

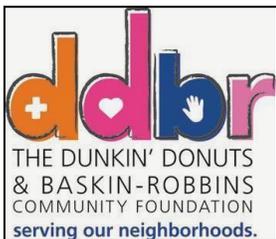


Monthly Newsletter October 2013

**Fire Rescue Support exists to support fire rescue personnel
before, during and after the call**

Before the Call

Dunkin Donuts grant



Fire Rescue Support recently received a grant from the Southeast Chapter of the Dunkin' Donuts Baskin Robbins Community Foundation in the amount of \$2,500.

The Foundation has as one of its goals to “ensure the safety of our neighborhoods and communities through partnerships with organizations that support our firefighters, public safety officers, and troops at home and abroad.” This is a perfect fit with the mission of Fire Rescue Support.

The grant received will help us continue to develop and deliver educational programs to prepare first responders to deal with issues such as stress, grief and compassion.

Ocala Rescue Supply & Gifts



On September 16, I had the privilege of being part of the Grand Opening of Ocala Rescue Supply and Gifts. Store owner Sam Matychak is a volunteer with Marion County Fire Rescue.

Sam has a passion for first responders and is committed to helping provide the resources they need. Contact him if he can be of any assistance.

911 Stair Climb



In the early morning hours of September 11, firefighters from Marion County Fire Rescue, along with some of their friends and family, participated in a 911 Memorial Stair Climb. Utilizing the training tower at the Florida State Fire College, participants climbed up and down the five-story tower twenty-two times to reflect the 110 stories of the World Trade Center buildings.

The day was crisp, the sky was clear, and the mood was somber as we gathered to remember those who lost their lives in the terrorist attacks of September 11, especially the 343 firefighters of FDNY.



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During the Call

Busy. Distracted. Preoccupied. These words describe most of us. Too much to do; too little time. We rush from call to call and from day to day. Unfortunately, in the midst of this busyness, we often miss what is most important. Whether family, coworkers or those we've committed to serve, we regularly pass by the people that are right in front of us. We need to slow down enough to see the individuals around us each day.

While this seems so obvious, it is often overlooked. Although the brisk pace of life is often the culprit, sometimes we find ourselves looking beyond the person in front of us to see if there are others that require our attention. These may be people that need us or people that we need. Regardless, we do others a great disservice when we are too busy for them.

I was recently at a workshop on critical incident stress management. We talked about scene size-up as it relates to the role of the chaplain in providing comfort and support. We learned that care must be taken to avoid rushing to incorrect conclusions about what issues need to be addressed. Proper size-up also allows for good decisions to be made regarding the need for additional resources. And while there are these and many other issues to be considered, we agreed that what demands our undivided attention is the person that is right in front of us.

For the moment, this person is what is most important. For a variety of reasons, they have called for our assistance. Whether they are the victim of an accident, a medical event, or their own poor choices, they are in need of our attention, compassion and support.

So take the time to look into the eyes of the person that is in front of you. Get down on your knees to connect with the child that you are helping. Slow down enough to really listen to the senior citizen that is in need of assistance. When you focus on the person that is right in front of you, you give them an incredible gift; your actions show that they have value and worth.

By the way, all of this applies off duty as well. Look into the eyes of your spouse. Get down on your knees to connect with your children. Slow down and listen to your parents.

Remember, the most important person is the person right in front of you.

“Be devoted to one another in love. Honor one another above yourselves.” Romans 12:10



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What happened?

Here is a breakdown of the hours I spent with the Florida State Fire College, Marion County Fire Rescue, Ocala Fire Rescue and Fire Rescue Support last month...

September	
Accidents	7.5
Ceremonies	0.0
CISD	0.0
Counseling	4.0
Fires	6.5
Follow up	0.0
Funeral related	1.0
Hospital visits	2.5
Office	12.0
Incidents	3.0
Meetings	7.0
Special Events	10.0
Station Visits	3.0
Training	25.0
Wedding related	1.5
Monthly total	83.0

After the Call

The work that first responders do has the potential of creating difficulties long after the call. It's not over once the fire is out, the scene is cleared and everyone is back at the station.

This is one of the very reasons that Fire Rescue Support exists. It is our hope and prayer that we can reduce the negative impact of the job by providing an environment where challenges can be shared and stress reduced. For this reason, we remain committed to educating first responders on the nature of stress, grief and burnout.

To this end, we are happy to announce that Fire Rescue Support has been invited to present a seminar at two Florida Fire Chief's Association events. In December, we will present a workshop called "How to Manage Stress" at the Safety and Health Conference in Orlando. Then, in January, the same workshop will be presented at Fire-Rescue East in Daytona Beach.

Ultimately, it is our desire that fire rescue personnel would be very successful on the job and long after the call is over.

Thank you!

Thanks for your interest in and partnership with Fire Rescue Support. We exist to support fire rescue personnel before, during and after the call. Visit www.firerescuesupport.com for more information or find us on Facebook. You can simply click on the images below.

