

Hoosier Responder



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Crown Point Woman Receives Distinguished Hoosier Award

Kathy O'Day Worked Six Years for Indiana's Recovery

A Crown Point woman was honored for her service and dedication to the citizens of Indiana in times of disaster. Kathy O'Day was presented with a Distinguished Hoosier by the Office of Governor Mike Pence.

O'Day has helped hundreds of families recover and start new after the statewide flooding in 2008 and Southern Indiana tornado activity in 2012. During her time working in Southern Indiana, O'Day received training through Catholic Charities USA,

allows O'Day to be deployed to federal disasters such as Superstorm Sandy.

While O'Day lives in Crown Point, she has traveled statewide to help those in need. She has helped families in Lake, LaPorte, and Porter counties in Northern Indiana from 2008-11 after the state's two largest disasters, flooding, in 2008, and, more recently, she has helped people in Clark, Jefferson, and Washington counties in Southern Indiana after the 2012 tornado activity.

certifying her as a Federal Disaster Case Manager Supervisor. Additionally, she is one of only 14 individuals nationwide to have received Advanced Supervision and Leadership Training. This highly specialized training and certification

March2Recovery was a Long Term Recovery Group established locally to support a Disaster Case Management system to assist in identifying disaster-caused unmet needs and to work to meet those unmet needs. The organization helped rebuild homes, barns, and fences; replace furniture; replace mobile homes; and tended to households with special needs, among several other activities. The organization handled a total of 110 major or minor construc-



IDHS Executive Director John Hill presents Crown Point resident Kathy O'Day with a Distinguished Hoosier Award from Governor Mike Pence. O'Day worked in recovery for Indiana from 2008-14, and is one of only 14 federally certified disaster case managers. She worked in Lake, LaPorte, Porter, Clark, Jefferson and Washington.

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Indiana Woman to Receive Advanced Federal Disaster Case Management Training *(continued from page 1)*

tion cases, in addition to providing case management to another 300 families. Nearly 13,000 volunteers gave time to assist in recovery efforts.

Before the Southern Indiana tornado activity, O'Day was a Case

Manager Supervisor for Lakeshore Area Regional Recovery of Indiana (LARRI), in Munster. With LARRI, O'Day provided long-term case management for households recovering from the statewide severe storms and flooding in 2008. O'Day continued her

work with LARRI through November 2011, just five months before beginning work with March2Recovery.

Fire Department Recognized by Indiana Senate for Outstanding EMS Service

The Penn Township Fire Department in St. Joseph County continues to receive recognition for its emergency medical services. During the 2014 session of the Indiana General Assembly, District 10 Senator John Broden introduced a resolution recognizing the fire department's efforts in keeping citizens safe. The resolution was adopted by a verbal vote.

At the 2013 Indiana Emergency Response Conference, the department was honored as the state's Fire Department Advanced Life Support Provider of the Year.

Since 2012, the department has dramatically upgraded its EMS services, hiring several paramedics and adding an ambulance. This resulted in response times being cut in half and pa-

tients receiving a higher standard of care.

The Senate Resolution says, "The Indiana Senate recognizes the invaluable efforts exhibited by the hardworking men and women of the Penn Township Fire Department, and congratulates them on being named Fire Department Advanced Life Support Provider of the Year."

Munster Fire Chief Suffers Fatal Heart Attack



The Fire Chief of Munster Fire Department and Director of Public

Works for the City of Munster, James Knesek, suffered a fatal heart attack in his home moments after returning from an emergency response to a motor vehicle accident. He was 59.

Knesek was a Munster employee for 34 years. He leaves behind his wife, Julie, of 29 years, and son James, Jr., who is also a firefighter.



Visit GetPrepared.in.gov

State's K-9 Assisted Crisis Response Team Aids Purdue in Time of Need

The shooting of student Andrew F. Boldt on Purdue University's campus in late January was a shock to many, especially to those who witnessed the tragic event or knew Boldt. In response, Purdue organized a "Day of Healing" on January 31 and requested the services of therapy dogs from the state's K-9 Assisted Crisis Response Team, part of the Indiana Division of Mental Health and Addiction's (IDMHA) emergency preparedness and response program.

The day included the presence of counselors in addition to the therapy dogs and was held at the France A. Córdoba Recreational Sports Center in West Lafayette.

The K-9 team responds around the state to aid in providing comfort after disasters or traumatic events. The team specializes in working with college students after tragedies.

Other types of events the team responded to were a 2013 airplane crash in South Bend, an industrial accident in IDHS District 1, a K-9 officer funeral in Mishawaka, a health department's vaccine clinic, and stress management for responders at volunteer agencies, for example, American Red Cross and volunteer fire departments. The team also attend preparedness events, exercises and academic presentations.

"The team participated in the Day of Healing at Purdue University to promote and celebrate the resilience of the academic community even in the aftermath of tragedy. We were part of many activities planned by the university to help students and staff tap into healthy ways of coping with stress, loss and grief," said Team



March is Disability Awareness Month

March is Disability Awareness Month and a great annual reminder for all local public safety professionals to support these efforts by thinking about, planning for and training on how they communicate and interact with people with disabilities.

The Indiana Governor's Council for People with Disabilities has created a new campaign to help educate Hoosiers about disability-related issues. The 2014 campaign theme, "Dream to Dare," reminds Hoosiers that if Indiana is to develop communities where those with disabilities can dream,

everyone must work together to create communities that are sustainable, accessible and economically viable. Part of this effort relies on encouraging civic and social engagement for all.

As in previous years, Disability Awareness Month 2014 will be celebrated with community-based activities carried out by thousands of advocates and people with disabilities throughout the state. Activities include mayoral proclamations, art contests and awareness campaigns in schools, government agencies and busi-

nesses.

For more information, visit www.indianadisabilityawareness.org. For printable public service announcements in both color and black and white, visit <http://www.in.gov/dhs/3146.htm>.



Volunteer Fire Recruitment Brochures Available

Three different styles of volunteer fire department recruitment brochures have been posted to the Indiana Department of Homeland Security (IDHS) website.

Fire Training Director John M. Buckman stated, "IDHS has developed brochures to be used by local fire departments in their recruiting programs. The brochures were developed as a result of a discussion with volunteer firefighters about the recruiting and

retention challenges."

The brochures can be customized at the local level so they can contain local fire department name and contact information. Instructions can be found on the website.

"The challenges faced by the volunteer fire service in recruiting are tremendous. These brochures can help in marketing the need for citizens of Indiana to become active members of their local volun-

teer fire department," said Buckman.

To obtain the files visit, <http://www.in.gov/dhs/3855.htm>.



IEMSA Holds Legislative Breakfast

The Indiana Emergency Medical Services Association (IEMSA) organized a breakfast to meet with state legislators and discuss issues about EMS statewide.

As state senators came into the statehouse, they were met by IEMSA members and plenty of donuts. Members were eager to discuss the challenges currently facing emergency medical services personnel. Among the topics discussed were the need to strengthen state statutes regarding EMS, extend legislation to include all EMS providers and the construction of an on-site memorial for EMS personnel at the State Capitol Building.

The breakfast was the first of its kind for IEMSA and there are plans to make this an annual event.

Planning Department Reorganization Emphasizes Stakeholder Engagement

Under Planning and Assessment Director Joe Romero, the Planning Division at the Indiana Department of Homeland Security underwent a reorganization, effective January 1.

Under the previous organization, the Planning Division was split into emergency planning and special projects sections. Now, planners are assigned projects on a hazard-specific basis. These areas range from natural hazards and accidental hazards to domestic security, which includes intentional acts of terrorism.

The previous special projects section has been changed to focus more on program management. Program management focuses on functional areas and is aligned with the operations sec-

tion in the State Emergency Operations Center. This new area of the Planning Division strongly emphasizes long-term stakeholder engagement.

The reorganization is expected to help state and local partners in the long term. By building subject matter expertise within the Planning Division, the goal is to improve the quality of plans produced. The Planning Division is also in the process of creating an emergency manager toolbox. This kit of information will provide planning templates that can be downloaded to support the planning process on a local level.

March 16-22 is Severe Weather Preparedness Week and Flood Awareness Week

Local, state and national organizations are encouraging Hoosiers to prepare now for thunderstorms, tornadoes and flooding as part of Severe Weather Preparedness Week and Flood Awareness Week, March 16-22.

State agencies, including the Indiana Public Safety Commission, Indiana Department of Education, Indiana State Police, Indiana Department of Transportation, Indiana Broadcasters Association and the Indiana Department of Homeland Security, in cooperation with the National Weather Service, the American Red Cross, local emergency management agencies and the amateur radio community, all will take part in activities and drills for severe weather and flooding risks.

While severe weather can strike at any time, volatile weather frequently accompanies the arrival of spring. Although winter is the most flood-prone season, Indiana has experienced significant thunderstorms, tornadoes, and flooding during the spring months. Planning and preparedness can help minimize weather-related deaths, injuries and property damage.

As part of Severe Weather Preparedness Week, on Thursday, March 20, a test of the Emergency Alert System will sound both in the morning and evening on com-

mercial radio, television networks and all hazards radios. These drills provide an excellent opportunity for families, schools, and businesses to practice their weather safety action plan.

Flooding is also an issue Hoosiers may deal with in the spring months. Floods can be very expensive. Purchasing flood insurance can help protect Hoosier homes. FEMA's FloodSmart web-

site has created a tool to quickly estimate the cost of damage from various amounts of flood water in a home. FloodSmart.gov also includes resources to help homeowners prepare their homes for a flood.

To find out more about preparing for severe weather and floods, visit GetPrepared.IN.gov.

All citizens are also encouraged to prepare or update a disaster preparedness kit.

Important items to include in your family's disaster kit:

1. Food and water for three days (includes one gallon of water per person, per day)
2. Battery operated all hazards radio
3. Flashlight
4. Extra batteries for radio and flashlight
5. First aid kit
6. Extra clothing, sturdy shoes, rain gear, blankets, and personal hygiene items
7. List of emergency phone numbers
8. Important documents (copies of photo ID, social security card, insurance and banking information)
9. Cash (Small bills. Power outages can limit ability to use ATMs and credit cards)
10. Special items (baby formula, insulin, life sustaining medication)

Finding suitable shelter is another important aspect to preparing for severe weather. If living in a mobile home or similar structure, it is important to locate a safe shelter in advance. For those living in homes or apartment buildings, residents should take shelter in the lowest level of the building, away from windows and doors.

Porter County Conducts First-Ever EOC Exercise

On Tuesday, February 4, a functional exercise was conducted in Porter County in Northwest Indiana. Participants were able to build skills in emergency response and management through the duration of the day-long exercise.

Several Emergency Support Function positions, including transportation, mass care, feeding, volunteer management, communications, logistics, medical, planning, and operations were staffed within the Porter County Emergency Operations Center.

Individuals were on hand to provide teachable moments and to advise during various processes such as planning. Throughout the day, the participants were able to field questions that helped further their training and add more practical experiences.

At the Regional Hub Reception Center, several teams were learning how to run the National Mass Evacuation Tracking System (NMETS). Teams included the District 1 Incident Management Team (IMT); Emergency Management Agencies from LaPorte, Lake, and Newton counties; District 1 Animal Services; and the National Parks Service. Observing the operation were seven representatives from the Federal Emergency Management Agency.

“At least two FEMA representatives expressed how pleased and impressed they were with the activities they observed.

PIOs from Multiple Agencies Attend Media Training

Public Information Officers from multiple agencies attended a day-long training session February 19, designed to provide tips for working with the media and leveraging the best use of social media.

Presenters included Department of Natural Resources Communication Director Phil Bloom, Indiana State Police Captain Dave Bursten, Indiana Department of Corrections Communication Chief Doug Garrison, Indiana Department of Transportation Media Relations Director Matt Deitchley, Indiana Department of Environmental Management Program Director Amy Smith, State Personnel Communications Director Ashley Hungate and Indiana Department of Homeland Security Senior PIO John Erickson. DNR Conservation Lieutenant William Browne helped organize the day-long training.

Topics included developing and maintaining good relationships

with the media, the state of journalism today, the role social media now plays in day-to-day communications and how PIOs can help get their departments' side of the story out to the general public.

Agencies that had PIO personnel in attendance were:

- Indiana Department of Natural Resources Conservation Officers
- Indiana State Police
- Indiana Department of Homeland Security
- Indiana Department of Corrections
- Indiana Metropolitan Police Department
- Indiana Department of Environmental Management
- Indiana State Personnel Department
- Indiana Board of Animal health
- Indiana Department of Health
- Indiana Department of Transportation

The representatives specifically noted the strong collaboration between organizations both within the district and across state lines, said by District 1 Coordinator for Indiana Department of Homeland Security Angie Cloutier. “By all

accounts, the exercise was a great success. Many individuals learned valuable skills that will come into use in the event of an emergency or disaster situation.”

Governor Honors I-94 First Responders

Governor Mike Pence honored several emergency response personnel on Feb. 7, giving thanks to all responders for their efforts in the extreme winter weather.

In addition to recognizing those who aided Hoosiers in the massive I-94 pileup, Pence also recognized two specific incidents complicated by the bitter cold.

The first was a cell tower rescue in Hobart, Ind. on Jan 5. In cold temperatures, two men set out to work on a nearby cell tower. When one of the men, 100 feet up, became overwhelmed by the cold temperatures, his partner called 9-1-1 to receive help.

Due to the wind, the ladder could only be safely raised to 80 feet.

The IDHS District 2 tactical rescue team was notified and arrived on scene; however the fire crew had talked the victim through self-rescue as they arrived. (see IDHS District Map at <http://www.in.gov/dhs/2797.htm>) The victim was transported to a local hospital for evaluation.

Also on Jan. 5, while en route to the hospital, a woman in labor and her husband became stuck in a snow drift. Detective Sgt. Andy Hynek with the LaPorte County Sherriff's Office responded, along with a LaPorte County Highway Department snow plow, and a

LaPorte County EMS ambulance.

The snowplow became stuck, along with Hynek's vehicle. Two firefighters on scene used a snowmobile to reach the woman. While on their way back to the fire department's vehicle, the snowmobile broke down. Hynek walked the woman back to his vehicle where they waited until she could be transported to a hospital.

Pence also recognized law enforcement officers for apprehending several suspects, including an escapee from a Michigan prison.

Study Shows Mediterranean Diet Good for Firefighters

A report just released from the Harvard School of Public Health and Cambridge Health Alliance shows that Midwestern firefighters who most closely adhered to a Mediterranean diet had fewer risk factors for heart disease than those who didn't eat this type of diet.

The study's senior author, Stefanos Kales, reports the group analyzed Mediterranean diet eating patterns and scored the dietary habits of 780 male firefighters, over age 18, from 11 fire departments in two Midwestern states. They also examined the men's

comprehensive medical records, including their weight, height, body fat, blood pressure, blood lipids and physical fitness levels.

Firefighters who most closely followed the diet had:

- 35% decreased risk of metabolic syndrome, which is a combination of heart disease risk factors that includes a large waistline, high blood pressure, high blood sugar, high triglycerides and low HDL (good) cholesterol;
- 43% reduced risk of gaining

five or more pounds; and

- Higher HDL (good) cholesterol and lower LDL (bad) cholesterol.

The Mediterranean Diet is rich in fruits and vegetables, beans, nuts, whole-grain breads and cereals, olives and olive oil, fish high in omega-3 fatty acids (salmon, tuna, trout and sardines) and moderate amounts of poultry. Wine is encouraged with meals, as opposed to beer. Red meat, processed meats and sweets are highly discouraged.

St. Joseph County Fire Dispatch Center Receives High Distinction

The St. Joseph County Fire Dispatch Center, operated by the Clay Fire Territory, has become the 27th Accredited Fire Dispatch Center in the world and the first in Indiana. The accreditation comes from the International Academies of Emergency Dispatch's (IAED) Accredited Center of Excellence program.

The center earned Accredited Status in Emergency Medical Dispatch in 2012. With this latest accreditation, the St. Joseph County Fire Dispatch Center is now known as a "Dual ACE" from IAED. To achieve this designa-

tion, the center had a thorough review of its policies, procedures, performance and quality control. The center received the highest distinction for its comprehensive implementation and compliance with the Fire Priority Dispatch System (FPDS).

"The criteria used for accreditation establishes a baseline on a highly responsive and quality dispatch call processing system that citizens of St. Joseph County have come to expect when they are summoning help during a fire or medical emergency," said Timm Schabbel, Clay Fire Territory Fire

Chief.

In addition to requiring proper system oversight, fire administration control and quality improvement programs, accreditation demands careful FPDS compliance and certification for all emergency call-takers and fire dispatchers.

IAED is based in Salt Lake City, Utah and is a non-profit organization comprised of three allied academies with related programs and standards for emergency medical, fire and police dispatching.

In Remembrance

- **William J. Patterson**, retired Indianapolis Fire Department Chief, passed away January 22, 2014.

The Indiana Department of Homeland Security will provide statewide leadership, exemplary customer service, and subject matter expertise for the enhancement of public and private partnerships and the assurance of local, state and federal collaboration to continually develop Indiana's public safety capabilities for the wellbeing and protection of our citizens, property and economy.

Indiana Department of Homeland Security

Leadership for a safe and secure Indiana

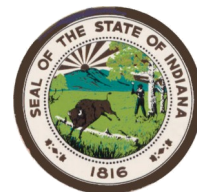
302 West Washington Street

Indiana Government Center South

Room E208

Indianapolis, IN 46204

(317) 232-3980 or (800) 669-7362



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Please direct any questions or comments to the

IDHS Public Information Office at (317) 234-4214 or J.Erickson@dhs.in.gov.

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