

MED EXPRESSIONS

February 2020



THANKFUL

David Brown, Roanoke, LA, Fire Chief

After working a fire that fateful morning, I had symptoms of what I thought was a gas bubble. After taking antacid medicine for several hours with no relief, I decided to go to the hospital, thinking it could be a hernia. When I arrived at the hospital, they performed an EKG, which showed us I was having an active heart attack. Please DO NOT ignore any signs that you may have of a heart attack. Stay current with stress tests and other preventive measures. I shouldn't be able to write this. I am thankful to have joined the 4% club who have survived a "widow maker" heart attack.

We are so thankful David survived this critical experience. Please let his story encourage you to heed the warnings of a heart attack and maintain preventive treatment.

So what are common symptoms of a heart attack?

- Shortness of breath
- Cold Sweats
- Fatigue
- Dizziness
- Nausea
- Heartburn
- Abdominal Pain

In women, these symptoms can be present

- Anxiety
- Stomach Pains
- Back Pains
- Heart Palpitations



If you have these symptoms, please go to your nearest emergency room!

DOD Projects

(L-R)

Peter Strandt, EMT-P

Andrea Cole, EMT/NREMT Instructor

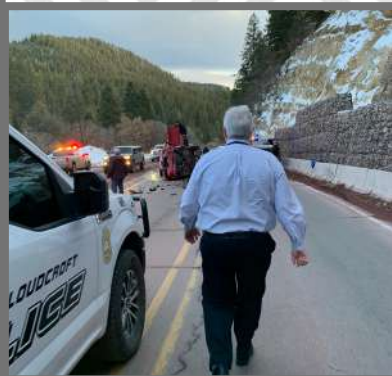
Robert Pagnini, MedEx DOD Consultant

Nicholas Cole, EMT-P/Project Manager

Naomi Majors, MBA

Director of Corporate Development & HR

Mark Majors, President & CEO



MedExpress celebrated one year in **Vernon Parish** during the month of January! We are so grateful for the continuous support we have received. Rosepine Retirement and Rehab, along with other local supporting facilities, enjoyed a piece of king cake on us! Here's to the years to come!



St. Landry Parish



National Activity Professionals Week

January 19-25, 2020

Lighting the Way

Congratulations to

Employee Corner

- Logan Woodard (Vernon Parish PR) on her engagement!
- Debbie Neill (Rapides Parish PR) on her newest grand baby!
- Kourtney Bradshaw on recently passing her tests to become an NREMT-B!



On January 31, 2020, Med Express Ambulance Service sponsored the Avoyelles Council on Aging Mardi Gras party! There were over 200 in attendance; plenty of king cake and live music was enjoyed by all! It is always so much fun to be an active part of our communities!

Avoyelles Parish



Acadia Parish During January, MedExpress focused on giving back to the Activities Professionals who so graciously give so much to our loved ones in Nursing Facilities. An Activities Professional coordinates all activities for residents, such as BINGO, Birthday Parties, and Outings. You will also see them dancing with the residents, feeding them, and being their eyes when they cannot see. MedExpress thanks all Activities Professionals around the world for your generosity!



Med Express Ambulance Service, Inc.
MedExpress Education



medexpressambulance

Check out our FB education page for info on the upcoming EMT-B class starting 2.18.20, as well as other ongoing specialty classes!

2020 VISION

Mark Majors, President & CEO

While 2019 was defined as significant expansion of our geographic footprint in Louisiana with new markets in Acadia, Jeff Davis and Vernon Parish, the year 2020 will see a more intrinsic focus. Good things are already happening. Staff development at every level, including EMT and Advanced EMT training, supplemental advanced education programs for Paramedics, Supervisory and Administrative Education workshops and seminars are well under way. Investments in new equipment, better tools for our clinicians, dispatchers and billing staff are being introduced weekly. Aggressive branding and marketing is already reaping measurable rewards in terms of expanding market-share. Performance measures are driving deployment designs while addressing critical issues like safety and employee fatigue.

Isaiah 54:2-4 (KJV) speaks of balance in growth, telling us to "Enlarge the place of thy tent, and let them stretch forth the curtains of thine habitations: spare not, lengthen thy cords, and strengthen thy stakes". 2019 we lengthened the cords. 2020 we dig deep, get better, get stronger, get more focused, get more effective. We serve communities. We serve people. We, as they, expect nothing less. One Team. One Mission.

MEDEXPRESS
AMBULANCE SERVICE

2560 North Bolton Avenue
Alexandria, LA 71303

800.259.9771 ● www.medexpress.net