

HOT NEWS



THE NEWSLETTER OF THE MENOMONEE FALLS FIRE DEPARTMENT

EMPLOYEE ASSISTANCE PROGRAM

The MFFD Peer Support Team is here to help with available resources. One resource is Employee Assistance Program (EAP). Menomonee Falls offers all employees (part-time and full-time) an EAP. While EAP is one resource that can be utilized in an acute situation, it actually offers a significant number of programs which address items that are important, but not immediate. Counseling is one resource many people associate with EAP, but there are other resources. Legal assistance, financial consultants, assistance with child care and elder care referrals, adoption information and referrals, and education resources are services that they offer.

While Peer Support may provide EAP information as a resource, you do not have to contact the Peer Support Team before contacting EAP. When an employee calls EAP at 800-236-3231 there is a screening process to direct them to the right resources. EAP has defined limits for services that are no cost to the employee. Many situations are able to be resolved within the free services, and they can provide further referrals if needed.

The information below is from the EAP website and can be found here: www.aah.org/eap

The Employee Assistance Program (EAP) is a free and confidential program, paid for by your employer, to help you and your family navigate some of life's most difficult challenges. Whether you or someone in your household needs help, the EAP is always a good place to start. Call [800-236-3231](tel:800-236-3231) to schedule a free, confidential consultation with a licensed counselor.

Continued on following page

MFFD MONTHLY INCIDENT COUNTS

JUNE 2022

Total Runs - 463

JUNE 2023

Fire - 9

Rescue & Emergency

Medical - 327

Hazardous Condition - 12

Service Call - 68

Good Intent Call - 31

False Alarm & False Call - 30

Total Runs—477

TRIVIA QUESTION

True or False:

Antarctica has a full-time professional fire-fighting department.

(answer on page 5)

EAP Continued...

Contacting EAP

As a benefit of your employment, EAP services are free for you and all members of your household. Our licensed counselors are here 24/7 to assist you, no matter what you're going through.

During normal business hours (Monday - Friday, 8am - 5pm CST), call our toll-free number ([800-236-3231](tel:800-236-3231)), and an intake specialist will direct you to the right resource.

For non-urgent calls outside of normal business hours, you may leave a message, and an intake coordinator will return your call as early as possible on the next business day.

Urgent or emergency calls at any hour will be connected directly to a Masters-level clinician to assist with the situation.

All conversations are protected by HIPAA privacy guidelines, and your information will never be shared - with your employer or anyone else - without your written consent.

What to expect

When you call EAP, an intake specialist will assess your needs to either:

Schedule an in-person/video or telephone consultation for you (both day and evening appointments are available for your convenience)

Connect you with a work/life specialist

Transfer you immediately to a licensed counselor

During your first appointment, you and your counselor will discuss your specific situation and create a plan. If needed, you may plan for additional free appointments.

If your counselor determines you could benefit from additional treatment beyond the scope of EAP services, he or she will discuss your options with you and work with your insurance to refer you to the right resource.

-Deputy Chief Kevin Rokenbrodt

JULY BIRTHDAYS

7/3	Taylor Gray
7/4	Tanner Goodchild Wendy Osborne
7/9	LT Kevin Myers
7/12	LT Joe Ostrosky
7/16	BC Brent Biedenbender
7/17	Noel Bryant-Nanz
7/22	Jeff Plewa

JULY WORK ANNIVERSARIES

20 years

7/8/2003 Joe Virnig

5 years

7/9/2018 Lucas Albertson

2 years

7/19/2021 Jenna Schwechel
BC Chuck Zielke

1 year

7/17/2022 Gregg Danes



Living the dream!

MFFD MOBILE INTEGRATED HEALTH

The Menomonee Falls Fire Department Mobile Integrated Health team's mission and purpose is to adapt to the evolving medical needs of our community by assessing, educating, treating, and following-up with patient-centered care to maintain the highest level of autonomy, independence, and functionality for our residents. This will be accomplished by utilizing an integrated approach considering and collaborating with all aspects of an individual's healthcare team to ensure the highest level of quality of life for the residents, neighbors, and visitors of the Village of Menomonee Falls. Currently, the team is one of the first five licensed Community EMS organizations in Wisconsin and just received a grant to visit stroke patients following their discharge from the hospital to ensure they have the adequate resources to live a healthy, independent life away from the hospital. The team uses data and evidence-based practice to support and drive these initiatives in an attempt to reduce hospital readmissions and strain on the 911 system by making scheduled and unscheduled home visits evaluating an individual's resource utilization. We are currently looking for MIH Attendants to assist our MIH Practitioners in making these visits. There will be a MIH Attendant orientation upcoming in July. If you'd like to learn more or interested in joining our program, please reach out to MIH@menomonee-falls.org.

MOTORCYCLE RIDE

Calling all motorcycle riders! Your fellow MFFD members are going to ride to the Firefighter Memorial up in Wisconsin Rapids on a Saturday in September (not Labor Day weekend). We will ride up and back in the same day. We will meet up for an early morning departure to get organized to travel together. You can go home any way you want or ride with the group back.



It is 151 miles to the Memorial. Get your bikes tuned up or make friends with somebody that has a bike. If you really want to come but don't have a bike, you could be the SAG wagon. You would follow behind the group of bikes in your car taking up extra gear or people that just want to come up and see the memorial, and you would also help if a rider's bike gets towed. More info to come in the next Hot News.

Bob's "Thick Boy" Wraps

Average serving size: 8 wraps

Ingredients:

- 6 – 8 skinless boneless chicken breasts or 3 lbs – whichever has the higher yield on size
- Tortilla Wraps – 8 jumbo size
- Carrots -shredded
- Tortilla strips (multi colored)
- Cheese – 4 cheese blend, parmesan, provolone, mozzarella & asiago
- Cucumber – 1, skinned and sliced to size – quarters, half or cubed
- Sauce – 1 bottle of Caesar dressing, 1 bottle of ranch dressing – or you own preference flavor that works



Prep -

Grill, sauté or bake chicken breasts to completion, internal temp of 165 -170 degrees – let stand and cool for 5-8 minutes

Slice, cube, dice or shred to preference

Option 1 -

1. Mix all ingredients above in extra large mixing bowl with your SINGLE choice of dressing
2. Lightly toast/heat wraps on low to medium heat for 10-15 seconds each side, or to preference.
Note – Wraps should be pliable for flipping & rolling
3. Add 6 to 8 oz of mix to center of heated wrap, Roll ½ way, tuck sides and center, complete roll
4. Cut in half or leave whole
5. Eat & enjoy

Option 2 -

1. Cook chicken to completion, internal temp of 165 -170 degrees – let stand and cool for 5-8 minutes. Then slice, cube, dice or shred to preference
2. Lightly toast / heat wraps on low to medium heat for 10-15 seconds each side, or to preference.
Note – Wraps should be pliable for flipping & rolling
3. Add ingredients / sauce individually to each wrap – Benefit to this option is amount of ingredient choice and amount of dressing used, especially for those picky eaters on your crew..
4. Cut in half or leave whole
5. Eat & enjoy

Filling but not OMG I ate so much I'm so full I cant move, Any leftovers can be quickly put together for a snack or 4th meal after that obligatory EMS call to any of the local SNF's in our area.

- Submitted by guest chef Bob Marki

EXTRICATION TRAINING



THOUGHT OF THE MONTH

"I think a hero is any person really intent on making this a better place for all people."

- Maya Angelou

TRIVIA ANSWER

True - Antarctica has a full-time professional fire-fighting department as well as various seasonal & part-time fire departments. (There is a summer one at South Pole Station.) There have been several fires in Antarctica; in one case a leader burnt down a base to avoid having to stay the winter.



