



RETIREE RECONNECT



The Nashville Fire Department Peer Support Program is starting a new program to help our retirees to reconnect to other department members, resources and assist them with any needs they may have. We will be working hard to reach out to all retirees.

WOULD YOU LIKE TO BE CONTACTED?

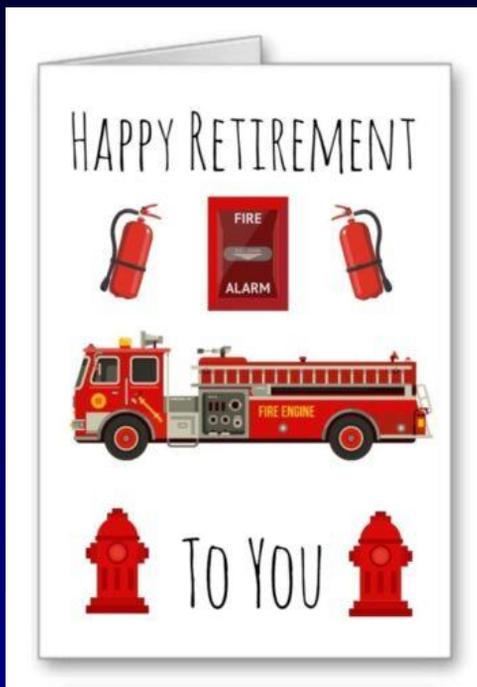


615-880-3463



NFDPeerSupport@nashville.gov

Retiring from the fire service initiates several large-scale changes in a first responder's life. Retirees' schedules, relationships, identity, finances, and health all take new shape. On top of all these changes, retirement-related emotional wellness issues begin to surface, and retirees wrestle with traumatic memories, anxiety, insomnia, depression, marital tension, and even cancer diagnoses. So, retirees find themselves juggling some major needs.



Retired first responders experience the need for belonging and support, reconnection with family, a new sense of purpose, financial organization, and successful aging. If these needs are met in healthy ways, they can help usher in a season of life that is rewarding and satisfying; if they are not adequately met, they can drive retirees toward substance abuse, isolation, aimlessness, or even suicidal ideation.

Retirees find themselves with more time on their hands than they had when they were working, and this emotional processing can become overwhelming for some. They may feel positive emotions—excitement, freedom, and accomplishment—with regard to retirement. Or, they may feel the negative emotions of ambivalence and sadness regarding the loss of professional identity, the loss of the brotherhood, anxiety, or pessimism.

Let's take a look at the five major needs retired first responders have and how retirees can meet them in emotionally well ways that enable them to enjoy their best phase of life yet.

NEED #1: BELONGING AND SUPPORT

Retired first responders need belonging. For years, first responders have been surrounded by their fellow first responders, but in retirement they immediately and almost unnaturally find a loss of their professional identity and the loss of the brotherhood.

The leap from years of constant interaction with fellow first responders into the uncomfortable quietness of home life raises the need for belonging. The rising awareness of emotion and pain related to traumatic memories raises the need for support. The safest place for a retired first responder to turn for emotional support is a peer. Peers know what they have been through. They have probably experienced something similar.

This is the reason the Nashville Fire Peer Support Program has started the Retiree Reconnect. We hope to give retired first responders the belonging and support they need from fellow retired first responders, current first responders, and appropriate resources.



NEED #2: RECONNECTION WITH FAMILY

Now that the retiree is home, the time couples spend together changes. Figuring out a balance of time spent together and apart helps couples not become overwhelmed with one another and this new phase. If the retiree is at home and the spouse is still working, role reversal can take some adjusting as well. Who will do the housework? Who will pay the bills? Are both individuals okay with the new plan? Couples often have to discover how to communicate their wants and needs as they work to reconnect.

The initiative lies with the retiree. They must find something meaningful to do with their own personal time, whether it's mentoring someone younger, volunteering at a favorite organization, taking up consulting, gardening, or traveling. Filling their days with satisfying activity and inviting their spouse to join in if they want will make them more fulfilled and ready to give more to their marriage.

Retired first responders may need to put themselves out there and become vulnerable with their spouses to reconnect. The real issue is that the retiree needs to find ways to reconnect. This transition can be difficult but hanging on to a marriage can become the most rewarding, beautiful part of their retirement.



NEED #3: A NEW SENSE OF PURPOSE

Retirement has the potential of becoming the most rewarding, meaningful time of life, and first responders, who have spent years serving others, now have the opportunity to pursue other dreams, if they have them. The right work for this season of life can be truly meaningful for a retiree, and being willing to bounce around to find the right fit helps. In finding this new purpose, retirees should explore different types of jobs (part-time vs. full-time, volunteer vs. paid), the type of boss they want to work for, or whether they want to start their own business.

Retirees choose to work for a variety of reasons, including wanting to stay active and involved, enjoying working, wanting money to buy extras, a job opportunity that presented itself, a decrease in the value of savings or investments, needing money to make ends meet, keeping health insurance or other benefits, or trying a different career. Whatever the motivation, continuing to have a meaningful occupation is good for them.

Retirement should be about family, fun, adventure, projects, occupation, and memory building. The bottom line is balance. However, retired first responders decide to spend their time, it should meet the need for a new sense of purpose. By planning for the future, analyzing their interests, and making a shared vision for life with their spouses, retirees can begin to pinpoint purposeful work that truly excites them for this new phase.



NEED #4: FINANCIAL ORGANIZATION

When first responders retire, income is one of the losses they grieve. Retirement can last for 30 years at the upper end, and that leaves retirees with a need for funds to provide for medical expenses, living expenses, and hobbies or adventures. Having a healthy retirement means laying a sustainable financial foundation. By defining retirement goals, considering the financial benefits associated with retiring from the fire service, and analyzing personal savings and investments, a retiree can determine the level of risk he can tolerate and what future plans will look like.

A financially sustainable retirement should start with making a retirement budget and taking it for a test drive to see how it fits the family's needs. Paying off debt and setting aside an emergency fund will bring peace of mind. Simplifying financial commitments will relieve pressures on the budget. Then, the retiree can assess what other streams of income will provide for the family—pension, fixed annuities, spouse's social security, and other personal investments. These streams of income should aim to cover fixed expenses and provide additional budget space to pursue personal interests.

Retirees should feel the need to be financially organized and, considering all the options, should decide whether they want to work. Thinking through these financial considerations will help retirees to enjoy their retired time without stress.



NEED #5: SUCCESSFUL AGING

The fifth need retired first responders have is for successful aging. According to Mitch Anthony, author of *The New Retirementality*, successful aging means living with vitality, continuing to challenge oneself mentally and physically, continuing to move forward, trying new things, and treating oneself as if he has many more years to live.

One of the ways retirees can begin to envision a successful aging into their future is to picture someone who has aged well. Anthony refers to these individuals as “retirementors.” They set the example for how to approach this new, final season of life. They go and do something with their retirement. They use their time and energy for their good and the good of others.

Retirees should challenge themselves to try new things. This opens the door for them to find what interests them: travel, writing, teaching, mentoring, relaxing, going back to school, learning a new skill, developing a new hobby, finishing unfinished projects, consulting, starting a new business, getting a part-time job, volunteering, or getting involved in the community.

For many, the highest value in retirement is giving back. After years of work and accumulating experience, retirees are ready to pass on information, coaching, and support to the younger generations. Giving back to younger generations provides new purpose, self-identity, and fulfillment. Retired first responders truly have so much to offer to younger first responders, and it really is a win-win situation for both: Retirees feel purpose; active first responders feel empowered and equipped.

CRISIS

- **National Suicide Hotline – 988 or (800) 273-8255**
- **24/7 Text -988 or 741741**
- <https://suicidepreventionlifeline.org/>
- **Centerstone Crisis Call Center –(800) 681-7444**
- <https://centerstone.org/programs/crisis-call-center/>
- **Safe Call Now (First Responders) Crisis Line –(206) 459-3020**
- [Home | Safe Call Now \(safecallnowusa.org\)](https://safecallnowusa.org/)
- **Police Department Professional Wellness Section –(615) 862-7887**
- [Police Department Professional Wellness Section | Nashville.gov](https://www.nashville.gov/police-professional-wellness-section)
- **The Crisis Center (For Domestic Violence) -(888) 247-7472**
- [24 Hour Crisis Line | Crisis Center \(thecrisiscenter.org\)](https://www.thecrisiscenter.org/)
- **Mental Health Cooperative-Nashville – (615) 726-0125**
- Emergency Psychiatric Services (Adults & Children)
- <https://www.mhc-tn.org/>
- **Alcoholics Anonymous (800) 854-6025**
- <https://www.aa.org/>
- **Narcotics Anonymous (888) 633-3239**
- <https://na.org/>
- **Gambling Anonymous Call or Text 800-522-4700**
- <http://www.gamblersanonymous.org/ga/>

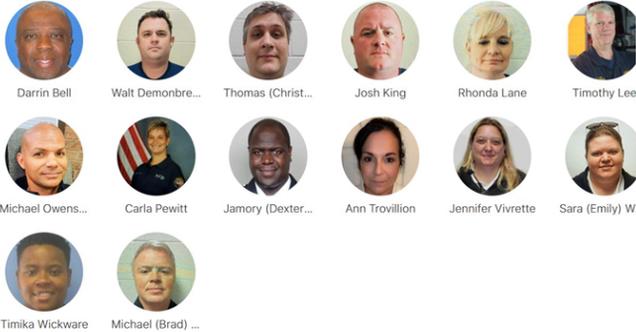
HOTLINE

Approved Peer Support Members



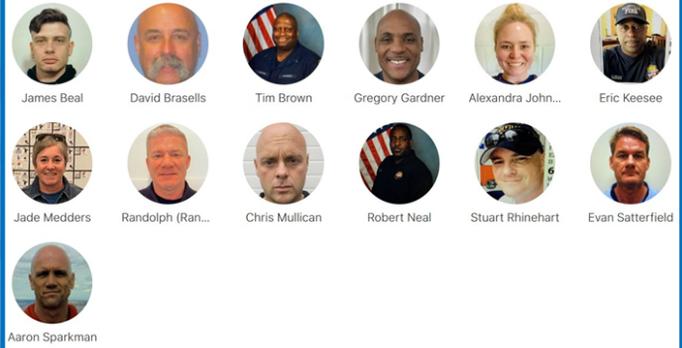
A Shift Suppression	Rank
Bell, Darrin A.	Firefighter
Demonbreun iii, Walter E.	Engineer
King, Joshua D.	Firefighter
Lane, Rhonda R.	Firefighter
Pewitt, Carla I.	Engineer
Stills, Jamory (Dexter)	Firefighter
Wickware, Timika E.	Engineer
Willoughby, Michael (Brad)	Captain

A Shift EMS	Rank
Elam, Thomas (Christian)	EMS Paramedic
Lee, Timothy B.	EMS Paramedic
Owens-Masters, Michael A.	EMS Paramedic
Trovillion, Ann L.	EMS District Chief
Vivrette, Jennifer L.	EMS Paramedic
Weeks, Sara (Emily) (EP)	EMS Paramedic



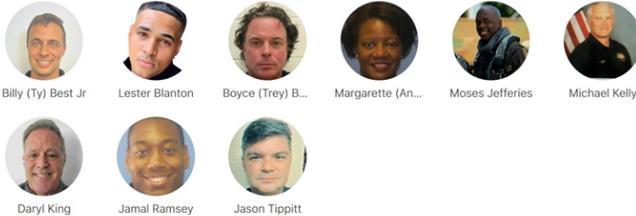
B Shift Suppression	Rank
Brasells, David J.	Engineer
Brown, Tim E.	Engineer
Gardner, Gregory A.	Engineer
Keesee, Eric A.	Engineer
Medders, Jade L.	Engineer
Mullican, Christopher	Captain S
Neal, Robert A.	Captain U
Satterfield, Evan N.	Firefighter
Sparkman, Aaron L.	Captain U

B Shift EMS	Rank
Beal, James B.	EMS EMT
Johnson, Alexandra C.	EMS EMT
Middleton, Randolph A.	EMS Paramedic
Rhinehart, Stuart W.	EMS District Chief



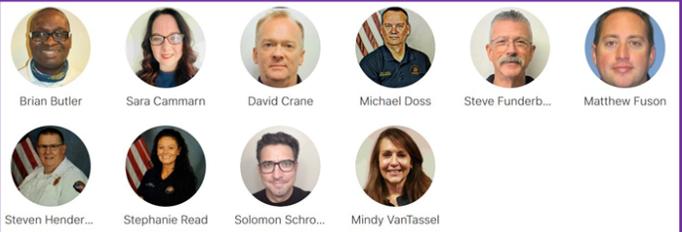
C Shift Suppression	Rank
Best, William J. (Ty)	Firefighter
Blanton jr, Lester L.	Firefighter
Byrum iii, Boyce L. (Trey)	Engineer
Dashiell, Margarette (Ann)	Engineer
Jefferies iv, Moses	District Chief
Kelly, Michael W.	Captain U
King, Daryl T.	District Chief
Ramsey, Jamal L.	Firefighter
Tippitt, Jason W.	Engineer

C Shift EMS	Rank
Billy (Ty) Best Jr	
Lester Blanton	
Boyce (Trey) B...	
Margarette (An...)	
Moses Jefferies	
Michael Kelly	
Daryl King	
Jamal Ramsey	
Jason Tippitt	



D Shift EMS	Rank
Fuson, Matthew L.	EMS District Chief
Read, Stephanie M.	EMS EMT
VanTassel, Mindy A.	EMS EMT

Days	Rank
Butler, Brian K.	Admin Captain
Cammarn, Sara E.	EMS EMT
Crane, David	OEM
Doss, Michael E.	Retired
Funderburke, Stephen S.	Fire Instructor
Henderson, Steven D.	Retired
Schroeder, Solomon D.	Captain U



NEED MORE INFORMATION?

METRO NASHVILLE GOVERNMENT LINKS

[Service Pension Retirement Benefits](#)

[Dental Plan Benefits for Employees and Pensioners](#)

[Vision Plan Benefits for Employees and Pensioners](#)

[Life Insurance Benefits for Employees and Pensioners](#)

[Eligible Dependents of Employees and Pensioners](#)

[Retiree Medical Premium Indexing](#)

[Pensioner Benefit Plans](#)

[Medical Plan Benefits for Pensioners](#)

[Pensioner Benefits Resources, Forms and Notices](#)

[Disability Compliance](#)

USEFUL LINKS

• [Apply for Medicare](#)

• [Social Security Retirement Estimator](#)

MENTAL HEALTH RESOURCES



<https://www.behavioralhealthdecon.com/>