

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

Assistant Chaplain Named



Chaplain Joe LaCognata and Assistant Chaplain Tom Golden

Fire Rescue Support is very excited to announce the addition of an assistant chaplain. Tom Golden will serve with Marion County Fire Rescue. He will be primarily responsible for Stations 12, 22 and 31. Tom serves as the Lead Pastor of the First Assembly of God in Dunnellon.



Chaplain LaCognata with Assistant Chaplain Golden and his family



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Fire-Rescue East



Fire Rescue Support had the opportunity to be part of Fire-Rescue East in Daytona Beach from January 22-24. We participated in both the trade show and the educational program.

Our booth at the trade show (above) provided those in attendance information about Fire Rescue Support. In addition, we passed out the favorite snack of firefighters.

For the educational program, Chaplain LaCognata presented “How to Keep Stress from Impacting Your Crews.” This four-hour class addressed the stresses that are part of the fire rescue world and provided ways departments can better prepare their crews for this stress.



The Fire Chaplaincy

During Volunteer Week at the Florida State Fire College, Chaplain LaCognata will present a class called “The Fire Chaplaincy.” Being held on Thursday, April 23, 2015, this class will focus on a variety of aspects of what it means to be a chaplain in the fire service.

The role of the chaplain is “serving those who serve”. This workshop will explore the responsibilities of the fire chaplain as they support fire rescue personnel. This course is open to current chaplains, as well as those considering involvement as a chaplain in the future. This would also be the perfect opportunity for a department exploring the chaplaincy to find out what it is all about.

For more information, go to the Teaching and Consulting page at www.firerescuesupport.com.



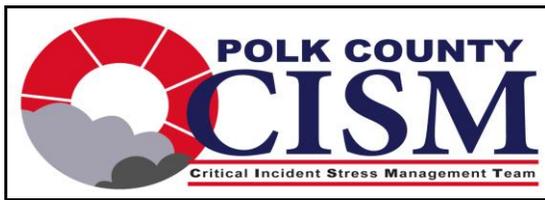


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CISM Classes



Critical Incident Stress Management (CISM) is a comprehensive integrated systematic multi-component approach to crisis intervention. CISM provides a variety of tools to use when helping individuals and groups navigate through difficult situations. I have the privilege of being an Approved Instructor with the International Critical Incident Stress Foundation and will be teaching CISM courses this month.

On February 11-12 and February 25-26 the Levy County Department of Public Safety will host classes at their facility in Bronson. On February 16-19 the Polk County Critical Incident Stress Management Team will host classes at the Polk County EOC in Winter Haven.

While these classes are being hosted by specific agencies, anyone is welcome to attend. More information and registration details for both these locations can be found on our website (www.firerescuesupport.com).



CISM Follow up



While I have the great privilege of teaching Critical Incident Stress Management, I also make use of this information on a regular basis. Anytime our crews feel the weight of their work, CISM provides a framework to help them navigate through some of the challenges they face. Recently, I used the CISM principles for several calls.

Two times last month, crews were called for cardiac arrests involving children. Another call found our crews arriving on scene immediately after a woman gave birth at only 20 weeks.

While many calls can be challenging, calls involving children are among the most difficult for fire rescue crews. There is something deep within all of us that gets impacted when we see children suffer or die. Fortunately, CISM provides the information and support necessary during these stressful times.





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♥ Your Heart

It's February, the month of flowers and chocolates, cherubs and Valentines.

February is also American Heart Month.

Now as a chaplain, you might think my angle on the heart would be a spiritual one. Indeed, the Bible has much to say about this topic. For example, Proverbs 4:23 says, "Guard your heart above all else, for it determines the course of your life." And in Matthew 22:37-38 we read, "Love the Lord your God with all your heart and with all your soul and with all your mind."

But I want to connect with you about something very practical; something very physical.

According to a 2014 update from the American Heart Association, cardiovascular disease (CVD) – including heart disease, stroke, and high blood pressure – is the number 1 killer of women and men in the United States. It is a leading cause of disability, preventing Americans from working and enjoying family activities. CVD costs the United States over \$300 billion each year, including the cost of health care services, medications, and lost productivity.

Closer to home, the most recent data from the U.S. Fire Administration shows that of the 81 on-duty firefighter deaths in 2012, 39 firefighters died from heart attacks. This means that heart-related issues accounted for approximately half of firefighter fatalities, a percentage that has been the same for several years. Further, heart attacks are the single most frequent cause of duty-related fatalities. In addition, for every fatal on-duty heart disease event, there are an estimated 17 non-fatal, line-of-duty cardiovascular disease events in the US fire service.

It is also interesting to note that while heart attacks cause roughly half of on-duty deaths per year among firefighters, this statistic is much lower for other professions. In fact, for law enforcement, construction, emergency medical services and all occupations combined, the proportions of on-duty deaths estimated to be due to cardiovascular disease have been reported as 22%, 12%, 11% and 15%, respectively.

The good news is that there are things you can do to control a number of personal risk factors including diet, physical activity, tobacco use, obesity, high blood pressure, high cholesterol and diabetes. To do this, some may need to make adjustments, while others may need to make major lifestyle changes. The International Association of Firefighters has published a valuable report called "Heart Disease in the Fire Service" which is available online. This report details specific steps you can take to improve your heart health.

You have made the commitment to care for others. Now it's time to make the commitment to care for yourself.



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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 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 to donate. You can also find us on Facebook. And please don't hesitate to contact me if I can be of assistance personally or professionally. You can reach me at 352-425-1643 or joe@firerescuesupport.com.

