

SCHERERVILLE NEIGHBORHOOD

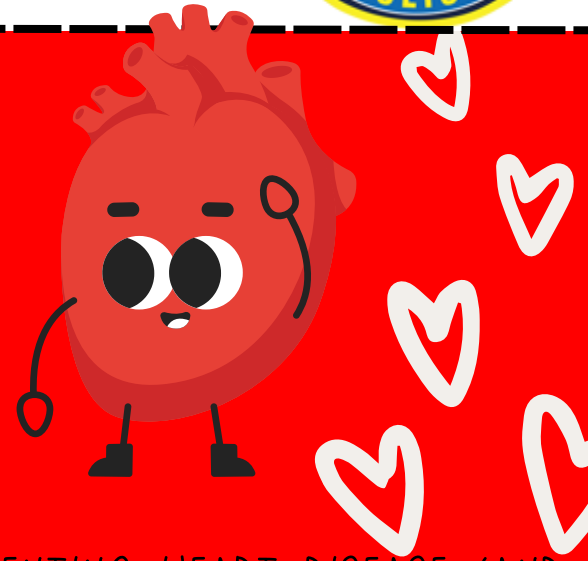
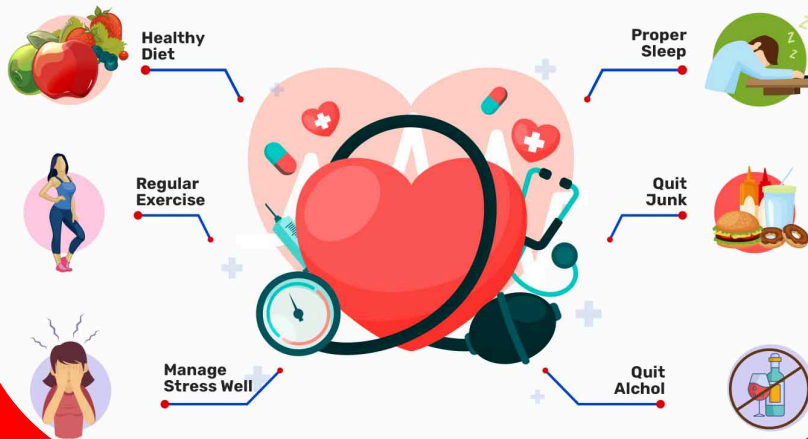
WATCH

FEBRUARY 2025



AMERICAN HEART MONTH

Precautions to prevent Heart Disease

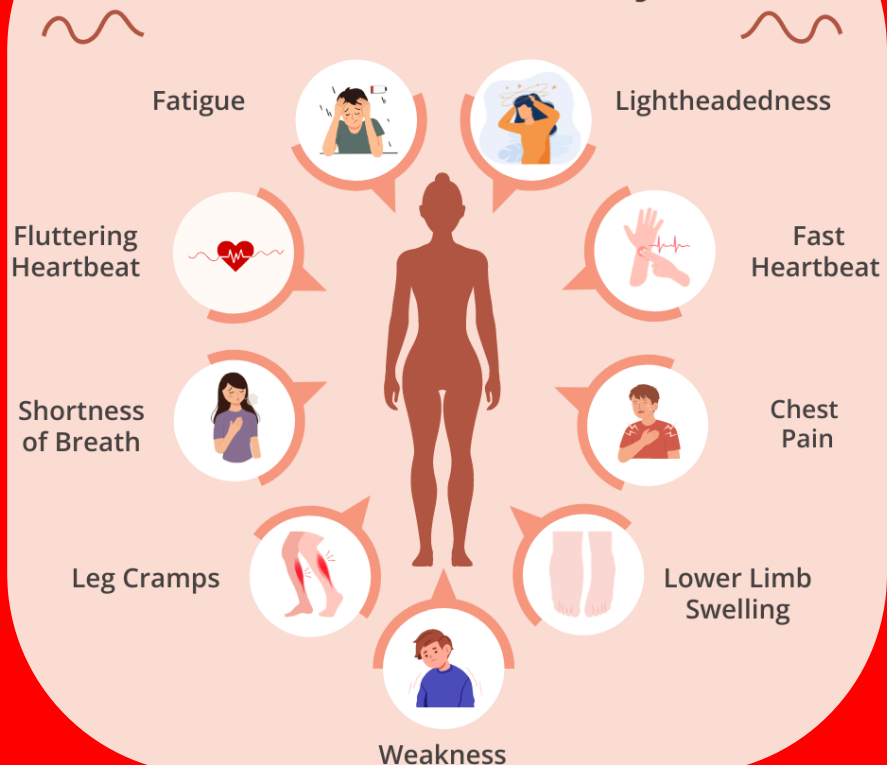


PREVENTING HEART DISEASE (AND ALL CARDIOVASCULAR DISEASES) MEANS MAKING SMART CHOICES NOW THAT WILL PAY OFF THE REST OF YOUR LIFE.

HEALTHY TIPS TO PREVENT HEART DISEASE

- **Choose a healthy eating plan** - The food you eat can decrease your risk of heart disease and stroke.
- **Be physically active** - You can slowly work up to at least 2½ hours (150 minutes) of moderate-intensity aerobic physical activity (e.g., brisk walking) every week or 1 hour and 15 minutes (75 minutes) of vigorous-intensity aerobic physical activity (e.g., jogging, running) or a combination of both every week.
- **Learning the warning signs** - It's never too early or too late to learn the warning signs of a heart attack and stroke. Not everyone experiences sudden numbness with a stroke or severe chest pain with a heart attack. Heart attack symptoms in women can be different than men.

How Heart Disease Affects the Body



CARDIAC ARREST VS. HEART ATTACK

People often use these terms interchangeably, but they are not the same.

WHAT IS CARDIAC ARREST?

CARDIAC ARREST occurs when the heart malfunctions and stops beating unexpectedly.

Cardiac arrest is triggered by an electrical malfunction in the heart that causes an irregular heartbeat (arrhythmia). With its pumping action disrupted, the heart cannot pump blood to the brain, lungs and other organs.



Cardiac arrest is an **"ELECTRICAL"** problem.

WHAT IS A HEART ATTACK?

A **HEART ATTACK** occurs when blood flow to the heart is blocked.

A blocked artery prevents oxygen-rich blood from reaching a section of the heart. If the blocked artery is not reopened quickly, the part of the heart normally nourished by that artery begins to die.



A heart attack is a **"CIRCULATION"** problem.

WHAT HAPPENS

Seconds later, a person becomes unresponsive, is not breathing or is only gasping. **Death occurs quickly if the person does not receive immediate CPR.**

WHAT TO DO



A person's chance of surviving cardiac arrest can be doubled or tripled if CPR is provided immediately. First, call your local emergency number and start CPR right away. Then, if an Automated External Defibrillator (AED) is available, use it as soon as possible. If two people are available to help, one should begin CPR immediately while the other calls your local emergency number and finds an AED—there is a 10% drop in survival each minute, which is why CPR is so important. EMS staff are also trained to revive someone whose heart has stopped.

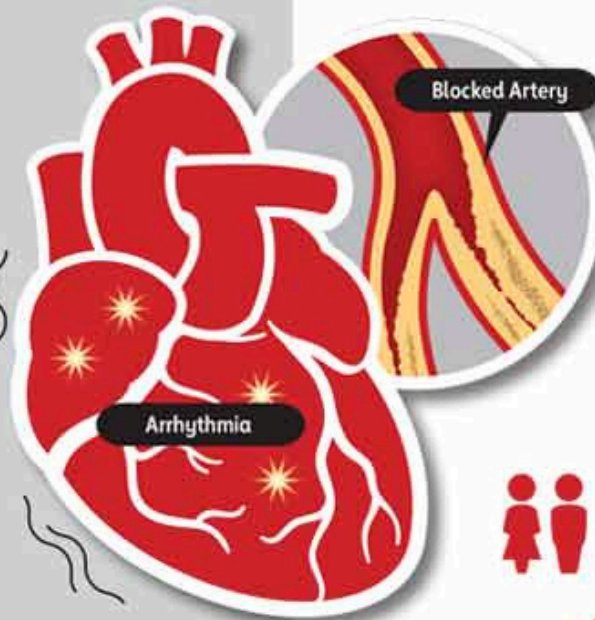
CARDIAC ARREST is a LEADING CAUSE OF DEATH.

Cardiac arrest affects thousands of people annually with about 75% of them occurring in the home.

For more information on American Heart Association CPR training classes in your area go to heart.org/cpr.

Follow us:

[facebook.com/AHACPR](https://www.facebook.com/AHACPR) twitter.com/HeartCPR [#CPRwithHeart](https://twitter.com/HeartCPR)



WHAT HAPPENS

Symptoms of a heart attack may be immediate and may include intense discomfort in the chest or other areas of the upper body, shortness of breath, cold sweats, and/or nausea/vomiting. More often, though, symptoms start slowly and persist for hours, days or weeks before a heart attack. Unlike with cardiac arrest, the heart usually does not stop beating during a heart attack. **The longer the person goes without treatment, the greater the damage.**



The heart attack symptoms in women can be different than men (shortness of breath, nausea/vomiting, and back or jaw pain).

WHAT TO DO



Even if you're not sure it's a heart attack, call your local emergency number. Every minute matters! It's best to call your local emergency number to get to the emergency room right away. Emergency medical services (EMS) staff can begin treatment when they arrive. Patients with chest pain who arrive by ambulance usually receive faster treatment at the hospital, too.

WHAT IS THE LINK?



Most heart attacks do not lead to cardiac arrest. But when cardiac arrest occurs, heart attack is a common cause. Other conditions may also disrupt the heart's rhythm and lead to cardiac arrest.



Fast action can save lives.



American Heart Association.

NEIGHBORHOOD REPORTS



January 15, 2025 - Suspicious Incident - Wilderness Ct - Officers responded to the location in reference to a suspicious incident. Officers made contact with the complainant, who advised that his employee had taken some material from within the house. The complainant stated that he would have given the material to the involved employee, but he would not admit to taking it. The complainant advised that the employee was terminated as a result of the incident and did not wish for anything further to come of the incident. Officers stood by while the employee collected his tools and left the location.

January 5, 2025 - Suspicious Person - BMW - BMW reported that a male subject was walking through their parking lot. Upon arrival, the male already left the area. The building and vehicles were checked and secured. BMW advised they would call back if they have anything further.

January 17, 2025 - Suspicious Incident - Plum Creek Dr - On the mentioned date and time, Schererville PD officers were dispatched to the above location reference a suspicious incident. Caller advised someone knocked on her door and wanted the area checked. No description of the subject. Upon arrival, it was determined to be Xfinity techs walking and working in the area.

January 5, 2025 - Suspicious Incident - Schererville Skate Park - While on routine patrol during the listed date and time, I observed graffiti at the skate park. The graffiti was on a ramp near the north side of the park. Furthermore, it appeared that the graffiti recently occurred due to me not observing it during prior shifts. The graffiti was photographed and public works was later contacted in order to remove the graffiti.

January 13, 2025 - Citizens Assist - Pershing Ct - Officers responded to the above location to assist a male and female while the female obtained her belongings from the residence. The female collected her things and one argument had to be disrupted by officers, however both parties were immediately cooperative and the female completed gathering her belongings and left without further incident.

FRIENDLY REMINDER

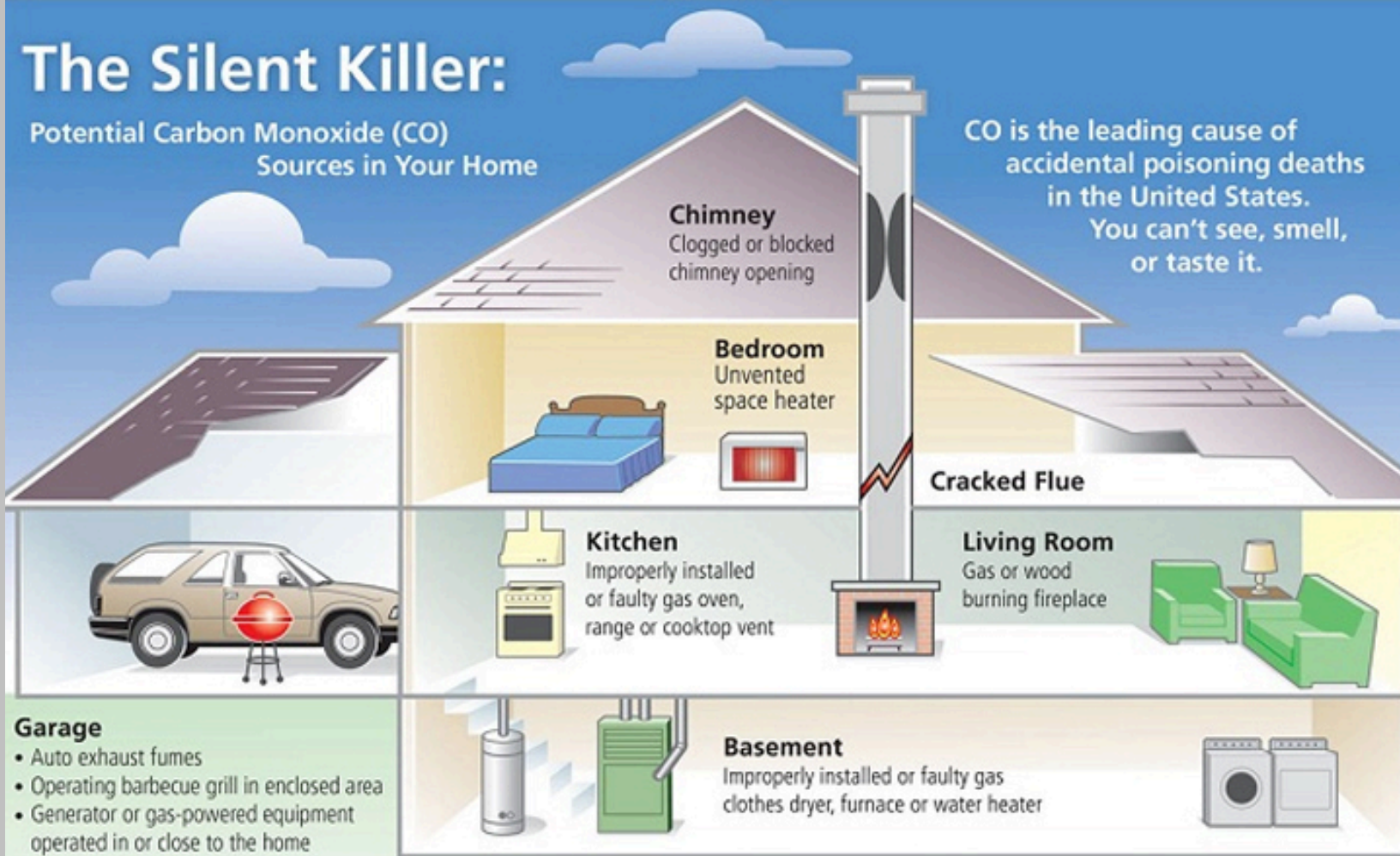
- Do not start your cars when they're parked in the garage and the garage door is closed
- If possible, pull your car out of the garage to let it warm up
- If you have an attached garage, you will want to place your detectors within 10 feet of the door, in the room you enter from the garage, and in any rooms above the garage. Position your carbon monoxide detectors no higher than knee height since the odorless gas does not rise.
- Detached garages/barns are trickier, so we recommend reading the manufacturer's instructions for your detector. Most are not suitable for places with high moisture or spots where temperatures fall below 40 degrees or climb above 100 degrees. Placement in an incompatible environment may damage the detector and reduce its effectiveness.
- It's impossible to detect the odorless and colorless gas without a detector, and the gas can affect your body and mind in just minutes. Since carbon monoxide in a garage is in an enclosed space, running your car even briefly can impact you.



The Silent Killer:

Potential Carbon Monoxide (CO) Sources in Your Home

CO is the leading cause of accidental poisoning deaths in the United States. You can't see, smell, or taste it.



Arrest/Charges

Jomar Coleman | 37 YOA

Possession of Cocaine | IC 35-48-4-6 | L6 Felony
Possession of Paraphernalia | IC 35-48-8.3 | Misd C

Ashley Gregory | 38 YOA

Possession of Cocaine | IC 35-48-4-6 | L6 Felony
Possession of Paraphernalia | IC 35-48-8.3 | Misd C
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Alex J Hernandez | 21 YOA

Dealing Marijuana | I.C. 35-48-4-10(a)(2) | Misd A
Poss of Control Substance | I.C. 35-48-4-7 | Misd A
Poss of Control Substance | I.C. 35-48-4-7 | Misd A
Poss of Control Substance | I.C. 35-48-4-7 | Misd A
Poss of Control Substance | I.C. 35-48-4-7 | Misd A
Poss of Marijuana | I.C. 35-48-4-11(a)(1) | Misd B
Poss of Paraphernalia | I.C. 35-48-4-8.3(b)(1) | Misd C
Poss of Paraphernalia | I.C. 35-48-4-8.3(b)(1) | Misd C
Poss of Paraphernalia | I.C. 35-48-4-8.3(b)(1) | Misd C

Dylan B. Heroux | 29 YOA

OWI Endangering | IC 9-30-5-2 (b) | Misd A
OWI | IC 9-30-5-2 (a) | Misd A
OWI Greater .08 | IC 9-30-5-1 | Misd C

Aaron B. Oberg | 35 YOA

OWI-Endangering | IC 9-30-5-2(b) | Misd A
OWI-Controlled SUB | IC 9-30-5-1(c) | Misd C
OWI | IC 9-30-5-2(a) | Misd C
Reckless Driving | IC 9-21-8-52 | Misd C

Jake Reilly Kline | 29 YOA

Resisting Law Enforcement | IC 35-44.1-3-1 | Misd A
Theft | IC 35-43-4-2 | Misd A

Maria Elena Marines | 31 YOA

Theft (Prior) | IC 35-43-4-2(1)(C) | L6 Felony
Theft | IC 35-43-4-2(A) | Misd A
Warrant



Patrol Notifications

As a courtesy, officers will attempt to notify residents of issues such as an open garage door, open car doors, or other unusual observations they may see while on patrol. Something like a garage door left open overnight could be an invitation for criminal activity. We try to let you know of these observations so that you may better protect your home and reduce the occurrence of criminal activity.

Notifications were made in the following areas:

Manchester Ln • Phesant Ct • Coffman Dr • Naples Dr • Woodhollow Dr • Harvest Dr • Thiel Dr • Freedom Cir •