



on the Line

A Word from the Executive Director



July 1, 1983, was a Friday, under the sign of Cancer. Ronald Reagan was President of the United States. Flashdance was in the theatres and people were listening to the movie's theme song, What a Feeling by Irene Cara, on the radio. The average income was \$21,000 and interest rates were 11%. The video game Mario Bros. was first released as a Nintendo arcade game in Japan. In Erie, PA, *EmergencyCare* under the direction of CEO Earl Gettinger opened its doors at 18th and Sassafras and began providing Basic Life Support to the City of Erie. At that time, *EmergencyCare* had 32 staff members and 5 emergency vehicles.

That was 35 years ago. Today as we embark on our 35th anniversary, it is a great time to look back and look forward. We have much to celebrate as an organization. We are the largest non-profit EMS service in the Commonwealth of Pennsylvania offering a variety of services such as Emergency Ambulance Services, Emergency Paramedic Response, Non-Emergency Ambulance, Non-Emergency Wheelchair, Non-Emergency Medical Taxi, Education, Community Outreach, and Safety Programs.

In its first year of existence, *EmergencyCare* responded to 9,044 calls in the City of Erie alone. Today, *EmergencyCare*'s service area covers 5,622 square miles, parts of seven counties in Northwestern PA and more than 500,000 residents. We respond to over 60,000 calls. Back in 1983, *EmergencyCare* provided over 5,000 emergency transports; today *EmergencyCare* responds to five times as many medical emergencies. In 1983, *EmergencyCare* provided 2,500 non emergency transports; today *EmergencyCare*'s non-emergency services include non-emergency ambulance, non-emergency wheelchair, and non-emergency medical taxi which run approximately 35,000 transports a year.

EmergencyCare's education department has been providing public and professional training since 1986 and is recognized as a PA Department of Health Bureau of EMS Training Institute. We are the only PA Accredited EMS Education institute in Erie, Crawford or Warren. EMT classes are offered two times a year.

In 1988, *EmergencyCare* started its first Paramedic Program. The *EmergencyCare*-UPMC-CEM Paramedic Training Consortium was recently accredited by the Commission on Accreditation of Allied Health Education Programs. It is the only accredited program in NW PA with classes offered annually. Our education department trains 1,300 students annually in Heartsaver First Aid, CPR & AED.

EmergencyCare is at the forefront of public safety. In August 1988, *EmergencyCare* opened a new communication center at 1714 French Street. Today *EmergencyCare*'s Communication center is located at 1926 Peach with the rest of the operations team and acts as the 911 backup center for Erie County. In addition, in 1997 *EmergencyCare* partnered with the City of Erie Bureau of Police to form the SWAT Medic Team providing 6 specialty trained paramedics.

EmergencyCare relies on funding from memberships, fundraising, reimbursements, donations, grants and events. In 1985, *EmergencyCare* kicked off its first membership campaign. Today there are 12,000+ members who pay no out of pocket fees for medically necessary ambulance expenses provided by *EmergencyCare* or one of our reciprocal partners.



Eighty-seven percent of *EmergencyCare*'s funding comes from fees for service. However, reimbursements for Medicare and Medicaid fall significantly below the average cost of providing the service for the average ground ambulance service. Additionally, Medicaid reimbursement rates for ground ambulance services have not increased since 2003. *EmergencyCare* does not receive any tax dollars from the municipalities it serves.

EmergencyCare is proud of all its staff members who every day, answer the call to help those in their hour of need with compassion, enthusiasm and dependability in, often, very challenging environments. But at our 35th Anniversary it is important to honor and recognize those staff who have been with the organization since the beginning, they are Steve LaJohn, Dave Leicht, Don Millar, and Mike Sebald. In addition, I would like to recognize two other staff have been with *EmergencyCare* and Corry Ambulance service for a over 35 years, they are Dorothy Morgan and Gary Sickler.

What does the future hold? *EmergencyCare* like many other EMS organizations across the nation is facing challenges with staffing and funding. How can you help? Donate, purchase a membership, contact your local legislator and ask that reimbursement rates are increased.

Yours in health,

Bill Hagerty
Bill Hagerty
Executive Director

Power up with Plant Based Protein

The 2010 Dietary Guidelines for Americans (DGA) encouraged a shift in food intake patterns to a more plant-based diet, increased intake of seafood and fat-free and low-fat milk and dairy products and to consume only moderate amounts of lean meats, poultry and eggs.

These dietary guidelines focused on food groups and nutrients. 2015-2020 Dietary Guidelines built upon the 2010 Guidelines, but took into account how a person's overall diet forms overall eating patterns. The updated guidelines key recommendations stated a healthy eating pattern includes:

- A variety of vegetables from all of the subgroups—dark green, red and orange, legumes (beans and peas), starchy, and other
- Fruits, especially whole fruits
- Grains, at least half of which are whole grains
- Fat-free or low-fat dairy, including milk, yogurt, cheese, and/or fortified soy beverages
- A variety of protein foods, including seafood, lean meats and poultry, eggs, legumes (beans and peas), and nuts, seeds, and soy products
- Oils

A healthy eating pattern limits saturated fats and trans fats, added sugars, and sodium.

The US Department of Health and Human Services estimates that half of all American adults have one or more preventable, diet-related chronic diseases, including cardiovascular disease, type 2 diabetes, and overweight and obesity. According to



Harvard Professor, Frank Hu, MD, PhD, "a diet focusing on plant-based protein sources can be beneficial for helping to prevent diabetes, cardiovascular disease and mortality." Plant-

based was defined by the Dietary Guidelines for Americans as a pattern in which the majority of protein sources come from plant products, though animal products are not excluded. Beans, peas, nuts, seeds, soy and lentils, are a good source of plant protein, loaded with disease fighting phytonutrients, cholesterol-lowering fiber and naturally low in cholesterol and sodium.

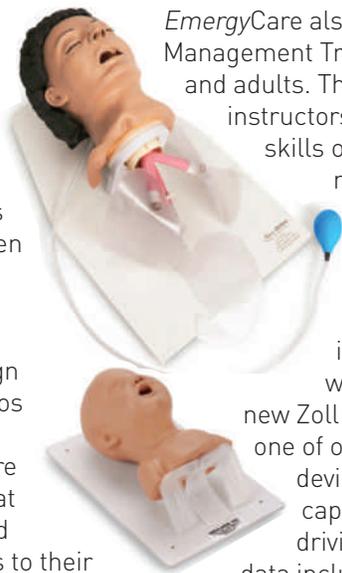
Adults need between 46 and 56 grams of protein daily, approximately 10 to 35 percent their daily calories. The average intake is 88 grams of protein per day or about 16 percent of calories with the majority, (70%), coming from animal sources and the remainder from plant protein.

What to learn more about protein? Join us on July 18th at EmergencyCare from 9:00 to 10:30am when Selina Uglow, LPN, CPT, The Way To Healthy Living and Chef William Kuntz of ShopChopCook teach us how to "Power up with Plant Based Protein." See back for information on how to register.



EmergencyCare Acquires State-of-the-Art Equipment

In an effort to continually offer the most up-to-date equipment, EmergencyCare recently purchased several state-of-the-art Paramedic/ EMT training tools, including a tool which simulates various cardiac issues including sudden cardiac arrest episodes for an extremely realistic training experience. The training tool allows our instructors to design and configure custom scenarios which allows them simulate real life situations. Trainees are able to hook-up manikins, treat them with the training tool and experience realistic responses to their treatment.



EmergencyCare also purchased new Airway Management Trainers for children and adults. These trainers allow our instructors to teach intubation skills on adults, children and newborn babies. Students undertake training that is directly transferable to the clinical setting.

EmergencyCare's most impressive undertaking was the installation of a new Zoll Road Safety device on one of our ambulances. The

devices captures driving data including speed, turn forces, hard braking and acceleration, lights and

sirens use, turn signals, back-up spotter, seat belts, and engine idle. The device generates safety and driver performance reports that can be viewed anytime, anywhere. The device uses audible tones to alert drivers they are approaching vehicle safety limits. The driver will receive an initial audible warning letting them know to take corrective action. The audio warning will continue and increase in intensity until the driver corrects the issue. This creates a safe driving environment for employees, patients and caregivers; and provides the

added benefits of reduced vehicle maintenance costs, improved fuel economy, extended vehicle life, and higher quality patient care. This equipment will soon be required in all ambulances.



GARAGE GALA

Wow, what a night! Over 300 people attended the 3rd Annual Garage Gala on April 27th.

Our West Garage was transformed into a bustling boulevard with fantastic local food trucks, musicians and street performers. Local artist Rachel Berlin lent her creative talents and awed guests as she created a beautiful painting on-site, which was auctioned off at the end of the evening. The night ended with sweet treats compliments of Bonnell Auto Group's ice cream truck and coffee from Mill Creek Coffee.

Proceeds from the Garage Gala help *EmergencyCare* provide on-going training to our employees; help fund new equipment and technology for best patient outcomes; and assist with our community outreach efforts such as teaching CPR and participation in health and safety fairs.

Thank you to our sponsors for their generous support.



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Membership News

Are you a member of *EmergencyCare* yet? If not, you might want to consider joining. For just pennies a day, you can give your family peace of mind. For a Household Membership, it will cost you only \$50 a year and it covers anyone living in your house, plus any visitors while they are in your home. That is less than .14 cents a day! The membership program provides an affordable way to avoid out-of-pocket expenses for emergency medical care. If you still have not joined or know a family member or friend who would benefit from a membership, visit EmergencyCare.org or call 814-870-9999 for more information.

Camp EMS

Do you know a teenager who is interested in Emergency Medical Services? If so, you might want to sign them up for our Camp EMS. Cadets at Camp EMS will get hands-on EMS/SWAT Medic demonstrations and K-9 Search and Rescue demonstrations during Camp EMS week. Camp EMS, which is held on the campus of Allegheny College in Meadville, on June 24th - June 29th for teens ages 14 - 17 who are interested in a career in the Emergency Medical Services. In addition to receiving a first-hand look into the world of pre-hospital medicine, Cadets also earn their American Heart Association CPR certification upon successful completion and graduation

from the six day, five night Camp EMS. The CPR Certification is valid for two years, which is often one of the first steps in a series of classes and certifications needed to enter the pre-hospital profession. Contact Jim Kifer at 870-1940 for more information or visit EmergencyCare.org/education.



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Dates to Note

Power up with Plant Based Protein

July 18, 2018
9 a.m. to 10:30 a.m.

There's a lot of buzz around the essentials of protein in a diet, particularly for muscle building or weight loss. Together we will explore ways that you can get complete proteins into your meal planning and create an efficient approach to meeting your needs in a busy schedule. Take out the confusion – Make great tasting food – ENJOY YOUR JOURNEY!



Presented by: Selina Uglow, LPN, CPT, The Way To Healthy Living and Chef William Kuntz of ShopChopCook

To register please call 814-870-1920



Lake Erie Cyclefest

August 2 - 5, 2018

EmergencyCare's 2nd Annual Tour de West County is once again part of a four-day celebration of cycling with rides each day. Presented in conjunction with WQLN and the YMCA of Greater Erie, the proceeds will be split between all three organizations.

Details and sign up information for all rides at www.eriecyclefest.org.

Camp EMS

June 24th – 29th
See article for details.

CPR Classes

Monthly classes open to the public. Upcoming dates include June 18, July 16, August 13 and August 20. Visit EmergencyCare.org for registration information or call 814-870-1940 for more information.



Erie Gives

August 14th

Erie Gives 2018 will take place on August 14, between the hours of 8 a.m. and 8 p.m. During this 12-hour period of online giving, The Erie Community Foundation will match a percentage of each donation you make to *EmergencyCare* when you make a donation on August 14.