

TWO LOCAL WOMEN CHAMPION CAUSES AND BECOME ADVOCATES



During this past March, KCEAA had the privilege of being aligned with two courageous and remarkable women. Our own LaRae Lynnville was diagnosed with Multiple Sclerosis about thirteen months ago. She says that she knew something was not right. "They told me it was probably carpal tunnel syndrome, but I just knew that there was more to it." Her persistence paid off with early detection.

Most people do not know much about Multiple Sclerosis (MS) unless they know someone with it. MS is a chronic, unpredictable disease of the central nervous system (the brain, optic nerves, and spinal cord).

It is thought to be an autoimmune disorder. This means the immune system incorrectly attacks the person's healthy tissue. Most people are diagnosed between the ages of 20 and 50, although individuals as young as 2 and as old as 75 have developed it. MS is not considered a fatal disease as the vast majority of people with it live a normal life-span. But they may face a struggle to live productively, often with increasing limitations.

Last month LaRae became a spokesperson for MS locally. We are so very proud of the way LaRae has met this challenge with such grace and courage.

LaRae was diligent in her health matters and Jeanne K recognized the need for routine exams for overall good health. We all may have a lot to learn from their very different stories and their willingness to be advocates for their diseases.

A lot of times we have asked the questions of our youth ~ Who do you look up to as heroes?

In reading this, may they need to look no further.



WV Radio personality Jeanne K has been recently diagnosed with Breast Cancer. Jeanne has become very special to us when KCEAA and V100 joined together last June in a partnership that has become a good fit with their format. Many times Jeanie has played songs for us and has said a little "Hello" with words of encouragement to our crews.

She did not have any idea that she had a problem. Jeanne says that she really felt healthy and had no ailments. Her discovery came as a result of a routine mammogram. It was discovered that she has a very small tumor, a lump of only 1 cm, but is the type that can spread rapidly. She has stepped up to be an advocate for Breast Cancer and has initiated an aggressive approach in her treatment with the support of her husband Rick. She stresses for all women to have a check up and a routine mammogram for early detection.

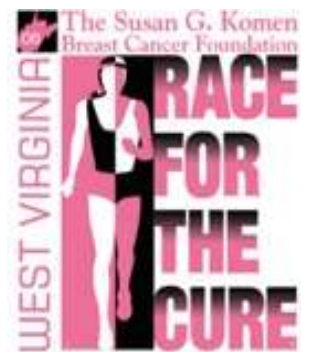


Paramedics Doug Stewart and Linda Tucker with LaRae at the National MS "Day of Hope" at the Town Center Mall in March

Web Sites

Breast cancer
<http://www.cancer.org>

Multiple Sclerosis
<http://www.nmss.org>



“Around the Field”

Last month we listed one of our new employees as William Jones, it should be William James.

KCEAA Bowling League Annual Spring “Roll Off”

On Friday, March the 31st, the KCEAA Bowling League held their 1st annual “roll off” at Venture Lanes in Saint Albans. First place went to Tony Kerns, Mary Richmond and Jerry McGee; AKA “Stubby and the Boys”. Second place went to Dave Perry, John and Tracey Campbell; AKA “Troll Masters”. It was a very successful inaugural season and we are looking forward to the upcoming Fall season.



Tony Kerns, Mary Richmond and Jerry McGee



At the annual JEMS EMS Exposition this year in Baltimore, Maryland, there was a CPR challenge sponsored by Zoll. Our own Rick Unik placed first in individual CPR.

Congratulations Lt. Rick Unik



Kyle and Crystal Hinzman started Caleb young...

...as did Bill and Tammy Harpold with Caden



The St. Albans Tiger Cubs came to see KC last weekend. For more information call Thurman at 345-2312 ext 170





“Chaplains Corner”

The acronym **HEAL** can help us remember some helpful guidelines for restoration and nurturing of relationships.

Humble Approach the situation with an attitude of meekness. Don’t assume that you are guilt-free. Perhaps something you said or did has contributed to the difficult relationship.

Effort Know that it will take time for relationship repair. Just as the situation probably didn’t develop overnight, so it will take time for the other person to understand your perspective. When there is an opportunity to speak to that person, don’t avoid it. Rather, take the time to inquire about their day. They just might surprise you by opening up and sharing.

Appreciate Take a few minutes and think about the contribution the person has made to either your life or the lives of those around you. Let that appreciation override your own irritation with that person when you talk to him or her today.

Listen Next time you have an opportunity to talk to that difficult person, listen to them. Try not to let your own negative opinion influence you. Ask the Holy Spirit to help you listen so that you have an appropriate response. Let **HEAL** be your response to the difficult people in your life. Following these steps are sure to put you on the road to a renewed relationship!

KCEAA April Birthdays

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|-----------------|-----------------|---------------------|
| Todd Bacchus | Chris Bowles | Michael Byble |
| Diane Davis | Richard Deyerle | Jennifer Frye |
| Deanna Hastings | John Johnson | Ted Logan |
| Donna Meadows | Jay Mollet | Steve Orndorff |
| Richard Rose | Jason Sergent | Phillip Skeens |
| Tia Soice | Justin Teel | Michael Vandergriff |
| Virgil White | | |

KCEAA Sponsors EMT-B Class for High School

An idea that started years ago seems to be gaining momentum for EMS in the area. EMT-B classes are now being offered at area high schools. Last year, Pat Fenimore taught an EMT-B class at South Charleston High School.

The goal is to enable senior class students an option to enter EMS straight out of high school. This year Dr. Burdett and Dr. Williams, principle at Saint Albans High School, directed Tim Barnett to teach a senior class consisting of three students. It is offered during third block and takes a semester to complete.

Tim states that “The positive part of this program is KCEAA sponsorship, RESA testing and class size. This provides an individualized clinical atmosphere for the students.” He went on to say that. “The students will participate in hospital ER rotations, EMS internship such as “ride time” with our 911 trucks, while still meeting the requirements of the US Department of Transportation guidelines.”

Employee Spotlight



Brenda Nichols

Brenda has been with KCEAA for about three and a half years and works on KM 543 as an EMT. She is very active with the Public Relations Department. She says “I really enjoy the interaction with a variety of people of all age groups.” She goes on to say that she “likes the atmosphere of advising folks of health awareness issues.”

Brenda lives in Roane County with her 18 month old son Brandon. We have seen him many times at KCEAA functions, giving us that grin through those puffy cheeks, that just makes you want to pick him up and cuddle him.

She has such a warm demeanor and is the type of “people person” that gives confidence and assurance to patients and makes them comfortable with EMS.



Board Member Spotlight



Harry Miller

Mr. Miller has served on the KCEAA Board of Directors for five years and is on the personnel committee and is Vice President of Operations.

Harry represents the City of Nitro where he has served on the City Council and is involved with the Nitro Fire Department as a HazMat Technician since 1981. He worked with the first committee that developed the Nitro Emergency Response Plan approved by the Chemical Manufacturers Association Responsible Care program.

His hobbies are Hunting and Fishing, canoeing and hiking where he has a passion for sketching and photographing nature. He and his wife Lynne live in Nitro with their daughter Laura who is on the swim team at Nitro High School.

Harry believes in “real world” field operations and is always concerned about the welfare of “medics in the field” He is very thorough when approving and working with our Operations SOP’s and manuals.

