

חברה הצלה דקעטסקילס

STORYLINES

THE INSIDE STORY: HIGHLIGHTING THE LIFESAVING WORK BEING DONE BY CATSKILLS HATZALAH



SEE PAGE 6

THIS LOST COUPLE WAS RESCUED

HIS CHILD COLLAPSED DURING AN ORDINARY VACATION TRIP.

SEE PAGE 8 FOR THE INSIDE STORY

שבת פרשת
פנחס
י"ד תמוז תשע"ד
JULY 12, 2014

שבת הצלה
SHABBOS HATZALAH
CATSKILLS CAMPAIGN 2014

EMERGENCY HOTLINE
FOR EMERGENCIES ONLY:
718-230-1000

2014 DONATION
RECOMMENDATIONS

**YOUR
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MAKES A
DIFFERENCE!**

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OF CATSKILLS
HATZALAH**

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**SUPPORTER
OF CATSKILLS
HATZALAH**

\$180

**PATRON
OF CATSKILLS
HATZALAH**

\$360

**BENEFACTOR
OF CATSKILLS
HATZALAH**

\$1,200

**PILLAR
OF CATSKILLS
HATZALAH**

\$1,800

**SEND IN
YOUR LIFESAVING
DONATION
TODAY!**

BY MAIL:

**CATSKILLS HATZALAH
P.O.B. 50 MONTICELLO, NY 12701**

ADMINISTRATIVE OFFICE:

**1070 McDONALD AVENUE
BROOKLYN, NY 11230**

BY CREDIT CARD:

**WWW.HATZALAHCATSKILLS.ORG
718-998-9000**

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WILL YOU HELP US WRITE THE NEXT STORY?

DEAR FRIEND,

You often hear about the lifesaving tales of Catskills Hatzalah after they happen.

The little girl who stopped breathing was saved. The elderly grandfather suffering a heart attack was brought back to life. The car accident victim was rescued.

But the only way we can create these true stories is by spending the entire year planning, delegating and organizing - so that the heroic volunteers of Catskills Hatzalah can be available at moment's notice to create the miraculous tales you are about to read.

To better serve the Catskills community, we're constantly revamping our operations to boost response times, increase radio coverage and maximize overall efficiency. Here's how:

- THE STATE-OF-THE-ART CATSKILLS HATZALAH GARAGE HELPS US PROTECT OUR AMBULANCES FROM THE ELEMENTS, HOUSING IMPORTANT MEDICAL EQUIPMENT AND HOSTS ONGOING TRAINING SESSIONS
- AN INTEGRATED EMERGENCY CRISIS CENTER HOUSED INSIDE THE GARAGE ALLOWS US TO BETTER COORDINATE WITH OTHER EMERGENCY AGENCIES DURING CATASTROPHIC SITUATIONS
- A SOPHISTICATED RADIO DISPATCH CENTER EQUIPPED WITH ADVANCED TECHNOLOGY PROVIDES A WIDER COVERAGE AREA FOR RADIO COMMUNICATIONS DURING EMERGENCIES
- THE RECENT ADDITION OF 3 MODERN AMBULANCES TO THE CATSKILLS HATZALAH VEHICLE FLEET ENABLES FASTER RESPONSE TIMES AND UPGRADED PATIENT CARE STANDARDS

The bottom line? Your benevolent assistance is what ensures every call placed to Catskills Hatzalah is answered. The staggering budget of Catskills Hatzalah is funded solely by donations from loyal donors who spend time vacationing upstate - we receive no outside financial support from any other Hatzalah organization or division.

Feel free to peruse this newsletter and see firsthand what some of this past year's amazingly true stories entailed.* And then help us write the next chapter by taking part in this year's Shabbos Hatzalah Emergency Campaign and donating generously.

SO MANY PRECIOUS LIVES ARE DEPENDING ON CATSKILLS HATZALAH... WON'T YOU HELP US WRITE THE NEXT STORY?

THANK YOU FOR YOUR SUPPORT,

Rabbi Yehuda Frankel *Rabbi Yitzchok Levine* *Yomtov Malik*
Boruch Gips *Yidel Feig* *Yankel Richter*

CATSKILLS HATZALAH COORDINATORS

*NOTE: CERTAIN NAMES, LOCATIONS AND PERSONAL DETAILS PROVIDED IN THESE TRUE-LIFE STORIES HAVE BEEN CHANGED OR ALTERED TO PROTECT THE IDENTITY OF THOSE INVOLVED.



**THIS LOST
COUPLE WAS
RESCUED IN
THE NICK OF
TIME.**
SEE PAGE 6 FOR THE
INSIDE STORY



**GET THE BIGGER PICTURE
WE SAVE LIVES**



**הצלה
ראטעוועט
לעבנס:
העלפט אונד
אנצוגיין מיט
די הייליגע
ארבעט!**



**HERDIC
HATZALAH
VOLUNTEER
SAVES A
BABY'S LIFE.**
SEE PAGE 4 FOR THE
INSIDE STORY



**HIS CHILD
COLLAPSED
DURING AN
ORDINARY
VACATION.**
SEE PAGE 8 FOR THE
INSIDE STORY



SO WHY DOESN'T HE LIKE THINKING ABOUT IT?

A LONGTIME CATSKILLS HATZALAH VOLUNTEER **SAVES A BABY'S LIFE**



People often ask me how I manage while in Shul. Sounds like a strange question to ask a mature, full-grown adult, right? This daily spiritual occurrence shouldn't be a big deal. You sit. You daven. You concentrate. And you leave at the end.

CLEARLY, YOU'RE NOT A MEMBER OF CATSKILLS HATZALAH.

While some people see the art of multi-tasking as something reserved for the workplace, I've always viewed it in terms of praying. Try thinking about the sanctified words of Shema - while keeping half-an-ear glued to the emergency radio tucked surreptitiously under your jacket. Consider the effort involved in concentrating deeply during Shemonah Esrei - as a concerned dispatcher hastily informs you that a person down the road stopped breathing.

Over the years, you develop a talent for juggling your duty as a Jew and responsibility as a Catskills Hatzalah volunteer. So when my radio came to life one sunny Shabbos morning during Krias HaTorah, I didn't miss a beat.

"ANY CATSKILLS UNITS AVAILABLE TO RESPOND TO A CALL IN WOODRIDGE AT GOLDEN VALLEY ESTATES FOR AN UNRESPONSIVE INFANT?"

The crackly transmission had barely ended, but I was already weaving my way through the crowded aisles and keyed in my message.

"CATSKILL 28 RESPONDING, I'M ABOUT A MILE OUT."

Hopping in my trusty Chevy Suburban stationed right outside, I stomped on the gas and peeled out of the parking lot heading toward the nearby colony. Traffic was light and I skidded into the entrance barely a minute later.

I found little Devorah hanging limply in her mother's trembling arms. After swiftly placing the lifeless body on the hard asphalt and trying desperately to find a vital sign, I shook my head fretfully. There was none to be found. I immediately knew this was a life-and-death situation and grabbed hold of the radio.

"WE HAVE A CONFIRMED CARDIAC ARREST IN PROGRESS, GET ME BACKUP ON A RUSH!"

That was all I needed to say. Within seconds, a flurry of activity erupted over the radio as the concerned voices of my fellow members flooded the airwaves and reassuringly confirmed they were on the way.

I turned toward the weeping mother and asked if the child had a medical history. She shook her head sideways and gazed back at me with bulging, fearful eyes.

The shrill squeal of a siren pierced the air and Dovid Landau, still wearing a black hat and suit, appeared at my side moments later. "I'll start the compressions, you start bagging," he said tersely. I nodded and he began performing CPR in an attempt to keep little Devorah alive.

Reaching into my medical kit, I pulled out a metal oxygen tank to begin administering O2 to the tiny patient and attached a Bag Valve Mask device to force supplementary oxygen into her weakening lungs.

A tall paramedic named Sholom Rubinstein arrived next, gripping an ALS (Advanced Life Support) bag in one hand and a LifePak 15 Defibrillator EKG Monitor

- a portable \$25,000 machine that provides on-the-spot diagnostic and lifesaving functions during cardiac emergencies.

His arrival at the scene made us all feel a little less anxious. He was holding a technological miracle of a machine that could administer electric shocks to restore a heart rhythm in cardiac arrest patients, record EKG data, and most impressively, wirelessly link to the hospital. This allows physicians to remotely view the details on a computer and prepare for patient arrival. There are plenty of ambulance crews that can only dream of owning such an advanced item. Catskills Hatzalah has made it a priority to ensure volunteer paramedics in the region are equipped with this machine and capable of responding.

After carefully placing his equipment on the pebbled ground, Sholom kneeled next to me.

"What's the story?" he asked.

"UNRESPONSIVE INFANT, NO PULSE, NO HISTORY," I REPLIED.

Sholom pursed his lips and powered up the LifePak 15. In times of crisis, we like keeping words at a minimum and actions at a maximum. I unwound the spidery rubber cables, while he expertly fastened two white sensors to the lifeless body and squinted at the built-in LCD monitor. A series of squiggly EKG green lines staggered erratically across the screen. He abruptly turned to me.

"SHE'S IN V-FIB RIGHT NOW. IT'S A SHOCKABLE RHYTHM. ALL CLEAR!"

A bolt of electricity jerked through Devorah in a desperate attempt to restart her heartbeat. There was no response. Sholom frowned and administered two more shocks. We both peered at the screen hoping silently for some good news. The green lines on the LCD monitor began aligning and it showed a faint pulse beginning to return.

But the danger was still very real.

Heavy footsteps behind us ushered in the presence of another paramedic, Nathan Weller, who expertly intubated the patient to maximize her O2 intake. It was clear that Devorah was still unstable and would require advanced hospital care immediately. I unclipped the radio from my belt.

"C-BASE, WE'LL NEED TO GET A HELICOPTER HERE. CAN YOU PLEASE CALL THE COUNTY?"

To make a long story short, we transported Devorah by ambulance to a nearby landing zone, where a Medevac helicopter landed and flew her to Westchester Medical Center. She arrived there alive, with a pulse, and was diagnosed with a lethal heart rhythm that required intensive treatment. Last I heard, she fully recovered from her ordeal and is living life normally again.

But I really don't like reflecting on what happened that day. The frightening scene, the limp baby, the mothers tears, the horrified siblings sobbing nearby - these images stay with you for life. I'd rather focus on the future and think about what I can do to help the next person in distress. I hope you'll join me and partake in this noble mission. ■

HIS ARRIVAL AT THE SCENE MADE US ALL FEEL A LITTLE LESS ANXIOUS. HE WAS HOLDING A TECHNOLOGICAL MIRACLE OF A MACHINE THAT COULD ADMINISTER ELECTRIC SHOCKS TO RESTORE A HEART RHYTHM IN CARDIAC ARREST PATIENTS, RECORD EKG DATA, AND MOST IMPRESSIVELY, WIRELESSLY LINK TO THE HOSPITAL.

THEY WERE LOST IN A FOREST. IT WAS GETTING DARK. CATSKILLS HATZALAH FOUND THEM. SO GOES THE ABRIDGED VERSION OF WHAT HAPPENED TO SHLOMO AND GITTY KLEINBERG - AN OLDER COUPLE WHOSE PLAN OF TAKING A LEISURELY STROLL IN NEARBY HALLIVALE STATE PARK TURNED INTO A GRUELING NIGHTMARE. HERE IS THE LONGER VERSION, WITH THE DETAILS, FACTS AND FINE POINTS LISTED JUST AS THEY HAPPENED.

THE VICTIM'S STORY /// SHLOMO & GITTY KLEINBERG

THIS LOST COUPLE WAS RESCUED

THANKS TO THE EFFORTS OF CATSKILLS HATZALAH. READ WHAT EVERYBODY INVOLVED HAD TO SAY.

SHLOMO KLEINBERG, HUSBAND

■ The weather outside was beautiful and my wife suggested we go for a long walk. The trails at Hallivale State Park are relatively simple, so we decided to head there, a twenty minute drive from our colony. We were so absorbed in enjoying the trees, the scenery, the nature and the whole experience that we basically found ourselves on a subterranean trail. My wife looked at me nervously and I suddenly realized that we had no idea where in the world we were. I glanced at my watch and saw the time. It would be getting dark soon and we had no way of finding a clear path out.

GITTY KLEINBERG, WIFE

■ We were completely lost and I started panicking. My brother, Nosson Levy, is a member of Catskills Hatzalah, so I immediately grabbed my cellphone and called him. The first thing he instructed us to do was to sit down, conserve energy and stay put. Nosson explained that some searches get very complicated because people who are lost often walk around

and confuse rescuers, who search for them in a meticulous grid-like fashion. He also reassured me that the members of Catskills Hatzalah have been trained by the New York State Department of Environmental Conservation and are an authorized Search & Rescue agency. After explaining to me that he'd be contacting the Catskills Hatzalah base, he told me to call 911 and sit tight.

NOSSON LEVY, CATSKILLS HATZALAH VOLUNTEER

■ When my sister called me, I knew it was a serious situation and instructed her to call 911 immediately after our call, as they have sophisticated wireless tracking technology. But I also knew that Catskills Hatzalah has dealt with these situations many times before. We're fully equipped to help and our close relationship with the New York State Police, Park Rangers and other rescue agencies would help expedite the search process and allow us to find them quicker. I was also hoping that we could triangulate the wireless signal being sent out by her cellphone. By working together with regional officials and specialized computer software, we could pinpoint the location where the signals were emanating from and speedily establish the exact geographical position of the missing couple. We'd easily find them by nightfall.

GITTY KLEINBERG, WIFE

■ I calmed down a bit and sat on hard



קעטסקילס הצלה
זענען גרייט 24 שעה
אז איר זאלט האבן
א רואיגע זומער!



rock near the grassy trail, preparing to call 911. But when I looked at my cellphone and saw the battery was about to die, I panicked. My only means of communication with the outside world and the brave rescuers of Catskills Hatzalah was about to end. It would be my husband and I, alone, in this frightening dark forest. I quickly called Nosson back and began telling him that my battery was low - and abruptly got cut off as the cell phone shut down completely.

NOSSON LEVY, CATSKILLS HATZALAH VOLUNTEER

■ Gitty's phone call threw everything off course. The moment she told me her cellphone battery was dying, I knew the option of tracing her signal was becoming limited. It became very obvious that this would end up as a full-blown search mission. I made a phone call to the Catskills Hatzalah dispatcher and told him everything.

ALEXANDER GREEN, CATSKILLS HATZALAH DISPATCHER

■ The first thing I did after getting the call was to notify a Catskills Hatzalah Coordinator named Yehudah Baum. I knew he had the knowledge, resources and connections to get the ball rolling. He immediately began mapping out a search plan with other members and used his extensive training to coordinate the rescue attempt with other participating agencies. Like a well-oiled machine, the different agencies worked in tandem to locate the couple. We also used our resources to bring in a special K-9 team of trained bloodhounds in an attempt to sniff out a scent along the trail and possibly lead us to the lost couple.

A powerful ATV (All Terrain Vehicle) was towed in by a member and driven along the rocky trail as the search went on and the situation dragged along.

SHLOMO KLEINBERG, HUSBAND

■ Spending the night in a dark, clammy forest is downright scary. We jumped at every noise that we heard. Was it a bear? A rabid raccoon? A snake? I didn't want to alarm my wife, but I hadn't taken my blood pressure medication that day and was beginning to feel dehydrated. I silently prayed for Catskills Hatzalah to appear and rescue us before the situation got worse.

YEHUDAH BAUM, CATSKILLS HATZALAH COORDINATOR

■ It was very late at night, a hazy fog was swooping down and we lost contact with the couple. I strategized with personnel from the New York State Police, County Sheriff and Park Rangers as to how we should conduct the search. We developed a plan where our members would search the entire northern side of the park and their

officers would search the southern side. The idea was to cover all that ground and meet in the middle, as a way of verifying the entire Hallivalve State Park was scoured thoroughly. When it comes to operating in the field, there's absolutely no room for error. Our countless hours of training helped ensure there'd be none. What a relief it was to hear a fellow Catskills Hatzalah member ecstatically report over the radio: "We've located them!" Keep in mind, this all happened at about 1:45AM with nearly forty other Catskills Hatzalah volunteers on the scene.

GITTY KLEINBERG, WIFE

■ There are no words to adequately describe our feelings of relief and liberation. After administering my husband's hypertension medication and providing us with liquid hydration, the Catskills Hatzalah search team led us out of the forest on an ATV, took our vital signs, and cleared us to go back home. We were blessed to end our saga with a happy ending. But I shudder to think what would've happened if not for the dedication of Catskills Hatzalah. ■

THE DETAILS WILL ALWAYS DIFFER; THE MISSION ALWAYS REMAINS THE SAME. CATSKILLS HATZALAH HAS A UNDERTAKING TO UPHOLD. BY DAY, BY NIGHT, IN GOOD WEATHER AND BAD, WHEN HELP IS NEEDED AND LIVES ARE ON THE LINE, YOU CAN BE ASSURED CATSKILLS HATZALAH WILL BE THERE TO HELP.



HIS CHILD COLLAPSED DURING AN ORDINARY VACATION TRIP.

THE FATHER'S STORY /// AKIVA SILVER

HE DIDN'T
KNOW WHAT
TO DO; BUT
HE KNEW
EXACTLY
WHO TO
CALL.

Some emergency calls happen rather quickly. Within a few minutes, the patient is stabilized, transported and treated at the hospital. Chalk up yet another success story to Catskills Hatzalah. Other emergency calls may take place over the span of a few weeks.

Like this one.

When Akiva Silver visited the Catskills for a weekend with his teenage son, Mayer, he had no inkling of what would await them... or how Catskills Hatzalah would be there during their time of need.

The official transcript of every Catskills Hatzalah emergency dispatch is saved for posterity. These documented communications, spanning over a period of three weeks, reveal the high levels of dedication displayed by the members of Catskills Hatzalah throughout the entire ordeal.

JULY 7, 2013: 11:56AM
(RADIO TRANSCRIPT)

DISPATCHER: [Long Beep] Any units available for an unresponsive 19-year-old near the Four Corners in Fallsburg?

RESPONDER A: Catskill 48 responding from a mile out.

DISPATCHER: Copy that Catskill 48, your location is inside the Four Corners parking lot. You're looking for a red Ford minivan, the patient is reported to be inside and unresponsive.

RESPONDER A: Four Corners, am rolling.

DISPATCHER: 10-4, put a rush on it and bring along your defibrillator. Any units for a bus, any medics available to respond direct to the Four Corners for a possible code?

RESPONDER B: Catskill 31 to C-Base, I can head to the Fallsburg bus. Do you copy?

DISPATCHER: Okay. Catskill 31, respond to the bus. C-Base to the first unit arriving on scene, advise what you have.

RESPONDER C: Catskill 17 C-Base, I'm in the area. Do you require additional BLS backup?

DISPATCHER: That's affirmative, proceed to the Four Corners parking lot.

RESPONDER A: [Terrified voice of bystander screaming in background] Catskill 48 on a priority. C-Base, I've got a confirmed code. Requesting medics on a rush.

DISPATCHER: We copy, confirmed code. Any medics in Fallsburg for a code in progress?



RESPONDER D: C-Base, Catskill 12 is available to respond as ALS.

DISPATCHER: Catskill 12, copy. Respond as ALS and bring your equipment. [Long Beep] Do we have any backup medics in Fallsburg?

RESPONDER E: Catskill 22 is mobile and available to respond as backup ALS.

DISPATCHER: Alright, Catskill 22. Proceed to the call at Four Corners.

RESPONDER B: [Loud burst of static] Catskill 17 to C-Base, Do you have an ETA on the bus? It's raining heavily out here.

DISPATCHER: Catskill 17, what's your ETA on the bus? Units on scene are requesting that you put a rush on it.

RESPONDER C: I am about 3 minutes out. Do you copy?

DISPATCHER: Affirmative. Units on scene, your ETA is about 3 minutes. Catskill 22, continue your response and communicate with the units when you arrive.

RESPONDER B: 10-4, have him bring the portable suction when he arrives.

RESPONDER C: Units on scene, the bus is now pulling into the parking lot. What else do you need from the bus?

RESPONDER B: Just a stretcher with a board, and the portable suction as well.

RESPONDER C: Copy that.

RESPONDER B: C-Base, can you notify Catskills Regional Medical Center that we're en route? ALS on board, CPR in progress.

DISPATCHER: 10-4, doing so now.

RESPONDER B: Catskill 31 to C-Base with an update. Please notify Catskills Regional that we just got a pulse and are in the process of stabilizing the patient. We have a pediatric patient in post-cardiac arrest coming in.

DISPATCHER: 10-4, notification completed. The medical team is on standby and awaiting your arrival.

JULY 15, 2013: 8:04PM
[TELEPHONE TRANSCRIPT]

DISPATCHER: Catskills Hatzalah, is this an emergency?

CALLER: Hello, this is Akiva Silver calling. You saved my son's life last week. I wanted to thank you for all the help you've given us.

DISPATCHER: No problem, we're always here to help. Is there anything else you might need?

CALLER: Actually, we want to transport our son back home for further medical care and have chartered a special medical flight. Would you be able to help us out with the transport?

DISPATCHER: We certainly can. Let me have a Catskills Hatzalah coordinator call you directly to work out the details.

JULY 22, 2013: 3:41PM
[RADIO TRANSCRIPT]

DISPATCHER: [Long Beep] Any units available to proceed to Catskills Regional Medical Center for a transport to Sullivan County Airport?

RESPONDER A: Dispatch, this is Catskill 14, I am available to transport, along with Catskill 22 and Catskill 53 as ALS.

DISPATCHER: Take the bus and head to the hospital. Then continue to Sullivan County Airport. You've been issued clearance to drive up on the runway. Airport security will be awaiting your arrival. Do you copy?

RESPONDER A: 10-4, we do. Loud and clear. We're on the way. ●

THE FATHER WRITES

FROM THE MOMENT WE ARRIVED AT THE HOSPITAL, CATSKILLS HATZALAH DID NOT LEAVE MY SIDE. THE KINDNESS THAT I WAS SHOWERED WITH WAS CONSTANT. ONE AFTER ANOTHER, THEY CAME WITH HOT FOOD, SHABBOS MEALS AND MORE. MY SON WAS NOW IN THE DOCTORS HANDS, BUT HATZALAH CONTINUED TO TAKE CARE OF US.

AT TIMES LIKE THIS, ONE FEELS SO VERY ALONE. THEN COME INDIVIDUALS WHO ELEVATE THE SPIRIT IN THE MOST DIRE OF TIMES. ONE CAN BE SO FAR AWAY FROM HOME, YET NEVER ALONE.

קעטסקילס הצלה
דארף אייער הילף
איין צו העלפן!



SHE SAW A HORRIFIC ACCIDENT. SHE DIALED CATSKILLS HATZALAH. SHE STEPPED ASIDE TO LET THEM TAKE CARE OF THE REST.

THE BYSTANDER'S STORY /// KAYLA STERN

IT'S A FACT: ACCIDENT SCENES ARE NEVER CALM AND PEACEFUL.

Patients and their families will be crying. Emergency sirens blare loudly in the background. The noisy cackle of emergency radios are punctuated by shrill beeps and tones. Bystanders stand there anxiously, looking on in worry. Tension levels escalate.

But the volunteers of Catskills Hatzalah always appear relatively calm. Concerned? Yes. But there's an inherent sense of responsibility and professionalism that accompanies the arrival of each member, as they go about tending to the patient with the highest levels of compassion. While the overall picture may appear as one big blur of motion, every member arriving at the scene is tasked with a specific job to help the victim.

When seven year old Shira Miller was unexpectedly propelled off a swerving golf cart during a carnival at Camp Kayitz - landing in a ragged, bloodied and unconscious heap - head counselor Kayla Stern frantically dialed the number for Catskills Hatzalah. Here's what the members converging on the horrific accident scene did to save young Shira's life.



**YOEL HELLER, EMT
INITIAL
ASSESSMENT**

■ Initial unit on scene begins initial assessment and obtains quantitative set of vital signs including pulse, blood pressure, and respiratory rate; observes blood and spinal fluid exiting from right ear; requests dispatcher to send paramedics.

■ Drives Catskills Hatzalah ambulance to scene; begins process of further stabilizing patient and commences observation of neurological assessment parameters including: vital signs, respiratory status, pupillary responses, symmetry of motor function, and sensory deficits.

**PINNY
WEINBERG, EMT
NEUROLOGICAL
ASSESSMENT**



■ Immediately stabilizes cervical spine by performing manual stabilization and applying hard collar to aid in c-spine immobilization; upon arrival of ambulance, commences full immobilization procedure by firmly securing patient to longboard.

JACK MASRY, EMT
PATIENT
STABILIZATION

■ Delivers appropriate use of supplemental oxygen via non-rebreather mask to maintain saturation level of 95% - 98%; assesses ongoing O2 saturation via pulse oximeter and remains attentive to potential airway compromise or loss of airway.

ZALMAN SHAIN,
PARAMEDIC
AIRWAY &
BREATHING
ASSESSMENT

STEVE KATZMAN,
PARAMEDIC
ADVANCED
LIFE SUPPORT
INTERVENTION

■ Commences with endotracheal intubation to secure the airway; establishes IV infusion to administer fluids and increase circulating volume; monitors and maintains heart activity stabilization via LifePak 15 monitor observation.

YEHUDAH
BAUM, EMT
SCENE
COORDINATOR

■ Determines patient may be suffering from a severely fractured skull and requests emergency transport to Westchester Medical Center via Medevac helicopter; coordinates with local fire department officials to establish landing zone; oversees patient transport to hospital where appropriate medical intervention is delivered successfully. Simultaneously notifies appropriate Bikur Cholim agencies to meet up with family at the hospital; arranges separate transportation for immediate family members by private vehicle to Westchester Medical Center.

HE HAS SEEN IT ALL. PLEASE LISTEN TO HIS SAGE ADVICE... SO HE'LL NEVER HAVE TO SEE ANOTHER TRAGEDY.

THE PARAMEDIC'S STORY /// HILLEL LEBOWITZ

YOU'VE JUST READ A FEW STORIES ABOUT THE WAY CATSKILLS HATZALAH OPERATES AND YOU KNOW THE DRILL.

The call is sounded over our emergency radio system and a member instantly responds. With emergency lights flashing, he races through the labyrinth of winding country roads, the wail of his siren echoing the urgency of the life-threatening condition awaiting his arrival.

The trained volunteer rushes through the door and the chaos is instantly transformed into tranquility; fear turns into reassurance; and the impending danger is replaced by a sense of comforting safety as the dedicated volunteer performs his lifesaving work.

But what you may not know is that a number of these scenarios are preventable.

In my many years as a Catskills Hatzalah paramedic, I've seen plenty of needless heartbreak and tragedy - the majority of which could've been avoided. It only takes a few minutes of advance planning to know which actions should be taken before, during and after an emergency.



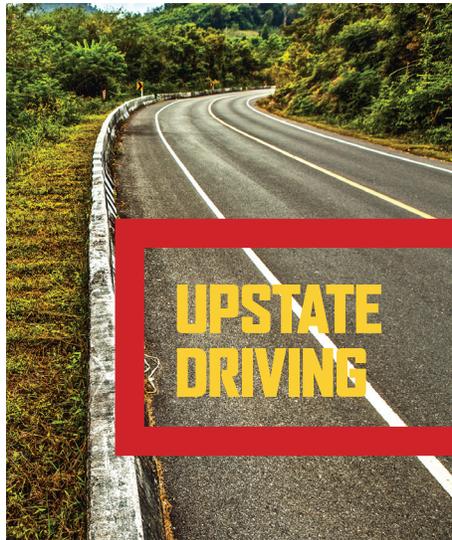
■ Make sure a large sign listing the name and address of your colony is displayed at the entrance and clearly visible from the street at all times - particularly at night. Position outdoor lighting fixtures strategically to help approaching rescuers find your exact location in the darkness.



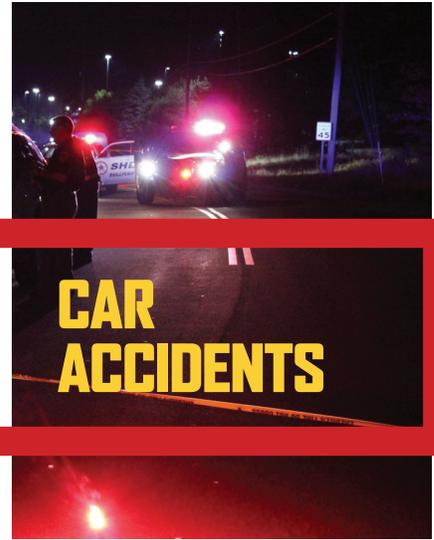
■ Inform somebody exactly where you'll be hiking before you head for the open outdoors. Bring along a fully-charged cellphone and only travel along marked trails. Be sure to pack some extra food, water bottles and any medications you may need for the day.



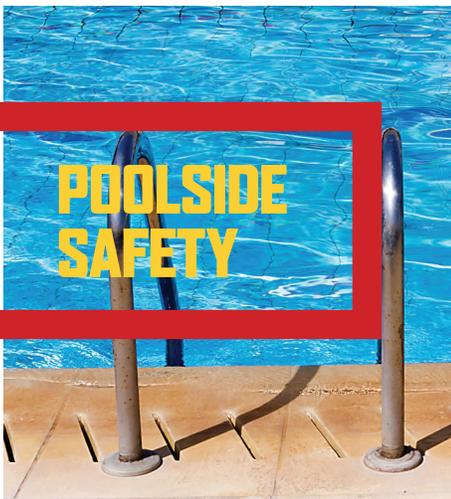
■ The mechanical components of every golf cart should be checked daily, including the wheels, brakes, mirrors, horn, and battery. Always use extreme caution while steering, never allow your passengers to sit in the cargo areas, and do not drive any faster than outdoor conditions allow.



■ Many roads in upstate New York are not designed for high-speed travel and can be hazardous. When driving on narrow roads with blind curves, slow down and keep as far to the right as possible. When driving at dawn or dusk, watch for animals approaching the roadway and prepare to brake.



■ If after an accident, your vehicle is obstructing the flow of traffic and in danger of being hit by other cars, try moving your vehicle the shortest distance possible from the place of impact without obstructing further traffic. Remain at the scene and contact the appropriate emergency services.



■ Routinely check the locks and fences around the pool area to confirm there are no gaps that little children can slip through. Never go swimming without a lifeguard nearby and never leave children unattended at the poolside. Most importantly, always bring along a cellphone and keep it handy.



■ To avoid ticks when walking in wooded areas, steer clear of places frequented by deer or tall grass. Check your children daily for ticks. While tick bites are serious, they're not considered emergencies and Catskills Hatzalah does not perform tick removal. Visit a physician for tick removal and testing.



■ Wearing a bicycle helmet can make the difference between a temporary bruise and a long-term injury. Verify that the straps are adjusted and snugly secured. Wear a helmet every time you ride. Above all? The rules of helmet safety apply to both children and adults, all day, all night, all the time.

SUPPORT HATZALAH

RUNNING AN ORGANIZATION
COMES AT A COST. FIND OUT
HOW YOU CAN HELP CATSKILLS
HATZALAH SAVE LIVES.

WE'RE MAKING A LIFESAVING DIFFERENCE. ARE YOU?

WHILE CATSKILLS HATZALAH MAINTAINS A CLOSE AFFILIATION WITH OTHER HATZALAH ORGANIZATIONS, THE CATSKILLS DIVISION REMAINS INDEPENDENT AND RECEIVES NO FINANCIAL SUPPORT FROM ANY OTHER HATZALAH ORGANIZATION OR DIVISION - YOUR DIRECT SUPPORT IS WHAT ALLOWS US TO OPERATE.

MEDICAL EQUIPMENT

- MEMBER TRAUMA BAGS ■ GAUZE & BANDAGES ■ STERILE BURN SHEETS ■ BLOOD PRESSURE KITS ■ RIGID EXTRICATION COLLARS ■ OXYGEN RESUSCITATION KITS ■ PORTABLE SUCTION PACKS ■ PORTABLE DEFIBRILLATORS

\$3,880

PER MEMBER

ADVANCED LIFE SUPPORT (ALS) EQUIPMENT

- PORTABLE VENTILATORS ■ EKG MONITORS ■ CARDIAC MEDICATIONS ■ DIABETIC MEDICATIONS ■ SEIZURE MEDICATIONS ■ PAIN MANAGEMENT MEDICATIONS ■ FIRST-LINE DRUGS ■ INTUBATION KITS ■ IV KITS

\$28,600

PER MEMBER

EMERGENCY DISPATCH SYSTEM

- ANTENNAE MAINTENANCE ■ BROADCAST EQUIPMENT ■ COMPUTERIZED HCAD SYSTEM ■ TELEPHONE TECHNOLOGY ■ RECORDING SOFTWARE ■ PORTABLE RADIOS

\$75,000

PER YEAR

CATSKILLS GARAGE OVERHEAD

- BRIGHTLY LIT AMBULANCE BAYS ■ EMERGENCY GENERATORS FOR 24/7 POWER ■ HEATED DRIVEWAY FOR WINTER RESPONSE ■ AIR CONDITIONING & ELECTRIC FOR ADMINISTRATIVE OFFICES ■ FULLY-STOCKED EMERGENCY CRISIS CENTER ■ RADIO DISPATCH & COMPUTER UPGRADES ■ EQUIPMENT RESTOCKING AREA

\$50,000

AMBULANCE FLEET MAINTENANCE

- DIESEL GASOLINE ■ AUTO INSURANCE ■ MECHANICAL REPAIRS ■ EQUIPMENT UPGRADES ■ RESTOCKING SUPPLIES

\$325,000

PER YEAR



AMBULANCE DEDICATION OPPORTUNITIES

CATSKILLS HATZALAH MUST UPGRADE ITS AGING AMBULANCE FLEET TO CONTINUALLY PROVIDE EMERGENCY MEDICAL SERVICES OF THE HIGHEST CALIBER. WHILE THE PRICE TAG FOR A NEW AMBULANCE IS OVER \$175,000, THE ENDLESS MERIT THAT YOU WILL GAIN FROM HELPING CATSKILLS HATZALAH SAVE COUNTLESS LIVES IS BEYOND DESCRIPTION.



COMPREHENSIVE LISTING OF

Alternate Routes TO AND FROM The Mountains:

From the Catskills

If you are near Route 52:

Take Route 52 South until Route 84 East, 84 East until Exit 10 - 9W South. Take 9W South into the Palisades Parkway South. (might have some traffic in town of Newburgh).

If you are near Route 42:

Take Route 42 South for 20 miles to 97 South until end. Take 6 East to 23 South for 45 miles until 80 East or until 46 East to Route 3 East to the Lincoln Tunnel (this road is a very winding road).

From the 17 East:

Take Exit 121 to Route 84. You can either continue on 84 East until Exit 10 - 9W South, 9W South into the Palisades Parkway South (might have some traffic in town of Newburgh) or take 84 West to Exit 1, to 6 West to 23 South until 80 East or until 46 East to Route 3 East to the Lincoln Tunnel (this road is a very winding road) or take 17 East to Exit 125 to 17M East until the end to the Old 17 South until NJ 17 South.

To the Catskills

New Jersey 17:

To avoid the 3 West and NJ 17 merge delay, after coming out of the Lincoln Tunnel, stay on 495 to Route 3 West. Take 3 West to 120 North Moonachie. Take 120 North to 17 North. This will take you behind Giants Stadium.

To avoid the delays caused by the 2 lane merge on the NJ 17 North by National Wholesale Liquidators, take 80 West (local lanes) to exit 62 Garden State Parkway North. Take GSP to Exit 163 which is NJ 17 North. Right before the exit, there is an overpass where one can see the traffic on the NJ 17. If it is backed up, stay on the Garden State Parkway until the Thruway North. If it is not backed up, exit and take the NJ 17 North until the Thruway.

From the Garden State Parkway:

If the New York Thruway North is backed up take the NY Thruway South to Exit 13 to the Palisades Parkway North to Route 6 to the NY 17.

From the Lincoln or Holland Tunnel:

Take the NJ Turnpike to 80 West (local lanes) to Exit 62 Garden State Parkway North. Right before Exit 163, there is an overpass where one can see the traffic on the NJ 17. If it is backed up, stay on the Garden State Parkway until the Thruway North. If it is not backed up, exit and take the NJ 17 North until the Thruway.

Staten Island to New Jersey

Via the Goethals Bridge:

Take Bay Street exit all the way to the right of the toll plaza. Stay on Bay Street which becomes Richmond Terrace (same direction as to the Staten Island Ferry) • continue on Richmond Terrace to South Avenue, make a left on South Avenue until Goethals

North Road, make a right on Goethals North Road onto the bridge or • continue on Richmond Terrace until the end, make a left on Western Avenue under Goethals Bridge, come around and onto the bridge.

Via the Bayonne Bridge:

Take Bay Street exit all the way to the right of the toll plaza. Stay on Bay Street which becomes Richmond Terrace (same direction as to the Staten Island Ferry). Continue on Richmond Terrace under Bayonne Bridge to Morning Star Road. Make a left. Go 4 blocks to Walker Street. Make a left onto Walker to Bayonne Bridge. Take Bayonne Bridge to the 169 North into the NJ Turnpike.

Missed the Bay Street Exit?

Exit at Clove Rd. Make a right onto Clove Rd. Continue to Forest Avenue. Make a left onto Forest Avenue. • Follow "440" signs to Bayonne Bridge or continue on Forest Avenue to Staten Island Expressway, make a right at Staten Island Expressway, continue to Goethals Bridge.

New Jersey to Staten Island

From the Outerbridge Crossing:

1) Take Richmond Parkway until the end, to Richmond Avenue. Make a right onto Richmond Avenue until the end to Hylan Blvd. Make a left on Hylan Blvd. Continue until the Verrazano Bridge.
2) Immediately after Outerbridge Crossing, exit onto Page Avenue (this exit is 100 ft after toll plaza). Take Page Avenue to Hylan Blvd. Make a left on Hylan Blvd. Continue until the Verrazano Bridge.

From the Goethals Bridge:

Exit at Forest Avenue. Make a left on Forest Avenue. Continue to Clove Rd. Make a right on Clove Rd. Continue over the Staten Island Expressway. Make a left and continue to the Verrazano Bridge.

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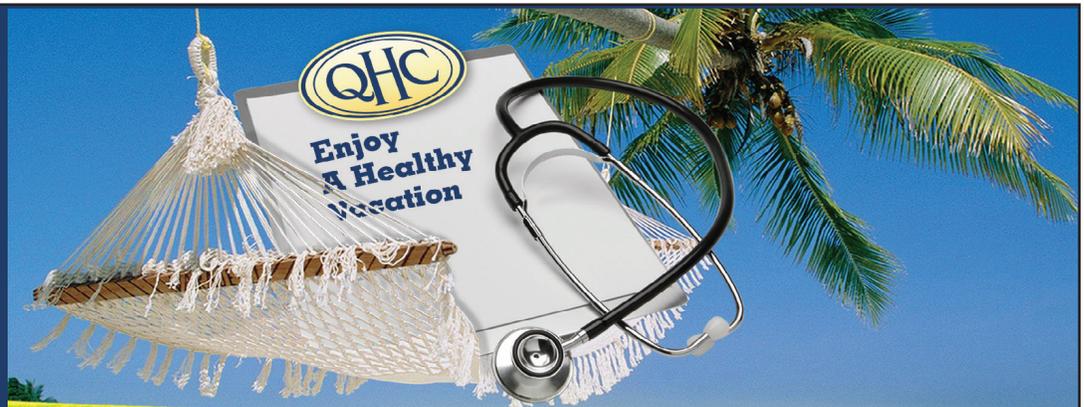
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DESIGN: ELIEZER WEINBERGER
COORDINATION: MECHY FISCHBEIN & DOVID BRAUNSTEIN

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EMERGENCY NUMBERS

CATSKILLS HATZALAH (718/212) 387-1750
(718/212) 230-1000

POLICE/FIRE EMERGENCIES	911
SULLIVAN COUNTY STATE POLICE	845.292.6600
SULLIVAN COUNTY SHERIFF	845.794.7100
ULSTER COUNTY STATE POLICE	845.626.2800
ULSTER COUNTY SHERIFF	845.338.3640
ELLENVILLE POLICE	845.647.4422
FALLSBURG POLICE	845.434.4422
LIBERTY (VILLAGE) POLICE	845.292.4422
MONTICELLO POLICE	845.794.4422

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BIKE SAFETY TIPS

DON'T GET CAUGHT UP IN A BIKE'S CHAIN: ALWAYS WEAR ANKLE CLIPS, ELASTIC BANDS, OR TUCK PANTS INTO SHOES. ■ BE VISIBLE: WEAR BRIGHT-COLORED CLOTHES BY DAY AND LIGHT-COLORED CLOTHES AT NIGHT. ■ **PROTECT YOUR HEAD: ALWAYS WEAR AN APPROVED HELMET.** ■ AVOID SLIP-ON SHOES: THEY CAN EASILY FALL OFF. ■ **OBEY ALL TRAFFIC SIGNS AND LIGHTS.** ■ CAREFULLY LOOK BOTH WAYS BEFORE ENTERING A STREET. ■ **WATCH FOR CAR DOORS OPENING.** ■ ONLY ONE PERSON AT A TIME SHOULD RIDE A BIKE.

WHEN CALLING CATSKILLS HATZALAH: IMPORTANT TIPS TO REMEMBER DURING AN EMERGENCY

- WHEN CALLING CATSKILLS HATZALAH, CLEARLY STATE YOUR NAME, ADDRESS AND PHONE NUMBER
- DO NOT HANG UP THE TELEPHONE UNTIL INSTRUCTED TO DO SO BY THE DISPATCHER
- WHEN A CALL OCCURS INSIDE A COLONY, AN ADULT SHOULD BE SENT TO THE COLONY ENTRANCE TO GUIDE RESPONDING MEMBERS
- WHEN AN EMERGENCY OCCURS AT NIGHT, THE ADULT GUIDE SHOULD BRING A FLASHLIGHT TO THE COLONY ENTRANCE - EVEN ON FRIDAY NIGHT

IMPORTANT PHONE NUMBERS

IMPORTANT WEBSITES

WWW.KOSHERTRAVELINFO.COM	Find a Minyan, Kosher food, Lodging etc.
WWW. ROADINFORM.COM	Catskills traffic updates for best routes to and from country
WWW. YWN.COM	Find/Share-A-Ride Program (Service of Yeshiva world News)
WWW. CHVAC.NET	Catskills Hatzalah Information/on-line contributions/dedications
WWW. CHVAC.NET	Download GPS for Catskills bungalows colonies, camps and hotels

IMPORTANT PHONE NUMBERS

ZMANIM HOTLINE	718.331.TIME
MISASKIM	718.854.4548
POISON CONTROL	800.222.1222
ELECTRIC OUTAGES & EMERGENCIES	800.572.1131
KOL MEVASER (TRAFFIC REPORTS & ALERTS)	212.444.1100 #7
INTERNATIONAL CHESED HELPLINE	718.705.5000

HOSPITALS

CATSKILL REGIONAL MEDICAL CENTER (HARRIS HOSPITAL)	845.794.3300
ELLENVILLE HOSPITAL	845.647.6400
ORANGE REGIONAL MEDICAL CENTER (MIDDLETOWN)	845.343.6161
WESTCHESTER MEDICAL CENTER (TRAUMA AND BURN CENTER)	914.493.7000
CATSKILL BIKUR CHOLIM (ELLENVILLE AND HARRIS HOSPITALS)	845.354.3233

TRANSPORTATION

CATSKILL'S MOUNTAIN TRANSPORTATION (SHABBOS EMERGENCIES)	845.434.8400
HEIMISH CATSKILL'S LOCAL CAR SERVICE	845.807.3080
LADY DRIVERS-STEINBERGER'S CAR SERVICE UPSTATE	718.781.8909
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RESPONDED TO OVER 2,000 EMERGENCY CALLS
BUT WE CAN'T SAVE ALL THOSE LIVES ALONE.

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SAVE LIVES!**

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