

The MEDIC Dispatch

News From The Front Line

June 1, 2010

**Mecklenburg
EMS
Agency**

Dates to Remember:

June 4th
ACLS Training
1300-1700

June 7th
ACLS Training
1300-1700

June 11th
ACLS Training
1300-1700

June 14th
ACLS Training
1300-1700

June 17th
ACLS Training
1800-2200

June 22nd
InService
1800-2200

June 24th
InService
1200-1600

June 25th
ACLS Training
1800-2200

June 28th
InService
0800-1200

June 30th
InService
1800-2200

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Happy CPR/AED Awareness Week!



Today marks the official start of National CPR and AED Awareness Week! As we celebrate, it is important to highlight the continued efforts of our *Lucky Hearts Campaign* to have AEDs readily available in public use buildings and areas throughout the Charlotte metro area. To understand the importance of having AEDs in our community, please be to check out the information listed below:

What is an AED?

According to the American Heart Association, an AED or Automated External Defibrillator is a computerized medical device that can check a person's heart rhythm and also detect if and when a person's heart rhythm will need a shock. An AED also advises the user when to administer a shock to the sudden cardiac arrest victim.

The Importance of having a Fully-Functional, Accessible AED

It is important to have a fully-functional, well-charged AED in the event of a cardiac arrest emergency. Every second counts during a sudden cardiac arrest emergency. AED equipment that is outdated or defective does nothing for the sudden cardiac arrest victim and can make a bad situation even worse. It is therefore necessary to periodically check both the battery life and pads of your AED to make sure they are fully-functional. The battery life span for a new AED lasts between 3-5 years. New pads on an AED need to be replaced every two years.

The Do's and Don'ts When Using an AED

Do's

- Design an emergency plan around the AED so that everyone has an assigned role or plan of action in the event of a sudden cardiac arrest emergency
- Make sure that everyone within your organization or business knows where the AED is located and that it is accessible
- Check your AED once a month to make sure that it is fully-functional and operational

Don'ts

- Do not use an AED without having first received CPR/AED training.
- Do not keep your AED locked up or out of reach
- Do not use an AED near water
- Do not touch the cardiac arrest victim when administering the shock

For more information on proper AED usage and CPR/AED Awareness week, please be sure to check out www.medic911.com. Happy CPR/AED Awareness Week!

Start Heart Walk

The Medic PR department is looking for Team Leaders for the **2010 American Heart Association Start Heart Walk!** For the second year in a row, Medic is proud to be a participant in the American Heart Association's *Start Heart Walk*. The walk will be held on **Saturday, September 25th**. The Heart Walk will kick off at 9:00 am from Uptown Charlotte.

The PR department is looking for interested individuals willing to recruit walkers for September. Ideally, we would like to have a team leader from the Field, CMED and front office staff. As mentioned, team leaders are needed to help recruit walkers. Walkers can be Medic employees, family and friends who are willing to take time out on a Saturday and walk the three miles in Uptown Charlotte.

This year the county Heart Walk team is focusing on overall wellness and reducing stress! More details will be posted as we get closer to the date.

If you are interested in becoming a Heart Walk Team Leader, please contact Kristin Young in the PR department kristiny@medic911.com or at ext. 6165. Thank you.



Employee Highlight



Amy Johnson has come aboard as the latest addition to the Human Resources department. In her role as Risk and Safety Specialist, Amy will be responsible for coordinating all risk management, OSHA and safety-related activities for the Agency.

Amy hobbies include walking, reading, dancing, outdoor activities (snowboarding/skiing), UFC (Ultimate Fighting Championship) and spending time with her two daughters, ages six and eight.

1. What cartoon cereal box character would you be and why?

Tony the Tiger because no matter what the situation, his response is "They're Great!". I try to keep that level of optimism and positivity throughout my days.

2. Paper or plastic?

I'm working towards a more green living so I prefer my own reusable bags.

3. At what age did you first learn how to ride a two-wheel bike?

I learned to ride my Strawberry Shortcake bike without my training wheels at 5 years old.

Golf Outing!

For the first time ever, Tom Porcelli has organized a B-shift golf outing!

The golf outing is scheduled for Monday, September 20th at the Larkhaven Golf Course. Registration begins at noon with a 1:00 pm start time. The cost to register is \$50.00 per person and it includes beverages.

Come on down to Larkhaven Golf Course for some fun on the green. Mulligans will be up for grabs!

When: Monday, September 20th, 2010

Registration begins at 12:00 pm

Shot gun start at 1:00 pm

Where: Larkhaven Golf Course

4801 Camp Stewart Road

Charlotte, NC 28215

For more information, please contact Tom Porcelli at thomasp@medic911.com or 704.577.9087. Thank you.



Important Changes to Your FSA Plan!

The Employers Association's Flexible Spending Account Department has identified changes that will be made to current and future Medic employees Flexible Spending Account (FSA) Plans. Please note that the following changes **only** pertain to FSA plans through the Employers Association, no information at this time has been provided about the Mecklenburg County medical/dental plans. Please see below for important dates and changes to keep in mind as it relates to your FSA plan with the Employers Association through Medic.

Effective Immediately – employer-provided health coverage and reimbursements for Adult Children up to the age of 27 can now be excluded from gross income. If you have a dependent up to age 27 or younger, you are now eligible to use your FSA funds to pay for their unreimbursed medical expenses. Due to this change, you may make a one-time increase to your Medical Spending Account election for this plan year.

Effective 1/1/2011 – Over-the-counter “medications” will no longer be considered eligible for reimbursement under Medical Flexible Spending Accounts unless the participant has supplied us with a prescription from a doctor for the item(s). Participants will no longer be able to purchase items such as Advil, Tylenol or OTC Claritin with their debit card. However, participants will still be able to use the card for non-medical or drug items such as contact lens solution, gauze, band aids, etc.

Effective 1/1/2013 – The new laws set a maximum calendar year contribution of **\$2,500** for all Medical Flexible Spending Accounts. For all plans that renew on or after February 1st, 2012 with a current maximum of more than \$2,500, it is recommended to set your maximum contribution limit at \$2,500 beginning in your 2012 plan year to avoid problems in 2013.

If you have any questions about the upcoming Medic FSA plan changes, please contact Jake Stewart at the Employers Association at 704.522.8011 or via e-mail at jstewart@employersassoc.com. Thank you.

Walk for Effie Committee



Medic, through Beth Pethel, would like to organize anyone who is interested in helping to support longtime EMT, Effie Ledbetter, as she continues to

fight her second bout of breast cancer. The group will meet to organize, participate in and raise funds on behalf of Effie for the upcoming Susan G. Komen Race for the Cure Walk.

The walk is scheduled for Saturday, October 2nd in Uptown Charlotte. All proceeds raised for the Komen Race for the Cure will go to research, education, screening and treatment programs.

The first committee meeting has been tentatively scheduled for Tuesday, June 15th and Thursday, June 17th.

Anyone interested in participating in the group should contact Beth Pethel at ameliap@medic911.com. Thank you.

June InService Dates

Below are the InService dates for the month of June. InServices has returned to its normal schedule of six sessions, please be sure to register for **one** of the following dates and times below. All employees **must** be in uniform and all sessions will be held in the Medic Auditorium.

Tuesday, June 22nd 6:00 pm—10:00 pm

Thursday, June 24th 12:00 pm—4:00 pm

Friday, June 25th 8:00 am—12:00 pm

Monday, June 28th 8:00 am—12:00 pm

and

6:00 pm—10:00 pm

Wednesday, June 30th 6:00 pm—10:00 pm

If you have any questions or to register for the June InService, please contact Robin Pariso in Medical Services at robinp@medic911.com or at ext. 6143. Thank you.

June 2010



Sun Mon Tue Wed Thu Fri Sat

		1 A	2 B	3 B	4 A <i>ACLS Training 1300—1700</i>	5 A
6 A	7 B <i>ACLS Training 1300—1700</i>	8 B	9 A	10 A	11 B <i>ACLS Training 1300—1700</i>	12 B
13 B	14 A <i>ACLS Training 1300—1700</i>	15 A	16 B	17 B <i>ACLS Training 1800—2200</i>	18 A	19 A
20 A	21 B	22 B <i>InService 1800—2200</i>	23 A	24 A <i>InService 1200—1600 ACLS Training 1800—2200</i>	25 B <i>InService 0800—1200</i>	26 B
27 B	28 A <i>InService 0800—1200 1800—2200</i>	29 A	30 B <i>InService 1800—2200</i>			

Medic Calendar
<i>In-Service</i>
<i>Training</i>
<i>Medic Events</i>
<i>Holidays</i>
<i>Recertification Testing</i>
MEDIC Mecklenburg EMS Agency 4525 Statesville Road Charlotte, NC 28269 Tel: 704-943-6000 Fax: 704-943-6001

Visit Us on the Web!
www.medic911.com

2010 Training Schedule

PRE-REGISTRATION IS REQUIRED FOR ALL CLASSES. ALL CLASSES HELD IN MEDIC AUDITORIUM

<p><u>AHA Refresher Classes at Medic</u></p> <p>CLASS TIME: 1300-1700 **except where otherwise noted</p> <p>CPR</p> <p>JULY - 9, 12, 16, 19 / 22, 29 ** 1800-2200</p> <p>OCT - 8, 11, 15, 18 / 21, 28 ** 1800-2200</p> <p>PALS</p> <p>AUG - 6, 9, 13, 16 = 1300-1700 / ** AUG 19, 26 1800-2200</p> <p>NOV - 5, 8, 12, 15 = 1300-1700 / NO NIGHT CLASSES</p> <p>ACLS</p> <p>JUNE - 4, 7, 11, 14 = 1300-1700 / ** JUNE 17, 24 1800-2200</p> <p>SEPT - 10, 13, 17, 20 = 1300-1700 / ** SEPT 23, 30 1800-2200</p> <p>DEC - 3, 6, 10, 13 = 1300-1700 / NO NIGHT CLASSES</p>	<p><u>NC Scope of Practice Recertification Testing</u></p> <p>**YOU MUST RECERTIFY DURING YOUR TEST MONTH**</p> <p>ALL CON ED must be up to date at time of testing.</p> <p>To schedule a test appt date and time, email Robin Pariso at robinp@medic911.com</p> <p>JULY 9, 10, 12, 16, 17, 19 (Expiration Dates AUG – OCT 2010)</p> <p>OCT 8, 9, 11, 15, 16, 18 (Expiration Dates NOV, DEC 2010, JAN 2011)</p> <p>DEC 10, 11, 13, 17, 18, 20 (Expiration Dates FEB – APR 2011)</p>
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