

**Sergeant Bobby Waidler from the Resiliency and Wellness/Peer Support of the Denver Police Department will be sharing the DPD Newsletter with the DPRA**

**The May Newsletter is below**



## Denver Police Department Newsletter

May 2018

### FROM CHIEF WHITE:

May is a special month for the Department as it includes Police Week where we designate time to recognize officers, especially those who made the supreme sacrifice. At the Memorial Ceremony, we honored our fallen sisters and brothers by reading their names aloud and focusing on their families. As I did on that day, I encourage you all to honor the deaths of our officers through living your best life and by taking care of one another and yourself.

Be safe, Chief White

### FOR YOUR BENEFIT:



Spring is a season of regrowth and a great time to commit to healthy lifestyle habits that will benefit you immediately and may increase your life expectancy. Lifestyle Vital Signs include; diet, physical activity, stress management, sleep, body mass index (BMI), emotional well-being, alcohol use, and tobacco use. Unmanaged, the effects of police work can cause occupational stress injuries that manifest themselves physically, mentally, and emotionally. Outcomes include heightened risk for heart disease, diabetes, sleep disorders, and weight gain, to name a few common conditions and diseases developed by officers throughout their careers. By attending to these individually and collectively, you can enhance your resiliency, protect your health and well-being, and take control of your life. We save lives for a living. Make the next life you save, your own. Prioritize your health. Exercise and daily activity are the antidote to many ailments, and if it could be bottled, it would be the new legal miracle drug. Remember, "physically fit = mentally fit."

May is Mental Health Awareness Month. Take care of your physical health to feel better mentally and emotionally. If you need a guide, print a copy of the Self-Care plan located on the Wellness Link.

### OFFICERS BEING AWESOME:

DPD Officer Joseph Teeter served the city of Denver for 11 years until he unexpectedly passed away last August. Teeter is survived by his two daughters, and his daughter Peyton recently graduated from high school. In honor of her dad, several Denver Police officers were present to cheer her on as she accepted her diploma. Thank you to those officers who supported Peyton on her big day! Thank you for showing that once DPD family, always DPD family.



On April 30, Mayor Hancock recognized 21 officers for their 20 years of service to our community. Congratulations to:

Lieutenants Andrew Howard and Paul Jimenez; Sergeants Carla Havard and Jaime Lucero, Detectives Eric Denke, Joey Perez, Todd Ondrak, Troy Bisgard, and Umar Shabazz; Corporals Lisa Aitken-Nelson, Timothy Scudder, Eugene Alfaro, and John Albergotti; Technician Robert Medina; Officers David Naysmith, Anthony Michalski, Douglas Moran, Gregory Peoples, Daniel Greene, Gary Estrada, and Raul Silvas



### EVENTS AND REMINDERS:

- Safety Expo, June 2, 10a-4p. @ Regis University
- Family Fun Day, June 9, 11a-3p. @ the Academy
- Promotion Ceremony, June 15, at 1 p.m.
- Stay up-to-date by checking the event section on SharePoint