

INSIDE THIS
ISSUE:

What's New
at the WRI? 2

Crossword
Puzzle 2

Spotlight on
Service 3

Contact
Information 4

Firefighter Risk & Resilience Study Newsletter Summer 2021



Delaware Mother and Son Take on Fire Service Together



<https://baytobaynews.com/stories/like-mother-like-son-smyrna-duo-takes-on-fire-service-together,50671>

After seeing the “help wanted” sign outside of the Citizens’ Hose Co. No. 1 fire station in her hometown of Smyrna, Delaware, Denise King felt compelled to answer the call. She couldn’t do it alone, however. Knowing her teenage son, Gabriel, would be just as ready to volunteer, they both sought out this opportunity to serve their community and volunteer their time as firefighters.

“Since the age of 3, we have visited almost every station in Kent County, and [Gabriel] knows all the trucks, so it really sparked the interest in me,” Ms. King said. “I waited until he was 16, which is when he could join as a junior member.” As graduates of the New Castle Fire Academy, Denise and Gabriel are the first mother-and-son duo to complete the classes together at the academy.

After completing the 224 hours of classes required to graduate, the pair were officially finished with training. Gabriel, who is on the autism spectrum, said that attending the academy with his mother was a great experience. “It wasn’t really a bad thing ... It really

helped me because I had someone who knew my strengths and weaknesses and someone who knew how [to] help get me through all the obstacles.”

With new firefighters being hard to attract, 2nd Assistant Chief Gary Shane welcomed the Kings as new additions to their hometown department without a second thought. “They’ve done a great job. It’s wonderful to have them. They are both wonderful people,” he said. “They’re hard workers and show up for almost everything. I really applaud them for succeeding in the fire academy. That’s a tough job. It’s a hard course to go through.”

The Kings now hold Delaware State Fire Service certificates for basic firefighting skills, structural firefighting, hazardous-materials response, vehicle rescue, water rescue, American Heart Association first aid, and CPR.

For Gabriel, “My main drive in joining the fire service was that I like helping people. I just want to be the one who can show up on a

person’s worst day, the worst time in their life, and help them in some way.” His mother said she similarly felt drawn to assist “someone in their darkest hour, to really show up for our community. I’ve had experiences in life where people have shown up for me, so I just wanted to give back.”

The Smyrna fire company and others like it need more public members to answer the call, as the King family did. “Nationwide, the fire service is hurting in manpower,” Assistant Chief Shane said. “It’s hard to get people who want to come up and donate time, volunteer time. It’s a big commitment, and it says a lot for the people who do it,” he added.

While not everyone may have the time to volunteer at their local fire station, the Kings hope that their story inspires others to use the time they do have to find ways to insert themselves into their communities, lending a helping hand.

https://www.washingtonpost.com/national/delaware-mother-and-son-take-on-fire-service-together/2021/06/20/a7701182-d1c7-11eb-b39f-05a2d776b1f4_story.html

What's New at the WRI?

The WRI welcomes a new research assistant and a new therapist!

Katie Thomas

Katie joined the WRI in March 2021 as a Clinical Research Assistant. She graduated from Rice University with a Bachelor of Arts in Cognitive Science in May 2019. During her time as an undergraduate, Katie worked as a research assistant through the Houston VA studying elder abuse, particularly self-neglect. She has also previously studied the effects of substance use on postpartum depression through Texas Children's Hospital. Katie plans to pursue a Doctorate in Clinical Psychology. Her research interests primarily include post-incarceration effects. In her free time, she enjoys seeking out new coffee shops in her city, cooking, reading, doing puzzles, and cuddling with her rescue dog Moira.

Mona Clifton

Mona joined the WRI team in June of 2021. She received her B.A. in Psychology with a double minor in Anthropology and Health and Human Services from Wake Forest University in 2017 and her M.A. in Psychology from Wake Forest University in 2019. She is currently a third-year doctoral student in the Clinical Psychology program at Baylor University. Prior to joining WRI, Mona has provided counseling for adults with depression and anxiety in different settings such as community mental health and university counseling. She enjoys hiking, watching The Great British Baking Show, and playing with her dog in her spare time.

Fun Summer Recipe!

Berry Lemon Popsicles

Ingredients:

- 1/2 cup orange juice
- 3/2 cup fresh berries
- 2 tbsp lemon juice
- 1 tbsp lemon zest
- 2-4 tbsp honey or sugar



<https://www.liveeatlearn.com/how-to-make-homemade-popsicles/>

Mix: Mix your ingredients and pour into molds according to the popsicle you want to make

Freeze: Insert popsicle sticks and freeze until hard, at least 4 hours.

Unmold: Run mold under warm water for a few seconds to loosen, then remove the pops from the molds.

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 Austin, TX.



<https://www.statesman.com/story/news/2021/02/17/winter-storm-texas-2-dead-austin-fire-emergency-calls-continue/6780085002/>

Firefighters Provide Support Amid Winter Freeze

In February 2021, a slew of severe winter storms swept across the state of Texas, leaving a major power crisis in their wake. Many Texans suffered a lack of running water as a result of shutting off pipes in an effort to prevent any further damage. The Austin Firefighters Association (AFA) united with civilian volunteers to distribute water to everyone in the city. This mission, Operation Water Way, is the largest voluntary water distribution project in the city. The compassion displayed in this

act was perhaps best captured by volunteer Jeffrey Maass, who stated, “it’s not just about bringing people drinking water. It is keeping people from losing their jobs and losing their lives.”

Not only did Texans suffer from a lack of water, but they also battled limited access to food and depletion of electricity which lead to countless people hungry and cold with nowhere to go. Once again, the AFA stepped in to support civilians by opening their doors to serve as a shelter to homeless individuals and by providing thousands of meals a day to those in need. Bob Nicks, president of

the AFA, went as far as to share his personal cellphone number with the public via the news in hopes of rescuing more people stranded in the cold. Nicks shared that he got calls from people who could not get through to 911 and would dispatch volunteer firefighters long finished with their shifts to help transport them to a shelter or a relative’s house. These dedicated and courageous acts serve as wonderful examples of how Austin’s firefighter community is always on call to support their city, regardless of what difficulties they may face.

2201 MacArthur Drive
Suite 2200
Waco, TX 76708

Moving? Changing your phone number?

If so, please let us know so we can update
our information.

Contact Jordan Smith at:

(254) 716-6208

OR

Jordan.Smith1@BSWHealth.org



**Follow us on
Social media!**

Twitter: [@Suzygulliverphd](https://twitter.com/Suzygulliverphd)
TikTok: [@drsuzygulliver](https://www.tiktok.com/@drsuzygulliver)



Don't forget that you can contact us 24 hours a day, 7 days a week, 365 days a year!