



JFPSG
NEWSLETTER
Volume #5



Picture: Barretts Hardware, April 1908.

Welcome

The Joliet Firefighters Peer Support Group (JFPSG) welcomes you to our October 2020 newsletter. September was an eventful month as we completed our first year of service for our firefighters, retirees, and families.

This month, we begin our 3-part series on PTSD, cover September events, introduce info on sleep, and present Part 1 of JFD history.

PTSD: PART 1

PTSD has risen to epidemic proportions within the fire service. Learn the symptoms associated with this debilitating condition in Part 1 of our report.

FINISH READING ON PG. 2

Transit Co. Fire. Sept. 1995



JFPSG MONTHLY ACTIVITY FOR SEPTEMBER

The JFPSG Steering Committee met on September 22. Check out our monthly post-team meeting report.

FINISH READING ON PG. 3



Firefighters at Old Station 1

SLEEP DISORDERS

Firefighters are aware that sleep issues are very common in the fire service. Find out the concerning link between sleep, cancer, and cardiac events.

FINISH READING ON PG. 4



Unknown Joliet Structure Fire



Need to Talk?
CALL or TEXT
(855) JFD-PEER



PTSD

Epidemic of the Fire Service: Part 1, Symptomology

Picture: JFD crews respond to MVC at unknown location.

Post-Traumatic Stress Disorder (PTSD) is one of the most significant problems in the fire service today. It is estimated that up to 30% of members of the urban fire service experience this condition.

PTSD is the result of exposure to severe trauma and characterized by the presence of indicators within four symptom clusters. These include intrusion, avoidance, alteration in cognition and mood, and alteration in reactivity and arousal.

Intrusion may involve flashbacks or nightmares in which the sufferer re-experiences the traumatic event. This may be quite disturbing to the sufferer and result in disorientation. Avoidance refers to the tendency to evade discomfort by avoiding reminders of the traumatic event such as the place or circumstances surrounding it.

Alteration in cognition or mood includes behaviors such as amnesia surrounding the traumatic event and a persistent negative emotional state. Alteration in reactivity and arousal refer to the sufferer's general state of psychological arousal. Examples include hypoarousal and exaggerated startle response.

If you are experiencing any of these symptoms or would like to know more, please contact us at (855) JFD-PEER, visit jfdpeersupport.com, or our [Facebook page](#).

**Please join us next month
for Part 2, causes and
diagnosis of PTSD.**



“The JFPSG celebrated our first anniversary in September 2020.”



Joliet Firefighters Peer Support Group, 2019.

The Joliet Firefighter Peer Support Group

Monthly Activity for September 2020

The month of September was an eventful one for the JFPSG. Our group continued outreach by visiting several fire stations across the three shifts. Members also attended the 9/11 ceremony presented by the JFD Honor Guard.

Sadly, the Joliet Fire Department lost a beloved retiree in September. Retired Apparatus Operator Leon Trimmer passed away on September 10, 2020, at the age of 64. He will be missed.

In happier news, the JFPSG welcomed two new additions to our existing partnerships, Aubrey Thornton, MSW and Sage Bodywork & Wellness.

Aubrey is now part of the Aspire Center for Positive Change and has volunteered to work with us.

We congratulate Aubrey on her new position and look forward to working with her.

In addition, Sage Bodywork & Wellness has partnered with the JFPSG. They are located on Fairlane Dr. in Joliet and have joined with us to offer free classes in meditation and yoga and massage therapy at discounted rates. A flyer for Sage is on the last page of this newsletter.

Finally, our Operations Manual has been completed. It has been approved for use by the Group and will be finalized this week. All JFPSG members will be required to read the manual and submit a read and agree statement to ensure the policies will be followed.

Sleep Disorders in the Fire Service

According to the International Association of Firefighters (IAFF) the longer you sleep, the longer you live. A 2011 study revealed that sleep deprivation increases the risk of a cardiac event by 46% regardless of diet or fitness.

As firefighters, we know that our sleep is interrupted regularly. Whatever the reason - calls for service, sleeping in a loud bunk room, or worrying about what's happening at home, this can become a serious problem over time.

In addition, the IAFF reports that regularly getting less than 6-7 hours of sleep per night more than doubles a firefighter's risk of cancer.

If you are concerned about sleep issues, please contact your doctor. They may be able to help you ascertain the problem and assist you with finding possible solutions.



1951 Ladder Truck at Structure Fire



Old Station 5. Hickory & Lime



Joliet Fire Apparatus

JFD History Corner: Part 1

1834 – 1850

The Birth of a Village

Charles Reed was the first to stake a claim in what would later be called the City of Joliet. He built a log cabin near the corner of what is now known as Jefferson and Bluff St. The Village of Juliet proper was founded on June 10, 1834 and remained until 1845 resulting from a comment from then President Martin Van Buren who noted the Joliet Mound and Juliet had similar names and that the latter should be changed to the former.

From before the birth of the City of Joliet itself, the protection of the lives and property of residents from fire has been of paramount concern. As early as 1837, fifteen years before the City of Joliet was incorporated, this issue was addressed in a public forum. Handwritten records from the Town of Juliet, Illinois, dated 1837, make mention of several fire-related matters. The appointment of Fire Wardens, ordinances for the prevention of fires, and a standing committee of the Fire Department were all addressed. These ordinances, bylaws, and rules, though defunct now, are important because they laid the groundwork for the future of a Fire Department in Joliet.

The Town of Juliet's charter, adopted November 7th, 1837 allowed for two Fire Warden appointments. One assigned to the "West Ward" and one to the "East Ward." The first mention of the names of the Fire Wardens was from the minutes of an 1838 Trustee meeting appointing them to their positions. Joel George was appointed to the West Ward and Charles R. Hopkins was appointed to the East Ward.



Several “ordinances for the prevention of fires” were adopted by the Juliet town board consisting of the town president and trustees. These ordinances included rules for, among other things; construction of chimneys, prohibited such acts as using candles where hay was present, open burning without permission, and impeding the Fire Warden in their duties. The ordinances also provided for penalties ranging from one dollar fifty cents to four dollars.

Finally, a standing committee on the Fire Department was established to discuss fire-related issues. This committee consisted of two appointed trustees from the elected town board. The first of these were R.C. Duncan and David L. Roberts. There is no mention in the record of any meetings or findings of the committee before 1841.

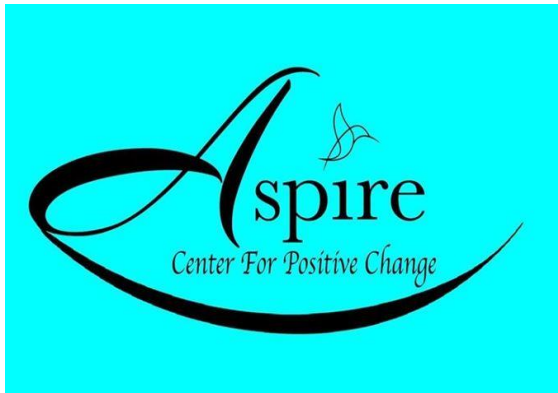
In 1841, the charter of the Village of Juliet was repealed by the State of Illinois. The final meeting of the president and trustees took place on March 3. In 1845, the name e villiageaficiAt this point, the available official written documentation not only on the Fire Department but on Juliet itself ceases. With one very notable exception, this is the case for the rest of the decade until 1852, when the City of Joliet was born.

The only exception, although no concrete proof could be found in news literature of the time, was the formation of an early “bucket brigade.” Legend has it that in 1849, a fire at the Matteson Woolen Mill, one of Joliet’s most important businesses, located at the corner of Jefferson and Des Plaines Streets, prompted the formation of a volunteer fire company that would respond with buckets to the scene in the event of a fire. According to the story, O.W. Stillman was the organizer and C.C. Van Horn was mayor at the time. This story represents the first mention of any organized group dedicated to the extinguishment of fire in what would later become Joliet. It is unclear as to the origins of this story, but it is possible that a bucket brigade did exist because it was typical for such groups to assemble at fires all around America. The Matteson Woolen Mill remained in operation well into the 1850s, and its founder, Joel Matteson became the Governor of the State of Illinois from 1853-1857.

Please join us next month for a continuation of our history as the City of Joliet is formed and the Joliet Fire Department is officially recognized. Click [here](#) for more on early Joliet history.



Special thanks to the Upper Room Crisis Hotline. The Upper Room is looking for volunteer telephone counselors. Training starts soon. Operators must be Catholic but anyone can volunteer for other duties. Please visit www.catholichotline.org if you are interested.



As always, we thank our clinicians at Aspire Center for Positive Change. We welcome their new clinician, Aubrey Thornton, and thank her for volunteering to help with our group. Remember, if you want to sidestep calling (855) JFD-PEER, you can call the clinicians directly for help. (815) 353-3122. Please visit <https://www.aspire-cpc.com/>.



Finally, thank you to our newest partner, Sage Bodywork & Wellness. Sage offers meditation, yoga, massage therapy, and other wellness services and products.

Please see their flier on the next page.

Visit www.sage-bodywork.com/.

Sage Bodywork & Wellness / JFDPS
Wellness Program

15% OFF ANY 60- OR 90-MINUTE BODYWORK SESSIONS

2 FREE MEDITATION CLASSES EACH MONTH

2 FREE YOGA CLASSES EACH MONTH

10% DISCOUNT RETAIL PRODUCT

Contact Kelly Fowler to enroll:

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info@sage-bodywork.com

779.205.8055

Follow us online at www.sage-bodywork.com or on
Facebook at www.facebook.com/sagebodyworkjoliet



yoga at sage

Hatha/Slow
Vinyasa/Flow
Gentle/Beginners
Chair

Private & Semi-private Lessons
Group classes
Specialized Series
Corporate Fitness & Private Events

10 N Fairlane, Suite 103 Joliet, IL 60435



Hatha/slow: Practice at a slower pace with longer held poses. Develops strength, balance, and contemplation.

Vinyasa/flow: Flowing movements are linked with the breath to create focus and momentum. Increases endurance and awareness.

Gentle: A slow, easy practice that minimizes any time spent on knees or in inversions. Emphasizes proper alignment and body awareness--excellent for beginners.

Chair: Enjoy the benefits of yoga while comfortably seated.

Classes



Rates



Drop-in: \$15
6-class Package: \$72
12-class Package: \$140
Private lesson: \$68
Semi-private (up to 4): \$100

Find current class schedules and secure your spot

online or on Facebook

All classes limited to 12 students

www.sage-bodywork.com

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