



FIT *for* DUTY

Working for your Wellness



December 2021

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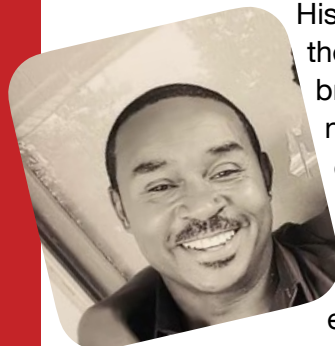
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Dealing with Grief IFD Firefighters Mourn One of Their Own

by Kim Wiesmann, Public Health Specialist, MPH

Captain Corey Floyd grins when he talks about firefighter Gerald Brooks. "He was a very thoughtful and intentional type person. He was a really cool guy." Brooks, who most recently worked on Ladder 31-B Shift, passed away from COVID related complications on November 2, 2021. Brooks spent 21 years working for IFD, along with contributing to the Black Firefighters Association.

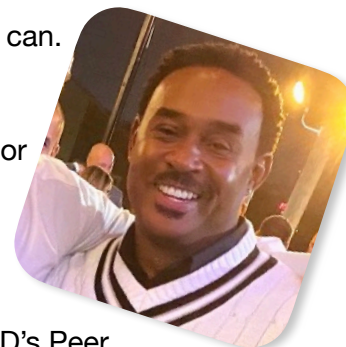


His passing left the department and his crew grieving over the sudden loss. Dr. Shatavia Thomas says, "Grieving is like breathing, but we act like we have to hold our breath. It's a natural process and if you pretend you don't have to do it or that it doesn't exist, you'll end up choking or passing out." Grief can show up in many different ways. Common grief reactions include shock, anxiety, distress, anger, sadness, loss of sleep and appetite. Individuals experience pain differently and reactions may change over time. Acknowledge and validate your crew members feelings during this difficult time.

Ways to Cope include:

- Accept your feelings with a non-judgmental attitude. Allow yourself to sit with those feelings.
- Connect with others. Share stories and lean into each other.
- Exercise
- Get outdoors in nature and sunlight as often as you can.
- Try to allow yourself opportunities for rest and get adequate sleep.
- Talk with a professional, the chaplain, peer support or join a bereavement group.

Captain Floyd says he'll miss GB's (as he so fondly calls him) smile and his laugh the most. If you find yourself struggling this holiday season, reach out IFD's Peer Support Team. [Click here](#) for contact information.





TURKEY MEATLOAF

INGREDIENTS: (Serves 6)

- 2 pounds ground turkey
- 1 package Stove Top Stuffing Mix
- 1 Large egg
- 1/2 cup water
- 1/2 cup ketchup mixed with pinch of brown sugar

DIRECTIONS:

Meatloaf:

1. Preheat oven to 350°
2. Mix all the ingredients and place in a loaf pan, reserving 1/4 cup ketchup mix
3. Form into a loaf pan
4. Bake for 45-55 minutes. Top with remaining ketchup mix

Roasted Broccoli:

1. Preheat oven to 425°
2. Mix 2-3 bags of broccoli in a bowl with Extra Virgin Olive Oil
3. Season with salt & pepper
4. Sprinkle with shredded cheese
5. Bake for 17-20 minutes

Rice:

1. Microwave 2-3 bags for 90 seconds

For quick informational video, [click here](#).
Recipe adapted from Fire Rescue Fitness

NUTRITION

Carbohydrates: The Good, Bad and Ugly

by Captain Carlos Wood, Nutrition Specialist, PN 1 & 2

One day Carbs are your friend and the following week Carbs are your enemy. The media makes this topic even more confusing. So, what is the answer? Well, it depends. To start, let's explain what a carbohydrate (carb) is. Carbs are a quick, useable source of energy for the body. One (1) gram of carbohydrates equals four (4) calories. Carbs are sugars our brain uses to function properly. Our body needs carbs but often individuals eat more carbs than necessary. While others will go to the extreme of a very low intake.

Firefighters have a demanding job that often requires explosive movements and physical endurance. Carbs give the body the energy needed for these job demands. Fat also supplies us with energy but in a different way. If you aren't physically active on a regular basis, the body tends to store carbs as fat. Hence, the notion that carbs "make you fat." The key is to utilize carbs the way they were intended.

In healthy individuals, carbs create a normal insulin response in the body. Carbs are often the primary energy source. Relying on carbs all the time doesn't give fat a chance to be utilized as an energy source and it stays with us until the carbs are depleted. Therefore, it's important to focus on whole food carbs and limit processed carbs.

Carbs to eat more of: Fruits, Vegetables, Sweet Potatoes, Brown Rice, Oatmeal, Quinoa, and Beans.

Carbs to eat less of: Carbs you want to eat less of are Donuts, Candy, Pastries, Pop, Cookies, Pies, Cakes, Ice Cream, Potato Chips.

To Simplify: Carbs are **Good**. Too many processed carbs can be **Bad**. And, when we eat too many treats, it can get **Ugly**. Leading to weight gain, a less sensitive response to insulin, which could lead to chronic health conditions. Keep carb intake proportionate to your activity levels along with the recommended serving size. To discuss where your carb intake should be, email your friendly Nutrition Specialist, Capt. Carlos Wood, to schedule a nutritional consult.

DID YOU KNOW?

If you have received the COVID-19 vaccine, you may now be eligible for a booster shot. For J & J, you can get the booster at least two months after your original dose. For Pfizer & Moderna, you are eligible for the booster at least six months after completing your primary series. You can get any of the COVID-19 vaccines authorized To schedule, [click here](#).



I continue to work to get firefighters the best and most appropriate care. I would like to see more holistic options for firefighters to maintain their health & well-being on the job and at home.

HEALTH & SAFETY

Meet Raymonda Howard

Coordinator for Occupational Health

Raymonda has worked for IFD for 21 years. She is a Certified Massage Therapist, Spiritual Life Coach, Health Coach and Holistic Health Practitioner. Raymonda notes, "I have always found it important to take the Mind/Body/Spirit approach in life. I start each day with setting my intentions and ask for guidance in fulfilling my purpose."

1. In your position, how do you help firefighters?

All injuries and vehicle accidents come across my desk. I set up all claims for workers compensation injuries. I coordinate firefighters initial evaluation for injuries and referrals to a specialist. I am available throughout the duration of injury for any issues that arise. I operate as an internal case manager to make sure firefighters are getting the proper care, get prescriptions filled, push MRI approvals, or any other testing/surgeries pushed through for approvals and set up in a timely manner. If a firefighter wants a second opinion, I coordinate that also. If there are billing issues, I can send information our claims adjustor for corrections and payment. I am the contact for reopening injuries for additional treatment (for any current or retired firefighter). I try to make the process as efficient and painless as possible, and hope the firefighter understands they can call me with any issue. If I don't know the answer, I will find out or get them to the most appropriate person, whether it's a work related injury or not.

2. What can firefighters do to be more proactive with their health?

Work on maintaining flexibility and balance to prevent injury. The Health and Safety Office has yoga classes, but also working with our Peer Fitness Experts is a great option. Nutrition is always a key factor and having Capt. Carlos Wood is a wonderful resource.

3. What advice for firefighters when reporting an injury/exposures?

Report any injury or exposure immediately. Even though a firefighter has 72 hours (per the General Order) to report an injury, it helps to report it immediately. Once an injury is reported, a firefighter can then seek treatment at any time. With an exposure, report it and contact your Safety Chief immediately to get the process started on any necessary testing of the source patient, as well as the firefighter.

DID YOU KNOW?

The Health & Safety Division recently updated the Injury, Exposure and Vehicle Accident forms on IFD Resources. We've added a couple additional fields to help us identify areas of concern. The forms may look different but you still submit them through the same process. You can access the [forms here](#). If you have any questions about your injury/exposure submission, you can contact Raymonda Howard at (317) 327-6057 or email at Raymond.howard@indy.gov.

IFD at Drumstick Dash

"As firefighters, we have an up close view of the issues that result from homelessness and poverty in general. We care about this city and the people in it. Raising money for Wheeler Mission by walking three miles in gear is just one small way our firefighters are paying it forward and leaving Indy just a little better than we found it"

~Firefighter Chris Bauchle, 10s



WORK PERFORMANCE EVALUATION IFD REVAMPS THE WPE TO ALIGN WITH JOB DEMANDS

by Kim Wiesmann & Captain Carlos Wood

The Indianapolis Fire Department worked with Dr. Carolyn Muegge and a team of subject matter experts to redesign the WPE. Captain Carlos Wood, who led the initiative said, "The committee came up with new exercises that are relevant to the job and meet our minimal standards." The committee tested the revised course using 291 firefighters to determine the course time parameters. In September 2021, the rest of the department began using the new standards at the Health & Wellness Center. Captain Wood noted, "Our firefighters seem to really like the changes we've made and feel they reflect the job demands." You can preview the new course by [clicking here](#).

of IFD Firefighters Completed WPE

