



FLIGHT LINE

WHAT'S NEW...

EMS Week!!!

What is EMS week? I mean we don't have a bunny, a fairy or a fat guy in a red suit, so what exactly do we have? Well, it may sound corny but what we have is each other. If you've ever tried to explain what it is that we do to anyone not intimately involved in EMS then you'll understand what I'm talking about. Most people just kinda stare at you while you're trying to explain your day. So in lieu of staring at all of our friends and co-workers we'll just say thank you! We understand that you sacrifice you all make when you should be spending a holiday with your family but instead you spend it with someone who needs your help. You are the front line. You have limited help and extremely challenging environments to manage patients. Many in-hospital medical providers have no idea what you put up with. I recently heard a story about a medical director in a high volume EMS system tell a paramedic that he had no idea that we had to do so much with such a limited amount of time, space and resources. A medical director that has been in that position for 15 years!

So, when I say that we have each other that's what we at Memorial Star mean! We're here for you just as we know that, should we need you, you're there for us. For that thank you from each and everyone of us here at Memorial Star. Have a great. and safe, EMS Week!

To be interested in the changing seasons is a happier state of mind than to be hopelessly in love with spring.

- George Santayana



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LANDING ZONE



Hey check out our new website!!! Laura has been working very hard to get our website up and running and it looks great. You can contact each and everyone of the crew, fill out a satisfaction survey, check out some cool pictures and videos and sign up for a class. The goal is to serve you! To that end there is even a place for you to display your pictures and agency information. As always we are very appreciative of what you do to serve your community and we are honored to take part!



TEAM CONNECTIONS

Everyday you allow us to be a part of your team. You trust us with your patients, friends and your community, and that is something that we consider an honor and take very seriously. As you get this newsletter you get to learn about us but we want to know more about you too! So, every month we'd like to highlight an agency, department or hospital so that we can get to know you better. What drives you? What do you offer? Who makes up your team? These and other questions are burning to be answered. This is your section of our newsletter. Think of it as... Well, think of it as a newsletter within a newsletter! If you would like to share your agency and team please drop a line to

StarOneNewsletter@gmail.com. Include your name and agency, department, or hospital as well as a contact number.



I NEED YOUR PICTURES!!!!



Hey, I've seen you taking pictures of us coming and going! If you have some cool pictures that you want to submit of us interacting with your agency we'd love to see them. Send them in and we'll publish them along with your name and agency. Again, the email is StarOneNewsletter@gmail.com!



WHO WE ARE...



Amy Middleton, Flight Paramedic
Primary Team

Greetings to all my EMS brothers & sisters and thanks for taking the time to read our newsletter.

I was raised a little girl in northern Wisconsin and Minnesota, eating hot dish and braving subzero winters. My mom, grandma and three aunts were all nurses right out of high school. My mom worked in the O.R. of our little local hospital. At dinnertime, she would regale us with details of drills, saws, "total hips" and "total knees," along with bizarre stories of surgical emergencies who walked through the ER doors when she was on call. Far from being repulsed, I was fascinated. I definitely wanted a fun job like that.

In school I was a bookish nerd/overachiever and planned to be a surgeon. In college at the U of M it became clear my self-discipline for academics wasn't up to par with that goal. Instead I studied sociology and worked as a waitress and bartender. I was always broke but had lots of friends and was having the time of my life. Sometime during my twenties my interest in medicine was rekindled. Paramedicine appealed to me because I liked the

idea that I would be doing acute, aggressive patient care in a setting where I had only a short time to make a difference in the patient's outcome (it's really sort of like bartending... you've gotta be fast, organized and willing to get dirty, or you won't last). I enrolled at our local community college in WI and earned an associate's degree and paramedic cert in 2002.

I moved to Colorado in 2002 and went to work for AMR in Colorado Springs (I was Midwestern and living in the mountains and skiing all the time was my dream.) Mind you, I had zero EMT-B experience and was now running with the big boys, sink or swim, in this fast-paced ALS system. "Terrified rookie" was an apt description of my performance for about the first two years. Fortunately I had some great mentors at AMR who had faith in my abilities (thank you Loy and Mark) and daily experience was taking hold. I had some exciting successes and started to have fun with it.

In 2006 I got this job with Memorial Star as a flight paramedic. At first I was part-time because I was ambivalent about flying. I was completely out of my comfort zone and a rookie once again... not fun! I gave it a chance and learned to be more patient, willing to make mistakes and ask for help. I earned my Critical Care Paramedic cert at the University of Maryland in 2008, and that really gave me a good flight med & ICU medicine foundation. Now I like flying because it has given me a new perspective on my capabilities as a paramedic. Also, I appreciate the opportunity to work with and learn from the best nurses and paramedics in Colorado... who work at my organization.

When I'm not at work, I enjoy cooking and feeding people. I will cook for anyone, anywhere, anytime, just ask. I also enjoy traveling with my family and spending time with my Boys (5 and 34, they're the light of my life).

If you're a new EMT or medic, don't get down on yourself for your perceived "failures." Be willing to work hard and study, seek out supportive mentors and just KEEP LEARNING from your mistakes. We have ALL been there. I hope to keep learning in this job and am very appreciative of being able to serve El Paso County's folks and also work with stellar EMS and hospital staff like yourselves! Hope to see you soon!

Best, Amy

GO AHEAD... ASK!



Ever wonder what the top speed of our aircraft is? Maybe you've wondered what it takes to work in our industry. Do you have a question about aviation? Well, here's your chance! We have people from all walks of life who would love to answer any questions you may have. Please send all questions to StarOneNewsletter@gmail.com along with your name, agency or department and we'll be sure to answer straight away!



Beat the caption!

This picture is begging for a caption! I take a lot of pictures and frequently I get one that could use a witty caption. This just happens to be one of those times. Hook me up with a funny caption and we'll hook you up with something worthwhile. Send your caption along with your name, agency or department to [StarOneNewsletter@gmail.com!](mailto:StarOneNewsletter@gmail.com)



Take me to you leader... No, really, take me... NOW!!!

Character is like a tree and reputation like its shadow. The shadow is what we think of it; the tree is the real thing
-A. Lincoln

Dinner Club!!!

You're Invited!!!

May 31st @ 6:00 pm



965 Manitou Ave., Manitou Springs

We're headed to the Loop restaurant in Manitou Springs for this month's Dinner Club! I've never been there but whenever I mention it to people their eyes glaze over and the next word out of their mouth is "margarita". This is an awesome environment to get to know each other better.

Everyone is welcome to attend and we always end up having a blast. Please email me at staronenewsletter@gmail.com to RSVP as soon as you can so I can let them know we're coming!!! Thanks

-Matt



Do you eat?!

I don't know about you but at my house dinner is the time we gather and talk about our day. We all feel like a great big family right? Well, perhaps it's time to gather around the table and share our communities stories with each other. We're starting a dinner club! Each month we're going to try out a different restaurant. This month is the Loop on the 31st! Please join us so we can get to know each other better! Please RSVP though email StarOneNewsletter@gmail.com by April 19th!

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