



Duke University EMS Alumni Newsletter



Hello Alumni,

Welcome to the fourth Duke EMS Alumni Newsletter! The purpose of this newsletter is to showcase to you all the changes happening to squad, and to help us maintain better contact with you, our Alumni. This organization means so much to us and is such a huge part of our time here at Duke and we know that the same was true for all of you. It is, after all, our organization's mission to change lives – both those of our patients and our members.

Our next alumni event is going to be during alumni weekend on Saturday, October 1st from 10 to 11:30 a.m. for a brunch at Duke EMS's base, address 301 Swift Ave Townhouse #3 Durham, NC 27708. Come to hear about new squad developments like our CPR and community outreach, tour our renovated base and new QRV, and share in good company over a meal of pancakes, eggs, and fruit salad! Sign up by following the link on the Alumni Resources page below.

If you're ever back in Durham I'd be more than happy to show you around campus or base, and for those of you who have already visited, it has been a blessing for me getting to chat with you! Also, if you know anyone who's considering Duke feel free to get in touch with us about hosting or tours. Of course, the offer stands to shoot me an email at dukeemsexternal@duke.edu at anytime for any reason.

We'd love to hear about what all of you have done since leaving Duke. We highly encourage you to connect with current and past members by updating our Alumni Spreadsheet with your current information. This is a cool way to see what everyone else has gone to do and connect with people in your area or field, as well as express interest in having Duke EMS members shadow or intern under you. The link to the spreadsheet is also on the Alumni Resources page.

Keep in Touch!
Spencer Flynn
EMT-B, External Coordinator

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Duke EMS Partnership with Duke Heart Center

New Duke CPR Certifying Classes

Duke EMS and the Duke Heart Center began a partnership last year that included a number of public CPR trainings for Duke students and staff, as well as for the general community.

We are maintaining those ties and pushing into a new arena: teaching official AHA CPR certifying courses! Over the past few months 6 of our Duke EMS members have become AHA certified CPR instructors, and we are now beginning to offer CPR certifying courses at the BLS and Heartsaver levels to the public. This new initiative is consistent with our desire to serve and educate our community.

The Duke Heart Center has generously provided Duke EMS with a classroom in which

to teach our courses, as well as providing us with equipment and marketing resources. We at Duke EMS want to say a big thank you to the Heart Center and to Leatrice Martin, their Director of Community Outreach, for helping make our new classes into a reality!



Pictured: A small sampling of the equipment the Heart Center has purchased on behalf of DUEMS's new CPR classes

Further Partnership

Duke EMS is also engaged in helping the Heart Center prepare and staff their various other community events. These events include hands-only CPR training as well as general cardiovascular health outreach to various groups in the Durham and Duke communities. One example is the Men's Health Initiative, in which about 100 underprivileged men received free heart screenings from Duke EMS members and RNs.

Community Outreach in Duke and Durham



Pictured: We recently completed our first athletic team CPR training with Duke Tennis! Within the next few weeks we will also train Swimming & Diving and Men's Soccer.

DUEMS Expanding Outreach

We have been diversifying our outreach to the Duke and Durham communities in order to make as large an impact as possible. We have worked with elementary school classes, middle school programs, the Duke Talent Identification Program, and athletic teams all within the last two months, and have plans to reach out to intramural clubs as well as staging public events in the BC plaza and other high traffic areas. This is in addition to the work we do in our expanding partnership with the Duke Heart Center – see the previous page!

Duke EMS Public CPR: Athletic Teams

Duke EMS, with the help of Professor George Grody, has begun an initiative to train all the athletic teams on campus in hands-only CPR. We are coupling this effort with outreach to graduate student programs, interfraternity council, and intramural sports groups in order to reach a breadth of students and student groups and teach them lifesaving CPR.

Of course, our school-wide trainings are still in effect, with an upcoming “CPR in the Plaza” event planned in the BC plaza alongside Duke Red Cross.



Pictured: Squad member Spencer Flynn teaches a class on First Responders to commemorate 9/11 to a group of elementary school students

Squad Member of the Issue: Callan Loflin



Pictured above: Callan in action instructing a class of 4th-6th graders with FEMMES, an organization devoted to helping young girls develop interests and skills in STEM fields.

The Squad Member of the Issue is a new component of the alumni newsletter that will let our alumni get more deeply acquainted with one of our members, and also allows DUEMS to highlight a member who has been making outstanding contributions to squad.

Profile: Callan Loflin

Congratulations to Callan Loflin on being named this issue's squad member! She earned this honor by 1) being generally amazing and 2) by assisting in the most outreach events (5!) over the past month out of anyone in squad.

Callan is a junior majoring in psychology and minoring in chemistry. She recently became a research assistant at the Center for Advanced Hindsight, is House Manager of Zeta Tau Alpha, a lead vocalist for Lady Blue (an all female a capella group) as well as their Business Manager and Alumni Liason, and is also a facilitator for Sociology 264 – Death and Dying.

As if all that isn't enough, Callan also has an incredible heart for service. She is a board member of the Piedmont Firefighter's Burned Children Fund and the Tournament Director for their annual charitable golf tournament, which she started herself in high school after her father was severely burned. She serves as a flight liason for Children's Flight of Hope based out of Raleigh and is on the Mission

Delivery committee. Of course, Callan also volunteers by working on squad and as one of our new CPR certifying instructors.

Hobbies: golfing, playing piano, songwriting, and reading.

Favorite quote/mantra: "You can never be overdressed or overeducated." – Oscar Wilde.

Favorite kind of music: Classic rock, especially the Eagles and Elvis Presley

Notable and quotable: Me: "Thank you for doing so many outreach events!" Callan, after sending me the list of activities she's involved in: "As you can probably tell, I love service!"

My take on Callan: Beyond being an extremely competent EMT and all of the work she's engaged in on campus, Callan is an extremely supportive and encouraging friend. She is always willing to laugh at a joke, no matter how bad (she really is always laughing) and she is always willing to step up, fill in, or generally support anyone who needs it.

Alumni Resources

Alumni Brunch During Alumni Weekend

Address: 301 Swift Ave, Townhouse #3 Durham NC, 27705.

Time: Oct 1st, 10 – 11:30 a.m.

The current Duke EMS squad welcomes all Duke EMS alumni for brunch and conversation at base! Hear updates on new squad developments like CPR trainings and community outreach, tour our renovated base and new QRV, and share in good company over a meal of pancakes, eggs, and fruit salad.

Please let us know if you'll be attending by using this link:

https://docs.google.com/forms/d/e/1FAIpQLScAtqjr_zHRM0ddoZQeCmP5EEk4kejG9nw4XH7lbsFG3HeQmQ/viewform

Questions? Contact dukeemsexternal@duke.edu

Alumni Resources

Alumni Spreadsheet:

We have created a spreadsheet containing information of our alumni with hopes that this will enable you all to easily contact each other, as well as stay connected with Duke EMS. But in order for it to be successful we need your help! Please fill out updated info for yourself and help fill in blanks for people you may know in similar graduation years. **A new column has been added** asking if you might be willing to have a Duke EMS member intern or shadow under you. Please fill this out if you want to work with any current squad members, especially if you are in the Durham area!

Here is the link to the spreadsheet:

https://docs.google.com/spreadsheets/d/1GgcyK0tkSu8Fc_xr8Y3-xeDyygHPh-CjrQVmZe8ilPQ/edit?usp=sharing

Facebook Group:

A facebook group exclusively for Duke EMS alumni was created for easy access to the Duke EMS alumni network. Feel free to post interesting articles, job offers, or let everyone know if you are moving to a new city etc. This can be a very open and interactive space for communication or whatever you all want to make out of it!

Here is a link to the page: <https://www.facebook.com/groups/dukeemsalumni/>

Website/Donations:

<http://dukeems.org/> is our new webpage. It will be updated shortly with more resources but feel free to check it out. Donations to Duke EMS are not tax deductible. If you would like to make a donation to Duke EMS, checks should be made out to Duke University and mailed to:

301 Swift Ave. Apt 3
Durham, NC 27705

Squad Photos



Our newest squad member: Herbert the Hedgehog



Here he is enjoying one of our squad social events, Pancakes v Waffles!



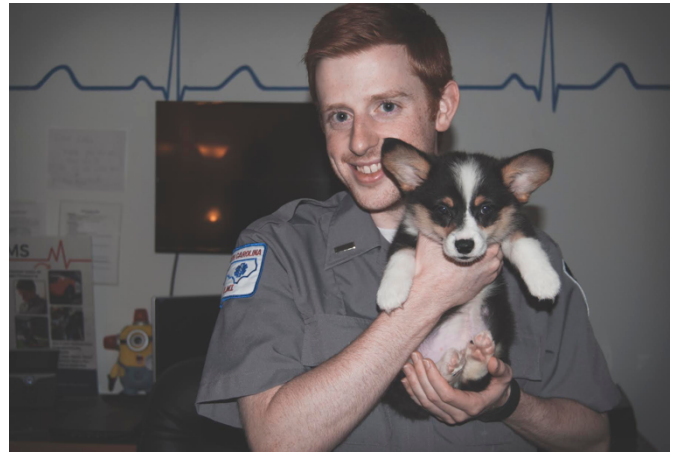
Squad member Kathryn Benson instructing CPR at one of our hands-only events



Personnel Officer Brian Taylor instructing students at a FEMMES class



Thank you card from the FEMMES students for teaching them CPR, triage, basic medications, and the roles of first responders in the community.



Meet Leo, another new addition to the squad family. Follow Leo and his adventures on Instagram ([leonidas.thecorgi](https://www.instagram.com/leonidas.thecorgi)) and you'll be sure to see some cute photos of Leo, as well as some of our Duke EMS social gatherings, of which Leo is a soon-to-be major part!