



The Columbus Division of Fire Newsletter

THE **COMMAND** POST

Autumn • 2019



RED,
WHITE &
BOOM
2019!

Columbus Fire works behind the scenes to assure a safe event for 400,000 visitors. *Page 8*

This Issue: Health & Safety Specs New Fitness Equipment for Fire Stations • Senator Rob Portman Visits Division's RREACT Team • Firefighter DeFrancisco Meets Boy He Rescued • Finnegan Brings Home Gold

2019

OFFICE OF THE FIRE CHIEF

AUTUMN • 2019

As Fire Chief of the Columbus Division of Fire, I am personally committed to ensuring the Division of Fire provides an environment that values and embraces the contributions and potential of not only every member of our diverse workforce, but applicants wishing to join our great Division.

Our Division's core values of Personal Integrity, Professionalism, and Respect for Others are paramount to our individual and collective success, whether we are in uniform or not.

The Columbus Division of Fire represents all the people who call Columbus home. We all need to remain open and supportive of each other as well. We need to expand the culture we share of helping and supporting the residents to making sure we provide the same support to each of our fellow firefighter/EMT's as well.

Each of us are different and together we become more than ourselves. So, even as you're defining everything you'll become, you're making Columbus Fire an example of everything a Department can be. The hours you put in every day and the insights you gain at every turn help to establish not only who you are, but what's next for you. The Division of Fire is here to help get you there.

I am committed to helping ensure that diversity and inclusion is an integral part of who we are because we place a high standard for the role of diversity and inclusion. Individually you make us better, but together our diversity makes us stronger.

Throughout the Division of Fire's recent history, we have made significant strides toward the more equitable inclusion of



Fire Chief Kevin O'Connor

minorities, women, LGBTQ individuals, veterans, and other cultural and ethnic demographic groups. The Division of Fire's goal is to reflect the diversity of our community throughout our workforce.

We are striving to achieve a workforce that is diverse and inclusive, and we are firmly committed to making continued progress. To accomplish this, every member must have the opportunity to succeed in whatever career path they choose.

Just as we would want others to support us, it is each of our responsibilities to assure that no one is prevented from achieving their goals. Stand up for what is right. No one should be harassed or mistreated for any reason. Don't ignore statements or actions of others that allow any member to be degraded or mistreated. This is a responsibility shared by all of us, without regard to rank.

The Division of Fire needs to speak with a unified voice and direction. I ask for your commitment to this and I assure you I will do everything in my power to provide everyone the opportunity to achieve their goals during their career with the Greatest Division of Fire in the Country!

Sincerely,

Kevin O'Connor
Fire Chief



Welcome to the Columbus Division of Fire Command Post. This newsletter focuses on the fire services industry, how we affect the greater community and what we need to do to refine our skills as fire service professionals.

Our mission is to research and write articles that are insightful, interesting, helpful and inspiring. If there is something you feel that we should cover, then let us know. We hope that you enjoy what you read.

Send letters to the editor, story ideas, digital photos or upcoming events to piofire@columbus.gov.

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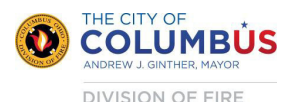
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Columbus Firefighters Foundation Assists St. Vincent Academy

Columbus Fire crews from Station 15 on East Livingston Avenue near the Driving Park neighborhood delivered \$500 worth of school supplies to the staff of St Vincent Family Center on Wednesday, Aug. 14, 2019.

The St. Vincent Family Center evolved from a home run by nuns for orphans and destitute children in 1875 into a

kindergarten through fifth grade school for kids requiring behavior or mental health treatment. A staff of 18 teachers & counselors guide about 200 students at the St. Vincent Prep Academy located on East Main Street. The donated supplies were provided by the Columbus Firefighters Foundation, and the crews of Station 15 who have informally adopted the neighborhood school.



The Columbus Firefighters Foundation is the charity branch of IAFF Local 67. Last year, the foundation gave out just over \$80,000 to various organizations such as the Ronald McDonald House, Charity Newsies, OSU Burn Center, FF 4 Kids Program, Karis' Cause for Childhood Cancer and Christopher's Promise in addition to providing hardship assistance to firefighters and their families.

You can find more information on the work of the foundation by visiting <https://columbusfirefightersfoundation.com>. Readers can learn more about the St. Vincent Family Center at <https://www.svfc.org/>



Health & Safety Specs New Conditioning Equipment for Fire stations

Beginning this year, the Division of Fire will be replacing most of the old station exercise equipment with new equipment through a three year deployment plan. The Exercise Equipment Committee, with the support of Fire Chief O'Connor, the Safety Director's Office, and Columbus City Council, have approved the following equipment:

Photos top: Exercise Physiologist Kristin Bellmann works out on a new Max Trainer at the Columbus Fire Training Academy. The trainers are intended to improve cardiovascular fitness for firefighters. James Miller/Columbus Division of Fire

- Bravo Functional Trainer 4:1, 325lb stack
- Octane MTX Max Trainer
- Concept2 Model D Rower
- Commercial TRX w/rubber handles (2)
- Gronk 30 foot Battle Rope w/sleeve & anchor
- Gronk Multi Grip Chin-Up Bar, wall mounted
- Adjustable Weight Bench
- Gronk 16kg Cast Iron Kettlebell / 35 lbs
- Gronk 24kg Cast Iron Kettlebell / 53 lbs
- Cable Speed Rope w/ bearings
- Adjustable Weight Bench
- UFG 65cm Anti-burst Exercise Ball
- XM Pro Slam Ball 10lb, black
- XM Pro Slam Ball 20lb, black
- Hammer Wall Ball 14lb, diamond black
- Hammer Wall Ball 10lb, diamond black
- Power Systems Versa-loop Kit (2)
- Gronk Latex Superband X-Light, black (2)
- Gronk Latex Superband Light, purple (2)
- Gronk Latex Superband Medium, green (2)
- UFG Stretch Band Heavy, blue (2)
- UFG Stretch Band Extra-Heavy, orange (2)
- UFG 72" Padded Exercise Mat, black (2)
- UFG 36"x6" Eva Foam Roller high density (2)

In addition to the above equipment, double houses will receive an Octane Air-dyne X Bike (Heavy Commercial) as an additional piece of aerobic equipment.

The new exercise equipment is focused on functional fitness in order to prepare the body for everyday movements and activities in realistic positions. While using various muscles in the upper and lower body at the same time, functional fitness exercises also emphasize core stability.

The new exercise equipment distribution plan is as follows:

2019: Parsons Complex, and Stations 3, 8, 11, 12, 13, 20, 22, and 24.

2020: Stations 1, 5, 6, 7, 14, 18, 21, 26, 27, 28, 31, and 32.

2021: FAO, AIU, and Stations 4, 10, 15, 17, 19, 23, 25, 29, 30, 33, and 34.

CFD Welcomes Exercise Physiologist

Kristin Bellmann has joined part-time as part of the health and wellness team. Many of our members will remember her as part of Mount Carmel Occupational Health where she assisted with our annual fitness testing for the last four years.

Bellman completed the 240 hour course for Firefighter II certification through the Ohio Fire Academy, and is currently working part-time as a firefighter for Worthington Fire. Bellmann is also currently completing the paramedic program through Grant Hospital.

Bellmann is a graduate of Colorado State University where she earned her American College of Sports Medicine Certified Clinical Exercise Physiologist (CCEP) certification. She has worked for six years in rehabilitation, including cardiac, pulmonary, stroke and joint rehab, with several population groups. Bellman gained experience with prenatal, post-natal and arthritis rehabilitation using both traditional and water therapy.

Bellmann will help develop revised training programs based on the exercise equipment available in the firehouses. She has experience working with individuals with joint pain and/or limitations and helping them achieve strength and cardiovascular gains through modifications and specific exercises.

The goal for the annual fitness testing continues to be that all firefighters achieve the fitness standard set by the labor contract. Bellmann will work directly with the membership in that effort.

"With firefighters, sometimes their bodies have been beat up a little bit. They can't do

"Cardiovascular disease is a big risk factor in firefighters, not just from plaque build up, but also from stress. Just hearing the tones drop will make your body react to that stimulus."

Kirstin Bellmann, Exercise Physiologist

the things they once did, so I'm helping them adjust and modify how they work out," Bellmann said.

"I've been sharing the concept of working out smart. Working smarter, not harder. The same thing applies to exercise. Certain ways working out provide more long term benefits than others. I'm not going to tell people not to work out because they enjoy it, but if I can show them how to be more effective, that's my main goal," said Bellmann.

Challenges & Risk Factors for Firefighters

"Cardiovascular disease is a big risk factor in firefighters, not just from plaque build-up, but also from chronic stress. It takes a toll on firefighters. Just hearing tones drop will

make your body react to that stimulus," said Bellmann

Bellmann says sleep deprivation is part of the cascade of stressors firefighters face working a typical shift.

"Chronic stress is going to increase blood pressure. It's going to play a role in a person's cholesterol levels. And these risk factor follow firefighters into retirement, where we find that cardiovascular disease is a leading cause of death of this population," said Bellmann.

"There's been a lot of research that shows HIIT can improve heart rate response for firefighters. Brief moments of high intensity work followed by longer periods of recovery improve the heart's response to stressors," explained Bellmann.

"There are many types of HIIT regimes, but to get the best heart rate response, we aim for 30-45 seconds of intense work, and a 1:3 ratio of work-to-recovery time. Interval training actually allows our bodies, our hearts and our brains to reconnect in way that provides the best protective benefit to our cardiovascular system," Bellmann said.

New Equipment Compliments HIIT

"The new equipment lends itself to this approach. You can hop on the MAX trainer, do your 30 seconds of intervals, and then back it off by adjusting the (resistance) lever or step off and do some strength training at a lower intensity. You can do the same routine with the rower or the Airdyne.

See Exercise continued page 17





123 Days

Laurie Ward's

RREACT Program "Success in Progress" Laurie Ward models office attire donated from Katherine's Closet to celebrate her 123 days of sobriety.

Laurie Ward is in recovery after four years of opioid addiction. She is a client of the Division of Fire's Rapid Response Emergency Addiction & Crisis Team (RREACT), and agreed to tell her story in the hope that it will encourage others struggling with addiction to seek help.

"The things I lost, my goodness," said Laurie Ward as she was getting her wavy red hair brushed and teased out.

"I've lost homes and cars. All of our furniture. Four TV's. Four! My husband came home one day and our refrigerator was gone. He thought my son stole it to sell for drugs," said Ward.

"He didn't know it was me."

Ward recounted her spiral into addiction as she was enjoying a donated hair and make-up make over, courtesy of hair stylist Gianni Lynette at the Serenity Beauty Bar in Gahanna on Oct. 10, 2019. It was exactly three months ago that Ward awoke on the cement floor of an abandoned garage after a five day bender.

Ward's husband of 28 years found a phone number on some literature left at their residence. He called the Division of Fire's RREACT team, who dispatched Paramedic Brian Tulodziecki and Columbus Police Officer Mark Wright to the corner of Fairwood and Frebis Avenue on the city's south-east side.

"I woke up on that cement and didn't really know where I was. I remembered an argument, and riding away from home on a kid's bike. I thought, 'I'm almost 50 years old. What am I doing with my life?'" recalled Ward.

"I had hit rock bottom. I had lost everything."

The RREACT program (Rapid Response Emergency Addiction & Crisis Team) began in 2017 as a partnership between the Columbus Division of Fire EMS, the Alcohol, Drug and Mental Health Board of Franklin County, and Southeast Healthcare Services Inc. to provide rapid response and follow-up services to people who have overdosed on opiates and similar drugs. The teams respond immediately following an EMS run in which an overdose victim is revived and stable for transport.



Photos top: RREACT social worker Amy Zimmerman assists Laurie Ward with a donated outfit from Katherine's Closet. RREACT program manager Alina Sharafutdinova is at left.

Ward was transported directly to the Maryhaven Addiction Stabilization Center and was admitted.

"I kept my addiction secret from everybody, for a while. I still worked. I've worked since I was 16. But then I overdosed at work

Ward said medics revived her after two doses of Narcan and transported her to an emergency room. When she was given her wallet at the hospital, she found she had a dose of street drugs still hidden in it.

"I slipped into a bathroom and got high. Then I called a cab and left".

Ward continued as a functioning addict for four years, steadily pawning the couples possessions and enduring evictions until her epiphany on the concrete floor in June.

"The RREACT team gave me hope. Gave me inspiration that I could get through it," said Ward.

"Back in the day, you had to stand in line for any sort of treatment. But it wasn't until treatment that I had a safe place where I could talk about all the things I was going through, and all the things that were bothering me," said Ward.

"What I was missing was the group support. I needed a place where I could be honest with people. The RREACT people helped me get to that place," said Ward.

For social worker Amy Zimmerman, the post-detox support is critical for people like Ward to remain on a path towards sobriety. Zimmerman is a Licensed Social Worker and has been embedded in the Division of Fire's RREACT team since January.

"My primary role is the help people like Laurie navigate the barriers which often result in relapsing. I assist in finding housing and looking for a job. I help our clients with the simple things we take for granted, like replacing identifications and birth certificates. They are vital things you need to restart your life, but have been lost after evictions

or living on the street," said Zimmerman.

Zimmerman points out that there's support in place for those entering opioid detoxification and continuing through in-patient treatment. It's Zimmerman's job to follow up and assist clients through the out-patient recovery stage, where relapsing often occurs.

"Laurie is a success in progress. She's focused on just three things: her sobriety, finding a job and getting a place to live. And that's a good thing. As her case manager, it means everything to watch her transformation," said Zimmerman.

"I'm her biggest cheerleader, but it's all up to the individual to succeed. After the make-over and the new clothes, you could just see her confidence growing. Laurie made all this progress happen. Not me."

The road back to a more normal life will be a long one for Laurie. Many addicts relapse during their first attempts to get clean. Relapse rates for substance use disorders exceed 60 percent, according to the National Institute of Health. Re-entering the workforce is also a hurdle for former addicts weighted with criminal records.

Still, Ward is hopeful. She spoke of a recent milestone from her new cellphone while on a bus on a ride back from an interview for a part-time restaurant job. It's a modest start, but the employer knows a little about her past and is willing to be flexible enough to accommodate her group therapy sessions three times a week.

"I think I got the job. I walked away with a pretty positive outlook towards my future," said Ward.

In 2018, the Division of Fire responded to 3,387 EMS runs where the overdose reversal drug NARCAN was administered. The Division's RREACT team helped 1,050 of those people into treatment. The RREACT Hotline number is 614-330-3413.



Photos (above) Columbus Fire Prevention Bureau inspectors Joseph West and Lt. Brian Fowler speak with pyrotechnic technicians assembling mortars along the Scioto River two days prior to Red, White & Boom. Firefighter Rodney Dommer (right) checks propane tanks for leaks among the 30 food vendors lining the Scioto Mile. Firefighter Kent Wareham (bottom right) inspects Schmidt's Sausage Truck the morning before 400,000 visitors cram into downtown Columbus. Fire Prevention Bureau Assistant Chief Dave Walton (below) joins a group of roaming fire inspectors along the Scioto Mile.

James Miller/Division of Fire



RED, WHITE & BOOM 2019

DIVISION OF FIRE & PUBLIC SAFETY PARTNERS ASSURE A SAFE PUBLIC GATHERING

The City of Columbus annual Red, White & Boom Independence Day Celebration brought over 400,000 area residents into downtown last July 3, 2019. The celebration of our country's independence, now in its 39th year, is the largest single day event in Columbus and covers three square miles of downtown riverfront. It takes a large commitment by the city's public safety forces to make the spectacle a safe and entertaining event for thousands of visitors each year.

The Division of Fire was just one of many partners coordinating public safety for the event, including Columbus Police, Franklin County Sheriff's Office, Metro Park Rangers, the FBI, Transportation Safety Administration, Norfolk & Southern CXS police and Homeland Security officers. Franklin County Children's Services and Medical Reserve Corps volunteers staffed five Missing Children's Booths scattered throughout the event site.

The Division assigned 42 Emergency Medical Service paramedics and EMT's along with eight Medic vehicles which were strategically place on streets within the three square mile perimeter of the event. A pair of EMS tents were manned at Long Street and Neil Avenue and at Bicentennial Park north of the stage to provide first aid service to the crowds.

A pair of Columbus Fire water rescue boats were operating on the Scioto River South of the Main Street Bridge and north of the Broad Street Bridge during the evening while a team of Safety Officers and EMS Supervisors roamed the area to respond to any emergency incidents among the crowds. Finally, three engines and three ladder companies assigned to downtown fire stations were in service around the perimeter of the Red, White & Boom event to provide quick response to any incident or heat related injuries in the area.

Total Runs Dispatched	Turnout	Travel	Response	On Scene	To Hospital	At Hospital	Dispatch-Clear
2	00:00:01	00:00:04	00:03:44	00:14:42	00:00:00	00:00:00	00:18:27
6	00:00:00	00:00:00	00:03:41	00:22:24	00:00:00	00:00:00	00:11:36
3	00:00:00	00:00:00	00:03:07	00:20:45	00:00:00	00:00:00	00:16:52
8	00:00:01	00:00:48	00:02:15	00:08:05	00:03:26	00:05:55	00:13:17
4	00:00:00	00:00:00	00:00:27	00:11:02	00:00:00	00:00:00	00:09:47
2	00:03:16	00:00:00	00:02:17	00:13:37	00:00:00	00:00:00	00:14:17
1	00:00:00	00:00:00	00:07:46	00:15:23	00:00:00	00:00:00	00:23:09
4	00:00:01	00:00:00	00:01:13	00:19:02	00:00:00	00:00:00	00:17:55
1	00:00:00	00:00:00	00:00:01	00:20:38	00:00:00	00:00:00	00:20:39

There were 31 dispatched calls for medical assistance during event. Not included in that number is the vast number of interactions with the public in which medics are merely assisting with a myriad of potential issues. This happens organically and not normally a dispatched run. For example, helping a lost child find a family member, or assisting an elderly or disabled person trying to navigate the large crowd.

That's the benefit of staging people and equipment at such a large gathering. The response times were all below four minutes even as crews navigated through 400,000 people in attendance.

The Division of Fire's Fire Prevention Bureau provided eight inspectors to visit the over 30 food vendors in the downtown area for the event. The team looks for proper extinguishers, checks liquid propane tanks for compliance with local and state codes and any unsafe cooking operations. This team also looks for any fire lane or hydrant access violations plus temporary structure compliance such as tents and shelters.

Three additional firefighter/inspectors assist a three man engine crew with 400 feet of hoses with fittings, nozzles and rope to wet down the roof over the COSI building as a precaution from possible falling embers from exploding fireworks.

(Continued next page)

RED, WHITE & BOOM 2019!



Bomb Squad members Lt. Robert Cooper, Karl Lindberg, K9 Jackson and Lt. Aaron Rucker inspect all vehicles approaching the Rich Street Bridge.

BOOM! Continued from page 9

The three person engine crew remains on the COSI rooftop during the duration of the fireworks display. The inspectors also act as spotters during the fireworks display and performs a sweep with flashlights after the show to look for any unexploded shells in the area.

Two additional inspectors arrive at the fireworks discharge site at first light the following morning to sweep the area and the COSI rooftop once again, looking for any remnants of fireworks throughout the fall out area. A fireworks discharge inspector remains in the launch zone during the assembly of the

fireworks launch area during the three days prior to the show, and remains during the entire show to ensure weather and site conditions remain main safe during the hours leading up to beginning of the 35 minute show.

The Fire Prevention Bureau's 12 bomb technicians and bomb squad specialists and two K9 explosives detection dogs sweep the area and inspect vehicles approaching the restricted fireworks discharge area between the COSI building and the Scioto River near the Rich Street Bridge during the hours prior to the fireworks display.

Eight Hazardous Materials Specialists and a firefighter on the

city's Counter Terrorism Team is also assigned to the effort. The mission of the multi-agency collaborative partnership is to provide a safe, secure environment for everybody attending the Red, White & Boom 2019. This substantial commitment of equipment, manpower and technical expertise to this popular gathering is consistent with the Division's overall mission.

Our mission as the Columbus Division of Fire is to serve the community by preventing emergencies through education, inspection. Minimizing injury, death and property destruction due to fire, natural disasters and other emergencies while providing timely and effective emergency medical services.



Columbus firefighter Elizabeth Finnegan displays her haul of gold medals after competing in the Ohio Police and Fire Games on June 12 before moving on to the United States Police & Fire Championships held in San Diego a week later.

Finnegan, who attended Capital University where she became the first woman to earn All-American honors in track and field, swept the long jump (15' 9") as well as the 60 (7.95 sec.), 100 (13.2 sec.) and 200 (28.8) meter sprint events in Canton, Ohio. In San Diego, she added the triple jump and

earned a gold medal in all five events she competed in.

The Ohio Police and Fire Games started in 1977 with dozens of sports in addition to track & field, including softball, baseball, basketball, K-9 competitions and a slew of sport shooting events. The goal is to promote physical fitness among first responders and military folks.

"There were only five other women in my age group in Ohio, so that was a little disappointing. Track & Field is a very big women's sport. But I ran

in some of the men's events just for the competition. They scored me as a women, of course. And there were a lot more cops than firefighters," said Finnegan, who joined the Division in 2017 after graduating from the 107th Columbus Recruit Class.

Finnegan grew up in the Cincinnati area with four sisters and three brothers who were all athletes. At Withrow High School on the city's east-side she ran cross country, played volleyball and was a cheerleader before moving on to Capital to major in Health and Fitness Management. Finnegan taught youth fitness for preschoolers and kindergarten kids before taking the Civil Service Exam to become a firefighter. Her husband Mike Finnegan teaches fitness and nutrition at Withrow.

"I stumbled on the Police and Fire games while searching on line. They were held in Canton, and my husband's from Canton, so I thought this would be a nice family trip. I'm a social person, and I had such a good experience meeting other people in Canton. I was encouraged to go to San Diego the following week," said Finnegan.

Finnegan typically runs three to seven miles, often with her Brittany Spaniel Ramsey at her side. But she added in shorter speed workouts in the month leading up to the competition. The jumping was second nature to Finnegan, and came back quickly.

"Jumping was my bread and butter at Capital."

"San Diego kind'a blew my mind with all the athletes. People came from all over the country to the games. Their passion and commitment just really inspired me. It was a good environment to network," said Finnegan.

See Finnegan continued on Page 19



Ohio Senator Rob Portman accompanies RREACT social worker Eve Fitch from the home of women working to regain custody of her child. *James Miller/Division of Fire Public Information Office*

Ohio Senator Rob Portman Visits RREACT After Co-Sponsoring Federal Grant

Ohio Senator Rob Portman visited the Columbus Division of Fire on Aug. 28, 2019, to hear RREACT Team paramedics, police officers and social workers speak about their collaborative efforts to battle the opioid addiction epidemic in Columbus.

The Division of Fire Emergency Medical Services responded to 3,387 runs where the overdose reversal drug naloxone was used in 2018. The RREACT Team (Rapid Response Emergency Addiction and Crisis Team), is



a multi-agency collaboration of paramedics, social workers and police officers led by the Columbus Division of Fire. The team helped connect over 1,000 of those patients to treatment

providers and other social service networks in hopes of providing the support that can lead to recovery.

In 2018, Senator Portman was instrumental in helping Central Ohio agencies receive a grant of \$2.8 million awarded to the Division of Fire, Columbus Public Health and other

Franklin County agencies by the U.S. Department of Justice Bureau of Justice Assistance to bolster the city's opioid intervention programs.

The grant was used to provide services directly to individuals, families and kids impacted by addiction. The Franklin County Family and Children First Council (FCFCFC), who was also a recipient of a DOJ/BJA grant, provided two social workers to the RREACT Team as a result of the federal grant.

With the help of a \$799,105 grant in Fiscal Year 2018 from the federal Comprehensive Addiction and Recovery Act (CARA passed in 2016 and was co-sponsored by Senator Rob Portman), the Columbus Division of Fire has been able to increase the social work and family interaction

component of the RREACT Team, a service that offers immediate substance use disorder treatment services to people who experience a life-threatening overdose.

Central Ohio experienced 526 opioid related deaths in 2017 and 345 deaths through the 3rd quarter of in 2018. Senator Portman praised the 21 member RREACT team members for the collaborative work and noted Ohio, an epicenter of the opioid crisis nationwide, has achieved a 22 percent reduction in overdose deaths after eight years of steady increases. Ohio still ranks third in the country in opioid related overdose deaths, according to the Center for Disease Control and Prevention statistics.

Senator Portman visited an overdose victim's home along with a RREACT police officer, paramedic and social worker before visiting a local park

on the city's south-side which has been the site of multiple opiate overdoses and fatal overdoses.

Senator Portman and RREACT team members Police Officer Adam Ball, social worker Eva Fitch, Paramedic Bryan Allen and Fire Lt. Matt Parrish spoke to local residents who

funding they need to continue their good work," said Portman. "First Responders are on the front lines combating the opiate epidemic," said Lt. Matt Parrish, a 27 year veteran firefighter & paramedic who leads the team created in 2017.

"We were attempting to solve this community problem with our traditional emergency response model. With the funding awarded through Senator Portman's work, the Columbus Division of Fire RREACT team has been able to deploy a community response model to address this community problem," said



use the park about the impact of the epidemic felt in the neighborhood.

"I had a productive meeting today with first responders and members of the Columbus Fire Department's Rapid Response Emergency Addiction and Crisis Team on how the opioid epidemic is impacting communities in Franklin County," said Portman.

"During the ride-along, I had the opportunity to see firsthand how the Columbus Fire Department is using the CARA grant money it was awarded, and I saw how these additional resources are helping to save lives. This is a wonderful example of how community leaders are working together to find innovative solutions to address this crisis in meaningful ways. I will continue to work with local communities across Ohio to help ensure they have the support and

Lt. Parrish.

"Our work in 2018 really allowed us to win this grant because we had a team and model in place. The main focus of the grant is to, within two years, to produce a team and model that can be replicated across the country, in any community, and scale to their size. The model will detail what resources you need in place, what partnerships you need to build, what processes and procedures and what data to collect," said Parrish.

The RREACT team consists of multiple agencies from the public and private sector including the Columbus Division of Fire, Columbus Division of Police, Central Ohio Area Agency on Aging, Franklin County Family and Children's First Council, Southeast Health Care, Maryhaven, and local hospital systems.



LIVE BURN Training: A Family Tradition for Generations of Firefighters

A few firefighter family members held a reunion of sorts at the Ohio Fire Academy in November.

Officers and veteran firefighters joined recruits of the 107th Columbus Fire recruit class who were practicing tactics and hose advancement at the facility's multi-story burn building. It's become a tradition for veteran firefighters to join their sons, daughters, nieces and nephews during the recruit's visits to the state training facility to practice advance techniques and fire ground communications in a live fire setting.

Deputy Chief Patrick Ferguson has served in the Division for 36 years and currently heads the EMS training department. But he donned his turn-out gear and joined the recruits entering the blackened, smoke filled hallways of the cinder-block live fire training building for the opportunity to refresh old skills along-side his brother, Lt. Scott Ferguson and Pat's son Kyle Ferguson, who is a member of the Columbus Fire Academy's 107th recruit class.

The recruit classes typically visit the state's training site twice during their 32 weeks of training to

practice large building structure fire tactics in live-fire settings.

"It's just a great opportunity to pass on your passion for firefighting, to pass on your heritage to the next generation," said D/C Ferguson afterwards.

"My dad was a volunteer firefighter, so it's just an honor to have your son follow in your footsteps. Plus, it's just fun to come out here and do the things we have all been trained to do, even if it's been years ago," said D/C Ferguson.

For Ferguson's son Kyle, it was a

thrill to experience the day-long live fire exercises with his dad and uncle.

“It was awesome. I grew up around the fire service, I hung out at the fire houses, so it was pretty neat,” said Kyle, a Red Company recruit who graduated from the training academy in February, 2019.

“When I decided to become a firefighter, I really wanted to come here for the possibility of taking runs with my dad and uncle. I don’t know if that’s really realistic, since they are both getting late in their

careers, so working together at the State (Fire Academy) was a big deal,” said Kyle Ferguson.

D/C Ferguson served as the inside safety officer on that day. He had the responsibility to make certain the teams entered and exited each scenario intact, and maintained accountability for each other while inside the facilities’ mostly light-less rooms, stairwells and hallways.

“I wouldn’t say I was nervous, because it was all situations we trained for,” said Kyle, who had his uncle Lt. Scott Ferguson on his

hose team during the scenarios. “But I didn’t want to look like I didn’t know what I was doing. So it was kind of tense for me,” said Kyle.

“I can tell you it brought all three of us together. It made us closer, sharing that experience. It was a day I’m sure none of us will forget.”

Photo left: Lt. Scott Ferguson, Kyle Ferguson and Deputy Chief Patrick Ferguson.

Photo middle: Kyle Pineda, Robert Pineda and Joe Pineda. David Haley II and David Haley. Andrew Selegue and Brian Selegue.

Photo (below), from left is David Haley, David Haley II, Joe Pineda, Robert Pineda, Jack Pineda, Lt. Scott Ferguson, Deputy Chief Patrick Ferguson, Kyle Ferguson, Brian Selegue and Andrew Selegue.





Firefighter Reunites With Boy He Saved

Jahid Mitchell, 2, met a firefighter on his birthday celebration held at the Central Ohio Fire Museum on Thursday. Jahid didn't remember the first time they met almost a year ago when his mother Aleasha Mitchell tossed the infant from a burning house into the arms of a stranger.

"He kind'a just landed on me and I caught him under his arms. I was just so happy that I caught him and didn't fumble him. When I got out to the car that day after it was over, I got a

little bit emotional. I thought, this could have gone horribly wrong a thousand different ways," said DeFrancisco, an



arson investigator and 31-year veteran of the Division. DeFrancisco was a few blocks away from the house at 865 E 13th St. investigating another fire when he noticed

a large column of smoke a short distance from his location. He followed the smoke and was the first to arrive to discover fire in a 1 ½ story Cape-Cod style home. As he was approaching the house he noticed a child in a night shirt suddenly appear in the yard, and as he got closer he could see an adult female climbing onto the decking of the metal porch roof. Fire and smoke were now pushing heavily from the front window adjacent to the door, and heavy smoke was billowing from an upstairs window where Alea-

sha Mitchell emerged holding a small infant in her arms. Mitchell's daughter Zion, 8, had already jumped from the window.

"Everything was kind of a blur," Mitchell said. "I just remember waking up in the morning and I remember lighting a candle, and that's all I remember. And, next thing I know is, I can't see. There's smoke and I'm trying to figure out what just happened and how we're going to get out."

DeFrancisco called in a report of a working fire with people trapped, and immediately started working to rescue the woman and child from the residence.

Upon getting to the front yard, Mitchell was now standing on the metal porch roof decking, frantic and screaming about the heat and fire. DeFrancisco pleaded with her to drop her infant son to him. She released the boy, who fell into his open arms. He placed him on the ground and was trying to help the mother off the roof when he was joined by off duty Battalion Chief Dave Bernzweig.

Bernzweig received a Pulsepoint alert and responded from I-71 near 11th Avenue. He was on his way to work at Battalion 3 and saw the smoke a short distance from the freeway.

Bernzweig immediately jumped in to help, climbing up the railing of the porch to better assist Mitchell. However, the railing gave way causing him to fall back to the ground. With the growing amount of heat and flames, and the porch in a state of disrepair and limited stability,

both Bernzweig and DeFrancisco convinced Mitchell to lower herself into their arms. Working in unison, they were able to place her safely on the ground.

The family was moved to the sidewalk to safety, where both firefighters quickly made certain that there were no other victims in the house. Both victims were assessed for injuries by DeFrancisco while Chief Bernzweig conducted a 360 degree search of the residence and then initiated an exterior fire attack through the front window with a garden hose before Fire Engine 18 arrived. The crew finished the job with an interior fire attack through the front door.

Mitchell and the one year old Jahid were transported to the OSU Wexner Hospital. Mitchell sustained smoke inhalation and burns to her hands while attempting to extinguish and escape from the fire. Jahid was evaluated by medics and found to be uninjured.

A year later, Aleasha Mitchell invited DeFrancisco to join her family at the Fire Museum to help celebrate Jahid's second birthday.

"I'm just grateful," Mitchell said.

"It's a blessing. And thank you for following your instincts, thank you, because I don't know why you came, I really don't, I don't know what brought you to my house, but whatever it was, I'm so happy, I'm so grateful, thank you, and thank you for catching him."

"We're celebrating," said DeFrancisco. "It's a celebration of his life, and he's still here to celebrate that."

Exercise *continued from page 5*

You can do static, steady state cardio or high intensity intervals. For firefighters wishing to decrease body fat and increase fitness to pass their physicals and increase their VO2, the high intensity workouts have proven to be most effective," said Bellmann.

The Bravo workstations scheduled for installation allows for single workstation to provide multiple strength exercises on a single platform and a smaller footprint, which is especially important for some of the older fire stations with limited workout space.

Eventually, Bellmann would like to become a full-time firefighter, but continue to work with firefighters to improve overall health and fitness throughout the fire service.

"Becoming a firefighter has just added to my passion to teach firefighters to be protective of themselves. We talk about using proper techniques to lift all the time. But firefighters often find themselves in difficult situations or positions with a patient who is pinned and you can't use proper lifting techniques. So helping them do preventive exercises to help them prepare for those moments we are all going to find ourselves in, that's key," said Bellmann.



"I want to help firefighters maintain the minimal levels they need for the job, but I also want to help them go beyond and achieve their personal goals. Particularly for firefighters who have had injuries, or knees replaced or shoulders repaired. They want to know how they can get back to a certain place physically. I'd like to continue on the education side, because that's where we will see the benefits going into the future."

Kristin Bellmann can be reached at KLBellmann@columbus.gov.

Columbus Fire
Medical Director
Robert Lowe's new
office is located
adjacent to the EMS
CQI offices at 3675
Parsons Avenue.
*James Miller/
Division of Fire*



Division Welcomes Dr. Robert Lowe As Medical Director

The Columbus Division of Fire announced the appointment of Dr. Robert Lowe to the position of EMS Physician in November.

Dr. Lowe will be directly responsible for serving as medical director for EMS field operations, for advising the EMS educational and training programs, and for overseeing and coordinating EMS Continuous Quality Improvement (CQI). Dr. Robert Lowe is board certified in Emergency Medicine with a sub-specialty certification in EMS medicine from the American Board of Emergency Medicine.

“Dr. Lowe brings tremendous experience and energy to this position,” said Columbus Division of Fire Chief Kevin O’Connor. “His excellent reputation, in the Central Ohio EMS community, will allow him to continue to make the division a national leader in EMS delivery. He will expand on the care and quality that the 641 Paramedics and 927 EMTs of the division deliver to our residents over 600 times per day.”

Active in Emergency Medicine practice and EMS medical direction; Dr. Lowe most recently served as EMS Medical Director for OhioHealth and multiple EMS/Fire Agencies in west Columbus and greater central Ohio. He has specific interests in Response to active shooter/active violence events, care of the public safety provider, cardiac emergencies, time critical diseases and interventions, and preparedness activities.

Active in hands on education of Residents, Physicians and EMS Providers, he enjoys lecturing and teaching in any setting from the streets, to the bedside, the firehouse, or national conferences.

Doctor Lowe received the 2016 EMS Star of Life Award sponsored by the Ohio Department of Public Safety Division of EMS, the Ohio Emergency Medical, Fire and Transportation Services Board, and the Ohio chapter of ACEP as the “EMS Medical Director of the year.”

Dr. Lowe came to medicine as a second career having graduated Texas A&M University with a Bachelor’s Degree in Aerospace Engineering, he spent two years at General Dynamics Ft. Worth Division (now Lockheed) and four and a half years working for Rockwell Space Operations Company at the Johnson Space Center in Houston as a Control and Propulsion instructor for Space Flight Training.

As he developed an interest in medicine, Dr. Lowe became active with League City EMS, while working in Houston. He graduated Medical School from Texas Tech University School of Medicine in Lubbock Texas and completed an Emergency Medicine Residency at St. Vincent’s Mercy Medical Center in Toledo Ohio, during which time he participated as a Flight Physician with St. Vincent Mercy Life Flight.

Dr. Lowe lives in Dublin with his wife Romaine and their four children.



Shane Brintlinger - Firefighter

Feb. 22, 1990 - Mar. 3, 2019

2019 Autumn Command Post – Thank You Notes

To the amazing Columbus Division of Fire Department,

Tim, Katie-Jean and I would like to personally thank each and everyone of you for the tremendous outpouring of love that has been shared with us by the Columbus Division of Fire.

On March 3rd, 2019 our lives were forever changed by the unforeseen event that took place.

Since that dreadful day, The Columbus Division of Fire has never once hesitated in their efforts to show our family love and unwavering support.

As the wife of a Columbus Fire Fighter I never truly understood the meaning of "Brotherhood" until I experienced it firsthand this past few weeks.

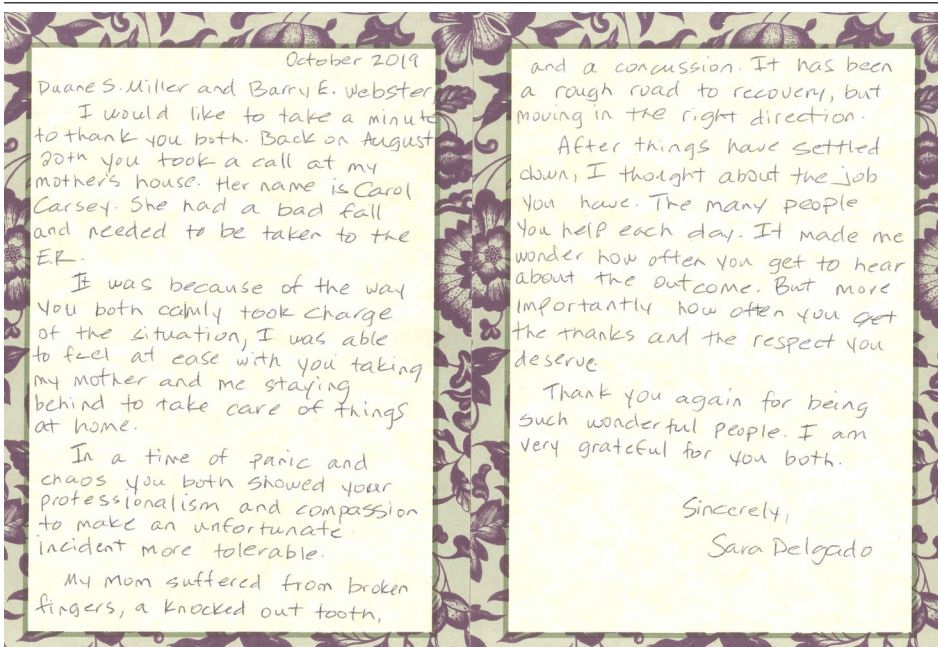
The extension of care and concern that has been shown to our family has been nothing short of breath taking.

When people say the fire department is a brotherhood, The Columbus Fire Department positively exemplifies this claim.

Please accept our heartfelt and sincere appreciation for everything The Columbus Fire Department has done and continues to do for our family. We will forever be indebted for your kindness and support.

With much appreciation,

Denise, Tim and Katie-Jean Brintlinger



Finnegan, continued from page 11

It's now Finnegan's goal to get other firefighters interested in the games in the future.

"Memphis Police had a team of 14 people. They trained together and had uniforms and everything. I'm a little biased, but I think Columbus has the best fire department in the country, so I'd love to get a big group together and represent us," said Finnegan.

Finnegan said she was struck by the comradery and support she felt from her fellow competitors.

"In the public service line of work, I find people genuinely wish to help one another. We are competitors, but also there's this feeling that, 'this is my brother. This is my sister.'"



Finnegan brings her passion for fitness to the job of firefighting every day. She was among the instructors participating in the Division's first Women's Get Fire Ready orientation event held at the Fire Training Academy in 2018.

"Athletics and a career in firefighting line up well, especially for women. It's a dangerous job, a strenuous job, so you have to be prepared. But women are nurturing by nature, and we are service providers," she said.

"If you're an athlete, you know what hard work is. It's natural to push yourself," said Finnegan.

"When duty calls, you've got to be ready."

Do you have a strong desire to serve your community?
Think you have what it takes to join our
TEAM?

THE CITY OF
COLUMBUS
DIVISION OF FIRE
OFFICE OF RECRUITMENT, DIVERSITY & INCLUSION

Columbus Firefighter • EMT Career Benefits:

- Starting Pay \$55,654 Annually
- 100% College Tuition Reimbursement
- 24 Hours On/48 Hours Off Work Schedule
- Paid Vacation & Sick Leave
- Health, Life, Vision, Dental & Prescription Insurance

Minimum Application Requirements:

- 17 1/2 Years of Age To Apply
- Valid Drivers License
- U.S. Citizen
- High School Diploma or GED
- Strong Desire to Learn, Grow & Serve



Text JoinCFD to 474747

Visit www.columbus.gov/BecomeaCFDfirefighter or call CFD Recruiting at 614-645-6387 for information on upcoming test preparation events.