



Denver Police Department Newsletter

July 2020

FROM CHIEF PAZEN:

We are experiencing challenging times where it may feel like no matter what we do, we are wrong. Please know that this is not the truth, nor is it how the majority of Denver residents feel about us and the important job we do. As we continue to navigate through these unprecedented times, I encourage you all to stay the course. Trust in your training and each other as you go out and make a positive impact in our community.

Also, take steps to take care of yourself and each other, as we must continue to move forward together.

Be safe.

FOR YOUR BENEFIT:



Mindfulness or Mindlessness

Have you paused long enough to consider how you show up for life? Being mindful in thought and action adds value to your health, wellbeing and relationships. When we act from a place of mindfulness, we operate from a state of awareness, presence and open-mindedness. We become fully absorbed and totally immersed in the moment and enter flow. Distraction is the enemy of flow. Automatic behavior can be mindless if we do not fully engage with our conscious thought and pay attention to our thoughts, feeling, words, or actions.

Think of mindfulness as being present minded as opposed to absent minded. If we unclench our minds, we can be open to new ideas, thoughts, experiences and support. Be mindful and loosen your grip as you stay present. You may see life with a fuller, richer, and deeper outlook.

AWESOME OFFICERS:

Last month, District Two officers were alerted to a senior resident in the neighborhood who was in need of some help. Neighbors and nearby businesses had placed several complaints, raising concern over the condition of the gentleman's yard, citing a possible health hazard. Facing penalties and the possibility of losing his home, Commander Bancroft and several District Two officers stepped in to help. The officers were joined by neighbors, and together they cleaned the resident's yard and repaired his fence, protecting him from facing any penalties.

Incredible work, District Two!



Earlier this month, 17 lateral recruits joined our department. We welcome these new sisters and brothers in blue to our family and wish them safety and success in their new roles.



FROM PIO:

The Public Information Office wants to extend our appreciation for all that you do. We know that it is a tough time to be a police officer, but you remain steadfast in your commitment as you connect with residents in a positive manner. Our promise is to support you and the department, and to continue sharing your stories of kindness and compassion. The great work you do needs to be shared, so if you have a story, please email it to DPDPIO@denvergov.org, and thanks again for all you do!