehicle and the vehicle is in a hazardous position, such as in the middle of the road, pull it to the side of the road. If the vehicle won't start or you suspect it could be dangerous to move it, leave the car where it is and get yourself and any passengers who can move to the side of the road or a sidewalk.

- Call 911. If you have not already done so, call 911 once you have gotten to a safe place. The III notes that no accident is too minor to involve the police, and some local laws even man-

date that all traffic accidents be immediately reported. Be sure to fill out an accident report, which can be vital for drivers who intend to file claims with their insurance providers.

- Turn the vehicle off. If the vehicle is still running, turn it off. Turn on the vehicle's hazard lights and, if you can physically do so and it's safe to do so, place road flares around the car to warn fellow motorists.

- Exchange information. Exchange contact and insurance information with the other driver once everyone has determined that they are not injured. The III recommends exchanging full names and contact information. Specific information like insurance companies and policy numbers, driver's license numbers and license plate numbers, the exact location of the accident, and the type, color and model of the other driver's vehicle also should be exchanged and noted.

- Avoid discussing fault with

the other driver. Drivers will not determine who's at fault. Such decisions are made by insurance adjusters. Discussing fault with the other driver in the immediate aftermath of an accident can lead to difficult, potentially heated exchanges.

- Document the accident. The III recommends motorists involved in accidents identify the responding police officers and ask them how to obtain copies of the official accident report. Take pictures and speak with any witnesses, jotting down their names and contact information if possible.

- Notify your insurance provider. Notify your insurance provider as soon as possible. You can even do so from the scene of the accident if you're capable of doing so. This can jump-start the claims process.

Knowing what to do in the immediate aftermath of a car accident can calm drivers nerves and get them on the road to recovery that much sooner.

Show appreciation your EMS workers

Emergency Medical Services is a system that provides emergency medical care to patients in need. The Office of EMS defines its efforts as a system of coordinated response and emergency medical care that encompasses multiple people and agencies. The system includes law enforcement first responders, emergency services dispatch workers, transportation providers, emergency medical technicians, paramedics, nurses, and more.

According to the 2020 National EMS Assessment from the National Association of State EMS Officials, there were 1,030,760 licensed EMS professionals in the United States in 2020. EMS responders face many potential job hazards and sometimes put their own lives on the line to address patient emergencies. Exposure to hazardous bodily substances and chemicals; lifting patients and equipment; treating infectious illnesses; and riding as

passengers in high-speed transportation efforts are just some of the dangers EMS workers encounter every day.

EMS responders work tirelessly to help people in need. They often encounter people in dire situations and are routinely exposed to potentially traumatic situations. Still, many continue to show up to work each and every day. In recognition of the invaluable services they provide, here are just a few ways anyone can show their appreciation for EMS workers in their community.

- Prioritize accident and injury prevention. One of the ways to give EMS workers a break is to reduce the need for their services. By following safety guidelines and conducting yourself in a safe and responsible manner, you can reduce the number of accidents

EMS continued on 16

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WHITE SHIELD EMT DEPARTMENT

An ambulance service, closer to home

BY JAMES C. FALCON
james@nordaknorth.com

Before the advent of the White Shield EMS Service, the community of White Shield was served by the Garrison-Max Ambulance, located about 22 miles away to the east.

Now, explained squad leader Miranda Perkins, residents in the vicinity in need of an ambulance can be taken care of closer to home.

The White Shield EMS serves the East Segment of the Fort Berthold Indian Reservation, east of White Shield to Highway 37, “up and over to Deepwater curve south of Parshall and everywhere south to the lake,” Perkins said.

White Shield EMS includes nine full-time staff. In addition to Perkins, an EMT, the staff include paramedics Abel Feltes and Zev Rush, EMTs Mercury White and Shannon Uses The Knife and drivers Jonathan Roy, Alice McKinney, Susan Connors and Bear Star Perkins. (Roy, however, will soon be an EMT.) Antoinette Kitagawa is the CEO of White Shield EMS and Dr. Benji Kitagawa serves as its medical director.

Over the past three months, the EMS service has averaged about 15.5 calls a month, Perkins said. “It varies by day and week, just like any other ambulance service. There could be a few calls a day and then go a week without one.”

The department, which has been in operation for four years, is located at 305 Helen



White Shield EMTs and paramedics Shannon Uses The Knife, Jonathan Roy, Miranda Perkins, Abel Feltes, Mercury White, Alice McKinney and Zev Rush stand with their ambulance. (Submitted)

Gough Avenue, behind the old White Shield School. They decided to stay in their existing building, rather than move to

the new Public Safety Building, located on the north end of White Shield.

“I think it’s a better location,

as far as responding goes,” Perkins said. “It’s more centrally located.”

EMS continued from 15

that require EMS workers to respond. While not every incident can be avoided, prioritizing safety can greatly reduce instances that call for emergency responses.

- Offer your gratitude. When you see EMS responders on the job or around the neighborhood, offer words of thanks for all they do to keep your community safe. Your words of encouragement and appreciation can provide support and inspiration to EMS workers.

- Rally local youths. Children in school or at home can create thank you cards depicting the hard work of EMS workers. Drop them off at a nearby location or display them around the community.

- Offer store discounts. Business owners can offer year-round discounts to EMS responders and greater discounts during the month of May, when National EMS Week is celebrated

- Use social media to spread the word. Celebrate those in the EMS community by sharing examples of their hard

work, dedication and compassion on social media.

- Buy workers lunch. Contact a local EMS agency or visit a nearby first aid squad and deliver a catered lunch. Go the extra mile and enlist neighbors to help finance this gesture.

EMS workers have stressful and demanding jobs. Taking time out of one’s day to thank them can remind EMS professionals just how much they are appreciated.

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L-R: Audrey and Madison Hanna have fun in the foam.



Isla Fransen perfects her aim as she tackles the flames.

Fun with Firefighters in Underwood

BY: CAMMIE WRIGHT
cammie@nordaknorth.com

The Underwood Fire Department hosted its Fun with Firefighters event last summer at Poolside Park in Underwood. Kids enjoyed playing in the large foam pit, putting out fires in a mock building, a fire hydrant splash zone, food, and giveaways.

Fire chief Jesse Carr says the event is as much about fun as fire safety.

“It’s one last fun event before school begins,” Carr said.

“It gets the Fire Department out there in front of kids. We talk about fire safety, smoke alarms, knowing safe routes, and knowing where smoke detectors are in their home.”

After taking two years off due to COVID and drought conditions, Fun with Firefighters came back bigger than before, adding a large fire hydrant splash zone.

“The splash zone is mostly so kids can clean off the foam after being in the foam pit,” Carr said with a chuckle.

Kids (and adults) practiced

aiming a fire hose at windows of a burning house with the supervision of firefighter Frank Zietsman while attendees enjoyed free hamburgers and hotdogs, grilled up by local firefighters and EMTs. The park’s large playground was also a hit among the kids.

Two bikes, a fire extinguisher, helmets, and smoke alarms were given away in a drawing.

Carr said events like Fun with Firefighters keep kids engaged with the local fire department. He hopes some will consider joining the volunteer staff in the future.

“We are always open to junior firefighters, which are 16 and older,” Carr said. “Hopefully they start thinking about it at a young age. Small town volunteer services are where a lot of great firefighters come from.”

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Keep medication, vitamins out of children's reach

(StatePoint) While you may already understand the importance of keeping medicines safely up and away from the reach of little ones, you may not be treating your vitamins and other supplements with as much care. Experts warn that these products also pose safety risks and should be kept up and away and out of sight and reach of young children.

"We've seen this play out recently with melatonin supplements. Recent data show that between 2012–2021, the annual number of pediatric ingestions of melatonin increased more than 500%, with approximately 220,000 ingestions by young children reported to U.S. poison centers. Pediatric hospitalizations and more serious outcomes also increased, largely due to an increase in unintentional melatonin ingestions," says Mary Leonard, managing director, Consumer Healthcare Product Association (CHPA) Educational Foundation. "Much like medication, you take vitamins and supplements to feel your best, but they can be dangerous if left out and within reach of children in the home."

To keep kids safe, the CHPA

Educational Foundation in collaboration with the Up and Away campaign of the Centers for Disease Control and Prevention-led PROTECT Initiative, is reminding families that safe medicine storage also includes vitamins and other supplements. To prevent accidental ingestions, keep all medicines, vitamins and other supplements -- including those in gummy form -- up and away and out of sight and reach of young children. The following tips can help:

- Keep medicines, vitamins and other supplements (including those carried in purses, bags, pockets or pill organizers) in a safe location that is too high for young children to reach or see.

- Never leave medicines or vitamins out on a counter, table or at a sick child's bedside.

- At home or away, keep medicines in child-resistant containers until right before you take them.

- Always relock the safety cap on bottles. If it has a locking cap that turns, twist it until you can't twist anymore or until you hear the "click."

- Teach children what medicine and vitamins are and why



you or another caregiver must be the one to give it to them.

- Never tell children that medicine or vitamins are candy so they'll take it, even if your child doesn't like to take their medicine.

- Remind babysitters, houseguests and visitors that purses, bags or jackets that have medicines or vitamins in them

should be kept up and away and out of sight when they're in your home.

- Keep the Poison Help number in all of your phones: (800) 222-1222 or text "POISON" TO 797979 to automatically save it.

For additional tips, safety information, and resources to spread these messages visit upandaway.org.

"Children are curious by nature, always getting their little hands into something they shouldn't. We can't stop their inquiring minds, but we can keep them safe by keeping medicines, vitamins, and supplements out of their sight and reach," says Leonard.

How to honor first responders

This fall marks the 21st anniversary of the 9/11 terrorist attacks. The attacks on September 11, 2001 remain the deadliest terror attacks in world history, claiming more than 2,900 lives and causing countless injuries and long-term health problems for tens of thousands of civilians and first responders.

The 21st anniversary of 9/11 will no doubt evoke responses that span the emotional spectrum. Sadness may dominate such responses, but the anniversary of 9/11 also is a great time to reflect on the efforts of first responders. First responders played a vital role on 9/11, and many lost their lives and/or suffered long-term health consequences resulting from their selfless efforts to save innocent victims of the attacks.

In the two decades since the 9/11 attacks, first responders have continued to make countless sacrifices to ensure their communities are safe and peaceful places to call home. The 21st anniversary of 9/11 is a great time to recognize the efforts of first responders and honor them for all they do.

- Donate to local fire departments. According to the U.S. Fire Administration, 54 percent of active firefighting personnel are volunteers. Many of those volunteer firefighters work for underfunded departments that are in need of financial support. Donating to such departments is a great way to show first responders how much their efforts are appreciated. Donations may be used to purchase new equipment, upgrade existing

facilities, provide vital training, and/or improve response times, the latter of which can increase the likelihood that firefighters make it through calls safe and sound.

- Back legislation to support wounded first responders. Many first responders suffer significant mental and physical injuries while on the job. Various nonprofit organizations help wounded first responders who may need to make modifications to their homes or purchase costly equipment to get through their daily lives. But nonprofit organizations cannot go it alone in support of wounded first responders. Citizens can do their part by promoting and voting for local, state and national legislation that makes it easy for wounded first responders to get the help they need, when they need it. In addition to urging local politicians to support such legislation, private citizens can utilize social media to promote proposals and other efforts to support

wounded first responders. Many 9/11 first responders are still fighting for government-backed support to treat injuries suffered 21 years ago, and a vocal citizenry can be a strong asset in their fight and the fight of countless others in need of help.

- Commit to supporting first responders year-round. The 21st anniversary of 9/11 will call attention to the efforts of first responders on that day 21 years ago as well as the countless times since then that these brave men and women have served their communities. But first responders deserve vocal, year-round support. Make a concerted effort to thank policemen, firefighters, EMTs, nurses, and doctors in your community whenever you interact with them, and urge others to follow suit.

First responders play a vital role in communities across the globe. The 21st anniversary of 9/11 can serve as a catalyst for communities to express their support for first responders.



With admiration and gratitude we thank all First Responders for their work in keeping community safe.

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The roles EMS workers play in your community

Every community has its unsung heroes. Without the contributions of selfless individuals whose efforts often go unnoticed, thriving communities would not be as safe, welcoming or successful.

EMS workers are among the most important individuals in a community. The contributions of these individuals, many of whom work as unpaid volunteers, are invaluable and worthy of recognition. Making an effort to understand the role EMS workers play is a great first step toward showing them how much they're appreciated.

What is EMS?

The National Highway Traffic Safety Administration's Office of EMS notes that Emergency Medical Services, or EMS, is a system that provides emergency medical care. The Office of EMS also notes that EMS does not exist in isolation, as it is integrated with other services and systems with the goal of maintaining and enhancing the health and safety of a community and its residents. This is why EMS services, though they vary from community to community, may be based in fire departments, hospitals, independent government agencies, or non-profit corporations.

What duties do EMS workers perform?

Because EMS is a system, EMS workers wear a range of hats. The Office of EMS notes that the responsibilities and services EMS workers provide may include:

- Incident recognition
- Access 911
- Dispatch



- First responder
 - Basic life support
 - Advanced life support
 - Air/ground transport
 - Emergency department services
 - Specialty care
 - Patient rehabilitation
 - Prevention and awareness
 - Public education
- When do EMS personnel interact with their communities? Many people only encounter

EMS workers during medical emergencies when they are most in need of help. That underscores the vital role EMS workers play in public health and safety and just how integral they are in instances that could escalate into life-or-death situations.

Recognition of the roles EMS workers play is a great way to show support for these often unsung community heroes.

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—William Burr

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