



FIT *for* DUTY

Working for your Wellness

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Cancer Prevention

Is It Time For a Colonoscopy?

by Kim Wiesmann, Public Health Specialist & Wellness Coach, MPH

"I knew my own body and I knew something wasn't right," notes Lt. Greg Vinson. Lt. Vinson was diagnosed with Colon Cancer after a colonoscopy in September 2020. Since that time he has gone through multiple chemotherapy and radiation treatments.

Colorectal cancer is one of the leading causes of death from cancer in the United States. In May of this year, the US Preventative Services Task Force lowered their recommended age for screening people with an average risk to 45 years old. A colonoscopy is one method used to screen for precancerous polyps in the colon or rectum. The Task Force states, "Age is one of the most important risk factors for colorectal cancer, with incidence rates increasing with age and nearly 94% of new cases of colorectal cancer occurring in adults 45 years or older." Lt. Vinson says, "I think colonoscopies are extremely important. If someone is having colon issues, it is the **ONLY** way to be certain that cancer is not the issue!"



Lt. Greg Vinson accepting the Unit Commendation Award from Chief Malone for rescuing a victim from a house fire.

What can you do to protect yourself?

- To reduce your risk of colorectal cancer, the CDC recommends to begin screening at age 45.
- If you notice blood in your stool, report it to the medical practitioner during your PFE or talk with your Primary Care Provider.
- Consume a diet low in animal fats and high in fruit, vegetables and whole grains.
- Maintain a healthy lifestyle by increasing physical activity, limiting alcohol consumption and not smoking.

When found early, colon cancer can be treated. Vinson says, "**Know your body! If it doesn't feel or look right then it probably isn't. Get screened!**" To learn more about screening, [click here](#).



CHICKEN FARRO BOWL

INGREDIENTS: (Serves 4)

4-5 Chicken Breasts
2 Cups Farro
1/2 to 3/4 Cup Hot Sauce
1 tsp. Salt (or according to taste)
1 tsp. Black Pepper (or according to taste)
3 Carrots
3 Celery Stalks
2 Avocado
2 Tbs. Ranch Seasoning
1 Cup Plain Greek Yogurt

DIRECTIONS:

Chicken:

Place hot sauce, salt & pepper in a plastic bag or bowl. Marinate chicken at least 1 hour. Then, grill over medium heat for 5-7 minutes, flip and grill for another 5-7 minutes or until cooked through to 165°

Farro:

Cook according to the package. Toss drained farro with a drizzle of EVOO, stir.

Avocado/Carrots/Celery:

Slice thin. Combine ingredients in a bowl. Taste and adjust seasoning.

Ranch Yogurt:

Combine 2 Tbs. Ranch Seasoning & 1 Cup Plain Greek Yogurt in a bowl, adjust seasoning.

For instructional video, [click here](#).

Recipe adapted from o2x.com

NUTRITION

Good Nutrition is Essential to Job Performance

by Stephanie Martin, MS, ACSM Personal Trainer @_Martinnf_

Nutrition is a critical part of the health and safety of firefighters. Adequate nutrition is crucial to fuel the body in order to perform and maintain cognitive functions on the job. Firefighter gear and needed tools to fight fire requires an extreme physical demand. Lifting, carrying, and operating heavy equipment, all while wearing personal protective gear requires a large amount of both strength and endurance. A diet that includes healthy complex carbohydrates and lean protein is essential to help replenish the body from strenuous daily tasks.

Shift schedules can also result in other factors that affect health, like irregular sleep patterns, irregular meal times and an unhealthy diet. An irregular meal schedule can result in dehydration, low blood sugar, and overall fatigue due to lack of energy. A poor diet can also lead to prolonged energy imbalance and increased risk for injury during incident runs. It can also cause adverse health conditions such as diabetes, heart disease and stroke.

To help combat some of these issues, companies can take a few steps to ease the stress of cooking and eating healthy. These include:

- **Meal Plan:** When you know it's your cook day, plan ahead to ensure healthy dishes. Have recipes for several healthy meals to feed 4, 8, 12 people depending on your station assignment. If you have a healthy recipe to share, please email Kim at Kim.wiesmann@indy.gov.
- **Read Labels:** Know the ingredients going into your meals. Minimize ingredients you can't read. Choose healthier cooking oils like olive or coconut oil instead of vegetable oil. Use non-sticking cooking spray instead of crisco. Swap simple carbohydrates such as enriched flours, white bread and pastas for whole grain, complex carbohydrates such as rice, quinoa, whole wheat pasta and breads, that will provide more fiber, essential vitamins/minerals, and will digest slower allowing for prolonged energy.
- **Stockpile Healthy Snacks & Staple Items:** Stations should keep healthy snacks on hand to grab on the go or refuel after a long incident. Swapping the typical candy bars and energy drinks for more nutrient dense snacks will provide for better fuel/energy and prevent blood sugar crashes. Some convenient go-to snacks include: protein bars, protein shakes, trail mix, fresh fruit (apples, bananas, clementines), dried fruit, nuts, low sodium jerky, air popped popcorn, nut butters, and raw vegetables. **If you want a laminated list to hang at the station, email Kim Wiesmann.**



Favorite Scripture

Philippians 4:8

Finally, brothers and sisters,
whatever is true, whatever is
noble, whatever is right, whatever
is pure, whatever is lovely,
whatever is admirable—if
anything is excellent or
praiseworthy—think
about such things.

BEHAVIORAL HEALTH

Meet Your Chaplain: Mike Gatliff

Chaplain Mike Gatliff and his wife, Janice, moved to Indianapolis from Findlay, Ohio in 1992. He served as a Pastor to a local church until 2015. In 2001, IFD asked him to serve as the Chaplain for members of the department. Chaplain Gatliff notes, “There has not been a moments regret. I consider it a tremendous honor and privilege to encourage, counsel and just develop relationships with firefighters.”

1. What led you to become a Chaplain?

When I was asked to consider the position, after much prayer and counsel from others, it was quite clear to Janice and I this was an open door that should not be refused. The position is primarily about serving the Lord by serving people, which has been my heartbeat since I sensed the call to ministry. It seemed like (and is) a perfect fit.

2. What are the goals for the Chaplain program?

In one statement: to be an available resource for our firefighters, their families and all the employees of the department. To do this means to build relationships, which develops trust. It also involves being visible, which is why more and more I will be hanging out at fire stations, be present on runs and at training opportunities because as a Chaplain, I should not only be seen when something bad happens. Over the past 20 years, it has been during casual times that perhaps the most effective “chaplaining” has been done.

3. How does the Chaplain program help IFD firefighters?

The Chaplain is an additional tool IFD provides for the wellness of our members. It offers another avenue to aid firefighters who may be facing difficult decisions or who may just want to kick around thoughts and ideas with someone confidentially. A Chaplain can be nothing more than a friendly face or an encouraging smile or hug, which in today’s tough culture, can go a long way. It is important to note that the Chaplain is not only helpful to “religious” people or to “people of faith” but to all! I welcome anyone in the IFD family to reach out, if for no other reason than to say “Let’s work together.”

DID YOU KNOW?

In addition to Chaplain Gatliff, IFD also has three contracted Chaplains that assist in all the activities mentioned above and serve on a rotational basis to respond to critical fire runs. The contracted Chaplains include Chaplain Chris Cesnik, Reverend Malachi Walker and Father John McCaslin. All three are still active in their ministry positions but continue to play a vital role in our department.