

**CENTRAL
OREGON PUBLIC
SAFETY
CHAPLAINCY**



**Serving the
Hearts & Minds
of Central
Oregon's First
Responders**

AUGUST NEWSLETTER

Greetings

First - thank you for the very kind and continued support for COPC even through a hot and dry July - now August! I have been watching our First responders in 95-105 degree days - heavy dark uniforms - in the heat of the day and for some the heat of the moment! Serving and supporting our communities with honor and integrity.

Our Chaplains continue to walk alongside them and recently for some of the most difficult calls. Weather it is an officer involved shooting event, drowning of a 2 year old or a welfare check that evolves into a death investigation our first responders are always serving and supporting at the highest level. They stay cool when the heat is on for sure. August brings plenty of opportunity to be active with family in friends. Please be safe and as my Mom tells me all the time, be careful where you walk and what you step on - in!

Have a safe and relaxing August.

Blessings - pj



When I Knew I Needed Help

Being a First Responder isn't easy. While some days are filled with triumph, others hang heavy with the weight of trauma. Between the ups and the downs, it can be difficult to stay mentally balanced. As a result, many in the profession develop mental health conditions, such as post-traumatic stress disorder (PTSD), anxiety and depression. Others may turn to the comfort of substances, such as alcohol and drugs, to cope with their stress.



If you or someone you know has one of these conditions, you know how difficult they can make everyday life. Personal relationships, professional success and your well-being can suffer in the face of addiction and mental health difficulties. But no matter how hopeless you may feel now, help is closer than you think. One step toward a better life is realizing that achieving one is possible.

Every First Responder in recovery had a moment when they knew they needed help. A moment when they finally realized the extent that their trauma or substance use was impacting their life, and resolved to do something about it. Maybe their moments of clarity will resonate with you, and help you realize that it's time to for you to seek help, too.

If any of these statements resonate with you, it may be time to get the help you need. Making the decision to seek professional care can be scary, but it's always worth it. Maybe you know someone who needs help, if you do please talk with them.

By IAFF Center of Excellence

COPC Chaplains

The Chaplains of Central Oregon Public Safety Chaplaincy provide the crucial services that support the region's First Responders and the community. On an on-call basis, 24 hours a day, seven days a week, COPC Chaplains are dispatched to calls including deaths (Code 99s), death notifications, drownings, fires, homicides, hospital transports, infant and child deaths, motor vehicle accidents, search and rescue, suicides, and more.

In addition, COPC Chaplains provide confidential personal counseling and mentoring, hospital and home visits to assist in healing and provide support, critical incident stress debriefing and defusing for First Responders and the community following traumatic events. They officiate at ceremonies including funerals, weddings, celebrations, dedications, and other events. They do ride-alongs and visit the First Responders at the agencies throughout Central Oregon. They also are involved in administrative duties, attending meetings, making community contacts, and fundraising.

Monthly training is offered to the COPC Chaplains, First Responders, and others; training to help Chaplains, Emergency Services Personnel and their family members maintain healthy relationships.

If you would like to donate to Central Oregon Public Safety Chaplaincy, please [click here](#).



**CENTRAL OREGON
PUBLIC SAFETY CHAPLAINCY
GOLF TOURNAMENT**
PRESENTED BY MOUNTAIN VIEW HEATING
& SUPPORTED BY EAGLE CREST RESORT



Join us for a beautiful day on the course!

Details: Friday August 3, 2018 – Eagle Crest Ridge Golf Course - Redmond, Oregon
Shotgun start at 8:00 a.m. – lunch served at 1:00 p.m.

Entry: \$125.00 per person/ \$500.00 per foursome. Includes: 18 holes of golf, cart, range balls, snacks, on-course beverages and lunch.

Raffle and fun team prizes including: 1st Low Gross, 2nd Low Gross, long drive, men's/women's closest to the pin and even last place!

Reserve your spot today – complete and send in the registration form or visit www.copchaplain.com for more information, or call Andrea at 541.390.4970 for questions.

PROCEEDS SUPPORT COPC, SERVING THE HEARTS AND MINDS OF CENTRAL OREGON'S FIRST RESPONDERS.

[Click on this link http://www.copchaplain.com/events-wedge-details/](http://www.copchaplain.com/events-wedge-details/)





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Do You Want to Help?

You can help Central Oregon Public Safety Chaplaincy earn donations just by shopping with your Fred Meyer Rewards Card! Fred Meyer is donating \$2.5 million per year to non-profits in Alaska, Idaho, Oregon and Washington, based on where their customers tell them to give. Here's how the program works:

Sign up for the Community Rewards program by linking your Fred Meyer Rewards Card to Central Oregon Public Safety Chaplaincy at www.fredmeyer.com/communityrewards. You can search for us by our name or by our non-profit number 81244.

Then, every time you shop and use your Rewards Card, you are helping Central Oregon Police Chaplaincy earn a donation! You still earn your Rewards Points, Fuel Points, and Rebates, just as you do today. If you do not have a Rewards Card, they are available at the Customer Service desk of any Fred Meyer store.

For more information, please visit www.fredmeyer.com/communityrewards.

Please visit www.fredmeyer.com/communityrewards for more information. Fred Meyer stores available at the Customer Service desk of any. If you do not have a Rewards Card, they are Points, and Rebates, just as you do today. You still earn your Rewards Points, Fuel Oregon Police Chaplaincy earn a donation.

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- [Kinne Callaway](#)
- [Lyman Flenner](#)
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