



HOT TOPICS

CHIEF'S CORNER



The Oshkosh Fire Department is always striving to reduce risk in our community. Year after year, the number one call type that we respond to is for someone who has fallen. These falls most commonly occur in the home and involve someone who is sixty years of age or older. Many times, the first fall will progressively lead to more falls that increase in severity of injuries that will lead to the death of the patient

Wisconsin leads the nation in fall-related deaths. In the City of Oshkosh and Winnebago County, we also find an alarming number of deaths that were caused by falls. Sadly, the majority of these falls were preventable. The Oshkosh Fire Department has worked with its strategic partners to find and implement multiple methods to reduce falls in our community. Initiatives such as our Mugs for Rugs Campaign and grab bar installations have all been crucial to our efforts.

I am very pleased to announce our newest initiative which is a partnership with NymbL. As we age, we begin to lose core strength and balance. The NymbL app allows participants to improve their balance from their own homes in a fun and engaging way. Best of all, we are able to provide this to our residents who are age sixty and up at no cost! It is a simple, free, and fun way to keep you our your loved ones from falling and improve their health and happiness. Help us make Oshkosh a better place to live and a place to live better by signing up today.

For more information about falls in our community, see our new resource page for falls.



--Chief Mike Stanley

9-1-1, WHAT'S YOUR EMERGENCY ?

by John Holland, Public Information Officer

When there is an emergency it's fantastic to have such a simple and quick number to call for help. However, there are quite a few non-emergency situations where people call 9-1-1 unnecessarily. There has also been a spike in the number of accidental calls to the dispatch center due to automatic settings installed in most cell phones. In fact, I did it once myself. The dispatcher greatly enjoyed the fact that it was me accidentally calling 9-1-1.

So, here's some tips on when, and when not to, call 9-1-1 and how to disable the automatic 9-1-1 dialing on your phone. First of all, this should go without saying, but only call 9-1-1 in case of an emergency. There's seems to be some confusion in this matter, so here are a few examples of true emergencies.

- To report a fire or a carbon monoxide (CO) alarm going off—not chirping.
- To report a crime in progress.
- To report a vehicle accident.

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9-1-1- WHAT'S YOUR EMERGENCY Continued from Page 1

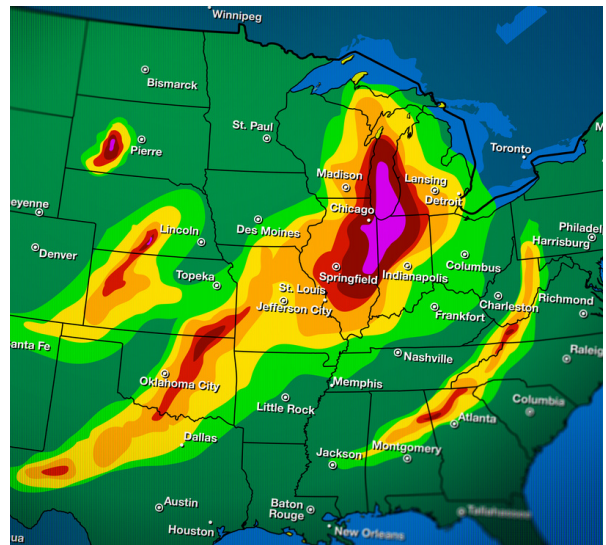


To report a medical emergency

- Unresponsive
- Constant chest pain
- Difficulty breathing
- Choking
- Possible stroke
- Overdose
- Severe bleeding/injuries
- Falls where you can't get yourself up

Here's a few examples of when **not to call 9-1-1**.

- Minor injuries or illness
- Colds or flu
- Ongoing aches and pains
- Routine transportation to hospitals or clinics
- Smoke or CO Detector chirping
- To ask routine questions of the Fire or Police Departments. The Oshkosh Police Department **non-emergency number is 920.236.5700**. The Oshkosh Fire Department **non-emergency number is 920.236.5240**
- For information during severe weather
- To test if your phone is working. This happened a lot during the recent cell phone outage.



To avoid you or your phone accidentally calling 9-1-1 you can adjust settings on your mobile device:

- **For iPhone:** Settings> Emergency S.O.S.>AutoCall>Off
- **For Android:** Select Safety & emergency > Emergency SOS > toggle off Use Emergency SOS

If you do accidentally call 9-1-1, **do not hang up**. Instead, stay on the line and explain to the dispatcher that you called by mistake and that you do not have an emergency. If you hang up, a dispatcher will call you back to confirm that there is no emergency. If you don't answer. A police officer will be dispatched to confirm that you are OK. Both the call back and the police officer coming out to check on you take resources away from possible true emergencies.

Hopefully these tips will cut down on unnecessary calls to emergency dispatch centers. But please remember: When in doubt, do not hesitate, call 9-1-1.

NEW AROUND THE FIRE HOUSE

Star Awards were presented to Battalion Chiefs Justin Rutchik and Drew Jaeger at the Tuesday, March 6 Command Staff meeting. STAR stands for Staff Appreciation and Recognition.

Both men were recognized for their work on fire department special projects. They both exhibited collaboration and a CAN DO spirit!

Congratulations Justin & Drew!

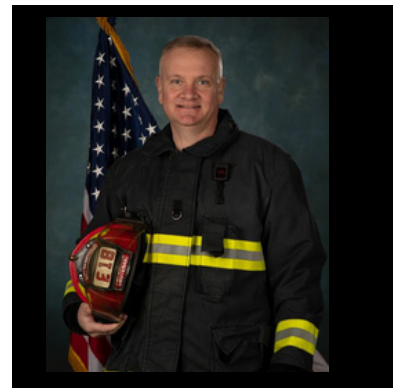


Left to Right: Battalion Chief Justin Rutchik, Chief Mike Stanley & Battalion Chief Drew Jaeger

BROESKE RETIRES

After 28 years on the job, Lieutenant Scott Broeske decided to call it quits. His last day was February 26. Scott started with the Oshkosh Fire Department back in 1996 as a Firefighter/Paramedic. He moved up to Equipment Operator in 2005 and then to Lieutenant in 2015.

Congratulations on your retirement Scott!



Lieutenant Scott Broeske retired February 26.

NEW EMPLOYEE THEA MELCHER JOINS THE TEAM!

Please join us in welcoming Thea Melcher to the Oshkosh Fire Department. Thea joins us from the Rockton Fire Protection District where she was a Firefighter/EMT-B. Thea graduated from Rock Valley College in Rockford IL where she earned an Associate Degree in Fire Science.



Probationary Firefighter/Paramedic Thea Melcher

GET NYMBYL



In an effort to help older adults improve their balance and decrease their risk of falling, the City of Oshkosh Fire Department has partnered with Nymbbl, the Denver-based company and maker of an innovative balance training mobile application, Nymbbl. Starting today, Nymbbl's science-backed, at-home mobile balance training app, designed to prevent injurious falls, is available to all Oshkosh residents, ages 60 and up.

Eligible residents can get Nymbbl for free by

- downloading the Nymbbl app on their smartphone or tablet, from the Apple App Store® or Android Google Play Store™;
- OR register online at enroll.nymbblscience.com.

According to the CDC, Wisconsin has the highest fall death rate among older adults in the United States. With the proper measures, including balance training, many of these falls may be prevented. Nymbbl and the Oshkosh Fire Department want the residents of Oshkosh to have full access to effective fall prevention, in the comfort and convenience of their homes. Registration is easy and secure, and Nymbbl is fully covered by the partnership with Oshkosh Fire Department for residents ages 60 and up.

"This partnership will help us to achieve our goal of making Oshkosh a better place to live and a place to live better for our older adults," said Mike Stanley, Fire Chief of Oshkosh Fire Department. "We are very excited to see the results from this innovative and unique partnership."

Nymbbl has been shown to increase confidence and independence for older adults, as well as an improvement in balance and reduction in falls. In fact,

- 90% of people who use Nymbbl increase or maintain their activity level.
- 65% of people who use Nymbbl say their balance has significantly improved.
- 70% of people who use Nymbbl no longer fear losing their balance at home.
- 87% of people who use Nymbbl gain confidence in their balance.

"As a Denver-based company, we are thrilled to be expanding our offerings outside of Colorado by partnering with the Oshkosh Fire Department, to enable older adults to improve their balance in their own homes," said Ed Likovich, chief executive officer of Nymbbl. "We've had great outcomes while partnering with fire departments throughout Colorado, and hope to have the same positive impact with Oshkosh and their older adult residents."

Registration is incredibly easy, and free! The Nymbbl app only asks for a name, birth date, gender and zip code to verify eligibility. Visit enroll.nymbblscience.com to register online, or download the Nymbbl app on your smartphone or tablet from the Apple App Store or Android Google Play Store, and sign up for a free account.

DISCOVER A MORE ACTIVE YOU!

As your first responders, we see how life-altering falls can be. Your health and wellness matter to us, so we encourage you to try Nymbbl's free and scientifically proven app to help you stay or become more active. Nymbbl's free balance training app improves your balance, steadiness in walking, and confidence! It is accessed using your phone or tablet (so it's always with you, no matter where you are), and is free to all adults ages 60+ in Oshkosh, Wisconsin!



Balance training improves coordination, which plays a major role in fall prevention and fall-related injuries. Nymbbl only takes 10 minutes a day!

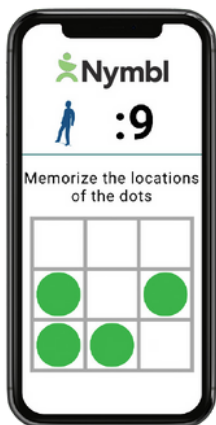


Whether you're seated or standing, Nymbbl is enjoyable, doesn't require sweating or strenuous activity, and reconnects your brain and body with simple exercises and fun brain games



Don't have a phone or tablet for the Nymbbl app? No problem! Enroll in Nymbbl for free using the website above (with your email address) and gain access to Nymbbl's email health tips from Nymbbl's fall prevention expert and physical therapist, Dr. Nathan Estrada. It's completely free, just like the Nymbbl app!

Scan the QR code from your phone or tablet



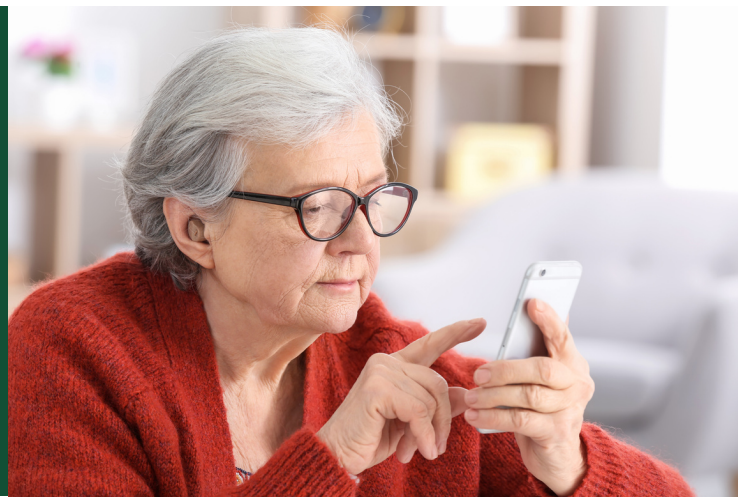
If you have any questions, or would like help getting started, please contact Nymbbl's friendly support team, at 1-800-672-6854 or support@nymbblscience.com, Monday-Friday, 8:00 a.m. - 5:00 p.m. (MT).



Discover a more active you.



Train your body & mind.
Improve your balance.



FEBRUARY MONTHLY METRICS

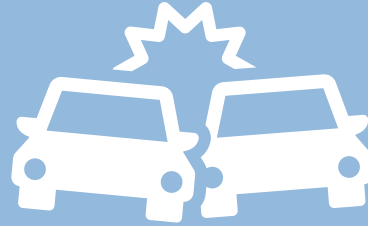
by MJ VanGompel, Management Analyst

Emergency Medical Services



692

Motor Vehicle Crashes



14

Structure Fires



10

Falls



134

Inspections



160

Overdoses



10

LET'S CONNECT

