



# Nichols Hills E-News

March 2013

## POLICE DEPARTMENT

### Inside this issue:

Police Dept.	1
Public Works	2
Fire Dept.	3
ARF	6

### Upcoming Meetings

- City Council Meeting  
April 9th  
5:30 pm at City Hall
- Regular Meeting of Municipal Authority  
April 9th  
5:30 pm at City Hall
- Board of Adjustment  
April 17th  
5:30 pm at City Hall
- Environmental, Health & Sustainability Committee  
April 24th  
8:30 am at City Hall

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### This is a City of Nichols Hills Police Department Information Update:

I would like to remind all of our Nichols Hills residents who have alarm systems in their homes and or offices, that there is no need or legal requirement to register your alarm with The City of Oklahoma City or pay their registration fee.

The Oklahoma City Police Department will never respond to your alarm if you live in Nichols Hills. Nichols Hills is an Incorporated City with its own police and fire department.

We do ask that you register you alarms with the Nichols Hills Police Department but there is no registration fee nor is there a fine for false alarms or alarms that are accidentally activated. There is a provision for a fine for nuisance alarms that continue to be activated because of technical issues or owner error. If you would like to register your alarm, you may call the police department and have a registration form e-mailed or faxed or you may pick up the form at the Nichols Hills Police Department. If you have any questions, you may call the police department at 843-5672 and someone will assist you.

Thank you,  
Chief Richard Mask  
NHPD

## PUBLIC WORKS

**A-Tech is the contractor working on Wilshire and is still working at the intersection of Wilshire and Waverly. They are working at completing the drainage part of the project so they can return to working on the street. It seems like it taking a long time at that intersection but there is a lot of work to do there. The north half of the street east of Waverly and Wilshire belongs to Oklahoma City and most of the drainage problems also belong to OKC. Oklahoma City is paying for their share of the street and drainage project and Nichols Hills is paying for the rest of the project. When the project gets west of Waverly we hope construction will go faster.**

**SAC is the construction company working on the first phase of NW Grand. The first phase of the project starts at the west edge of Nichols Hills and moves east up to and including the Penn intersection. Also in phase one of the project, will be the street replacement at 63<sup>rd</sup> and NW Grand to Sherwood on NW Grand.**

**There sure seems to be a lot of major street projects in a small area. Please be patient. The new streets will be enjoyed by everyone.**

**Spring is coming and outside activities are picking up. If you see something that needs our attention or we can be assistance please let us know at 843-5222.**

## FIRE DEPARTMENT

Typically the Nichols Hills Fire Department makes 12 to 20 emergency medical calls each month. Approximately 50% of these calls are the result of falls. Most falls can be prevented by following the strategies described below. There are many informative websites on the internet that provide valuable information about falls and all the sites I reviewed gave consistent statistics and prevention strategies. The following information was taken from the National Safety Council website.

### How big is the problem?

- ◆ One in three adults 65 and older falls each year.
- ◆ Of those who fall, 20% to 30% suffer moderate to severe injuries that make it hard for them to get around or live independently and increase their chances of early death.

Older adults are hospitalized for fall-related injuries five times more often than they are for injuries from other causes.

### Type of injury and treatment setting

- ◆ In 2000, traumatic brain injuries (TBI) and injuries to the hips, legs, and feet were the most common and costly fatal fall injuries, and accounted for 78% of fatalities and 79% of costs.
- ◆ Injuries to internal organs caused 28% of deaths and accounted for 29% of costs from fatal falls.
- ◆ Hospitalizations accounted for nearly two thirds of the costs of nonfatal fall injuries, and emergency department treatment accounted for 20%.
- ◆ On average, the hospitalization cost for a fall injury was \$17,500.
- ◆ Fractures were both the most common and most costly type of nonfatal injuries. Just over one third of nonfatal injuries were fractures, but they accounted for 61% of costs—or \$12 billion.
- ◆ Hip fractures are the most frequent type of fall-related fractures. The cost of hospitalization for hip fracture averaged about \$18,000 and accounted for 44% of direct medical costs for hip fractures.

### How costly are fall-related injuries among older adults?

- ◆ In 2000, the total direct cost of all fall injuries for people 65 and older exceeded \$19 billion: \$0.2 billion for fatal falls, and \$19 billion for nonfatal falls.

## FIRE DEPARTMENT

- ◆ By 2020, the annual direct and indirect cost of fall injuries is expected to reach \$54.9 billion (in 2007 dollars).
- ◆ In a study of people age 72 and older, the average health care cost of a fall injury totaled \$19,440, which included hospital, nursing home, emergency room, and home health care, but not doctors' services.

**The following information was provided by the National Center for Injury Prevention and Control website.**

### Tips

Falls are not just the result of getting older. Many falls can be prevented. Falls are usually caused by a number of things. By changing some of these things, you can lower your chances of falling.

You can reduce your chances of falling by doing these things:

#### **1. Begin a regular exercise program.**

Exercise is one of the most important ways to reduce your chances of falling. It makes you stronger and helps you feel better. Exercises that improve balance and coordination (like Tai Chi) are the most helpful.

Lack of exercise leads to weakness and increases your chances of falling.

Ask your doctor or health care worker about the best type of exercise program for you.

#### **2. Make your home safer.**

About half of all falls happen at home. To make your home safer:

- Remove things you can trip over (such as papers, books, clothes, and shoes) from stairs and places where you walk.
- Remove small throw rugs or use double-sided tape to keep the rugs from slipping.
- Keep items you use often in cabinets you can reach easily without using a step stool.
- Have grab bars put in next to your toilet and in the tub or shower.
- Use non-slip mats in the bathtub and on shower floors.
- Improve the lighting in your home. As you get older, you need brighter lights to see well. Lamp shades or frosted bulbs can reduce glare.
- Have handrails and lights put in on all staircases.

Wear shoes that give good support and have thin non-slip soles. Avoid wearing slippers and athletic shoes with deep treads.

## FIRE DEPARTMENT

### 3. Have your health care provider review your medicines.

Have your doctor or pharmacist look at all the medicines you take (including ones that don't need prescriptions such as cold medicines). As you get older, the way some medicines work in your body can change. Some medicines, or combinations of medicines, can make you drowsy or light-headed which can lead to a fall.

### 4. Have your vision checked.

Have your eyes checked by an eye doctor. You may be wearing the wrong glasses or have a condition such as glaucoma or cataracts that limits your vision. Poor vision can increase your chances of falling.

The best advice of all is to constantly practice what we in the fire service call "situational awareness". This simply means always take a few seconds to be aware of your surroundings and any potential hazards or threats that may be lurking. This can be done as a planned exercise, or constantly as you walk or drive. It absolutely should be a constant practice while you are driving, distractions can cause bad things to happen quickly in a moving vehicle. While driving your circumstances are constantly changing hence the need to constantly be aware. If you walk through your home looking for potential hazards this is also practicing situational awareness. Circumstances in your home do not usually change often so you eliminating as many hazards as possible should help keep you safe until something changes. However while walking through your home or anywhere you still need to constantly practice situational awareness.



## ANIMAL RESCUE FRIENDS

If anyone wants to assist ARF in it's mission of saving unclaimed, impounded pets in Nichols Hills, they can donate time, old collars, leashes, crates, dog beds, food, treats, toys and, of course, money by mailing checks to Animal Rescue Friends, Inc of Nichols Hills, C/O Public Works, 1009 N.W. 75th Street, Nichols Hills, OK 73116 or by calling 843-4222 about donating items. ARF will respond by sending a 501 c 3 tax deduction letter (and offering a cat or a dog!). Any animal adopted through ARF comes with a 30 day money back guarantee.

### MARCH'S FEATURED PETS



Miss Julia' is a 42 pound approximately 2 year old very good boxer. She was found 3-16-13 .



'Snowpoppy' is a white 24 pound approximately 5 year old very sweet female American Eskimo dog found on Avondale Drive on March 8th.