



# Public Safety Health and Wellness

Serving Those Who Protect Our Cities, Homes, and Lives®

## By the numbers...

**35**

Percentage decrease in annual violent crimes since its peak in 1994 (4 million)

**1891**

The year the National Chiefs of Police Union was formed (known today as the International Association of Chiefs of Police)

**40**

Percentage of fire departments nationally without internet access

**33**

Estimated percentage of firefighters per shift nationally not equipped with SCBA's

Sources:  
NLEOMF and NFPA

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## Featured Department

### Huntington Looks to Technology and Lifestyles for its Future

by Christopher M. Costlow, M.S.

#### Huntington, Indiana –

The city of Huntington in Northeast Indiana was established in 1848. It was named after Samuel Huntington, a signer of the Declaration of Independence, who was a relative of one of the original settlers, Captain Elias Murray. One of Huntington's most recognized claims to fame is 44th **Vice President Dan Quayle**. Quayle called Huntington home for many years as the fifth Hoosier to hold the office of Vice President.

#### Technology is a Recent Focus

Huntington built its first brick fire station in 1869 and today features three stations and 41 sworn personnel. **Fire Chief Rob Miller** is committed to public safety in his community. The number of paid personnel is substantial for a community of their size and they have received a Class 5 rating for fire protection. The department has recently applied for a FEMA grant to secure funding for a wireless broadband system for Pre-Fire Plans and GPS for mapping. The system would enable personnel to have fire plans right at their fingertips and allow officers to make decisions in transit to emergency scenes. "It's important for the 'first-in' officer to have all the information they can," states Chief Miller. With the assistance of **State Representative Dan Burton**, the goal is to eventually expand the system to include the entire county. This will allow other County and City agencies to utilize the infrastructure.

#### Community Enjoys Benefits

The department's commitment extends to its community as well. Each year, they host a golf tournament designed to raise scholarship money for local high school and college students. The \$2,000 scholarships are awarded to 4 students each year. So far, the department has given away more than \$25,000.



Eight years ago, **William Ehinger**, son of **Norbert Ehinger**, donated \$35,000 for the purchase of a smoke trailer that is used to educate elementary

school students on fire prevention and safety procedures during community events such as Fire Prevention Week.

#### Memorial to Honor the Fallen

To recognize those who have made the ultimate sacrifice, the department is establishing Firefighter Memorial Park adjacent to their Southside Station. Voluntarily designed, erected, and built by Huntington firefighters, its focal point will be a large memorial to honor Huntington's three fallen firefighters: **Isaac Fisher, Harmon Rittenhouse, and Norbert Ehinger**. There will also be a Firefighter Walk of Fame which will allow families and friends of career Huntington firefighters to purchase an engraved brick honoring their service to the community. A third feature of the park will honor firefighters who gave their lives on

9-11. The park is expected to be completed over the next 2-3 years.

#### Department Fitness is Goal

Chief Miller has made the health and fitness of his personnel a high priority. All personnel have time on duty to exercise and stay physically fit. Each station features an exercise room with the latest equipment. They also have begun providing comprehensive physicals and fitness evaluations on a voluntary basis. Last year, 36 of the 41 firefighters participated. Testing resumes again in the fall. "It has been very eye-opening for them," says Chief Miller. "One way to combat disease is to be in better shape through nutrition and exercise. There's a certain point in life where you can't ignore your health." Chief Miller encourages his personnel to get healthy early in their careers. "It is important to deal with it early to have fewer disability pensions and health problems." He encourages all departments to explore a wellness program. "You will save the city money. No doubt about it."

#### Fast Facts on the Huntington Fire Department

Fire Chief:	Robert J. Miller
# of Stations:	3
# of Personnel:	41 sworn
Average Age:	44
Average Annual Runs:	1,100
Area Protected:	16 sq. miles
Population Served:	25,000 (includes 1st call in Huntington Twp.)
<b>Apparatus:</b>	
<ul style="list-style-type: none"> <li>• Grass Rig</li> <li>• Quint replaces Aerial in '06</li> </ul>	<ul style="list-style-type: none"> <li>• 3 pumpers</li> <li>• 100' Aerial</li> <li>• Tanker Pumper</li> </ul>



## Public Safety Psychology News

### Psychological Evaluations for Incumbents Reap a Variety of Information

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

Public safety departments refer their incumbent members for psychological evaluations for a variety of reasons—some positive and some negative, such as:

#### Fitness For Duty

Can the department member perform currently assigned duties in a safe and effective fashion?

#### Disability Determinations

Is the department member suffering from a medical or psychological condition that will prevent the performance of their duties for the foreseeable future?

#### Reaction to a Traumatic Situation

Is the department member experiencing psychological

difficulties as a result of involvement in a recent traumatic situation (police action shooting, high casualty incident, near fatal accident, etc.)?

#### Selection for a Specialized Unit

Will the department member be able to perform duties that are more demanding (high stress, decision making under emergency conditions, etc.) than the duties performed by other department members?

When referring a department member for a psychological evaluation, it is important to specify the reasons for the referral. This is because the conclusions drawn from a psychological evaluation may differ radically depending on the

questions being addressed in the evaluation. For instance, an individual who does not qualify to be a member of a high stress specialized team (SWAT, tactical rescue, etc.) may still be fit for duty since their routine job activities can still be performed.

#### Questions Depend Upon Purpose of Evaluation

The questions addressed in an evaluation may also determine the standard for the conclusions made by an evaluator. An evaluator may try to determine if an individual is experiencing diagnosable mental health difficulties while other evaluation questions call for predictions about future behavior that may or may not reflect mental health issues. For instance, the fact that an

incumbent is not fit for duty does not necessarily mean that the individual suffers from a mental health difficulty. Instead, an individual may simply be a persistent disciplinary problem with a past history, a life situation, or a personality that suggests the high likelihood of violating department rules in the future. This individual may not be fit for further duty but, at the same time, may not exhibit the mental health difficulties that would normally label him or her as being disabled. That is, a fitness for duty evaluation may utilize a “prediction about the future” standard while a disability determination is more likely to utilize a “mental health” standard.

Dr. Savitsky is director of the Institute for Public Safety Personnel, Inc.



## Your Health and Fitness

### PSMS to Offer Continuing Education for Peer Fitness Trainers

by Darrell Mendenhall, M.S.

In 1997, the IAFF and IAFC created a historic partnership to improve the wellness of fire department personnel. It became known as the Wellness-Fitness Initiative and ten large departments from across the United States and Canada were recruited to commit themselves to the program and participate in a study.

The **Peer Fitness Trainer Certification Program** is a response by the IAFF/IAFC Task Force to help develop firefighters in each department who can take the lead in implementing the Wellness-Fitness Initiative. **Public Safety Medical Services** is proud to be among the members of the Peer Fitness Trainer Certification Program committee. This committee is made up of representatives from the ten cities involved in the Wellness-Fitness Initiative.

#### Peer Trainers Provide Numerous Skills

The purpose of the Peer Fitness Trainer (PFT) certification is to identify firefighters who have demonstrated a certain level of knowledge and skill required to design and implement fitness programs, improve the wellness and fitness of their departments, and assist with the physical training of recruits. PFTs will help improve the safety, performance, and quality of life of its members.



#### Continuing Education

Public Safety Medical Services has recently been approved by the American Council on Exercise (ACE) to provide continuing education programs for certified Peer Fitness Trainers (PFTs). ACE has

awarded continuing education credits to eight different seminars developed by PSMS for a total of 1.0 CECs, which is half of what a PFT must achieve every two years in order to maintain their certification.

These seminars will cover a wide array of nutrition and fitness related topics designed to reinforce and support the knowledge base and skills of the PFTs. For the convenience of participants, the seminars will be presented in a series over the course of a single day. Seminars that will be presented are as follows:

- Foundations of Cardiorespiratory Conditioning
- Building Blocks of Nutrition
- Foundations of Flexibility Conditioning
- Hydration Station

- Foundations of Strength Conditioning
- Making Sense of Dietary Supplements
- Strength Training Program Design
- Weight Lifting Technique and Design

We are excited about the opportunity to support the continuing education of Peer Fitness Trainers. We plan to hold our first CEC program in the fourth quarter of this year and will be mailing detailed information (dates, registration, etc.) to our clients in the near future. If you wish to participate in this program or would like more information, feel free to contact me at 317.972.1180 or toll free at 877.972.1180.

Darrell is the director of fitness and health promotion





## Public Safety Medical News

### Type 2 Diabetes—Managing Blood Sugar

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

One of the things we test our clients for every year is fasting blood glucose, more commonly known as sugar. Normal fasting sugar levels are considered to be between 65 and 99 mg/dl. Having your blood sugar within this range means that your pancreas is producing enough insulin to allow your cells to take up the sugar from your blood to be used by your body as fuel.

#### High Blood Sugar Could Lead to Diabetes

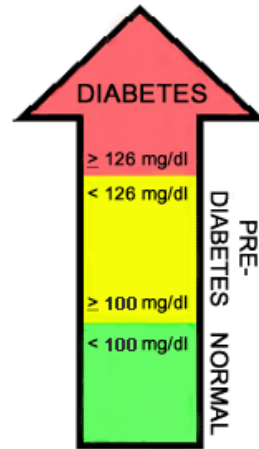
Fasting blood sugar with values of 100-125 mg/dl is considered to be higher than normal but lower than that used to diagnose diabetes. This is the range now referred to as "Pre-diabetes". These higher sugar values when combined with low HDL and high triglycerides, point to the possibility of impaired glucose tolerance, impaired fasting glucose, and insulin resistance - big terms whose bottom line means that if changes aren't made in lifestyle (losing weight, increased exercise, medication), the

possibility is high that diabetes, and all its possible complications, is the natural progression. The Diabetes Prevention Program and other studies have demonstrated that lifestyle changes (weight loss of 5-10% of total body weight and 30 minutes of moderately vigorous exercise most days of the week) can prevent or delay the onset of diabetes in people with pre-diabetes.

#### Too Much of a Bad Thing

Why is having too much sugar in your blood a bad thing? Sugar is a big molecule. With too much sugar in your blood stream, it tends to block off passage of blood cells into the tiny capillaries in your fingers and toes, your eyes, heart and

kidneys. This cuts off oxygen to those body parts and without oxygen, the tissue dies. That's the reason why people with uncontrolled diabetes lose their sight, have increased risk of heart disease, end up going on dialysis, have problems with foot ulcers healing and may eventually face amputation.



#### How Type 2 Diabetes Develops

Type 2 diabetes develops because of eating too much and exercising too little in people with genetic predisposition for the disease. Research suggests that more than one gene may be responsible and that fat cells may release hormones that turn on the diabetes genes. Problems with insulin sensitivity and insulin secretion are seen in most individuals who have type 2 diabetes. This means that less insulin is being produced and

what is produced is not effective in moving sugar into the cells. Weight loss alone can improve your sensitivity to insulin. Having to take insulin shots isn't associated with type 2 diabetes the way it is with type 1 diabetes, but it is the logical progression of the disease. If your body no longer produces enough insulin to keep your sugar levels normalized, you will need to be on insulin shots to help it out. This is not a failure on your part; it is the nature of the disease.

The best way to prevent the complications of diabetes is not to get it in the first place. While genetic factors may make it unavoidable, the environmental factors that we can control, namely taking control of how much we eat and how much we move, can delay its onset and progression.

*Ellen is director of clinical services and travel medicine.*



## Odds and Ends

### Helping Victims of Hurricane Katrina

by Christopher M. Costlow, M.S.

In the aftermath of Hurricane Katrina, one of the most devastating storms in U.S. history, there has been an outpouring of help from law enforcement, fire, EMS and other public safety agencies across the country. The FEMA-led Task Forces have been activated nationwide to provide search and rescue, hazardous material clean-up and medical assistance.

We are proud to see nearby Task Force teams in Indiana and Ohio contribute to this massive effort.

#### How We Can Help

It's natural for many of us to "self-dispatch" ourselves to help

those in need in Louisiana, Mississippi, Alabama, and Florida, but it's important to let the specially-trained professionals manage this process.

According to emergency management officials, the best way to help is to give cash donations instead of going into affected areas. The following is a list of three recommended organizations accepting relief donations:

- **American Red Cross**, (800) HELPNOW, [www.redcross.org](http://www.redcross.org)

- **Salvation Army**  
(800) SAL-ARMY  
[www.salvationarmyusa.org](http://www.salvationarmyusa.org)
- **Catholic Charities USA**  
(800) 919.9338  
[www.catholiccharitiesusa.org](http://www.catholiccharitiesusa.org)



**September is National Preparedness Month**  
Each September, the NFPA leads a nationwide effort encouraging Americans to prepare for emergencies in their homes, businesses, and schools.

The effort is sponsored by the Department of Homeland Security and the American Red Cross.

Here are four recommended steps:

- **Get a Kit**—emergency supplies should last at least 3 days.
- **Make a Plan**—plan what your family will do in an emergency.
- **Be Informed**—Learn about the threats that could affect your community.
- **Get Involved**—get training in first aid and emergency response.

For more information, visit the American Red Cross Web site at [www.redcross.org](http://www.redcross.org) or [www.ready.gov/npm/index.htm](http://www.ready.gov/npm/index.htm).

*Chris is the director of communications and marketing.*

## Quotable

“The men who try to do something and fail are infinitely better than those who try to do nothing and succeed.”

—Lloyd Jones

### 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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## Kudos and Accolades Public Safety Awards & Acknowledgments

The **Decatur Twp. (Indianapolis) Fire Department** recently graduated its last 10 recruits which takes the Department to 66 career firefighters on 3 shifts out of 3 fire houses.



**Firefighter Molly Davis** received the **Lis Daily Heart of the Community Award** from the **Peoples Burn Foundation** at their Summer Ice event on Saturday, August 20. *Contact Chief Henson at 317.856.5400.*

The **Peru (IN) Fire Department** recently received the results from an ISO Public Protection Classification survey in regards to their structure fire suppression delivery system. Their PPC rating improved from a 5 to now being officially a 4 beginning August 1. *Contact Chief Brooks at 765.472.2410.*



The **Perry Twp. (Indianapolis) Fire Department** will graduate 13 recruits on September 23 after their completion of 18 weeks of training in EMS, Fire Operations, and Hazmat. The recruits will bring the Department's staffing to 113. *Contact Div. Chief Andy Borton at 317.788.4813.*



The **Zionsville (IN) Police Department** congratulates **Police Chief James Wampler** for his bronze medal in the Mens Grand Master Biathlon at the recent **World Police and Fire Games** in Quebec. The Department has also opened a fitness center at their headquarters enabling officers and town employees to exercise during their work day. *Contact Chief Wampler at 317.873.8020.*



### 2005 FEMA Wellness-Fitness Grant Award Recipients Through August

#### Indiana

- Beech Grove
- Bloomingdale Vol.
- Charlestown Vol.
- Clay Fire Territory
- Fire Dept. of Liberty Twp.
- Lake Ridge Vol.

#### Ohio

- Hamilton
- Morgan Twp. Vol.
- Oberlin
- Shaker Heights

## What's Happening Public Safety Calendar of Events

### LAW ENFORCEMENT

**September 19-27**  
**Event:** Strategies & Tactics of Patrol Stops Instructor Course  
**Location:** Indiana Law Enforcement Academy, Indianapolis  
**Contact:** Bob Brinkman, 317.392.1120

**September 24-28**  
**Event:** International Chiefs of Police Conference  
**Location:** Miami, FL  
**Contact:** IACP, 703.836.6767



**January 4-7**  
**Event:** National Sheriffs' Association Mid-Winter Conference  
**Location:** Palm Springs, CA  
**Contact:** NSA, 703.836.7827

### FIRE SERVICE

**October 7**  
**Event:** Compressed Gases & Transportation Emergencies Workshop  
**Location:** Hamilton Co. (Indiana) Government Center, Indianapolis, IN  
**Contact:** Indiana Alliance of Hazardous Materials Responders, Dave Wolfe, 317.819.0102

**October 9-15**  
**Event:** Fire Prevention Week  
**Location:** Nationally  
**Contact:** NFPA, 202.737.8484



**November 14-16**  
**Event:** Advanced Rapid Intervention Team Operations  
**Location:** Fire Department Training Network Training Academy, Indianapolis, IN  
**Contact:** Fire Department Training Network, 317.823.9678

### OTHER NEWS

Welcome New  
Wellness  
Clients!

**Monticello (IN) Fire Dept.**  
**Lawrence (IN) Police Dept.**

### PSMS Welcomes New Staff

**Simon Kratzat**  
Client Services Coordinator

**Lauren Moffatt**  
Human Resources Manager

**Lisa Trivett**  
Medical Assistant

**Susie Mahlke**  
**Linda Parsons**  
Admin. Assistants

**September is...**  
National Preparedness Month

**October is...**  
Healthy Lung Month