



THE REVIEW

Central Arizona Fire and Medical - 8603 E. Eastridge Dr., Prescott Valley, AZ 86314 – **May 1, 2020**

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Quote of the Week

"The man on the news said at the end of the day what's going to keep you safe is common sense. Some of y'all in trouble."
-unk



The Chief's Desk

Well, here we are at week 9 of the COVID siege – at least I think it's week ten – what day is it?? I still have toilet paper, and other “essential” beverages. Seems Punxsutawney Phil may have seen his shadow and predicted two more weeks of shut down for Arizona. Before you start, I am not referring to Governor Ducey as a ground hog. That said, I am personally very disappointed in our Governor and his approach to dealing with COVID. In my opinion, the data and science simply do not support the measures in place. In fact, the secondary repercussions of the shutdown appear worse than COVID.

Let's look at the numbers for Yavapai County. Out of a population of 235,000, we have 81 confirmed cases, 11 people have recovered, and two have unfortunately succumbed to COVID in conjunction with other underlying conditions. In comparison, we've seen eight suicides, an increase in drug overdoses, an increase in domestic violence, businesses near the brink of collapse, a marked increase in unemployment, and an economic meltdown. That's just for Yavapai County. I realize this is a divisive topic of conversation and some are not going to be happy with my thoughts, but folks we have to embrace reality – COVID is here, it's not leaving, and we need a better plan moving forward.

COVID may take the summer off, but the likely hood is that it will make a resurgence in Fall. This means we have to make decisions based on how we can effectively co-exist with the virus just as we have with influenza. Let's look at the 2017-2018 flu season. The following is an excerpt from the CDC's web-site:

During the 2017-2018 season, the percentage of deaths attributed to pneumonia and influenza was at or above the epidemic threshold for 16 consecutive weeks. During the past five seasons, the average number of weeks this indicator was above threshold was 11 (range of 7 to 15 weeks). Nationally, mortality attributed to P&I exceeded 10.0% for four consecutive weeks, peaking at 10.8% during the week ending January 20, 2018.

<https://www.cdc.gov/flu/about/season/flu-season-2017-2018.htm>

Based on the above information, the 2017-2018 flu season was absolutely worse than what we have experienced with COVID. The economy was not ground to a halt, and we continued with daily life. Those who were at higher risk, generally took additional measures to protect themselves i.e. personal responsibility. I'm not trying to be argumentative, I'm just providing some perspective which seems to be missing on the two extreme sides of the debate. Continued on Page 4

Upcoming Events:

May 4 – PV Council Chat
Taping, Senior Staff Meeting
May 5 – Labor Management,
Can we do Cinco De Mayo at
the office?
May 6 – Wage and Benefit
meeting, IAFC FRI Meeting
May 7 – AFDA Meeting Zoom,
Staff COVID Update Meeting

Board Meeting:

May 21st Admin

CVFD – 1600-1630
CYFD – 1630-1700
CAFMA – 1700-1830



Who's in control?

By: Anne Rose

Who's in control? Not you. And certainly not me. Yet most of us seek to control every aspect of our lives: where we live, where we work, who we befriend, how we dedicate our free time.

That sounds reasonable, right? But nevertheless, that is a full-time job. And if all that isn't enough, we also seek to control the uncontrollable outside ourselves. Businesses fail or sell off, and you lose your job; you couldn't control the fate of the company you worked for. Friends fall away for various reasons—changing values, betrayals, distance; you couldn't control the life paths of your friends.

Neighborhoods deteriorate, and you can't pinpoint why; maybe you desire to live elsewhere but can't for whatever reason. Friendly get-togethers over cards or basketball are canceled — not because you canceled them, but because government authorities, outside your control, banned them in the days of social distancing protocols. In short, you should realize that there are many uncontrollable aspects to life.

And that fact has shaken and frightened many people who thrive on order, not chaos, in the mistaken notion that they can control the variables of life. You can only control your response, your reaction, to the uncontrollable.

Here are some suggestions to keep you focused:

Stick to the here-and-now. Do you have shelter today? Do you have food today? Don't let your imagination fast forward to a month from now and get lost in what is frequently called "catastrophizing" — imagining the worst.

When you dwell on the worst possible future, your body responds accordingly — as if it's happening in the present. Fear and panic rise up, leaving you paralyzed in a sea of overwhelming emotions. This is not conducive to rational, critical thinking.

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Three Body Language Secrets For Successful Leadership

By: Vered Kogan

For better or worse, business leaders are always on display. Did you know that you constantly send nonverbal messages that shape others' opinions of you?

Successful leaders use nonverbal cues — such as smiling and posture — to their advantage. Your nonverbal signals transmit a message to the people you are communicating with, whether in a one-on-one meeting or when you speak to groups. If you want people to trust and respect you, it's important to be conscious of what your body language is saying.

Having the right balance of power and authority with warmth and empathy is essential. If your body language conveys too much warmth, it may limit your ability to command other people's attention. On the other hand, if you use too many power signals, you may appear cold and detached.

Being mindful of your body language is important for two reasons. First, it can help you express to others that you are trustworthy and that you should be listened to. However, there is a second benefit to leveraging the power of your physiology: It can transform how you see yourself.

According to psychologist and Harvard professor Amy Cuddy, who gave a TED talk on body language, it's possible to "fake it 'til you become it." By choosing to take on a more powerful pose, you can not only feel more powerful but actually become more powerful.

[Forbes.com](https://www.forbes.com)

Chief's Desk Continued

Let's compare the following, which should be fun – theory v reality. I saw something on social media the other night, because that's where you go for reliable information and to win arguments. One person was citing two doctors who were on the front lines treating COVID patients. The other person pointed out that the doctors were not epidemiologists with 40 years of experience, and they had not won a prestigious award. Dr. Fauci is by all accounts an expert in his field for sure. However, in simple terms, he develops models based on early data that's input into a computer program which produces the theoretical models. Admittedly, the data and early models were extremely flawed as one would expect. Since the models were produced and theories developed, we have what we will call reality. There are a number health care professionals on the front lines saying: Hey wait, it's not as bad as was initially thought, we should regroup and rethink our strategy.

Typically, we start with a theory, build models, come to some conclusions, expose those conclusions to reality, and adjust. Seems straightforward, but for whatever reason we cannot seem to get together enough to truly consider the reality and make the necessary adjustments. Many remain focused on the number of cases. While that is needed information, the real focus should be on the severity of the cases, mortality rate, and system capacity. As it relates to COVID, the reality is that as the number of cases increase we see the percentage of severe cases and mortality rates drop dramatically. Throughout most of the country, to include Yavapai County and Arizona as a whole, system capacity is in great shape.

I guess when the medical world mixes with the political world and then the media gets involved scaring the crap out of the public, the idea of adjusting the theory based on reality just isn't possible. At least not yet.

Here's another interesting theory that is bound to get me in trouble - requiring people to wear masks will keep them from touching their faces and will help stop the spread of COVID. Again, my opinion may not be popular, but this is my view of reality. Based on what I have witnessed in public as well as some

doctors' offices, wearing masks is causing people to touch their faces more which is counterproductive. Additionally, requiring people to wear something for which they have not been trained is problematic, not to mention appropriate masks are generally not available. Between my observations and those of the crews I spoke with on Wednesday, very few are actually wearing masks properly, and many are wearing "masks" that are not effective at all.

We have seen masks upside down, inside out, below the nose, masks with one way valves so the person wearing it inhales filtered air, but exhales non-filtered air. People are pulling them up, pushing them down, picking up products to sniff them, or removing them to communicate with others. Based on our observations, the masks are, generally speaking, not working and only serve to provide a false sense of security. I'm not saying you should not wear one, if that is your preference. However, I do believe that requiring masks is creating more issues not less. Cutting a t-shirt to make a mask may be stylish, but it's wholly ineffective.

We need to start being more realistic and come up with a better plan.

I think there were a multitude of different ways the state could have approached the April 30th expiration of the Executive Orders that would have been far more effective than the Governor's stated plan. Personally, I would have brought representatives of the Restaurant Association, the Chamber of Commerce, large and small business leaders, legislators, and DHS together in a room well in advance of the deadline. Between everyone in the attendance, I bet they could have developed a plan that would protect the community and allow businesses to open in some reasonable capacity.

In the end, Arizona's economy would have been put back in drive and people back to work. Those businesses that are not comfortable opening could absolutely choose to stay closed. Each individual Arizonan could then decide if they were comfortable going out, or if they felt they should continue to shelter at home.

Here's another concern with the decisions made Wednesday – apathy. Many, at least in Yavapai County, are simply done with the sheltering, the mandates, and not being able to live their lives. The longer this drags out, the more frustration turns to anger, and the more people will dismiss the orders and do what they want. They will have lost any trust or faith in our system of government to make rational decisions. Next time something happens that turns into a true emergency, people will be less likely to follow any recommendations or guidelines. Folks, we have to start looking at the bigger picture here.

In reality, many have already lost faith and I predict that businesses will start opening despite the Governor's orders based on some things I've read and heard. And, I think Costco's sales will begin to decline once their mandatory mask order is enforced on Monday. Good intentions, bad plan, but that's just my opinion.

Here's the thing, had there been a partnership between state government and the business community we'd likely see things open today following a reasonable plan of action. I read an article yesterday about a group in Pennsylvania who have challenged their Governor's stay at home orders with the Third Circuit Court. Supreme Court Justice Alito handles emergency requests for that court. They believe the orders

violate their constitutional rights under the First, Fifth, and Fourteenth Amendments. Justice Alito has ordered the state to respond signaling that he believes the plaintiffs may have a case. Interestingly, it didn't appear that their Executive Orders were that much different than Arizona's e.g. this business can stay open, but this one cannot. It'll be interesting to watch this unfold.

I learned today that some business owners in our area have reached out to our local elected officials pleading for help. Some have stated that if they do not open in the next few days, they will run out of funds and have to close forever. Is that really what we want to happen? The federal funds went to large companies and did not make its way to smaller businesses who do not have the means to remain closed or provide severely restricted services. Something has to be done to get these folks back in business. For those who do not want to go out for dinner or shopping, you can certainly remain at home and call for delivery.

So, what have we learned today folks. Theory cannot and should not trump reality, you have to adjust. People disagree on our path forward, but if we could come together, I believe we could develop a sound plan. When things do open up COVID will still exist. So, what do you feel you need to do moving forward so you can continue living life to the fullest and not in fear? If you're going to wear mask, you should wear a proper mask, and you should wear it properly. You cannot expect everyone to alter their lives because you have concerns. Costco has the right to mandate masks be worn in their stores, and you have the right to decide if you want to do business with them or not.

We all have choices to make moving forward. As for CAFMA, we are not seeing the numbers or the issues. To that end, we have opened administration to operations personnel, and will open our vestibule to the public next week. We're just waiting on a new piece of glass. Additionally, I sent an email out Thursday rescinding the order that disallowed families from visiting the stations. As a reminder, I said it is a crew by crew decision, not something that is mandated. We will continue to reopen things as we feel appropriate.

Sorry, not as light this week.