

ISSUE: 10/25/2019

CENTRAL KITSAP FIRE & RESCUE

CKFR WEEKLY





UPCOMING EVENTS

OCTOBER

We are promoting Cancer Awareness all month long!

October 28 **BOC Meeting**

Admin Building (4pm)

Public Hearing on the District's revenue sources pursuant to RCW 84.55.120

October 31 **Halloween**

November 7 **STOP THE BLEED**

Free Training
Station 56 (6-7:30pm)

November 11 **Veterans Day**

Admin Office — Closed

November 12
BOC Meeting on a *Tuesday!*
Admin Building (4pm)

November 13
2019 Kitsap County Resuscitation Academy @ Harrison Silverdale

November 25
BOC Meeting
Admin Building (4pm)

November 28-29
Admin Office — Closed
in observance of **Thanksgiving**



CKFR is now offering **Stop the Bleed** classes. We want to train you in basic bleeding control principals so that you can provide immediate, frontline aid until first responders are able to take over. In some situations there may be a delay between the time of injury and the time a first responder is on scene. Without civilian intervention in these circumstances, preventable deaths will occur. Our next class will be offered on November 7th at Station 56! **Give us a call to reserve your spot!**

A Message from Fire Chief Oliver

RE: Possible Bond for Facilities

As many of you know, CKFR is considering a possible bond measure that will replace and upgrade our aging fire stations. Though this has been a long time coming, we are making significant progress and could be on the ballot in August of 2020.

All our stations have been assessed through a comprehensive facilities plan that the Board of Fire Commissioners will discuss during their November 12th meeting. The report provides a complete analysis of the condition, location, and long-term feasibility of all our stations. It's clear that it's time to make a significant investment in our facilities that will improve life safety for our community as well as our firefighters.

Many of our stations are nearly 60 years old and have far surpassed their recommended life span. None are up to current earthquake standards, and several are located significant distances away from populated areas which increases response times. Many are too small to shelter modern apparatus, leaving these investments exposed to weather which reduces their longevity. Around half of our stations lack living quarters for 24-hour staffing, which challenges our ability to meet future service demands for our growing population.

You've probably heard the saying, "*Employees are our most valuable asset.*" At CKFR, we stand behind this. We must take good care of our people so that they can serve our community. With that said, our firefighters, who risk their lives every day, deserve a safe operating environment. Unfortunately, our stations lack effective diesel exhaust removal systems and decontamination areas to reduce exposure to cancer-causing carcinogens and infectious diseases. Furthermore, many of our current stations are not equipped with security systems, commercial fire alarms or sprinklers.

That's why CKFR is considering asking voters to fund station replacements and renovations. This will be an open, public process and we encourage you to take part. I appreciate you taking time to learn about the possible bond measure. If you have any questions, my door is always open.

CKFR NEWS

LT Steve Davison gets a Slam Dunk!

RIGHT: PIO LiMarzi has nothing but respect for LT Davison as she passes on the Slam Dunk Trophy. LiMarzi chose Davison as the next recipient because of his "infectious laugh and ability to humor us on a daily basis" and his dedication to the training program at CKFR. Go Steve!



LEFT: Bagpiper Adam Smith, pictured with Seattle Fire Fighters Pipes and Drums, gets an assist from a first grader if Baranof Elementary School during the Alaska Day festival.

Photo from the Daily Sitka Sentinel by James Poulson.



BELOW: 41 C-Shift practicing drills on Wednesday with our newest hire, FF Joe Connolly. A lot of preparation went into these drills with help from Captain Stebor and PM Muscolo.



ABOVE: R64, E51, L51 drill on heavy lifting and stabilization by lifting a school bus using Paratec Hydra-Fusion Struts.

RIGHT: When the calendar shows you have a "Cupcake Detail" you know it's going to be a good day! St. 51's crew was presented with cupcakes & sweet notes of appreciation from the staff & residents of Clearbrook Inn.



LEFT: Happy Birthday, Charlize! We're honored you chose to tour St. 41 on your special day - and your outfit is on point (pictured with FF Stanley and FF Bitterman).

RIGHT: The little humans of Pinecrest Elementary have claimed Probationary FF Hagen as one of their own ...



ABOVE: 51 C-Shift showing support for **Cancer Awareness Month** in their pink CKFR t-shirts!

2019 Kitsap County Resuscitation Academy

Quality CPR, Optimal Resuscitation

Cardiovascular disease is the single greatest cause of death in the United States. Each year, upwards of a quarter of a million persons receive attempted resuscitation from cardiac arrest by Emergency Medical Services (EMS). The prognosis for the majority of these arrests remains poor.

Quality CPR is a means to improving survival from cardiac arrest. Scientific studies demonstrate when CPR is performed according to guidelines, the chances of successful resuscitation increase substantially. Minimal breaks in compressions, full chest recoil, adequate compression depth, and adequate compression rate are all components of CPR that can increase survival from cardiac arrest.

In order to have effective HP CPR ALL involved must work as a team, not as separate entities.

The Kitsap Resuscitation is about one unified team with one unified goal – Optimal Resuscitation!

Class Details:

November 13, 2019

8:30 AM to 4:30 PM

**Harrison Medical Center,
Silverdale Campus**

**1800 NW Myhre Rd
Silverdale, WA 98383**

**This is a FREE training
opportunity for EMTs,
Paramedics, and Hospital
Personnel.**

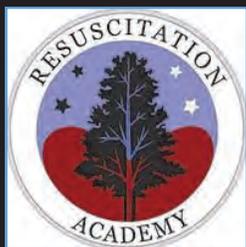
Please register at:

www.ckfr.org/resusacademy

Spots are limited to the first 100.

*Thanks to a generous donation
by CKFR Medic One Foundation,
breakfast and lunch will be provided
with registration.*

*All raffle proceeds will be donated to
the CKFR Medic One Foundation.*





Employee NEWSLETTER

Employee Assistance Program
October 2019

The Social Media Cleanse: Why it Might be Time for an Online Break

By Patrick Rice, LMHC, CEAP

Believe it or not, Facebook began its life as a college-only website for Ivy-League schools.

From these humble beginnings, it grew to include over 2 billion members across the globe, and now serves as the center of “social media.” But social media includes many websites--such as Twitter, YouTube, and Reddit--and as these types of websites expand in influence, many of their users are beginning to feel the anxiety that comes from being flooded with information at all times.

While social media can have numerous positive uses, such as networking, staying in touch, or meeting new social groups, it’s important to recognize how its ongoing use can also lead to some unhealthy results.

Negative Feelings – A January 2016 study presented in the Journal of Depression and Anxiety linked social media use and depression in young adults; likewise, other studies by institutions like the University of North Carolina and Kent State show a correlation between excessive social media use and feelings of depression and anxiety in some participants. While such studies are only correlational, the evidence suggests that for a segment of the population, social media heightens feelings of loneliness and isolation.

Misinformation – The human brain is an amazing thing, but it’s not quite perfect, as it lacks the ability to make informed decisions all the time. Most often, humans make decisions based on feeling, and social media tends to surround us with articles that make us feel something, regardless of whether the article is

factually correct. Unfortunately, anxiety and misinformation tend to go hand-in-hand, and too much social media, combined with a steady stream of questionable information, can lead to a new source of anxiety in our lives.

Loss of Productivity – If you have access to the internet at work, it’s likely that you’ve used it to put off having to write that report you’ve been dreading. While this situation is not unique, loss of productivity can extend beyond the workplace. How often have you neglected a hobby because you got lost in YouTube? How often have you found yourself seeing more of your friends on Facebook and less of them in real life? A 2016 Harris Poll showed that 72% of Americans experience loneliness, with 1/3rd saying that they experience it on a weekly basis. As use of social media rises, and people become more isolated, the risk of chronic loneliness – and the array of associated health issues – can increase.

Even if you don’t see yourself in this list, it might be time to take an honest inventory of how much time you spend on social media, and whether that’s time you might want to spend elsewhere. If you’re considering a social media cleanse, start by taking an inventory of what you value and determine where or if social media stands in that inventory.

Generally, making time to be away from all media is good practice for soothing general day-to-day anxiety, so it’s good practice to leave your phone at home while you take a long walk, or remove all electronics from the bedroom. If turning social media off for good is too much, consider cutting down your social media time to 2-3 days a week which can go a long way in helping you find more time in the day. You may also want to impose limits on social media, such as spending only 15 minutes a day on certain websites. If you want to cut down on your use but just can’t, you may want to consider a phone application that monitors your use, so that you aren’t alone in your struggle.

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