



THE REVIEW

Central Arizona Fire and Medical - 8603 E. Eastridge Dr., Prescott Valley, AZ 86314 – **August 27, 2021**

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“I can be changed by what happens to me.
But I refuse to be reduced by it.”

– Maya Angelou



The Chief's Desk

On Thursday, August 26, we locked our rate for the Certificates of Participation (COPs) at 2.9198% interest. We are currently paying PSPRS the equivalent of 7.3% interest. Just like refinancing a house, lowering our interest rate on the debt by five percentage points equates to significant savings over the life of the loan. In our case, the savings for our taxpayers is estimated slightly over \$21 million. I believe that to be a respectable number.

We will not close on the COPs until September 16, which means the rather large check won't be cut and presented to PSPRS for several more weeks. Once the money has been deposited into our PSPRS account, our monthly payments to PSPRS will decrease. Those monies will then be used to pay the refinanced loan.

It will take a few years before we realize the true benefit, but at least there is a solid plan in place. While the transaction does not take all the guess work out of our annual budget preparation, stability regarding our PSPRS payments certainly makes the process less painful.

In other news, we recently learned that YRMC is mandating that all paramedic students utilizing their facilities for clinicals must have the COVID shot. While I strongly disagree with their stance regarding COVID shot mandates, there does not appear to be work-around at this time – at least not with YRMC. I did speak with our legal counsel Wednesday regarding the matter. Counsel has been reviewing different cases from around the country as we are not the first client to request his legal opinion on this topic.

So far, some of the courts are ruling that an employer can mandate the shot and fire employees for non-compliance. The courts have said that you are not mandated to work there, it's your option. In short, if you don't like it, find a different job. While many of us may disagree with those courts' position, there really isn't anything that can be changed until more cases work their way through the system. I believe it will take a high court ruling before we have a final and definitive answer.

I have reached out to Lake Havasu FD and asked about Havasu Regional's policies; I'm waiting to hear back. We will look at other hospitals around the state as well. It may be that another facility does not have the same requirement for medic students, and if that is the case, I would support our medic students doing clinicals with facilities other than YRMC.

For those individuals who would like to go to medic school and have opted to take the shots, you are good to go with YRMC. Any person who would like to go to medic school and has not had the shots, but is willing, you are good to go as well.

Upcoming Events:

August 30: Physical Therapy,
Meet with PV Town Manger
August 31: Staff vehicle to fleet
Sept 1: FRI Program Planning
Committee Meeting Zoom
Sept 2: Chief on vacation

Board Meetings:

Sept 27 Administration
CAFMA – 1700-1830

Lasting immunity found after recovery from COVID-19

By: NIH

At a Glance

- **The immune systems of more than 95% of people who recovered from COVID-19 had durable memories of the virus up to eight months after infection.**
- **The results provide *hope* that people receiving SARS-CoV-2 vaccines will develop similar lasting immune memories after vaccination.**

After people recover from infection with a virus, the immune system retains a memory of it. Immune cells and proteins that circulate in the body can recognize and kill the pathogen if it's encountered again, protecting against disease and reducing illness severity.

This long-term immune protection involves several components. Antibodies—proteins that circulate in the blood—recognize foreign substances like viruses and neutralize them. Different types of T cells help recognize and kill pathogens. B cells make new antibodies when the body needs them.

All of these immune-system components have been found in people who recover from SARS-CoV-2, the virus that causes COVID-19. But the details of this immune response and how long it lasts after infection have been unclear. Scattered reports of reinfection with SARS-CoV-2 have raised concerns that the immune response to the virus might not be durable.

To better understand immune memory of SARS-CoV-2, researchers led by Drs. Daniela Weiskopf, Alessandro Sette, and Shane Crotty from the La Jolla Institute for Immunology analyzed immune cells and antibodies from almost 200 people who had been exposed to SARS-CoV-2 and recovered.

Time since infection ranged from six days after symptom onset to eight months later. More than 40 participants had been recovered for more than six months before the study began. About 50 people provided blood samples at more than one time after infection.

The research was funded in part by NIH's National Institute of Allergy and Infectious Diseases (NIAID) and National Cancer Institute (NCI). Results were published on January 6, 2021, in *Science*.

[NIH.Gov](https://www.nih.gov)

Is Emotional Intelligence the Key to a Successful Career?

By: Brian Wallace

Coined in 1990, emotional intelligence is a term that describes several related attributes. Included are skills like perceiving emotions (both of oneself and of others), understanding the signals emotions send about relationships, and managing emotions in a healthy way. According to author Daniel Goleman, emotional intelligence is crucial to good leadership. "Without it, a person can have the best training in the world, an incisive, analytical mind... but he still won't make a great leader."

Emotionally intelligent leaders are 7x as likely to have high performance outcomes. For supervisors and executives, performance outcomes are strong determinants of tenure, compensation, and career satisfaction. The benefits don't only arise for leaders; 90% of high performing employees exhibit high emotional intelligence. In a 2021 study of Spanish workers, high emotional intelligence was a stronger predictor of salary than age or gender.

How is emotional intelligence practiced? There are 5 key traits that fall under the umbrella: self-awareness, self-regulation, empathy, social skills, and motivation. While some people are naturally more social or empathetic than others, all of these traits can be nurtured or developed intentionally. With the right focus and intentions, anyone can learn to control their words and actions despite negative feelings or communicate clearly with different kinds of people. It is in every person's career interest to develop these "soft skills," as a single point increase in emotional intelligence is linked to \$1,300 in additional annual income.

What can a person do to grow their emotional intelligence? There are 2 steps. First, understand your feelings. Practice identifying emotions in times of stress and consider how your emotions impact your actions. Second, monitor your reactions. Pay close attention to how you act in stressful situations and practice patience before responding. To make this journey easier, find a mentor or keep a journal.

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Chief's Desk Continued

If you are someone who does not want to take the shots, and we cannot find an alternate facility for you to train in, it may be best for you to wait a year or two to see how things play out. According to our legal counsel, he is expecting any number of lawsuits across the country which will take some time to sort out. You never know, things could change and the shots may no longer be a requirement.

There is a lot of new COVID immunity information coming out almost daily that was not available just six months ago. It doesn't follow the approved narrative, so it may take some time before anyone pays attention to it.

Included in this week's edition of *The Review* is a recently published summary of findings from a study conducted by the National Institute of Health (NIH). The study followed participants who had recovered from COVID. They tested them regularly to check the level of antibodies their immune systems had naturally developed. After eight months, 95% of participants still had strong immunities to COVID – stronger than the shots provide. One of the authors stated that they "hope" to see similar results from the shot... So, you're saying that my body is building a stronger immune response to COVID after having had COVID than I can get from taking the jab? A recent UK study indicates that the COVID vaccines are good for about six months. This seems to indicate that our bodies do a better job of developing a long-term, natural immune response to COVID after having had COVID, and it's stronger than what the vaccine can provide. This is not what the scientific community has been saying over the last 20-24 months. Could there have been a rush to judgement? Possibly. Why?

A George Mason University Professor is in the process of suing the university over their vaccine mandate policy. The professor had COVID, recovered, and has been tested regularly for antibodies. After 11 months of testing, he has continued to maintain a high level of antibodies. In fact, the tests are showing a higher level of immune response than what the shots provide. In his court filings, he cited multiple studies from around the world that have found those who have had the virus have developed and maintained a robust level of antibodies capable of fighting both the original COVID as well as the variants. Those studies also indicate that the vaccine may in fact be contraindicated for these individuals, meaning that taking the vaccine after recovering from COVID may be counterproductive.

His argument is that he should not be required to inject a “vaccine” into his body to prevent something for which his body is already providing immunity, and which some studies have shown is inadvisable. He is not arguing about his right to medical freedom. In fact, he states that had he not already had COVID, he would take the shots. However, he does not feel he should be forced to do something that has the potential to undermine the natural immune response his body has already created. It seems a reasonable argument.

I believe that more studies will be conducted and conclude similarly in the coming months and years. In reality, their initial assumptions regarding antibodies and the body’s natural immune response were contrary to years of knowledge, information, and science regarding viruses.

Personally, I support a person’s right to choose what they inject into their bodies. In the case of the COVID shot, I believe those at risk should seek their medical practitioners’ advice and do what is best for them. Those not at high risk should also make an informed decision.

The International Association of Fire Chiefs (IAFC) published their position paper regarding the COVID vaccination Tuesday. They took the stance that fire chiefs should push for the mandates, which is in direct contradiction to our counterparts with the International Association of Firefighters (IAFF). The IAFF strongly encourages members to seek the shots, but advocates for medical freedom. While I am a member of the IAFC, I strongly oppose their position. I am an advocate of medical freedom, and an advocate for additional testing and studies. There may very well be a need for an annual COVID shot, just as there is for the flu. That said, it may not be for everyone. This rush to judgment, as well as the ability to censor differing viewpoints and qualified studies, is disturbing.

Does anyone else feel like we are in a Twilight Zone episode, or in Bizarro World?? I say pick yourself up, stop being afraid of everything, go to the gym, eat healthy, and let’s have some fun! Life is a risk – it just is. We’ve had fun with it until now so what’s stopping us today? I am ready for an adult beverage at Lazy G and/or Founding Fathers – who’s with me?? Lets just hang out with other cool people – no masks, no vaccine conversation, just chill and resume our normal lives. And, we need a CAFMA family BBQ like we had on July 4th. As a group, we seem to do a pretty good job of rising above the BS around us and doing our own thing. I’d say the results speak for themselves..... You should all be very proud of yourselves for that!
