



DECEMBER 2022

NORWICH

T O W N S H I P

Supporting Those That Support Our Community

In most cases, 9-1-1 calls for service are due to people experiencing their worst days. Those worst days come with repeated traumatic experiences that could have psychological impacts on our first responders. Firefighters take an oath to protect and serve the residents and visitors of our community and too often they prioritize the safety and well-being of others before themselves. In comparison to the general public, firefighters experience higher rates of depression, insomnia, anxiety, post-traumatic stress, and other mental health issues.

Seeing the need to offer support to our firefighters, the Norwich Township Fire Department created a peer support program that consists of nine firefighters within the department. One of the peer support program leaders is Lieutenant Heith Good. Leading both Ohio and national efforts in peer support, Lieutenant Good serves as a Master Instructor for peer support programs through the International Association of Fire Fighters, a 5th District Peer Supporter through the Ohio Association of Professional Fire Fighters, and serves on the leadership team for the Columbus Area Peer Support Team. Lieutenant Good, along with the other Norwich Township Fire Department peer support team members are trained in providing emotional and mental health support to other firefighters and assists many agencies with the development of their own peer support programs.

"I want to walk through life with my fellow firefighters. Peer support is built on relationships and having honest conversations with those that are struggling," Lieutenant Good shares. "A guide for me is a healthy mind reflects a healthy firefighter."

In addition to Lieutenant Good's efforts in peer support, he is frequently asked to coordinate and lead response efforts for large-scale events within the US. Most recently, Lieutenant Good was deployed during Hurricane Ian which devastated parts of western Florida in late September. His efforts focused on the personal needs of the firefighters working day after day without relief. Lieutenant Good also joined response efforts for the 2021 Champlain condominium collapse in Surfside, Florida, and the 2019 Nightclub mass shooting in Dayton, Ohio.

Peer support is an important tool for first responders that offers supportive relationships, honest conversations, connections to professional services, and the development of goals and strategies for self-empowerment and resiliency.

If you know of a firefighter that could use the support of a peer support team visit www.firefightermentalhealth.com.

**Peer support programs assist but do not replace the functions and roles of therapists, case managers, and other members of a treatment team.*



Pictured above: Lieutenant Good

2023 TRUSTEE MEETINGS

JANUARY 3 - 6:00 PM

FEBRUARY 7 - 6:00 PM

MARCH 7 - 6:00 PM

APRIL 4* - 11:00 AM

*Records Commission
Annual Meeting*

APRIL 4 - 6:00 PM

MAY 2 - 6:00 PM

JUNE 6 - 6:00 PM

JULY 11* - 6:00 PM

AUGUST 1 - 6:00 PM

SEPTEMBER 5 - 6:00 PM

OCTOBER 3 - 6:00 PM

NOVEMBER 7* - 11:00 AM

*Records Commission
Annual Meeting*

NOVEMBER 7 - 6:00 PM

DECEMBER 5 - 6:00 PM

**Note Date or Time Change*

The public is always
welcome to attend.

For meeting information
visit our website at:
www.norwichtownship.org

'Tis the Season to Reduce, Reuse, and Recycle

Did you know that during the holiday season, our residents throw away 25% more trash than any other time of the year? From uneaten party food to packaging and decorations. The holidays can be a season of waste but it does not have to be. See below for some of the Solid Waste Authority of Central Ohio's favorite ways to reduce waste and recycle this holiday season:

- **Reduce food waste.** In Franklin County, over a million pounds of food waste enters the landfill every day. Save money and space in the landfill by preparing only the food needed.
- **Have leftovers?** Freeze leftovers to enjoy later or ask guests to bring their own reusable containers to take home leftovers.
- **Show where to throw.** While hosting friends and family this year, make sure they know where to discard recyclable materials. Keep recycling containers in a visible location and consider attaching a sign that shows guests what can be recycled and what should be placed in the trash.
- **Recycle Right.** Online shopping is convenient, but it creates a lot of waste. Break down cardboard boxes before you discard them and keep recyclables loose in the curbside recycling cart to ensure materials can reach their potential as new products for future use.
- **Donate decorations or lights.** As holiday decorations go up, you may have decorations or lights that you do not plan to use this year. Instead of throwing them away, donate unused items to a local non-profit organization or drop off holiday lights at accepting recycling locations. Visit https://cms5.revize.com/revize/norwichtwpoh/_T7_R247.php for accepting recycling locations.

It is easy to have a green holiday season. For more tips like these visit <https://recycleright.org>.



Understanding EMS Billing

While transporting patients, our EMS personnel gather patient information and will electronically submit the information to a third-party billing service called Change Healthcare. Change Healthcare will review the report to determine the appropriate fee for the medical transportation services provided and will submit a claim to the patient's insurance carrier.

Residents will not be billed for insurance co-pays or additional charges above the rate paid by their insurance carrier. Residents may receive a letter requesting insurance information or verification but will not receive a bill, even if uninsured. *Residents are considered people who live or work in the Norwich Township Fire Department service area, which includes Norwich Township, the City of Hilliard, and Brown Township.

Non-resident transport charges will be billed to the patient's insurance carrier in the same manner as a resident. However, non-residents will be billed for any unpaid balance not covered by the insurance carrier. If the non-resident is uninsured, they will be billed for the entire amount.

All EMS funds collected are used for expenses associated with the management, maintenance, and operation of the department's EMS services. For more information visit https://www.norwichtownship.org/departments/fire/ems/ems_billing.php.

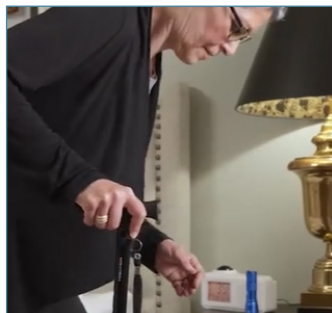
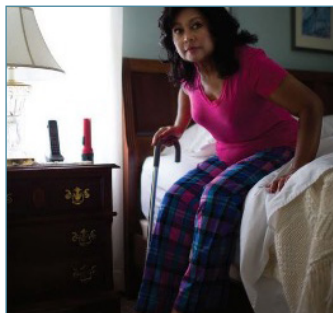




Escape Planning for Older Adults

"Fire won't wait. Plan your escape." Making a home fire escape plan for yourself and/or the older adults in your home means making plans for your abilities and environment. See below for helpful ways to plan your escape:

- Remove clutter or items such as rugs or floor runners from hallways, stairways, near exits, and windows for a clear and safe path out of your home
- Keep your walker, scooter, cane, or wheelchair by your bed to ensure quick access
- Keep your eyeglasses, mobile phone, and a flashlight by your bed to ensure quick access
- If you cannot escape safely, keep your door shut. Place a towel or blanket at the bottom of the door and stand near the window for the fire department to reach you
- If you are deaf or hearing impaired, install a bedside alert such as a bed shaker alarm that works with smoke alarm systems. In addition, strobe light alarms can be added to smoke alarms for a visual alert
- If you are visually impaired or blind, the sound of the smoke alarm can become disorienting in an emergency. Practice the escape plan with the sound of the alarm to become familiar
- When looking for an apartment or high-rise home, select one with an automatic sprinkler system
- If you have disabilities, work with your healthcare provider and the Norwich Township Fire Department to make a plan that works for your needs



Issues, Questions, Concerns, Compliments & Complaints:

Do you have questions, concerns, or compliments that you want to bring to the attention of Norwich Township? Visit our website at www.norwichtownship.org and select I Want To...Send a Question, Concern, or Compliment.

New Faces, Promotions, and Retirements

Township Officials

Sworn into office in July, Jerry O'Shaughnessy is our newest Norwich Township Trustee. He joins Trustee Chairman Chuck Buck and Trustee Tim Roberts on the Board.



Sworn into office in September, Paul Lambert is our newest Fiscal Officer.



Fire Department

New Hires:

In October the Norwich Township Fire Department welcomed two new members, Alex McFarland and Caden Woodward to the department.



Township Administration

Retirement:

Assistant Fiscal Officer Ellen Woodford retired in October after serving 15 years to Norwich Township. We are grateful for and appreciate the level of professionalism and support Ellen provided throughout her years of service. Congratulations Ellen!



Promotion:

Kyle Nutter was promoted in July to Assistant Road Superintendent and Cemetery Sexton.



New Hires:

In September the Township welcomed Austin Rice as our new Road and Cemetery Laborer and Pam Hartley as our new Assistant Fiscal Officer.





NORWICH TOWNSHIP
5181 NORTHWEST PARKWAY
HILLIARD, OHIO 43026
(614) 876-7694

BOARD OF TRUSTEES

Chuck Buck
Jerry O'Shaughnessy
Tim Roberts

FISCAL OFFICE

Paul Lambert, *Fiscal Officer*
Pam Hartley, *Assistant Fiscal Officer*

ADMINISTRATION

Jamie Fisher, *Administrator*
Pam Brannon, *Administrative Assistant*

FIRE DEPARTMENT

Dave Baird, *Fire Chief*
Jake Wells, *Assistant Fire Chief*

ROAD/CEMETERY DEPARTMENT

Robbie Thomas, *Road Superintendent/Cemetery Sexton*
3225 Dublin Road
Hilliard, Ohio 43026
(614) 876-2236

ORC 9.03 Allows for Public Funds to be used for newsletters

CPR Classes



The Norwich Township Fire Department offers monthly in-person American Heart Association sponsored CPR training classes. To meet the needs of our community, NTFD offers both BLS provider CPR classes and family & friends CPR classes. All classes are held at the Safety Services Building, located at 5181 Northwest Parkway, Hilliard, Ohio 43026.

To register for either of these CPR classes, visit https://www.norwichtownship.org/departments/fire/cpr_classes.php.

Toy and Food Drive

Norwich Township Fire Department, along with Local Union 1723, is pleased to announce the annual Toy and Food drive. New toys and food in original packaging are collected all year long but are collected mainly from the Friday after Thanksgiving Day through Christmas Eve. Gifts or gift cards for teens are always a need and, regardless of date, your donation will be accepted. The primary drop-off location is at Fire Station 83 located at 4283 Davidson Road, Hilliard, Ohio 43026, however toys and food can be dropped off at any of our three fire stations.



Online Option: If you would prefer to receive our newsletters electronically, go to our website at www.norwichtownship.org and select I Want To...Read The Newsletter.

FACEBOOK - @NORWICHTWPFIRE @NORWICH.TOWNSHIP

TWITTER - @NORWICHTWPFD

TIKTOK - @NORWICH_TWP_FD

INSTAGRAM - @NORWICHTWPFD