



Greater Naples Fire Rescue

JANUARY // 4TH// ISSUE 13

THE BOTTOM LINE



KEEPING YOU INFORMED.



**3-day Urban Rigging & Rescue training
hosted by Elevated Safety in West Palm
Beach in October**



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COMMUNITY**

FLEET'S ALLEY

**INGREDIENTS
FOR RECOVERY**



GNFD IN THE COMMUNITY



Station 73 visit in October



Fire Prevention Day at Coastland Mall October 6th

BROTHERHOOD RIDE

10.27.23





THE BOTTOM LINE

GNFD IN THE COMMUNITY



School visits in December





FLEET'S ALLEY

Congratulations, you made it through the holidays, and on to another great year. This has been a busy time around the shop, new trucks have started to arrive and are being outfitted. The annual pump testing of the fleet has been completed and all units passed. We at the shop would like to thank Ten-8 of Ft. Myers for their help in getting this done, promptly and with as little as possible interference of operations. Fleet would also like to thank Operations for their hard work in getting the units to fleet on time. We have some techs going off for training at the Florida Fire Chiefs' Association.

The apparatus must be well maintained at all levels, from cleaning to daily maintenance. Keeping the cab of the unit in good clean order makes everyone's job easier and safer. These areas can hold germs and bacteria from the day's work and be transmitted to our loved ones. Wiping down the dash and other areas with some kind of protection will help maintain the durability of the material. Periodically Cleaning the A/C filter will help keep dust and allergens from being circulated in the cab. Keeping the outside clean and waxed will also help maintain the appearance and keep bugs from sticking and damaging the paint. Don't forget to lube the tracks of slide-outs and roll-up doors.

Thank you for all you do!

-Mark Records





EMPLOYEE SPOTLIGHT



**LT Tom Purcell retired from the District in
October after 18 years of service**



**Battalion Chief Corey Nelson
celebrated 30 years of service to the
GNFD community in November**



EMPLOYEE SPOTLIGHT



Division Chief Caleb Morris celebrated 25 years of service to the GNFD community in December



Lieutenant Inspector Kristen King was promoted in October



CHAPLAINS CORNER

Ingredients for Recovery: The Recipe for Resilience

David Wildman, Chaplain

Firefighters often find themselves on the frontlines, battling both flames and the relentless stress of a demanding profession. It's a tough job, and it's no secret that it can affect your mental and physical well-being.

Recently, I had the privilege of attending a Critical Incident Stress Management (CISM) Training conducted by Joe Lacognata, the founder of *Fire Rescue Support* (firerescuesupport.com). The experience was eye-opening, and there's one key lesson I'd like to share – the recipe for recovery.

Joe Lacognata, an Italian himself, drew a compelling analogy during the training. He likened the process of recovery, both short-term and long-term, to making an incredible pasta sauce. Like a hearty pasta sauce that needs the right ingredients and time to simmer to perfection, so does our journey toward resilience and recovery.

Intriguingly, Joe even shared his beloved pasta sauce recipe with us, and I couldn't help but snap a quick picture with my phone, eager to replicate this recipe for my dinner table and my life. Joe emphasized that it's not enough to throw a jar of store-bought sauce onto your pasta; the secret lies in crafting it from scratch with the right ingredients and giving it the time it needs to reach its full flavor potential.

The Right Ingredients

So, what are some of the "ingredients" needed for our own personal recipe of recovery and resilience? Just as a flavorful pasta sauce requires a well-balanced combination of tomatoes, spices, herbs, and a dash of love, our well-being demands attention to various elements:

Nutrition: Fueling our bodies with wholesome, nourishing foods is crucial. A balanced diet provides the energy and nutrients needed to cope with the rigors of our profession.

Physical Exercise: Regular physical activity not only keeps us physically fit but also boosts our mental health. It's an essential ingredient for managing stress.

A Healthy Social Life: Maintaining meaningful connections with our colleagues, friends, and family members forms the foundation of our support system. These relationships are vital for sharing our burdens and joys.

Hobbies: Engaging in hobbies and activities that bring us joy and relaxation can serve as a much-needed escape from the demands of our profession.

Faith: it is proven that a strong sense of faith and being part of a faith community pays huge dividends on your overall health.





CHAPLAINS CORNER CONT.

The Missing Ingredient: Time

Now, let's address the other side of the equation – time. It's a universal challenge, isn't it? We often lament not having enough time to dedicate to our well-being. With its unpredictable schedules and relentless demands, the fire service can make carving out "me time" seem nearly impossible. Calls keep coming in, one after another, leaving us with little breathing room.

So, what can we do to add the missing ingredient – time – into our lives and allow our recipe for recovery to simmer to perfection?

Prioritize Self-Care: Understand that taking care of yourself isn't a luxury; it's a necessity. Make a conscious effort to allocate time for self-care activities, even a few minutes daily.

Embrace Shift Schedules: Recognize that shift work can be grueling, but it can also provide pockets of time for self-care. Use downtime during shifts to relax, recharge, and engage in stress-relief techniques.

Set Boundaries: Establish boundaries between work and personal life. When off-duty, make a deliberate choice to disconnect from work-related stressors.

Seek Support: Lean on your fellow firefighters and support networks. They understand the unique challenges you face, and they can provide guidance and encouragement. Also, involve your chaplain to provide support and some listening ears.

Practice Mindfulness: Incorporate mindfulness and relaxation techniques into your daily routine. Even short mindfulness exercises can make a significant difference in managing stress.

Just as a pasta sauce comes to life with the right ingredients and time, so does our journey toward recovery and resilience. By prioritizing self-care, seeking support, and recognizing that well-being is vital to your profession, we can craft a recipe for a healthier, more resilient life. It's time to add the missing ingredient into the mix and let our well-being simmer to perfection.





EMPLOYEE SPOTLIGHT

Phoenix Awards



Congratulations to all of the recipients of the Phoenix Award in December. A new and very special award was presented at this ceremony called the K-9 Phoenix Award. Fire Chief Sapp received this award on behalf of the crew that helped save a dog's life in August along with Collier County EMS and City Of Naples Personnel.

[Golden PAWS Assistance Dogs](#) Leo made a cute guest appearance and even signed the award himself!

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OPERATIONS & ADMINISTRATION

Mona Pants Foundation donated 13 pet oxygen masks for our fleet in November



HALLOWEEN AT GNFD

