



# FIT *for* DUTY

Working for your Wellness

March 2022

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## BECOMING UNPLUGGED Pvt. Andrew Lee Travels West to Find His Peace

by Kim Wiesmann, Public Health Specialist, MPH

For years, IFD Firefighter Andrew Lee has been venturing into the woods of the west to fulfill a lifelong dream to bow hunt elk out in the wild. His father planted the seed when he was young, but life got in the way and overtime the dream fell short. In 2014, Pvt. Lee decided he was going to make the dream a reality. He fell in love with nature during his stint in the Army, where he was stationed in Washington and had a magnificent view of Mount Rainier. Lee says, "I spent my personal time hiking, climbing, salmon fishing, and snowboarding on top of or near the snowcapped mountain. Spending time in the mountains was as gratifying as I expected but I never really understood what "it" was that allowed me to feel so blissful. In fact, I did not figure out how important the mountains were for my mental, emotional, and physical health until much later when I transitioned out of the Army."

Research has shown that being in nature can reduce stress, improve attention, increase mood, reduce the risk of a psychiatric disorder and instill empathy and cooperation in individuals who spend time outdoors.

Lee completely unplugs from technology on his nature trips. He wakes up before the sun rises, eats and heads out into the dark to find his hunting spot. Then he waits. **"This time for me is usually very cathartic. The stillness and tranquility of being on a mountain as the sun comes up is one of my favorite times to reflect on my life. As you start to see the sun light up the vastness of the surrounding mountains in the horizon you realize how small and insignificant things truly are."** He will continue to track/hunt elk throughout his day and then return to camp. The stillness of the night allows him time to reflect. Lee notes, "The night sky in the backcountry wilderness is one of the most beautiful sights. My mind is quiet and I start to observe and listen, instead of being in a consistent state of worry and analyzation."

If you have ever thought about pursuing a trip to the backcountry I challenge you to find a way to make it happen. As John Muir said, *"Few places in this world are more dangerous than home. Fear not, therefore, to try the mountain passes. They will kill care, save you from deadly apathy, set you free, and call forth every faculty into vigorous, enthusiastic action."* Feel free to reach out to Pvt. Lee if you want to learn more about planning a trip like this.



## HEALTH

# IFD Launches Program to Prevent Type II Diabetes

by Kim Wiesmann, Public Health Specialist, MPH

One in three adults in the United States has prediabetes. If you have been told you have prediabetes, you are at an increased risk for type 2 diabetes, heart attack and stroke. The Centers for Disease Control notes, “without intervention, many people with prediabetes could develop type 2 diabetes within 5 years.”

IFD is now offering the National Diabetes Prevention Program to all eligible members and their spouses/partners at no charge. This program is an evidence based program proven to delay and/or prevent type 2 diabetes. **The program will help you learn to:** (Along with other healthy habits)

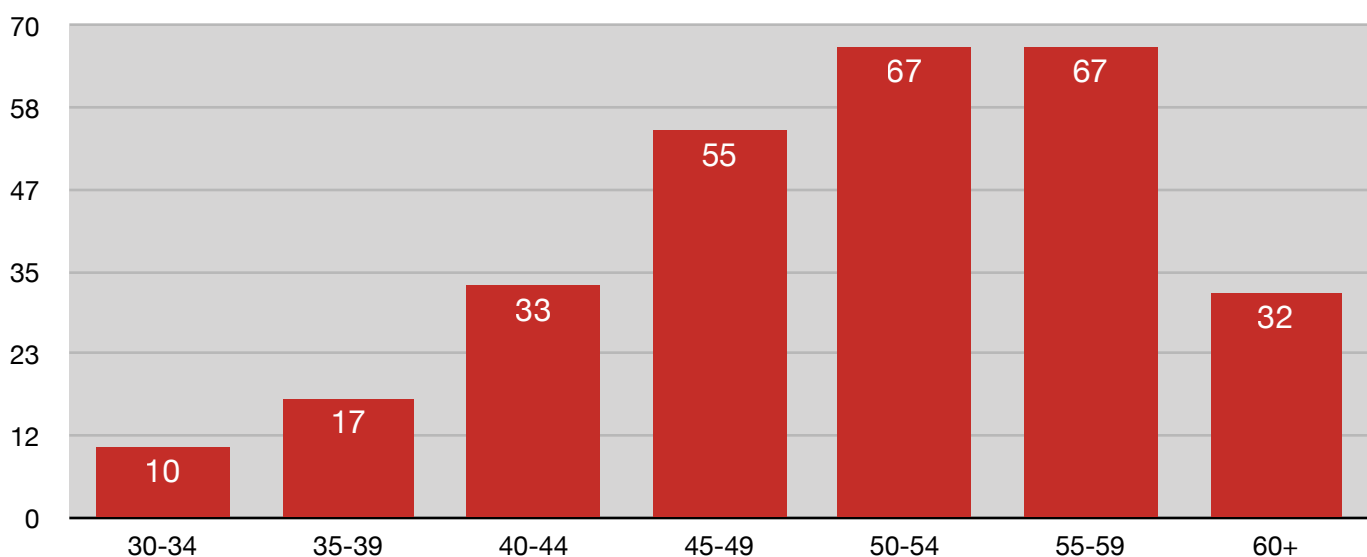
- Eat healthy including many of the foods you already choose
- Increase your physical activity
- Decrease stress
- Work around barriers to healthy nutrition
- How to handle setbacks

The program is completed through an app and includes accountability, group engagement and coaching by a trained Lifestyle Coach. To take the online risk assessment, [click here](#). You are also eligible if you meet the [following criteria](#).

**Currently, 31% of the department has prediabetes based on their blood tests at their PFE.** If you would like to enroll in the program, you or your spouse can contact Kim Wiesmann at (317) 840-6367 or by email at [Kim.wiesmann@indy.gov](mailto:Kim.wiesmann@indy.gov).



## PREDIABETES IN IFD BY AGE CATEGORY





## BLT CHICKEN ROLL-UPS

### INGREDIENTS: (Serves 10)

- 10 Chicken Breasts
- 2 lbs Bacon
- 1 pint - Cherry Tomatoes
- 1 bag - Frozen Spinach
- 2 bags - Shredded Mozzarella

### DIRECTIONS:

1. Preheat oven to 375 degrees.
2. Trim fat off the chicken & cut in half lengthwise.
3. Flatten chicken using a meat mallet, making sure to cover chicken with plastic wrap before using the mallet.
4. Halve the cherry tomatoes and place 2-3 halves along with a sprinkle of spinach and mozzarella cheese onto each piece of chicken.
5. Next, roll it up and wrap 1-2 pieces of bacon to hold the roll together and secure with a toothpick.
6. Place on a lined baking sheet and bake at 375 for about 45 minutes. Rotate pan if necessary.
7. Take chicken out and drain juices if needed. Then top the chicken with remaining mozzarella cheese and place back in the oven to melt. Once cheese is melted, serve.

For quick informational video filmed at Station 7, [click here](#). For a printable version of the recipe including roasted veggies and pasta salad, [click here](#).

## NUTRITION

# Gardening at the Firehouse

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

With today's inflation prices on the rise, we, as a Fire Department need to cut costs on our shift days. The price of meals have gone up from \$8.00 for two meals back in 2005 to \$12.00, depending on which shift and station you go to. One way to cut food costs at the Firehouse and increase vegetable consumption is to build a firehouse garden. There are startup costs, but after that, the costs are minimal compared to the savings that could occur at mealtimes across every shift. Let's break down the building of a Firehouse garden.

### MATERIALS:

- Lumber 4 ft x 8 ft (to box in the garden)
- Topsoil (compost and manure nothing synthetic)
- Plants/Seeds

### COST:

You can get all of this with a little hard work and sweat for \$80-\$100 depending on lumber prices. Use the house fund for the expense or ask for a one-time fee divided between shifts.

### PLANTS:

Start easy with a "Salsa Garden." This would consist of (mainly above-ground plants):

- Tomatoes
- Peppers (Hot/sweet)
- Cucumbers
- Squash
- Zucchini

You can always change items by adding more or less depending on what your firehouse likes to eat.

### OTHER GARDEN TIPS:

- Till the area where you want to plant.
- Plant after Mother's Day.
- Make sure it will get at LEAST 6 hours of direct sunlight.
- Be sure you have a water source close by (please don't use the fire hydrant on the property)
- Keep weeds under control by taking the grass clippings from cutting the lawn at the firehouse and place them around the plants.
- If you have critters nibbling at your produce put a fence around the garden.

Maintaining the garden takes less than an hour a day to water and pull weeds. One shift alone could uphold the garden if need be. Fresh vegetables taste better and you know where they came from. Working in the garden is a great way to reduce stress and add in beneficial veggies. Want to build a garden and have questions? Contact your friendly department Nutrition Specialist Capt Carlos Wood.

### IFD Firehouse Gardens:

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15  
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44





**I believe** there will be many great things to come to our brothers and sisters both at work and at home in their personal lives, when they opt for healthier lifestyles.

## HEALTH & SAFETY

### Meet Captain Carlos Wood

*Nutrition Specialist - Health & Wellness Center (HWC)*

Captain Carlos Wood grew up in South Bend and attended Purdue University. Captain Wood is married with four children and has been a firefighter for 17 years, most recently working on the Engine at Station 10. Captain Wood is a huge fan of Notre Dame Football and the Chicago Bears.

#### 1. What led you to this position at the Health & Wellness Center?

I have been a Peer Fitness Trainer with the department for several years. The position seemed like a good fit to tie in with my educational background in health & wellness from Purdue, coupled with my passion and training in nutrition and exercise. I fully believe in good nutrition and fitness as a preventative solution to chronic illness. The position has allowed me to channel my nutrition resources by serving others in the department.

#### 2. What are your goals as the Nutrition Specialist?

My goals at the health and wellness center are to distribute nutrition articles to educate the department on nutrition so they can take better care of themselves to enjoy their family and friends while having a long retirement life afterward. I also want firefighters to know I offer personalized nutrition coaching for weight loss, increasing muscle, trying out a new diet, etc. I really want to push out our cooking videos so firefighters choose healthier options when cooking at the station.

#### 3. What do you like best about this position?

In my position, it's very important to be a good listener and hear what firefighters are asking for. I really enjoy interacting with firefighters and helping them in any way I can to reach their goals. I know personally how it can be difficult to make nutrition changes, so really listening allows me to help the firefighter identify barriers so they can figure out the best way to change the way they eat.

#### 4. What do you miss most about the firehouse?

Being around the guys and gals, the competitiveness among the crew and the antics of the firehouse. I miss the schedule sometimes and hearing the tones go off for a possible fire or EMS run.

#### 5. What's your current diet like?

I don't push one diet or another because I think the best diet is the one that works for you. I started eating a plant based diet several years ago and continue to make small adjustments here and there.

## 8 DIMENSIONS OF WELLNESS

### Environmental

*by Kim Wiesmann, Public Health Specialist, MPH*

“Environmental” is one of the eight Dimensions of Wellness. The Environmental dimension is how our connection with the earth and our built environment affects our health and well-being. All individuals deserve to work and live in a safe environment. We should also recognize that the earth has limited resources such as land and water and conservation is necessary.

**To improve this area of your life try to:**

- Spend time in nature walking, running, hiking, exploring etc.
- Let natural sunlight into your home and try placing potted plants throughout your home or office
- Garden
- Recycle at home and work
- Use cloth or reusable bags
- Ride your bike or walk when you can
- Spend time in silence outdoors free from technology
- Hold walking meetings when possible

## IMPORTANT INFORMATION

### DID YOU KNOW?

For those firefighters who are experiencing a line of duty injury, especially with a long duration injury or a more complicated surgery, and feel disconnected from the job, or worry about a possible career ending injury, please know that Peer Support is always here for you.

### MENTAL HEALTH REFERRAL

However, if you feel you need more support beyond our Peer Support team, you can contact the Health and Safety Coordinator, Raymonda Howard, to ask to see a professional, which will be covered by workers compensation. The process is completely confidential. Broadspire will approve the referral if related to the line of duty injury. An appointment will then be set up for you with an approved psychologist. You can contact, Raymonda Howard, at either 317-372-6057 or 317-709-9294.

### IFD HIRING PROCESS OPENS SOON

The next hiring process will open next month, April 2022. Our employees are our best recruiters, so if you know of someone who has a heart of a servant and would be a good fit for the department, please encourage them to go to [www.indy.gov](http://www.indy.gov) and submit an interest card. **You can also scan and/or share the QR for more information on the process.**

If they have questions, they can reach out to one of our two recruiters: [corey.floyd@indy.gov](mailto:corey.floyd@indy.gov) or [rena.wheeler@indy.gov](mailto:rena.wheeler@indy.gov).

