



NOVEMBER 2016

PEOPLE ♦ FAMILIES ♦ NEIGHBORHOODS

Volume 9 Issue 71



CONGRATULATIONS SCOTT and BROWN Join the D-Shift

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Our Mission

To provide fire, life safety, and support services that are relationship focused and results oriented.

Our Motto

"Service to All; Second to None"



Our roster of retirees continues to grow with the retirements of FF3 Brad Scott and FF3 Fred Brown effective November 15th and November 29th, respectively.



Firefighter 3 Bradley E. Scott

Following in the footsteps of his father (retired Captain Harry Scott), FF3 Bradley Scott joined the Fulton County Fire Rescue Department on August 1, 1988.

Brad was promoted to FF2 in 1993 and to FF3 in 1998. During his twenty-eight years of service, Brad has served primarily in the first and third battalion. His most recent assignment has been Fire Station 17B in the Cedar Grove community.

On his last day on duty, Brad was honored with a traditional retirement breakfast and presented with gifts of appreciation for his dedicated years of service.

Firefighter Scott and Firefighter Brown have been loyal and dedicated members, served with great integrity, and were well respected among their peers. We sincerely congratulate them on their retirements and their transition to the D-shift. **Well Done!**



Firefighter 3 Frederick N. Brown

FF3 Fred Brown joined the Fulton County Fire Rescue Department on February 2, 1996.

Fred was promoted to FF2 in 1997 and to FF3 in 2002. During his 20 years of service, Fred has served in north and south Fulton County. His most recent assignment has been in the Community Risk Reduction section conducting inspections and fire safety education programs.

Like Brad, Fred was honored with a retirement breakfast at Fire Station #11 where stories were shared and he was presented with appreciation gifts.

Message From the Fire Chief

Get Ready, Set, Let's Get Fit Together

In January 2017, we will begin our "Fit for Duty Initiative." If you remember, I, along with Deputy Chiefs Jack Butler and Wesley Stubbs, and Chief Operating Officer Todd Long, completed the physical agility test that new firefighter candidates have to complete. I found the experience rewarding because it gave me a sense of pride that I was completing a physical task and not just "providing lip service."

I want to encourage everyone to "Get Ready, Set, Let's Get Fit Together." Like many of you, I want to live long and be as healthy as I can. This does not mean that I will become the perfectly fit specimen that I was while on the track team. Yet, I can do my best to become physically active and decide to live a bit healthier. Each day that I work, my pager goes off notifying me that there is some firefighter somewhere in the U.S. that has gone on a call, returned from a call, or was working around the home and died of a stroke or heart attack. Let's work together to get fit by choosing healthy lifestyle choices.

As you prepare for the Fit for Duty Initiative, take advantage of the state of the art exercise equipment at Station 11. My hope is that each of you will increase your physical activity so that when you get ready to complete the physical agility test you will be able to complete the task and move on to enhancing a physically fit program tailored to your lifestyle. If you are assigned to a station that has minimal equipment, cardio exercise and stretching is great for the body. The main message is get up from the chair or couch and get active. Station Captains are encouraged to carve out a half hour to one hour of physical activity for crew members.

I would also like to mention that each person should now get a physical examination from your primary care physician. Make sure your doctor knows that you are a firefighter and is aware of the strenuous activity that goes along with being a firefighter.

I look forward to the new year and I am hoping that each of you find 2017 to be rewarding and prosperous.

Stay safe,

Chief Feun





Message From the Fire Chief

The Voters in South Fulton Have Spoken



If you have not heard, the voters in South Fulton have spoken; the new City of South Fulton will become official May 1, 2017. During March of 2017, the mayor and council elections will be held and the new city leaders will take their seats May 1, 2017.

This is not a warning or to be taken in a negative context; however, *“we live in interesting times.”* It is both exciting and interesting to be at ground level and be a part of the formation of a new city.

Just before the Thanksgiving holidays, Georgia State Representative Roger Bruce spoke at the Aviation and Cultural Center at Charlie Brown Airport where he advised the following: *“I do not see the need to go out and hire a new fire department or a new police department; what you have is already working and working well. Just change the patch to the new city name.”* I know for many of the public safety personnel in attendance that was very good to hear.

As we prepare for cityhood, I will ask something that I have asked many of you before; continue to come to work when assigned and continue to deliver the exceptional service to the citizens and visitors to South Fulton.

Merry Christmas and Happy New Year!!!!

Chief Few





Good Samaritans Recognized by FCFRD for Their Heroic and Life-Saving Actions

In Appreciation



Long-time south Fulton County resident Mr. Tim King (pictured above) and Mr. Britt Rozier (below) pictured with FF3 Freddie Bentley, Station 15B, receiving their appreciation certificates and department coins.



For generations, we have witnessed the indisputable heroism displayed by brave, well-trained firefighters; daily risking their own lives to ensure the safety and well-being of others.

However, on September 15, 2016, when a serious automobile accident occurred in the Fairburn community of unincorporated Fulton County, three brave and unselfish passersby immediately stopped to render assistance to the helpless victim.

On November 14th, the crew of Station 15B publically recognized Mr. Tim King, Mr. Britt Rozier and Mr. Greg Minnis during a citizen appreciation event held at Station 15.

Citing that prior to the arrival of the Fire Rescue Department, Mr. Britt Rozier used an extinguisher from his work truck to control the fire in the burning vehicle, while Mr. Tim King and Mr. Greg Minnis removed the windshield, extricated and then moved the victim to a safe distance from the accident site. Firefighter 3 Freddie Bentley (Acting Officer on the date of

the accident) acknowledged that were it not for the quick, unselfish and brave actions of these three men, this incident may have resulted in a tragic outcome.

The “Good Samaritans” were presented with appreciation certificates and the official coin of the Fulton County Fire Rescue Department that represents respect, loyalty, pride and integrity in the person that it is given to.

The victim involved in the accident remains in a rehabilitation facility as she recovers from her injuries.

Great, great job by the crew of Engine 15B for going the extra distance in organizing this special event to recognize these extraordinary citizens.



BOC Recognizes Firefighters



BOC Presents Proclamation for Hurricane Matthew Efforts

At their meeting on November 2nd, the Fulton County Board of Commissioners recognized the combined efforts of Fire Rescue Departments in unincorporated Fulton County for their responses as a result of Hurricane Matthew.

During late September, Hurricane Matthew formed from a tropical storm that ultimately brought devastating wind and rain to the coastal areas of Florida, Georgia, North and South Carolina. Responding units included Fulton County Emergency Services, Atlanta-Fulton County

Emergency Management, City of Palmetto Fire Department, Fairburn Fire Department, Chattahoochee Hills Fire Department, and Fulton County Fire Rescue Department, specifically, Captain Tracy Packer, Captain Ralph Patterson, Captain Eric Patterson, Firefighter Barry Mills, Firefighter Bobby Morris, and Firefighter Wayne Hines.

The proclamation praised the efforts of all involved and declared Wednesday, November 2, 2016 as "Hurricane Matthew Responders Appreciation Day" in Fulton County, Georgia.



Accepting the BOC Proclamation on behalf of the Fulton County Fire Rescue Department were Fire Chief Larry Few, Deputy Chief Wesley Stubbs, Firefighter Bobby Morris, and Captain Ralph Patterson

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Georgia Department of Natural Resources Environmental Protection Division

Elevated Drought Response Level

During November, the Georgia Department of Natural Resources Environmental Protection Division elevated the Drought Response Level to a Level 2 for 52 counties and Level 1 Drought Response for an additional 58 counties.

The week of November 21st marked the 24th week of continuous severe drought in northwest Georgia, the 22nd week for the Atlanta metro area, the 21st week in northeastern parts of the state and the 15th week in central Georgia. In addition to drought conditions, there is a decline in soil moisture and some streams were flowing at or below record lows set during droughts in 2007 and 2011.

During a Level 2 Drought Response, outdoor landscape watering is only allowed two days a week determined by odd and even-numbered addresses.

- Even-numbered addresses and properties without numbered addresses may water on Wednesday and Saturday between 4:00 PM and 10:00 AM
- Odd numbered addresses may water Thursday and Sunday between 4:00 PM and 10:00 AM

Prohibited outdoor water uses include:

- Washing hard surfaces such as streets and sidewalks.
- Water for ornamental purposes, such as fountains.
- The use of fire hydrants, except for firefighting and public safety.
- Non-commercial washing of vehicles.
- Non-commercial pressure washing.
- Fundraising car washes.

Counties assigned a Level 2 Drought Response are:

Banks, Barrow, Bartow, Butts, Carroll, Catoosa, Chattooga, Cherokee, Athens-Clarke, Clayton, Cobb, Coweta, Dade, Dawson, DeKalb, Douglas, Fannin, Fayette, Floyd, Forsyth, Fulton, Gilmer, Gordon, Gwinnett, Habersham, Hall, Haralson, Harris, Heard, Henry, Jackson, Lamar, Lumpkin, Meriwether, Monroe, Morgan, Murray, Newton, Oconee, Paulding, Pickens, Pike, Polk, Rockdale, Spalding, Troup, Union, Upson, Walker, Walton, White and Whitfield.

The following exempted uses are allowed daily and are not subject to the 4pm-10am or odd/even schedule, without restriction :

- Commercial pressure washing
- Drip irrigation or soaker hose
- Food gardens
- Hand watering (with a shut-off nozzle)
- Hydro seeding
- Installation and maintenance of an irrigation system
- Irrigation of public recreational turf areas
- Irrigation of plants for sale
- Irrigation of sports fields
- Water from private wells and bodies of water on property
- Water from an alternate source (grey water, rain water, air-conditioner condensate)

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Elevated Drought Response Level

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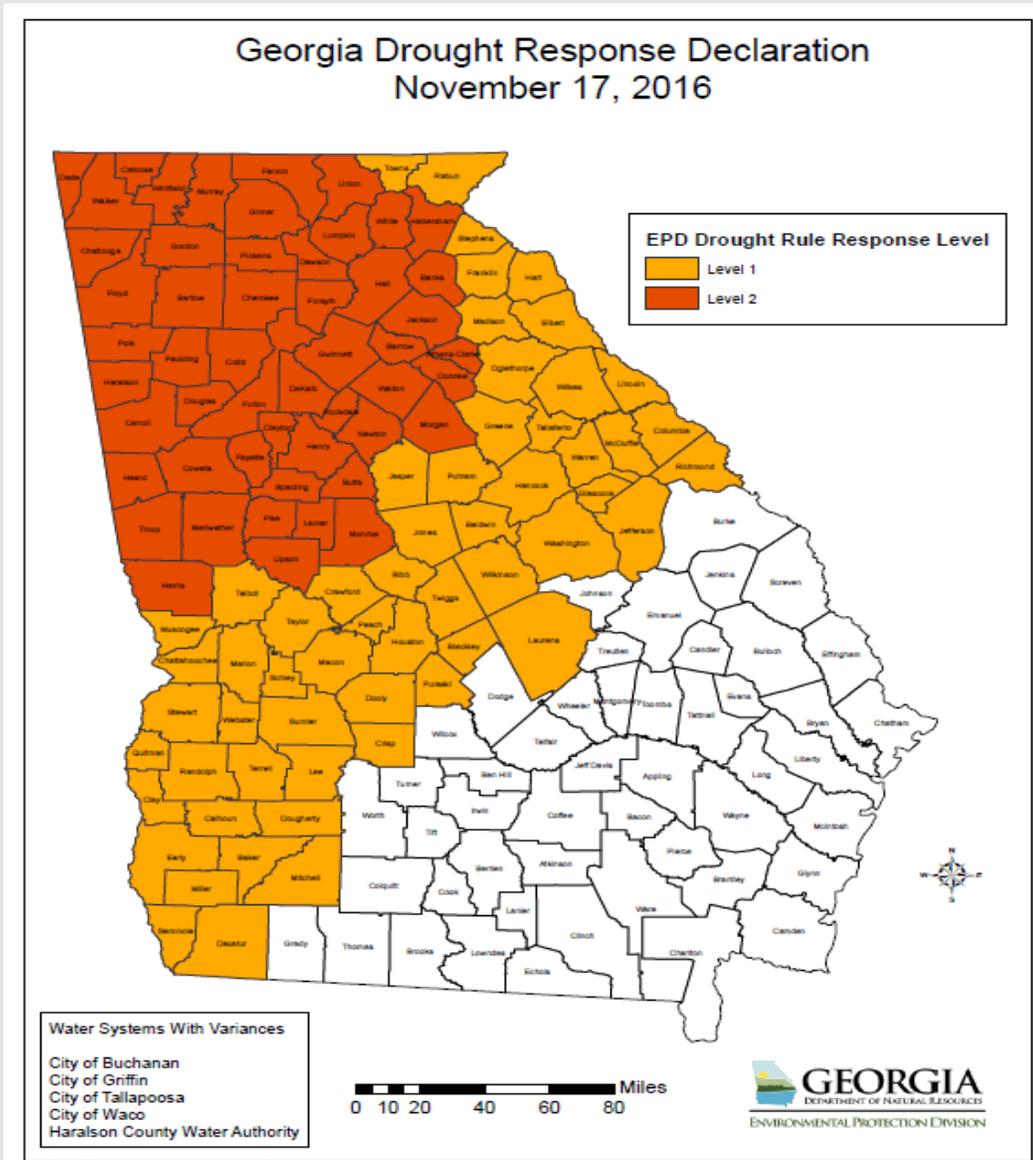
The following outdoor water uses are allowed during Drought Response Level 2:

During installation and for the first 30 days after installation, newly planted/installed lawns and turf, ground cover, flowers, shrubs, trees and other plants can be watered any day, at any time without restriction.

Watering is allowed as needed twice a week between 4 pm and 10 am on an odd/even schedule: even addresses and address with no numbers on Wednesday or Saturday and odd addresses on Thursday or Sunday using these methods of application:

- Automated irrigation systems
- Hand watering (without a shut-off nozzle)
- Lawn sprinklers
- Ornamental fountains must be shut off.

Additional information can be found at <http://www.georgiawatersmart.com/>



Elevated Drought Response Level

As a result of the extended drought, the department saw an increase in woods and brush fires. One such example occurred on November 19th. E-15 and T-7 were dispatched to a reported brush fire. Units used the booster hose and portable deluge gun (supplied with one 3 inch line) to fight the large fire that was threatening a nearby structure. The fire was several acres in size and required a response from Georgia Forestry. Upon arrival, Georgia Forestry cut a break around the fire. The fire spread quickly due to the drought and wind gusts that day of 20-30 miles per hour. Numerous other units from the City of Palmetto (supplied 2 engines and 2 Chief Officers) and Chattahoochee Hills (supplied 2 engines and 1 Chief Officer) were called to assist in the containment of the fire. Additionally, Palmetto Police, Car 101 (Deputy Chief Stubbs), Battalion 1-Command (BC Rohner) and Battalion 3 (BC Long) responded and remained on scene until successful conclusion of the incident.



Community Involvement



Cliftondale Park

On Saturday, November 5th, the crew of Engine 3B participated in a community gathering at Cliftondale Park.

The crew distributed fire safety and education literature for adults and children, and demonstrated the equipment carried on the engine.

It was a beautiful November day and a great opportunity to fellowship with the citizens in the Cliftondale community.



Pictured with a Cliftondale citizen are Engine 3 members, (L) FF Sterling Hill and FF Janos Venson

Engine 13C Visits Angels Academy

The little angels of Angels Academy were recently treated to a visit by the crew of Engine 13C.

Realizing that their audience was only two years of age, the crew thoughtfully discussed fire safety rules on a level that the children could understand. Firefighter Nicholas Young donned and demonstrated his firefighting gear, receiving two thumbs up from the excited toddlers.

It's never too early to begin educating youngsters about fire safety.



Many thanks to the management and faculty for the invitation to Angels Academy, and great job by Captain Andrea Hall, FF Jeremiah Harmon, FF Brandon Woods and FF Nicholas Young for the special attention to some of our youngest citizens.

Great Job!

Congratulations

Firefighter II Promotion



Congratulations to Joshua Hollums on his promotion to Firefighter II effective November 16th. FF Hollums exceeds all of the requirements for Firefighter II and we are sure that he will excel in his new position.

FF Hollums is currently assigned to Fire Station 7B on Buffington Road in College Park.



20 Years of Service

Congratulations to FF3 Robert G. Morris on his 20 years of service milestone.

Firefighter Morris is pictured receiving his certificate and pin from Deputy Chief Wesley Stubbs. Bobby is currently assigned to Fire Station 17A in the Cedar Grove Community.



CONGRATULATIONS 

Welcome New Member



We are pleased to welcome aboard and introduce you to the newest member of the Fulton County Fire Rescue Department.

Ms. LaTanya Miles joined the department on November 30th filling the Administrative Specialist position that was previously held by Contrina Wilcox in the Community Risk Reduction Section.

LaTanya may look familiar to some of you; she has been a Fulton County employee for several years; her most recent position was in the Planning and Community Services Department. Prior to that she served as the front desk Receptionist at the Service Center at 5440 Fulton Industrial Blvd., the same

location as Fire Headquarters.

LaTanya and her 18-year old daughter are residents of Fulton County, so she brings with her much knowledge about the County and the Fire Rescue Department.

LaTanya expressed that she is appreciative of the opportunity, excited about her new position, and is looking forward to meeting and working with the members of the Fire Rescue Department.

Congratulations LaTanya and welcome aboard!

WELCOME

In Observance of Veterans Day

Captain Patterson Guest of Honor at Marine Corps Ball



*Captain Ralph Patterson pictured
with his wife Ute*

Each year, between November 1st - November 10th, the Marine Corps Reserve hosts their annual Marine Corps Ball.

On November 5th, Captain Ralph Patterson (retired USMC Gunnery Sergeant), was one of two distinguished officers to attend as guests of honor.

Captain Patterson explained that this year was especially special in that the unit that he deployed with in 2003 no longer exists. "I had the opportunity to hand pick the Marines that crossed into Iraq in 2003 with the first wave after I was asked if I would volunteer to lead them since I already had combat experience; it was my honor to do so." Captain Patterson explained that most of the Marines from that unit, and from all across the United States, attended this year's ball.

Captain Patterson also provided some history of the Marine Corps Ball.

General John A. Lejeune's Birthday Message

On November 10, 1921, John A. Lejeune, 13th Commandant of the Marine Corps, directed that a reminder of the Corps be published by every command, to all Marines throughout the globe, on the birthday of the Corps. Since that day, Marines have continued to distinguish themselves on many battlefields and foreign shores, in war and peace. On this birthday of the Corps, therefore, in compliance with the will of the 13th Commandant, Article 38 United States Marine Corps Manual, edition of 1921, is published as follows:

On November 10, 1775, a Corps of Marines was created by a resolution of the Continental Congress. Since that date many thousands of men have borne that name Marine. In memory of them it is fitting that we who are Marines should commemorate the birthday of our Corps by calling to mind the glories of its long and illustrious history.

The record of our Corps is one which bears comparison with that of the most famous military organization in the world's history. During 90 of the 146 years of its existence, the Marine Corps has been in action against the Nation's foes. From the Battle of Trenton to the Argonne, Marines have won foremost honors in war and in the long era of tranquility at home. Generation after generation of Marines have grown gray in war in both hemispheres, and in every corner of the seven seas so that our country and its citizens might enjoy peace and security.

In every battle and skirmish since the birth of the Corps, Marines have acquitted themselves with the greatest distinction, winning new honors on each occasion until the term "Marine" has come to signify all that is highest in military efficiency and soldierly virtue.

This high name of distinction and soldiery repute we who are Marines today have received from those preceded us in the Corps. With it we also received from them the eternal spirit which has animated our Corps for generations and has long been the distinguishing mark for Marines in every age. So long as that spirit continues to flourish, Marines will be found equal to every emergency in the future as they have been in the past, and the men of our nation will regard us as worthy successors to the long line of illustrious men who have who have served as "Soldiers of the Sea" since the founding of the Corps.

This letter is read by every command whether they are home or in other countries or forward operating bases. They stop for a moment to carry on this tradition of reading General Lejeune's birthday letter. On November 10, which is the Marine Corps birthday, we turn 241 years old. So, to all Marines out there I say Happy Birthday Marines! Also as part of the traditional ceremony of the reading of the letter, there is a cake cutting ceremony where the oldest Marine present cuts a piece of cake for the youngest Marine present and the youngest Marine is given a gift from the oldest. Most of the time it's something they have had with them most of their career.

Every November, I spend most of the month reflecting on the Marine Corps past and my time in the Corps. Both fill me with feelings of joy, excitement and sorrow, of lifelong friendships and fellow Marines that I served with that made that ultimate sacrifice during our tours together. I am also reminded of how important the little things are---to always right a wrong, and to do right even when no one is looking; in my opinion, those are the ones that count the most. Freedom isn't free and it's taken advantage of everyday by those who do not know what sacrifices are made to live the life we live. I would like to take the time to thank all veterans of the Fulton County Fire and Rescue Department for your service and sacrifice. I know what they are!

To you I say, "Semper Fidelis"

Gunnery Sergeant Patterson, R. USMC (retired)

While we have many veterans throughout the Fulton County Fire Rescue Department, this year we are featuring the veterans of Station 7A. We thank all of our veterans, on Veterans Day and every day, for your brave service and sacrifice.

Station 7A Veterans

Station 7A currently has three veterans whose service years have spanned from 1979 until recent. All three are very proud of their service and all three saw combat at various locations.

FF Kevin Thorne, U.S. Army, 1999 – 2007

FF Thorne served with the 2nd Infantry Division, first of the 9th, Infantry Division, Charlie Company. While being a part of this unit, Kevin did two tours in Columbia in counter drug operations and one tour in Ramadi, Iraq.

FF Jeffery Potter, Ga. Air National Guard, 1999 -2007

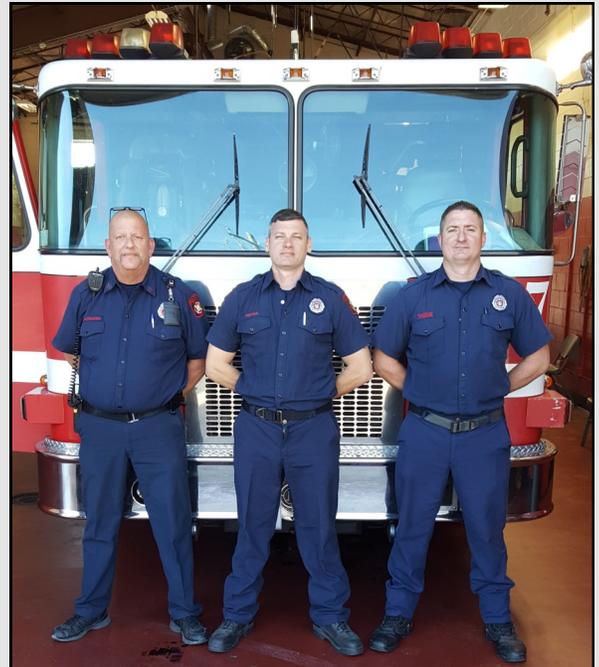
FF Potter served as a Joint Task Force Air controller in Afghanistan. His job was to call in air strikes and to help clear the way for ground troops. Much of Jeffery’s time was spent behind enemy lines.

Captain Richard Blackmon, USAF, 1979 – 1996

Captain Blackmon was an EOD technician and did tours in Grenada, Panama and Operation Desert Storm. Captain Blackmon was stationed primarily at RAF Bentwaters and RAF Alconbury, both in the United Kingdom.

Thank you to FF Thorne, FF Potter, Captain Blackmon, and to all of the veterans that have given so much for our freedoms that we enjoy every day.

Pictured (L-R) are Captain Richard Blackmon, FF Jeffery Potter and FF Kevin Thorne, Station 7A.



Chief Few attended the 3rd Annual Veterans Day Program. He is pictured with Dr. Maria J. Carstarphen, Superintendent of Atlanta Public Schools.

FCFRD Holiday Open House

On November 21st, 22nd and 23rd, all fire crews rotated through Fire Headquarters as the admin staff hosted the annual FCFRD Holiday Open House. The open house provides an opportunity for the fire crews to visit Headquarters, something that the outlying stations rarely have the opportunity to do, and visit with the admin staff. The firefighters were also presented with their annual gifts, including skull caps (to keep their heads warm during the cold days ahead), MFA shift calendars, and FCFRD window decals, as a small token of appreciation for the great jobs that they do every day keeping the citizens of unincorporated Fulton County safe.

As always, Captain Stan Hudgins was on our minds, so we took the opportunity for some more *get wells wishes* photos, all of which were sent to him with get well cards.







Holiday Open House



2016



Station 15 Crew Treated to Breakfast by Local Citizens

On November 22nd, residents from the Rivertown Mill subdivision prepared and delivered breakfast for the crew of Station 15. Ms. Linda Dinkins and Ms. Jamie Regans treated the crew to a traditional firehouse breakfast that included sausage, grits, scrambled eggs and

biscuits. The thoughtful citizens wanted to thank the crew for their service to the Palmetto/Fairburn communities. The crew, Captain Dessez, FF Sullen and FF Clay, said they were sincerely appreciative of the generosity and kindness from the wonderful citizens.



FULLY INVOLVED

As is customary, we include a section in our monthly newsletter that will be focused on a training topic. The training may be fire, administrative, inspections/investigations related or anything else that we feel will keep you *“fully involved”* with departmental processes, policies and procedures. Additionally, we invite any of our members to submit training articles that you feel will be beneficial to others.

Why do we perform company level inspections?

Why do we perform company level inspections? For some folks, this question may invoke apparent answers. You may immediately think of the inspection as an opportunity to view the inside of a business or to simply identify the owner of the building. Both of the responses are correct. However, let’s attempt to expose and maybe refresh your memory about a couple of other important reasons for completing this vital activity. We will briefly focus on the following three reasons:

- Enforcing the provisions of the Fire Code;
- Ensuring citizen safety while working in or visiting a local business;
- Ensuring firefighter safety while working at emergency incidents inside or near buildings

Enforcing the Fire Code

The basic reason for inspecting properties is to enforce the Fire Code. Enforcing the code is critical to ensuring that buildings remain in an acceptable and safe condition for operation. The State of Georgia has adopted the International Code Council, International Fire Code (IFC), including the amendments made by the State, for the purpose of regulating and governing the safety measures that will protect life and property from fire and other hazardous conditions. Subsequently, the County has adopted the IFC and State amendments which form the foundation of our fire code enforcement. The IFC states that the Authority Having Jurisdiction (AHJ) may enter and examine any building for the purpose of enforcing the code (IFC 104.3). Fulton County Fire Rescue Standard Operating Procedure 3203– Company Level Fire Inspections provides the process for inspecting all businesses in unincorporated Fulton County.

Though buildings must meet the Fire Code in place at the time of its construction, it cannot be assumed that the building has been maintained in compliance with the code. Additionally, there may have been modifications to the building or a change in occupancy type. During an inspection, crews who spot code violations should inform the occupants and advise them to correct the issue (while you are still on location if practical). The crews should report uncorrected violations to the Community Risk Reduction Section for additional action and follow-up.

Citizen Safety

As the inspection is conducted, crews should use any discovered deficiencies as a teachable moment. Building occupants may not be aware of a current violation as it relates to the Fire Code or how the deficiency could affect their safety. For example, lack of simple housekeeping around exits could hinder occupant egress during a fire. Addressing the violation(s) will reduce the likelihood of it becoming a cascading factor that leads to a negative event.

During an inspection, crews have an excellent opportunity to interact with the occupants. Often times, occupants will ask questions that are related to fire safety, the operations of the fire department, or other County functions. Crews must be ready to answer their questions or return later with the information. Crews should use this time to ask if the company has an emergency action plan to address the manmade and natural disaster that could affect the business, and if so, have they conducted drills.

Firefighter Safety

Crews have to use the inspection as an opportunity to thoroughly view the building and contents. This assessment starts the process of creating preemptive strategies, which will include the interior layout, sprinkler connection and utility location, building and roof construction type, building means of egress, etc. Additionally, during the inspection, crews can identify risks, such as points for structural failure, unusual and high pile storage, avenues for fire extension and smoke travel, hazardous material location, etc. Crew safety is increased when the building has been viewed without the limitations of smoke, debris, or the sense of urgency during an emergency incident. This preplanning will enhance the safety of our firefighters.

A company level inspection is a vital component of the overall department’s fire prevention and community risk reduction strategy. It does not replace an in-depth inspection but, having the local fire station crews involved in the inspection activities increases our chances of reaching our department goal to inspect all businesses as least once a year and has direct benefits for our firefighters and the citizens we serve.

SURVIVING THE HOLIDAY BLUES

Supporting Employees During the Holiday Season



We think of the holidays as a joyful time. But tragedy, illness, divorce, financial strain and other problems don't take holiday vacations. In fact, these stresses can be isolating to employees during what is expected to be a festive season. In addition, people battling psychological issues often experience increased symptoms during the holidays. Depression and anxiety affect lifestyle, working relationships and one's overall sense of well-being.

There are many constructive ways employers and co-workers can help individuals deal with the mental and emotional stress of the holidays:

- Pay attention
- Show appreciation
- Encourage exercise
- Help employees/co-workers take small steps toward better health now
- Offer a consistent routine
- Work with your Employee Assistance Provider

First and foremost, pay attention. No matter how cohesive they are at other times of the year, teams can break down in the workplace during times of stress. Look for ways to support employees or co-workers with symptoms of depression or stress and make sure they get proper professional guidance. Encourage seeking help from the EAP and make sure employees know that they don't have to reach a breaking point before speaking with a counselor. Counselors help individuals work through small issues before they grow into bigger ones. Sometimes people just need a sounding board.

Show appreciation. Strained employee-supervisor relationships can take a toll on productivity. Managers and supervisors should be trained to relate to employees and to communicate effectively. Team-building exercises may also help bring co-workers and supervisors together.

Encourage exercise. Winter temperatures mean people tend to stay inside and become more sedentary. Allowing employees to take 15 minutes longer at lunch to walk around the building a few times increases heart rate, helps burn a few extra calories and can help boost energy and mood. Encourage exercise programs which can foster new friendships and mentorships among your employees, strengthening group cohesion.

Help employees take small steps toward better health now. Rather than waiting until New Year's Day to resolve to stop smoking, work out more, or eat right, encourage employees and co-workers to start now to advance healthy habits at a reasonable and sustainable pace. As we've all experienced, most New Year's resolutions fail within the first week, therefore it's important that programs combating stress, tobacco use and obesity break these challenges down into manageable steps for people of all ages and health status. Empowering employees to pursue healthier lifestyles can help employers reduce on-the-job accidents and increase productivity. Employee assistance programs can assist employers in building programs that are appropriate for their organizations.



HOLIDAY
BLUES

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SURVIVING THE HOLIDAY BLUES

Supporting Employees During the Holiday Season

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Offer a consistent routine. Many employees rely on a workplace routine to get them through the holidays because it provides a consistent schedule and social engagement with others. Sticking to usual workplace schedules can help employees stay connected to their usual sources of stimulation, which can mitigate the effects of holiday stress and depression.

Utilize your employee assistance program. In addition to these recommendations, professional counselors can give employees the attention, counseling and proactive health and wellness resources they need. These professionals can help employees manage work and personal issues year-round.

Tips for stressing less during the holidays

- Take time to do things that bring pleasure or joy
- Be present to your surroundings. For example, eat slower, savoring each bite. Look around and really take time to appreciate the beauty in the world around you.
- Set reasonable expectations
- Talk to a counselor or a friend early if you start to feel overwhelmed
- Exercise to relieve stress

(Ref. Barry Beder, All One Health Group, Inc.)



This is a reminder that your Employee Assistance Program can provide access to the support you need. Whether you're seeking guidance for a family problem, resources for assistance with a financial or legal concern, tips on work issues or options for dependent care – the Employee Assistance Program is here to help.

For professional, confidential assistance, call toll free: 1-800-999-7222 or visit www.bcbsga.com/youreap

Available 24 hours a day, seven days a week.

For the hearing impaired: TTY (1-800-451-6532)

Employee Assistance Program (EAP)



Family Albums

Remembering Ricky

We were all shocked and deeply saddened to learn of the passing of retired Firefighter George “Ricky” Mangum; Ricky passed away on November 13th at his home in Roopville. He was 65 years old.

Ricky Mangum joined the Fulton County Fire Rescue Department on June 1, 1986; he officially retired on May 2, 2006. Since his retirement, Ricky returned every year to the annual retiree’s breakfast, always having a story to tell or a fond memory to share.

Ricky was remembered during a memorial service on Sunday, November 13th; many of his former colleagues were present for a final goodbye.



Rest in peace dear friend.

2017 Health Benefits Reminder

YOUR FULTON COUNTY BENEFITS

Responsibility | Choice | Wellness



Have you completed all of the requirements to keep or obtain the wellness credit (annual \$240 savings) for 2017? The deadline to comply is December 31, 2016 and it is rapidly approaching! Requirements have to be completed for the plan you are enrolled in for 2016 coverage.

Kaiser participants

If you are currently a Kaiser member, you will need to complete a 3 step process:

- (1) visit your PCP to have your biometrics captured or make an appointment at one of the remaining biometric screening events scheduled at a work location near you through Fulton County
- (2) complete your age appropriate cancer screening
- (3) complete a wellness class through Kaiser

Special Note to Kaiser participants only: Two additional screening events have been scheduled for December to cover two no show events. They are:

Monday, December 12th at Juvenile Justice Center from 10:00 a.m. – 2:00 p.m. (note date change from December 7th)

Wednesday, December 14th at Fulton County Government Center, 4th floor from 10:00 a.m. – 2:00 p.m.

The Kaiser scheduler is now open. Please register to reserve your slot.

Blue Cross Blue Shield participants

Make an appointment to see your doctor or attend one of the remaining biometric screening events. If you visit your provider for the screening, you will need to download a form to take to your doctor. The doctor will fax the form to the fax number listed on the form. Those forms **should not** be returned to the Benefits office.

Please visit the Benefits page on Employee Central for instructions on how to register for a biometric screening, and If you are a Blue Cross participant, instructions are provided for downloading the form you will need to take to your doctor.

Don't miss this opportunity to save \$20 per month on health care costs! Act NOW!





Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Training - Update on Personnel Regs	2 Javante Jones*	3 Marcus Eberhart*
4	5 Natural and LP Gas Training 0830—1200 - FCPSTC	6	7 Felipe Lewis* BOC Meeting FGTV—1000 hrs.	8	9 Chief Few* Charles Swanson* Dylan Karr* Training - Update on Personnel Regs	10
11	12	13	14	15 Marcus Williams*	16	17
18	19 Brad Edeker*	20	21 BOC Meeting FGTV—1000 hrs. 	22	23 <i>Fulton County Offices closed</i>	24 Hanukkah Begins at Sunset Merry Christmas Eve
25 	26 <i>Fulton County Offices closed</i>	27	28	29	30 Cyntrell Kenard*	31 Johnathan Wilson* 



* Indicates Happy Birthday Wishes!

Fulton County Fire Rescue Department

Fire Headquarters
5440 Fulton Industrial Blvd.
Atlanta, Georgia 30336

Business Office: 404-612-5700

EMERGENCY: Dial 911



The Fulton County Fire Rescue Department was placed into service on January 1, 1978.

The department is comprised of 10 fire stations, strategically located throughout unincorporated Fulton County, and 171 full-time members.

*Proudly Serving the Citizens of Fulton County
for
Thirty-Eight Years*

Editor: Penny Wolfe

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Lessons Learned - Words of Wisdom

*I've learned that...*you should forget what hurt you in the past, but never forget what it taught you.

*I've learned that...*happiness is not the absence of problems, it's the ability to deal with them.

*I've learned that...*things are what they are, and whatever will be, will be.

*I've learned that...*you should respect people even if they don't deserve it; not as a reflection of their character, but as a reflection of yours.

*I've learned that...*how you make others feel about themselves, says a lot about you.

*I've learned that...*you should never base your decisions on the advice of those who don't have to live with the results.

*I've learned that...*if you've made your point, you should stop talking.

*I've learned that...*complaining about a problem without posing a solution is called whining.

*I've learned that...*if you do everything with a good heart and expect nothing in return, you will never be disappointed.

*I've learned that...*you should be kind to unkind people...they need it the most.

*I've learned that...*you should train your mind to find some good in every situation.

*I've learned that...*there is something to be learned from everyone.

*I've learned that...*it isn't necessary to react to everything you see and hear.

*I've learned that...*you're always one decision away from a totally different life.

*I've learned that...*you should seek to be worth knowing rather than to be well known.

Stay Safe

