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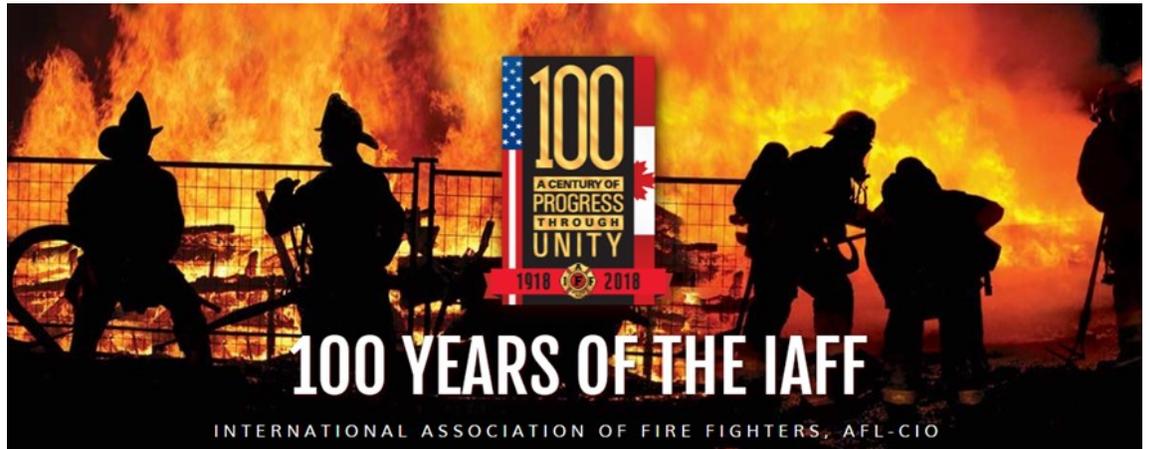
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Firefighter Risk & Resilience Study Newsletter - Spring 2018



Citation: <https://100years.iaff.org/>

On February 28, 2018, at 2 p.m., alarms in fire stations across the United States and Canada rang, not to signal an emergency, but to celebrate the 100-year anniversary of the International Association of Fire Fighters. The 100-year anniversary marks a century of numerous public safety accomplishments. The IAFF was established in Washington D.C. on February 28, 1918, by 24 local firefighter unions who shared the common goal of ensuring safety, fair wages, and addressing the concerns of firefighters and their families.

The IAFF logo is centered around a Maltese cross. The Maltese cross was chosen as the symbol of fire service because of the dedicated

service of the Knights of St. John, who protected others and defended their city in a religious battle. The Knights of St. John worked tirelessly to save their brothers-in-arms from fiery death. Those who survived were recognized with a hero badge of honor, the Maltese cross. From then on, the Maltese cross has symbolized protection and courage of a firefighter: someone who is willing to sacrifice his life for others.

149 local firefighters were a part of the IAFF by the end of the first year. This number grew quickly, as at the end of their second year, more than 25,000 firefighters joined from 200 cities. Presently, the IAFF includes more than 310,000 firefighters.

The IAFF aims to unify its members under a mission that is constructive, progressive, and deserving of its member's support. In 100 years of establishment, the IAFF has worked towards providing a greater understanding of the physical and behavioral hazards of fighting fires, spearheading improvements in treatment and prevention, and urging lawmakers across two nations to change policy and advocate for firefighters. The future looks bright for firefighters, thanks to the efforts of the IAFF.

Citation: <https://100years.iaff.org/>

What's New at the WRI?

The Warriors Research Institute is excited to welcome Dr. Elizabeth Coe and Jessica Rostockyj to our team!

Dr. Elizabeth Coe Post-Doctoral Fellow

Elizabeth (Lizzy) joined the Warriors Research Institute in February 2018 after earning her Doctorate in Clinical Psychology from Baylor University. Prior to joining the WRI, Lizzy completed clinical practica at the Baylor Psychology Clinic, Talitha Koum Institute, Methodist Children's Home, and the Baylor University Counseling Center in Waco, TX, and completed her predoctoral internship at The Help Group in Sherman Oaks, CA. Lizzy's clinical interests include working with children and families who have experienced trauma, fostering positive relationships, and incorporating mindfulness and creativity into therapeutic treatment. Lizzy's research interests revolve around 2 main themes: 1) cultural factors and 2) family functioning. She has been involved in projects examining gender stereotypes and differences, survey translation, couples' communication and conflict, childhood anxiety disorder treatment, and parents' concerns during divorce. Lizzy is passionate about promoting wellness through trauma-informed care, cultural competence, and respectful, trusting relationships.

In her spare time, Lizzy enjoys training with her running group, practicing her Spanish, attending live music performances, and cheering the Baylor Bears on to victory!

Jessica Rostockyj Program Manager

Jessica joined the Warriors Research Institute (WRI) team in February 2018 as a program manager. She graduated from Texas A&M University with a Bachelor of Science degree in Health and holds a Master of Science degree in Health Promotion Management from Nebraska Methodist College.

Jessica first started working at Baylor Scott & White Health in 2010 and has worked on various grant funded projects. She is passionate about helping others improve their quality of life. Veteran and First Responders' health, is particularly dear to her as her spouse is both. Jessica grew up in a small town outside of Waco and loves Central Texas & "small town, USA". She enjoys spending time with her baby boy & family, reading, and vacationing in her spare time.

Spot the Differences

Find all 12 differences in the two Easter Pictures below!



Source: puzzlegamesiq.com

Spotlight on Service

In our newsletters, we highlight firefighter service outside the line of duty from the cities in our study. In this newsletter, we focus on New York City, New York.



Citations: <http://www.nydailynews.com/new-york/fdny-hosts-healthy-eating-cook-off-benefit-cancer-charities-article-1.3832108> ;
<https://www.firefighterclosecalls.com/fdny-report-15-years-of-911-wtc-health-impacts/>

Cook off for a Cure February 20, 2018

The New York City Fire Department began their initiative to fight back against cancer in 2012, after cancer was identified as a prominent condition in the aftermath of the World Trade Center. The caseload of the FDNY cancer program has exponentially increased with many reports of rare and severe cancers. Dr. Kerry Kelly, the chief medical officer, reports that on average there are two to four new cases per week. Currently there are 1,000 active and retired FDNY members battling 9/11-related cancer. As a part of the healthy eating initiative and fight against cancer, FDNY members participated in a healthy eating cook-off. Ray Cooney, a retired FDNY firefighter and host of the TV show, “Firehouse Kitchen” partnered up with FDNY Fired Up

for a Cure, and created “Cook off for a Cure” at the FDNY headquarters. Two of the most popular meals of the event were provided by: Firefighter Barry McWilliams of Ladder 151 in Forest Hills, Queens and AJ Fusco of the Harrison Fire Department, in Westchester County. The event aimed to provide support to ill members and caregivers, by honoring survivors, promoting health screenings, and educating on the importance of a balanced diet, as preventative measures against cancer.

All funds raised at the event were donated to FDNY Fired Up for a Cure Foundation, American Cancer Society and other groups that work to support survivors and ensure that no first responders or their family members face cancer alone. One of the local foundations that works towards this goal, is the Ray Pfeifer foundation, named after the

FDNY firefighter who advocated for the Zadroga 9/11 Health and Compensation Act, for sick first responders who worked at Ground Zero. The Pfeifer Foundation assists first responders with medical needs not covered by insurance. The event raised \$8,000 which was matched by Resorts World Casino in New York City.

With the support of these groups and individuals the awareness and resources for firefighters and family members facing cancer are greatly improving. **Way to go FDNY!**

Citations:
<http://www.nydailynews.com/new-york/fdny-cook-off-aims-raise-funds-ailing-9-11-firefighters-article-1.3828544>;

<http://www.nydailynews.com/new-york/fdny-hosts-healthy-eating-cook-off-benefit-cancer-charities-article-1.3832108>

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Moving? Changing your phone number?

If so, please let us know so we
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Don't forget that you can contact us 24 hours a day, 7 days a week, 365 days a year!