

THE MONTHLY UPDATE

This mailing includes your neighborhood crime reports (for OCPD neighborhoods) and information that we think will be of interest to OKC metro area residents. Please forward this information to your neighborhood newsletter editor and/or webmaster so that they can share it with the neighborhood. Everything in this insert is free for you to re-use!



Partners for Injury Prevention

Major Louie Marschik, OCFD

Nearly 2,000 Oklahomans die every year from an unintentional Injury (OSDH). Unintentional injuries are the leading cause of premature death among all health conditions (OSDH). The cost for medical care and loss of work, as a result of these preventable injuries, are in the billions nationally. The emotional burden is too high to calculate.

With proper education and an attitude hungry for change, we can reduce these numbers. A partnership (team) is being assembled to address injury prevention in Oklahoma. This team consists of the Oklahoma City Fire Department, Schools for a Healthy Lifestyle, and the University of Central Oklahoma.

We also have many team players whose specialties will greatly assist this program to include: Safe Kids, Oklahoma State Dept. of Health, OU Medical Center, Consumer Product Safety Commission, Integris Baptist Burn Center, Wellness Now Health, National Safety Council, AAA, Latino Community Development Agency, The Children's Center Rehabilitation Hospital, Center for Disease Control, and the OSU Extension – ATV Ride Safe Oklahoma.

Since we are in the early stages, we anticipate recruiting more team players to assist with the program. With spring winding down, I would like to wish all our teachers and patrons a safe, fun and relaxing summer.

Water Safety . . .

Annually, we lose 10 Oklahoma Children under the age of 5 due to drowning. NEVER leave a child unsupervised around water.



Bike Safety... Properly fitted helmets can reduce the risk of head injuries by at least 45%.



With the 4th of July right around the corner, please remember to NEVER give fireworks to small children.

Working to create safe,
attractive and healthy neighborhoods
throughout Central Oklahoma
www.nacok.org



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Upcoming Neighborhood Organizing & Officer Training

- **Monday, July 11, 6pm (for Voluntary Neighborhood Associations)**
- **Tuesday, July 12, 6pm (for Homeowner Associations with Mandatory Dues)**

These informal sessions are open to anyone who wants to find out how to get their neighborhood or HOA organized and/or learn more about being a neighborhood officer. **If you've just been elected, you don't want to miss it!**

Please note that there are now two different sessions: on the first Monday of each month we'll meet with voluntary neighborhood associations and on the first Tuesday with HOAs that have mandatory dues. A light dinner is served. The workshop is free but seats are limited. Reserve online at nacok.org/events/ or call 528-6322.

The Cleveland County Master Gardener Association

Demonstration and Teaching Gardens are open for tours! The tours are an educational and free service open to the public. The gardens are open 9am to 12pm, Saturday mornings, weather permitting. Some of this year's garden themes include: square foot gardens, Oklahoma native plant beds, a dreamcatcher garden, xeriscape gardens, shade gardens, tropical beds, Veteran's Honor bed, a cutting garden, herb gardens, a fairy garden, plus check out the composters in our Worm Hotel! Come see our new bridges, pergolas, bubbler, and walkways to get ideas for your backyard. Our Master Gardeners have handpicked plants to demonstrate what can be grown successfully in Oklahoma. This garden is a gem which needs to be on your summer to-do list! We are located in the Southwest corner of the Cleveland



County Fairgrounds, 601 E Robinson, Norman, OK. For more information please call the Extension office at [405-321-4774](tel:405-321-4774).

Breathe Easier this Summer by Catching the Bus

EMBARC Offers Free Bus Fares During Ozone Season

If you live in Oklahoma, you can expect hot days in the summer, but you may not expect that oppressive heat to also result in higher ground level ozone and poor air quality. Last year, Oklahoma City received an "F" for our number of high ozone alert days on the [State of the Air report card by the American Lung Association](#).

In 2011, EMBARK launched a **Third Fridays Free** program, when all bus routes are free. This year, the program has been expanded to include Spokies downtown bike share. EMBARK is encouraging people who don't normally ride the bus or cycle to try it, reduce their emissions and do their part to improve air quality. The first Third Fridays Free of the ozone season is May 20.

"We see reduced air quality due to pollutants and diesel exhaust particles in Oklahoma during the heat of summer and this can be difficult for those with asthma," says Amy Darter, M.D., Medical Director for the Oklahoma Institute for Allergy and Asthma. "Poor air quality can make breathing more difficult and exacerbate asthma." For the [one in ten adults and children in Oklahoma who suffer from asthma](#), ozone alert days signal trouble with increased lung inflammation and difficulty breathing. Breathing ground-level ozone is akin to getting a sunburn on healthy lungs and can cause irritation, burning, inflammation and difficulty breathing. "Taking the bus or carpooling is a simple way to help improve the quality of air we all breathe," adds Dr. Darter.

During ozone season, EMBARK offers free rides on every route and membership fees are waived at all Spokies stations, every Third Friday: May 20, June 17, July 15, Aug. 19 and Sept. 16. On Third Fridays Free, you can get to work or school, run errands and attend events around the city while doing your part to help your friends and neighbors breathe easier, simply by taking the bus or by hopping on a Spokies bike while you're downtown. Besides helping improve air quality, riding one of EMBARK's clean, air-conditioned buses saves money on gas and allows you to work or surf using the free Wi-Fi.

"People take the bus for many reasons," says Jason Ferbrache, EMBARK Administrator. "We're encouraging people who have never tried EMBARK to use Third Fridays Free to explore a different way to get around Oklahoma City. Go to lunch with friends, run errands after work, catch a ride to a Thunder game." Planning your route, even for first-time riders, is easy and convenient. Visit www.embarkok.com to see bus schedules and routes or visit www.spokiesokc.com. You'll find interactive maps, a journey planner, and downtown Spokies stations.

COFFEE WITH A COP



Panera Bread and Neighborhood Alliance would like to invite you to **Coffee with a Cop**. Join us at one of the following locations this year to meet your Police Community Relations Officer. Free coffee will be provided to the first 45 neighbors at each event. Coffee with a Cop will be held from 8-10am on the dates listed below.

Dates	Panera Bread Location
• July 6, 2016	4401 W Memorial Road
• August 3, 2016	6410 SW 3 rd Street
• September 7, 2016	6800 N Western Avenue
• October 5, 2016	10600 S Pennsylvania Avenue

A word from one of our Police Community Relations Officers:
MSgt. Robert Skalla, Hefner Patrol Division PCR

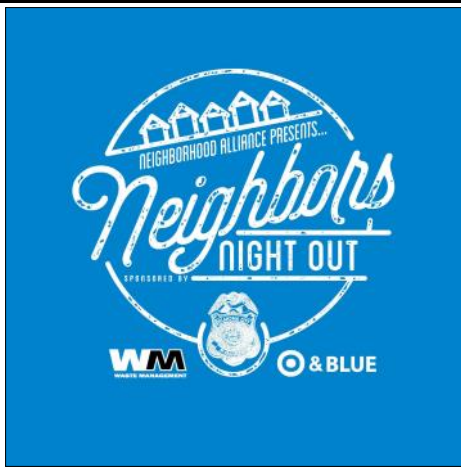
MORE CONFLICT RESOLUTION NEEDED

It is that time of year again when we generally see an increase in assaults and violence. The Oklahoma City Police Department recommends de-escalation strategies in order to reduce the risk of violence and criminal assaults. As the temperature rises, tempers rise, anger rises, self-control is diminished and all too often, we are called because violence won over rational thinking. Conflict is a part of our everyday lives. We disagree with members of our family, we become aggravated when another driver cuts us off, we have problems with fellow employees at work. Conflict is a natural experience for all of us. Although conflict cannot always be avoided, anger, aggression and violence associated with conflict can be. We can all learn to manage conflict so that it does not dominate or control us. Listed below are a few skills recommended for managing conflict.

Understanding your own feelings about conflict: This means recognizing your “triggers,” - words or actions that immediately provoke an emotional response, like anger. It could be a facial expression, a tone of voice, a pointing finger or a certain phrase. Once you know your “triggers,” you can better control your emotions!

Active listening: Go beyond hearing just words; try to understand what the other person is saying. Listen carefully, instead of thinking about what you are going to say next. Active listening requires concentration and body language that says you are paying attention. Being a good listener generally does not come naturally. It is a skill that you must deliberately seek to possess. Everyone can be a good listener if we just work at it!

Generate options for resolving conflict: Many people can think of only two ways to manage conflict- fighting or avoiding the problem. Get the facts straight. Brainstorm all ideas that might help resolve the argument, and discuss the pros, cons and consequences. Remember violence is not the answer, but is usually a learned behavior from an experience. Take control by being resolved to remain calm, cool and collected!



Neighbors Night Out will be celebrated on Tuesday, October 4 , 2016

Neighborhood events can range from something as simple as a porch vigil encouraging neighbors to sit and socialize on their porch or front yard, to fully-catered affairs with bounce houses and hundreds of attendees. Regardless of size, these events are an opportunity for you, your neighbors and local businesses to forge relationships and build community.

NNO is Hosted by Neighborhood Alliance, Oklahoma City Police Department, Oklahoma City Fire Department, Waste Management and local Target Stores. Thousands of OKC Metro Area citizens at over 90 Neighborhood Events celebrated **Neighbors Night Out** in 2015. We want to recruit and include even more neighborhoods for 2016!

Neighbors Night Out Planning Workshop

Every year we have neighborhoods ask for assistance with planning and hosting Neighbors Night Out events. This year we are hosting our first NNO planning workshop. This meeting will help you prepare for your NNO event. Neighborhood Alliance staff and neighborhood leaders from across OKC will share great tips and tricks to help your neighborhood have a fantastic event!

Date and Time:

Thursday, June 23, 2016
6:30 pm to 8:00 pm

Location:

Metro Career Academy
1901 Springlake Drive
Oklahoma City, Oklahoma

Register for the workshop and get more information about Neighbors Night Out at www.nacok.org

Recycle Mercury Thermostats

Oklahoma City's Public Works Stormwater Quality Division operates the **Household Hazardous Waste Collection Facility** at 1621 S. Portland, where mercury thermostats can be dropped off for recycling during business hours. The facility is open Tuesday through Friday, 9:30 am to 6 pm, and on Saturday, 8:30 am to 11:30 am. The center is free to Oklahoma City residents, but you must bring your City water bill as proof of residency.

Mercury is a heavy metal that represents a threat to human health and the environment when released into the environment. An average wall thermostat contains 4 grams of mercury, the equivalent of 800 compact fluorescent lights. Preventing toxins like mercury from entering the waste stream plays a critical role in protecting our environment and water supply.

For additional convenience, the Oklahoma Department of Environmental Quality has partnered with Covanta Tulsa and Locke Supply to provide another way to responsibly recycle mercury thermostats. Contractors and homeowners can deliver the out-of-use mercury thermostats to any Locke Supply location across the state for recycling. You can locate the nearest Locke Supply location at: www.lockesupply.com/locations.php.