



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

Before the Call

Burn Camp



I recently had the opportunity to spend a morning at Burn Camp held at the Florida Elk's Youth Ranch sponsored by the Children's Burn Foundation of Florida.

Several firefighters from Marion County Fire Rescue were there volunteering their time to be with children who have suffered severe burn injuries. This special camp is a place where burned children can gather together for a few days and forget that they look different; a place where they can develop new friendships and realize that others have had similar experiences.

ICISF Approved Instructor



I'm pleased to let you know that I am now an "approved instructor" with the International Critical Incident Stress Foundation (ICISF). I am certified to teach Group

Crisis Intervention. I hope to get my certification in the area of Individual Crisis Intervention and Peer Support early in 2014. These certifications will allow me to teach these basic critical incident stress management courses for Marion County Fire Rescue and Ocala Fire Rescue. In addition, I hope to be able to connect with other departments to bring them this much needed training.

Florida Fire Chief's Association



I have recently had the opportunity to increase my involvement with the Florida Fire Chief's Association. While I'm not a chief, the Association is open to

all those with an interest in supporting the fire service in the State of Florida.

In October of this year, I started writing a column for the monthly publication of the Association called Fire Service. I hope to use this opportunity to share the personal side of the fire service and to provide encouragement and support to those that serve as first responders.

Just last week I had the opportunity to give a presentation at the Safety and Health Conference called "How to Prepare for Stress." The goal of this presentation is to help reduce the impact of the job on those that serve by raising their awareness of the stress that surrounds what they do. I will be sharing the same presentation at Fire-Rescue East in Daytona Beach in January.

I am grateful for the opportunity to have a voice and hope to make a difference in the lives of those that serve us every day.



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During the Call



It's a common occurrence. You're driving down the highway and suddenly you realize there is an emergency vehicle coming from behind. Or, you look ahead and see an emergency vehicle stopped on the side of the road. What do you do? Slow down and move over. While you're doing that, let me ask you to do one more thing: pray! Take a moment as you are slowing down and moving over to pray for the men and women that are serving as first responders. Pray for their safety. Pray that they would perform their job with great skill. Pray that they would safely return home at the end of their shift.

Fire Rescue Cares



On November 15, an early morning fire destroyed the home of a Summerfield family. While no one was injured in the blaze, the contents of the home were ruined. Through our partnership with local WalMart stores, Fire Rescue Support was able to give this family \$400 in gift cards. This effort, called Fire Rescue Cares, is a program designed to provide immediate, practical assistance to those who experience fire-related losses. Due to the generosity of local Walmart stores, gift cards are provided to fire victims allowing them to quickly obtain some basic items so they can begin rebuilding their lives.

Thank you!

Thanks for your interest in and 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 for more information or find us on Facebook.

You can simply click on the images below.





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The Most Wonderful Time of the Year?

The holiday season is here and for most of us this is the time of the year filled with laughter and joy. However, this is not the case for everyone. Many of the people you serve this month may be dealing with the challenges of the season. Although statistics do not bear out an increase in cases of depression or incidents of suicide during the holidays, we know that many people have a harder time coping during this time of the year.

People who have experienced loss are especially sensitive during the holidays. They see everyone around them having the time of their lives and realize they will not be able to experience this same kind of joy. For this reason, an extra measure of compassion will be in order during our responses. While compassion is part of our day-to-day demeanor, we will need to be especially sensitive to the needs of patients and victims during the holidays.

If you find you are personally dealing with challenges during the holidays, here are some suggestions from www.mayoclinic.com...

Acknowledge your feelings – If someone close to you has recently died or you can't be with loved ones, realize that it's normal to feel sadness and grief. It's OK to take time to cry or express your feelings.

Be realistic – The holidays don't have to be perfect or just like last year. As families change and grow, traditions and rituals often change as well. Choose a few to hold on to, and be open to creating new ones.

Stick to a budget – Before you go gift and food shopping, decide how much money you can afford to spend. Then stick to your budget.

Reach out – If you feel lonely or isolated, seek out community, religious or other social events. They can offer support and companionship.

Learn to say no – Saying yes when you should say no can leave you feeling resentful and overwhelmed. Friends and colleagues will understand if you can't participate in every project or activity.

Don't abandon healthy habits – Don't let the holidays become a free-for-all. Overindulgence only adds to your stress and guilt. Continue to get plenty of sleep and physical activity.

Take a breather – Make some time for yourself. Spending just 15 minutes alone, without distractions, may refresh you enough to handle everything you need to do.

Although many have difficulties during the holidays, it truly is the most wonderful time of the year. For it is during this season that hope and peace were brought into the world. It is my prayer that you will see the true Light of the season shining around you this year.

“The people walking in darkness have seen a great light; on those living in the land of deep darkness a light has dawned.” Isaiah 9:2