

**CENTRAL
OREGON PUBLIC
SAFETY
CHAPLAINCY**



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

JANUARY NEWSLETTER

A Brand New Year - New Years come with new months - new days, new mornings, new hours and minutes. I like the new stuff for sure. One of my challenges is how to keep things like new? What a great challenge this year to come - try and keep new in your routine. I'm reading a study from ICISF with VAMHCS Research Physiologist Dr. Heidi Ortmeyer who has drawn a link

between healthy activities and staying refreshed. Here is some of the conclusions of her work: Research shows extensive benefits resulting from the relationship between humans and animals – the human-animal bond.

Some of these benefits include a reduction in blood pressure, heart rate, and stress hormones; improved mood; increase in social connections; and reduced feelings of isolation.

Over the many years that COPC has provided support for First Responders it has always been with the focus of encouraging health. Dr. Ortmeyer is working mainly with vets identifying the link that the Animal Human bond can bring for them. The study can easily transition for our First Responders as well.

How can we keep the New in the year? Accomplish care for someone beyond yourself? What a challenge for a brand new year. What a great New Start - DO OVER.

Blessings on all your efforts to keep the New in you Year.

Happy New Year - everyday!

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Family Life Weekend To Remember Sunriver

Date: 03/08/2019 - 03/10/2019 Price: \$175.00 per person

Go to: www.copchaplain.com and click on Family Life

Weekend To Remember Sunriver 2019 Use Group Name

COChaplaincy to Save \$100.00

FamilyLife recommends enhancing your experience by staying overnight at the getaway hotel. When making your reservation, mention you are attending FamilyLife's Weekend to Remember to take advantage of the special room rate and other discounts. Hotel, meals, parking, and other fees are not included in the registration price.

Sunriver Resort; 17600 Center Drive, Sunriver, OR 97707;

Hotel phone: 800-547-3922

Special room rate: \$117.00/ night available until 02/22/2019 (subject to availability).

Event Schedule

Friday 7- 9:35 p.m.

Friday evening is an introduction to the weekend. You will meet the weekend's speakers who will show you exactly how to pursue a marriage that really works through stories of their own breakthroughs and blunders.

Sessions: Why Marriages Fail, Can We Talk?

Saturday 8 a.m. - 4:40 p.m.

Saturday is a day to delve into God's Word and learn time-tested tools to help strengthen your marriage. Beyond the great content you'll also have various one-on-one applications and "Date night" for you and your spouse.

Sessions: Unlocking the Mystery of Marriage, From How to Wow, What Every Marriage Needs, We Fight Too & Marriage After Dark

Sunday 9 a.m. - 12:15 p.m.

Sunday morning, we speak to men and women separately and reconvene to discuss your legacy; then close out the weekend.

Sessions: Woman to Woman / Man to Man & Leaving a Legacy

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](#).



Upcoming Dates

COPC Chaplains Training –First Tuesday each month from 0900-1200 hours

COPC Board Meeting – Second Thursday each month

[Sportsman Show](#) - Feb 28th-Mar 3rd 2019

Weekend to Remember - March 8-10 2019

Go to: www.copchaplain.com and click on Family Life Weekend To Remember Sunriver 2019

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,

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COPC Chaplains

- [Jim Crowley](#)
- [Mike Dismore](#)
- [Joel Stutzman](#)
- [Kinne Callaway](#)
- [Lyman Flenner](#)
- [Stephen Gilday](#)
- [Kimi Glaspie](#)
- [Terry James](#)
- [Dave Kell](#)
- [Paul Lanquist](#)
- [Bill Michalek](#)
- [Robin Mirrasoul](#)
- [Patty Myers](#)
- [Peter Pagel](#)
- [Dan Parks](#)
- [Henry Porter](#)
- [Amber Turnage](#)
- [Bob Wiley](#)
- [Richard Ross](#)
- [Leslie Languist](#)
- [Don Manning](#)

Click on name for contact info.

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