

DISPATCH



Quarterly Newsletter
SUMMER 2022



2021 EMS Awards Ceremony



EMSA recognized California’s EMS heroes of 2021 during the department’s annual EMS Awards Ceremony held on May 17th, 2022, at the LA County Fire Museum and Mayne Event Center in Bellflower, CA. This event honored fifty-six individuals for going above and beyond to serve the people of California through heroic acts and extraordinary contributions to EMS. Recipients included EMS Personnel, Local EMS Agency Medical Directors and Administrators, members of the public, and even Kevin Tighe and Randy Mantooth from the iconic show “Emergency!”. The museum venue allowed attendees to view historical pieces of EMS and Fire equipment, bringing together chronicled pieces of the past with those making history today.



“It is my pleasure to honor the 2021 California EMS Awards recipients, comprised of individuals who deserve public recognition for their remarkable feats of care and significant contributions to the EMS field,” said Acting Director Elizabeth Basnett. “This outstanding group of EMS providers, first responders, and citizens have demonstrated a commitment to service, outstanding clinical interventions, and in many cases acts of courage, that truly deserve public recognition.”

To watch the video of EMS Awards Ceremony 2021, visit [emsa.ca.gov/2021-ems-awards/](https://www.emsa.ca.gov/2021-ems-awards/)



For additional information about the awards and the ceremony, visit www.emsa.ca.gov/awards.



SEMPER MEMORIA: WE ALWAYS REMEMBER.



Celebrate and honor Emergency Medical Services (EMS) personnel who have made the ultimate sacrifice, and those still working in EMS, by participating in the [National EMS Memorial Bike Ride \(NEMSMBR\), 2022 West Coast Ride](#). This long-distance cycling event takes place September 19-24, 2022 and spans the distance from Reno, NV to San Francisco, CA.

The route is broken down into the following challenging yet achievable sections:

Day 1 (September 19) – Reno, NV to South Lake Tahoe/Stateline, CA (67 miles)

Day 2 (September 20) – Circumnavigate Lake Tahoe (72 miles)

Day 3 (September 21) – South Lake Tahoe/Stateline, CA to Rancho Cordova, CA (100 miles)

Day 4 (September 22) – Rancho Cordova, CA to Fairfield, CA (65 miles)

Day 5 (September 23) – Fairfield, CA to Novato, CA (65 miles)

Day 6 (September 24) – Novato, CA to Golden Gate Bridge and Presidio Amphitheater, San Francisco, CA (55 miles)

NEMSMBR participants memorialize EMS personnel who are killed in the line of duty, who become sick or injured during EMS service, or who died of various causes but who left an impact on the EMS community. Participants remain connected to individual honorees during the event in various ways, including: reading the honoree names each day, carrying honoree dog tags and biographical information, or displaying biographical information publicly in a temporary traveling monument.

Participation in this meaningful event comes in many forms, including, cycling all or part of the course, volunteering as a member of the Support and Gear (SAG) team (AKA Wingmen), and providing financial support via donations and sponsorships. Anyone who is interested in honoring and memorializing EMS providers is encouraged to participate in the manner that works for them; all contributions matter to our honorees and their families!

- [REGISTER](#) as a cyclist or a SAG team member. (All participants (cyclists & support) create a fundraising page at the end the registration process; all donations go to the Fallen Angel Fund. Register early, hotel block room rates expire August 19, 2022.)
- [DONATE](#) to the Fallen Angel Fund on a registered cyclist's or SAG team member's fundraising page, or donate directly by sending a check to NEMSMBR, 5010 E. Trindle Rd., Mechanicsburg, PA 17050.
- [WEST COAST SPONSORSHIPS](#) inquiries go to Jules Scadden, West Coast Route Coordinator. NEMSMBR accepts sponsorships in different forms. Sponsors are offered many forms of visibility associated with the ride, including in-kind donations.
- [NOMINATE](#) an honoree.

Together we can help support the brave EMS Professionals and their families who have sacrificed so much in service to their communities. It's time to join the team living the message of Semper Memoria: We always remember.



State of California Trauma Summit

October 6, 2021
8:00 AM – 12:30 PM

ADMISSION IS FREE!

***CONTINUING EDUCATION HOURS WILL BE OFFERED**

REACHSM
A Global Medical Response Solution

www.emsa.ca.gov

The State Trauma Summit is organized by the California Emergency Medical Services Authority and will be offered virtually on October 6, 2022. This educational forum offers clinical topics intended for health care professionals and EMS administrators who work with trauma patients or oversee trauma system components.

- ◆ Topics, titles, and presenters are dependent upon final confirmation and subject to change without notice.
- ◆ The 2022 Virtual Trauma Summit will be open for registration on July 18, 2022.
- ◆ Registered attendees will receive a link to the event after September 27, 2022.
- ◆ This course is in the process of being approved for Continuing Education Hours.



Elizabeth Winward, MA
State Trauma System Coordinator
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Interview with Laura Little

Recently Laura Little received a 25 Years of Public Service Award from the State of California. To highlight her remarkable contributions The Dispatch recently interviewed Laura Little about her journey at Emergency Medical Services Authority.



Q: Could you please tell us about your role in Emergency Medical Services Authority?

A: I am the EMS Personnel Division, Paramedic Licensure Unit Manager.

Q: Based on 25 years of experience working for EMSA, what was the most challenging for you?

A: Working in the field during the COVID-19 pandemic, in 2020-2021. I took on roles that tested my knowledge and leadership skills.

Q: What has been most rewarding and memorable?

A: Most memorable would have to be when our office was in downtown Sacramento. In the old days, when EMSA was small, we would have Summer Employee BBQs and play games like volleyball, three-legged races, etc.. Most rewarding was being able to meet LEMSA personnel and get to know them as colleagues. I have been friends with some of those colleagues for over 15 years.

Q: What motivates you to continue serving the people of California during such an unprecedented time for emergency medical services?

A: I want to be a part of bringing California's EMS systems into the future. Seeing our EMS personnel thrive and grow, in their careers, is a huge motivator.

Q: Lastly, is there anything you would like to share about yourself?

A: I've worked for EMSA since 1997 and I have worked in almost every Division. During my off time, you can find me hiking mountains or traveling to new destinations. I also have been a volunteer at the local food locker, for some 35 years.



Safety Tips for Summer Outdoor Activities



Practice pool safety guidelines

When using pools and hot tubs, verify that the swimming area is safe and properly secured. Also, make sure that the water's chlorine or bromine levels are correct. Pools can become unsafe due to bacteria and other microorganisms, that enter the pool with swimmers.



Apply sunscreen and bug spray regularly

Use sunscreen, and wear clothing and hats that minimize your skin's sun exposure. Keep your family safe from bug bites by reapplying bug spray in accordance with the spray's directions.



Be alert around water

Never dive into shallow water or an unknown body of water. Use life jackets to keep young children and those who cannot swim safe. Avoid going to the water by yourself.



Exercise caution around fireworks

Ensure that you are following all the instructions, and only purchase fireworks from a reputable source. Make sure the area where you are setting off the fireworks is clear of spectators and anything flammable. In case of fire have a fire extinguisher with you.



Monitor grilling and barbecuing

If using an outdoor grill, be sure to check carefully for foreign materials that could get in your food. Keep food at the proper temperature when outdoors to prevent growth of bacteria.



Watch your family around campfires

Watch your children around open flames, and make sure they understand fire safety. Take your time and use plenty of dry paper or kindling, or a commercially available fire starter, to ensure a safe start to your fire and avoid burns and wounds.

Visit healthblog.uofmhealth.org for more information.

A Look at Children’s Mental Health Awareness Week

Mental health is a critical part of a child’s well-being, growth and development. Observed May 1-7, 2022, Children’s Mental Health Awareness Week presented a valuable opportunity to raise awareness, reduce stigma, help parents and caregivers recognize the signs and get children the resources they need to achieve wellness.

Intending to raise awareness and connect families with a range of resources, the week included numerous activities. On May 3, Governor Newsom issued a [proclamation](#) declaring May 1-7 as “Children’s Mental Health Awareness Week” in the State of California. “Observed during the first week of May – Mental Health Awareness Month, – Children’s Mental Health Awareness Week is a call to action for each of us to do our part in supporting the mental, social and emotional well-being of our children and youth.” The governor’s proclamation also referenced the [Children and Youth Behavioral Health Initiative](#), whose goal is to reimagine the systems that support behavioral health and wellness for children, youth and their families.

CalHHS launched the [Mental Health Resources for Youth Webpage](#), an online resource hub that provides important information, resources, tools and links to help youth, parents, family and friends who need support. This valuable information will serve as an ongoing resource for communities, providers and partners.

Additionally, Secretary Mark Ghaly and State Superintendent Tony Thurmond, came together to issue a [joint letter](#) to raise awareness of the resources for use in classrooms and school communities, including [Wellness Wednesday](#) activities and videos, and the online resource hub.

While visiting a first-grade class at Elkhorn Elementary in West Sacramento on May 3, First Partner Jennifer Siebel Newsom read “Isabel and Her Colores Go to School” – a bilingual book by Alexandra Alessandri that discusses the uncomfortable feelings children may have on the first day of school and the way the main character dealt with those feelings. Before the reading, the First Partner taught the students a simple mindfulness exercise that included taking deep breaths and stretching. First Partner Siebel Newsom also encouraged the children to communicate their feelings – good and bad – with the adults in their lives.

CalHHS appreciates the leadership and partnership of fellow state departments and agencies, as well as partners in the field. Transforming California’s behavioral support system will require a collaborative and cross-sector approach.

More resources and information can be found on the [CalHHS website](#).



Students participate in a Wellness Wednesday activity at Inner City Education Foundation Public Schools (ICEF) in Los Angeles.

BEAT THE HEAT

Tips on preventing heat exhaustion



✓ Get Plenty to Drink

Sweating removes needed salt and minerals from the body. When it is hot, drink more water, juice, and sports drinks. Avoid drinks with caffeine (tea, coffee, and cola) and alcohol. Be sure to eat regularly.

✓ Stay Cool Indoors

The best way to beat the heat is to stay in an air-conditioned area. A cool shower or bath is also a good way to cool off.

✓ Wear Light Clothing and Sunscreen

Choose lightweight, light-colored, loose-fitting clothing. In the hot sun, a wide-brimmed hat will keep the head cool. If you will be in direct sun, use a sunscreen with a sun protection factor (SPF) of 15 or higher and follow package directions.

✓ Schedule Outdoor Activities Carefully

Try to be less active during the hottest part of the day. If you must be out in the heat, plan your activities so that you are outdoors either before noon or in the evening. Never leave kids or pets in a parked car.

✓ Pace Yourself

If you are not used to working or exercising in hot weather, start slowly and pick up the pace gradually. Take frequent, regularly scheduled breaks. If activity in the heat makes your heart pound or leaves you gasping for breath, stop activity, get into a cool or shady area, and rest.

✓ Medical Help

If you have any severe reactions to the heat that cannot be alleviated by rest and fluids, seek medical attention immediately.

Visit <https://www.cdph.ca.gov> for more information.

EMSA IS HIRING

Learn more and apply today:

emsa.ca.gov/emsa-jobs



Step 1-Create an Account on CalCareers.ca.gov

- Go to *CalCareers.ca.gov* or *jobs.ca.gov* to start creating an account.
- Creating your account will set you up to complete steps 2 & 3.

Step 2-Take Exams

- For almost all State of California jobs, you will be required to take an exam.
- Exams might be an in-person written exercise or interview, but most commonly they are completed online. Review exam bulletins thoroughly.

Step 3-Apply for Open Job Vacancies

- After you've completed an exam, you are considered eligible to apply for that specific classification. Once you are eligible, you can start applying for vacant positions across the state.
- Start searching for vacancies in your eligible classification on <https://www.calcareers.ca.gov/>

Step 4-Prepare for the Interview

If you are contacted for a hiring interview, prepare by reviewing the duties and responsibilities on the job opportunity notice.