



PULSE

ASM Employee Newsletter

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Spring

Issue 2





Company BBQ May 26th



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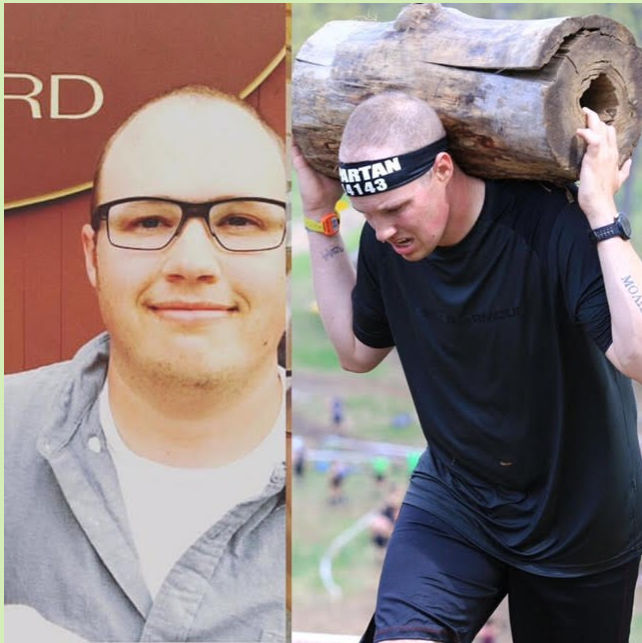
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Robert Balkun



This issue's Health and Wellness section is dedicated to Dan Hammett. Approximately one year ago, Dan made a lifestyle change in order to transform his appearance, fitness level, and overall state of being. His long, difficult, yet rewarding journey has vastly improved his life both inside and out of work. In the interview that follows, Dan outlines some of the steps he took to achieve his goal, describes how he maintained discipline, and provides inspiration for family, friends, and co-workers looking to follow his path.



What was your initial motivation?

"After being overweight most of my early life as a kid, teenager and well into my 20's. My weight always would fluctuate and never be consistent. I just decided I had enough of that old self and wanted to make a change for the better and for my future. I would look at myself in the mirror with disgust and didn't know who that person was and what led me to that way."

What was the hardest part?

"I started my healthy lifestyle right when summer was hitting and had to say NO to lots of great looking food and just enjoying that time of year. Transitioning from everyday foods that were readily accessible while working on an ambulance and quick to grab which were bad to eat was another part of a learning curve and discipline I had to master."

How did you maintain discipline?

"One big contributing factor to healthy eating was meal prep and the ability to have my meals for 12-hour shifts lined up and ready the day before to grab and go. I would go to the gym for 1hr to 1.5 hrs. a day either before or after my shift and give it 100% effort."

What did you do specifically?

"My wife and I heard about this program called the *Whole 30* from my sister-in-law. After purchasing 2 of their books, we decided that June 1st 2016 would be the start of our new lives. For those who have not heard or read about the *Whole 30*, it is a very strict paleo style diet and isn't sold as a weight loss diet but more of a "feel better about yourself".

You essentially clean your body of:

- processed foods
- dairy
- legumes
- grains
- MSG, carrageen or sulfites
- added sugar, real or artificial
- alcohol
- baked goods or junk foods

"You would be shocked to learn what is used in foods today to preserve them or add flavor."

"After 30 days, you can reintroduce your old food slowly and see if you have any adverse reaction."

"It was hard the first week as you put the brakes on hard and shock your body with nothing but whole foods. After week 2 you realize this isn't hard after all and you start feeling better, more energetic, it truly is amazing that a change in diet can have a HUGE impact on yourself. This was even before I started to work out and hit the gym hard. Eventually, I started working out regularly and maintained the *Whole 30* diet at the same time, so my body was in shock big time. I was initially tired from the physical and mental demand my body was going through, but I made the determination and had the drive to keep pushing forward with a positive outlook."

Health & Wellness

Did you go about alone?

"My wife had also started the process with me, I feel it was much easier for the two of us to embark on this life change together than individually. We were able to throw out the food we no longer could eat and only buy what was allowed. Also, we would reflect on a day to day basis during the initial 30 days on how we were feeling and if the timeline the book lays out was accurate (which it was)."

Who were some of your biggest outside influences?

"First my sister in-law Emily, if she didn't tell us about the *Whole 30*, I honestly couldn't tell you if I'd be where I'm at today."

"Secondly my wife Shelby for dealing with my long days between 12 hour shifts and being at the gym or running she put up with a lot."

"I'd also like to give a big thank you to Matt Traber who took me running for the first time on the trails and was a huge help to me. He is a great coach, mentor and even better, an amazing friendship was created during this process. Matt was always someone I could go to for help or questions about running. He trained me well (I have proof with my pace times and have never been this fast in my life)! When I'd complain or something would hurt, he drove me further and gave me that extra push I needed to perform."

"I also read a lot into fitness articles and started taking workout supplements to fuel my body. A great resource for fitness is BodyBuilding.com, they have plenty of free workout plans and articles to read that can really help out someone who is new to fitness."

How has this improved your life?

"Well, I weigh about 70lbs less than I did a year ago, and fit into clothes I can't remember the last time I was this size. I have a lot more energy throughout the day and make healthy choices all day long. It improved my overall health and relationships with people. I love the atmosphere at the gym or on the trails and running with friends. I have completed several road races over the past year as well as completed a Spartan Race (Beast and Sprint) with only the Super in my way for the trifecta. I really do enjoy this lifestyle and recommend it to anyone who either feels depressed, disgusted or down all the time and turns to food as a sense of comfort. If I can make the changes, then anyone can. All it takes is that motivation/drive and initial spark to ignite the fire within. "

What are a few of your favorite quotes?

"Losing weight is Hard, Being Fat is Hard, choose your Hard"

"Pain is weakness leaving the body".

Workwise, how have things improved?

"My work life is much better, I don't think people realize what sitting in an ambulance for 12 hours does to your body. Being fit and working out can solve many first responders back problems and general health problems. Instead of staring down at your phone screen or tablet wondering if you receive that Like on Facebook or watching a movie, step outside and stretch or do some body weight exercises while posting. It's not rare to catch me either stretching or doing pushups outside the ambulance or dips off the side step. The world is huge, enjoy it while you can. If you told me a year ago, I'd be accomplished 2 Spartan races and be running a 6:40 mile I'd be laughing back then. I was determined and motivated and sick of the old me. I buried my old self and still see old pictures and wonder what was I thinking?"

What's next?

"To stay fit and keep competing in races every year, to drive myself further and further and too motivate anyone and everyone to get healthy. If I can do this anyone can!"



Health & Wellness

What was your workout regimen?

"I try to workout at least 5-6 days a week and anywhere from 1-2 hours. On my off-gym days, I go running and usually put in anywhere from 3-5 miles. "

Day 1 at the gym:

-warm up with 60 pushups and continue to work chest, triceps and calves and finish with 1.5 mile run

Day 2

-warm up, Back, Biceps and Abs then finish with 1.5 mile run

Day 3

-rest from weights but continue with cardio

Day 4

-warm up, Work shoulders, traps and calves and finish with 1.5 mile run

Day 5

-Legs and abs and (attempt to run with Jell-O legs ha-ha)

Day 6 and 7

Either give yourself a couple days off or run outside.

"I would alternate my days so my body was constantly put in shock and growing causing muscle confusion. The following weeks you increase your weight and do less reps per set and



then repeat the process."

Daily workout:

Do as many sets required to achieve 60 pushups

-Barbell Bench Press, 4 set of 12-15 reps

Barbell incline bench press, 3 sets of 12-15

Incline dumbbell fly, 3 sets of 12-15

Cable crossover, 3 sets of 12-15

Triceps Press-Down, 4 sets of 12-15

Skull Crusher Triceps extension, 3sets of 12-15

Cable overhead triceps extension, 3 sets of 12-15,

Standing calf raise, 3 sets of 25-30

Seated calf raise, 3 sets of 25-30.



Can you describe what you'd eat in a typical day?

My typical day for work now consists of:

-Drinking a cup of black coffee and glass of water.

-For my drive into work I have a protein shake and banana and consume which will usually sustain me till 10 or 11 am.

-Lunch usually consist of a salad with 4oz of grilled chicken and salad dressing is a combo of MCT oil and balsamic vinegar.

-I try to limit my snacking to only vegetables or some nuts and maybe a clif bar.

-For dinner, its usually a *Whole 30* recipes and we mix them up so it never gets old or boring.

The above is what I also mainly would eat during the initial *Whole 30*, on my days off I like to have eggs in the morning with some spinach and avocado with a black coffee for a post workout meal.



Bower School



Dear EMS:

Thank you for helping and saving people's life. During the career of the EMS I learned that the EMS has different kinds of stretchers that they use when they have a hurt person that is in need of medical care. Sometimes the EMS can't stop for lunch break because sometimes they get a call saying that they need to respond to the emergency. The EMS career I think is pretty hard. Thank you for saving lives every day.

Thanks,
Love
Nathan

Thank's for telling me about your
Job **PS Jayden**

Thank you so much! I really liked the Ambulance Service, or you guys! You guys are the best!

Sincerely,
Brynn

Ambulance

first I go to Ambulance we visit all the Ambulance. Then they show their own Ambulance things. I really really appreciated it that you come use your time to explain about Ambulance things you can do one in room but you bring Ambulance to show # Ambulance tools. Thank for crayons and Drawing note book also

Muhammad
5th Grade

Thanks you

Case Study

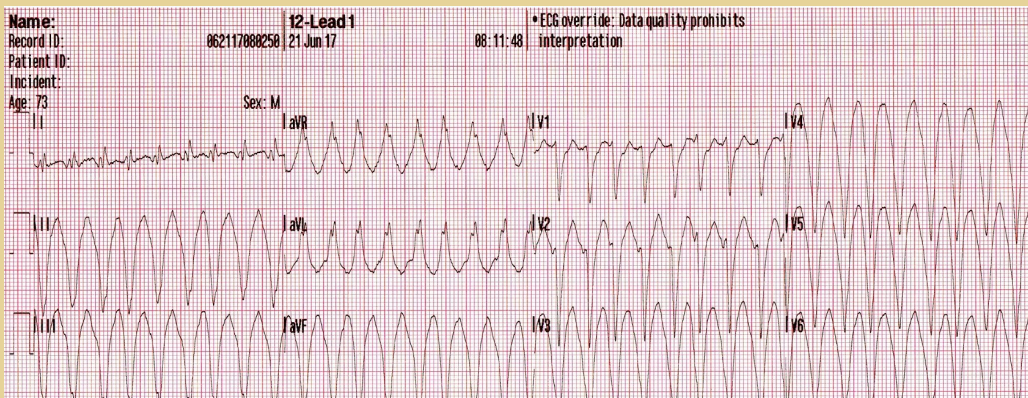
Patient: 73-year-old male complaint of chest pain

Scene: Found patient sitting in chair on arrival. Patient presented diaphoretic, speaking full sentences, A+Ox4, stating he has substernal chest pressure going down his left arm. Pressure feels "like his previous heart attacks." Patient was walking outside to clean his pool when pain began, and came back inside and when the pain didn't go away after 30 minutes he called 911.

History: HTN, GERD, MI x3, CABGx5, and STENT placement

Medications: Coumadin, Ramipril, Omeprazole, Atorvastatin, Zetia, Metoprolol, Citalopram, Clonazepam, Prednisone and HCTZ

Allergy: NKDA



Vitals

B/P: 100/Palpation

Pulse: 180bpm

RR: 16

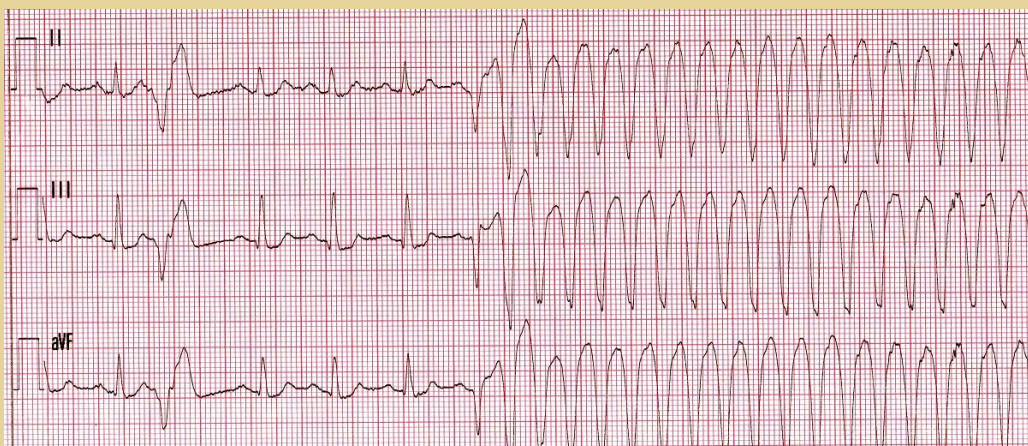
LS: Clear

SPO2: 98%

1) What is the rhythm? 2) What would your initial treatment be?

Treatment = 150mg Amiodarone via IV drip

Result – (NSR w/ PVCs) then converts back to V-Tach



Vitals

B/P: 80/60

Pulse: 200 bpm

RR: 16

LS: Clear

SPO2: 98%

Patient is still alert and orientated

3) What is your treatment now?

4) What do you think is causing the recurring V-tach?

5) What transport considerations should you make with this patient?

Find out next Quarter what happened!!!!

Everyone needs a little Deb!



Deb,

Why is acquiring patient signatures necessary?

"Good question! We understand that it can be difficult at times to obtain a patient signature. Circumstances of the job can make this a difficult task. Nevertheless, we need them, and for multiple reasons. To begin, it is a Medicare Requirement. It's vital that we remain compliant with all of Medicare's standards as a company, and the signature requirement is a big one. Additionally, other commercial insurers have strict filing limits (usually 90-120 days) in order to receive payment. Without a valid signature, we will not be reimbursed. We actually have one employee in the office who dedicates three full days a week to chasing down signatures. That's hard, tedious, work!"

"Just a reminder that the signature policy developed by Josh Conroy can be viewed at any time on Ninth Brain. It may not hurt to reference it from time to time, and as always, don't hesitate to call or swing by the office with questions. Have a great week!"

Deb

Please feel free to email deb at DMegquier@asm-aetna.com with any questions you might have. Maybe your question will be included in the next issue of the PULSE.

Breast Cancer Awareness T-shirt Fundraiser

\$20.00 per shirt. All donations will be matched by ASM



Shirts may be worn every Friday in the month of October

Order forms & Donations must be in by July 31st.

Please see Vinnie Maston for an order form



American Heart Association

life is why™

American Heart Classes

- ACLS Refresher - Sept 13, 2017
0800—1600
- CPR Refresher - Sept 9th, 2017
0800—1200
- EMT Refresher
Sept. 9, 17, 23, 25

All classes held at ASM Training Site

No fee for ASM/Aetna employees

Individuals that are not associated with ASM/Aetna are welcome. Contact

Melissa Osborne for fee information.

HAPPY WORKIVERSARY

July - Sept

5 Years of Service

Michael Hoyt
William Schenpp
Mikhail Uddin

10 Years of Service

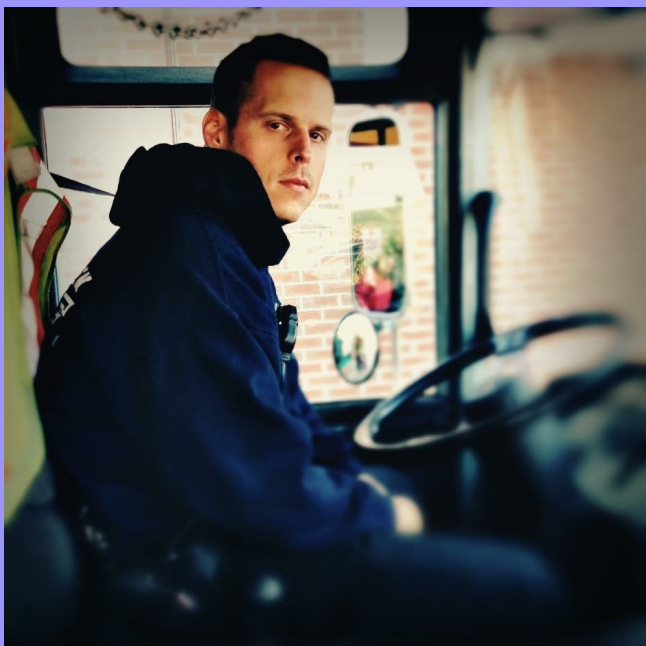
Albert Gilbert

25 Years of Service

Amy Rendock
Manuela Sarles

Employee Spotlight

*With each publication, our newsletter will honor an employee who has demonstrated a commitment to patients and co-workers alike via a positive attitude, work ethic, and overall inspiring demeanor. This issue's selection is **Paramedic Robert Balkun**.*



Rob attended Berlin High School, and graduated from Clarkson University in 2005 with a Bachelor of Science degree in Information Systems and Business Processes. During his college tenure, Rob obtained his EMT B certification and became a member of Potsdam Volunteer Rescue Squad. In addition to balancing his full course load and time at the local fire department, Rob joined Seaway Valley EMS in 2003, and shortly thereafter, obtained an AEMT Critical Care certification (recognized in New York State).

Rob joined ASM in 2006 as an EMT-B, and received his Paramedic License from Capital Community College in 2007. Additionally, Rob became a member of Vernon Fire Department from 2008-2011 serving on Truck 541. His experience as a provider enabled him to reach his long-term goal of becoming a New Haven Firefighter. Just five short years after his time on the department, Rob was promoted to the position of Lieutenant on Engine 1-/Truck 3.

Despite his commitment to New Haven FD, Rob has remained loyal to ASM by consistently working a minimum of 36 hours per week. His passion for medicine and pre-hospital care remain evident after more than a decade of dedicated service. For those who have not yet had the pleasure of working with Rob, know that beneath his quiet, reserved, laid back demeanor; lies a highly intelligent, considerate, motivated, and compassionate individual.

Rob expresses his gratitude for the experience ASM has provided with the following words: "ASM has been a great place to work with and in the last ten years. I have only seen the company get better. The management as well as the line staff constantly strive to be the best in both their knowledge and abilities. It has been a pleasure to work here and I plan on spending many more years here as a paramedic."



A few of Rob's Main Interests:

- Camping & Hiking
- Microbrew Beers
- Outdoor Activities
- Travel, learning about other cultures

Recent travel: Switzerland, Germany, Charleston SC, LA,