

# THE FIREHOUSE SCENE

is a publication of the  
*Harlem-Roscoe Fire Protection District*

January 2024

Fire Chief John Bergeron

Editor Sheryl Drost



2023  
YEAR IN REVIEW  
LEAVE IN BELIEF







## FROM THE CHIEFS DESK BY FIRE CHIEF JOHN BERGERON

I wish you all had a Merry Christmas and a safe and Happy New Years!

As I write this, it is hard to believe I am in my 43rd year in the Fire Service. I began my journey in the fire service at the age of 16. I was a Junior at Hononegah High School and was approached by a friend who told me that Harlem-Roscoe Fire was holding a cadet class and asked if I would be interested in joining. Having an older brother already on the department, it was something that intrigued me, as I was starting to map out what I wanted to do in the future.

I began running calls in 1983 and went to EMT school in 1984. In 1988 I became certified as a Paramedic, in which I still hold that license. I began taking trainings/certifications through the Office of the State Fire Marshall as well as the Illinois Fire Service Institute. I obtained many different certifications along the way - something that is required in today's fire service.

I began moving up through the ranks at HRFD. I reached the rank of Lieutenant in 1992, Captain in 2006 and Deputy Chief of Operations in 2009. In November of 2023, I had the distinguished privilege and honor of becoming the 10th Fire Chief in HRFD history.

This would not be possible without the support of my wife Deann and my kids Ashlee and Dalton. They gave up many missed dinners, holidays, birthdays, and other events, and for that, I am forever grateful to them. I would also be remiss if I did not mention all the great mentors I have had before me and the ones that are still currently in the fire service. And to all the members of Harlem-Roscoe, I truly appreciate all you do for the community. Your commitment and dedication does not go unnoticed.

The fire service is constantly moving forward, as we will continue to do the same. With the leadership from the Board of Trustees, we will continue to move forward to be equipped to serve the citizen of our community. I hope 2024 is everything you are hoping for. If I or the department can be of any assistance, please feel free to reach out. I wish you all a prosperous New Year!

## NEW FIRE CHIEF



November 27th, 2023 Harlem-Roscoe Fire Trustee Bart Munger swore in acting Fire Chief John Bergeron as the department's 10th Fire Chief. John's wife Deann had the honor to pin him at the ceremony.

Chief Bergeron has been with the fire department for 43 years and is a lifelong resident of Roscoe. He became a Paramedic in 1988 when the program was still in its infancy at HRFD and has been an integral part in its growth. His dedication and devotion to the fire department and the residents of the fire district for over 43 years is highly commendable. Congratulations Chief Bergeron!



## NEW FIRE PERSONNEL

Four fire personnel were also sworn in on Nov. 28th. Firefighter Lori Lynch received her black shield after successfully completing her 6-month probation. Nathan Theisen was sworn in as a full-time Firefighter/Paramedic. And John Logan and Mikhail Madaus were sworn in as probationary Firefighters.



Lori Lynch



Nathan Theisen



John Logan



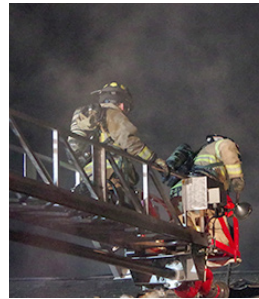
Mikhail Madaus



## HOUSE FIRE

PHOTOS BY SHERYL DROST

On Nov. 18th, 2023, at approx. 0321 hours, Harlem-Roscoe Firefighters were dispatched to a possible residential structure fire in the 6000 block of Prairie Flower in Roscoe. Firefighters arrived on scene and found a single-story residence with heavy fire coming from the structure. Life safety was cleared and a MABAS Box 11 to the 3rd Alarm was requested for additional resources. Fire crews made an aggressive attack on the fire. One person was treated on scene and released. We would like to thank all the departments that assisted with this call. The cause of the incident is still under investigation.



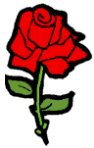
## EXPLOSION PHOTOS BY SHERYL DROST

Firefighters were dispatched to a residential structure fire on Nov. 12th on Clearwing Lane. Law Enforcement reported a fully involved structure fire with possible victims trapped. BC Jones requested a MABAS Box 11 to the 2nd Alarm. Upon his arrival, he found moderate smoke and fire to the south side of a 4-unit apartment complex with evidence of an explosion present. Law Enforcement had forced entry into an upstairs apartment, finding and removing 1 adult and 2 children. They were evaluated and released by the medical crew. The remaining apartments were vacant. The fire was quickly contained and extinguished. The explosion had caused significant structural damage with the potential of collapse. Nicor Gas was called to mitigate a natural gas leak that was caused by the damage. HRFD would like to thank all the departments that assisted with this call. The investigation was turned over to the Office of the IL State Fire Marshal.

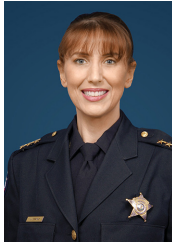




# GONE, BUT NOT FORGOTTEN



Some people come into our lives,  
And quickly go. Some stay awhile,  
And leave footprints in our hearts.



Our sincerest condolences go out to the family of retired Roscoe Police Chief Jamie Evans who lost her courageous battle with cancer on December 8th, 2023. Our hearts are heavy as we truly appreciate all that Chief Evans did for the community and the close working relationship we forged. To the members of the Roscoe Police Department and other law enforcement agencies, we are sorry for your loss. *Chief Bergeron*



# LIFESAVING AWARD

At the December Village of Roscoe board meeting, Sgt Robert Lewis, Officer Greg Yalden, and Officer Anna Podgorny were presented awards for their lifesaving actions at the scene of a fire rescue on November 12th, 2023. Roscoe Police Chief Sam Hawley presented the three with Lifesaving Award Plaques and Harlem-Roscoe Fire Chief John Bergeron presented the three with Certification Awards for Recognition of Lifesaving Actions. Great job by all!

On November 12th, an explosion and fire occurred in a lower apartment of an 4-family apartment building on Clearwing Ln. in Roscoe. (See pg 3) The police officers arrived first and were told people were upstairs. They made forced entry into the stairway to the upper apartment and were able to rescue the resident and his two children. Video of the rescue from the officer's body cam can be seen on their Facebook page.



L-r, Fire Chief John Bergeron, Roscoe Police officers - Sgt. Robert Lewis, Officer Greg Yalden, and Officer Anna Podgorny, DC Kevin Briggs, Division Chief's Jeff Grand and Jay Alms.

## KEEP'EM CLEAR

If there's a fire hydrant near your house,  
help keep it accessible this winter:

**DO YOUR PART SO THEY CAN DO THEIRS**



**To the street**

### CLEAR -AWAY ZONE

Remove any snow and ice  
Clear a wide enough perimeter  
around the hydrant for firefighters  
to work (about 3 feet)  
Clear a path from hydrant to street



## The Firehouse Scene

The Firehouse Scene is a monthly newsletter produced by the Harlem-Roscoe Fire Prot. Dist.

Fire Chief - John Bergeron  
Editor & Layout - Sheryl Drost

The Firehouse Scene will be available at Station One - 10544 Main Street in Roscoe and on the department's website by the second Sunday of each month.

E-mail submissions to: Sheryl at: [sdrost@harlemroscoefire.org](mailto:sdrost@harlemroscoefire.org)





## Out in the Community

This fall was super busy for our fire personnel with community activities. Fire Prevention Week activities were a whirlwind for weeks with the Open House, safety talks, school visits, fire alarms, fire extinguisher and CPR classes. Then we hosted the Roscoe Lion's Club's Senior Turkey Dinner. December saw Santa arrive on a fire truck to visit with our fire kids, Lighted Parades, and we were able to serve 53 children and 32 adults with a full holiday meal, extra food staples, as well as presents for each child in our Holiday Reindeer Food Drive! Please visit our HRFD Facebook page for more photos that were taken at many of these events.







**FITNESS...  
CHANGING OUR MINDSET  
ONE DAY AT A TIME!  
BY BC MIKE JONES**

Firefighting by nature is an inherently dangerous occupation. With the exception of calls that may present specific hazards relating to potential weapons, firefighting is known by the old adage of “we’re running into the stuff that everyone else is running out of.” Unfortunately, that leads to a number of injuries and deaths.

The U.S. Fire Administration maintains a record of the Line of Duty Deaths (LODD’s) that occur within the United States fire service on an annual basis. Each report is broken down into a variety of categories that branch off of two main classifications: Medical and Trauma. Trauma is normally caused by factors that are outside of our control. These include things such as: violence, explosions, motor vehicle accidents, structural collapse, etc. One of the most prevalent and recurring categories on the medical side is titled “Stress/Overexertion”.

Stress/Overexertion is a topic that has consistently contributed to approximately 40% of the LODD’s since 1990, when the official record keeping for U.S. Firefighter Line of Duty Deaths began.

*Stress/Overexertion is the one category in which we (as individuals) can have the most impact on.*

What does this mean in layman’s terms? Stress/Overexertion was the generalized name that was given to cover things like heat exhaustion, cerebrovascular accidents (aka CVA or stroke), etc. The largest culprit in this group is that of myocardial infarctions, which are better known as heart attacks. Out of the 3818 total LODD’s since 1990, 1508 of these deaths have been from heart attacks.

Keep in mind, heart attacks would have been a much larger statistical percentage if we wouldn’t have had to go through a couple of large events in the relatively recent past. These include the COVID-19 pandemic, which claimed the lives of 106 firefighters and the tragic events of the 9-11-01 attack on the Twin Towers, that claimed almost 10% of the overall total number of LODD’s in the nation since 1990 with just a single event. Heart attacks claimed at least 26 of the 82 (31.7%) LODD’s in 2023. There are 13 fatalities that have the unknown (or undetermined) classification; thus, the total number could be slightly higher for that of heart attacks. Towards the beginning of 2023, Harlem-Roscoe Fire decided

to delve into this a bit deeper coming off of the Line of Duty Death of Firefighter Brian Rehnberg of neighboring North Park Fire Protection District on Christmas Day 2022. Despite having the knowledge and understanding that each of us could succumb to a fire related incident, it took something extremely close to us to open our eyes significantly wider. A large portion of us no longer placed this type of possibility as an afterthought like we once did. We know that one of the biggest factors that can help limit our potential for a heart attack is being in better physical shape and conditioning.

One of the challenges that we face in the fire service is that of consistency with our work/life balance. A few of our members do frequent the gym, but could easily be met with unreliable workout schedules due to a variety of work-related complications. These could include being held over or forced back to work on a different shift due to openings involving call-offs, injuries, maturity/paternity leave, etc. So, trying to run an effective, reliable workout program on your own free time outside of your work shift could prove to be extremely complex.

Understanding and acknowledging this dilemma, we began researching a variety of different types of equipment to purchase for the three stations. This was an attempt to provide personnel with a means of working out during shifts. We looked into various types of stationary equipment, free weights, sandbag systems, etc. Our research also led us to a professional fitness equipment company, Johnson Commercial Fitness. They met with some of our administrative staff to get an understanding of what we would like to have in place for equipment and went to each of the three stations and evaluated the available spaces. 3 dimensional scans of each space were taken, which produced 3D renderings of the space with the suggested layout for the equipment in question. A budgetary expense request was submitted for presentation to the Board of Trustees.

However, in the interim, HRFD met with a newer local CrossFit style gym in the local area by the name of “Bootcamp Academy”. The Bootcamp Academy is located in the space of the former Dollar General Store at 5544 Elevator Rd., Roscoe. After meeting with the management staff and seeing what could be offered, it was decided that the HRFD would start doing a 12-week physical fitness program through the Academy.

Each crew on shift has the ability to attend the gym for a daily designed workout or something on their own. The crews are allotted 1 hour and 15 mins per workout, which gives them the time to arrive and get ready before the class starts, class warm up session, complete the routine, and then shower afterwards.

The 12-week program started around mid-November and seems to be going rather well. Our crews say that they feel “exhausted” and “beat up” following many of the workouts, but have enjoyed each one of them. Almost all have been ecstatic for being able to do any sort of structured workout fairly consistently. Though the ability to workout is highly recommended and emphasized, it is currently not a mandatory thing for HRFD employees. Each of our personnel have the ability to be involved or abstain for any or all workouts.

We, at Harlem-Roscoe Fire, are trying to help keep our crews healthier and stronger as a means to prevent any injuries, illness, or heaven forbid, any unfortunate fatalities due to stresses of the firefighting job. Having the understanding that some accidents and medical emergencies will still occur despite any preventative measures taken, doesn’t mean that we should rest on our laurels. At least attempting to do as much as you can to not contribute to that demise is truly key.

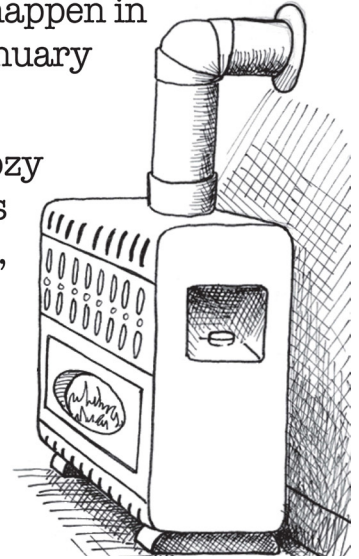
As Harlem-Roscoe Fire continues to make strides in a forward, progressive, and positive manner, we can say that we’re better today than what we were yesterday. Even if we are a little sore from our efforts of improvement.

As far as the equipment acquisition for each of the stations, this is still in the background of our administration and Board of Trustees as an option down the road.

## IMPORTANT REMINDER

There are more home fires in winter than in any other season. Half of all home heating fires happen in December, January and February.

As you stay cozy and warm this winter season, be fire smart!



## IFSI BASIC OPERATIONS FIREFIGHTER PROGRAM



Pictured from L to R - Division Chief Grant, Fire Chief Bergeron, FF Zander Vanderheyden, Jacob Kruckenber, Caleb Pillow, Martynas Taufer, Kyle Briggs, Cooper Jevremovic, Aaron Kaszcuk, Deputy Chief Briggs, Battalion Chief Jones.

Congratulations to our 6 Recruits who graduated Dec. 2nd from the IFSI Basic Operations Firefighter Program. They all worked hard and completed over 180 hours of training for the 10 weeks in the program. Harlem-Roscoe is looking forward to the contributions to the community and the fire department these new recruits will bring. Great Job we are very proud to have you on the team!

A graphic titled "WINTER EYE HEALTH" with a plus sign. Below the title, it says "TOP TIPS!" and "WINTER SUN". The graphic includes icons of a snowflake, a pink eye, a teal winter hat with a snowflake, and two pairs of sunglasses (one teal, one pink).

**WINTER EYE HEALTH** +

TOP TIPS!

**WINTER SUN**

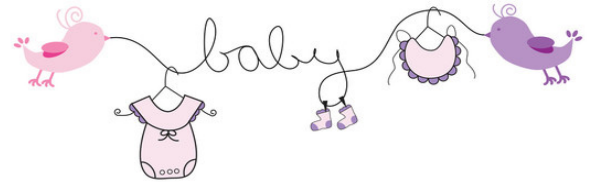
Sunglasses aren't just for summer. Snow and ice are reflective, so the sun's rays can reach your eyes from below as well as above. The low sun in winter can be dazzling, so wear sunglasses on sunny winter days, particularly when driving.

Three nurses are walking on the beach. They come across an old lamp and when they rub it a genie pops out. They are each granted a wish. The 1st nurse says, “I want to be 2 xs as smart in order to give better care.” Genie: “granted.” The 2nd nurse wishes “I want to be 10 xs as smart in order to give better care.” Genie, “Granted.” 3rd nurse: I want to be 1000x smart in order to give better care.” Genie scratches his head and thinks for a minute and says, “Are you sure you want to be a paramedic?”



# NEW BABY

*Congratulations* to Firefighter Nathan Theisen and his wife Summer on the birth of their daughter Ivy Rose on Nov. 15, 2023. She measured in at 7 lbs 8 oz and is 19 in long. Mom and baby are doing great. Congrats again Nathan, what a doll!



## TEACHING CHILDREN HOW TO CALL 911 BY CRR OFFICER JEN ANDERSON

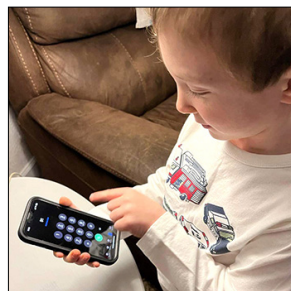
Children who know how to call 911 in an emergency could save a life. Teach your child how to call 911 and tell dispatchers the location of the emergency.

It's best to call 911 from a landline, but if one isn't available, your child should know how to call from your mobile phone. Here are step-by-step instructions for teaching your child how to call 911.

1. Make sure your child can say her first and last name and provide her address or location. Some 911 centers don't have the ability to automatically locate a caller. Thus, it's important to teach your child to identify a location by buildings, signs or other landmarks.

Tip: Making up a rhyme or song can help make it fun and easy to remember a name and home address.

2. Explain the different emergency situations that might require your child to call 911. Here are some examples: Fire, Medical emergency, Car accident, and Stranger danger. Please ensure that



your child understands that 911 should only be called if there's an actual emergency. It should never be called for practice, as a joke or for any other non-emergency reason. Doing so could prevent 911 dispatchers from quickly responding to someone in a real emergency situation.

3. Show your child the steps for calling 911 on your mobile phone. If you have a security lock on your phone's home screen, teach your child how to unlock it. For a step-by-step visual walkthrough on calling 911. Select your phone from the Simulator Index list, and check the Phone Calls section to see if instructions are available for your phone.

4. Go over your mobile phone's keypad several times to help your child become familiar with making a call. Have your child practice making a phone call from your mobile phone by calling a family member or friend. Remember not to actually call 911 with your child, unless it's an emergency.

5. Practice, practice, practice. The more repetition you can provide, the easier it will be for your child to recall the steps, even in a stressful emergency situation.

6. Do not let your children play with old mobile phones. Because old mobile phones are still able to call 9-1-1 even if they are not active with a wireless carrier, they should not be used as a toy.





## WHY DOES A FIRE ENGINE COME TO MY HOUSE WHEN I CALLED FOR AN AMBULANCE?

BY DC KEVIN BRIGGS

The first reason has to do with having enough staffing to take care of the patient. All of our firefighters are also trained as either EMTs or Paramedics. There are two EMS personnel on the ambulance and typically three personnel on the fire truck/engine. When someone is very sick they may need advanced life support (ALS) care. ALS treatment includes starting Intravenous (IV) fluids, monitoring cardiac rhythms, providing oxygen, administering medications, possibly performing CPR, and/or defibrillating a patient. National standards recommend four personnel for ALS incidents.

The next reason to have extra personnel from the fire truck/engine has to do with helping to safely move the patient to the ambulance. Most people that are so sick that they need an ambulance need to be carried on a cot. If the bedroom is on the second floor, or if there are steps outside the house, it may take more than two people to safely get the patient down the steps.

The third reason for sending a fire truck on an ambulance call is if the closest ambulance is busy and unavailable. Again, the people on the fire truck/engine are also trained in EMS and carry medical equipment, and they can begin care before the ambulance arrives.

In the early days, fire stations were strategically located so the crews could quickly get to burning buildings. Obviously, time is an important aspect of firefighting, because flames can rapidly spread through a building. The ability to quickly respond to a fire provides more time to rescue people inside, and save property by suppressing the blaze in the early stages. It soon became apparent that the firefighter's ability to "get there fast" could be used for other types of emergency response, such as heart attacks, strokes and trauma. Four minutes is a critical time frame for someone who has experienced a heart attack, injury, or other illness that makes them stop breathing. The heart and brain have a better chance of full recovery if they receive oxygen in four minutes or less. After that, a person can suffer brain damage or worse. Our firefighters, many of them educated to the level of EMT or Paramedic, can use life saving techniques including defibrillation to help prevent death or permanent injury. These life saving techniques are much more effective if they can get to a patient within the first four minutes.

Each Harlem-Roscoe Fire Station is part of a much larger, intricate dispatch system. The system is designed to provide adequate emergency coverage for the citizens who live here, by carefully managing response resources. Fire stations are not isolated or randomly located. They are strategically positioned to provide the best coverage with the least expenditure of resources.

When you dial 911 for a medical emergency, expect a Harlem-Roscoe fire truck as well. The expertise that they bring is truly lifesaving.



## WINTER DRIVING BY BC JOHN DOVOVAN

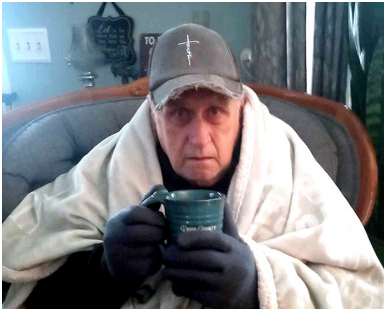
Winter driving can be challenging due to adverse weather conditions such as snow, ice, and cold temperatures. To ensure your safety and that of others on the road, it's essential to be prepared. Here are some tips for winter driving preparedness:

- **Check Your Vehicle:** Ensure your vehicle is in good condition. Check the battery, brakes, tires, and fluids before winter sets in. Consider using winter tires for better traction on snow and ice.
- **Winterize Your Vehicle:** Replace windshield wipers with winter blades and fill the windshield washer fluid reservoir with a winter solution.
- **Emergency Kit:** Pack an emergency kit that includes items such as a blanket, flashlight, extra clothing, non-perishable snacks, water, first aid supplies, and a fully charged cellphone with a car charger.
- **Check Weather and Road Conditions:** Stay informed about the weather forecast and road conditions before you start your journey. Plan your route accordingly.
- **Drive Slowly and Smoothly:** Reduce your speed and increase your following distance to allow for longer stopping distances. Avoid sudden movements, such as sharp turns or quick stops, to maintain control of your vehicle.
- **Use Headlights:** Turn on your headlights to increase visibility, even during daylight hours. This helps other drivers see you in low-light conditions.
- **Brake Carefully:** Use gentle and steady pressure on the brakes to avoid skidding. If your vehicle has anti-lock brakes (ABS), apply continuous pressure and let the system do its job.
- **Avoid Cruise Control:** Using cruise control on slippery roads can be dangerous. It's better to have full control of your acceleration and deceleration.
- **Maintain a Full Gas Tank:** Keep your gas tank at least half full during winter to prevent fuel lines from freezing.
- **Be Prepared for Emergencies:** Carry items like a shovel, ice scraper, jumper cables, and sand or kitty litter for traction in case you get stuck in snow or ice.

By taking these precautions and staying vigilant on the road, you can enhance your safety and the safety of others during winter driving conditions. Remember to always leave early to give yourself extra time to get to your destination safely.



## COLD WEATHER SAFETY FOR OLDER ADULTS



Older adults can lose body heat fast—faster than when they were young. Changes in your body that come with aging can make it harder for you to be aware of getting cold. A big chill can

turn into a dangerous problem before an older person even knows what's happening. Doctors call this serious problem hypothermia.

### What Is Hypothermia?

Hypothermia is what happens when your body temperature gets very low. For an older person, a body temperature of 95°F or lower can cause many health problems, such as a heart attack, kidney problems, liver damage, or worse.

Living in a cold house, apartment, or other building can cause hypothermia. In fact, hypothermia can happen to someone in a **nursing home** or group facility if the rooms are not kept warm enough. If someone you know is in a group facility, pay attention to the inside temperature and to whether that person is dressed warmly enough.

People who are sick may have special problems keeping warm. Do not let it get too cold inside and dress warmly. Even if you keep your temperature between 60°F and 65°F, your home or apartment may not be warm enough to keep you safe. This is a special problem if you live alone because there is no one else to feel the chilliness of the house or notice if you are having symptoms of hypothermia.

Some illnesses may make it harder for your body to stay warm such as:

- Thyroid problems can make it hard to maintain a normal body temperature.
- Diabetes can keep blood from flowing normally to provide warmth.
- Parkinson's disease and arthritis can make it hard to put on more clothes, use a blanket, or get out of the cold.
- Memory loss can cause a person to go outside without the right clothing.

Taking some medicines and not being active also can affect body heat. These include medicines you get from your doctor and those you buy over-the-counter, such as some cold medicines. Ask your doctor if the medicines you take may affect body heat. Always talk with your doctor before you stop taking any medication.

### What Are the Warning Signs of Hypothermia?

Sometimes it is hard to tell if a person has hypothermia. Look for clues. Is the house very cold? Is the person not dressed for cold weather?

#### Early signs of hypothermia:

- Cold feet and hands
- Puffy or swollen face
- Pale skin
- Shivering (in some cases the person with hypothermia does not shiver)
- Slower than normal speech or slurring words
- Acting sleepy
- Being angry or confused

#### Later signs of hypothermia:

- Moving slowly, trouble walking, or being clumsy
- Stiff and jerky arm or leg movements
- Slow heartbeat
- Slow, shallow breathing
- Blacking out or losing consciousness

**! Call 9-1-1 right away if you think someone has warning signs of hypothermia!**

#### What to do after you call 9-1-1:

- Try to move the person to a warmer place.
- Wrap the person in a warm blanket, towels, or coats—whatever is handy. Even your own body warmth will help. Lie close, but be gentle.
- Give the person something warm to drink, but avoid drinks with alcohol or caffeine.
- Do not rub the person's legs or arms.
- Do not try to warm the person in a bath.
- Do not use a heating pad.

The only way to tell for sure that someone has hypothermia is to use a special thermometer that can read very low body temperatures. Most hospitals have these thermometers. In the emergency room, doctors will warm the person's body from inside out. For example, they may give the person warm fluids directly by using an IV. Recovery depends on how long the person was exposed to the cold and his or her general health.



**Q. What Is the Ideal Room Temperature for an Elderly Person?** *A. Research has shown that the average and safe room temperature for older adults is around 78 degrees. To prevent an elderly adult from becoming too cold, it is recommended that the room temperature never falls below 65 degrees.*

**Q. What percentage of deaths due to exposure to cold are people over 60?** *A. 50% and over 75% are males. About 20% occur in the home.*

**Q. What is the leading cause of deaths in Seniors associated with winter weather?**

*A. Slips and Falls--These factors increase the risk of falls, a leading cause of injury and death in the elderly. Snow and ice increase the risk. Awareness and precaution are extremely important while navigating snowy or icy conditions to reduce the chance of a fall.*

#### Tips for keeping warm while you're inside:

- Set your heat to at least 68–70°F. To save on heating bills, close off rooms you are not using. Close the vents and shut the doors in these rooms, and keep the basement door closed. Place a rolled towel in front of all doors to keep out drafts.
- Make sure your house isn't losing heat through windows. Keep your blinds and curtains closed. If you have gaps around the windows, try using weather stripping or caulk to keep the cold air out.
- Dress warmly on cold days even if you are staying in the house. Throw a blanket over your legs. Wear socks and slippers.
- When you go to sleep, wear long underwear under your pajamas, and use extra covers. Wear a cap or hat.
- Make sure you eat enough food to keep up your weight. If you don't eat well, you might have less fat under your skin. Body fat helps you to stay warm.
- Drink alcohol moderately, if at all. Alcoholic drinks can make you lose body heat.
- Ask family or friends to check on you during cold weather. If a power outage leaves you without heat, try to stay with a relative or friend.
- You may be tempted to warm your room with a space heater. But, some space heaters are fire hazards, and others can cause carbon monoxide poisoning!

#### Tips for keeping warm outside:

- Dress for the weather if you have to go out on chilly, cold, or damp days.
- Wear loose layers of clothing. The air between the layers helps to keep you warm.
- Put on a hat and scarf. You lose a lot of body heat when your head and neck are uncovered.
- Wear a waterproof coat or jacket if it's snowy
- Change your clothes right away if they get damp or wet

## 7 WAYS TO BEAT THE WINTER BLUES



### 1. BRIGHTEN YOUR HOME

Vitamin D from natural light can help to improve your mood. Make it a daily routine to open your blinds and curtains.



### 2. ANTICIPATE AN EVENT

Anticipate an upcoming event, or create something to look forward to such as inviting your grandchildren or friend to visit. This can create positive feelings and excitement.



### 3. STICK TO A SCHEDULE

Avoid the temptation to alter your schedule to avoid activities and socialization. Stick to your every day schedule.



### 4. EAT A BALANCED DIET

Eating the right combination of proteins, carbohydrates, dairy, fruits and vegetables is a natural way to boost your mood and energy.



### 5. STAY ACTIVE

Exercise can be vital to lifting up your mood during the winter months. Stretching, walking and lifting light weights are a few ideas to get you started.



### 6. ACCOMPLISH A GOAL

Motivate yourself by adding a goal to your to-do list, big or small, and once it's finished, cross it off.



### 7. SOCIALIZE WITH OTHERS

Lift your spirits and shift your perspective by being around others. Attend a church service or volunteer in your community.



# NOW HIRING

## FOR FULL TIME PARAMEDIC

IF YOU ARE A LICENSED PARAMEDIC WHO STRIVES FOR EXCELLENCE AND DESIRES AN EXCEPTIONAL CAREER IN EMS, PLEASE CONTACT US TODAY.



### REQUIREMENTS:

HIGH SCHOOL DIPLOMA OR EQUIVALENT  
CURRENT VALID IDPH PARAMEDIC LICENSE  
VALID DRIVER LICENSE  
PHTLS, ACLS, AND PALS CERTIFIED

### WE ARE OFFERING:

COMPETITIVE WAGE  
HEALTH AND DENTAL INSURANCE  
457B RETIREMENT PLAN  
SICK TIME  
PAID TIME OFF  
HOLIDAY PAY