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MAX WHITT IS 26 YEARS OLD, currently working as a Firefighter Paramedic at station 1C. He was born and raised in Long Beach, California where his family has spent the last four generations. Max’s first job was as a gondolier in the Naples canals where he learned to sing Italian opera for his guests (and most fire stations on probation). A 2015 Millikan graduate, Max has always had his eyes set on the Long Beach Fire Department. After attending Santa Ana Junior College to play football and study Fire Science, Max started working as an EMT for Care Ambulance. Although it wasn’t the dream job, he knew it was the proper step to gain entry into the field.

While working for Care Ambulance, Max completed the Santa Ana Fire Academy, and started two new roles – Auxiliary Firefighter for Santa Fe Springs and a Confined Space Technician for Total Safety. He ultimately found himself working for San Bernardino County Fire as a Wildland Firefighter where he spent 2 seasons. Interviewing everywhere that was accepting applicants, Max was ultimately hired as Long Beach Firefighter in 2020 and has since graduated from Paramedic School. He continues to enjoy serving the community he, and the last four generations of Whitt’s, grew up in.

Max recently got married in March 2023 and lives in Long Beach with his wife, Emily. Although born and raised in Northern California, Emily is happy to call SoCal home. For the past 5 years, Emily has worked at Cal State Fullerton where she assists students in creating their post-college plans. In their spare time, Max and Emily enjoy hiking with their station 7 junkyard dog, Wrigley, and exploring local breweries.
STRESS MANAGEMENT

WE HAVE JUST PASSED the 5-year anniversary of the sudden and tragic loss of our Brother Captain David Rosa. I’d like to share an interesting article that was published on FIREHOUSE. The accumulation of stress from fires, EMS calls, ITA’s and other emergencies often leads to chronic stress amongst firefighters. Certain emergency calls such as the one we experienced on June 25, 2018, death of a child and traumatic incidents can significantly impact a firefighter’s psychological well-being. These experiences can lead to irritability, flashbacks, compromised sleep and post-traumatic stress disorder.

Recognizing critical incidents when they occur is essential to building resilience, activating the Critical Incident Stress Debriefing team assists in preventing more severe coping mechanisms. These calls aren’t routine fires or non-injury traffic accidents. These calls are shocking and painful. They can be emotionally debilitating. They can derail a firefighter’s emotional stability and cause immediate grief and suffering. Triggers and events also are known as triggers or critical incidents.

A Critical Incident Stress Debriefing is an immediate intervention to minimize the psychological trauma of a triggering event. The focus is on talking. Group discussions are important to communicate each person’s experiences. The session also should assess the emotional effect that the triggering event has on each firefighter as an individual. This discussion demonstrates that firefighters aren’t alone in experiencing stress and grief. Group discussions help to mitigate ongoing stress and to rebuild resilience and to reestablish coping mechanisms. It’s crucial to have a network of licensed professionals.

Our Training. There’s no time for distractions because every second counts and we do this each shift repeatedly. We remind ourselves not to get caught up in emotion, because it may impact your performance.

Over time, stress accumulates subconsciously. Some firefighters grow irritable, distant and unable to relax or sleep. Compassion fatigue of witnessing others suffer often takes hold and affects our ability to show empathy in our personal lives. Stress tends to weaken a firefighters’ psychological resilience, which leaves us vulnerable to other triggering events.

Triggering events are emergency calls that can cause a distressing emotional response that can overwhelm resilience and typical coping mechanisms. These calls aren’t routine fires or non-injury traffic accidents. These calls are shocking and painful. They can be emotionally debilitating. They can derail a firefighter’s emotional stability and cause immediate grief and suffering. Triggering events also are known as triggers or critical incidents.

CISD/PEER SUPPORT INFORMATION

The Long Beach Firefighters Memorial Association was founded in 1954 with a goal to promote and support fellowship amongst our Long Beach Firefighters and their families. It has been a long-standing tradition as an organization to provide opportunities for Long Beach Firefighters to come together at various events throughout the year.

From the old traditions of the Pizza night and Annual Firefighters Picnic to the new traditions of the Golf Tournament and Luau the intention is to offer an environment that encourages our firefighters and their families to share more than just a work schedule. Without the support of our members, none of this would be possible.

Keep an eye on the upcoming dates for the Firefighter Picnic and the next Golf Tournament is scheduled for November 20th, 2023. Special thanks to Brad Robideaux and Billy Hubbard for putting together this year’s Pizza Night.

Hope to see you and your family at the next event.

Finally, we hope this gets to you before the LBFA’s June Wellness/Social Meeting. It will be held on Saturday June 24th from 4-8pm at the Union Hall. There will be information on the Department’s Wellness Program and how retiree benefits can be involved. Information will also be shared on the LBFA’s Cancer Screening program opportunity offered to retirees. Last but not least a quick talk about our Mental Health will be given by Paul Cheek. These issues will be briefly discussed and will not interrupt our social part of the evening; well not much.

Briefly discussed will be the opportunity offered to retirees. Last but not least a quick talk about our Mental Health will be given by Paul Cheek. These issues will be briefly discussed and will not interrupt our social part of the evening; well not much. We hope to see you all there!

Hope you are all doing as well as possible. Just a few things to share with all of you.

We want to thank all of you active and retired members that came out to the annual Irish Wake held at the hall on March 20th. To the families and friends of those members that we have lost over the years. The LBFA’s Board would like to you to know that you are always welcome to attend any Irish Wake to share stories or speak about your loved one that has passed. We announce their names at the Irish Wake for the year they passed but understand that it may be too soon to attend and speak about them. All Irish Wakes are open to family and friends of any members that have passed no matter the year of their death.

It has been another good year for our membership numbers. We have increased to 110 dues paying members. Thank you to all that have continued to support our Association.

We continue to donate to local charities, the bike program headed by Rich Ter Haar, LBFD Museum and 3 yearly events (Irish Wake, Wellness/Social Meeting and Retired Firefighters Day) hosted by the association. Hope to see you at any or all of our events!

The Long Beach Firefighters Memorial Association is a non-profit 501(c)(3) charitable organization. Income tax-exempt contributions are deductible for federal income tax purposes. Please consult with your tax advisor for further information. Contact information is available on the LBFA’s website.

MEMORIAL ASSOCIATION

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Hope to see you all there!
HOBIE STOREY AWARD

The Long Beach Fire Museum is supported and helped us. Please soul they put into this museum support of all of the volunteers, donations to help us restore and display in the museum is one of the awards that we would not be here. Without their support and the City of Long Beach and the Long Beach Fire Department has used the table. Come on out and join us as we plan our next project. We meet every Wednesday from 8 am to 12 noon for fellowship with coffee and doughnuts around the table. Come on out and join us as we plan our next project. We are also open to the public the second Saturday of each month to showcase our efforts to the community.

The Long Beach Fire Museum is always expanding and always looking for volunteers and donations to help us restore and purchase vehicles that the Long Beach Fire Department has used in the past, and for the upkeep and maintenance of our fleet and facility.

Linda Nelson  Sharon Kovanda  Tom Mayo  Bob Eldridge  Rich Williams  Gary Brycznsky  Mary Jane Alger  Ron Alger
Mike Kinney  George Brown  Colin Harris  Dave Holden  Carol Holden  Steve Good  John Jenkins  John Acosta  Chris Barton
Chan Brainard  John Dahlmquist  Mark Flo  Frank Galindo  Dave Jacobson  Bob Mall  Steve Moritz  Robby Monzon  Ed Nelson
Jim Pulis  Gary Starkenberg  Don Willcut

HOW OFTEN ON CALLS FOR SERVICE

have you noticed the steady-low rumble of a diesel engine idling next to you? This may not spark any sense of immediate danger, but diesel exhaust has been identified by the International Agency for Research on Cancer ("IARC") as a class one "known" carcinogen. This is but one of many known carcinogens that officers are exposed to on a routine and daily basis. It should be of no surprise then to learn that First Responders are at an increased risk of developing cancer and subsequently passing away from it. Standard firefighter duties require near-constant exposure to known carcinogens. Just think about the times your job required you to: respond to fires and set perimeters (particularly downwind), refuel your patrol vehicle, respond to traffic collisions with gasoline and other automotive chemicals, smoke in second-hand cigarette smoke, enter drug-production labs and kitchens, report to the range for firearm training, and even simply be out in the sun exposed to UV radiation.

Because it is impossible to determine what causes cancer, the Legislature has enacted a cancer presumption, which states that when a fire fighter "develops or manifests" cancer it is presumed to be work-related. To trigger this presumption, you must demonstrate that you were exposed to a known carcinogen during your employment. Hence, we strongly recommend keeping a personal exposure log. If you or your Association does not have one, CPF has an online portal for exposure reporting. That decision now comes at a potentially pricey cost!

If the employer decides to unreasonably deny the claim, the employee faces a penalty of up to $100,000. Recognizing the protracted battles with cancer that people face, the third change now extends the amount of temporary disability benefits up to 240 weeks. This was increased from 104 weeks that could only be used within a period of five years and gives greater financial security to those facing uncertain times. It particularly benefits those who go into remission but subsequently have the cancer recur.

In the unfortunate circumstance where cancer claims a life, please rest assured that death benefits are also provided to financial dependents. This includes a spouse, domestic partner, children, and even parents or others who received financial support from the officer in the year preceding the death. Death benefits are typically available up to $290,000. In some instances, benefits can exceed this amount, particularly when dealing with minors, who can receive benefits up to the age of eighteen. One of the most important considerations is that a claim for death benefits must be filed within a year of death, otherwise, the claim is barred.

Workers take a toll on more than just the individual. It also impacts family and friends, who serve as a support network for each other. Ferrone Law Group considers itself a part of that support network and stands ready to provide guidance to anyone who needs it. Since each individual case differs, it is important to note this article is not intended to provide specific legal advice and is meant to be informative only. Please do not hesitate to reach out.
AMBULANCE PATIENT OFFLOAD DELAYS (APOD)

Summer is officially here, which means sunshine, ice cream, and… full hospitals? Over the past year, we have seen unprecedented rates of ambulance patient offload delays (APOD) and everyone has spent more than their fair share of time “holding the wall.” While this issue isn’t isolated to Long Beach or even Los Angeles County (it is being discussed at the local, state and national level), we are acutely aware of the impact it is having on wellness, morale, and availability to care for our community.

Fixing this problem will not occur overnight. We are actively working with the local hospitals, the EMS agency, and other stakeholders to come up with solutions. But in the meantime, here are some things that you can do to maintain excellent patient care and get back in service as soon as possible:

1. Document accurate “at facility” and “facility equipment” times: Accurate data allows us to have informed conversations with the hospitals and to make data driven changes.
2. Review Ref 505: Section IIC lists criteria for offloading to the waiting room. Utilize this as much as possible and make it the rule rather than the exception.
3. Communicate: with the charge nurse—Stay visible and remember “out of sight, out of mind.”
4. Remain with your patient: Keep them on the cardiac monitor (if required), frequently reassess them, and document vitals per policy (q5 v q15 minutes).
5. Advocate for your patient: Make a case for why they need a bed and let hospital staff know immediately if the patient’s clinical status changes.
6. Work with hospital staff to ensure high quality care: Allow point of care testing (i.e. 12-lead EKG, point of care testing) that may expedite getting the patient to a bed or make the team feel comfortable placing the patient in the waiting room.
7. Remain professional: Treat the hospital staff with respect, avoid confrontation or complaining in front of patients, and escalate concerns through appropriate channels.

Thank you for all that you do!

Dr. Tiffany Abramson

TOOL SPECIALIST

LOCAL 372 MEMBER EQUIPMENT
POINT-OF-CONTACT

Local 372 members have a long history of taking care of our tools and equipment in-house. Below are the members you can call to get information about tools and equipment.

Jon Breedan, 168
James Avila, 7B
Adam Gjersvold, 6B
Johnny Jenkins, 10A
Matt Wu, 1B
Brad Robideaux, 6A
John Wright, 6A

Nozzles
Hurst
Flashlights
Imagers
Saws
Radios

Brad Smith, 19C
Richard Storey, 6B
Scott Hart, HQ
Station 24
Mike Martin, 1B

Turnouts
Hose
SCBA
Fleet
Gas Monitors
EPCR

If you have a question or any ideas for future “Medical Director’s Corner” sections, shoot me an email at tiffany.abramson@longbeach.gov

PARKING REMINDER

UNION HALL PARKING REMINDERS

It is important for us to be good neighbors to those around our union hall. So please remember no fire engine/truck parking on Hill street.

As questions on parking please contact the office.

Finally, defusings and debriefings are an opportunity to reinforce the importance of diet, exercise and sleep as essential components of holistic health and wellness and positive psychological health. Harvard University’s “Feeding America’s Bravest” program encourages firefighters to eat a Mediterranean diet that values high-fiber foods over meats and sugars. Harvard also recommends 150 minutes per week of moderate-intensity or 75 minutes of vigorous-intensity aerobic activity.

Let’s honor our fallen Brother and take care of one another.
BOARD MEMBERS

Rex Pritchard
President
Call 714-325-8351
Email rdp372@mac.com

Kevin Scott
General Secretary-Treasurer
Call 714-289-5538
Email kscott@lbff.org

Rachel Ma
Vice President
Call (323) 749-5146
Email Rachelyma@outlook.com

James Dolas
Vice President
Call 562-716-5928
Email jdolasyahoo.com

LaMont Nyguen
Vice President
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Jason Cash
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Chris Robnett
Director
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Will Montgomery
Director
Call 805-491-3683
Email willmontgomery@gmail.com

Jimmy Addante
Director
Call 630-405-3908
Email jaddante@lbff.org

TJ Curran
Director
Call (760) 551-8338
Email tjcurran@gmail.com

Seward Khem
Director
Call (562) 209-4196
Email sewardkhem@hotmail.com

Contact today for more information!

Alex Merrill
NMLS 1617347
C: 562.659.1828
Alex@TheMerrillTeam.com
www.AlexMerrill.com

Looking to Finance a Home?

HOMEOWNER’S PURSUIT

START

PREQUALIFY
Once you have decided to buy a home, it is recommended that you get pre-qualified by a mortgage lending professional. This will help you determine how much you can afford to pay.

PRE-PREPARING
Before you begin the home buying process, it’s important to gather all necessary documentation such as bank statements, pay stubs, and tax returns.

APPRaisal
An appraiser will evaluate the property and provide a written report that estimates its value.

INspecTION
A home inspection is conducted by a licensed inspector to check the safety and condition of the home.

PROCESSING
The lender will review the documents and verify your income and credit.

UNDERWRITING
The lending institution will review the documentation to make sure everything is in order.

CONDITIONAL APPROVAL
The lender will issue a conditional approval, which is an official offer to lend money based on certain conditions being met.

CLOSEING
The closing process involves the transfer of the property from the seller to the buyer, and the finalization of the transaction.

DOCS SENT TO ESCHROW COMPANY
The lender sends the necessary documents to the escrow company, which will manage the escrow process.

FUNDING
The lender provides the funds to the escrow company, who then disburses them to the seller.

QUICK FACT
Home inspection issues will be addressed and resolved by the seller before the closing.

CLOSING
Both you and the seller will sign closing documents.

ESCHROW COMPANY
The escrow company ensures that all of your interests are protected throughout the process.

Alex Merrill
NMLS 1617347
C: 562.659.1828
Alex@TheMerrillTeam.com
www.AlexMerrill.com

Contact today for more information!
DEFERRED COMP UPDATES

JOHNNY JENKINS

DEFERRED COMPENSATION PLAN

LADIES AND GENTLEMEN, I would like to take a moment to thank Paul Rodriquez for shepherding our 457 program for over a decade now. He has been involved in many aspects of the program and in his tenure, Paul has voted on and been a key player in many large, behind the scenes choices in regards to the plan. Paul has put untold hours into making sure the plan is the best it could be for all Long Beach employees and we should thank him. Moving forward, the goal of this article (in the spirit of the firehouse kitchen table), is to keep you informed on not only what you can expect from Deferred Comp and any future changes coming down, but also to address any current events and rumors taking place at the table.

A few items I found noteworthy for this issue:

- As part of your 457 plan you have access (free of any additional charge) to a certified financial planner. They will walk you (and your spouse) through your financial health, goals, runway to retirement, PERS, college savings, 401k, real estate, and long term healthcare. The market value of this in the private sector is several thousand dollars...

- Take a day and update ALL of your beneficiary information, not only for Mission Square, but on any retirement accounts, (Update power of attorney with Cal PERS). The consequences of this information not being accurate in the event of a death are substantial.

- After separation from the city, be it retirement or otherwise. There is no need

- If you have questions about our 457 plan, digital access, education, or any other local, state or federal law, or my right to remain silent under the Fifth and Fourteenth Amendments of the United States Constitution.

» Force you to answer questions without representation
» Intervene when you're out of discipline
» Subject you to threats or promise of reward
» Compel you to take a lie-detector test
» Discipline you for refusing to take a lie-detector test
» Search your private space without court order, unless you are present or give consent
» Force you to reveal personal financial data, except by law or court order

ALWAYS ASK: “CAN THIS LEAD TO DISCIPLINARY ACTION?”

IF THE ANSWER IS “YES,”
ASK FOR REPRESENTATION

TOPICS TO LOOK OUT FOR IN COMING ISSUES:
- How to read and understand your paycheck
- Managed Accounts and Target Date Funds
- Secure 2.0
- Taking a loan from your Deferred Comp
- Separating from the City... Now What?

“Always, I am not a financial advisor and this is not financial advice.

Cheers”

Johnny Jenkins

The Kitchen Table
Long Beach Firefighters, Local 372

457 LB
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Long Beach Firefighters, Local 372
**MISSISSIPPI POT ROAST**

Inspired by the Wechsung Mississippi Pot Roast (where he got this recipe from the fellas at Detroit Fire), this simple recipe comes with some delicious alternative options.

The flavors of this 5-ingredient meal will make your Apex taste buds feel like they’re chillin’ on the Eastside.

Plan for 6-8hrs of cook time, so if possible, get this one going by lunch. It should only take you 10-15min to get it into the oven.

**FOR 4 FIREFIGHTERS**

- 3-4lb Chuck roast
- 1 Packet of Hidden Valley Ranch dressing mix (good for 3-5lbs)
- 1 Packet of Au Jus gravy mix (for 3-5lbs)
- 1 - 1.5 sticks of Butter
- 16oz Jarred pepperoncini peppers (whole or sliced)

**DIRECTIONS:**

1. Preheat your oven to 200deg (8hr cook) or 300deg (6hr cook)
2. You’ll need a Dutch oven for this, or a crock pot (put on low)
3. Get your Dutch over or cast iron pan hot to sear your meat.
4. Season the Chuck (3lbs) with salt & pepper, add oil to the pan and sear all sides
5. Leave the chuck in the Dutch oven (or move to your crock pot)
6. Put the packets of the Ranch Dressing mix and Au Jus mix on the Chuck
7. Cut the stick of butter into 1/2" pieces and put on the meat.
8. Put Half of the Pepperoncinis on and around the chuck, as well as half of the brine (pepperoncini juice of the jar) into the pot.
9. Close the lid and throw it in the oven (or put the crock pot on low)

That’s it!

The fat from the meat, the butter, and the brine are enough liquid to keep the meat from drying out. Just to be safe, check in 3-4hrs to make sure it’s not drying out. If you need to, add a cup of beef bouillion or just water. Your chuck may be done ahead of schedule, but is safe to sit in there a while, so no need to panic.

Once ready, it should be completely falling apart. Shred the chuck with tongs or forks, but keep it in bigger chunks. Remove large pieces of gristle and fat.

For this version of the roast you want to have, at least, 1lb per man, since it’s the main event. It’s typically served with mashed potatoes and a salad or some green veggie.

**HERE ARE SOME WAYS YOU CAN CHANGE UP THIS RECIPE!**

**ROAST (SANDWICH VERSION):** Think of it as a cheese steak. Chunk up the Roast and remove the gristle. Warm up some fresh bolillos, pepperjack cheese, sauté some bell peppers and onions, a swipe mustard & mayo, chips or fries/tots.

**MEXISSIPPI ROAST (TACOS VERSION):** You can plan for 1/2-3/4lb beef per man for tacos. Instead of the regular Ranch mix, find the “Fiesta” hidden ranch mix, or add Taco Seasoning (Half Ranch packet, half Taco seasoning). One hour before it’s ready, add Julienne bell peppers and onions to the pot. Try not to disturb the Roast to much as it’ll fall apart.

Make Rice and/or beans, heat up some torts, chunk up the meat and remove the gristle. Mix back in with the veggies.

Whatever route you take, glad to see this recipe floating around!
The state Senate’s bill, which would expand health care coverage for firefighters exposed to post-traumatic stress, has cleared its first legislative hurdle and been referred to the Assembly. A state bill that would expand health care coverage for firefighters exposed to post-traumatic stress has cleared its first legislative hurdle and been referred to the Assembly.

The proposed legislation recognizes the stress experienced by firefighters and other emergency responders, who may not witness accidents or fires but nonetheless experience trauma and may want to seek counseling. To qualify for workers’ compensation, the hospital’s property and the patient is the hospital’s property, and the patient is the hospital’s legal responsibility for the patient who is an employee of the hospital. EMS personnel to remain with a patient in the ED, but once a patient has been transferred to the hospital, the hospital’s legal responsibility for the patient is the hospital’s property, and the patient is the hospital’s legal responsibility for the patient who is an employee of the hospital.

AMBULANCES HELD HOSTAGE: CAN THE HOSPITAL MAKE YOU STAY? Leveling the playing field on hospital bed delays

By Doug Wolfberg, Esq.; and Steve Wirth, Esq. • EMS Legal Update • Nov 16, 2021

HOSPITALS CAN ASK EMS TO REMAIN WITH THE PATIENT — BUT ONLY WHEN “NECESSARY”

The Federal guidelines also make it clear that in cases where the ED staff is busy with other patients... it could under those circumstances be reasonable for the hospital to ask the EMS provider to stay with the individual until such time as there were ED staff available to provide care... “So, Federal rules clearly indicate that the hospital can ask EMS to remain with the patient.”
May 11, 2023

The Honorable Freddie Rodriguez
California State Assembly
1021 O Street, Suite 5250
Sacramento, CA 94249

RE: Support for AB 40 (Rodriguez)—Emergency Medical Services

Dear Assemblymember Rodriguez,

On behalf of the City of Long Beach, I write in support of AB 40. This bill would require every local EMS agency to develop a 30-minute standard, 90% of the time, for ambulance patient offload time (APOT). This bill would also require hospitals to develop, file, and annually update APOT reduction protocols. The City supports legislation that improves municipal public safety services, including emergency medical services.

The Long Beach Fire Department (LBFD) provides critical ambulance services for the safety, health, and wellness of the Long Beach community. Over the past six months, the LBFD Advanced Life Support (ALS) units have completed 8,100 patient transports, roughly averaging between 1,200 to 1,400 patients per month. Furthermore, the LBFD Basic Life Support (BLS) units have completed 5,138 patient transports, roughly averaging between 800 to 900 patient transports per month. Nearly 35 percent of these patient transports have yielded an APOT of greater than 45 minutes, requiring Ambulance Operators to remain at medical emergency departments while waiting for the patient to transfer from LBFD care to the receiving medical emergency department. These wait times have detrimental impacts on public safety when units are not available to respond to other emergency calls, creating a backlog, delaying response times, and increasing dependence on mutual aid.

AB 40 will enhance care for patients who need to use emergency medical services. Furthermore, AB 40 will ensure that emergency response personnel return to the field in a timely manner and are available to respond to the next call. For these reasons, the City supports AB 40.

Sincerely,

Mayor Rex Richardson
City of Long Beach

cc: The Honorable Lena Gonzalez, State Senate, 33rd District
    The Honorable Mike Gipson, State Assembly, 65th District
    The Honorable Josh Lowenthal, State Assembly, 69th District

The California Department of Public Health (CDPH), formerly California Department of Health Services, Licensing and Certification Program, is sending this important reminder in light of information received from the Centers for Medicare and Medicaid Services (CMS). It has been found that hospitals are routinely preventing Emergency Medical Services (EMS) staff from transferring patients from their ambulance stretchers to a hospital bed or gurney. It is important to remind you that patients are not to be left on an EMS stretcher, with EMS staff in attendance, for an extended period of time. This practice may result in a violation of the Emergency Medical Treatment and Labor Act (EMTALA). Also, it raises serious concerns for patient care and emergency services in California’s communities. This practice may result in a violation of State Law, HSC 1317 et seq. This practice may also result in a violation of 42 CFR 482.55 which reads as follows:

### 482.55. Condition of participation: Emergency services.

The hospital must meet the emergency needs of patients in accordance with acceptable standards of practice. (a) Standard: Organization and direction. If emergency services are provided at the hospital – (1) The services must be organized under the direction of a qualified member of the medical staff; (2) The services must be integrated with other departments of the hospital; (3) The policies and procedures governing medical care provided in the emergency service or department are established by and are a continuing responsibility of the medical staff.

(b) Standard: Personnel. (1) The emergency services must be supervised by a qualified member of the medical staff; (2) There must be adequate medical and nursing personnel qualified in emergency care to meet the written emergency procedures and needs anticipated by the facility.
Cannabis and the Public Safety Officers Benefits Program

PSOB and Cannabis

- The Public Safety Officers Benefits Program (PSOB) provides a one-time benefit to a qualified deceased or fully disabled fire fighter, EMS provider or law enforcement officer (public safety officers, although there are some exceptions) a one-time benefit to the public safety officer or, if deceased, to his or her beneficiary. In addition, educational benefits to the survivors of a public safety officer may also be approved.
- PSOB does not currently require an autopsy or toxicology report for claim processing. The death certificate form used in most states has a check box or a place to indicate when an autopsy was conducted. PSOB may request a copy of an autopsy, if one was conducted.
- Currently, cannabis is a Schedule I drug according to the Drug Enforcement Administration (DEA).
  - According to the DEA:
    - Schedule I drugs, substances, or chemicals are defined as drugs with no currently accepted medical use and a high potential for abuse. Some examples of Schedule I drugs are: heroin, lysergic acid diethylamide (LSD), marijuana (cannabis), 3,4-methylenedioxymethamphetamine (ecstasy), methaqualone, and peyote. (https://www.dea.gov/drug-information/drug-scheduling, accessed 5/20/2023)
- PSOB regulations do not allow payment for a claim where the public safety officer was voluntarily intoxicated by drugs or alcohol (with some exceptions).
  - From the PSOB regulations:

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- PSOB regulations do not allow payment for a claim where the public safety officer was voluntarily intoxicated by drugs or alcohol (with some exceptions).
  - From the PSOB regulations:
The Apostle Paul states, “Though cultures change, God never does. O Israel, trust in the LORD! He is their help God?’ Our God is in the heavens; he does all of Him! Regarding idolatry, the author of Isaiah highlights the irony of a man cutting a gold, the work of human hands, as though he needed anything, but what in your life do you regard as a god”, or “immoderate attachment or devotion to something”. In the Bible, both Gentiles and God’s chosen people, the Israelites, engaged in idol worship. Shockingly, even after God miraculously delivered the ancient Israelites from centuries of slavery in Egypt, they constructed and worshipped a golden calf instead of Him! Regarding idolatry, the author of Psalm 115 writes: “Not to us, O LORD, not to us, but to your name give glory, for the sake of your steadfast love and your faithfulness! Why should the nations say, ‘Where is their God?’ Our God is in the heavens; he does all that he pleases. Their idols are silver and gold, the work of human hands. They have mouths, but do not speak, eyes, but do not see. They have ears, but do not hear; noses, but do not smell. They have hands, but do not feel; feet, but do not walk; and they do not make a sound in their throat. Those who make them become like them; so do all who trust in them. O Israel, trust in the LORD! He is their help and their shield” (Psalm 115:1-9). Note that the psalmist saying trusting in idols leads to becoming like them – physically and spiritually dead. In the same vein, the prophet Isaiah highlights the irony of a man cutting a tree, crafting an idol out of the wood with his hands, worshipping and asking it for provision, then using the remainder of the tree’s wood to make a fire for cooking and warmth (Isaiah 44:9-17). What does this have to do with us today? Though cultures change, God never does. He created mankind in His image, to have a relationship with and worship Him. We are spiritual beings who were created to worship our good and loving God. In Acts 17:24-25 the Apostle Paul states, “The God who made the world and everything in it, being Lord of heaven and earth, does not live in temples made by man, nor is he served by human hands, as though he needed anything, since he himself gives to all mankind life and breath and everything.” God is the Giver of life. He needs nothing from us. Isaiah tells us that God created men and women for his glory (Isaiah 42:7). Just like the Israelites of long ago, you and I have a purpose – to glorify God. We give glory to God when we obey, praise, honor, thank and worship Him. Idolatry is giving the glory God deserves to someone or something besides Him. You might not physically bow down to or worship a crafted object, but what in your life do you regard with “immoderate attachment or devotion” to these things that represent the equivalent of modern-day idolatry? There are many things we sometimes give more time, attention, and devotion to than God – my cellular phone, the pursuit of wealth, spending an unhealthy amount of time looking at or trying to acquire possessions that I think will make me happy, elevating the importance of my wife and children above my relationship with God, or devoting my thoughts to worry and/or frustration. God’s Word and the Holy Spirit convict me of this sin and I often must repent and reorient my affections. What about you? When you see the beauty of the ocean or a majestic sunrise, do you give thanks to God, or do you give honor to nature itself? When you have worked diligently and are successful, do you recognize God’s gift of intellect and strength, or do you secretly revel in self-pride? Do you have a hobby or habit that someone else might say you are addicted to? These are all examples of things we can make idols in our lives. Like Isaiah’s representation of the idol craftsman, we exercise foolishness and invite calamity when we glorify the things our Creator has given us rather than the Creator Himself. In the New Testament, the Apostle John aptly warns his readers to “keep yourselves from idols” (1 John 5:21). This warning was written for us today as well. Though mankind deserves God’s wrath for sinning against Him, God mercifully sent His perfect Son, Jesus Christ, to pay the penalty for sin and reconcile us to Himself. Placing our faith in Christ by trusting that His death on a cross and subsequent resurrection did what we could never do is what leads to eternal salvation. This salvation is the greatest gift you can ever receive, and one that leads to peace, joy, and a proper understanding of your purpose here on earth. I encourage you to think about your purpose and affections. Are you giving glory to idols or to the true and living God?

Who We Are
The Long Beach Fire Professional Development Foundation is a 501(c)3 non-profit organization whose purpose is to help enhance the safety, health, and economic viability of the Long Beach community.

What We Do
We fund proposals from eligible Long Beach Fire Department (CA) sworn and civilian personnel for professional development programs and experiences that enable them to acquire and hone relevant knowledge and skills in ways that benefit our community directly. Seasonal personnel are not eligible.

How to Learn More
To learn more about the Foundation, the types of programs we will consider, eligibility to apply, and the application evaluation criteria, visit our website: www.LBFireFoundation.org.
“Doing more with less…”

In Medic Stat Sit we present the biggest issues facing the LBFD paramedic service and share insight into the direction and efforts of the Paramedic Committee. These issues affect us as an organization, as individuals, our families, and the people we protect and serve. In this addition, focus is on where we have sacrificed diligence and quality in order to meet the demands placed on us by the call-volume.

VISION TO IMPROVE THE LBFD PARAMEDIC SERVICE:

✓ Improve the level of service provided to the citizens.
✓ Improve the mental-wellness of paramedics.
✓ Reduce the risk of liability for the city and personnel.
✓ Decrease workload on paramedics.
✓ Improve employee retention.
✓ Improve employee recruitment.
✓ Increase the desire of firefighters to become paramedics.
✓ Improve overall morale of our Fire Department.

LBFD PROVIDES 1 PARAMEDIC AMBULANCE PER 55,555 PEOPLE

• 9 Rescues for 100,000+ residents
• The city also serves 5.5+ million additional visitors throughout the year and the Olympics are coming...

National Average:
1 Medic Ambulance per 21,057 people

LBFD OPERATIONS:

• Medical Calls = 84% of all calls in 2022

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CURRENT COMMITTEE RECOMMENDATIONS:

• 3 additional rescues
  • Make 8 existing BLS engines into Paramedic Assessment Engines
  • ARFF Paramedic at Fire Station 16
  • Permanent paramedic at Station 24
• Place Paramedic Assessment & Service Squads (PASS Units) in service in each battalion

Scan QR to learn more about PASS Units:

SERVING THE PUBLIC IN AN UNDER-RESOURCED SYSTEM:

The two greatest issues affecting paramedics are: staffing and call-volume.

• Paramedics are being forced to work approximately 50% more hours to cover current vacancies.

While staffing is a major issue, Command Staff and Local 372 are working to solve the vacancy problem. Over 20 firefighters are currently in paramedic training (though, none volunteered). But the daily demand of the call-volume will remain unless additional resources are added. Nine rescues do not provide adequate coverage for a population the size of Long Beach. We’ve been “doing more with less” for a very long time.

• LBFD has experienced an increase of 30% in call volume in the last couple decades and NOT ONE RESCUE has been placed in service to meet the growing demand.

Where can we see the negative results?

• Longer response times
• Documentation errors
• Treatment protocol errors
• Inappropriate upgrades/downgrades
• Extreme fatigue of paramedics
• Emergency vehicle traffic accidents
• Disciplinary actions against paramedics for mistakes made
• No volunteers for paramedic training

Paramedics try to do everything possible (de-cert, promote, or work for other agencies) just to avoid being a paramedic in Long Beach.

LBFD top priority is always to provide excellent care for our citizen’s. However, balance between providing excellent care and maintaining a healthy, thriving workforce is fading. We are struggling to provide high-quality service and we are no longer a healthy workforce.

• 9.3% of our floor personnel are on some form of medical leave.

INCREASE OUR DILIGENCE

We must not be in the habit of clearing from one call or the hospital too abruptly just because another response is in our area. Clearing too abruptly can result in rushed patient assessments, lower standards of care, and/or mistakes made on treatment protocols or documentation.

We must take greater care.

✓ Devote complete attention-to-detail on every call regardless of the number of calls we hear being dispatched and resist the urge to finish the call too quickly...
✓ Ensure that a thorough and accurate patient care report is complete and uploaded to the server...
✓ Fully stock and sanitize the rescue...

...BEFORE taking on another call.

Give 100% to the call you are on. Diligence produces the highest standard-of-care for patients. Don’t get distracted because there are other calls waiting for rescues. It is not your fault there aren’t enough rescues. It’s also not the fault of the patient you are helping at that moment. Diligence also prevents opening ourselves up to discipline and limits exposing the City to liability as well.

Scan QR for some examples of neglected documentation:

ADDITIONAL THOUGHTS FOR ALL

If a licensed paramedic with a drug box and cardiac monitor are NOT on scene, then no paramedic-level services or medication administrations are authorized, regardless of the conditions. We must all serve only within our Scope-of-Practice...Stay safe!
Does anyone know the whereabouts of Stn 19's basketball Northtown Jamba Juice. Hecho en Bano Fisk and Crabtree working the office Sun comes out and ladder pipe goes up Engineer Academy - Im having fun Villa wins the fire pool Joncich Truck test Demo snapping into a slim jim St Baldricks Breakfast burritos taking the call you're already on scene for Truck Ops in Northtown BC3 back against the wall Girard's Haul Ass, Rank in the Tank! Tactical and Practical Lowrider Show Collapsible stools added to R4 inventory for APODs Cambodian New Year
PM Intern Ernesto Rubio brings bunker pants instead of drug box to medical call.

Captain Carnewal has regrets of never being a medic, and steals Rescue 1.

A tiny dog 'rescued' makes national news. A fire 1 week earlier with 3 rescues gets nothing. Tucker Carlson's face says it all.

Strecker's Retirement.

Kovacs in retirement mode.


Waddell featured on the infamous Instagram live.
Airport Fire Training in San Bernardino

Gary Schall's Booze Cruise

Northtown Duck Rescue

Multi-Agency REMS Training

Sovereign Highrise Fire

Reynoso Truck Test

PTI graduations, Morris and Whitt

Hyundai Truck Test

Airport Fire Training in San Bernardino

Bump down Beel

Off probation!
Thoughts From Kristoff

"During my last 2 months of combat deployment on Rescue 18, I realize many dreams, die while suffering.

I don't always work the Grand Prix, but when I do, I look fabulous.

Teamwork makes the dream work.

Station 7 takes their coffee seriously.

Doppelgängers

Garfield and Adam

BLS Jeff Arnold

Toy Story antagonist and Ruffoni

Teddy Bryant

New Lifeguard BLS... Chase Laugh and Sean Lott Len Child

R9 Jeff Arnold"
## Run Numbers

**CT 2023 as of June 11, 2023**

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