



## Ramsey County Sheriff's Office

## Neighborhood Watch

Bob Fletcher, Sheriff

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Neighbors and Deputies working together for safer communities



## Block Captain News – November 2023

**Next Block Captain Meeting – Tuesday, Jan. 16<sup>th</sup>, 2024, at 6:30 pm**

Ramsey County Public Works Building - Marsden Room  
1425 Paul Kirkwold Drive, Arden Hills MN 55112

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Tip of the MONTH

### Its time to “Turn Back Time!”

Sunday, November 5<sup>th</sup>, 2023 is time to turn back your clocks an hour. Evenings will be darker much earlier so children and adults are reminded to put electronic devices down, keep heads up and walk, don't run, across the street. Cross the street at corners, using traffic signals and crosswalks whenever possible. Choose the safest routes to walk. Stay on the sidewalks or paths. If there is no sidewalk, walk on the left side of the road. Walk single file facing the traffic.

### “Let it snow, let it snow, let it snow”

It's also time to review your city regulations on seasonal parking and snow removal policies. Most of our local communities have ticketing and towing after snowfalls (ranging from 1” to 2”), and many have restrictions on overnight parking. Please go to your city website to review your local city ordinances.

### Coffee with a Cop is popping up around you!



Coffee with a Cop is a national initiative that brings police and community members together in an informal, neutral space to discuss community issues, build relationships, and drink coffee.

The Ramsey County Sheriff's Office will be popping up around the contract cities at various venues to throughout the winter season. *Watch for a flyer at a local café or store near you!*

**Next event:**

Wednesday, Nov. 15<sup>th</sup>, 2023 7:30am-9:00am  
Kowalski's/Starbucks 441 Hwy 96, Shoreview



## Safety prevention tips before you take your holiday trips!

With every season comes another wave of seasonal crime trends begin that can ruin the holiday spirit. Take a few moments to refresh yourself with some helpful information and share with your family and friends.

### Prevent theft from your vehicle:

- Don't leave valuables in your vehicle.
- *Always* lock your car, and park in a well-lit and well-traveled area.
- When running errands, shopping, or traveling, make an extra stop before arriving at your destination to lock valuables in your trunk (out of sight).
- Make your most valuable shopping trip last so items don't get left in your vehicle at a later stop.
- Be observant in parking lots. Have your keys in hand when approaching your vehicle, ready to unlock the door.



### Package theft prevention

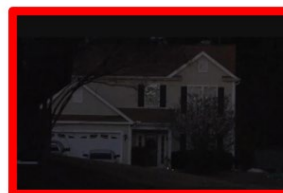
- Ask a trustworthy neighbor to watch for and retrieve your package when it is delivered.
- Request "signature required" service from the delivery company.
- Place a lock box, bench with hidden seat container or other creative container to have deliveries placed in to not be readily seen by people driving by.
- Place a note on front door asking delivery driver to leave packages on the back steps or behind pillars.
- Have packages delivered to your work or a business address if possible.
- Pick up at: UPS or FedEx pick-up spot or Amazon Locker
- Track your package (get the updates for arrival)
- Respond to delivery at the door or to the alerts to bring the package in as soon as possible.

### Financial card and online shopping considerations:

- If you go to an automatic teller machine for cash, check for people around and make sure it is well-lit and in a safe location.
- Carry only the credit cards you need and avoid carrying large amounts of cash.
- Keep your personal information private and your password secure. Do not respond to requests to verify your password or credit card information unless you initiated the contact. Legitimate businesses will not contact you in this manner.
- Be mindful if you are being followed leaving the bank or local ATM.

### Home security and safety tips:

- Don't display wrapped boxes under a lighted tree in the front window for thieves to see as they drive past your home.
- Don't pile up-empty gift boxes from your new computers, televisions, game systems and other electronics in front of your home on garbage day. Instead, break down boxes and conceal the advertising when setting them out for recycling.
- Do NOT post your activities (gifts or plans to be away from home) on social media pages.
- Turn on outside lights to deter burglars and help your neighbors and law enforcement be able to keep a close eye on your home.
- Stop mail if gone for more than a week.
- Have someone check on your home while you're away and clean up the snow as it falls.



Unsafe



SAFE!!!!

## Prime time to for a “Slider Crime”

As you leave your vehicle and think “this will just take a second” to make a stop at a store, get gas, or even drop your kids off at day care, doesn’t mean that someone isn’t watching you and sees that the vehicle is unlocked. A new but old crime is popping up throughout the country called “Slider Crimes.” This happens when a motorist gets out of their vehicle and leaves it unlocked. A “slider” thief will slide into the vehicle and either steal it or grab belongings from the car, then hop in a trail car to leave the scene. It can happen in a matter of moments, frequently at gas stations.

How can you protect yourself from a Slider Crime?

- **Do not leave valuables in plain view.** Placed them in a locked glove compartment, console, under your seats, or in the trunk.
- **Lock your doors.** Even if you walk away from your car for a second, that’s all it takes for an experienced slider.
- **Take your keys.** Whenever you leave your vehicle unattended, lock the doors and keep your keys on you at all times.
- **Stay alert.** Be aware of your surroundings.

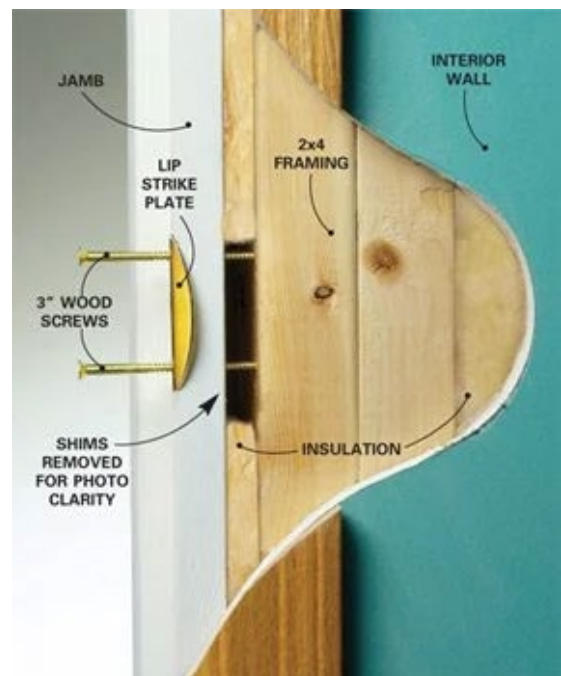
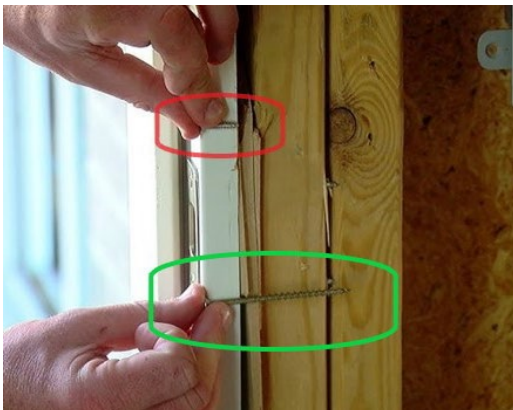
Read more at: [Increase in Slider Crime Trend \(urlisolation.com\)](http://urlisolation.com)

## Home Safety Tip of the Month!

If you could pick just one task to do this month to keep you and your home safer, try this!

Most burglaries happen because the standard screws that come with your doorknob kits are only  $\frac{3}{4}$  inch screws. The  $\frac{3}{4}$  inch screws only go into the wood frame of the door which is traditionally a prehung door or a door insert. These doors are shimmed into the door studs and then secured with a few screws to hold them into place. The studs are part of the construction of the home and in order to reinforce the door hardware to do a better job in the event of a home burglary, we recommend using screws that secure into the studs.

Crime prevention recommends using 3-inch to 4-inch screws to secure the hinges, the door jams and strike plates to the studs. If your door is next to a window, consider the length of your screw may be different to go into the studs. This one step of changing your screws will buy you more time to detect and defend your home from criminals who may attempt to kick in your door.



## When you feel like you're the Grinch

As the holiday season brings joy and fun to the community, it can sometimes be a tough time of year for others. Whether its you, a loved one, or someone around you, the season can get overwhelming or remind you of someone you lost. The American Psychiatric Association recommends seven ways to cope with the Holiday Stress:

1. Practice mindfulness (or meditation).
2. Preventing Burnout- It's OK to say No.
3. Take a break.
4. Get some Fresh Air and Sunlight (yes, even in MN its possible)
5. If you're in therapy, stay in Therapy.
6. Grief and Loss. Instead of trying to avoid thinking of them psychiatrist suggest honoring and celebrating them by getting together with other family members and friends and treasuring their life stories.
7. Financial Stress. As inflation is getting worse, and expectation presents by the community norms. Try and focus on spending time together and affection by being present, engaging, and supporting each other. Instead of gifts, consider Secret Santa, homemade or handmade items that give a special meaning to those who get them.

### [Seven Ways to Cope With Holiday Stress](#)

**If you know someone struggling with mental health now or any time, please consider taking a step to find some help.**

In a crisis? Get help 24 hours a day, 7 days a week with Ramsey County Crisis lines.

**Children's Mental Health Crisis Line:**  
**651-266-7878**

**Adult Mental Health Crisis Line:**  
**651-266-7900**

Ramsey County's mobile crisis team provides stabilization services, de-escalation, crisis intervention, mental health assessments and initial crisis plans. Walk-in crisis services are available Monday-Friday from 8 a.m.-5:30 p.m. at [Urgent Care for Adult Mental Health](#).

## Neighborhood Watch is about Neighbors and Deputies working together

Involved neighbors are more likely to have open communication lines with each other, deputies, and the whole community. When neighbors know each other's names, normal patterns, and look out for each other, it is likely that they will report any activity that doesn't fit with regular schedules. Involved neighbors look out for each other.

Neighborhood Watch program [information and forms](#) to help your block organization are available on the county [website](#). **Please complete and return** the [Block Captain registration form](#) to ensure the Sheriff's Office has your most current contact information. THANKS!

Online information of activity in your neighborhood – [CommunityCrimeMap.com](#)

**Thank you for working for safer neighborhoods!**



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**Remember – when you See Something, Say Something, Call 9-1-1**

## Holiday Self-Care



BlessingManifesting