

# FIRE RESCUE SUPPORT

BEFORE... DURING... AFTER...

The following firefighters died in the line of duty during the month of June

6/3

Tony Spencer III  
Engelhard, NC

6/6

Grant L. Froman  
Dover, PA

6/10

Douglas Ambrozewycz  
Perth Amboy, NJ

6/10

Richard Loller, Jr.  
Weatherford, TX

6/10

Dakota Snavelly  
Albemarle, NC

6/14

William Moore IV  
Amelia Court House VA

6/24

Joe Patterson  
Greenfield, OH

6/25

David R. Rosa  
Long Beach, CA

6/26

Devon Coney  
Austin, TX

6/27

Benny Hutchins  
Philadelphia, PA

49 firefighters have died in the line of duty this year

## A Change of Perspective

It's my great privilege serving alongside of fire rescue personnel. However, from this vantage point, I see the stressors that are part of your work life. I want to offer you a perspective that has helped me navigate the challenges I've faced over the years.

I'm a logically oriented, inside the box person. Things that don't fit into my mold can be quite unsettling. Right things are right and wrong things are wrong. But when this balance is disrupted, my life is disrupted as well. I feel like everything around me must pass through my judgment; that I have to put my seal of approval or disapproval on everything.

Let me tell you, this is exhausting. But I found a path to peace and freedom. It's captured in this prayer...

God, grant me the serenity to accept the things I cannot change,

The courage to change the things I can,

And the wisdom to know the difference.

I've learned that not everything needs my approval or disapproval; not everything needs to pass through my judgment. In fact, I've learned there are somethings that are just not mine to comment on, to direct, to control. There are some things that I cannot change.

I believe one of the most stressful aspects of our lives is putting energy, effort, and emotion into things we cannot change. Consider some of the stressors that are part of your work life. Things like interfacility transports, the need for overtime (even mandatory overtime), and non-emergency calls. Please don't misunderstand me. I'm not suggesting these things are good and they should simply continue. What I am suggesting is that they are not going away soon and that getting anxious, frustrated, and upset over them is detrimental to you. There are some things you cannot change. And, according to the

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*(Continued from page 1)*

prayer above, these are the things we need to learn to accept. And it is in accepting them that we can find serenity or peace.

However, there are some things that you can change. These have to do with the way you live your life every day.

- Exercise daily
- Get plenty of rest
- Do things that feel good
- Eat well-balanced meals

Ultimately, you can change the way you approach the things you cannot change. Like me, you can come to the place of realizing not everything has to have your judgment attached to it. You can learn to accept that there are some things you cannot change.

And when you get to this place, I believe you can find peace. I know I did.

## Cleaning up our Act



There's a stereotypical image of the tough firefighter: in a word - dirty.

But cancer has changed all that. It's no longer a badge of honor to have soot on our faces, melted helmets, and dirty bunker gear. The fire service is literally cleaning up its act.

Fire Rescue Support has done this as well. The image on the left has been our face for the past 7 years. But it's time to leave that image behind. The image on the right represents our new look.

It's a cultural change being brought about by a serious issue. A change that will benefit us well.



# CISM Monthly Training

## It's Okay to Not Be Okay

*Each month we'll discuss a topic related to crisis intervention. We hope this will serve as a refresher for those who have been trained, as well as something to create interest for those who have not.*

One of the most challenging aspects of crisis intervention is getting people to realize that they are human and therefore susceptible to challenges. This is complicated because we work with hard-driving, Type-A people who really struggle with this. Fire rescue personnel are the problem-solvers, they are not supposed to have problems themselves. But once our peers have been given permission to not be okay, they are able to address their challenges and work toward resolution.

[Click here](#) to see a great music video that reminds us that we're not superheroes, we're just ordinary people.



## CISM Training

Assisting Individuals in Crisis AND  
Group Crisis Intervention

**Clearwater**

**July 10-12**

**Fort Myers**

**August 7-9**

**Milton**

**August 14-16**

**Winter Garden**

**October 23-25**

For more information and to register visit  
[www.firerescuesupport.com](http://www.firerescuesupport.com)

Want to host CISM training at your agency?  
Contact Joe at 352-425-1643 or  
[joe@firerescuesupport.com](mailto:joe@firerescuesupport.com)

## Amazon Donates to Charity



For eligible purchases at Amazon Smile, the Amazon Smile Foundation will donate 0.5% of the purchase price to the customer's selected charitable organization. You can make Fire Rescue Support your organization by [clicking here](#). Then every time you order through the Amazon Smile website you'll be helping Fire Rescue Support continue its mission of supporting fire rescue personnel before, during and after the call.

## Thank You!

Thanks for your partnership with Fire Rescue Support. Because of you, we have the opportunity to support fire rescue personnel before, during and after the call. Visit [www.firerescuesupport.com](http://www.firerescuesupport.com) for more information or to donate. You can also find us on Facebook and Instagram. And please don't hesitate to contact me if I can be of assistance personally or professionally. You can reach me at



## Connect with Fire Rescue Support





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Every day the men and women who serve as fire rescue personnel put their lives on the line for their communities. The work they do is full of unique challenges like dealing with extreme physical conditions and coping first hand with human tragedy. Often these challenges take a toll on their well-being and put incredible strain on their relationships. In addition, the people that fire rescue personnel serve are many times experiencing the worst day of their lives. As they struggle through their personal tragedies, they are faced with the task of rebuilding their lives and going forward.

Imagine an organization committed to one task – supporting fire rescue personnel. From their work in the field to their lives at home, picture an organization working to equip these first responders to be more successful on the job and in life. Envision an organization that extends the support of those serving in fire rescue by offering care and comfort to the people they serve. Finally, picture an organization that would impact emergency services workers all across the country. That organization is Fire Rescue Support – supporting fire rescue personnel before, during and after the call.

