



# THE REVIEW

Central Arizona Fire and Medical - 8603 E. Eastridge Dr., Prescott Valley, AZ 86314 – April 10, 2020

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### **Quote of the Week**

"Fear does not stop death. It stops life. And worrying does not take away tomorrow's troubles. It takes away today's peace."

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## The Chief's Desk

Week five of the siege, or is it day 100??? Thankfully I'm going to work so I still know what day it is. Toilet paper supplies are holding as are the current levels of PPE. We hope it doesn't come to this, but we may have to establish a field haircut station. Possibly with a Flowbee and/or a set of sheers. If you have never seen a Flowbee, I would recommend you Google it

I would like to take this opportunity to thank all of you for your efforts during such a trying time for our community, our state, and our country. You have continued to maintain the highest level of professionalism and service to our community as well as each other. It is challenging to work through a pandemic on this scale – something we've just never dealt with before. Information seemingly changes daily as do the predictions. I guess that's what happens when you rely on horribly flawed data that's then used to create horribly flawed models. There have certainly been issues in New York City and some pockets in other parts of the country, but for the most part the rest of us are holding our own. Hopefully, there will be a scaled plan in place to reopen the economy by mid to late this month.

As staff of CAFMA, we continue to take a measured and reasoned approach to our decision making. We've had the good fortune to have access to experts from around the country, as well as share information between agencies within the State of Arizona. Based on the recommendations, data, and best practices established in other areas we feel our current plans are sound. Our goal is to avoid making emotional decisions, or defaulting to a bias for action i.e. doing something just because someone else is doing it. This does not mean that we are not adjusting. To the contrary, we are adjusting as needed based on the information we receive.

The CDC released a recommendation this week about wearing a cloth mask in public, as well as potentially in other places. We are not going to mandate that you wear a mask when you are out in public, nor are we mandating any masks be worn in our buildings. If you would like to wear something, please feel free. Obviously, you need to continue donning your PPE as directed when on a call. Most people I've seen in the community are not wearing the masks properly which gives them a false sense of security. It's difficult to establish a recommendation for millions of people and not be able to provide necessary training so they actually know how to properly implement the recommendation.

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### Upcoming Events:

April 13 – Policy committee, MAC Meeting, board budget workshop, Coronapocalypse  
April 14 – Meetings, Coronapocalypse  
April 15 – PVEDF ZOOM meeting, Coronapocalypse  
April 16 – Work Comp ZOOM Meeting, Weekly staff COVID meeting

### Board Meeting:

April 27 Admin

CAFMA – 1700-1830



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## **PPE Levels**

**By: Assistant Chief Scott Bliss (Hasn't changed, so I'll just leave this here sf)**

In terms of supply levels, CAFMA continues to be in reasonable shape. We are pulling from our cache of pandemic supplies to provide needed masks and other PPE. Although the overall situation is good, we do face a need to resupply long term and the ability to do that is not currently available. Most suppliers are backordered and do not have an expected date to be able to deliver. We anticipate that the situation will improve as companies such as Scott shift their manufacturing focus to PPE but it will take a while to see the results of that change. Please follow the direction of Chief Niemynski in regards to appropriate PPE use. This should provide the needed protection while also conserving our limited resources for the higher risk calls.

Chief Niemynski and Engineer Poliakon are working to build a couple of UV light boxes that can be used to decontaminate N95 masks. They are awaiting a few more parts so they can complete the project.

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## **How Smart People Handle Difficult People**

**By: Travis Bradberry**

Difficult people defy logic. Some are blissfully unaware of the negative impact that they have on those around them, and others seem to derive satisfaction from creating chaos and pushing other people's buttons. Either way, they create unnecessary complexity, strife and worst of all stress.

Studies have long shown that stress can have a lasting, negative impact on the brain. Exposure to even a few days of stress compromises the effectiveness of neurons in the hippocampus -- an important brain area responsible for reasoning and memory. Weeks of stress cause reversible damage to neuronal dendrites (the small "arms" that brain cells use to communicate with each other), and months of stress can permanently destroy neurons. Stress is a formidable threat to your success -- when stress gets out of control, your brain and your performance suffer.

Most sources of stress at work are easy to identify. If your non-profit is working to land a grant that your organization needs to function, you're bound to feel stress and likely know how to manage it. It's the unexpected sources of stress that take you by surprise and harm you the most.

Recent research from the Department of Biological and Clinical Psychology at Friedrich Schiller University in Germany found that exposure to stimuli that cause strong negative emotions -- the same kind of exposure you get when dealing with difficult people -- caused subjects' brains to have a massive stress response. Whether it's negativity, cruelty, the victim syndrome or just plain craziness, difficult people drive your brain into a stressed-out state that should be avoided at all costs.

The ability to manage your emotions and remain calm under pressure has a direct link to your performance. TalentSmart has conducted research with more than a million people, and we've found that 90 percent of top performers are skilled at managing their emotions in times of stress in order to

remain calm and in control. One of their greatest gifts is the ability to neutralize difficult people. Top performers have well-honed coping strategies that they employ to keep difficult people at bay.

[entrepreneur.com](http://entrepreneur.com)

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## **First Due: Overcoming “Normal”**

By: Ryan Pennington

ou’re in one of the few jobs that deals with tragedy in the place where it occurs. You observe humans who are hurt and then you treat them on the way to the next level of care. You witness bad scenes and death on a regular basis. All of this is considered “normal.” However, it doesn’t have to carry over into the firehouse and affect your day-to-day life.

### **Choices**

Dealing with the negatives can weigh heavily on today’s firefighters, which can make life inside of the walls of the fire station miserable. That said, the stress of bad calls isn’t the only thing that has a slow creep inside of the firehouse. Negativity, in general, tends to find a seat at the kitchen table. However, every firefighter needs to make a conscious choice of whether he/she will allow it to remain there.

Why does negativity creep in? It’s because negativity is easy, and positivity is difficult. Ask firefighters from around the globe to share their opinion on improving their department. We all can share the “problems” immediately. The same should be true for the good things about your department.

Steering away from the “could be’s” and the “should have’s” is challenging. Some say that humans are genetically predisposed to find the negative. This might date back to the cave men, who wouldn’t step out of their caves, because the fear of being eaten was real.

[firehouse.com](http://firehouse.com)

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## **Chief’s Desk Continued**

I would personally like to thank Yavapai County Director of Community Health Services Leslie Horton for her work. While other counties have fought to avoid sharing information with responders, Leslie worked to develop a secure system to share information with us. She and her staff have worked hand in hand with law enforcement, fire/EMS, as well as our hospitals to ensure there are open lines of communications and continuous information flow. This is unlike in Yuma County where the City of Yuma had to take the county to court because they refused to provide information to first responders. Thankfully, the court ruled in favor to the City forcing Yuma County Health to establish an information

sharing system. Personally, I'm appreciative of the working relationship that Leslie has developed and the steps she continues to take in an effort to work with all of us.

Other response agencies across the state continue to struggle with getting information from their county health agencies. Some are considering similar legal action to that taken by the City of Yuma. On Thursday this week, the Arizona Fire Chiefs Association, the Professional Firefighters, as well as law enforcement associations delivered letters to Governor Ducey's office requesting an Executive Order be issued directing the counties to provide information. Additionally, the letters requested that the Governor give direction to workers compensation carriers in the state requiring them to cover responders exposed to COVID-19 in the course of carrying out their duties. I will let you know when/if we get a response.

We launched a message board this week through the Arizona Fire Chief's web-site to facilitate information sharing between fire service agencies in the state. I borrowed the model from the message board established by the Center for Homeland Security and Defense (CHDS). The CHDS board allows sharing of information at a national level among peers across disciplines. However, their site is limited to those who have already graduated from, or who have been accepted into one of their programs. It will take some time to establish the AFCA message board as a go to tool for sharing information, but I think it will be worth the effort.

Throughout this week we have seen the number of COVID cases in our area remain relatively steady. We did not see any major spikes in cases, and still have no way to track how many have already recovered. Fortunately, this means that our hospital system remains in good shape to handle patients should we realize some sort of spike. Our call volume appears to be holding steady at the moment, while many others across the state have decreased.

I read about a study that Stanford is undertaking in relation to COVID-19 numbers in California. There is some question as to why California is not the epicenter for COVID given that the largest majority of Asian tourists, specifically from China, typically fly into that state. Their theory is that California actually started seeing cases of COVID in October or November, but did not know what it was. They do know that there was an odd outbreak of a flu like sickness specifically with upper respiratory issues. The timing of the outbreak in Wuhan, China seems to fit with the timing of the outbreak in California. To that end, researches are working to determine how many Californians have antibodies that would indicate they were already exposed. If what they believe is accurate, it is possible that the reason California has not experienced the same or larger numbers than New York is that there is a level of herd immunity that has already been reached.

Given the above is the basis for a study undertaken by a credible research institution, I feel comfortable sharing the information. No conclusions, just a theory. That said, please be careful what information you are sharing. I read an "article" that was shared the other day by someone on social media. The author did a fantastic job articulating their thoughts, and what was being said seemed plausible. However, the author provided no credentials and cited no studies to support their hypothesis. And, it was posted on a site with a warning at the top stating that anyone can post anything; no information is verified. There

are a tremendous number of talking heads and self-proclaimed experts out there right now. Protect yourself and your sanity by asking critical questions and verifying your information.

As a reminder, take care of yourself both physically and emotionally. The better your health, the better you will be able to fight the COVID-19 virus, the flu, or a cold this season. Take a break from social media and the news to enjoy the outdoors with your family, and friends. Don't let fear, stress, and anxiety impact your Easter weekend. If you can't be with family in person, try to reach out through an on-line service of some sort. Our GOPJ group got together last Saturday night for cocktails and conversation via an app called House Party. It was a great way to catch up, hang out, and decompress with good friends.

Personally, I'm looking forward to time with my kids and grandkids this weekend at our house, and possibly a hike – if the trails aren't too crowded.