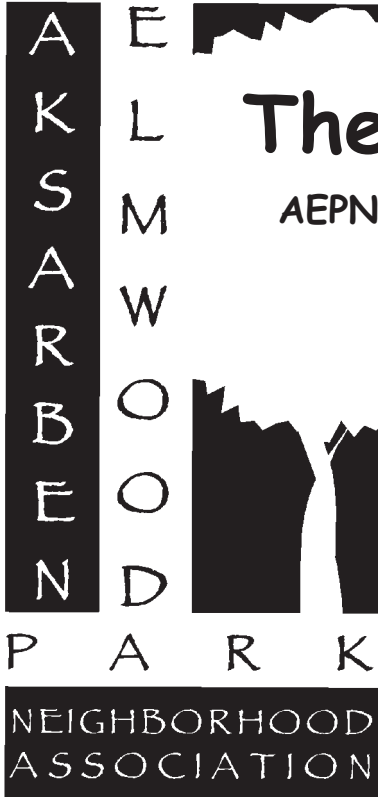


December 2011



The Park Bench

AEPNA Association Newsletter

Visit us online at www.aksarbenelmwood.org

Member Message

Do You Invite Trouble?

Guest speakers at the November AEPNA meeting talked how prevention improves safety on the street and at home. Two police officers from our precinct offered advice to avoid being a victim of crime. Some of the tips they offered were so common sense and so obvious that you might think, “Duh! Who doesn’t do that?” Unfortunately, at one time or another, most of us are probably guilty of doing just those things.

Do you make yourself an easy target for criminals?
Y/N Do you ever leave your car door unlocked?
Y/N Do you ever leave your house keys under the mat?
Y/N Do you ever leave your purse in a shopping cart?

Most theft and crimes against property are opportunistic – valuables left unattended, a window left open, a dark doorway – all make for an easy strike. Most violent crime is not random; it’s often fueled by a dispute over love, money or drugs. Go to www.crimemapping.com to see stats on the AEPNA area.

A guest speaker from the EngAge Wellness program of the Nebraska Medical Center spoke about preventing the common issues of aging by improving strength, balance and flexibility.

Do you make yourself an easy target for nagging?
Y/N Do you ever trip on area rugs in your home?
Y/N Do you ever struggle with formerly easy tasks?
Y/N Do you avoid computers at all costs?
Y/N Do you wake up stiff and cranky in the morning?

The Home Instead Center for Successful Aging at 38th & Leavenworth Streets has programs to address all dimensions of wellness: social, physical, intellectual, spiritual, emotional and vocational. For information on their fitness and wellness programs, go to www.unmc.edu/homeinsteadcenter.

Don’t invite trouble this holiday season. Instead, invite your neighbors in and share some good will.

Wishing you safe, healthy and happy holidays!

Colleen Ciciulla, Member

Next Meeting

Thursday January 19th

6:30 - 8:30 PM

Bring a Friend or Two!

Meeting Schedule...

3rd Thursday

Every Other Month

Saint Matthew Evangelical
Lutheran Church
1725 S. 60th Street



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Holidays!

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Small Wonders

Kinder, Gentler Graffiti

The sudden appearance of XOXO graffiti in midtown puzzled neighbors and police alike. The officers who attended the AEPNA meeting don't think it is gang-related. Some wags on the eomahaforums.com, however, suggest that it is the work of the Tic-Tac-Toe Gang, rivals of the Connect Four Mafia...

Even if it looks like a public display of affection, it's vandalism. Call the Mayor's Hotline at 444-5555 to report graffiti.

If you see a small (or not-so-small) wonder that you'd like to share, send it to colleenciulla@gmail.com.



Be Part of the Solution ...
Support Your Neighborhood
Join Us Today

AEPNA Membership Form

New ___ Renewal ___

Name: _____
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Home Phone: _____
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Circle one: Household Business
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Send ad text and check to Shurson Publishing, P.O. Box 31485, 68131. Call 551-6787.

AEPNA membership renewal forms will be mailed to members on record, but if you want to join or purchase a gift membership for a neighbor, please use the form on page 3.

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