



25 Years at the Helm of Safe Kids Grand Forks—Thoughts from Safe Kids Grand Forks Coordinator, Carma Hanson

This year marks the 25th year I have been in the role as the Coordinator for Safe Kids Grand Forks, a role that I was “asked to fill until they could get someone hired”. . . . that was back in 1996. I had been serving as the manager for the NICU and Pediatric unit and had only been to one Safe Kids meeting. Shortly after that, the first Coordinator of Safe Kids Grand Forks moved away and I was asked to “call a few meetings” and here I am, still serving in a role that makes we want to get up and go to work each and every day.



My dad always said that, “every day’s a vacation when you love what you do”. When I speak with students at the University of North Dakota, I often use this phrase that describes how I feel. . . . “A person finds success in their career when what they do is about a passion and not a paycheck”. My work as the Coordinator of Safe Kids is clearly about a passion for injury prevention and finding ways to keep the kids of our community, region, state, country and world safer from their leading cause of death— unintentional injuries. Over the years, much has changed and much has stayed the same. As I pause to reflect on my time in this role, I will share a few of those observations:

What has changed:

- ⇒ I guarantee we didn’t have YouTube, social media or even digital photos back when I started as the Coordinator. Today, we have even more ways to connect with parents, kids and caregivers than we ever have.
- ⇒ Technology and research has improved and we now see more ways in which we can keep kids and families safe. Some examples include improved function of car seats, new protocols for managing concussions, access to lower priced safety devices such as carbon monoxide alarms, cabinet locks and tip over straps. (continued on page 7)


Looking to the Future & Assuring SKGF Remains Vital and Here to Keep Kids & Families Safe From Preventable Injuries

In 1992, United Hospital at the time, signed on to serve as the lead agency for Safe Kids Grand Forks. For the past nearly three decades, United Hospital / Altru Health System have served in this role and helped our community coalition to grow and expand to cover northeast North Dakota and northwest Minnesota. While much has changed over the years, our dedication to helping parents and caregivers reduce the number of preventable injuries and deaths has not. We are committed to that cause now more than ever. As a community coalition, we have many partners that come to the table to assist us in our important work. Now, we are being challenged to seek partners that can assist us not only with volunteer time and event support, but with operational support as well. We want to assure that the Safe Kids Grand Forks staff and work remain here well into the future.

Currently, we are reaching out to the community and region, asking for their financial support of our program. Each and every dollar will help us as we work to reduce unintentional injuries, the leading cause of death for children under age 19. So whether you are a business, service club, church or individual, we would love to have you join our team of supporters because together, we can do so much to keep the kids of our community and region safe. Here are a few ways that you can help support our team:

- ⇒ **Reach out to Carma Hanson, Coordinator of Safe Kids Grand Forks**, to discuss giving options. We have recognition levels as noted in the chart below. We would love to align your family, business or agency with one of those levels and provide you with the recognition that we have in place for that (website presence, social media call outs, event sponsorships, printed materials, etc.) Carma can be reached at 701.739.1591 and can set up a meeting or Zoom call to discuss some options for you.
- ⇒ **Go online and donate** at www.safekidsgf.com
(Click the yellow donate box at the top of the page and under Gift Information, select Safe Kids Grand Forks.)
- ⇒ **Drop a check in the mail** to Safe Kids Grand Forks
607 DeMers Avenue—East Grand Forks, MN 56721
- ⇒ **If you are looking for the perfect gift to honor someone that has everything or in memory of someone**, consider giving the gift of safety by making a donation in honor or memory of someone. Shop online from the comfort of your home and we will send them a holiday greeting card announcing your generosity in their name.

All donations are tax deductible and please know that the staff and volunteers of Safe Kids Grand Forks appreciate your consideration for support. Each and every dollar, whether \$5, \$500, \$5,000 or \$50,000 is appreciated and will help us to keep kids safe at HOME, at SCHOOL, at PLAY and ON the WAY!!!!

	Total Pledge Over 5 Years
Champion	\$50,000+
Protector	\$25,000 - \$49,999
Advocate	\$15,000 - \$24,999
Partner	\$5,000 - \$14,999
Supporter	\$1,000 - \$4,999
Friend	\$500 - \$999



Smart Sitter

Babysitting Class

2021 Dates

January 23 | April 17 | May 22

9:30am-2:30pm

SMART SITTER is a babysitting class designed by Safe Kids Grand Forks to teach 12-15 year olds about the responsibilities of caring for other children. Attendees also receive an introduction to First Aid procedures and CPR. A certificate of completion and a course manual will be provided.

5205 Gateway Drive, Grand Forks (Grand Forks County Sheriff's Dept)
Cost: \$50 (lunch included, but please bring a water bottle and snack)

Registration is required 5 days prior to class date and class size is limited.

To register, please call 701.780.1400
For additional upcoming dates visit safekidsgf.com



2021 Medication Take Back Events

Did you know that medications are the leading cause of poisoning in young children? Knowing that has caused us to find ways to get expired or unused medications out of the home setting to make them a little bit safer for young children. Several years ago, we started hosting drive up/drop off medication take back events in partnership with Altru Health System, the Grand Forks Sheriff's Department and Safe Kids Grand Forks.

The dates for the 2021 events will be as follows:

March 23 - June 8 - September 21

We will host these events in the Hugo's parking lot on Columbia Road from 8 a.m.—12:30 p.m. Medications can be kept in their original container and labels do not need to be removed. As we get closer to these events, we hope you will clean out your medicine cabinets and bring pills, liquids, patches, ointments, etc. for disposal.





We at Safe Kids Grand Forks know how important it is to have swimming lessons offered to kids of all ages and abilities. We were sad to have to cancel our fall sessions of Adaptive Aquatics Classes at UND and were so hoping we could have them back up and running in the new year. However, we feel it is in the best interest of the kids in our community to continue to “hold tight” with these lessons while the Covid situation is getting under control with the recent release of vaccines. Please know that we will do all we can to offer these classes again at UND or with other partners in the community. Please watch our website and Facebook page for further updates on the status of these classes or call our office at 701.739.1591 to be added to our “wait/call list”.

We give special thanks to Little Miracles, Inc. for their support of our Adaptive Aquatics work in the community.





SAFE AT HOME ALONE

Are you ready to stay home alone?

2021 Class Dates

(Pick one to attend)

January 30, April 10, May 15, July 17

Class Times: 9 a.m. - Noon or 1 - 4 p.m.

5205 Gateway Drive, Grand Forks

(Grand Forks County Sheriff's Dept)

Help your 8-12 year old prepare for independence with this class created by Safe Kids Grand Forks. Drop your child off and they will learn:

- » Fire escape and severe weather planning
- » When to answer the door and the phone
- » Getting to and from school safely
- » Medication safety, first aid and Heimlich maneuver
- » Reasons to call 911
- » Cooking safety
- » Setting house rules
- » And much more!

Cost: \$20
Call 701.780.1489
to register.



**SAFE
K:IDS**
GRAND FORKS

Registration is required at least **3 days** prior to class date. Class size is limited.
For additional upcoming dates visit safekidsgf.com

Have you ever tried to install a car seat into a vehicle?
Do you know how a newborn baby should be placed in their car seat? 4 out of 5 car seats are used incorrectly and we want to assure that you are transporting your "precious cargo" safely after your delivery.



Bringing Home Baby

Car seat class for new or expectant parents

Altru Health System, Rydell Cars and Safe Kids Grand Forks have teamed up to offer **Bringing Home Baby**. This class is designed for expectant parents or those of newborn babies. We would encourage you to take the class prior to your delivery. If you have purchased a car seat, bring it along to class and we will provide hands on training on how to properly install the car seat into a vehicle.

Cost:

The cost of this class is \$5 per couple. Call 701.780.1400 to register. If this cost keeps you from attending, please contact Safe Kids for scholarship options.

2021 Class Dates

January

Thursday, January 14

February

Thursday, February 11
Saturday, February 27

March

Thursday, March 11

April

Thursday, April 8
Tuesday, April 27

May

Thursday, May 13

June

Thursday, June 10
Saturday, June 26

July

Thursday, July 8

August

Thursday, August 12
Tuesday, August 24

September

Thursday, September 9

October

Thursday, October 14
Saturday, October 30

November

Thursday, November 11

December

Thursday, December 9

Location:

Rydell Auto Center conference room. 2700 South Washington Street, Grand Forks, ND (use front entrance on Washington St.)

Times:

6 p.m. - Tuesday & Thursday | 9 a.m. - Saturday

For additional car seat check-up events in Grand Forks, please visit Safe Kids Grand Forks on Facebook!



**SAFE
K:DS**
GRAND FORKS

Altru
HEALTH SYSTEM

*Rydell*cars.com

**VISION
ZERO**
Zero fatalities. Zero excuses.



Car Seat Check-Up Events

presented by:



2021 Dates

Rydellcars.com

2700 South Washington Street
Grand Forks, ND

Second Thursday of every month from 4-7 p.m.

January 14	July 8
February 11	August 12
March 11	September 9
April 8	October 14
May 13	November 11
June 10	December 9

No appointments needed at Rydell's

EGF Fire Department

415 4th St NW | East Grand Forks, MN

January 26	12-2 p.m.
February 22	9-11 a.m.
March 25	12-2 p.m.
April 22	9-11 a.m.
May 24	12-2 p.m.
June 24	9-11 a.m.
July 20	12-2 p.m.
August 23	9-11 a.m.
September 23	12-2 p.m.
October 26	9-11 a.m.
November 23	12-2 p.m.
December 21	9-11 a.m.

Appointments at Fire Department required, call 701.780.1489

Stop by and make sure your children have a safe ride.

Baby on the way?

Register for our Bringing Home Baby class offered monthly. This class is taught by a certified car seat technician and will provide you with basic car seat education, hands on practice and assistance with installing your car seat in your vehicle. To register call 701.780.1489.

For more information, visit www.safekidsgf.com



WE HAVE DEFENSIVE DRIVING CLASSES FOR ANY AGE!

Whether you've been driving for 2 years or 52 years, our Defensive Driving courses will equip you with the tools to arrive home safely.



YOUNG DRIVERS

Teen drivers account for only 5% of licensed drivers, but were involved in nearly 20% of all crashes*. This course is designed for the unique challenges of younger drivers. It also serves as a great benefit for employees who have young drivers at home!

ALIVE AT 25 DEFENSIVE DRIVING COURSE

In-Person

February 21, 1:00pm - 5:00pm, Grand Forks

Distance-Learning

January 24, 3:00pm - 7:00pm, Virtual

February 28, 4:00pm - 8:00pm, Virtual

*Source: NDDOT 2018 Crash Summary Fast Facts



EXPERIENCED DRIVERS

DDC delivers the highest level of research-driven content, defensive driving strategies, hazard recognition and learner retention exercises.

DEFENSIVE DRIVING 4-HOUR COURSE

In-Person

January 9, 9:00am - 1:00pm, Grand Forks

Distance-Learning

January 11, 6:00pm - 9:00pm, Virtual

February 22, 6:00pm - 9:00pm, Virtual

March 25, 6:00pm - 9:00pm, Virtual

Register now at ndsc.org

Both courses may qualify for an insurance discount and a point reduction!



THE Parent Pep Talk

ADVICE AND UNDERSTANDING FROM PARENTS, PROS AND KIDS



The Parent Pep Talk is a heartfelt and humorous podcast filled with advice and understanding from empathetic experts, honest parents, and teens who are willing to talk. It's for all parents looking for a little perspective, a few well-tested tips, and the feeling that you're probably doing a lot better than you think, even if it doesn't always feel like it. The Parent Pep Talk is brought to you by Safe Kids Worldwide and more information can be found at this link or by downloading Parent Pep Talk in your podcast app.

<http://www.parentpeptalk.org/>

Want more safety tips, announcements about upcoming events and links to great resources?

Follow us on Facebook at:

<https://www.facebook.com/safekidsgf/>



Continued from page 1:

⇒ I may not be as limber as I once was but I promise you, I will continue to climb in the back seat of cars and help parents get their car seat installed safely and with increased confidence in their ability to safely transport their kids.

What has not changed:

- ⇒ I get to work with the best group of staff and volunteers anyone could ever ask for. They are dedicated, passionate and selfless when it comes to helping at events and doing their part to keep kids safe. They absolutely make doing the number of events, the individualize care and the success we share possible.
- ⇒ The community sees the needs for Safe Kids Grand Forks and our vital injury prevention work. When we have needed them most, we have seen individuals, businesses, service clubs and agencies step up to support the work that we do collectively. Thank you for that!!
- ⇒ Parenting is one of the most important “jobs” we will ever have and the one that comes with the least amount of “orientation”. Parents and caregivers alike need and look to reputable resources and experts to help them know how to do the important job of parenting with one of the primary roles being to keep their kids safe. We never take that responsibility for granted and will continue to work hard to gain and maintain the trust of those we have the honor to help and serve.
- ⇒ Kids will be kids and they need to be able to learn, live, discover and play in the world around them. We at Safe Kids want them to do all those things and if we as adults can give them a safe place to do that in, we can reduce the number of injuries they receive and the number of children that die from preventable causes.
- ⇒ While we have seen a 64% decrease in “accidental” injuries in the last 30+ years that Safe Kids Worldwide has been in existence, unintentional injuries continue to be the leading killer of kids. To that end, my passion for this important injury prevention work, the fact that kids still die most commonly from preventable injuries, the drive of my amazing team and the outstanding support of our community and partners will help launch me into the next ?? years with my time at Safe Kids Grand Forks.

I thank you for the honor of serving in this capacity and know that we have more work to do. So, while I pause to reflect, I will only do so for a moment and then it is time to “get back to work” for there are parents to help, injuries to prevent and lives to save. Serving with gratitude—Carma Hanson



Car Seat Check-Up Events

presented by:



In partnership with MN Office of Traffic Safety



4 out of 5 car seats are used incorrectly. Could one of them be yours? Is your child's car seat on a recall list? Come and we'll check. Did you know that children up to 4'9" should be riding in a booster seat for the safest ride?

Safe Kids Grand Forks is pleased to partner with Brost Chevrolet to offer regular car seat check-up events. These are offered on the dates listed from 4 - 5:30 p.m.

Stop by and make sure your children have a safe ride.



www.brostchevrolet.com

2021 Dates

January 28

April 22

July 22

October 28

4 - 5:30 p.m.

For more information, contact Polk County Public Health at 218.281.3385.

Also, join us in Grand Forks at Rydell Cars the second Thursday of every month between 4-7 p.m. in the service area.

in cooperation with
Brost Chevrolet

1600 University Ave, Crookston, MN

Car Seat Check-Up Events

presented by:



Public Health
Walsh County Public Health



To schedule an appointment, call Walsh County Health District at 701.352.5139.

4 out of 5 car seats are used incorrectly. Could one of them be yours? Is your child's car seat on a recall list? Did you know that children up to 4'9" should be riding in a booster seat for the safest ride?

Safe Kids Grand Forks is pleased to partner with Walsh County Health District and Hanson's Auto & Implement to offer routine car seat check-ups. These will be offered from 4:30-6 p.m. at Hanson's Auto & Implement on Hwy 17 in Grafton **by appointment only.**

in cooperation with:



14830 Hwy 17, Grafton, ND

2021 Dates

February 4

May 6

August 5

November 4



For additional car seat check-up events in Grand Forks and other surrounding areas, please visit Safe Kids Grand Forks on Facebook!



The staff at Safe Kids Grand Forks are here to help with your safety needs but our office is not staffed regular clinic hours. We are often times out teaching classes or conducting community events. We don't want to miss you when you stop by so please call ahead to 701.780.1489 to schedule an appointment for all your safety needs. We look forward to serving you!!



Are you a Safe Kids coalition member or interested in becoming one? Here is our meeting schedule for 2021 and we always welcome new members to join in our injury prevention efforts. To join our team, please email chanson@altru.org so you can be added to our meeting notification list.

Safe Kids Grand Forks 2021 Meeting Dates

All meetings will be held on the third Thursday of each month unless otherwise noted.

Please mark your calendars for these dates.

January 21

February 18

March 18

April 15

May 20

June 17

July 15 – (Possible no meeting)

August 19

September 16

October 21

November 18

December 16 – (Possible no meeting)



Physical Meeting Place:

Safe Kids Headquarters – 607 Demers Avenue – East Grand Forks, MN
(Lower level of the Altru Clinic in EGF)

Meeting time:

12 – 1:00 p.m.

Lunch will be served. Please RSVP to safekids@altru.org or on our electronic sign up before each meeting so we can plan for appropriate numbers for lunch. There is also an option to join us via conference call or Zoom if you'd rather.

Please call 800.934.2543 (passcode 25350#) for the conference call line.

Join Zoom Meeting

<https://us02web.zoom.us/j/82064543054?pwd=ZmtqV2JPbmt6a2dPaFlZWwc1d3ZuQT09>

Meeting ID: 820 6454 3054

Passcode: 909688

We do not necessarily meet every month but we do set aside this time slot and date in case we have urgent needs. A meeting notice/cancellation notice will be sent out 1 week prior to these scheduled dates.



Phone: 701-772-5684 **Website:** randy@rfenley.com

Address: 2750 26th Street S, Suite A, Grand Forks, ND 58201



Stay Connected:     

QUOTES FOR GOOD

The Randy Fenley State Farm Agency is proud to partner with Safe Kids Grand Forks in our mission to improve child safety. The Fenley agency will donate **\$10 for every auto quote** provided during 2020 when you mention “Quotes for Good”. These dollars will be used for the many Safe Kids programs that improve the safety and well-being of our community and region.

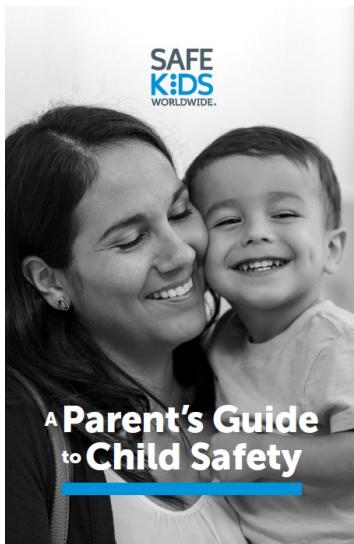
Call Randy for your free quote today.

Randy Fenley
Owner

Randy

United Way Provides Partnership with SKGF to Assist With Car Seats For Those In Need

The United Way of Grand Forks, East Grand Forks & Area and Safe Kids Grand Forks are excited to announce the launch of their new program Car Seats for Kids. Car Seats for Kids is a collaboration between the two agencies that will ensure children are kept safe when traveling in a vehicle. Thanks to a generous donation from United Way, Safe Kids is able to provide car seats to families in need at little to no cost. To apply for a car seat, please contact Safe Kids at 701.780.1489. Together, we are fueling opportunities to thrive!



“Being a parent is the most important job you will ever have and it comes with the least amount of orientation.”

Carma Hanson—Coordinator, Safe Kids Grand Forks

Our parent organization, Safe Kids Worldwide, is always working hard to find ways to provide resources to parents and caregivers to help make keeping their kids safer a little bit easier. This summer, they launched a new tool called “A Parent’s Guide to Child Safety”. This toolkit provides a room-by-room, risk area guide for ways to keep your children safe from a whole host of injury areas. In some ways, this serves as bit of an “orientation binder” for parenting. Check it out on their web page at <https://www.safekids.org/parents-guide-child-safety>

Gun Safety & FREE Gun Locks

Hunting season is upon us and we want to assure that homes with guns are a safe place for curious kids. Here are a few pointers:

- Teach kids these simple steps if they see a gun:
STOP, DON'T TOUCH, LEAVE the AREA, TELL AN ADULT.
- Store guns and ammunition in a separate and safe/locked place.
- Put gun locks on your guns. **We have FREE gun locks available at our Safe Kids Office. Please contact us at 701.780.1489 or safekids@altru.org if you are interested in getting some.**

Safe Kids Grand Forks offers their thanks to the Grand Forks County Sheriff's Department for their partnership to provide these free locks. They can also be obtained at the Grand Forks Sheriff's Department year-round simply by stopping in during office hours. Be safe and happy hunting!!



If you are a Thrivent member and have Thrivent Choice Dollars, Safe Kids Grand Forks would love to have you donate them to our organization. We will put them to good use to keep kids safe at HOME, at SCHOOL, at PLAY and ON the WAY. Questions about how to donate? Call us and we can assist. Thank you for considering us in your donation plans.



PictureYourself

Keeping Kids Safe!



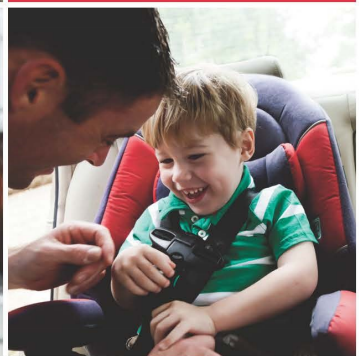
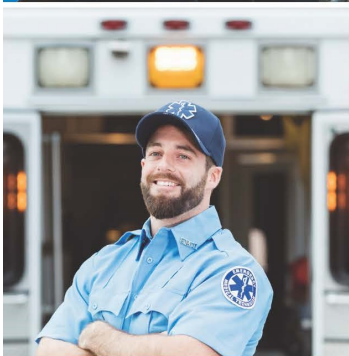
Do you care deeply about kids and want to make sure they are safe on every ride?

Join the team of nationally certified Child Passenger Safety Technicians (CPST) and be that resource or advocate in your community!

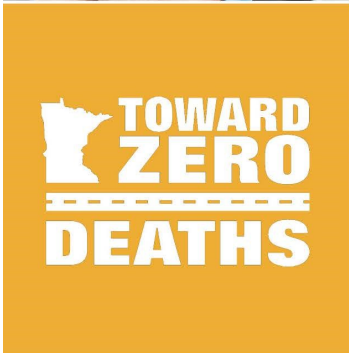


When it comes to car seats, many parents need help to get it right.

- » Road injuries are the leading cause of preventable deaths and injuries to children in the United States.
- » Correctly used car seats and boosters can reduce the risk of death by as much as 71 percent.
- » More than half of all car seats are not used or installed correctly.



To receive information about upcoming car seat tech trainings in northern Minnesota, please take this short survey.



<https://www.surveymonkey.com/r/GXPGSZT>





2021 North Dakota National Child Passenger Safety Technician Certification Training

Course Information

This training provides basic technical skills, experience and knowledge about the proper use and installation of child car seats when working with parents and caregivers with child passenger safety needs.

Course Content

This training will provide participants with the technical skills to:

- Identify and correct misuse of car safety seats
- Serve as a community resource at a variety of community events such as car seat checkups
- Educate others about child passenger safety issues
- Reduce potential liability through standardization
- Receive knowledge and skills to meet national certification

Certification is achieved through a combination of lectures, hands-on practice, role-playing and written and hands-on skills testing. The training concludes with a community car seat checkup. Participants must be in attendance for the entire course and successfully pass to receive certification.

2021 DATES

Dickinson – March 23-26

Bismarck – April 13-16

Fargo – May 10- 13

Grand Forks – May 17-20

Minot – August 3-6



Who Should Attend?

- Law Enforcement Personnel (POST available)
- Health Care Professionals
- Social Workers
- Emergency Medical Personnel
- Child Care Providers
- Nurses
- Physical/Occupational Therapists
- Safety Advocates
- Firefighters
- Agencies Who Transport Children
- Car Dealership Personnel

Registration & Fees

- Go to: <http://cert.safekids.org>, select "Become a Tech" and follow registration instructions. Fees include a two-year national certification (upon successful completion), technician manual and car seat instructions CD.
- National certification fee is \$95.
- Local fee is \$30.

For more information, contact us at 701-328-4533 or drmayer@nd.gov

