



VINTECH^{LLC.}

Management Services



WINTER 2013 VMS EMPLOYEE NEWSLETTER

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Vintech Management Services, LLC

Serving:

- Brookfield
- Canton
- Derby
- Georgetown
- Glastonbury
- Harwinton
- Litchfield
- Morris
- Mortlake
- New Milford
- North Branford
- North Canaan
- Shelton
- Thomaston
- Winsted

Have something you would like to submit?

Send it to
james@vintechems.com

OWNERS FORUM

Winter has kept us all on our toes, but don't let your guard down, it isn't over yet. Keep these tips in mind:

- Dress warm & in layers.
- Slow down when driving. You have yourself, your partner and your patient that need to safe.
- Watch what you're doing when lifting especially when you're outside. Watch for ice!
- Make sure your patient is warm.
- Give yourself extra time when getting to work.
- If you know there is a



storm approaching, bring extra food, clothes, water,

things to do, charge your cell phone before hand.

BUSY EMS DAY. WHAT AND WHEN TO EAT!?!?

Submitted by Vintech's Facebook Fans:

- JH: Bring your own food...U go out...U jinx yourself
- SC: Always always always have some sort of a snack on hand, you never know what/when planned meals may be interrupted and a snack will hold you over.
- LS: Lots of small things that

can be taken with you if it is one of those days when you don't stop.

- TB: I've gone entire shifts without eating, even though I've brought food. The food I've brought sits in the station laughing at you while you run calls. I'd suggest bring money with you at all times. Sometimes, a gas station or McD's is the only place you'll have time to stop.

- BM: super size at McDonalds....only Firefighters cook and eat like they're at home
- CK: Always have crackers or a granola bar in your coat pocket
- RN: Plan ahead #1, make friends #2, learn how to cook well. DO NOT EAT WITH BM OR TB OR YOU WILL SURELY DIE!!!

BASICS OF CARBON MONOXIDE

Carbon monoxide is an odorless, colorless and toxic gas. Because it is impossible to see, taste or smell the toxic fumes, CO can kill you before you are aware it is in your home. At lower levels of exposure, CO causes mild effects that are often mistaken for the flu. These symptoms include headaches, dizziness, disorientation, nausea and fatigue. The effects of CO

exposure can vary greatly from person to person depending on age, overall health and the concentration and length of exposure.

If you ever find yourself in this type of situation, you should just leave the premises. Don't open any doors or windows. Priority one is to get you out of there immediately. This also serves the Fire Department

well. If you leave everything sealed up, they can go in and test to see how much and where the CO₂ is coming from.

If you get a call on this, you should never enter the building unless the Fire Department tells you its safe. Carbon Monoxide is not call the silent killer for nothing.

MARCH IS NATIONAL MS AWARENESS MONTH

Multiple sclerosis (or MS) is a chronic, often disabling disease that attacks the central nervous system (CNS). Symptoms may be mild, such as numbness in the limbs, or severe, such as paralysis or loss of vision. The progress, severity, and specific symptoms of MS are unpredictable and vary from one person to another.

In multiple sclerosis, damage to the myelin in the central nervous system, and to the nerve fibers themselves, interferes with the transmission of nerve signals between the brain and spinal cord and other parts of the body. This disruption of nerve signals

produces the primary symptoms of MS, which vary depending on where the damage has occurred.

Over the course of the disease, some symptoms will come and go, while others may be more lasting.

Symptoms can include:

- Fatigue
- Numbness
- Walking (Gait), Balance & Coordination Problems
- Bladder Dysfunction
- Bowl Dysfunction
- Vision Problems
- Dizziness & Vertigo
- Sexual Dysfunction
- Pain
- Cognitive Dysfunction

- Emotional Changes
- Depression
- Spasticity

Living with MS you should:

- Exercise
- Eat a balanced, low-fat, high fiber diet
- Manage your stress

From the Connecticut Chapter of the National Multiple Sclerosis Society
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Website: www.nationalmssociety.org

LOOKING FOR AN EMT REFRESHER OR CME?

Check out our schedule on our website on the calendar



IDEA FOR THE NEWSLETTER? EMAIL JAMIE!

EXTRA! EXTRA!

- Vintech EMT/EMR Refresher March 22-March 24, 2013. Register early!
- Connecticut EMS Conference Crowne Plaza Hotel in Cromwell March 22-23, 2013
- Continuing Medical Education Symposium Ridgefield Parks & Rec Building 195 Danbury Road April 16, 2013.
- Vintech EMT/EMR Refresher June 28-June 30, 2013. Register early!
- Vintech EMT/EMR Refresher September 27-September 29, 2013. Register early!
- Coming soon is the Safety Newsletter that will give you tips on how to not injure yourself and make smarter choices when going to a call.



Yes Winter can be a pain in the...well you get it, but at least you're not either one of these guys.

VINTECH PHONE SYSTEM OPTIONS

(860) 496-8199

Main Menu:

- Ext. 1 - Jamie
- Ext. 2 - John W.
- Ext. 3 - Jon B/
Cathy C-C
- Ext. 5 - Vinny
- Ext. 9 - Company Directory
- Ext. 0 - Employee Issues

Under Employee Issues:

- 0 - Time Card/
Payroll
- 1 - NW Division
- 2 - Jerry Myers
- 3 - Derby
- 4 - N. Branford
- 5 - Glastonbury
- 6 - Mortlake
- 9 - E.A.P. Rep.