



Denver Police Department Newsletter

June 2019

FROM CHIEF PAZEN:

With my first full year as Chief approaching, I want to thank each of you for your efforts to ensure that our department is high-functioning and delivering on our promise to operate in a manner that demonstrates that everyone matters. Part of that, and a major initiative of mine - taking care of those who take care of the people - is ensuring that you have access to resources and services that allow you to be your best self. This is why we continue to include Resiliency and Wellness tips in our newsletter, and grow our Resiliency and Wellness program.

We cannot fully help others if we are not taking care of ourselves. Therefore, reach out and find what resources and options are best for you.

Take care of yourself and be safe!

FOR YOUR BENEFIT:



Sleep, diet, exercise, and social connections are the recipe for increasing your quality of life and improving performance. All these ingredients are interrelated and neither stand alone, such as having a fully integrated self-care plan can help increase your resiliency threshold and resistance to stress for when times get tough.

The time is now to prioritize your health and wellness by attending to these modifiable lifestyle factors. Oftentimes your biological age may not be your chronological age and a health assessment can inform you of your true biological age and find red flag items that need to be addressed to positively affect your quality of life and increase your life expectancy. Start by focusing on one of these ingredients and then move on to the next. The risks for neglecting our health and wellness can be found in obesity, diabetes, cancer, heart disease, or stroke.

The time is now to change behavior and to create healthy habits. Small changes lead to big impacts on your whole-body health. Don't just wish for good health - work for it.

OFFICERS BEING AWESOME:

In May, District Two Officer Jonathan Rajala was flagged down by the mother of a young girl who was about to turn five years-old. The mother told Officer Rajala that her daughter's birthday party was police themed. The officer also learned that the girl had always wanted to meet a police officer and was hopeful that one might be able to come to her party. The day of the party, Officers Rajala, Brandy Idler and Vanessa Marquez went shopping for gifts for the birthday girl and surprised her at the party. The officers also brought along some DPD swag, which went perfectly with the police-theme party attire.

The little kids were beyond excited to have the DPD officers attend, as were the officers who were invited!



In late May, Lieutenant Kenneth Chavez and Sergeant Monica David received their 40-year service pins and Officer Mark Dalvit received his 25-year service pin. Please join us in saying "thank you" for their commitment to our department.



EVENTS & REMINDERS:

~ Lateral Graduation - June 28, at 2:30 p.m. at the Academy

~ Stay up-to-date by checking the event section in SharePoint