Street smarts
Here are some common sense behaviors to keep you safe on today’s streets:
✓ Always stay tuned in to your surroundings. Be alert!
✓ Project an air of confidence and calm.
✓ If something doesn’t seem right, take a different route or avoid the person in question. Trust your instincts!
✓ Use an ATM during daylight hours, and be aware of those around you. Change plans if you are uneasy with them.
✓ Don’t flash money or valuables.
✓ Carry a purse close to your body; carry a wallet in your inside coat or front pants pocket (not a back pocket).
✓ Have key in hand before you reach your house or car.
✓ On public transportation, watch who exits with you. If you are uneasy, go directly to a place where there are others.
✓ When driving a car, avoid eye contact with an aggressive driver, use your horn sparingly (as a warning not an outburst) and allow ample time for a trip.
✓ If someone tries to rob you or take your car, don’t resist. Surrender your property not your life.

Prayer: I need to be aware of dangers, but I don’t want to be driven by my fears. God, help me be alert to potential trouble but at the same time mindful of your constant love and presence. Amen.

August 6 Is America’s Night Out Against Crime

Practical Guide to the Affordable Care Act
Top things for pregnant women to know

1. Starting in 2014, health plans cannot refuse you coverage or charge you more because you are pregnant.
2. Health plans must cover free preventive care like gestational diabetes screening and breastfeeding support for women and well-baby visits and vaccines for children.
3. Essential benefits will be covered and must include at least the following categories: ambulatory patient services; emergency services; hospitalization; maternity/newborn care; mental health/substance use disorder services, including behavioral health treatment; prescription drugs; rehabilitative and habilitative services/devices; laboratory services; pediatric services, including oral and vision care; preventive/wellness services and chronic disease management.
4. You can sign up for email updates on ACA at healthcare.gov/families. (The sign-up is in the lower right corner.)
5. Information is readily available. Visit InsureKidsNow.gov to learn more about coverage for pregnant women through Medicaid (healthcare.gov/do-i-qualify-for-medicaid) and the Children’s Health Insurance Program (CHIP) (healthcare.gov/are-my-children-eligible-for-chip).


Resources: Advocatehealth.com • natw.org. National Night Out (America’s Night Out Against Crime) began in 1984 to promote involvement in crime prevention activities, police-community partnerships and neighborhood camaraderie. It tells criminals that neighborhoods are organized and fighting back! It now involves over 37 million people and 15,000 communities. The traditional “lights on” campaign and symbolic front porch vigils have turned into a celebration with activities such as block parties, rallies and marches, youth events and safety demonstrations. • ncpc.org/topics/home-and-neighborhood-safety. Crime prevention and personal safety tips to help keep you and your community safe from crime.

September focus: ACA and young adults