

# Greene County/Greeneville EMS Employee Newsletter

**First off, Happy Thanksgiving, and thank you all for what you do and for showing up every single day for your patients and their families.**

## Current Projects:

Truck Organization/ Supply Storage	The new bins have been delivered. They are color coded (see next page) and are being placed on trucks as time and call volume allow.
Protocol App	The app has been launched, and updates are ongoing.
Different airway bags/ More user friendly truck checkoff	The new jump bags have been placed on trucks. As trucks are being equipped with the new bins, the updated checkoff will be up and running (tentatively) by the end of next week.
Cabinet Supply Inventories	<b>The cabinet and bag inventory sheets in the app have been updated.</b> There will be printed versions placed in trucks (in the narc compartment) that will be updated as soon as possible after any changes are made. However, the versions on the app will be the most current and are the most reliable when completing the new truck checkoff.
Trucks 62 and 63	In service.
Dashcams	There are 4 different brands being trialed on various trucks.
New polos	Sizing polos are ordered. Everyone will be able to try them on to ensure the right size is ordered.
New drug bags	New bags have been placed on all trucks.
Blood and ultrasound	<b>STILL</b> awaiting grant outcome.

## Call Statistics:

In November (as of 11/25), we have run **906** calls:

**Red:** 167 calls  
**Blue:** 277 calls  
**Green:** 241 calls  
**12-hr Trucks:** 215 calls

**8** Air ambulance transports

### Average ER Wait Times:

**FWCH : 40 min** ↑  
**HVMC: 39 min** ↓  
**MHHS : 35 min** ↓  
**JCMC: 35 min** =  
**GCHE: 22 min** =

**Average Chute Time: 2:36 =**  
**Average Scene Time: 19:02 =**

**Average Response Time: 12:38 =**  
**Average Transport Time: 20:24 =**

### November call breakdown:

**Med 1: 9%**  
**Med 4: 6%**  
**Med 7: 5%**

**Med 2: 18%**  
**Med 5: 8%**  
**Med 8: 8%**  
**Med 10: 8%**

**Med 3: 18%**  
**Med 6: 13%**  
**Med 9: 9%**

### 2025-to-date call breakdown:

**Med 1: 10%**  
**Med 4: 6%**  
**Med 7: 8%**

**Med 2: 17%**  
**Med 5: 9%**  
**Med 8: 9%**  
**Med 10: 2%**

**Med 3: 19%**  
**Med 6: 15%**  
**Med 9: 5%**

### Other Items:

- **As a reminder, FOAMFrat classes are mandatory.**
  - Any employees that do not meet the minimum number of required annual training hours (15) **AND** have not completed their assigned FOAMFrat courses by the end of the year will have their FOAMFrat account cancelled.
  - **No classes will be assigned for the month of December to allow those that are behind the chance to catch up, or for those who are caught up to have a break**
- **As we will be transitioning to a different training method and schedule for next year, if you have not already been in contact with Training Officer Franklin regarding expiring certifications, and have been to all mandatory classes this year, no makeup classes will be offered in December. More information and the new training schedule will be forthcoming.**
- As you can see below, the bins being placed on trucks are color coded: fluids are blue, oxygen administration is green, trauma is red, and other items are black. It is a slow process, but trucks are being changed to the new layout this week and next.



- Anyone that is interested in a virtual EMT/AEMT/Paramedic refresher, Vanderbilt Lifeflight is hosting one. See [this link](#) for more details.
- This is the final reminder that tickets completed by the end of your shift, or within 24 hours of call completion. We understand that being up all night makes that difficult, but coming back off of a 4-day with incomplete tickets is a bit of a stretch.
- In addition, after fixing any rejected tickets, the office needs to know that you did so. You can reply to the message you got in ESO or call or text so they know it's been completed.

## Upcoming Events:

- **December 8<sup>th</sup> – Finger Thoracostomy Training (at Rescue Squad)**

This training day is being provided by UT Trauma Services, and this is the only day they are available. We are still working out more days with Ballad Trauma Services, and will communicate them when they are set.

- **December 17<sup>th</sup> -19<sup>th</sup> – Christmas breakfasts**

## Some Recent Articles:

[Why Anticipation Saves Lives in EMS](#)

[Scientists Document a Death From a Meat Allergy Tied to Certain Ticks](#)

[When the Streets Disagree: Why EMS Needs to Own Its Science and Its Future](#)

## December birthdays:

3<sup>rd</sup> – Olivia Lane  
19<sup>th</sup> – Myron Hughes  
24<sup>th</sup> – Jason Hensley

18<sup>th</sup> – Madison Gregg  
20<sup>th</sup> – Jessica Bowers  
25<sup>th</sup> – Ryan Brown



# COUNSELORS CORNER NEWSLETTER



Greeneville EMS | November 2025

Laura Nechanicky-Booth, MS, LMFT, CEC, CIT, CISM



## Grounded in Gratitude *we are grateful for you*

As fall deepens, our energy often dips—just as nature slows down, we're reminded that rest isn't laziness, it's strategy.

This month, focus on three anchors: faith, family, and follow-through.

Faith restores hope, family restores belonging, and follow-through restores confidence.

Your wellness isn't a luxury—it's mission readiness.



### BREATH FOR SUCCESS

**Breathe in the Beauty...  
Breathe out the BS**

If stress has you clenching your jaw like you're trying to crack walnuts with your teeth, it's time for a quick breathing reset.

**Inhale slowly like you're smelling warm cookies fresh out of the oven.**

**Exhale like you're dramatically sighing after finishing a long to-do list (even if you, uh... haven't actually finished it).**

Try this for 30 seconds and notice how your brain suddenly stops yelling. Breathing is basically your body's built-in stress dimmer switch. Use it once a day and you might just feel like the Zen master of the grocery store line. Keep breathing... mainly because it's helpful and recommended. 😊

Dr. Lori Monaco, DC  
"Need a crack? I got your back!"

### QUICK TIPS

#### ★ Grow Through Gratitude

Gratitude isn't just a feeling—it's a daily discipline.

Start small: thank a teammate, notice the sunrise, or say grace over your next meal.

When you name what's good, your brain starts looking for good.

Gratitude rewires your mindset from survival mode to sustainable resilience.

#### 🕒 Follow Through with Integrity

Commitment isn't about perfection—it's about consistency.

Keep your word, finish what you start, and extend grace when others fall short.

Your steady follow-through builds trust, confidence, and credibility—on and off duty.

Remember: reliability is quiet leadership in action.

#### ♥ Refill What's Real

Protect your downtime—spend it with those who remind you of who you are, not just what you do.

Recovery isn't retreat—it's renewal.

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