

NEIGHBORHOOD WATCH



The Lake Havasu Neighborhood Watch program is always looking to expand!

If you or someone you know is interested in sharing captain responsibilities for a current group, or who want to get involved with their own Block Watch, contact Kathy Stewart, Lake Havasu City Police Department's Watch Coordinator.

Police Dept. Lobby Restrictions

Due to health concerns surrounding the COVID-19 virus and to protect citizens and police dept. personnel, all in person lobby transactions for dog licensing are suspended until June 1, 2020. Please mail to the police dept. or complete online at www.lhcaz.gov/police/animals-pets

If this causes a delay, all late fees will be waived for dog license renewals between March 1, 2020 and May 31, 2020.

If it is not necessary to come into the lobby of the police dept., please consider using the city website, www.lhcaz.gov to submit crime reports, request reports or call our non-emergency number 928 855-1171

Did you go to the Havasu Night Out Block Party Event ?



A good time was had by all!



Lake Havasu City Police
Department
2360 McCulloch Blvd. N.
Lake Havasu City, AZ 86403

Phone: (928) 855-1171
Non-Emergency Dispatch
(928) 855-4111

We're on the web!
lhcaz.gov/police



Dates to
Remember...

April 1—April fools
April 1—Census Day
April 10—Good Friday
April 12—Easter
April 22—Earth Day
May 5—Cinco de Mayo
May 10—Mother's Day
May 25—Memorial Day
June 14—Flag Day
June 21—Father's Day

MANY EVENTS HAVE
BEEN CANCELLED

STAY HEALTHY-WASH
YOUR HANDS-LIVE
LIFE-HOLD YOUR
LOVED ONES NEAR!

your Neighborhood
Watch Coordinator
Kathy Stewart
(928) 855-1171 ext
5335

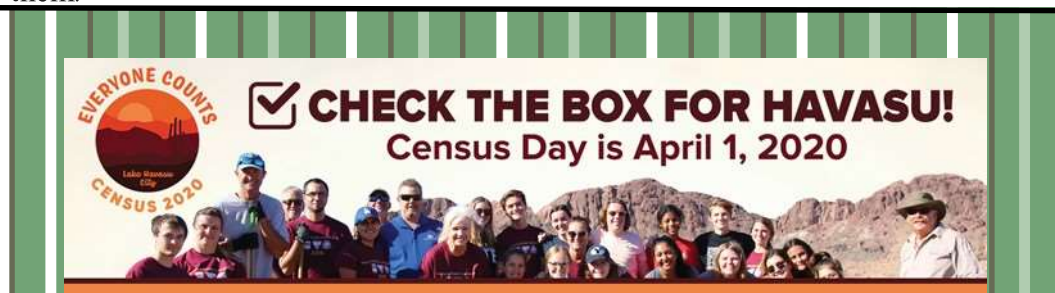
TEN WAYS TO IMMEDIATELY IMPROVE YOUR NEIGHBORHOOD

Report crime as soon as possible. Whether the issue is graffiti, petty vandalism or something much more serious, police cannot act without first hearing about the problem from you. Calling won't guarantee that police can fix the problem, but failing to call can guarantee that they won't. Don't assume someone else has already called, make the call yourself. For **Emergencies call 911**, for **non-emergencies call (928) 855-4111**.

Report nuisances and other noncriminal problems promptly. Examples of these items are junked cars on lawns and in the street, old mattresses left to rot in the backyard, broken furniture on porches, garbage piling up. When you find yourself thinking, "Someone ought to do something about that"-do something. Call code enforcement, landlords, residents, local business owners, or any other person or agency that may have influence on the issue. Then call your neighbors and ask those who are also concerned to report the issue as well. **To report crime; online go to: lhcaz.gov/police. You can call Code Enforcement at (928) 453-4149 or you can also file a [Code Enforcement complaint online](http://lhcaz.gov/development-permitting/code-enforcement) at lhcaz.gov/development-permitting/code-enforcement.**

Take away the opportunity for crime. Think about your home, your car and even your lifestyle and ask what you could change to take away the opportunity for crime. Lock your car and never leave valuables, even for a few minutes in the car. Trim bushes or trees on your property that offer too-convenient hiding places. Also, trim where trees and bushes block clear view of your front door, or make it difficult for a person to see out the windows of your home. Make your front porch visible and make sure your home looks like it has eyes on the neighborhood.

Introduce yourself to your neighbors. Make a list of names and phone numbers of every neighbor on your block. Set a goal of at least 10 neighbor contacts. Each citizen is responsible for their own neighborhood. Any citizen who has turned around a problem block is a citizen who really knows the people who live there. Did you grow up in a neighborhood where everyone knew each other? That is rare today. Neighborhoods have changed, but realize that you can fix it. It makes a huge difference to know your neighbors and be able to talk to them.



Know the names of neighborhood kids and their friends. This can make a profound difference should there be a need for adults and young people to talk to each other in cases of emergency. It is difficult to help form a safe and supportive community for children without the adults and children knowing each other. Even those without children should know to whom the various children in the neighborhood belong. Every adult will be better able to help in an emergency and will be better prepared to discuss problems if they arise.

Make a list of landlords in your area. As owners of property in the community, landlords are responsible to the neighborhood and should be concerned with the health of that neighborhood. You can easily find out the name and address of the owner of the property by contacting your county assessor's office, using the online property search tool.

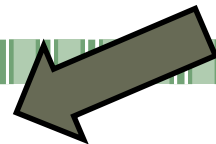
Walk around the block. It sounds simple, but it is a great way to meet neighbors, and get to know your neighborhood while getting a little exercise. Walk at night if you are comfortable doing so, and if not, your neighborhood needs more involvement. Chat with neighbors and kids while walking, they will get to know you too.

Drive slowly through your neighborhood. Stop signs, lights and speed bumps can slow traffic down, but so can you. By regularly driving slowly on neighborhood side streets, you encourage those in a hurry to find another route rather than getting stuck behind a slow poke.

Pick up litter near your home. Even if you didn't put it there. Most people are less likely to litter where they don't see litter already. You can help stop littering in your neighborhood by taking away the litter that attracts it. Pet owners should make sure they pick up after their pets.

Organize a neighborhood watch group or some other type of neighborhood organization. If you are willing, decide what greater contribution you could make. Attend meetings if there is already an association. Keep informed of neighborhood issues. This is a great way to meet other neighbors who are also concerned. Even an evening walking group can help.

***Don't forget yearly membership dues of \$2 per household are now due if not already paid. Notices have been sent. If it is not necessary to come into the PD lobby, please mail or see your captain.**



Lake Havasu Neighborhood Watch Newsletter Articles



Do you have information/tips on what is working in your group?

Any one you'd like to recognize?

Any Questions or Suggestions?

Let me know (stewartk@lhcaz.gov)

Feeling happier and healthier in the new year...

Volunteering and it's Surprising Benefits

Part 2 of a series...

Benefit 2: Volunteering is good for your mind and body

Volunteering provides many benefits to both mental and physical health.

Volunteering helps counteract the effects of stress, anger, and anxiety. The social contact aspect of helping and working with others can have a profound effect on your overall psychological well-being. Nothing relieves stress better than a meaningful connection to another person. Working with pets and other animals has also been shown to improve mood and reduce stress and anxiety.

Volunteering combats depression. Volunteering keeps you in regular contact with others and helps you develop a solid support system, which in turn protects you against depression.

Volunteering makes you happy. By measuring hormones and brain activity, researchers have discovered that being helpful to others delivers immense pleasure. Human beings are hard-wired to give to others. The more we give, the happier we feel.

Volunteering increases self-confidence. You are doing good for others and the community, which provides a natural sense of accomplishment. Your role as a volunteer can also give you a sense of pride and identity. And the better you feel about yourself, the more likely you are to have a positive view of your life and future goals.

Volunteering provides a sense of purpose. Older adults, especially those who have retired or lost a spouse, can find new meaning and direction in their lives by helping others. Whatever your age or life situation, volunteering can help take your mind off your own worries, keep you mentally stimulated, and add more zest to your life.

Volunteering helps you stay physically healthy. Studies have found that those who volunteer have a lower mortality rate than those who do not. Older volunteers tend to walk more, find it easier to cope with everyday tasks, are less likely to develop high blood pressure, and have better thinking skills. Volunteering can also lessen symptoms of chronic pain and reduce the risk of heart disease.

