



# Public Safety Health and Wellness

Serving Those Who Protect Our Cities, Homes, and Lives

## Featured Department

### Diligence/Creative Funding Makes Program Possible in Greencastle

by Christopher M. Costlow, M.S.

#### Greencastle, Indiana –

Featuring areas of gently rolling hills, plains, and picturesque streams, the city of Greencastle has been the Putnam County seat in south Central Indiana since 1823, two years after its founding. One of the jewels of Greencastle is the campus of DePauw University. Designated an “All American” city in 1991, Greencastle has grown around the 655-acre university which was founded in 1837.

DePauw is ranked in the top tier of liberal arts colleges in the country. Greencastle also boasts Eli Lilly’s first pharmaceutical store.

#### Unique Program Helps With Funding

Fire Chief Bill Newgent has used some creative ways of obtaining funding for his departmental needs. One of the most unique is the **Friends of the Fire Department** program. Chief Newgent, along with late councilman Mike Rokicki, developed this nonprofit organization to raise awareness and funding for training, capital expenses, and fire prevention. The not-for-profit status has opened up opportunities to access grant monies that were formerly untouchable. Introduced in late 2001, the program is comprised of a 9-member Board and 30 “friends”—primarily local businesses. These “friends” serve as a sounding board and are generally interested in the welfare of the department and its prevention programs. Within 8 months of its introduction, the program raised enough money to buy a new safety house for the department. Most recently, they have used funds to purchase a thermal-imaging camera, and

created a fire prevention training video that is used in schools. The program has received wide acclaim and will be featured in the July issue of **Fire Rescue Magazine**.



#### Healthy Personnel Is Priority

Fire Chief Bill Newgent has led his 34-member department for the past five years. The department protects a 35 square-mile area encompassing not only the city, but the entire township. The health and fitness of his personnel has been a priority and his diligent efforts have succeeded at getting funds budgeted for a health and fitness program which he plans to continue to develop. Currently, every member receives an annual complete physical and blood work, hearing, vision, lung function, resting EKG, and treadmill evaluations for those over age 40. “Very small departments have very large runs. I expect 110% from my firefighters 110% of the time. As a small department, they have to know how to do everything on their trucks. Implementing a health and fitness program will help their endurance in these areas,” states the chief. Ultimately, he has witnessed happier, healthier personnel who use less sick time as a result of their new focus on nutrition and

fitness.

His department receives complimentary access to the exercise facilities of DePauw University and has exercise equipment at their station. He has recently applied for a FEMA grant to fund a physical fitness training program. “I want to take care of my firefighters. They are our #1 asset and that should be our #1 goal,” emphasizes the chief.

#### Do What You Can

Financing a health and wellness program is a challenge for many departments acknowledges the chief. He encourages departments to make it a priority. “Even if you can provide even the smallest of support to ensure the health of your personnel, it is critical,” says the chief. “It can enhance the department’s endurance at the critical time of need by improving their health and personal morale. The bottom line is, it’s the right thing to do.”

## By the numbers...

53

Number of hours (on average) between law enforcement officers killed in the line of duty.

5

Percentage of households vandalized at least once in 2002.

62

Percentage of fireworks injuries that occurred between ages 11 and 19 in 2002.

7

Number of states that ban the use of fireworks by consumers (AZ, DE, GA, MA, NJ, NY, and RI).

Sources: NFPA, Bureau of Justice Statistics, National Law Enforcement Officers Memorial Fund

## Inside this issue...

Providing reports to applicants who fail	2
Meet the new dietitian	2
Importance of testicular self-exam	3
Customer Service Survey findings	3
Calendar of Events	4

## Fast Facts on the Greencastle Fire Department

Fire Chief:	Bill Newgent
Population Served:	13,000
Area Protected:	35 square miles
# Personnel:	16 full-time 18 reserves
Average Age:	37
# of Runs:	Average in the 700's/year
Special Teams:	<ul style="list-style-type: none"> <li>• Decon</li> <li>• HAZMAT</li> </ul>
Apparatus:	<ul style="list-style-type: none"> <li>• 3 engines</li> <li>• 1 rescue</li> <li>• 1 grass truck</li> <li>• 1 aerial</li> <li>• 1 HAZMAT/Decon trailer</li> </ul>



## Public Safety Psychology News

### Providing Psychological Reports to Applicants Who Fail

by Jeffrey C. Savitsky, Ph.D., JD

Failing the testing phases of a selection process can be an extremely painful experience. Indeed, the Americans with Disabilities Act (ADA) may have unwittingly increased the emotional pain experienced by applicants who fail a post-offer psychological evaluation procedure. Under ADA, applicants who pass all of the preliminary procedures are given a conditional offer of employment. Many applicants, after receiving a conditional offer of employment, make the reasonable assumption that they have been hired and that the psychological evaluation that follows is merely a formality of little consequence. They are caught completely off guard, and painfully disappointed, when they receive a failing grade from a

psychological evaluation and their conditional offer of employment is withdrawn.

#### Viewing Their Report

Many applicants respond to the news that they have failed the psychological evaluation with disbelief and with demands to see the report. They are certain that some mistake has been made and they want to make the necessary corrections.

The question that frequently arises at this point is whether or not the applicant has the right to see the report. Many departments, and many psychologists, do not want to give a copy of a psychological report to the failing applicant. Most frequently, the effort to withhold a report is justified by noting that the report

conclusions will only serve to further hurt the applicant's self concept. Indeed, under certain circumstances, a mental health report can be withheld from a patient if it will cause the patient serious mental harm. But, even if a mental health record will be damaging, the patient's representative must be allowed to obtain a copy of the record.

#### "Arming the Plaintiff"

The probable truth of the matter is that neither departments nor psychologists want to give out failing psychological reports because giving out this type of report is, in essence, "arming the plaintiff." What if the conclusions presented in the report are weak and based on conjecture? What if the report

reveals bias or a decision based on arbitrary criteria?

#### Consult Your Attorney

Departments have drawn different conclusions about whether or not to give an applicant a copy of their psychological reports. It hinges on whether these reports are mental health records or business records. If the latter, there is probably no obligation to give out the report while the former does obligate. Departments should therefore present this question to their attorneys. However, a prudent course of action is to assume that applicants will be able to obtain copies of their psychological reports. Therefore, the reports should be written as if the applicant is reading them.

*Dr. Savitsky is director of the Institute for Public Safety Personnel, Inc. Call 800-892-IPSP.*



## Your Health and Fitness

### New Dietitian Fills Important Need of Public Safety Personnel

by Jennifer Leslie, R.D.

With the constant flood of new diet and nutrition information, it is hard to keep it straight. Between low carb, high carb and no carb there are numerous choices claiming to be your key to lifelong weight loss and health. Public Safety Medical Services is here to make things clearer for you. As the new Registered Dietitian on staff, my primary goal is to give you the best, up-to-date information to put you in the best health for whenever duty calls.

#### Meet the Dietitian

Born and raised in Indiana, I attended Indiana University where I was awarded my Bachelor's of Science in Applied Health Science (Dietetics). I completed my dietetic internship at the IU Medical Center in Indianapolis to become a Registered Dietitian. Along with working at Public Safety Medical Services, I work part-time at

Methodist Hospital in the Heart Failure Clinic and the Adult Ambulatory Care Center educating patients on weight loss and low sodium diets. I am further certified in Adult Weight Management through the American Dietetic Association.

#### Current Nutrition Services Individual Nutrition

**Consultations:** These one-on-one diet and nutrition consults are packaged in threes to provide you with an individual nutrition plan and goals to best meet your lifestyle and needs. Consults can take place at our office or your station. Spouses welcome.

#### Nutrition Presentations:

Hour-long presentations can be provided at your facility. Presentations will educate your personnel on topics from basic nutrition to dietary supplementation. Spouses welcome.

**Cooking Schools:** Two to three hour cooking classes conducted in your facility to demonstrate the basics of heart healthy cooking. Participants receive samples of all food cooked and additional recipes to keep.

#### Services in the Works

In addition to our existing nutrition services, I am currently working on several new programs to further provide you with the best nutrition information. These programs include:

#### Guided Grocery Store Tours:

With over 30,000 different items, the grocery store can be an intimidating place. Participants will learn the basics in label reading, comparison shopping and shopping strategies to successfully complete heart healthy grocery shopping.

**Cookbook:** Stuck with the same kind of meals every day? Here is your answer to variety. With a

healthy twist on "public safety approved" recipes, enjoy new food throughout the year.

**Nutrition Packages:** Want to start a nutrition program in your department, but aren't sure where to begin? These packages will assist you in providing your department with a variety of our services conveniently packaged for your needs.

I look forward to serving and providing your department with the best nutrition resources.

Call or email us for additional information on our nutrition services.

*Jennifer is the registered dietitian for Public Safety Medical Services*



## Public Safety Medical News

### The Importance of Testicular Self-Exam

by Ellen K. Walsh, P.A.-C

Only 15 years ago, a diagnosis of testicular cancer was grim news. Ten times as many patients died then as now. But due to dramatic improvements in therapeutic drugs, diagnoses, and tests, survival rates have been remarkably boosted.

Now, testicular cancer often is completely curable, especially if found and treated early. Testicular cancer occurs in approximately 1 in 25,000 men per year and accounts for only about 1 percent of all cancers in men. However, in men aged 15 to 35, it is the most common cancer. For unknown reasons, the disease is about four times more common in white men than in black men. The risk of developing testicular cancer in a man's lifetime is approximately 1 in 500.

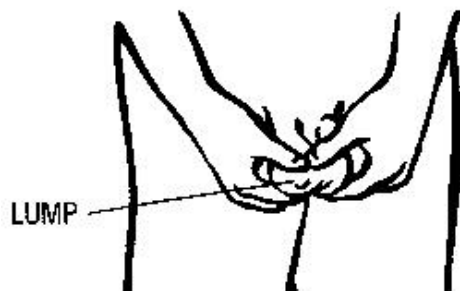
#### Self Exam Important for Early Detection

While testicular cancer typically strikes young men between the ages of 15 and 35, it does occur in older men as well. Self-examination of the

testes is important for early detection of testicular cancer. The technique is simple and **should be done monthly.**

**When:** Experts recommend doing self-testicular exams right after a warm shower when the scrotal skin is relaxed.

**How:** Gently roll each testicle between your thumb and forefingers. Go slowly and be thorough. Don't be worried if one testicle is slightly larger than the other. That's normal. Feel for the epididymis, a soft, rope-like structure on the back of the testicle. If you're familiar with the epididymis, you won't mistake it for a lump. Lumps on the epididymis are not cancerous.



**What you are looking for:** Check for any enlargement or hardening of the testes. Check for any fixed lumps, especially one about the size of a pea on the front or sides of the testicle. Lumps on the scrotum that are not attached to the testicle are not testicular cancer.

While a lump is the most commonly found sign of testicular cancer **other signs of testicular cancer** to be aware of are:

- Painless enlargement of the testicles
- Significant loss of size in one of the testicles
- A sense of heaviness in the scrotum
- A dull ache in the lower abdomen or in the groin
- A sudden collection of fluid in the scrotum
- Pain or discomfort in the testicle or scrotum

- Enlargement or tenderness of the breasts

It should be noted that there could be other reasons for these symptoms besides cancer. For example, fluid in the testicles may be a hydrocele which is **not** cancer, but should be evaluated.

**What to do:** If you find a lump on your testicle, see your doctor right away. Not all lumps are cancerous. **If you have any doubts, get it checked.** Testicular cancer can grow very rapidly. Remember, with early detection and treatment, testicular cancer has a high survival rate.

*Ellen is a Physician Assistant and Coordinator of the Travel Medicine Clinic for Public Safety Medical Services.*



## Odds and Ends Survey Says...

by Mike Russell

Public Safety Medical Services is committed to providing our clients with the highest level of service possible. Your feedback is always important to us and we thank the 40 departments who responded to our recent Customer Service Questionnaire.

As promised, the following are the findings from the questionnaire:

**Percentage of departments providing on-duty exercise time to their personnel:**

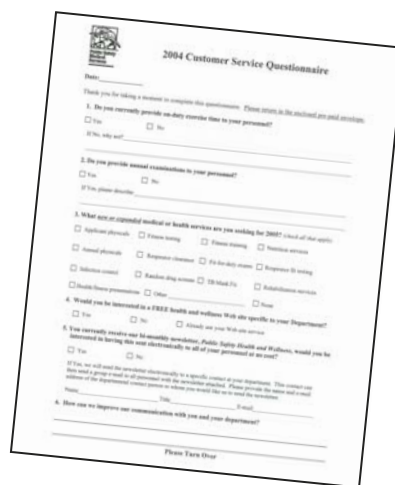
**Law Enforcement: 23%**  
**Fire Service: 94%**

**Percentage of departments providing annual exams to their personnel:**

**Law Enforcement: 36%**  
**Fire Service: 94%**

**Top six most popular services being sought for 2005:**

1. Annual exams
2. Applicant evaluations
3. Random drug screening
4. Fitness training
5. Fit-for-duty evaluations
6. Educational presentations



**Percentage of departments wanting this newsletter electronically e-mailed to their members:**

- 65%

Please contact Chris Costlow or I with any questions on these results.

**Percentage of departments seeking a complimentary health and fitness Web site:**

- 45%

*Mike is the director of operations for Public Safety Medical Services.*

## Quotable

“Courage is the art of being the only one who knows you're scared to death.”

—Earl Wilson

### Our Mission

Public Safety Medical Services seeks to provide public safety agencies and municipalities with expert medical, psychological, and fitness evaluations.

We inspire healthier and more productive lives through innovative programs delivered with pride, integrity, and dedication.

**Public Safety Health and Wellness**, a bi-monthly publication of Public Safety Medical Services, is committed to enhancing the well-being of public safety professionals.



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## What's Happening Public Safety Calendar of Events

### LAW ENFORCEMENT

**August 2-6**  
**Event:** Basic Hostage  
Negotiations

**NORTHWESTERN  
UNIVERSITY**

**Location:** Northwestern  
University, Champaign, IL

**Contact:** Center for Public  
Safety, 847.491.5476

**August 2-5**  
**Event:** Surveillance  
Equipment Engineering  
**Location:** Troy, OH

**Contact:** Intellicon,  
423.875.9176

### August 23-27

**Event:** Deviant Groups,  
Movements, Cults & Religions

**Location:** Mishawaka, IN  
**Contact:** Intellicon,  
423.875.9176

### FIRE SERVICE

**July 19-23**  
**Event:** Fireground Survival  
& RIT Train the Trainer  
**Location:** Indianapolis, IN  
**Contact:** Fire Department  
Training Network, 317.823.9678

**August 12-15**  
**Event:** Fire-Rescue Intl.

**Location:** New Orleans, LA  
**Contact:** IAFC, 800.934.1957



### 2004 Fourth Round Grant Award Winners

#### Indiana

- Johnson Twp. Vol. FD
- Poneto Vol. FD
- Gregg Twp. Vol. FD
- Universal Vol. FD

### OTHER NEWS

Welcome New  
Wellness  
Clients!

#### Madison Twp. Fire Dept.

#### Ohio

- Independence FD
- St. Mary's Twp. FD
- Fort Loramie Comm.  
Fire Company
- Chauncey-Dover Vol. FD
- Glencoe Vol. FD
- Grover Hill Vol. FD
- Washington Twp. Fire/Resc.
- Alexandria/St. Albans Twp.
- Deer Park Silverton Joint