



The Responder

An informational resource for the responders of Chester County.

Fall Firefighter I Class Graduates 18

Congratulations to the 18 cadets who graduated from the Fall Firefighter I class. A graduation ceremony was held at the Wagontown Fire Company with over 250 family, friends, and fire company representatives attending to support the new graduates. Firefighter I class is rigorous. The course is 188 hours which includes class room training as well as several days of live-smoke and live-fire training.



Matthew Blitzer

Miles Burt

Lawrence Crisp

Edward Eckert

Taylor Gore

Justin Hass

Christopher Hackman

Miranda Kempf

David Leaning

Mike McGovern

Ricardo Munoz

Lupita Nava-Hernandez

Hannah Overholtzer

Ryan Plank

Alex Rodriguez

Craig Rowe

Barry Simmon

Arthur Stefanczyk

East Brandywine Fire Co.

Ridge Fire Co.

Malvern Fire Co.

First West Chester Fire Co.

Glenmoore Fire Co.

Goodwill Fire Co.

Twin Valley Fire Dept.

Union Fire Co.

Longwood Fire Co.

West Whiteland Fire Co.

Kennett Fire Co.

Union Fire Co.

Goshen Fire Co.

Honey Brook Fire Co.

Ridge Fire Co.

West Whiteland Fire Co.

Goodwill Fire Co., Berks County

Thorndale Fire Co.

Medal of Valor Award Winners

At the Chester County Commissioners meeting on Tuesday, October 1, 2019, Chief Fire Marshal John Weer recognized four members of the first responder community with the William H. "Pop" Winters Medal of Valor Award.

These individuals represent the actions of the many emergency responders who provide fire and life safety to the residents of Chester County every day. Their brave actions display exceptional valor in the line of duty in the memory of William H. "Pop" Winters.

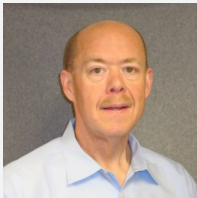
Lionville Fire Company Lieutenant William Behrnt and Firefighter Daniel Chapman were recognized for their assistance in rescuing a three-year-old boy who fell in a manure pit. They successfully rescued the child as part of the Chester County Rescue Task Force.

Lionville Fire Company Captain Michael Esterlis and West Whiteland Fire Company Assistant Chief Michael R. Holmes were recognized for entering a residence through heat and thick smoke to rescue the home's occupant.

William H. "Pop" Winters was a 60-year member of the fire service and died in the line of duty on October 10, 1997. "Pop" Winters was the County Fire Marshal and dedicated his life to the fire service.



In August 2019, DES was reorganized into three primary areas of responsibility; Operations, Planning and Logistics, and Training and Development.



Director of Operations – George "Beau" Crowding

Beau is responsible for supporting 9-1-1 Communications, Fire Services, Law Enforcement Services, Emergency Medical Services, Incident Support Team, and CISM/Peer Support.



Director of Planning and Logistics – Alison Miller

Alison is responsible for supporting Employment, Finance, Emergency Management, and Technical Services.



Director of Training and Development – J. Patrick Davis

Pat is responsible for supporting Training and Exercise, 9-1-1 Training, Fire Training, EMS Training, Law Enforcement Training, and the Public Safety Training Campus.



Want DES to attend your next event?
Does your group want to tour the 9-1-1 Center?



To schedule - call 610-344-5093 or email publiceducation@chesco.org

WebEOC Tip

JUVARE WebEOC

Additional Login Information

Name *
John Smith

Location
Chester County Emergency Operations Center

Phone Number *
610-344-5005

Email *
eoc-fire@chesco.org

Comments

Cancel Continue

When logging into WebEOC, always update your “Additional Login Information” on the third login screen. Making this update allows WebEOC to auto-populate your current contact information as you fill out forms and log entries, saving you time.

Does ReadyChesCo Alert You?

Sign up for Chester County’s Notification System
www.ReadyChesCo.org

PA EMS Certifications will Expire on December 31, 2019

A reminder that ALL ALS providers will expire on 12/31/19. If you are an ALS provider, you must log into the PA EMS Registry and reregister your PA EMS certification before 2359 hours on 12/30/19, or you will be expired. You must complete all required con-ed and have a current CPR certification (and current professional licenses, if applicable). Instructions can be found on the PA EMS Registry website <https://ems.health.state.pa.us> on the left-hand side, under downloadable documents/job aids.

You may also reset your password by selecting “change/reset password” on the left-hand side.



Please contact Christy Kouba, 610-344-5009 if you need assistance.

Building First Responder Resilience and Wellness



The greatest asset to any agency is its people.

The culture of wellness and resilience begins with an awareness of healthy lifestyles in the workplace. Chester County first responders are subjected to the same

sorts of occupational and everyday stress that many people face. But EMS and Fire also exposes its workforce to an added set of stressors.

Say the word resilience. Now think about it, most of us as first responders don't even think about the meaning; if someone says it we say, "What me? I'm fine. It's just my job, I'm good". Resilience, it's a feel good word. But what if resilience is the key to being healthy and having longevity in this career. What if resilience is the key to keeping our employees and getting new ones?

Chester County first responders handle an accumulation of daily stressors, traumatic events and major disasters. Resilient first responders are relaxed, engaged, flexible and happy, and able to tackle these stressors without suffering serious psychological damage.

Over the next few Responder Newsletters we are going to explore how you can change not only the way you think but also the culture of your organization and how little changes can make a big difference.

We start with- Fit for duty: How can I be a resilient responder?

Resilience begins with understanding the stress you face. Responding to the needs of a community during crisis can have a lasting effect on the way emergency responders process the world around them. Being a resilient responder starts with a commitment to taking care of yourself by



sleeping well, eating well, and living well.

Let's start with a good night's sleep.

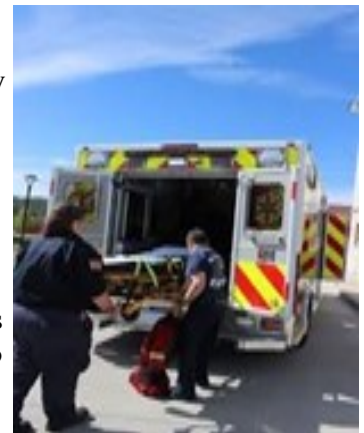
"Oh, right you say, I work shift work that can't happen". You may work shift work but remember that you need to take time for yourself. If you work

nights, make sure you go home and create an environment that allows you to sleep for at least 8 hours, don't schedule to work the day shift somewhere else. Getting adequate sleep is a critical component of one's physical health and mental

wellbeing and it is essential to resilience. Sleep also prepares your brain for your duty day by increasing your attention span, decision-making abilities, and creative problem-solving skills. Lack of sleep can affect emotions, behavior and one's ability to cope with changes. This can lead to elevated levels of stress and has been linked to depression, risky behaviors, and even suicide. Individuals who have continued lack of sleep may suffer from other complications such as an increased risk of heart disease, kidney disease, high blood pressure, diabetes, and even stroke.

Take the time to eat right and get moving. Now I know what you are thinking, "Are you crazy, I can't even get a meal in without the tones going off". But you are what you eat. To be resilient, responders need to eat a healthy, well-balanced diet and avoid excessive amounts of caffeine and foods high in fat and sugar. Foods that are heavy in fat and sugar may interfere with the area of the brain that identifies stress. These comfort foods may reduce stress but create cravings for what may be unhealthy choices. Prolonged exposure to high stress triggers the body's survival mechanisms, which includes an increase in appetite. If your body perceives that the stress is ever-present, it may cause a continuation of appetite. Stress eating can lead to the overeating of comfort foods that are high in fats and sugars, which can cause weight gain and lead to obesity according to an article in Harvard Health.

Pack a healthy meal, work with your partner and co-workers to cook healthy meals together or make healthier choices if you do have to pick up food on the run after a call. Take a walk around the station mid shift instead of walking to the vending machine. Take the Unit to a local park and as you walk also engage with the community members. Remember, **no one is immune to the physical and emotional impacts of stress.** Just as physical conditioning takes time, learning to build resilient lifestyle takes time. However, it is an essential component of assuring fitness for duty. Take some time for yourself to develop a new way of looking at resilience and how you can be a healthier you.



Two DES Employees Elected to KEMA

At the Keystone Emergency Management Association (KEMA) annual meeting held at the 2019 KEMA Conference in Altoona, PA, Amy Amer and Tony Przychodzien of the Chester County Department of Emergency Services (DES) were elected to serve on the Board of Directors.

Tony was elected for another term as the Treasurer for KEMA. Tony is the Radiological Coordinator for the Department.

Amy was elected to the position of Eastern Area Director. The Eastern Area Director helps the executive board provide a broader scope of input into the Association. Amy is the Community Outreach Coordinator for the Department. Amy and Tony also work on the annual KEMA Conference, which provides educational and networking opportunities for emergency management professionals in the Commonwealth.



TransCAER Training Held in September

This fall, in addition to responding to a variety of HazMat emergencies with local first responders, the Chester County Hazardous Materials Response Team (CCHMRT) has been busy with joint training and community events with local fire, emergency medical services, and hospitals from across Chester County.

On September 17, a TRANSCAER Railway & Highway Hazardous Materials & Fire Response Functional Table Top Exercise was held at the Chester County Public Safety Training Campus. This event allowed members of the CCHMRT and personnel from fire, EMS, law enforcement, emergency management coordinators, LEPC, schools, and local municipal officials to work together to address a simulated fire / HazMat emergency.

This training allowed the participants to develop a higher understanding of the importance of simulated joint organizational training



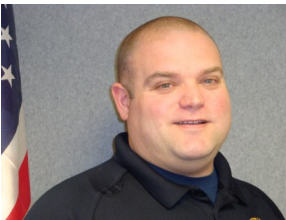
We are excited to announce the following organizational update for DES



Jason Suydam - Jason was appointed as the Deputy Director for Law Enforcement Services. He joins DES from the Chester County Sheriff's Office, where he served as the Chief Deputy. Jason has many years of experience in law enforcement. He has served in Glenolden Borough, Delaware County and has developed and assisted in implementing a successful county government programs for employees. These programs include a Shelter-in-Place program, Active Threat Training program, Sheriff's Office Intelligence Division and Record Management System. Jason demonstrates outstanding public speaking, relations and motivating techniques.



Devin Guth - Devin Guth was appointed as Deputy Director for Technical Services. Devin comes to DES from ACD Telecom, Chester County's advanced technology consultant, where he served as the Manager of Northeast Operations. In this role, Devin has been integrated into the daily operations of DES handling engineering, project management, field testing, and inspections. He also negotiated new projects and the acquisition of long term extended maintenance contracts for multiple critical infrastructure projects. Devin is a national speaker and subject matter expert on interoperable communications. Devin is a 3rd generation firefighter with over 30 years in the volunteer fire service in Chester County.



William "BJ" Meadowcroft - BJ was appointed as the Deputy Director for Fire Services and will oversee the day to day operations of the Fire Marshal's Office and HazMat Team, in addition to being a liaison to the Chester County Fire Departments. He has been employed with DES for 19 years; 16 years as a telecommunicator and an alternate supervisor and three years as a communications specialist in the Technical Services. This experience along with 24 years as a Chester County firefighter and fire service leader made him the ideal candidate for his new position as the Deputy Director for Fire Services.



Troy Brock - Troy was appointed as the Assistant Deputy Director for Safety and Security. Troy is responsible for all Safety and Security personnel and operations involved in the safety and security functions at County facilities. Troy started with the Safety and Security group in 2019 as a supervisor. Troy has 13 years of security experience, which includes Victim services advocate for the University of Delaware. He has worked in the behavior health field as a rehab specialist for adults and teenagers and is was a certified police dispatcher for the City of Philadelphia. Troy was also selected to dispatch for Homeland Security for one of the mega centers in Philadelphia Pennsylvania.

We are excited to announce the following organizational update for DES



Koren Weer - Koren was appointed as the Operations Communications Supervisor. In her new role, Koren will be integrated within the 9-1-1 Communications Center, and lead the Operations Communications Team in critical decision-making by collecting and coordinating time-sensitive data to provide timely and accurate notification of events that impact the citizens, visitors, and employees of Chester County. Koren has been a long time DES employee, first as a telecommunicator and most recently as the Law Enforcement Data Coordinator (TAC Officer).



Kim Olseski - Kim was appointed as the Assistant to the Director. She is a 2016 graduate of the Octorara Homeland Security and Protective Services Academy. Following graduation, Kim interned with the Chester County Fire Marshal's Office. In July 2017, she began working as an Emergency Services Fire Instructor. Kim is currently working on her Emergency Management degree.



Cory Barker - Cory has been appointed as a quality assurance specialist. Cory has been with the Department since October 2015. He has spent the majority of his time as a 9-1-1 telecommunicator. Cory is a certified Emergency Medical Dispatch (EMD) instructor and a Certified Training Officer (CTO). Cory holds a Bachelor's degree in Criminal Justice and Sociology and is working towards a Master of Science in Forensic Psychology.



Heather DeStefano - Heather was appointed as the Training and Exercise Coordinator. She will be responsible for a wide-range of regional and local preparedness training and exercise activities. She has been with the department since 2014. She previously held the position of Assistant to the Director.

JOIN OUR TEAM

DES is currently hiring for
the following positions:

9-1-1 Platoon Leader
Technical Communications Specialist
Hazmat Responder (PT)
EMS Instructor (PT)
Assistant Fire Marshal (PT)
Safety and Security Operators (FT)
Safety and Security Operators (PT)

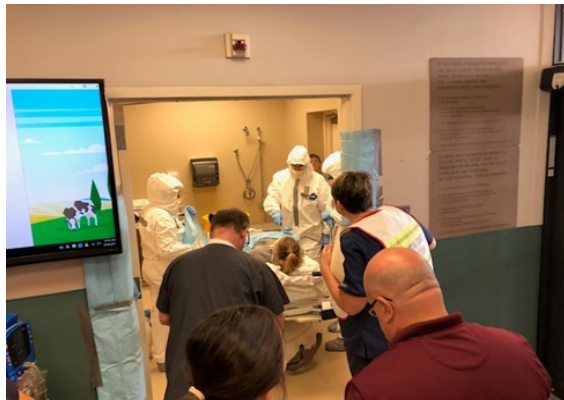
For more information and how to apply
chesco.org/jobs

The Mission of the Department of Emergency Services
is to Promote and Assist in Providing Safety and Security
to Chester County Citizens so they can Work, Live, and
Grow in a Healthy and Safe Community.



HazMat Team Training

In September, the Chester County Hazardous Materials Response Team (CCHMRT) members participated in a joint HazMat / Decontamination training with Phoenixville Hospital Emergency Department and Emergency Preparedness personnel. Additionally, CCHMRT personnel had the opportunity to attend Brandywine Hospital's Medical Services 1 (MS-1) Exercise with a focus on preparing to respond to Radiological Emergencies.



MS 1 Radiological Drill @ Brandywine Hospital



Phoenixville Hospital Decon Training and Exercise



Chester County Hospital, Penn Medicine personnel and EMS responders also exercised their personnel and equipment readiness



Amy Amer Awarded Spirit of KEMA Award

Congratulations to Amy Amer, Community Outreach Coordinator for Chester County Department of Emergency Services and Paul Falavolito, Deputy EMC for White Oak Borough, Allegheny County, for receiving the Spirit of KEMA Award from the Keystone Emergency Management Association (KEMA) at their 2nd annual KEMA Conference held October 27-29, 2019 in Altoona, PA.

This award recognizes emergency management professionals who have worked to advance KEMA's mission & forge partnerships to advance the emergency management profession. Amy and Paul have developed a very successful series of podcasts on emergency management related topics. To hear these podcasts visit www.kema-pa.com



HazMat Team Participates in Limerick Exercise

Following joint trainings throughout September and October, CCHMRT Technicians participated in a Limerick Generating Station Radiological Monitor / Decon Exercise on October 23 at two locations; Valley Forge Middle School with Berwyn Fire Company and EMS and Tredyffrin Township Police Department, and Stetson Middle School with the Fame Fire Company and Good Fellowship Ambulance. Representatives from York County HazMat and Emergency Management, PEMA, and FEMA were present to evaluate first responders' ability to respond in the event of a nuclear or radiological emergency.



Call if you can,

9-1-1

Text if you can't.

WHAT DO ALL 3 DOGS HAVE IN COMMON?



THEIR OWNERS ADDED THEM TO THEIR SMART 911 PROFILE.



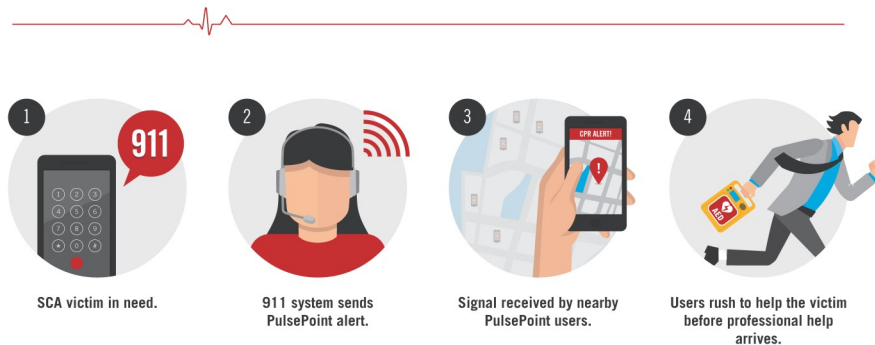
CREATE YOUR PROFILE TODAY AT SMART911.COM

PulsePoint
RESPOND

GET THE APP. SAVE A LIFE.

Sudden Cardiac Arrest (SCA) is one of the leading causes of preventable deaths. The PulsePoint app alerts bystanders—like you—who can help victims before professional help can arrive.

PulsePoint alerts you to nearby people in need. For every minute that passes before help arrives, **SCA survival decreases by 7%-10%**. It's like an amber alert for SCA victims.



DOWNLOAD THE APP:
Search: "PulsePoint"



BROUGHT TO YOU BY:



Chester County
Department of Emergency Services
chesco.org/des

SCA KILLS ALMOST
1,000 /DAY
IN THE U.S.

NEARLY **60%** OF SCA
VICTIMS **DON'T GET CPR**
UNTIL PROFESSIONAL
HELP ARRIVES.

13M AMERICANS ARE
CPR TRAINED AND
CERTIFIED ANNUALLY.

THE U.S. SURVIVAL
RATE FOR SCA IS **11%**
WE CAN DO BETTER

CALL 911
PUSH HARD AND FAST
IN THE CENTER OF THE
CHEST TO THE BEAT
OF "STAYIN' ALIVE"
(100X/MINUTE).

Early CPR and rapid defibrillation before an emergency team arrives can boost survival by 50%.