



## WESTON FIRE RESCUE LAUNCHES NEW PROGRAM

SMOKE ALARM INSTALLATION/BATTERY REPLACEMENT FOR ELDERLY OR DISABLED

BSO Weston Fire Rescue is pleased to announce the launch of their Smoke Alarm and Battery Replacement Program for Weston residents.

**This program is designed to reach resident seniors or the disabled who are unable to safely install smoke alarms and/or replace the batteries in existing alarms.**

**Program Goal: Have a working smoke alarm in every senior's home**

In addition, fire fighters will also identify any risk factors present in the residence and share appropriate fire and life safety education information at that time, which includes slip & fall prevention, water safety, hurricane preparedness, fire safety tips and others. Weston Fire Chief Harris Bouchillon states "we don't want individuals who are frail or unsteady going up onto a ladder to install smoke alarms or replace batteries. This program assists in preventing injuries to those individuals and ensuring their home has a working smoke alarm".



Weston is home to over 5,000 persons over the age of 65. According to statistics, those individuals are at the greatest fire risk in the US. Adults ages 65-74 are nearly twice as likely to die in a fire. Adults ages 75-84 are nearly four times as likely to die in a fire. Adults ages 85 and older are more than five times as likely to die in a fire.

### Statistics for EVERY HOME:

According to the National Fire Protection Association:

1. Almost two-thirds of home fire deaths resulted from fires in properties without working smoke alarms.
2. Smoke alarm failures in fires usually result from missing, disconnected, or dead batteries.
3. In one-fifth of all homes with smoke alarms, none were working.
4. Working smoke alarms cut the risk of dying in reported home fires in half.

Please contact Fire Station 81 at 954-389-2015 to schedule an installation and/or battery replacement. *This service is provided at no cost to our residents.*



## CITY OF WESTON STAFF TAKE PART IN TAKE YOUR DAUGHTERS AND SONS TO WORK DAY *Thursday, April 26<sup>th</sup>*



Eleven children came to work with their parent on *"Take Our Daughters and Sons to Work Day"* on Thursday, April 26, 2012. This national, public education program attempts to connect what students learn in school with the actual working world and showcases the benefits of a balanced work and family life.

The day began with a tour of Weston's waterways from the Public Works & Utilities Department. The children learned about the wetlands, and local vegetation and wildlife that exist around Weston.



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## Take Our Daughters and Sons to Work Day - Page 2



The next stop during their work day was the Police and Fire Services Centers. Deputies showed the children various police vehicles and equipment used in the course of their jobs.



The kids toured the police briefing room, the holding cells, the investigative services department and all had a chance to "drive" a police car.



Next on the agenda was Weston City Hall, where they toured the City Commission Chambers and given official City of Weston badges and pins. Their last stop was to meet the City Manager, Mr. John Flint.

After all was said and done, the children left with a great working knowledge of a day in the life of a City staff member. A great day was had by all!





## STROKE AWARENESS

### City Partners with Cleveland Clinic to Educate Public



#### Cleveland Clinic Florida

Doctors at the Cleveland Clinic Stroke Center approached the City to enhance their efforts at reaching out to the community to educate those both young and old, about what a stroke is and the symptoms of stroke. Their research has shown that even in our City, with an educated population, many are still unaware of stroke risk factors and warning signs. *Information will be provided each week during the month of May.*

People were surveyed by the Clinic during the years 2006 to 2010 when they responded to an open invitation to participate in an annual on-campus stroke screening event. The findings were surprising. **Only 16%** surveyed had adequate knowledge of stroke risk factors, symptoms/warning signs and awareness of the need to call 9-1-1 if a stroke is suspected. One in three individuals did not know that the brain is the organ in which a stroke occurs.

**May is Stroke Awareness Month and an excellent time to set about increasing our community's knowledge on stroke**

#### Statistics:

- Stroke is the third leading cause of death and the most common cause of disability in adults in the United States.
- Approximately 800,000 Americans suffer strokes and 135,000 die each year.
- A stroke occurs every 40 seconds.
- Americans will pay close to \$70 billion in stroke-related medical costs in this year alone.

#### Why Educate Students as well as Adults:

- Students need to be aware of the symptoms of a stroke as they are often in the home with their parent or grandparent and need to know to call 9-1-1.

#### Stroke Awareness Questions and Answers

##### Q: What is a stroke?

**A:** A stroke or "brain attack" is damage to the brain when blood supply to part of the brain is reduced or completely stopped. Brain cells deprived of blood die and can no longer function because they stop getting oxygen and nutrients needed to survive and perform.

##### Q: What are signs or symptoms of a stroke?

**A:** Sudden weakness or numbness of the face, arm or legs; sudden confusion, trouble speaking or understanding; sudden trouble seeing in one or both eyes; sudden trouble walking, dizziness, loss of balance or coordination; and sudden, severe headache unlike any you have ever had. *If you or someone with you has one or more of the above symptoms of stroke, don't delay, call 9-1-1 immediately.*

##### Q: What Can You Do To Prevent a Stroke?

**A:** Up to 80% of strokes are preventable. A healthier lifestyle plays a big part in decreasing the risk of stroke, associated disability and potential death: stop or don't smoke; exercise regularly; control high blood pressure; maintain ideal body weight; limit alcohol intake; control cholesterol; improve eating habits; take medication as directed; control diabetes; and get regular check-ups.



## BARBARA LATTA – WESTON C.O.P. MEMBER U.S. Running Streak Association's Top Female Runner



Barbara Latta, a Weston snow bird resident and Citizen Observer Patrol (C.O.P.) Member, has run on rooftops and cruise ships, on treadmills and front porches, in all seven continents, and in all 50 states. She went out for a run one morning 28 years ago and was hooked.

Now she has run into the record books, becoming the U.S. Running Streak Association's top female runner, and has run every day for more than 28 years. No other woman in the United States has run that many consecutive days, according to the Running Streak Association's online records.

As of April 12, 2012, Barbara had run 10,356 days in a row and she'll hold the top position until she stops. She is a retired teacher and has always enjoyed an active lifestyle, walking, biking and enjoying the outdoors.

BSO's COP Program is a volunteer group sponsored by the Sheriff's Office that uses a simple approach to safeguarding neighborhoods through residents' involvement. COP volunteers are local residents who help BSO fight crime by patrolling their community, looking out for suspicious activity and offering assistance to local residents.

Citizens interested in joining C.O.P. may call the Weston District, Broward Sheriff's Office at 954-389-2010.





# HOUSEHOLD HAZARDOUS WASTE AND ELECTRONICS COLLECTION EVENT

*Sunday, May 20th*



Put aside items that cannot be placed into the trash or put out for bulk pickup, and bring them to the annual **FREE Household Hazardous Waste and Electronics Collection** event and they will be recycled or disposed of properly without harming the environment.

On **Sunday, May 20, 2012**, simply drop off your household hazardous waste and electronics items at the **Weston Public Works Services Center** (2599 South Post Road) from **8:00 a.m. to 3:00 p.m.**

Household Hazardous Waste (HHW) refers to used or leftover contents of consumer products that contain chemicals with one of the four characteristics: *Toxic, Ignitable, Corrosive, or Reactive* as defined by the Environmental Protection Agency.



**What items are being accepted?** Oil and latex paints and thinners, used motor oil, auto fluids and gasoline solvents, pesticides, fertilizers, pool chemicals, drain cleaners, tires, mercury, rechargeable & automobile batteries and electronics such as computers and televisions will be accepted.

***For more information, please call the  
Public Works Services Center at 954-385-2600***

***Follow us on Twitter to receive real-time city information at  
[www.twitter.com/CityofWeston](http://www.twitter.com/CityofWeston)***



## NATIONAL BIKE MONTH



National Bike Month is an opportunity to celebrate the unique power of the bicycle and the many reasons we ride. Whether you bike to work or school; to save money or time; to preserve your health or the environment; to explore your community or get to your destination.

According to the U.S. Department of Transportation over 57 million people ride bikes, with the majority riding for exercise or health reasons (41%) and recreation (37%).

Weston is an ideal community for cycling. Whether an avid cyclist, a recreational biker or using a bike to get to and from school each day, Weston's 51 miles of marked bike lanes assist cyclists in getting where they are going safely.

Check out our newly formed and "in-progress" Bike Friendly Community page on our website at <http://www.westonfl.org/Residents/BikeFriendly/BikeFriendlyHome.aspx>

This section is being dedicated to education and information on the benefits associated with biking as recreation and transportation.





## CLEVELAND CLINIC HOSTS WEEKLY FARMERS MARKET THURSDAYS FROM 8AM – 3PM



**Cleveland Clinic**  
Florida

As part of its wellness initiative, Cleveland Clinic Florida now hosts a weekly farmers market every Thursday from 8 a.m. to 3 p.m. Employees, patients and residents from the surrounding area have the opportunity to purchase fresh, locally grown produce and other items at the Clinic's Weston campus, located at 2950 Cleveland Clinic Boulevard, outside the Clinic's main entrance.



**More than 30 local producers and farmers bring their goods including fruits, vegetables, herbs, breads, juices, flowers, soy products, and honey to the market weekly. Prepared food, such as gyros, crepes, and mini cheesecakes are on sale as well.**

"The farmers market demonstrates our commitment to creating a healthier environment for employees, patients and the community," said Bernie Fernandez, MD., Chief Executive Officer of Cleveland Clinic Florida. "As a healthcare organization, it is our responsibility to set the example for patients to follow as we do our part to stem the tide of chronic, preventable diseases and conditions in our country."

In 2010, healthcare spending in the United States reached \$2.6 trillion, which translates to 17.9 percent of the nation's gross domestic product (GDP). Forty percent of healthcare expenses in the United States stem from three lifestyle choices: physical inactivity, unhealthy eating and tobacco use. The farmers market allows employees and patients to make healthy food options and promotes wellness.





## WESTON TENNIS CENTER 2012 SUMMER CAMP

With summer just around the corner, the Weston Tennis Center Summer Camp may be just what you are looking for. This is a great place for juniors, **ages 5 to 15**, to discover or enhance their tennis skills and enjoy world class tennis instruction by an energetic, international team of Cliff Drysdale Tennis Professionals.

*Weekly sessions will run from*

**June 11<sup>th</sup> through August 17<sup>th</sup>**

**Full-day camp runs from 9AM – 3PM**

**Half-day camp runs from 9AM – 12PM**

Full Day campers must bring their own lunch every day except Friday, which is Pizza Day!



**Half Day, Daily and Weekly Options Available**

**Program Includes:**

**Tennis Drills**

**Latest Tour Techniques**

**Team Competitions**

**Team Sports**

**Water Sports & Activities**

**Awards and Video Show**



**THE WESTON TENNIS CENTER  
16451 RACQUET CLUB ROAD**

For more information or to SIGN UP NOW please contact Reza Tompsett at the Tennis Center at 954-389-8666 or via email at [r.tompsett@cliffdrysdale.com](mailto:r.tompsett@cliffdrysdale.com)

**THE CITY OF WESTON** • phone 954-385-2000 • facsimile 954-385-2010  
*The Nation's Premiere Municipal Corporation<sup>sm</sup>*



## UPCOMING EVENTS

**MAY - Water Meter Replacements in Tequesta Point and Sunset Springs.** Water meters in residential communities in the Indian Trace portions of Weston are being systematically replaced. For additional information:  
[http://www.westonfl.org/media/docs/misc/2012\\_Residential\\_Water\\_Meter\\_Replacement.pdf](http://www.westonfl.org/media/docs/misc/2012_Residential_Water_Meter_Replacement.pdf)



**Sunday, May 20, 2012 – 8AM – 3PM**  
**Household Hazardous Waste & Electronics Collection Event**

Free annual event where residents may drop off household hazardous waste products and electronic to be recycled or disposed of properly without harming the environment.

Items include: oil and latex paints/thinners, motor oil, auto fluids, gasoline solvents, pesticides, fertilizers, pool chemicals, drain cleaners, mercury, rechargeable batteries, automobile batteries and electronics such as computers, keyboards and televisions.

**LOCATION:** The Weston Public Services Center, 2599 South Post Road – just drive up and drop off. Crews will be on-hand to unload your items. 954-385-2600



**Monday, May 28, 2012**  
**Memorial Day**

All City offices will be closed on Monday, May 28<sup>th</sup> in observance of Memorial Day, a day of remembrance for those who have died in our nation's service.

All city parks will be open and there is regular garbage collection.