

SAFE K:IDS GRAND FORKS

Summer 2019



We had an amazing time on April 27th when we combined 3 great events from the Grand Forks community into 1! This event was held over a 3.5 hour time span at the Purpur and Gambucci Arenas and included over 90 booths! We had booths from childcare centers and service agencies with activities for kids, many people selling items for parents and kids and Safe Kids had information on injury prevention topics. We also had fun things to see outdoors including a school bus, fire truck, police cars, etc. There was also face painting, a bouncy house and raffle prizes. We saw over 1,400 people attend with kids ranging in age from a few months old to 8 years. Check out the last page of this newsletter for more pictures of the event!

Our event will transition next year into being called the Hands on Learning Fair by Safe Kids Grand Forks and will continue to include all the great things we had at April's event. This event could not have been possible without the help of all our sponsors – mainly our presenting sponsor, THI Hospitality. The hotels in Grand Forks included under the THI Hospitality include America's Best Value Inn, Ramada, Quality Inn, Knights Inn & Suites, Days Inn and Rodeway Inn.

With the help of all our sponsors and donations made for VIP swag bags and raffle tickets we were able to raise over \$10,000 for our injury prevention efforts.

If you missed out on this year's event, you can follow our Facebook page, Hands on Learning Fair, to find out when next year's event will be.

(Photo left: Mayor Michael Brown with our SAFE KIDS that signed our pledge. Photo right: Safe Kids Grand Forks Coordinator, Carma Hanson with our Presenting Sponsor Representatives from THI Hospitality, Smiley Thakker, Doug and Joe (joined by a few of our fun mascots).



SAFE KIDS "STAR"



We have many volunteers who step up to help with our events in and around the region. A big part of those events include our car seat check-up events. To assure that we have trained and competent car seat technicians in our service area, we need both instructors and proxies who are able to teach and keep our certified child passenger safety technicians current and meeting

their certification requirements. Recently, two of our technicians stepped up to enhance their skills to assist in this area. They include Kallie Christianson who works for Pembina County Public Health and Lisa Raymond, our Department Assistant at Safe Kids Grand Forks. Kallie recently completed her requirements to become a technician proxy and Lisa has completed most of her work to become a Certified Child Passenger Safety Technician Instructor. We are so proud of both of them and thank them for their on-going commitment to the field of child passenger safety!!



IT'S **NEVER SAFE** to leave a child unattended in a car... **NOT EVEN FOR A MINUTE.**

NATIONAL SAFETY COUNCIL

CARS GET HOT ENOUGH TO KILL IN MINUTES. MAKE IT A HABIT TO ALWAYS LOOK BEFORE YOU LOCK.

nsc.org/heatstroke
nsc.org/hotcars

Stay Safe this Memorial Day

North Dakota Holiday Motor Vehicle Fatalities, 2013-2017



Memorial Day holiday. . . . the one with the most traffic fatalities in North Dakota in recent history. This year, make sure all passengers are buckled up - every trip, everyone!!

VISION ZERO

Zero fatalities. Zero excuses.

Summer means Grilling Season! Grill Safely!



Get ready to grill with care

There's something about cooking on an outdoor grill that makes the eating experience extra special. Mouthwatering aromas, great tasting food, and quality time with the kids, extended family, and friends make for a perfect combination. Grilling is popular all-year round, but especially during the summer months. And it is during the summer that the risk of grilling fires and injuries are at their highest.

As the outdoor grilling season gets underway, keep in mind that roughly half of the injuries involving grills that send patients to the hospital are due to thermal burns—burns both from fire and contact with hot objects. Children under the age of 5 account for about 1/3 of contact-type burns. The burns typically happen when someone, often a child, bumps into or otherwise comes into contact with the grill, grill part, or hot coals.

But grilling-related burns don't have to happen. By taking precautions they can largely be avoided.

Maintain a grill safety radius

- Never leave the grill unattended.
- Supervise kids around the grill area to make sure they're protected from fires and burns. Keep children and pets away by declaring a 3-foot "kid-free zone" around the grill.
- Organize fun activities that keep kids away from the grill area.

Give the grill space.

- A grill placed too close to anything that can burn is a fire hazard. Ten percent of home grill structure fires begin when an outside wall catches fire. The grill should be placed well away from the home, deck railing, and out from under eaves and overhanging branches.
- Do not store or use a grill on a porch or balcony, including any porch or balcony on an upper level of the building.
- The grill should be a safe distance from lawn games, play areas, and foot traffic.

In terms of home grilling fires, July is the peak month, followed by June, May, and August. U.S. fire departments respond to an average of 10,200 home fires involving grills, hibachis, or barbecues per year.

Here are some tips that can help reduce the chances of you having a grilling fire.

Only outdoors

Propane and charcoal barbecue grills should only be used outdoors. Indoor use can kill by causing a fire or carbon monoxide poisoning.

Cleaning is essential

In roughly one-quarter of the fires,

the grill has not been cleaned. Keep your grill clean by removing grease or fat buildup from the grills and in trays below the grill.

Proper lid use

Always make sure your gas grill lid is open before lighting it.

Charcoal grills versus gas grills

The debate over charcoal versus electric can get heated. While gas grills cause more home fires than charcoal grills, The National Fire Protection Association wants to remind everyone that all types of grills pose a risk for fire and burn injuries.

Whether you are a seasoned grill master or tapping into your inner chef for the first time, following fire and burn safety practices can ensure that the kids and guests are safe and keep a pleasant undertaking stress free.

For more grilling information from the National Fire Protection Association go to <https://www.nfpa.org/grilling>. Visit [sparky.org](https://www.nfpa.org/sparky) for fire safety and fun for the kids. For general fire safety information go to www.nfpa.org/public-education.



Featured Car Seat – Britax Pinnacle

This collection from Britax features a cool mesh fabric that provides airy comfort for your travel companion. Plush foam padding in the cover, buckle pad and shoulder pads surround your child in comfort at every touch point.

More importantly, you know your child is being protected by the same next-level Britax safety technologies you've come to love and trust.

Retail \$299.99



Care when it's convenient
for you and your family

»
Altru Express Clinic in East Grand Forks
Walk-In Monday - Friday | 7 a.m. - 7 p.m.
Altru Clinic in East Grand Forks

»
Pediatric Express Walk-In
Monday - Thursday | 4 - 7 p.m.
Altru Family Medicine Center

»
*Same-Day Appointments at Altru Family
Medicine at Altru Professional Center*
Monday - Thursday | 12 - 8 p.m.

Call 701.795.2000 to schedule your appointment.



Shopping Cart Safety

Every year, approximately 23,000 children go to the emergency room with injuries from shopping carts; most of which are caused by falls from the cart or by the cart tipping over. These incidents are caused by broken safety belts, unstable cart design, and often when children attempt to climb out of the cart. Given that carts are typically used over concrete, tile, or linoleum floors that offer no cushioning for when the child falls, injury is inevitable.

Here are some tips for shopping cart safety:

1. Choose carts that have functioning straps for your child in the cart seat and put the straps snug across their lap and make sure their legs are in the leg openings.
2. Traditional shopping carts are very unstable. For toddlers and preschoolers, use a cart that has a child seat low to the ground. Some look like miniature cars in the front of the cart. Older children should not ride in a cart.

3. Only allow adults to push the cart.
4. Do not place infant carriers on top of shopping carts. Carry your infant in a sling or other infant carrier, or use a stroller.

This information has been shared from kidsindanger.org



**SAFE
K:DS**
GRAND FORKS

Keeping kids safe at **HOME**, at **SCHOOL**,
at **PLAY** and **ON** the **WAY**.



To access our safety information, donate or volunteer in our efforts to keep kids safe from preventable injuries, visit www.safekidsgf.com or call 701.780.1489.

Tow Truck to the Rescue!

Many children in the United States die from being left, forgotten or trapped in a hot car each year... 52 in 2018, to be exact. Many more are what we call a near miss. Where things have gone terribly wrong, but the child was removed from the car just in time.

Sometimes it can be as simple as you accidentally locking your keys in the car with a child still buckled in their car seat. Other times you might be walking through a parking lot and see a child sitting in a car without an adult. Whatever the case may be, know there are resources to help you get that child out of the car!

Always call 911 right away when you find a child has been left in a hot car. You can also call a local lock smith – in many areas the lock smith will unlock the car at no charge.

In Grand Forks and the surrounding communities, you can also call Interstate Towing and Recovery. They will send someone right away to unlock the doors at no charge!



701.772.6592

2475 N 42nd St—Grand Forks, ND

They have a commitment to our community and are doing their part to keep kids safe!

Adaptive Aquatics

Water Safety Course

The American Academy of Pediatrics recommends that all children have some type of water safety training by age 5; this includes children with special needs. Many children with special needs are attracted to water and prone to wander, leading to a potentially dangerous chance of drowning.

Safe Kids Grand Forks has designed and now offers an Adaptive Aquatics Class for children with many types of special needs. Check out our web site for more information or call our office for class information.

Web: safekidsgf.com/events
Phone: 701.780.1489



SAFE
K:DS
GRAND FORKS

SAFE
K:DS
GRAND FORKS

KEEPING
KIDS SAFE

at Home

at School

at Play

and on the Way!

www.safekidsgf.com



Altru
HEALTH SYSTEM



2019
Tot Shot Winner

Leading up the Hands on Learning Fair by Safe Kids Grand Forks we held the Tot Shot Photo Contest. We had 75 people submit a photo of their child to be voted on through Facebook. We ended the contest with a total of 7,808 votes between all the entries and 10 month old Elias came out with the most votes! His picture was showcased both in the Grand Forks Herald and at our event on April 27th. Thank you to everyone who took part in our fun little contest.

Reeves
PHOTOGRAPHY

Grand Forks
Herald

Rustic Chic
Boutique

Northern Roots
Boutique

Altru
HEALTH SYSTEM





**Have you found
Safe Kids
Grand Forks on
social media yet?
What are you waiting for??**



- Check out our events section on Facebook to see a list of classes and events we will be attending in the community.
- Watch for updates of different unintentional injury topics.
 - Ask questions
 - Contact information for the Safe Kids Grand Forks office:



Phone: 701.780.1489
E-mail: safekids@altru.org



Altru Health System:
Proud to celebrate 25 years
of keeping kids safe!



Car Seats Are Confusing!

Sign up to attend the Bringing Home Baby Class before your little one arrives. Call 701.780.1489 to register. Classes are offered 3 times per month!



Car Seat Check-Up Events

presented by:



Rydellcars.com

2700 South Washington Street

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

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

No appointments needed at Rydell's

Fire Station 5

1002 47th Ave. S., Grand Forks

January 24	1-3 p.m.
February 26	9-11 a.m.
March 25	1-3 p.m.
April 24	9-11 a.m.
May 23	1-3 p.m.
June 24	9-11 a.m.
July 24	1-3 p.m.
August 26	9-11 a.m.
September 25	1-3 p.m.
October 24	9-11 a.m.
November 19	1-3 p.m.
December 19	9-11 a.m.

Appointments at Fire Station preferred, 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 three times per month. 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 701.780.1400.

For more information, contact Safe Kids Grand Forks at 701.780.1489 or visit www.safekidsgf.com



Car Seat Check-Up Events



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 Body, downtown Grafton **by appointment only.**

2019 Dates
February 7
May 2
August 1
November 7

presented by:



in cooperation with:



110 5th Street West, Grafton, ND



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



Car Seat Check-Up Events



presented by:



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.

2019 Dates
January 24
April 25
July 25
October 24

For more information, contact Altru Clinic Crookston at 218.281.9100.

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

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

in cooperation with
Brost Chevrolet
1600 University Ave, Crookston, MN



www.brostchevrolet.com

SMART SITTER is a babysitting class designed by Safe Kids Grand Forks to teach 11-15 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. Cost is \$50 per person which includes lunch or snack.

Upcoming Class Dates/Locations:

Devils Lake | June 9 | Noon-5:30pm
call 701.665.5210 to register

Langdon | June 15 | Noon-5:30pm
call 701.256.2402 to register

Larimore | June 22 | 10am-3pm
call 701.739.1587 to register

Northwood | June 23 | 1-6pm
call 701.780.1856 to register

Grand Forks | Aug17, Sept 28, Oct 26,
Nov 9, Dec 14 | 9:30am-2:30pm
call 701.780.1400 to register

Smart Sitter

BABYSITTING CLASS

Farm Safety Camp Thank You



Safe Kids Grand Forks recently received this nice note from Devin Droog, the Farm Safety Camp Coordinator in Grafton. Devin was approached by Safe Kids Grand Forks and Ag Country Services many years ago about starting a camp of this nature in the community where he lives and works. He jumped on board and has continued with this event each spring for the kids of the Grafton and surrounding communities. The camp trains 3rd

grade students each April and it has grown with amazing presenters from the community each year. Thank you, Devin and Hanson Auto & Implement for coordinating and hosting this event.

I would like to send out a HUGE THANK YOU to everyone that helped make our Farm Safety Day a SUCCESS. I appreciate everyone taking time out of their busy schedules to help teach our kids how to be safer at home and on the farm or anywhere! Your help means a lot to me and I hope we can do it again next year! Thanks again for helping and mark your calendars for the first Wednesday in April! Take Care!

**Devin Droog, Parts Manager
Hansons Auto & Implement
Grafton, ND**

As long as we are talking Farm Camps, we would like to give a shout out to Carrie Bergquist, an employee from Altru Clinic in Crookston for serving as the event coordinator for the Crookston Farm Camp held each

April also. This camp has been happening as long as the Grafton one has and just a few years ago, Carrie took over as the coordinator for this event. She does an outstanding job planning for and securing the presenters for that location. The Crookston camp trains around 200 5th graders each year from their community and the surrounding area schools. Thank you, Carrie for all your work to make the kids of Crookston safer in the home and farm setting.



HELP KEEP KIDS SAFE *from* BRAIN INJURY



Use gates at the top and bottom of stairs to prevent serious falls among infants and toddlers.



Use child safety seats and booster seats that are correct for a child's age and weight. Make sure they are properly installed.



Make sure your child always wears the right helmet for their activity and that it fits correctly.



Use playgrounds with a soft landing surface (such as sand or wood chips, not dirt or grass).

LEARN more AT:

www.cdc.gov/TraumaticBrainInjury



Brain injury can happen to anyone, anywhere, at any time.

Traumatic Brain Injury (TBI)

Damage to the brain caused by an external force that disrupts its function



Males are 2x as likely as women to sustain a TBI



Falls are the leading cause of TBI

Other causes include:

- Motor vehicle crashes
- Recreational Injuries
- Assaults



Toll-free 855.866.1884 • Fax 701.777.1431

You can prevent brain injuries

- Wear a seat belt
- Never drive under the influence
- Wear proper protective equipment for recreational activities
- Wear shoes with non-slip soles
- Remove tripping hazards



Symptoms of TBI may not show up for **weeks or months** following the incident

TBI can cause a wide range of short or long term changes including:

- Behavioral Changes
- Physical Impairments
- Changes in thinking

The ND Brain Injury Network can help by providing assistance and resources for those with TBI's and their families, friends and professionals

if YOU THINK AN ATHLETE HAS A CONCUSSION
USE THE HEADS UP ACTION PLAN

- 1** Remove the athlete from play.
- 2** Keep the athlete out of play the day of the injury.
- 3** Obtain permission from an appropriate health care professional to return an athlete to play.

Thank you Thomsen Homes LLC!



THOMSEN HOMES Presents
Grand Forks Gives Back
 February 26th, 2019 | Rhombus Brewing

Thomsen Homes welcomes you to a night of celebrating your success in 2018 and with that success, giving back to the community through local charities! We are proud to be a part of Giving Hearts Day and doubling the funds donated to certain charities in the community. Thank you for all of your hard work and dedication in 2018!

Total impact in the Grand Forks community
\$43,000



We are over the moon excited to announce a very generous \$2,500 donation from Thomsen Homes LLC. Realtors who sold Thomsen homes picked charities they would like to have money donated to. A huge shout out to Amber Flynn with Hatch Realty and Blake Christianson with Greenberg Realty for picking Safe Kids Grand Forks!



HATCH
 REALTY



Data Needed on Pets Injured or Killed in Cars

For over 20 years, KidsAndCars.org has been dedicated to the prevention of noncrash, vehicle-related hazards to children, such as heatstroke, backovers and trunk entrapment. Since data is key to spurring safety improvements, Kids And Cars has long collected data on various not-in-traffic incidents. For many incidents that occur off of roadways, Kids And Cars was the 1st to begin collecting incident data. Now, Kids And Cars is collecting similar data on pets. It is asking the public to let them

know if their pet has been injured or killed, either inside or outside of a vehicle. Until now, there has been no data collection system for pet injuries or deaths involving vehicles, so Kids And Cars is gathering this information to protect pets – starting by gaining a better understanding of how they are being harmed. Please share your

information at www.bit.ly/petsandcars.

Source: safe ride news



CPSC ALERT

Stop use of your Fisher-Price Rock 'N Play by three months of age, or as soon as an infant exhibits rollover capabilities.



The Consumer Product Safety Commission is issuing an important safety alert regarding the Fisher-Price Rock 'n Play. The CPSC is aware of 10 infant deaths in the Rock 'n Play that have occurred since 2015, after the infants rolled from their back to their stomach or side, while unrestrained. All 10 infants were 3 months or older.

Please share this information with friends and family. It could save a baby's life!

Safe and Sound Cooking Tips for Kids

While there is no designated age for when kids can cook alone, keep these health and safety checkpoints in mind when your child is ready for the responsibility. These tips are offered by Altru Health System's Sports Nutrition Program.



Before your children cook alone, spend time with them in the kitchen, teaching basic culinary skills and important safety tips. Practice with your children so they will feel safer and more confident. Be sure your child knows:

- ◆ *Basic first aid*
- ◆ *Emergency procedures for stovetop and oven fires*
- ◆ *How to contact you or another trusted adult if they have questions*

Safety Tips

- ◆ *Keep long hair pulled back*
- ◆ *Wear short, close-fitting or tightly-rolled sleeves when cooking*
- ◆ *Use oven mitts when handling hot dishes or pans*
- ◆ *Wipe up spills immediately, especially on the floor*
- ◆ *Turn the stove and oven off immediately after cooking*
- ◆ *Turn pan handles to the back of stove*
- ◆ *Never leave cooking food unattended*

Microwave Safety- *microwave should be lower than the user's face.*

- ◆ *Heat foods only in microwave-safe containers*
- ◆ *To prevent steam build-up, remove tight lids on food containers, puncture plastic wraps, or use vented containers*
- ◆ *Let cooked food stand for 1-2 minutes before removing from microwave*
- ◆ *Open heated food containers slowly, away from face or hands*
- ◆ *Never microwave uncracked eggs*

Food Safety

- ◆ *Wash hands, surfaces, and kitchen utensils.*
- ◆ *Keep raw meat, poultry, and seafood separate from ready-to-eat foods.*
- ◆ *Cook foods to proper temperatures.*
- ◆ *Refrigerate promptly to 40 degrees F or below.*

Nutritious Choices

- ◆ *Keep a variety of convenient, nutritious choices for snacking or meals*
- ◆ *Fresh fruits and vegetables*
- ◆ *Peanut butter and hummus.*
- ◆ *Pre-sliced and cooked lean meats*
- ◆ *Yogurt, cottage cheese,*
- ◆ *Mixed nuts*
- ◆ *Whole grain breads, pastas, tortillas and cereals*



SAFE KIDS **SUMMER**

2019 CAR SEAT CHECKS

- June 5 Warroad (WIC Office) 10am-1pm
- June 13 Grand Forks (Rydell Cars) 4-7pm
- June 20 Langdon (United Lutheran Church) 9-11:30am
- June 20 Walhalla (Lutheran Church) 1-2:30pm
- June 20 Cavalier (Pembina County Museum) 3:30-5pm
- June 24 Grand Forks (Fire Station #5) 9-11am
- June 27 Grand Forks (Auto Finance Super Center) 12-2pm by appt 701.780.1489
- July 9 Grand Forks (Grand Cities Mall/Early Head Start) 2:30-4:30pm
- July 10 Langdon (WIC Office) 9am-Noon
- July 10 Cavalier (Leevers) 2:30-5:30pm
- July 11 Grand Forks (Rydell Cars) 4-7pm
- July 15 Warren (WIC Office) 9:30-Noon
- July 15 Larimore (Little Lambs) 4-6pm
- July 16 Northwood (City Hall) 4-7 pm
- July 23 Grafton (WIC Office) 1-4pm
- July 24 Grand Forks (Fire Station #5) 1-3pm
- July 25 Crookston (Brost Chevrolet) 4-5:30pm
- August 1 Grafton (Hanson's Auto Body) 4:30-6pm by appt only 701.352.5139
- August 6 Lakota (WIC Office) 12:30-3:30pm
- August 7 Grafton (Tri Valley Head Start) 5-7pm
- August 8 Grand Forks (Rydell Cars) 4-7pm
- August 13 McVile (WIC Office) 12:30-3:30pm
- August 26 Grand Forks (Fire Station #5) 9-11am
- September 18 Drayton (WIC Office) 11am-2pm
- September 18 Hoople (Little Spuds Daycare) 3-6pm
- September 21 Seat Check Saturday (AMC Theater, Grand Forks) Time TBD
- September 24 Roseau (Roseau Electric) 4-7pm



For more information on each event, visit safekidsgf.com
or on Facebook search for Safe Kids Grand Forks



Safe Kids Grand Forks has bike & multi-sport safety gear available at a reduced cost!

Toddler size bike helmets
Blue or pink - \$8.00

Child & adult size bike helmets (S-M-L)
Red, black, blue or purple - \$8.00

Child & adult "true multi-sport" helmets (S-M-L)
Blue, black or white - \$12.00

Elbow, knee, wrist guard sets (S-M-L) – Black - \$12.00

If interested in purchasing a helmet or pads for you or your child, please contact
Safe Kids Grand Forks at 701-780-1489



Safe Routes to School Maps - 2019

Working in cooperation with Safe Kids Grand Forks, Grand Forks-East Grand Forks local governments, school districts and related stakeholders, the Grand Forks-East Grand Forks MPO updated the Safe Routes to School Maps, 2019. Printable maps are available for all Elementary and Middle Schools in the Grand Cities area at: <https://theforksmpo.com/safe-routes-to-school-maps/>

Safe Routes to School Maps enable and encourage children, including those with disabilities, to walk and bicycle to school. The maps make bicycling and walking to school a safer and more appealing transportation alternative, thereby encouraging healthy and active lifestyle from an early age. Safe Routes to School Maps facilitate the planning, development and implementation of projects and activities that will improve safety and reduce traffic, fuel consumption and air

pollution in the vicinity (approximately 2-mile radius) of Elementary and Middle Schools (Grades K-8).

The current update makes every effort to integrate transit, safety, bicycle and pedestrian facilities into safe routes to schools. The maps provide information on rail crossings in school proximity, existing traffic controls such as crosswalks, traffic lights or school safety patrol posts. The purpose of the Safe Routes to Schools Maps is to improve safety and mobility for children by enabling and encouraging them to walk and bicycle to school.

Every effort has been made to accurately reflect walking and biking conditions at the time the Safe Routes to School Maps, 2019 were updated. However, their design, production and distribution are a work in progress. The MPO welcomes comments from the school officials, parents and teachers associations, enforcements and related agencies to improve current Safe Routes to School Maps to enhance the walking and biking environment around corresponding schools.

For more information, please contact Mr. Earl Haugen, Executive Director

Overcoming Barriers Strengthening Connections



Ensuring Opportunities Planning One Community

"A community that provides a variety of complementary transportation choices, that are fiscally constrained, for people and goods."



Bike!Fun! Training Program in East Grand Forks

Safe Kids Grand Forks and South Point Elementary (East Grand Forks), with support of the Polk County State Health Improvement Program, have embarked on a new adventure to teach road cycling skills to upper elementary students. During two weeks of May, the fifth grade students have involved with the Bike!Fun! training program. This curriculum was developed by the Bike Alliance of Minnesota. As part of the curriculum, the school has had access

to a bike fleet – a trailer of bicycles, helmets and supplies that enable each student to have access to a bicycle for the two-week program. This is critical in East Grand Forks as a significant portion of the student body do not live a bikeable distance from the school.

We applaud Suraya Driscoll, director of Teaching and Learning in the East Grand Forks Public Schools for being the champion needed to bring this program to the school. We also want to

recognize Ryan Kasowski, the PE teacher at South Point, for his willingness to incorporate this program into his curriculum. Bethany Satrom from Polk County Public Health has also been instrumental in launching the Bike! Fun! program.

We are excited to see how this program improves the riding skills and road awareness for the participating students.



bikeMn

BICYCLE ALLIANCE OF MINNESOTA

Bike to School Day

During the first two weeks of May, Safe Kids Grand Forks helped to host Bike to School Day at six elementary schools – Lewis & Clark, Discovery, Lake Agassiz, Thompson, Winship and Century.

Students and parents were encouraged to ride to school on their scheduled day. They were greeted at the bike racks by Safe Kids staff and volunteers as well as school staff and student leaders. Several schools had nearly 35% of their students ride. At three schools, where many students live too far to bike, we were able to set up remote drop off

locations.

A big shout out to Thompson Police, Grand Forks Police Department and UND Police for assisting with leading rides from these locations and greeting students. We also want to recognize Earl and Kathleen Haugen for leading the ride for students in Thompson and other volunteers who helped greet students. We could not do this without you all!





Riders and Volunteers Needed!

Where and When: VFW Arena 711 3rd St. SE East Grand Forks, MN 56721
July 15-19, 2019 **Cost:** \$100 per rider

Bike Program: iCan Shine is a nonprofit organization that teaches individuals with disabilities to ride a conventional two-wheel bicycle through its' iCan Bike program.

Rider Requirements (limited spots available):

- Must be at least 8 years old by start of camp **and have a disability**
- Must be able to walk without an assistive device and sidestep to both sides
- Must be able to attend the same 75-minute session each day of the 5-day camp
- Must be under 220 lbs. and have a minimum inseam measurement of 20" (measure from floor with sneakers on)

Volunteer Requirements:

- At least 15 years old (unless accompanied by an adult)
- Able to attend 90 minutes at the same time each of the 5 days of camp (15 minutes of training/daily debriefing)
- Able to provide physical, emotional and motivational support to assigned rider
- Able and willing to get some exercise (light jogging/running) for a great cause!

Those interested in registering for this great program as a rider or volunteer should e-mail **Kevin Sandness at the Anne Carlsen Center** at:

Kevin.Sandness@annecenter.org. For more info go to: www.icanshine.org
or <https://annecarlsen.org/services/real/ican-bike/>





**Volunteers
Needed!**



**Help us lose
the training
wheels.**

This summer, you can help give the gift of freedom and fun by volunteering to assist individuals with disabilities learn how to ride a bike.

Join us July 15-19, 2019 at the VFW Arena in East Grand Forks for this unforgettable opportunity to serve your community and truly change a life.

701-364-2663

Register Online

✉ Email:
Kevin.Sandness@annecenter.org

@ Website:
<https://annecarlsen.org/bike>

Thank You 2019 Sponsors!

Presenting Sponsor: *THI Hospitality*



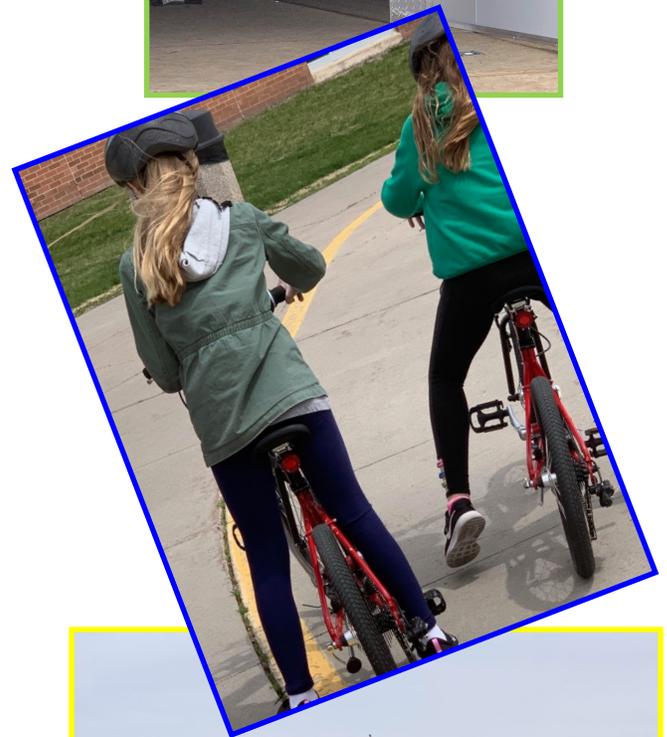
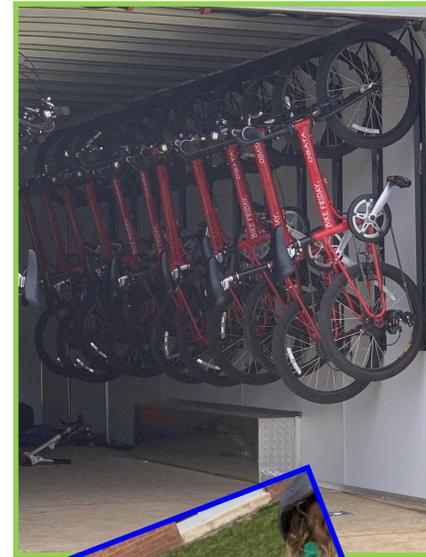
- Cabela's
- Costco Wholesale
- Deek's Pizza
- Denny's
- Edgewood Healthcare
- Gate City Bank
- Kay Jewelers
- KEM Shriners
- O' for Heaven's Cakes
- Riddle's Jewelry
- River Cinema 15
- Sweet 3 Boutique
- Whalen's Moving & Storage
- Your QFM





EGF Schools Host Walk! Bike! Fun! Bicycle Fleet

Safe Kids Grand Forks and South Point Elementary (East Grand Forks), with support of the Polk County State Health Improvement Program, have embarked on a new adventure to teach road cycling skills to upper elementary students. During two weeks of May, the fifth grade students have involved with the Bike!Fun! training program. This curriculum was developed by the Bike Alliance of Minnesota. As part of the curriculum, the school has had access to a bike fleet – a trailer of bicycles, helmets and supplies that enable each student to have access to a bicycle for the two-week program. This is critical in East Grand Forks as a significant portion of the student body do not live a bikeable distance from the school.



We applaud Suraya Driscoll, director of Teaching and Learning in the East Grand Forks Public Schools for being the champion needed to bring this program to the school. We also want to recognize Ryan Kasowski, the PE teacher at South Point, for his willingness to incorporate this program into his curriculum. Bethany Satrom from Polk County Public Health has also been instrumental in launching the Bike!Fun! program.

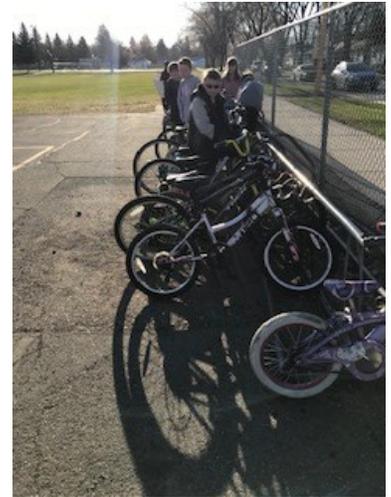
We are excited to see how this program improves the riding skills and road awareness for the participating students.



Bike to School Day(s) 2019

During the first two weeks of May, Safe Kids Grand Forks helped to host Bike to School Day at six elementary schools – Lewis & Clark, Discovery, Lake Agassiz, Thompson, Winship and Century. Students and parents were encouraged to ride to school on their scheduled day. They were greeted at the bike racks by Safe Kids staff and volunteers as well as school staff, elected officials and student leaders. Several schools had nearly 35% of their students ride. At three schools, where many students live too far to bike, we were able to set up remote drop off locations.

A big shout out to Thompson Police, Grand Forks Police Department and UND Police for assisting with leading rides from these locations and greeting students. We also want to recognize Earl and Kathleen Haugen for leading the ride for students in Thompson and other volunteers who helped greet students. We could not do this without you all!



Discovery 5th Grader Named ND Patroller of the Year



Congratulations to Alexander Haar who was recently named the ND Safety Patrol of the Year by AAA. Ali Parkinson, Principal at Discovery Elementary School noted in her nomination, "Alex has taken a lead role in assisting with our Student Leadership Program. He volunteers as a Safety Patroller daily. His commitment and dedication far exceeds any other Safety Patroller's time commitment at Discovery."

Congratulations, Alex and thanks for your part in keeping the kids at Discovery safe!!



Alex with AAA's Gene LaDoucer and Pete Haga of the Grand Forks Mayor's Office.

Summer Bike, Pedestrian & Play Safety



As summer rolls around and we have warmer weather, being outdoors is a great place for kids to explore and play. However, remind them that they should not play anywhere that cars can drive. This includes driveways, streets, parking lots and cul de sacs. Often children are too small to be seen by large vehicles and can be backed over. We also know that many people drive distracted and having kids in the same place that cars drive can be a hazardous equation. Parks, yards and fenced in areas offer the best and safest place for kids to have their summer fun. Leave the concrete driving spaces for the vehicles.

Get Connected with Safe Kids All Across North Dakota

This past year, Safe Kids Grand Forks and Safe Kids Fargo-Moorhead were thrilled to help establish two new coalitions in North Dakota and welcome them to our Safe Kids family. Safe Kids Bismarck/Mandan and Safe Kids Minot have joined our network of injury prevention coalitions in the state. Our partners in all three of these communities are doing GREAT things and we would encourage you to connect with them as well for more childhood injury prevention tips, upcoming events and resources that they may have to offer. You can LIKE them on their Facebook pages and sign up to receive their newsletters. Safe Kids Fargo-Moorhead just started publishing one and it is FANTASTIC. Safe Kids Minot is also in the process of producing one and we know they are eager to showcase what they have going on. Connect with them on Facebook and check out their wonderful work!!

