

THE CRIME WATCHER



The Fishers Crime Watch Program began in 1994 and easily reaches 3,000 homes in Fishers. I encourage you to become active in your neighborhood and support the Crime Watch Program. When neighbors look out for each other, everyone benefits.

Chief George G. Kehl

Did you know.....

More people are volunteering in the United States than ever before!

-56% of adults aged 18 or over volunteered a total of 19.9 billion hours. This is the highest ever recorded level of participation in volunteering during the INDEPENDENT SECTOR survey series a 13.7% increase in the rate of volunteering.

-The volunteer workforce represented the equivalent of over 9 million full-time employees at a value of \$225 billion.

-90% of individuals volunteered when asked. Forty-two percent (42%) of the volunteers found out about activities through personal contact while 35% through participation in an organization. (Bureau of Labor Statistics, 2008).

WE NEED YOUR HELP!! FISHERS POLICE DEPARTMENT VICTIM FOLLOW-UP NETWORK

The Fishers Police Department is always looking for volunteers to help us reach out to those Fishers residents who may need assistance or a daily check, as well as volunteers to help us with other community outreach programs. One of these programs is our Victim Follow-up Network. Working directly with Fishers police officers and the Fishers community prosecutor, this program involves calling all victims of personal and property crimes as a follow-up to the original call for service. Many crime victims are unaware of the variety of services that may be available

to them and this program serves as a resource for that information. Specially trained advocate volunteers make these calls at the police department headquarters and report any requests for more information, services or questions to the Fishers community prosecutor for follow-up. We do require a strong commitment from our volunteers and this particular program involves making phone calls once a week with a time commitment of three-four hours per week. Prospective candidates must successfully complete a background check, personal inter-

view and a training session. Being an advocate volunteer has many rewards. This is an excellent opportunity to give back to your community in a way that will have a positive impact on so many others. If you are interested in applying for a position with our Victim Follow-up Network or have any questions, please email Sgt. Gerry Hepp at heppg@fishers.in.us or Lori Spillane, Fishers community prosecutor, spillanel@fishers.in.us or 595-3300



For more information on the Fishers Police Department Crime Watch Program— Please call or email Sergeant Gerry Hepp at 317-595-3300 or heppg@fishers.in.us

4 Municipal Drive
Fishers, Indiana 46038



Lori A. Spillane
Fishers Community
Prosecutor
317-595-3300 or
spillanel@fishers.in.us



Fishers Police Department

4 Municipal Drive
Fishers, Indiana 46038
317-595-3300

Fishers Town Council

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FISHERS POLICE DEPARTMENT

Phone: 317-595-3300

Emergency: 911

Non-Emergency: 317-773-1282

WWW.FISHERS.IN.US

Volunteering – It's also good for you!!

Volunteering helps to rebuild communities and solve serious social problems. And, according to research, it can also improve your physical and mental health!

- Volunteer work improves the well being of individual volunteers because it enhances social support networks. People with strong social support networks have lower premature death rates, less heart disease, and fewer health risk factors. (Fact Sheet: *Volunteering as a Vehicle for Social Support and Life Satisfaction*, Public Health Agency of Canada)
- Volunteering can improve self-esteem, reduce heart rates and blood pressure, increase endorphin production, enhance immune systems, buffer the impact of stress, and combat social isolation. (Research Summary: Graff, L. (1991). *Volunteer for the Health of It*, Etobicoke, Ontario: Volunteer Ontario.)

“Volunteering”

(from the National Crime Prevention Council (2008))

Find something you enjoy while making a tremendous difference in the lives of others. Americans have long believed that it's their duty to practice what they preach. As a result, the country is a nation of volunteers.

The country's largest service organization, the [American Red Cross](#), counts more than a million volunteers. And countless thousands have taken the lessons of crime prevention to heart as well, and they volunteer each year to make their communities and the lives of the people who live there better, safer, and free from crime.

[Neighborhood Watch](#) volunteers are active from coast to coast, their volunteers on guard for suspicious activity, their infrastructure bringing together local officials, law enforcement, and citizens for the protection of their communities. The [Volunteers in Police Service](#) programs count on civilian volunteers to assist sworn officers. Members of [Community Emergency Response Teams](#) give critical support to first responders, providing immediate assistance to victims and organizing spontaneous volunteers at disaster sites.

The [Crime Prevention Coalition of America](#), which consists of more than 300 national, federal, state, and local organizations, represents thousands of individual constituents who are committed to preventing crime. Tens of thousands more citizens volunteer in schools, libraries, houses of worship, rehabilitation centers, and prisons.

TEN TIPS ON VOLUNTEERING

1. Research the causes or issues important to you.

Look for a group that works with issues about which you feel strongly. There is no end to the creative avenues for volunteering, just as there is no end to the need for volunteers.

2. Consider the skills you have to offer.

If you enjoy outdoor work, have a knack for teaching, or just enjoy interacting with people, you may want to look for volunteer work which would incorporate these aspects of your personality

3. Would you like to learn something new?

Perhaps you would like to learn a new skill or gain exposure to a new situation. Consider seeking a volunteer opportunity where you'll learn something new. Or, volunteering can simply offer a change from your daily routine. Many nonprofits seek out people who are willing to learn. Realize beforehand, however, that such work might require a time commitment for training before the actual volunteer assignment begins.

4. Combine your goals.

Look for volunteer opportunities that will also help you achieve your other goals for your life.

5. Don't over-commit your schedule.

Make sure the volunteer hours you want to give fit into your hectic life, so that you don't frustrate your family, exhaust yourself, shortchange the organization you're trying to help or neglect your job.

6. Nonprofits may have questions, too.

While most nonprofits are eager to find volunteer help, they have to be careful when accepting the services you offer. If you contact an organization with an offer to donate your time, you may be asked to come in for an interview, fill out a volunteer application, describe your qualifications and your background - just as you would at an interview for a paying job. It is in the organization's interest and more beneficial to the people it serves to make certain you have the skills needed, that you are truly committed to doing the work, and that your interests match

those of the nonprofit.

7. Consider volunteering as a family.

Think about looking for a volunteer opportunity suitable for parents and children to do together, or for a husband and wife to take on as a team.

8. Virtual volunteering-

If you have computer access and the necessary skills, some organizations now offer the opportunity to do volunteer work over the computer.

9. I never thought of that!

Many community groups are looking for volunteers, and some may not have occurred to you.

10. Give voice to your heart through your giving and volunteering!

Bring your heart and your sense of humor to your volunteer service, along with your enthusiastic spirit, which in itself is a priceless gift. What you'll get back will be immeasurable!

To the millions of people who volunteer and give, thank you. Just imagine what more could do.