

COMMUNITY BRIEFS

Police Department offers free security surveys

Scottsdale Police Department offers free security surveys to all Scottsdale residents and business owners.

During the survey, a member of the Crime Prevention Unit will come to a home or business and suggest ways to make the property a less desirable target to criminals.

Taking steps to reduce a criminal's opportunity lessens the likelihood of becoming a victim.

Contact Crime Prevention Officer Toni Moag at 480-312-0275 or tmoag@scottsdaleaz.gov for more information or to schedule an appointment.

Scottsdale high schools promote seatbelt safety

Four Scottsdale high schools competed this school year to increase seatbelt usage and encourage safe driving habits amongst teens in the "Scottsdale Seatbelt Challenge," coordinated by the Scottsdale Fire Department and supported by grant funds from State Farm.

More teenagers and young adults die in traffic crashes than from any other cause — and seat belt non-use is a major factor. Last year in the United States — and every year for the past decade — between 5,000 and 6,000 teenagers were killed in motor vehicle accidents.

SUSD schools Coronado, Arcadia and Desert Mountain and CCUSD school Cactus Shadows participated in the program. A student group from each school created messages and designed awareness initiatives for their peers.

Based on the results of the efforts, the schools were ranked and will receive funds from the State Farm grant to support their organization goals going forward.

Coronado was ranked No. 1, followed by Cactus Shadows, Arcadia and Desert Moun-

tain.

"We are very proud to have worked with these special students in the effort to raise awareness for safe driving and increase seatbelt usage to save lives," says Scottsdale Fire Chief Tom Shannon.

Scottsdale hospitals notch "A" in safety scores

Scottsdale Healthcare Shea Medical Center, Scottsdale Healthcare Osborn Medical Center and Scottsdale Healthcare Thompson Peak Hospital each received an "A" in the latest Hospital Safety Scores released by The Leapfrog Group, a national nonprofit quality improvement organization.

Leapfrog graded 2,514 U.S. general hospitals, including 40 in Arizona. Scottsdale Healthcare's three hospitals were among only 13 in Arizona and nine in the Valley to receive an "A."

Nationally, only 780 hospitals earned an "A," while 638 received a "B," 932 received a "C" and the remaining were given a "D" or "F."

Leapfrog releases its scores in the spring and fall. Scottsdale Healthcare's three hospitals each earned an "A" last fall.

The Hospital Safety Score uses 26 measures of publicly available hospital safety data to produce a single score representing a hospital's overall success in keeping patients safe from infections, injuries and medical and medication errors.

Sources of data include the Centers for Medicare and Medicaid Services and information hospitals voluntarily report to Leapfrog.

Run by employers and other large purchasers of health benefits, Leapfrog strives to make giant "leaps" forward in the safety, quality and affordability of U.S. healthcare by promoting transparency. Its Hospital Safety Scores are posted on www.hospital-safetyscore.org.

crease your level of stress.

One of the main suggestions I always give is, try not to focus on persistent negative thoughts that prevent you from feeling happy. The more you focus on the negative thoughts the less likely your able to focus on productive goals. You want to teach yourself to live more in your possibilities.

When you wake up in the morning visualize how productive you want your day to look like. Then throughout the day check in with yourself and see if you're still in that space of possibilities and what tasks you have been able to accomplish.

The most important part is self-care, take time out to exercise, read your favorite book, laugh, take vacation, give yourself and treat and stop to smell the roses.

Editor's note: Ms. Sana is a certified life coach with a masters degree in counseling

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learn how we can manage the level of stress in our lives.

The key here is to be honest with yourself and listen to your body. Are bodies is always talking to us and giving us signs.

If you begin to experience the following, too much tension muscle tension, lack of concentration, headaches, irritability, interrupted sleep or trouble falling asleep, changes in appetite, and get angry and anxious easily, you may want to bring more balance into your life.

Once you have recognized these signs in your life, then its time to take the next step and create healthy steps for yourself to de-



FRI JUNE 7
6:40PM

POST-GAME FIREWORKS
presented by Gila River Casinos

SAT JUNE 8
7:10PM

AARON HILL
#BICYCLE BOBBLEHEAD
courtesy of Arizona Sports 620 // 20,000

SUN JUNE 9
1:10PM

BARK IN THE PARK
presented by Pet Club

KIDS RUN THE BASES

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