



Contact info

Contact LifeGuard through your local dispatch or by calling (800)223-6627

Preferred frequencies to use when speaking with LifeGuard are:

- 155.340 VMED 28 (State EMS)
- 155.475 VLAW 31 (Law Mutual Aid)

Identify who will be speaking with LifeGuard

Requesting LifeGuard:

Remember if you are unsure you'll need LifeGuard, you may tell dispatch that you would like to place LifeGuard on "stand-by". The crew will prepare for lift-off while awaiting the "go-mission" call. This saves minutes on lift-off time because the crew is already at the helicopter, and ready for lift-off.

You can also request LifeGuard to be an "in air" standby. This is a good option for when calls are a distance away.

There is no charge if LifeGuard is cancelled.



GET A LIFE..... outside of your job

I have always believed that everyone needs to have "outside interests" and now I've found the reasons why.

You may be passionate about your full-time job or career, but how do you maintain that enthusiasm and passion, along with your physical well-being, day in and day out, year after year? In the healthcare profession, even with the excitement, many medical responders "burn out". It is difficult to continue to transport and care for patients that do not live, are terminally ill, or experiencing significant pain. It is difficult to continue to respond to accidents where there are injured children, or to frequently see the cruelty of humans. Even if we get to participate in the beginning of a new life, or know that what we did gives someone a new lease on life, it often does not outweigh the difficult. Lifting obese patients, extricating patients from difficult positions and areas, carrying these patients over rough terrain or up/down stairs, and carrying your equipment can take a toll on your physical well-being.

So, how do we keep our passion alive? We find, have, and keep outside interests. Participating in an outside interest, a hobby, is something you do for yourself. No one else. Just you. There is little to no monetary compensation for it, so it is for the simple enjoyment and fulfillment of doing it. You do your job in order to be paid. Yes, you can love it, but it is also for someone else, your employer. By finding an outside interest, you can have passion for something else also. This is something that does not defeat you, something that does not depress you. It is something that you can get excited about, that brings you joy and anticipation. It might be something that is an offshoot of your career, but it remains "yours".

When you talk to others about your hobby, your outside interest, your eyes should light up. Your voice should become happy, if not excited. You should be able to converse with others about it. It should allow you to recharge your batteries, to refresh your outlook on everyday life. By focusing on it, you can let work take a rest. When you do return to work, you are then ready to go, because you have not been thinking about it non-stop. It is not consuming you and you are not allowing it to. We must remember that we are more, so much more than our job titles or career paths or professions.

So, go dancing! Read a book! Ride a bike! Walk dogs! Listen to music! Solve puzzles! Do woodworking! Work on your antique car! Try out for a play! Sing! Remodel your home! Whatever you choose, know that it can refresh you, reenergize you and give you a fresh outlook on your paying job.

1. Johnson, S. Montesol (9/27/2008)developmentcrossroads.com "3 Reasons to Get a Life"
2. LiveCareer.com (2018)
3. theBalanceCareers.com; Doyle, A (8/2018); "Interview question"

Did you know...

October is Adopt a Shelter Dog, Breast Cancer Awareness and National Pizza Month. The first week of October is Get Organized and Customer Service Week, the second is Fire Prevention Week. October 9 is Fire Prevention Day, October 10 is Emergency Nurses Day and October 30 is National Candy Corn Day.

November is Aviation History and Child Safety Protection Month. November 10 is United States Marine Corps Day, November 13 is Caregiver Appreciation Day and November 23 is National Espresso Day.

December 7 is International Civil Aviation Day and Pearl Harbor Day. December 20 is Go Caroling Day and December 21 is Winter Solstice.



How about a warm welcome for Megan Johnson?

Megan joined LifeGuard earlier this year after working several years in the ICU and the Emergency department at St Luke’s. I asked Megan to share a bit about herself and here is what she had to say.

Since the time she was a little girl, she had wanted to be a veterinarian. Upon entering her high school years, she took a class however that changed her career goals. After that ONE class, she decided on a nursing career instead and enrolled at Mount Mercy University where she proceeded to obtain her BSN. Following graduation, she began working at St Luke’s in the Intensive Care unit. She says she was hooked on critical care from day one. She loves to be “in the middle of it!” While working in the ICU, she was able to see the helicopter flying in and out and began to think she would like to become a Flight Nurse. So, she began preparing herself for just that....she began cross-training to the ED, enabling her to float when needed, and to get the experience with pediatrics and trauma. She then transitioned fully to the ED, while remaining on an as-needed basis with the ICU. And she hasn’t looked back!

Megan grew up in northeast Iowa, meeting her husband while in high school. Sweet! They were married in 2010, just after Megan started working for St Luke’s. Within the next several years, Everett, Easton, Jaelynn and Journey, made their appearances.... with 3 of them being triplets! Wow. That definitely changes your routine in the morning. Megan describes their life as being “kinda crazy, but never a dull moment”. Because of the kids, Megan really doesn’t have any spare time. But she does love spending her time away from here with her family. She enjoys looking at things from a different perspective. For example, her kids have decided they love gardening. So she has been looking at it through their eyes, enjoying it immensely, while developing a green thumb.

Megan is excited about everything that she is encountering being with flight. She describes it as a whole new world and she learns something new “Every. Single. Day.”. She loves the sounds of the paging tones. She loves the sounds of the aircraft. She loves watching it land, knowing that her crew is in there doing something that she describes as “unbelievable”. “There is an unexplainable bond that you develop with someone when working together to hopefully save someone’s life”.

Megan is excited to be with flight, and we are excited to have her on crew. So, say hello to Megan when you see her out and about.



Megan Johnson, Flight Nurse

Contact LifeGuard to set up **LifeGuard Safety Training** (319) 369-8995
 Ask to speak to a member of the flight crew.
 We recommend training every year as there are changes made to the aviation industry and EMS membership

LifeGuard is once again hosting Wisdom at the Winery. Come earn CEH’s and CEU’s on Thursday, October 11, 2018 at Cedar Ridge Winery. We have dynamic and thought-provoking speakers lined up for this event. Find out more on our Facebook page (St. Luke’s LifeGuard Air Ambulance) and get registered!

You can follow LifeGuard: <https://www.facebook.com/LifeGuardAirAmbulance>

Educational Opportunities

9/6-11/15	EMR	NICC (Martelle)
9/11-1/17/19	AEMT	NIACC
9/27-2/28/19	EMT	NICC (Monona)
10/1-10/2	TNCC	NIACC
10/2	TNCC	EMSLRC
10/9	EMS Instructor Update	EMSLRC
10/11	Wisdom at the Winery	LifeGuard (Cedar Ridge Winery)
10/15-11/16	EMT	EMSLRC
10/17-2/28/19	EMT	NICC (Oelwein)
10/17	EMS Evaluator	NICC (Peosta and Calmar)
10/19-10/20	Tri-State Conference	NICC (Dubuque)
10/29	GEMS	EMSLRC
11/8-11/10	IEMSA	Des Moines
11/27	EMS Safety	EMSLRC
1/28/19-1/29/19	TNCC	NIACC



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