

CRIME FIGHTER

The Safety Newsletter of the Oro Valley Police Department

Second Quarter 2013

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Caring for Elders - 7 Tips for Preserving Dignity

By Hal Robertson



As elders continue to age and become dependent on others for all or part of their care,

they can feel a sense of worthlessness and low self-esteem or lost dignity.

Following the 7 tips below can go a long way to helping you maintain your elder's dignity.

1. Never demand to help your elder - only offer your assistance.

2. Go out of your way to ensure that your elder always has money in their wallet or pocketbook. By ensuring your elder has money - say 10 \$1 bills for example - they will know they are still an adult and one that can be trusted with money.

3. Always be at the same level as your elder when speaking with them.



If they are in a wheelchair, be sure that you are sitting in a chair as well. Never give them the impression that you are "above" them

because you are always physically looking down to them.

4. When speaking with your elder, do so no closer than 3 feet.

5. Always ask your elder to help with various tasks around the house that they can physically handle. Doing so will let them know that you value their assistance and it will make them feel wanted and worthwhile.

6. Always be positive when discussing their opinions, possessions and preferences for the way things are done around the house.

7. Always encourage your elder to offer suggestions for their care as well as other choices that impact their daily life. Never dictate to your elder. When you have an opposing view, engage them and explain why certain decisions have to be made, but do your best to allow them to have input.



By following these simple tips, you can have a profound positive impact on your elder's life. Not only will they be able to maintain their dignity, but you will both live a happier life.



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Crime Prevention Through Environmental Design

Home Security

by Officer Lopez, Crime Prevention, OVPD

Last issue of the Crime Fighter we explored the CPTED concept of lighting. Lighting is a major deterrent to preventing crime. In general, criminals do not want to be seen. We learned that types, quantity, and quality of lighting can greatly affect visibility. The issues we will explore are Defensible Space and Territoriality. Look for the next issue where we will learn about Surveillance and Landscaping.

A Home Security inspection is performed by a community resource officer. They will come to your home and conduct a detailed security inspection of the inside and outside of your residence. They will make recommendations to you on what security measures you could take to keep your residence as safe as possible.

This is a *free* program that is provided to the members of the Oro Valley community.

Call the OVPD Community Resource Unit at (520) 229-5080 if you would like to take advantage of this valuable service.

Defensible Space

By Robert A. Gardner, CPP

To provide maximum control, an environment is first divided into smaller, clearly defined areas or zones. These zones become the focal points for the application of the various CPTED elements. "Defensible space" is the term used to describe an area that has been made a "zone of defense" by the design characteristics that create it.

Under the defensible space guidelines, all areas are designated as either public, semi-private or private. This designation defines the acceptable use of each zone and determines who has a right to occupy it under certain circumstances.

Public Zones: These areas are generally open to anyone and are the least secure of the three zones.

This is particularly true when the zone is located within a building or in an area with uncontrolled access and little or no opportunity for close surveillance.

Semi-private Zones: These areas create a buffer between public and private zones and/or serve as common use spaces, such as interior courtyards. They are accessible to the public, but are set off from the public zone. This separation is accomplished with design features that establish definite transitional boundaries between the zones.

Private Zones: These are areas of restricted entry. Access is controlled and limited to specific individuals or groups. A private residence is a good example of a private zone.

Division between zones is generally accomplished with some type of barrier. These can be either physical or symbolic.

Physical barriers, as the name implies, are substantial in nature and physically prevent movement. Fencing, some forms of landscaping, locked doors, and the like are examples of physical barriers.

Symbolic barriers are less tangible. Nearly



After CPTED

Before CPTED

Crime Prevention Through Environmental Design Cont.

anything could serve as a symbolic barrier. The only requirement is that it define the boundary between zones. This type of barrier does not prevent physical movement. All that is required is that it leave no doubt that a transition between zones has taken place. Low decorative fences, flower beds, changes in sidewalk patterns or materials, and signs are examples of symbolic barriers.

Territoriality

Territoriality involves an individual's perception of, and relationship with, the environment. A strong sense of territoriality encourages an individual to take control of his or her environment and defend it against attack.

A sense of territoriality is fostered by architecture

that allows easy identification of certain areas as the exclusive domain of a particular individual or group. This feeling is enhanced when the area involved is one the individual can relate to with a sense of pride and ownership. It is not enough for a person simply to be *able* to defend his environment, he must also *want* to defend it. That "*want*" results from territorial feelings of pride and ownership.

The term *ownership* when used in this context does not necessarily mean actual legal ownership. It can be, and very often is, a perceived ownership resulting from an individual's relationship with the environment. Office workers, for instance, may feel a sense of ownership for the office in which they work.

Recover from Identity Theft

What are the steps I should take if I'm a victim of identity theft?

If you are a victim of identity theft, take the following four steps as soon as possible, and keep a record with the details of your conversations and copies of all correspondence.

1. Place a fraud alert on your credit reports, and review your credit reports.

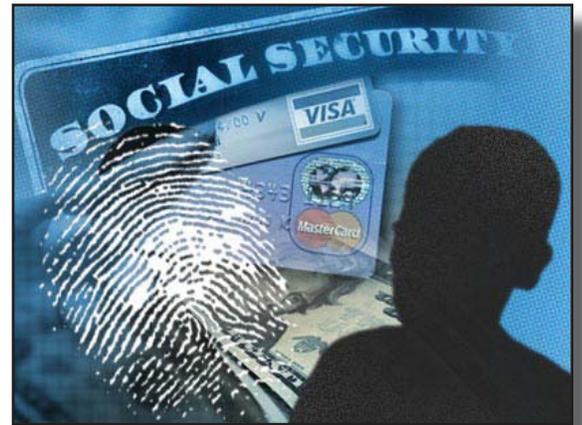
Fraud alerts can help prevent an identity thief from opening any more accounts in your name. Contact the toll-free fraud number of any of the three consumer reporting companies below to place a fraud alert on your credit report. You only need to contact one of the three companies to place an alert. The company you call is required to contact the other two, which will place an alert on their versions of your report, too. If you do not receive a confirmation from a company, you should contact that company directly to place a fraud alert.

TransUnion: 1-800-680-7289; www.transunion.com; Fraud Victim Assistance Division, P.O. Box 6790, Fullerton, CA 92834-6790

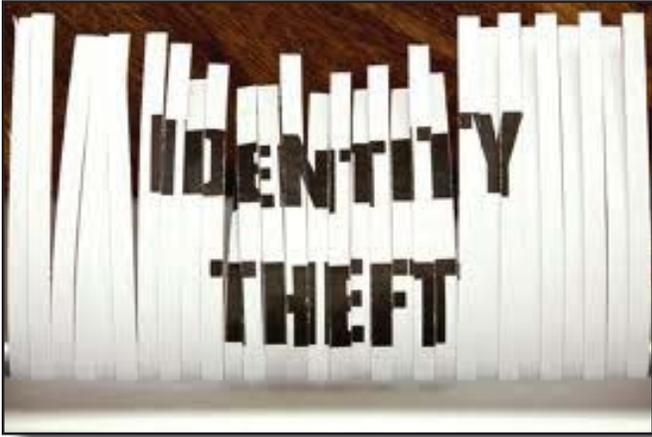
Equifax: 1-800-525-6285; www.equifax.com; P.O. Box 740241, Atlanta, GA 30374-0241

Experian: 1-888-EXPERIAN (397-3742); www.experian.com; P.O. Box 9554, Allen, TX 75013

Once you place the fraud alert in your file, you're entitled to order one free copy of your credit report from each of the three consumer reporting companies, and, if you ask, only the last four digits of your Social Security number will appear on your credit reports. Once you get your credit reports, review them carefully. Look for inquiries from companies you haven't contacted, accounts you didn't open, and debts on your accounts that you can't explain. Check that information, like your Social Security number, address(es), name or initials, and employers are correct. If



Recover from Identity Theft Cont.



Continue to check your credit reports periodically, especially for the first year after you discover the identity theft, to make sure no new fraudulent activity has occurred.

2. Close the accounts that you know, or believe, have been tampered with or opened fraudulently.

Call and speak with someone in the security or fraud department of each company. Follow up in writing, and include copies (NOT originals) of supporting documents. It's important to notify credit card companies and banks in

writing. Send your letters by certified mail, return receipt requested, so you can document what the company received and when. Keep a file of your correspondence and enclosures.

3. File a complaint with the Federal Trade Commission.

You can file a complaint with the FTC using the online complaint form; or call the FTC's Identity Theft Hotline, toll-free: 1-877-ID-THEFT (438-4338); TTY: 1-866-653-4261; or write Identity Theft Clearinghouse, Federal Trade Commission, 600 Pennsylvania Avenue, NW, Washington, DC 20580. Be sure to call the Hotline to update your complaint if you have any additional information or problems.

4. File a report with your local police or the police in the community where the identity theft took place.

Seat Belt Use in 2012 - Overall Results



Seat belt use in 2012 reached 86 percent, a significant increase from 84 percent in 2011. This result is from the National Occupant Protection Use Survey (NOPUS), which is the only survey that provides nationwide probability based observed data on seat belt use in the United States.

The NOPUS is conducted annually by the National Center for Statistics and Analysis of the National Highway Traffic Safety Administration. Seat belt use has shown an increasing trend since 1994, accompanied by a steady decline in the percentage of unrestrained passenger vehicle (PV) occupant fatalities during daytime.

The 2012 survey also found the following:

- Seat belt use for occupants in the South increased significantly from 80 percent in 2011 to 85 percent in 2012.
- Seat belt use continued to be higher in the States in which vehicle occupants can be pulled over solely for not using seat belts ("primary law States") as compared with the States with weaker enforcement laws ("secondary law States") or without seat belt laws.
- Seat belt use increased significantly in 2012 as compared to 2011 among drivers, right-front passengers, occupants in primary law States as well as in secondary law States, occupants traveling during weekdays, and across occupants of all vehicle types.

Since 1983, our nation has observed May 25th as National Missing Children's Day. First proclaimed by President Ronald Reagan and observed by every administration since, May 25th is the anniversary of the day in 1979 when 6-year-old Etan Patz disappeared from a New York street corner on his way to school.

His story captivated the nation. His photo, taken by his father, a professional photographer, was circulated nationwide and appeared in media across the nation and around the world. Etan became the poster-child for a movement. The powerful image came to symbolize the anguish and trauma of thousands of searching families.

The widespread attention brought to Etan's case and several others eventually led to a nationwide commitment to help locate and recover missing children. National Missing Children's Day honors this commitment by reminding parents, guardians, and others to make child safety a priority and take 25 minutes to talk about child safety.

OVPD hosts a Take 25 Digital Child ID Event

The OVPD will be providing digital child identification "Bio-Docs". Bio-Docs provide law enforcement with vital information should your child be kidnapped, run away or is lost. The Bio-Doc includes a digital photograph, digital fingerprints, personal descriptors, parent(s) information and emergency phone numbers, all printed on a handy, single sheet of card stock. This service is free of charge.

Where: Oro Valley Market Place
Walmart Supercenter
2150 East Tangerine

When: May 25, 2013

Time: 10 a.m. – 2 p.m.



The OVPD does not keep any information.

At Home

- Teach children their full names, address, and home telephone number. Make sure they know your full name.
- Make sure children know how to reach you at work or on your cell phone.
- Teach children how and when to use 911, and make sure they have a trusted adult to call if they're scared or have an emergency.
- Instruct children to keep the doors locked and not to open doors to talk to anyone when they are home alone.
- Choose babysitters with care. Once you have chosen the caregiver, drop in unexpectedly to see how your children are doing. Ask children about their experience and listen carefully to their responses.

Going to and from School

- Walk or drive the route to and from school with children, pointing out landmarks and safe places to go if they're being followed or need help.
- Remind children to take a friend whenever they walk or bike to school and to stay with a group at the bus stop.
- Caution children never to accept a ride from anyone unless you have told them it is okay to do so in each instance.

Out and About

- Take children on a walking tour of the neighborhood, and tell them whose homes they may visit without you.
- Teach children to ask permission before leaving home.
- Remind children not to walk or play alone outside.
- Remind children it's okay to say no to anything that makes them feel scared, uncomfortable, or confused. Teach children to tell you if anything or anyone makes them feel this way.
- Teach children to never approach a vehicle, occupied or not, unless they are accompanied by a parent, guardian, or other trusted adult.
- Practice "what-if" situations and ask children how they would respond. "What if you fell off your bike and you needed help? Who would you ask?"
- Teach children to check in with you if there is a change of plans.
- During family outings, establish a central, easy-to-locate spot to meet should you get separated.
- Teach children how to locate help in public places. Identify people who they can ask for help, such as uniformed law enforcement, security guards, and store clerks with nametags.
- Help children learn to recognize and avoid potential risks, so that they can deal with them if they happen.
- Teach children that if anyone tries to grab them, they should make a scene and make every effort to get away by kicking, screaming, and resisting.

On the Net

- Learn about the Internet. Visit www.NetSmartz.org for more information about Internet safety.
- Place the family computer in a common area, rather than a child's bedroom. Monitor their time spent online and the websites they've visited, and establish rules for Internet use.
- Know what other access children have to the Internet at school, libraries, or friends' homes.
- Use privacy settings on social networking sites to limit contact with unknown users, and make sure screennames don't reveal too much about children.
- Encourage children to tell you if anything they encounter online makes them feel sad, scared, or confused.
- Caution children not to post revealing information or inappropriate photos of themselves or their friends online.

Proudly Sponsored by:



Mark Your Calendar

Shred-A-Thon

Date: Saturday, April 27

Time: 10 a.m. – 2 p.m.

Location: Target (First & Oracle)

Help prevent identity theft!

Shred your unwanted paper materials, such as billing statements, receipts and anything containing your personal information. There is no need to remove staples or paperclips.

The first two boxes, per person, are FREE! Additional boxes will be shredded for \$10 a box.

Dispose-A-Med Oro Valley

Dates/Times:

April 27 10 a.m. – 2 p.m.

(National Dispose-A-Med)

June 15 8 a.m. -Noon

August 17 8 a.m. -Noon

October 12 10 a.m. – 2 p.m.

December 7 10 a.m. – 2 p.m.

Location: Target (First & Oracle)

Clean out your medicine cabinets and protect our youth.

Bring your unused medications for proper disposal. We accept pills, liquids, needles and syringes.

Medication bottles will be donated to the Pima Animal Care Center.

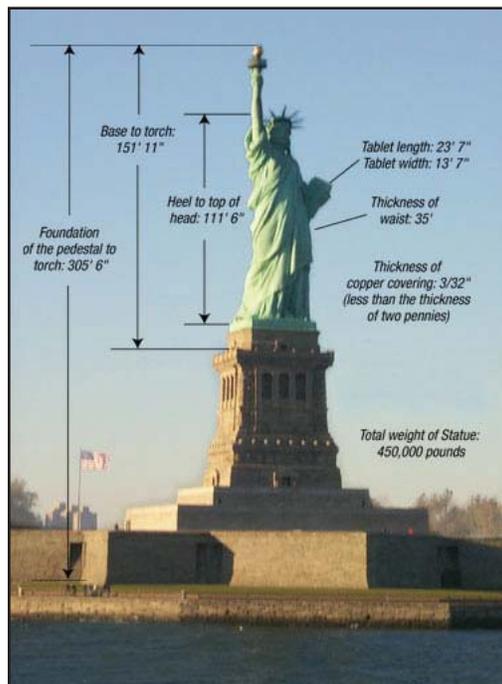
Statue of Liberty Fun Facts

If you have ever visited the Statue of Liberty in person, you already know she's an imposing figure, but consider the following fun facts:

- Official dedication ceremonies held on Thursday, October 28, 1886
- Total overall height from the base of the pedestal foundation to the tip of the torch is 305 feet, 6 inches
- Height of the Statue from her heel to the top of her head is 111 feet, 6 inches
- The face on the Statue of Liberty measures more than 8 feet tall
- There are 154 steps from the pedestal to the head of the Statue of Liberty
- A tablet held in her left hand measures 23' 7" tall and 13' 7" wide inscribed with the date JULY IV MDCCLXXVI (July 4, 1776)
- The Statue has a 35-foot waistline
- There are seven rays on her crown, one for each of the seven continents, each measuring up to 9 feet in length and weighing as much as 150 pounds
- Total weight of the Statue of Liberty is 225 tons (or 450,000 pounds)
- At the feet of the Statue lie broken shackles of oppression and tyranny
- During the restoration completed in 1986, the new torch was carefully covered with

thin sheets of 24k gold

- The exterior copper covering of the Statue of Liberty is 3/32 of an inch thick (less than the thickness of two pennies) and the light green color (called a patina) is the result of natural weathering of the copper



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POLICE

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