



HOT TOPICS



CHIEF'S CORNER



During the holiday season many of us will be visiting the homes of aging friends and loved ones. Our being there provides a great opportunity to help prevent falls in their homes. Take a few moments to look around for throw rugs or other trip hazards.

Are there grab bars in the bath tub, near the toilet, or next to the bed? Could nightlights be installed that would improve visibility near steps and in hallways? When is the last time they had their eyes checked? Have they talked to their Doctor about how prescriptions may be interacting? Maybe suggest taking walks or that they participate in a fall prevention program, or some other type of activity that will help develop their core strength and increase mobility.

No one wants to have the holidays ruined because of a loved one falling. Turkey dinner is not the same when it's spent in the hospital with a broken hip. Be thankful for our aging loved ones and give them a caring gift of helping them find ways to prevent falls.

The only thing that should be falling this season is snow, not loved ones.

Stay safe and well. Happy holidays!

--Chief Mike Stanley

CALLS FOR SERVICE

by MJ VanGompel,
Management Analyst

Falling continues to be our number one call for service at the Oshkosh Fire Department. Since 2018, falls calls in Oshkosh and neighboring communities have risen by nearly 20%. According to the CDC website, Wisconsin is the leader in deaths related to falls. In 2022, 40 people from Winnebago County died as a result of a fall.

The population in Oshkosh is aging; nearly 15% of adults are over the age of 65. The CDC reports that 1 in 4 older adults report falling every year.

A common misconception is that "falls are a natural part of aging so I should expect to fall." Falling does not need to happen. It is preventable. How can we change this misperception?

Our approach at the Oshkosh Fire Department to reducing the risk in our community is through the 5 E's: Education, Engineering, Enforcement, Economic Incentive and Emergency Response.

Continued on Page 2

CALLS FOR SERVICE

Continued from Page 1

- **Emergency Response:** When a person falls and calls 9-1-1, paramedics arrive on scene to help. We assess the situation and take the appropriate action for the situation including treating and transporting to the hospital if necessary. In a majority cases, we may be assisting the patient back to their recliner or bed. It's at that time we offer a referral to our falls prevention program. Beginning in November, enrolling patients are connected to 211. A 211 social worker contacts the patient with a series of questions to best identify which partner will best match the needs of the patient.
- **Economic Incentive:** If a patients enrolls in the falls prevention program, the fee for a lift assist is waived.
- **Education:** Coming in 2024, OFD will be offering a course called *Stepping On*. The *Stepping On* program is a 7 week falls-prevention program that shows participants how to reduce falls, increase confidence and maintain personal independence. Originally developed in Australia, based on research and scientifically proven to work, the *Stepping On* program is now internationally recognized as **best practice** in falls prevention. Topics covered include understanding the risk of falls, identifying home hazards, the role of vision in causing and preventing falls, staying safe in public places, strength and balance exercises, and much more. For more information check out this short Youtube video: <https://youtu.be/230MaDlj8l0?si=am79JuvuILZgY1Rh>
- **Engineering:** Beginning in 2024, OFD will be offering free access to an app for your phone called NYMBL. NYMBL is a digital health program that utilizes science-backed dual-tasking and cognitive behavior training via education topics to improve balance and mobility. The program includes a free monthly newsletter and daily activities. The app will be available on Apple App Store and Google Play.

If you'd like to learn more about falls prevention, I'd like to recommend a website that just came out called **FallsFreeWI.org**. It has an interactive home tour, recommendations for having difficult discussions with loved ones and ideas to prevent falls.

Let's stop falls and improve the health of our community!



NEW AROUND THE FIRE HOUSE

Please join us in congratulating Firefighter Blake Youwer. Blake has been selected to become the next EMS Coordinator for the Oshkosh Fire Department. He started his new assignment November 6. Well wishes in his new role.



Congratulations to Ben Cook, Miranda Galligan, Megan Klansky and Jacob Meyer for completing their probation on November 7.



From left to right: Assistant Chief Brian Bending, Captain Jack Clark, City Manager Mark Rohloff, Chief Mike Stanley & Assistant Chief Greg Stelter

ABOVE & BEYOND

City Manager Mark Rohloff presented Captain Jack Clark with the Outstanding Service Award on November 14. Jack was nominated by Assistant Chief/Fire Marshal Brian Bending after Jack went above and beyond the call of duty on August 17th.

When the fire alarm system malfunctioned at a local hotel, and multiple attempts were made to resolve the situation, Captain Clark stayed on site until 9:30 p.m. assisting with the installation of 54 smoke alarms provided by the Oshkosh Fire Department. This allowed the hotel to remain open while at full capacity due to a convention in the City of Oshkosh.

Thank you Jack and congratulations!

TOY & FOOD DRIVE

by Eric Shea, Equipment Operator &
Toy & Food Drive Coordinator

The holidays are just around the corner and it's that time of year again! This year is a HUGE milestone as it is the 25th Annual Oshkosh Fire Department Local 316 Food and Toy Drive!



We are excited for another year of collecting donations door to door throughout the city. In 2022, we collected a record 6,100 pounds of food! We also collected over \$4,200 in cash donations. We were then able to fund two \$1,000 scholarships to area students. Additionally, the 2,500 toys collected amounted to a total of over \$50,600 in retail value!! These donations helped hundreds of area families and thousands of children through the Salvation Army. Thank you Oshkosh!!

We are now accepting non-perishable food items, new/unwrapped gifts, wrapping paper/tape, and cash donations at any fire station. All donations will be given to the Salvation Army and distributed through their program.

Monetary donations may also be given to the Oshkosh Firefighters Charitable Trust to be used for the Gary Kassube Scholarship Fund for two graduating Oshkosh seniors enrolled in a police or fire science program. Cash donations are accepted at all the stations or on the walk nights. Checks should be made out to "Oshkosh Firefighters Charitable Trust". Money may also be donated through the PayPal link:

https://www.paypal.com/donate/?cmd=_s-xclick&hosted_button_id=QTK97FZHLAHT6

The dates are set for this year's drive. Students and teachers from the Oshkosh North Communities Program will help promote the drive. Oshkosh Fire & Police Equipment will provide the antique engine, and the Salvation Army will be along for all the routes.

All routes will begin between 5:00 p.m. and 5:30 p.m. This year's dates are:

Wednesday, November 29th - Station 14

Monday, December 4th - Station 15

Thursday, December 7th - Station 16

Monday, December 11th - Station 17/19

Tuesday, December 12th - Station 18

To see the routes, and read about further updates, please follow us on Facebook, Twitter or Instagram @OshkoshFoodToy.



We look forward to seeing you on the routes for what promises to be another great year of helping our community!



HOMMAN SELECTED AS FIRST RESPONDER OF THE YEAR

In a ceremony at the State Capital in Madison on Tuesday October 17, EMS Coordinator Ryan Homman was announced as First Responder of the Year for the 54th Assembly District for his many contributions to the Oshkosh Fire Department and the community.

Hundreds of people gathered to recognize the contributions of first responders from across Wisconsin in a special ceremony. Each representative was able to nominate law enforcement officers, firefighters, or emergency medical service personnel.

Ryan began his career as a firefighter with Oshkosh Fire Department in 2008. Throughout his career he has been a champion for change and distinguished himself by his leadership and passion for excellence. He made significant efficiencies in the fire inspection and prevention programs, enhanced patient care reporting and most importantly mentored and trained his colleagues to provide exceptional medical care.

His vision, passion and perseverance have led to countless improvements that benefited the Oshkosh Fire Department and the City of Oshkosh. "This was a well deserved recognition and the department is incredibly proud of him," said Fire Chief Mike Stanley.



54th Assembly District Representative Lori Palmeri and EMS Coordinator Ryan Homman



LEADERSHIP OSHKOSH YOUTH PROGRAM

On November 10th, 22 juniors from local area high schools visited the Oshkosh Fire Department to learn more about firefighting careers.



FIREFIGHTER FOR A DAY - READY REBOUND

OFD hosted 30 healthcare professionals from Ready Rebound at the Training Center on Nov 4. They experienced a full day as a Firefighter/Paramedic. They saved a patient, extricated someone from a car and put out a fire. Thank you to BC Drew Jaeger and the team of firefighters/paramedics for sharing their expertise.



OCTOBER MONTHLY METRICS

by MJ VanGompel, Management Analyst

Emergency Medical
Services



857

Motor Vehicle Crashes



40

Structure Fires



11

Falls



165

Inspections



110

Overdoses



22

LET'S CONNECT

