What’s New with BEMCo?
Brandeis Emergency Medical Corps
Spring 2016

Read Up On What’s Been Going on:
Director’s Letter 2
Overheard On Call 3
Ops Corner 4
Call Statistics 5
Training Area 5
BEMCo at NCEMSF 6
New Parking Spot! 7
BEMCo Love Stories 7
Meet the E-Board 10
About This Publication 12

Contact Us: (781)-736-4263  bemco@brandeis.edu
Dear BEMCo alumni,

I hope this newsletter once again finds you well. I am pleased to announce that as per all of your expectations, BEMCo continues to thrive, serving hundreds of students on the Brandeis campus each year.

Over the past few years, BEMCo has been working to make Brandeis University a HeartSafe campus with the National Collegiate Emergency Medical Services Foundation (NCEMSF). This project requires certifying at least five percent of the campus in CPR, creating and coordinating emergency action plans for cardiac arrests on campus, collecting response time data from not only our own archives, but also those of Cataldo Ambulance Services (servicing the city of Waltham), and interfacing with university administrators and officials to ensure the accuracy of the information in the application. I am thrilled to say that all of the hard work that has gone into BEMCo’s CPR program has paid off, and we are now HeartSafe certified!

“In I am thrilled to say that all of the hard work that has gone into BEMCo’s CPR program has paid off, and we are now HeartSafe certified!”

In addition to working toward becoming HeartSafe this year, we also worked to gain a guaranteed BEMCo parking space for the ambulances, so that we can write up calls during the day and ensure we have a place to park an ambulance near the BEMCo office. I am pleased to share that in December of 2015 we were granted this parking spot, which has greatly helped us to be as efficient as possible in our day-to-day activities.

Once again, we have had an exciting and prosperous year and we would love to hear from our esteemed alumni who have blazed the trail for BEMCo to become the well respected organization we are today. If we haven’t yet met, I very much look forward to meeting you at the 35th Anniversary Gala in 2018!

Sincerely,

Rebecca Siegel
Brandeis University Class of 2016
Candidate for B.S. in Biology and Health: Science, Society, and Policy
Director, Clinical Supervisor
BEMCo #773, EMT-B, ECSI CPR Instructor
“Do you think I can call BEMCo and have them kill east bugs?”

“I feel like I have 6 arms and 7 heads.”

“Can I have a hug?”

“Do you think I can call BEMCo and have them kill east bugs?”

BEMCo member (BM): “How much did you have to drink?”
Patient (Pt): “Too much”
BM: “When did you start?”
Pt: “Too early”
BM: “When did you stop?”
Pt: “Too late”
Pt to other Pt in very slurred speech: “We can never drink like that again…. Like never. Never, ever. Too much…”

“I smoke weed every day, EVERY day.”

“I see babies climbing up the walls and flying like chickens…Like that one right there!”

“Can I have a hug?”
If you’ve been keeping up to date with BEMCo, you know that we’ve made many changes lately.

As you know, we now have two certified class V ambulances. This past year, we were told we are no longer able to park on the curb by the entrance to the road to East, so now you may be wondering how we could even possibly park the trucks by the office during the middle of the day. Well, it turns out there is now one parking spot on Loop Road dedicated for one of our ambulances!

Also, as you can see in the stats section, we’ve had quite a few calls this year. While we did not manage to surpass the call totals from last year, we are on track to have the second most calls during a calendar year in BEMCo history! A surprisingly large amount of calls this year have also occurred simultaneously, so having two ambulances has most definitely been extraordinarily helpful for our response.

Here’s a quick summary of some of our calls:

- We have administered an Epi Pen twice.
- We have administered albuterol once.
- We have administered oral glucose once.
- We have administered Aspirin once.

Lastly, we have begun the process of transitioning to an electronic PCR system! While we have not yet signed a contract with one of the ePCR companies, the campus administration is supportive of the idea, and we look to begin implementing an ePCR system in the coming year.

James Kuo
Brandeis Class of 2016
Crew Chief, Director of Medical Operations
#761, EMT-B, ECSI BLS CPR Instructor

“A surprisingly large amount of calls this year have also occurred simultaneously, so having two ambulances has most definitely been extraordinarily helpful”.

James Kuo
Brandeis Class of 2016
Crew Chief, Director of Medical Operations
#761, EMT-B, ECSI BLS CPR Instructor
This has been quite the year of training and education in BEMCo!

Over the course of the two semesters, we have welcomed over thirty-five new members to the corps! A goal of this year was to provide more informative, active, and fun CEs. One way in which we did this was by adding a Jeopardy-style quiz to the end of several of our CEs. This not only allowed learners to hone their recently acquired knowledge, but also inspired some fun competition between corps members. Winners received the esteemed prize of candy. Additionally, BEMCo had their second annual refresher course this past November, which allowed nationally certified EMTs on the corps to update their national and local certification. This course remained free of charge and open to current members as well as alumni. The twenty hours of CE credit was taught by the primaries and supervisors: Rebecca Siegel, Betty Varghese, James Kuo, Ian Batson, and Meka Uffenheimer. It was a large time commitment for both the instructors and students, but it was an excellent and efficient way to ensure the corps remained up-to-date on their certifications.
The CPR program here at Brandeis has continued to excel due to the hard work of BEMCo's CPR instructors and the CPR coordinator, Zirui Fu. BEMCo held a CPR instructor course this past November to guarantee the CPR program could grow for years to come. Through this class, we were able to welcome over 15 new instructors to the program!

Additionally, a very successful EMT class recently came to conclusion. I am excited to announce that all students passed their state-practical on their first try! This feat would not have been successful without the hard work of our EMT class liaisons, Morgan Kolb and Matthew O'Leary. We are very excited to see these soon-to-be EMTs join BEMCo next fall.

Meka Uffenheimer
Brandeis University Class of 2016
Candidate for B.S. Biology with Minors in Philosophy and Health: Science, Society, and Policy
Crew Chief, Training Officer #774, EMT-B, ECSI BLS CPR Instructor

BEMCo at NCEMSF - A Reflection

I had a great time at NCEMSF. I got to road trip with the corps, attend lectures on the more interesting aspects of EMS, and meet members of other collegiate EMS crews from across the country. I learned about OB emergencies, ran into someone that I took my EMT class with, and was present when Brandeis was awarded heart safe campus status. The best part of the weekend however was the time that I got to spend with members of the corps. I was able to get to know everyone better and had a ton of fun hanging out after the day's activities ended. I think that NCEMSF presents a great opportunity to get closer as a corps, and look forward to attending again in the future. - Justin Maher #794
BEMCo’s New Parking Spot

BEMCo Love Stories

Jeff & Melany

Where there is BEMCo, there is love. Love for what we do/did, love for our peers, love for all the countless stories we all have while writing up calls in the office. Love is what drives us. But not every story begins with love, ours certainly didn’t, but every story should end with it.

Our freshmen year, Jeff joined BEMCo and was appointed EMT class liaison and TA while Melany decided to take the BEMCo EMT class to get some clinical experience. During the class Melany greatly disliked Jeff and thought that he was too hard of a TA. Even though we lived in the same building [Yay Usen!] and ran in the similar friend group, we didn’t really talk or hang out outside of the EMT class. The following year, Jeff became Training Officer and Melany joined BEMCo. Once again we lived close to each other, this time in the Village.
Something changed though from the previous year, maybe it was from being on call together A LOT or from just being someone to vent to about all the stressful situations that being on E-board and going up for primary bring [all those of you that have done either or both know exactly what we are talking about], but we suddenly became really close friends. We were constantly doing everything together when we were on and off call, especially since we both majored in HSSP and Biology and were taking and struggling with the same classes. The summer between sophomore and junior year we realized that we both wanted more than just a friendship and began dating. It has been pure love ever since. Jeff eventually became a Supervisor, Operations Officer, and then Director while Melany became a CPR Instructor and later CPR Coordinator. With the help of BEMCo’s amazing CPR instructors and each other’s love and support, we trained hundreds of students, faculty, and staff in CPR and First-Aid and raised enough money to have a truly self-sustaining program. We graduated Brandeis in May 2015 and made the big move down to Florida. We got married in Aventura, FL on June 21st, 2015 with many of our friends from BEMCo in attendance. Currently, Melany is a Research Coordinator at PRIME Education, Inc. and Jeff is starting medical school in South Florida this coming August.

We believe that BEMCo definitely helped solidify our relationship and make us into the couple that we are today. Whether it was helping each other study for promotion drills, working together on a late night call, or working to develop the BEMCo CPR program, these experiences helped draw us closer together and learn how to work together in a way we could not have before. Through BEMCo we met friends we would have never met before and learned how to better communicate not only with our patients but also with each other. Yes, being a couple on BEMCo was challenging sometimes (especially when we disagreed on an issue which happened more than either one of us will admit); however, learning how to work through these problems and balance our lives has only helped us better prepare for the future to come. BEMCo will always be a large part of our lives through the skills we learned and people we met and we hope that BEMCo continues the tradition of not only “Breaking Hearts and Saving Lives” but “Joining Hearts and Saving Lives” as well.

With all the BEMLove,

Jeffrey Katz #697 and Melany Vidret #742
Anna & Ian

Anna and Ian met early in their Sophomore year of college, when they were in the same section of Bio Lab. They began talking early in the semester, until one day, Anna reached over the invisible open flame of Ian’s unattended Bunsen burner, in order to grab a solvent, and singed the hair off of her arm. Needless to say, she was angry and gave Ian a long lecture on lab safety. They did not speak for a while after that, as she believed him to be careless, and he believed her to be outspoken. Thankfully, through BEMCo, they began to realize how much they actually have in common, and began to speak regularly. From long shifts together, to covering for each other, to the promotions process, to socializing in the BEMCo office, they grew closer.

For a long year, their friendship remained purely platonic; however, at the end of it, they decided that they wanted to be with each other more than with anyone else. They moved in together very soon after beginning dating, and one night, Ian came home from work and took Anna to Rockport, Massachusetts. They got engaged in the moonlight, on the windy coast of the Atlantic Ocean, on a particularly chilly December night. Later that year, they got their own apartment, a cat, and a dog, and starting living a domestic life while finishing up their last year of undergraduate education. They are now excited for their upcoming wedding at the end of May.

Following graduation, Ian will continue working as an EMT while applying to medical school, while Anna will be working as a Research Assistant while applying to graduate school. Both have found their experience on BEMCo to be invaluable to the development of their relationship, and hope that love finds other future BEMCo members!
Ian Batson #776 and Anna Mukhina #769
Meet the E-Board

Rebecca Siegel - Director

Rebecca Siegel joined BEMCo in the Fall of 2013 after taking the EMT class Freshman year arranged by BEMCo. She served as Fundraising Officer her Junior year, spearheading the creation of BEMCo first aid kits, and advanced to Primary in February of her Junior year as well. She furthered her service to BEMCo as Director and Clinical Supervisor in her Senior year. Upon joining BEMCo, Rebecca greatly loved the family aspect of BEMCo, late night Dunkin trips, and serving the Brandeis community. She hopes as Director that she has brought some of the same feelings of excitement and community to BEMCo as she experienced upon joining the organization. She is thrilled that Brandeis is now a HeartSafe campus and cannot wait to see how BEMCo blossoms in future years. Rebecca is a Biology and HSSP major with a Chemistry minor and hopes to further her career as a healthcare provider. While she is sad to be leaving BEMCo, she knows she is leaving it in good hands, and BEMCo will always have a special place in her heart.

James Kuo - Operations Officer

James Kuo is BEMCo’s current Director of Operations. He is a senior majoring in Neuroscience and Biology and minoring in Chemistry. He took the EMT class held at Brandeis during the spring semester his freshman year, joined the next semester, and has been extremely active in the organization ever since. He became a primary in his junior year and also served as maintenance officer prior to becoming the Director of Operations this year. His work in this position includes reviewing all calls (we’ve had 310 so far this year, the second most in BEMCo history!), taking care of BEMCo’s two class V ambulances, and generally attending to any operational problem that occurs. When James isn't taking care of his BEMCo duties or working at his hospital jobs, he is likely doing something relating to basketball, whether it is playing it, watching it, or just reading basketball news. He is one the biggest basketball fans currently in BEMCo, and if you talk to him you will likely be subject to an unwanted conversation about one of his two favorite teams, the Boston Celtics (James is writing this while yelling at the TV as they get eliminated in game 5 of the playoffs) or the Golden States Warriors. On a more serious note, James will be graduating in May and is sad to leave BEMCo behind, but he is confident that he will be able to use the ample skills gained while a part of the organization in his future career in medicine.
Anna Mukhina - Administrative Officer

Anna Mukhina has been a part of BEMCo since Fall of 2013, following completion of her EMT training at Boston University. Prior to assuming her position as BEMCo’s Administrative Officer, she served as Scheduling officer during her Junior year, making sure that the calendar ran smoothly! Her favorite part of BEMCo is the incredible togetherness and sense of community that comes with being an organization dedicated to service. As she leaves Brandeis, she hopes that future generations of BEMCo will continue throwing an assortment of different parties and bonding activities. At Brandeis, she is majoring in Neuroscience, Biology and Anthropology. Her other activities include being a Bio Lab TA and research – both activities that she will continue pursuing following graduation.

Meka Uffenheimer - Training Officer

Meka Uffenheimer currently serves as BEMCo’s Training Officer. She is a senior majoring in Biology with minors in Philosophy and HSSP. As Training Officer, her responsibilities include planning and organizing New Member Orientation each semester, providing continuing education classes for members, as well as supervising Brandeis’ CPR program and EMT class held on-campus each spring. Some of the most well-attended CEs of the year were the always-popular mock calls and the CE this spring on illicit drugs and alcohol. Meka invites any alumni interested in teaching CEs to email bemco@brandeis.edu. She looks forward to see what new training opportunities BEMCo will develop and is excited to return to campus after graduation to teach future generations of BEMCo.

Joy Wang - Treasurer

Joy the 2015-16 Treasurer of BEMCo. She manages the financial aspect of BEMCo, by overseeing the corps's budget, which includes the purchase of medical, training, and administrative supplies as well as communications and vehicle maintenance. She also facilitates the payment of EMTs who work at BEMCo requested standbys. As a senior, Joy has been on BEMCo for 6 semesters and has loved every aspect of the experience: the crew dinners, the crazy late night calls, learning the financial and administrative workings of BEMCo,
and more. She represented BEMCo at the Admitted Students Day Open House where she spoke with many excited students and their family members on the uniqueness of BEMCo and answered their questions. Her hope is for BEMCo to continue maintaining a welcoming environment for members to have opportunities to learn diverse skills and to want to improve themselves as EMTs. Seeing all new enthusiastic BEMCo members this year, as well as the continued commitment of the members who joined last year, she feels confident that BEMCo will be left in good hands.

Carolyn Sabini - Secretary

Carolyn Sabini was the BEMCo Secretary for the 2015-2016 year. She is majoring in Health: Science, Society and Policy, and minoring in Economics and Sexuality & Queer Studies. Carolyn joined BEMCo as a sophomore in the fall of 2014, was promoted to Secondary in December of 2014, was promoted to Primary in December of 2015, and will be one of the Clinical Supervisors for the 2016-2017 year. Carolyn very much enjoyed her time as Secretary on the board, spending her time conducting a survey of social events members would enjoy seeing BEMCo put on, and interfacing with corps members often. Carolyn was elected Director for the 2016-2017 year, and is looking forward to helping BEMCo even more in her new role! Carolyn’s favorite thing about BEMCo is having the opportunity to teach newer members about EMS, since Carolyn is passionate about both EMS and teaching, and BEMCo is such a great way to bring them together.

About This Publication

Dear BEMCo Alumni,

We sincerely hope you enjoyed this publication, and that it helped to bring back fond memories of the time you spent on BEMCo. If you would like to make a donation, teach a continuing education class or guest lecture for current members, or be featured in next year’s newsletter, please email bemco@brandeis.edu. We thank you for your continued support and hope you keep breaking hearts and saving lives.

With best wishes,

Brandeis Emergency Medical Corps