

## Tips from Security Services to Protect Yourself and Your Loved Ones

### Recent Vehicle Thefts

by Keith Melo, Coordinator, Emergency Planning & Security Services



Recently there have been a number of thefts from autos in 11 Division where St. Joseph's Health Centre is situated.

It is important to remember not to leave valuables of any kind in your vehicle while parked in the parking lot. This includes global positioning systems (GPS), laptops, cell phones, wallets, purses, briefcases, cash or identification including vehicle ownership and insurance.

An empty gym bag or a handful of change may be significant enough to draw criminal interest in your vehicle. Even leaving the suction cup mounting system for the GPS on the windshield may cause the criminal to believe something of value has been left in your car.

Although nothing of value may be available to be stolen, the subsequent cost of repairs to broken car windows and the inconvenience caused to you makes it advisable to remove all such accessories from sight.

- If you must leave valuables in your vehicle, please ensure all items are locked in the trunk.
- Personal safety and theft prevention are always important things to keep in mind. Remember many crimes are crimes of opportunity. Criminals are people watchers and they are mobile. If you see anyone suspicious on the property, notify security and obtain as much information as possible of the individuals. Confrontation with suspicious or suspected criminals is not recommended.
- Always be aware of your surroundings. Look and listen. Walk with a purpose and with confidence. Do not overburden your hands with parcels. Have your car

keys ready and available to unlock your vehicle. Have your car keys and house keys on different key rings.

- All crimes should be reported to security and the police immediately, this will allow security to track crime in the area and increase patrols of hot areas.
- If a crime has occurred do not touch anything or clean up until the police and security have inspected for evidence.

### Exterior Door Safety

by Kevin Kennedy, Security Officer



Now that the holiday rush is over, Security would like to take this opportunity to discuss some basic home safety tips related to exterior doors. All exterior doors should have a dead bolt attached with three inch screws and a one inch throw (the distance the bolt extends into the door frame). A deadbolt lock will not be effective if the doorframe is not reinforced to the structure of the residence, as an intruder can easily force their way in.

Exterior doors should be made out of solid wood or metal. Hollow core wooden doors are too easy to break and should only be used within interior doorways. The installation of a peep hole or other viewing device will increase the safety of your home. Exterior door hinges should be in the interior of the home to prevent pins from being removed and allowing easy access to your home. Remember, thieves prefer an easy target so make it difficult for them and hopefully they'll move on.

Lastly, do not hide a key under a rock, a doormat, in a potted plant or above the doorframe, as criminals are aware of these commonly used hiding places. Instead, if you're the kind of person who frequently forgets or loses their key, consider investing in a biometrics fingerprint or keypad door lock.

## Enhancing the Health of the Communities we Serve

### Sharing the Spirit of Christmas Campaign Raises \$9,300 to Support 184 Families in our Community

by Gillian Brunning, Junior Associate

Verica Savic-Jovcic immigrated to Canada with her husband after spending 12 years abroad. The happy couple settled down just in time for the birth of their twin daughters, Zoe and Mira. Shortly after their birth Savic-Jovcic and her daughters began attending the programs at the Women's Health Centre. This year the Savic-Jovcic family was one of 184 families to receive toys and food vouchers through the 2009 Sharing the Spirit of Christmas campaign.

The Sharing the Spirit of Christmas campaign is a yearly initiative through the Women's Health Centre that has been collecting donations and helping families in our community since 1994.

This year the Women's Health Centre (WHC) was able to collect \$9,300 through the generous donations made by St. Joseph's staff, physicians and volunteers. The money raised bought food vouchers for 184 families in our community who participate in our pre-and post-natal support programs and counselling services, and helped to purchase small gifts for their 303 children.

"One of the toys that we received from the Women's Health Centre is flashy and plays songs. The toy is a big help at feeding time for the girls because they open their mouth and are really happy when it plays the songs," said Savic-Jovcic. "We don't really have any flashy toys, but when we got this one the girls loved it! I don't even mind hearing the song over and over again if it means that they are eating."

The twins are now almost 10 months old and enjoy spending time with the other children and families that come to the WHC on a weekly basis - especially during Mom & Baby Circle Time where they do songs and stories with lots of actions and involvement from



Verica and her friend with twins, Zoe and Mira at the Women's Health Centre.

everyone that attends. "Through the program here I have learned lots of songs and whenever the girls are fussy at home, I just start singing and they cheer up," said Savic-Jovcic.

A celebration lunch was held for the families of the programs within the WHC just before Christmas where staff handed out the small gifts and food vouchers. "The money that we received has definitely helped me to buy things for the holiday season that I wouldn't have been able to before. The lunch that they held for us was beautiful and put me in the (holiday) spirit," said Savic-Jovcic.

The Sharing the Spirit Campaign would not have been possible without the assistance from all of our community partners for their generous contributions and ongoing dedication to making this a truly successful campaign.

Thank you to each one of you for personally making a difference for families in our community and for helping to make this a very successful campaign.

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