

# 2014 Leprechaun Plunge

ON Sunday, February 16th, I plunged in the Connecticut River to help support the Springfield Shriner's Hospital for Children. The Leprechaun Plunge is an annual event at Brunelle's Marina in South Hadley, MA. Six different charities are able to raise funds for their own charity from sponsorships for the event.

Thank you to the Worcester County Shrine Club for sponsoring me for my plunge. This was the sixth year for this event. It was only the second year that the Shriners Hospital for Children—Springfield was selected to be one of the six charities raising money through this event. The Hospital had plungers from Cairo, Melha and Aleppo as well as local businesses who support our hospital. We all braved 32 degree water and 29 degree air temperature to get wet. With all the participants, sponsorships over 80,000 dollars was raised for the Springfield Hospital. I am looking forward to plunging again at next year's event.



What do you think about a plunge in the Boston Harbor to support the Boston Hospital? Are you up to the challenge?

Dennis Reebel



WITH the upcoming parades the Medical Corps. would like to offer our fellow Nobles some tips to keep all happy and healthy for the upcoming season. The better prepared you are, the less we at the Medical Corps have to work, and that's the way we like it!

- 1) A good night's rest is important; the better rested the body, the more stress it can take, so it's important to get a good full night's sleep.
- 2) A proper breakfast, nothing heavy but enough to start your day; you don't want to load up with heavy food' but you do want to eat a balanced meal.
- 3) Take your meds as prescribed; bring meds needed such as Rescue Inhaler, Insulin, Nitro, Epi-Pen and devices such as glucose meter.

Note: Aleppo Medics only carry glucose for hypoglycemia, baby aspirin for chest pain and on some occasions oxygen. They may assist in administration, if needed, of some, but not all medications. PLEASE make sure you have meds you may need on hand, make sure you wear Medical Alert tags. Make sure if you have a medical condition your doctor has cleared you for the stresses of the event. Don't be shy; tell your Unit Commander, Colonel (his staff) or Medical Corps staff on hand if you have any issue that you feel we should know about.

4) Limit the amount of caffeine and alcohol; both can lead to dehydration. Drinking an ice coffee before a march can do more harm than good. Alcohol also has debilitating effects and should be avoided all together before any strenuous activity.

5) Water or (50% water + 50% Gatorade) is the best liquid to combat dehydration, don't gulp it, just take regular sips—have some water before and make sure to have some with you during the march. Don't use Energy drinks since they typically have caffeine and other ingredients that excel dehydration.

6) Don't forget sunscreen – even on cool overcast days long term exposure from the sun can be harmful. Check the weather reports and dress accordingly.

7) Be on the lookout for signs and symptoms of dehydration or overheating for yourself and those around you. Some sweating is good; heavy sweating means you need to slow it down and take a break. Get to shade, air conditioning, loosen some layers and drink a little water. Hot dry skin (no sweating) is a very serious problem requiring immediate intervention by medical personnel.

8) Listen to what your body is telling you; do not push yourself it's better to take a break now than need help later. Don't be in denial; one of the worst situations is the refusal of help until the situation has gravely deteriorated.

9) Never hesitate to ask the Medical Corps or Fire Brigade to check on someone.

Remember we would rather get to know you with a fraternal handshake and brotherly conversation than kneeling at your side taking vitals.

We are constantly expanding our capability to provide quality emergency care, so if you know anyone who may be interested in becoming a Noble, or any existing Nobles out there who would like to join us at the Medical Corps, as a First Responder, EMT, Nurse or Physician's Assistant to stand ready for medical emergencies at Shrine events and parades, please contact us.

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## For Injuries That Can't Wait

SHRINERS Hospitals for Children® — Philadelphia introduced its Urgent Pediatric Fracture and Orthopaedic Clinic in March 2014.



Shriners Hospitals for Children®

Shriners Hospitals for Children, realized there was a need in the community to serve the pediatric population with a walk-in urgent pediatric fracture clinic. The Urgent Pediatric Fracture and Orthopaedic Clinic highlights the expert services and streamlined processes that the Philadelphia Shriners Hospital already embodies. Shriners Hospitals for Children has always offered the highest quality pediatric specialty care. The outpatient department dedicates the first part of each morning to the patients with stable pediatric fractures. Patients will receive total fracture care, which may include reduction, surgery, casting, post fracture follow up and rehabilitative care if needed.

Our streamlined process makes it easier for both referring physicians and families to visit the urgent fracture clinic. Simply visit our facility at 3551 North Broad Street, Philadelphia, PA on a walk-in basis Monday-Friday, between the hours of 7:30 a.m. - 10:30 a.m. and a pediatric orthopaedic specialist will examine the fracture patients. No prearranged appointment is required.

"Children are not just small adults; their bones heal faster than adult's bones. This means that a child with an injury should see an experienced pediatric orthopaedic specialist as quickly as possible." said, Donald Wenzler, DNP(c), MBA, RN, NEA-BC, Chief Nursing Officer of Shriners Hospitals for Children — Philadelphia.

The Philadelphia Shriners Hospital knows that providers often see fractures under urgent circumstances and do not have time to research specialty care options or make phone calls to set up appointments. The fracture clinic provides a reliable solution for busy providers and families. For more information please call, 215-430-4105.



## HELP WANTED:

The Aleppo Medical Corps is looking for  
EMT's • First Responders  
Nurses • PA's  
to stand ready for Medical Emergencies at Shrine Events and Parades.



PLEASE CONTACT:

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The Shriners Auditorium now has AEDs throughout the building.