



THE REVIEW

Central Arizona Fire and Medical - 8603 E. Eastridge Dr., Prescott Valley, AZ 86314 – **December 23, 2022**

This Edition:

The Chief's DeskPage 2
3M says it will stop PFAS-product manufacturing
.....Page 3
Health and Wellness Update: What is FMLA?
.....Page 3

“Christmas brings family and friends together. It helps us to appreciate the love in our lives that we often take for granted. May the true meaning of the holiday season fill your heart and home with many blessings.”

Unknown

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MERRY CHRISTMAS

The Chief's Desk

The Magic of Christmas: A time of peace, joy, goodwill, and family... along with some overeating, overspending, and time with relatives we may otherwise try to avoid 😊 In all, a beautiful, and some would say magical, time of year.

I had privilege of hanging out with some of you this week as we helped Santa and Mrs. Claus make deliveries with the Firefighter Angel Foundation. For me, making deliveries with the Foundation this time of year serves as a reminder to pause and be thankful for all that I've been blessed with in my life.

To see a child unwrap a blanket and watch their face light up with joy as they hug it tight and say, "My very own blanket, thank you!" really provides some perspective. Yes, they were opening toys as well, but one of the things the Firefighter Angel Foundation focuses on is ensuring the kids and parents have some basic necessities. In some cases, it's hygiene items and in others it may be new socks, a pair of pants, or a blanket. To these kids, and their families, it's truly magical to have Santa, Mrs. Claus, and a few elves arrive on a fire engine, with law enforcement in tow, all with emergency lights lit and Christmas music blaring.

Really, it's the one time of year we can be assured that our law enforcement partners will not block our access to a scene 😊 I say it with love – and because its true...

This year, the Grinch joined us for the adventure. He would sneak in, as the Grinch does, and try to steal presents, only to be tackled by kids, firefighters, or LEOs. Watching the kids interact with him was hilarious!

These deliveries are only possible through the generous donations of each of the volunteers. I'm not talking about monetary donations, I'm talking about something far more valuable – their time, their spirit, and their energy. We were a little short on volunteers initially Tuesday night; however, one phone call from Elf Yvonne to a couple new recruits, Michael and Wyatt, and we were back in business. Have I mentioned that we have a solid group of 10 recruits in the Academy?? I'm getting great feedback so far!

Seems each year we run a bit short of volunteers, so I'm putting the call out now for volunteers to help next year. Yes, it is time away from home, but it is time well invested in the community we serve, and you can bring your family to assist. It's also an amazing opportunity to gain a bit of perspective. And, if we have enough volunteers, we may only need you for one night.

Cont. Page 4

Upcoming Events:

Dec 26: Office Closed for Christmas
Dec 27-29: Chief on Vacation

Board Meeting:

Jan 23: Administration
CVFD – 1600-1630
CYFD – 1630-1700
CAFMA – 1700-1830

3M says it will stop PFAS-product manufacturing

By: Thomas Gnau

Corporate manufacturing giant 3M said Tuesday it will end the manufacture of products with PFAS (per- and polyfluoroalkyl substance) chemicals — sometimes called "forever chemicals" — by the end of 2025.

"This is a moment that demands the kind of innovation 3M is known for," said 3M Chairman and Chief Executive Mike Roman. "While PFAS can be safely made and used, we also see an opportunity to lead in a rapidly evolving external regulatory and business landscape to make the greatest impact for those we serve."

PFAS was once widely used in nonstick frying pans, water-repellent sports gear, stain-resistant rugs, firefighting foam and elsewhere. The substance was voluntarily phased out in the U.S., but it remains in some products and in the environment. They are sometimes called "forever chemicals" due to their resistance to breakdown in the environment.

The U.S. Environmental Protection Agency this year started to promulgate new, stricter standards for the presence of PFAS in water.

The chemicals have taken on some prominence in the Dayton area, with three area cities pursuing lawsuits against the government and against manufacturers. Fairborn and Bellbrook have both sued 3M and other companies, alleging PFAS contamination or potential contamination of water sources.

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Health and Wellness Update: What is FMLA?

By: Patty Murphey



"Sorry, but your dog having puppies does not entitle you to FMLA."

CS123004

You may have heard of FMLA (Family Medical Leave Act) or maybe you've even taken leave under this act. Or perhaps you've heard of it, but just assumed it was one of those confusing HR things! Either way, I want to take a minute to give a brief explanation as this is an important benefit.

Under FMLA eligible employees of covered employers can take unpaid, job-protected leave for specified family and medical reasons with continuation of group health insurance coverage under the same terms and conditions as if the employee had not taken leave. Eligible employees are entitled to:

- 12 workweeks of leave in a 12-month period for:
 - the birth of a child and to care for the newborn child within one year of birth;
 - the placement with the employee of a child for adoption or foster care and to care for the newly placed child within one year of placement;
 - to care for the employee’s spouse, child, or parent who has a serious health condition;
 - a serious health condition that makes the employee unable to perform the essential functions of his or her job;
 - any qualifying exigency arising out of the fact that the employee’s spouse, son, daughter, or parent is a covered military member on “covered active duty;” or
- 26 workweeks of leave during a single 12-month period to care for a covered servicemember with a serious injury or illness if the eligible employee is the servicemember’s spouse, son, daughter, parent, or next of kin (military caregiver leave). Source: <https://www.dol.gov/agencies/whd/fmla>
- Employees may use accrued sick and vacation time.
- To be eligible for FMLA an employee must:
 - have worked for the employer for at least 12 months;
 - have at least 1,250 hours of service in the 12 months before taking leave;
 - and work at a location where the employer has a least 50 employees within 75 miles of the worksite.

Those are the basics! Please refer to *Policy 404 Family Leave Act* for more details on CAFMA’s policy. As always, my team is here to answer questions. Wishing you all a safe and happy holiday!!

Chief’s Desk Continued

To entice you a bit more, Chief Durre and I have agreed that next year, for one night and one night only, we’ll wear the elf costumes. So, if you want to see the two of us in what will surely be one of our “finer” moments, you’ll need to tag along on the deliveries.

I believe the most important gift that you can give is your time. Think about it, we only have so many hours, minutes, and seconds on this earth, and we don’t know how many of them we get. Each minute that passes is a minute that we’ll never get back. Something that cannot be replaced is considered extremely valuable.

I’ve written before about the concept of the dash on your headstone, i.e., in between your date of birth and your date of death is a dash. It’s not the two dates listed that counts, it’s what you did with the dash in between. Apply that to your day. What have you done with the limited time you had? Did you do something productive that will pay a dividend later? Yes, the dividend may be financial, but it could also

be that you enriched your life or the life of another person simply by spending time with them. Did you squander it by letting some outside person or static cause you stress and discontent? Stress is present in all our lives, so it's not whether you had stress, but rather did you allow the stress to control your entire being?

Many of you know that I went back to Missouri to visit my family a few weeks ago. The reality is, I would not have made the trip if I had not already had to be in Missouri for work. I hadn't been back in five years, and in case you're wondering, yes, I heard all about it.

I'd like to share a little-known fact that I shared with my family – planes also fly from Missouri to Arizona. Who knew? In my parents' defense, they have visited Arizona on several occasions and were with us just a couple months before some illness thing broke in 2020. There's no defense for my siblings, but there never really has been. They've been a problem since birth 😊

Regarding the trip, I'll say that it was an important turning point in my willingness to visit Missouri. They say absence makes the heart grow fonder... well, five years away from brother and sister, and three years away from my parents, made me realize how much I missed being around them. My siblings and I together certainly make for an entertaining time for those "privileged" enough to witness the spectacle.

Since returning from Missouri, my mom has had some additional health issues and is scheduled for a cardiac cath to look at both sides of her heart. Her doctor told her to avoid stress until the procedure, so she promptly totaled her car. The airbags certainly left their mark, especially because of the blood thinners.

Just a week before we went to visit, my dad had been in the hospital with RSV and cardiac arrhythmias that refused to correct, despite cardioversion. My brother and I offered to cardiovert him for free at home, but he claimed the meds seemed to be keeping his heart in check during my visit and said we needed to stay away from him... WTH, we're just trying to help?!?! Honestly, we're surprised he made it through his stay in the emergency room before they found him a bed, given my sister was the charge nurse and tending to him. He's a braver man than me! LOL. Ahhhh, family 😊

I bring up the trip again this week because it's directly related to the idea that time invested in and with others is the greatest single gift you can give and/or receive. I gained a lot by spending time with family, and close friends who I'd not seen in quite some time. And, I had the opportunity to irritate my family which gave folks here at CAFMA a break – it's a win/win! Jen, however, loses on that deal all the time...

As we go into the Christmas weekend and move towards the end of 2022, remember that the greatest and most valuable gift you have to give is you. You are enough, you are worthy, and you are important to others. One additional tip, choose who and what deserves your time and don't let others dictate that for you. Time is too valuable to waste on the undeserving. There are too many people in this world who care about you to squander your time and energy on those who don't.

I wish you all a Merry Christmas, and hope you have a blessed time with family and friends. See you next year!
