

**CENTRAL  
OREGON PUBLIC  
SAFETY  
CHAPLAINCY**



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

## JUNE NEWSLETTER

Last month we had the opportunity to say thank you to Central Oregon Public Safety Executive Chaplain Jim Crowley for his many years of service to first responders and our communities. Chaplain Crowley's leadership and service was felt by many throughout Oregon and beyond, we are all thankful for his service. The retirement celebration was not only a wonderful opportunity to recognize Chaplain Crowley for his service but also an evening to share the amazing history of the Central Oregon Public Safety Chaplaincy (COPC).

For many years Chaplain Crowley shared with us through the monthly newsletter, I always looked forward to reading his words and appreciated his message. Chaplain Joel Stutzman has offered the opportunity for some guest writers to share a message through the newsletter and I will take advantage of the opportunity.

The COPC Board of Directors has the awesome honor to support the men and women that serve our communities and first responders as chaplains. I wanted to take the opportunity to recognize those people that give their time to be a part of the COPC Board. The COPC Board meets monthly to provide leadership and support to Executive Chaplain Mike Dismore, and Associate Chaplain Joel Stutzman along with the exceptional group of volunteer chaplains that make up the COPC team.

COPC is in a healthy financial position and recently received our annual financial review back with a very positive report. The board remains constantly focused on the financial needs and business practices of COPC. We are working to establish a financial support group to review the current revenue sources and consider other options to ensure a healthy financial future. Thank you to our regular donor support group and all of the first responders that support COPC through the payroll deduction program. COPC would not survive financially without your awesome support.

The board meetings provide the COPC leadership team time to share what is happening with the chaplains, discuss training updates, discuss any needs from the chaplains, and plan for the future.

Additionally, the COPC Board has the opportunity to interview all prospective chaplains. We strive to ensure the COPC team is made up of chaplains that understand the mission of COPC and have the tools to serve in a role that is extremely demanding and difficult.

I want to thank the members of the COPC Board for the dedication, wisdom, and commitment to COPC. Each board member has a very busy professional life and the fact that each of them is willing to serve COPC is a testament to their commitment to first responders throughout Central Oregon. I appreciate each of them, I am thankful for their friendship.

The COPC Board of Directors are:

Sheriff Jim Adkins

Pastor Terry Webb

Brent Landels (RE/MAX Key Properties)

Captain Deron McMaster

Engineer/ Paramedic Kevin Dieker

Hadley Hawkins (Retired USFS)


Thank you for your service!

Dave Pickhardt

COPC Board Chairman


# Stress Continuum Model

READY (Green)	REACTING (Yellow)	INJURED (Orange)	ILL (Red)
<p><b>DEFINITION</b></p> <ul style="list-style-type: none"> <li>◇ Optimal functioning</li> <li>◇ Adaptive growth</li> <li>◇ Wellness</li> </ul> <p><b>FEATURES</b></p> <ul style="list-style-type: none"> <li>◇ At one's best</li> <li>◇ Well-trained and prepared</li> <li>◇ In control</li> <li>◇ Physically, mentally and spiritually fit</li> <li>◇ Mission-focused</li> <li>◇ Motivated</li> <li>◇ Calm and steady</li> <li>◇ Having fun</li> <li>◇ Behaving ethically</li> </ul>	<p><b>DEFINITION</b></p> <ul style="list-style-type: none"> <li>◇ Mild and transient distress or impairment</li> <li>◇ Always goes away</li> <li>◇ Low risk</li> </ul> <p><b>FEATURES</b></p> <ul style="list-style-type: none"> <li>◇ Feeling irritable, anxious or down</li> <li>◇ Loss of motivation</li> <li>◇ Loss of focus</li> <li>◇ Difficulty sleeping</li> <li>◇ Muscle tension or other physical changes</li> <li>◇ Not having fun</li> </ul> <p><b>CAUSES</b></p> <ul style="list-style-type: none"> <li>◇ Any stressor</li> </ul>	<p><b>DEFINITION</b></p> <ul style="list-style-type: none"> <li>◇ More severe and persistent distress or impairment</li> <li>◇ Leaves a scar</li> <li>◇ Higher risk</li> </ul> <p><b>FEATURES</b></p> <ul style="list-style-type: none"> <li>◇ Loss of control</li> <li>◇ Panic, rage or depression</li> <li>◇ No longer feeling like normal self</li> <li>◇ Excessive guilt, shame or blame</li> </ul> <p><b>CAUSES</b></p> <ul style="list-style-type: none"> <li>◇ Life threat</li> <li>◇ Loss</li> <li>◇ Moral injury</li> <li>◇ Wear and tear</li> </ul>	<p><b>DEFINITION</b></p> <ul style="list-style-type: none"> <li>◇ Clinical mental disorder</li> <li>◇ Unhealed stress injury causing life impairment</li> </ul> <p><b>FEATURES</b></p> <ul style="list-style-type: none"> <li>◇ Symptoms persist and worsen over time</li> <li>◇ Severe distress or social or occupational impairment</li> </ul> <p><b>TYPES</b></p> <ul style="list-style-type: none"> <li>◇ PTSD</li> <li>◇ Depression</li> <li>◇ Anxiety</li> <li>◇ Substance abuse</li> </ul>



**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 9, 2019 – 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](http://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.



**Upcoming Dates**

**COPC Chaplains Training**  
1st Tuesday each month

**COPC Board Meeting**  
2nd Thursday of each month

**Assisting Individuals In Crisis & Group  
Crisis Intervention Class**  
Jul 8, 8:00 am – Jul 10, 5:00 pm

**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](http://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](http://www.fredmeyer.com/communityrewards).

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**COPC Chaplains**

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

Click on name for contact info.

[Click here to connect on Facebook](#)

please visit [www.fredmeyer.com/communityrewards](http://www.fredmeyer.com/communityrewards).

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,

Click on name for contact info.

- [Skip Hinton](#)
- [Don Manning](#)