



Seasonal Newsletter



Fall 2019

Altru Health System Presented With Prestigious Award at Safe Kids Worldwide's PrevCon

This past July at the bi-annual Safe Kids Worldwide Conference held in Washington DC, Altru Health System and long-time Safe Kids partner from Fargo-Moorhead, Sanford Health, were presented with a very prestigious award by Safe Kids Worldwide. They were chosen as the co-recipients of the Outstanding U.S. Lead Agency for their outstanding work in preventing childhood injuries in their communities. Altru Health System joined more than 500 safety professionals from the U.S. and countries around the world at the three-day convention to collaborate on efforts to enhance the safety of children on the road, at home and at play.

Altru Health System serves as the lead agency for Safe Kids Grand Forks, a childhood injury coalition that has been in existence since 1992 and covers northeast North Dakota and northwest Minnesota. Mentioned at the ceremony in which the award was presented was the help and support that Altru Health System gave to help establish two new coalitions in the state of North Dakota. Previously, there were coalitions in Grand Forks and Fargo-Moorhead, lead by Sanford Health. These long-term and existing coalitions worked hard to sell the concept of an injury prevention coalition and helped establish Safe Kids coalitions in Bismarck-Mandan (led by Sanford Health) and Minot (led by Trinity Health). This past year, coalitions were formed in those communities and have helped to provide injury prevention expertise and resources to the mid and western part of our state.

"Altru Health System is a dynamic force, a recognized leader within Safe Kids, and an inspiration to our entire network," said Torine Creppy, president of Safe Kids Worldwide. "Too many kids do not have a chance to reach their full potential because of an injury that is preventable. Altru Health System and Safe Kids Grand Forks' passion and commitment is making a difference in their community and beyond as we work together to reach more families, prevent more injuries and save more lives."

Safe Kids Grand Forks is proud to have a strong and dedicated lead agency in Altru Health System. Safe Kids Coordinator, Carma Hanson notes, "While this award is amazing and I know appreciated by Altru Health System, what makes me most proud is that they serve in this capacity not for the recognition or awards but because this program truly helps them live out their mission of 'Improving Health, Enriching Life' and to fulfill their vision of delivering world-class care to the residents of our region. Dr. Susan Zelewski and I were honored to accept this prestigious award on behalf of Altru Health System."

US Senator John Hoeven from North Dakota was on hand to present the award given to Altru Health System and Sanford Health.



Safe Kids Grand Forks Safety “STAR”



Over the years, Safe Kids Grand Forks has been blessed to have a “behind the scenes helper” making us look good with our safety activities and displays. Billy Braxton has worked as a carpenter for Altru Health System and when we have come up with an idea, Billy has taken our rudimentary sketches and made

them into fabulous displays. Billy is very talented and always takes the extra time to go out of his way and make items extra professional. Below, you will see many of the items by Billy over the years. Some of those items include a safe sleep display, a playground surfacing display box, a poison look alike display, a sharing the roadway display and many other items that supplement the education that we provide to the community. Recently, Billy retired from Altru

Health System and is looking forward to this next chapter in his life. We wish him well and know that the items he has made for us will have a lasting impact on our Safe Kids Grand Forks childhood injury work in the community. We thank you, Billy and love naming you this edition’s Safe Kids Star!!



Never Forget The Difference You Have Made.



**SAFE
K:IDS**
GRAND FORKS

Hydration!

School is starting and fall sports are in full swing. A performance dietitian's job is to make sure that you are well hydrated for the fall sports months ahead whether you're out on the football field or doing an indoor sporting activity.

WATCHA DRINKIN'?

How much WATER do you drink per day? Not artificially flavored fizzy water or coffee but pure water. Think about it. Are you choosing water more than other beverages? Or do you stick with coffee most of the day? Perhaps you rely on Diet Mountain Dew for energy? Here's what we know: **We can all be better at drinking water.** We'll discuss a few tips to increase water intake in a minute.

THIRST

Have you ever been so thirsty that your mouth is dry? How does it make you feel? Not too good right? You're likely unable to focus, because all you can think about is how thirsty you are.

Here's the thing about thirst: If you **FEEL THIRSTY, YOU'RE ALREADY SOMEWHAT DEHYDRATED.** Thirst is a poor indicator of dehydration so the goal is to avoid feeling thirsty. Now we're not telling you to chug your water bottle every time you fill it up, but you definitely want to continuously sip on water through the day to reach your goal.

DAILY WATER GOALS

GENERAL: Everyone should aim to get **1/2 their body weight in oz per day.** So if you weigh 150 lbs, that's 75 oz of water. What does 75 oz look like? Well, the water bottle pictured with this article is approximately 25

ounces, so 75 oz would be 3 full bottles worth. For those who like cup measures, 8oz = 1 cup.

ATHLETES: Should aim for 1/2-1 oz per pound of body weight

So, a 150 lb athlete would aim to get 75-150 ounces per day. Why more? Athletes lose fluids during training.

HOW DOES HYDRATION AFFECT PERFORMANCE?

1. Increases ENERGY - Yes, water can energize you! So when it's 3pm and you feel like you "need caffeine", try drinking a tall glass of water.
2. Improves movement, recovery and agility (these sound pretty important if you're an athlete).
3. Enhances mental clarity aka focus and decision making. Let's think about this for a second - Games are won and lost based on decisions made in split seconds. If simply being adequately hydrated can help you make quicker, better decisions, then LET'S GET OUR HYDRATION ON PEOPLE!

TIPS TO INCREASE WATER INTAKE –

1. Drink a tall glass of water upon waking: Wake up, go to the bathroom, and stand in front of the mirror until you drink that



entire cup that sits next to the faucet. It may seem silly, but you'll knock out 8-20oz of water within minutes of being awake!

2. Carry a reusable water bottle with you all day and continuously sip on it. Determine how many ounces your bottle holds so you know when you've reached your daily goal.
3. Alternate water with coffee. If you're a heavy coffee drinker, get at least a glass or cup of water in before refilling your coffee mug. If you're feeling dehydrated, definitely reach for water over coffee or tea.
4. Always order water at the restaurant, even if you're ordering another beverage.

This article was submitted by our Sports Nutrition Team at Altru Health System.

SAFE KIDS
GRAND FORKS

KEEPING KIDS SAFE

at Home
at School
at Play
and on the Way!

www.safekidsgf.com

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Featured Car Seat – Maxi-Cosi Pria 85 Max

This convertible car seat offers maximum comfort, style and safety with an extended weight range up to 85 pounds forward facing and a harness height that adjusts with just one

hand movement. For an easy to buckle, but hard for kids to sneak out of chest clip, this car seat offers an auto-magnetic ClipQuick.

Retail \$329.99



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.

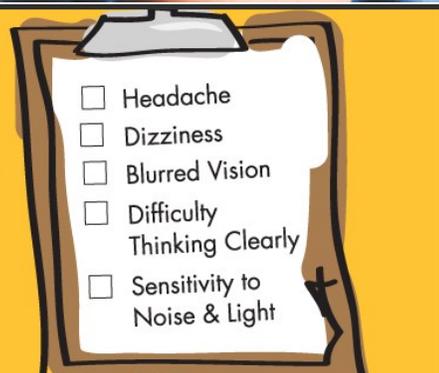
Call 701.795.2000 to schedule your appointment.



SOME BRAIN INJURY SIGNS AND SYMPTOMS

**LEARN MORE
SYMPTOMS @**

www.cdc.gov/TraumaticBrainInjury



Ford recalls 108K cars; seat belts may not hold in a crash

DETROIT (AP) — Ford is recalling over 108,000 midsize cars in North America to fix a problem that could stop the seat belts from holding people in a crash.

The recall covers certain Ford Fusion and Lincoln MKZ cars from the 2015 model year.

The company says the cars' front seat belt cables can lose strength due to heat buildup and may not adequately restrain passengers.

Ford says it's aware of one injury from the problem.

Dealers will apply a protective coating to the cables. Owners will be notified starting Sept. 9.



Gun Safety & FREE Gun Locks

Whether hunting season is upon us or it is an off season, 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 from Safe Kids Grand Forks.** Safe Kids Grand Forks offers their thanks to the Grand Forks County Sheriff's Department for their partnership to provide these locks. You can contact us at Safe Kids Grand Forks (safekids@altru.org) or stop by the Sheriff's Office in Grand Forks year-round to pick up your free locks.



Kohl's Cares...About Safe Kids Grand Forks!

Sometimes blessings fall right into your lap when you need it most! In April we received an email from Courtney, the store manager at Kohl's department store in Grand Forks, asking if we needed any volunteers for our upcoming Hands on Learning Fair event. Boy did we ever! Courtney said that she and her team were looking for ways to be able to give back to our community. Not only did she provide us with volunteers for that event, she reached out again in July asking if there was anything else they could do... lo and behold, we had another event we were going to be a part of in August that we needed volunteers.

Not only has Kohl's given their time to help Safe Kids, but they have also donated \$1,500 to our local coalition! We are so thankful to have Kohl's as a partner in spreading our injury prevention message.



Back to School Safety Tips

Whether walking to school, biking or riding the bus, here are some back to school tips to keep your child safe as they start the new school year.

School Bus Safety:

- Teach your child to make sure the bus is at a complete stop when getting off or on the bus.
- Stand at least 6 feet (3 giant steps) away from the curb. Allow for the door to open and wait for the bus driver to tell you it's okay to enter the bus.

Bicycle Safety:

- Make sure to wear your helmet!
- Bicycles are meant for only one person. One seat, one rider!

- Keep both hands on the handle bars. When you are riding a bicycle, your hands should be free from carrying other things such as a cell-phone.

Pedestrian Safety:

- Children under the age of 10 should have supervision when crossing the street on their way to school.
- Be sure your child knows how to look left, right, left before crossing the street.
- Use crosswalks where available.

Motor Vehicle Safety:

- Don't stop on the crosswalks when at a red light. This forces pedestrians to walk around, possibly putting them in front of moving traffic.

- Pay close attention in school zones, near parks and in residential areas for children.

- Do not pass a school bus when stopped with their red lights flashing. This is dangerous and it is against the law.

- Make sure everyone is wearing a seat belt or in a car seat no matter the distance to school.

This article has been submitted by Amy Joshua, Safe Kids GF Intern



HALLOWEEN SAFETY

Halloween is one of the most anticipated nights of the year for kids, but Safe Kids recently discovered some scary statistics with a first-of-its kind study on Halloween safety.

Only **1/3** OF PARENTS

talk to their kids annually about Halloween, although 3/4 report having Halloween safety fears.



On average, **TWICE AS MANY CHILD PEDESTRIANS**

are killed while walking on Halloween compared to other days of the year.



Only **18** % of parents use reflective tape on their children's Halloween costumes.

12 %

of children five years of age or younger are permitted to trick-or-treat alone.



Talk with your goblins about Halloween safety, and how simple precautions can make it a fun and safe night for kids of all ages. For additional safety tips, please visit SafeKids.org/Halloween

Children under 12 should trick-or-treat and **CROSS STREETS WITH AN ADULT**



ALWAYS WALK ON SIDEWALKS OR PATHS

if there are no sidewalks, walk facing traffic as far to the side as possible.



Cross the street at corners, **USING TRAFFIC SIGNALS**

and crosswalks. Parents should remind children to watch for cars that are turning or backing up.



DRIVERS SHOULD SLOW DOWN

and be especially alert in residential neighborhoods. Children are excited on Halloween and may move in unpredictable ways.



SAFE KIDS
WORLDWIDE..

Proud Program Sponsor

FedEx



SAFE KIDS
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.

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.

in cooperation with

Rydellcars.com

Car seat check-ups are offered the second Thursday of every month from 4 - 7 p.m.

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.

2700 South Washington Street

2019 Dates

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

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



Additional dates and location on other side.

Car Seat Check-Up Events at Fire Station 5

2019 Dates

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

Additional dates and location on other side.



Car Seat CHECK-UP EVENT



**Saturday, September 21, 2019
11:30am-1:30pm**

AMC Theater—2306 32nd Ave S, Grand Forks



By attending a car seat check-up event a certified car seat technician will assist with checking your seat for recalls, proper fit and correct installation. New car seats will be available for distribution as needed.



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

**Love your kids?
Make sure they're
in the back seat.**

NHTSA.gov/TheRightSeat



GREATER GRAND FORKS AREA

Project Lifesaver International

Project Lifesaver in Grand Forks County

In November of 2017, the Grand Forks Sheriff's Office, Emerado Police Dept., Thompson Police Dept., and Northwood Police Dept., brought Project Lifesaver to the Greater Grand Forks Area.

This state of the art program is used to assist those who care for victims of Alzheimer's, dementia, Autism, Down syndrome and any other cognitive issues that cause wandering.

The primary mission of Project Lifesaver is to provide timely response to save lives and reduce potential injury for adults and children who wander due to Alzheimer's, autism, and other related conditions or disorders.



How Does Project Lifesaver work?

Citizens enrolled in Project Lifesaver wear a small personal transmitter around the wrist or ankle that emits an individualized location signal.

If an enrolled client goes missing, the caregiver notifies their local Project Lifesaver agency, and a trained emergency team responds to the wanderer's area.

Most who wander are found within a few miles from home, and search times have been reduced from hours and days to minutes. Recovery times for PLI clients average 30 minutes — 95% less time than standard Search and Rescue operations.

Project Lifesaver has over 1,600 participating member agencies throughout 50 states in the U.S., six provinces in Canada, and Australia, and has performed over 3,500 searches over the last 20 years with no serious injuries or fatalities ever reported. Project Lifesaver provides equipment, training, certification and support to law enforcement, public safety organizations and community groups throughout the country and nation.



Project Lifesaver's program helps bridge the gap for protection and safety to locate loved ones of all ages who wander due to Autism, Alzheimer's, Down's syndrome, dementia or other cognitive disorders.



**For More Information
Contact Grand Forks
Sheriff's Office at:**

701-780-8280



PoliceLocator.com



Be a Hero for Fire Safety

Your fall calendar is probably already getting filled. School events, after-school activities, and evening and weekend commitments to family and friends make for a packed agenda.

As you strive to get it all done, it's important to keep in mind simple ways that you can keep your family safe in the home from fire. Home is traditionally the place where people feel the safest. But it is the place where the majority of fire deaths happen.

Homes burn hotter and faster than ever. Synthetic fibers used in modern home furnishings are a contributing factor to the increased burn rate, as is the fact that newer homes tend to be built with more open space and unprotected lightweight construction. You may have less than two minutes to escape safely once the smoke alarm sounds.

From 2012 to 2016, US fire departments responded to an annual average of 355,400 home structure fires, which led to more than 2,500 deaths and 11,500 injuries. Between 2011 and 2015 children under 15 accounted for an annual average of 12 percent of home fire fatalities and 10 percent of injuries.

This year's Fire Prevention Week™ campaign—"Not Every Hero Wears a Cape. Plan and Practice Your Escape!™"—celebrates people of all ages who learn about home fire escape planning and practice and reminds us of the preventive

measures we can take if a fire happens in our home.

Home Fire Escape Planning

- Make a home escape plan. Draw a map of each level of your home. Show all doors and windows.
- Know at least two ways out of every room, if possible. Make sure all doors and windows that lead outside open easily.
- Children, older adults, and people with disabilities may need assistance to wake up and get out. Make sure someone will help them.
- Teach children to escape on their own in case you can't help them.
- Have an outside meeting place a safe distance from your home to ensure that everyone knows where to go.

Home Fire Escape Practice

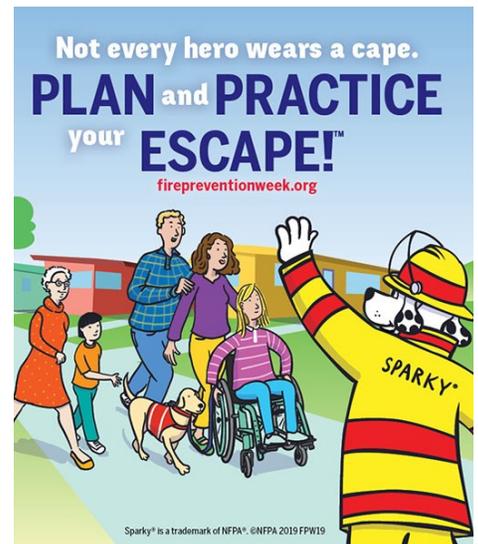
- Push the smoke alarm button to begin your drill.
- Get low and go. Get out fast.
- Practice using different ways out.
- Close the doors behind you as you leave.
- Get out and stay out. Never go back for people, pets, or things.
- Practice the home fire drill at least twice a year and include all members of the household.
- Evaluate your drill after you've practiced so you can improve for the next time.

A home escape plan includes working smoke alarms inside and outside of each sleeping area, and on every level of the home. It also

includes two ways out of every room, usually a door and a window, with a clear path to an outside meeting place (like a tree, light pole, or mailbox) that's a safe distance from the home.

You can learn more about escape planning from firepreventionweek.org, which has activities for all ages, safety messaging, games, apps, and videos. Visit sparky.org for fire safety information and fun activities for kids.

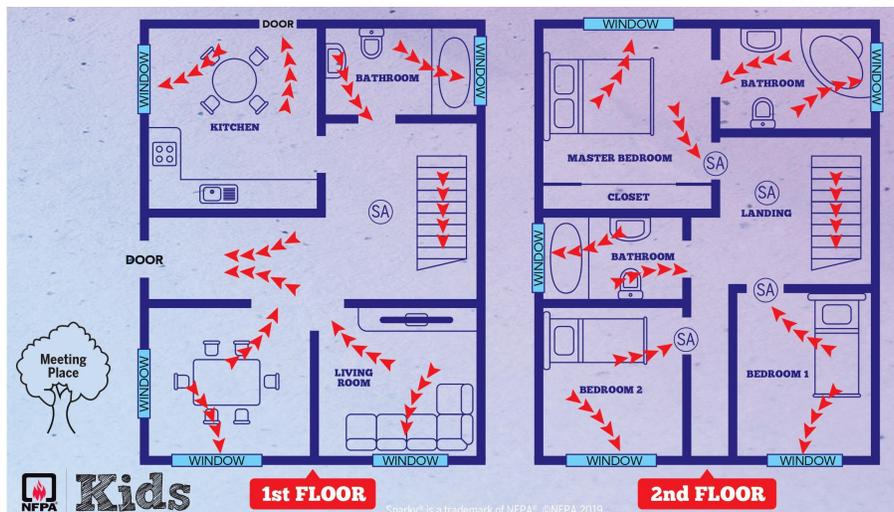
Lisa Braxton
NFPA Public Education Specialist





- Draw a map of your home. Show all doors and windows.
- Visit each room. Find two ways out.
- All windows and doors should open easily. You should be able to use them to get outside.
- Make sure your home has smoke alarms. Push the test button to make sure each alarm is working.
- Pick a meeting place outside. It should be in front of your home. Everyone will meet at the meeting place.
- Make sure your house or building number can be seen from the street.
- Talk about your plan with everyone in your home.
- Learn the emergency phone number for your fire department.
- Practice your home fire drill!
- Make your own home fire escape plan using the grid provided on page 2.

Sample Escape Plan



“Not Every Hero Wears a Cape. Plan and Practice Your Escape!” works to educate everyone about the small but important actions to keep themselves and those around safe.

Did you know?

In a typical home fire, you may have as little as one to two minutes to escape safely from the time the smoke alarm sounds. Escape planning and practice can help you make the most of the time you have, giving everyone enough time to get out. Plan ahead for your escape. Make your home escape plan and practice today.

Be a hero

How do you define a hero? Is it...a person who is courageous and

performs good deeds? Someone who comes to the aid of others, even at personal risk?

A hero can be all those things. A hero can also be...someone who takes small, but important actions to keep themselves and those around them safe from fire. When it comes to fire safety, maybe you’re already a hero

in your household or community. If not, maybe you’re feeling inspired to become one. It’s easy to take that first step - make your home escape plan!

This article has been submitted by Rod Freitag from the Grand Forks Fire Department.



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

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. To register call 701-780-1400. If this cost keeps you from attending, please contact Safe Kids for scholarship options.

2019 Class Dates

September

Thursday the 12th—6pm
Tuesday the 24th—6pm

October

Thursday the 10th—6pm
Monday the 14th—5pm
Tuesday the 22nd—6pm

November

Saturday the 9th—9am
Thursday the 14th—6pm
Tuesday the 26th—6pm

December

Thursday the 12th—6pm
Monday the 16th—5pm

Locations:

9 a.m. and 6 p.m. Classes held at Rydell Auto Center - 2700 South Washington Street, Grand Forks, ND (use front entrance on Washington St.)

5 p.m. Classes held at Safe Kids Grand Forks Headquarters - 607 DeMers Ave., East Grand Forks, MN (Lower Level)

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



Riverfork Thanks

A big THANK YOU to Riverfork Federal Credit Union in Grand Forks for featuring Safe Kids Grand Forks the month of August at their N Washington St location. A table with Safe Kids information and what Safe Kids has to offer for our community was out for all to see along with a donation jar. \$53 was donated by their customers!

If you would like to make a donation to Safe Kids Grand Forks it can be done online at <http://safekidsgf.com/about.html#Donate>



WHEN APPROPRIATE MAKE SURE AN ATHLETE USES THE CORRECT HELMET FOR THEIR ACTIVITY.



Wearing a helmet can help protect athletes from serious brain or head injuries.

THERE IS NO "CONCUSSION-PROOF" HELMET.



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 and includes lunch.

Sept 28, Oct 26, Nov 9—9:30am-2:30pm

call 701.780.1400 to register

Altru Clinic—East Grand Forks

Smart Sitter

BABYSITTING CLASS

Sleeper Recalls

Did you know that 82% of accidental suffocation deaths among infants occur in beds and the majority of childhood suffocation incidents happen at home? Safe Kids works to help reduce these deaths by educating parents about safe sleep practices. If you can remember one thing about safe sleep for infants just remember

*your ABC's. **A – Alone, B- on their Back, C- in a Crib.** The American Academy of Pediatrics does not recommend infant car seats, strollers, swings or slings for routine sleep as they pose a risk for airway obstruction. It's important to look for recalls on products before buying them for your baby.*

As with all products, be sure to fill out the registration card. This will alert you to any recalls on products that you own. If you move or acquire items second hand, the registration can be done on the manufacturers website. Please see the manufacturer website for details information on these important recalls below.

Fisher-Price Recalls Inclined Sleeper Accessory Included with Ultra-Lite Day & Night Play Yards Due to Safety Concerns About Inclined Sleep Products



Dorel Juvenile Group USA Recalls Inclined Sleepers Due to Safety Concerns About Inclined Sleep Products

(Includes Eddie Bauer Slumber & Soothe Rock Bassinet, Disney Baby Doze & Dream Bassinet)



Fisher-Price Recalls Rock 'n Play Sleepers Due to Reports of Deaths



Kids II Recalls All Rocking Sleepers Due to Reports of Deaths



Safe Routes to School Maps

Looking for the safest way for your elementary, middle and high school students to walk or bike to school? The Grand Forks – East Grand Forks Metropolitan Planning Organization has recently updated the Safe Routes to School maps for all GF and EGF public and private schools. These maps take into consideration the available sidewalks, crosswalks, warning beacons/lights and other traffic control devices and other factors that may influence student’s ability to get to school safely. While the SAFEST route may not be the quickest or most direct, it is helpful to know where to guide students to plan their routes. You can find these maps for each school at the following site:

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.”

<https://theforksmpo.com/safe-routes-to-school-maps/>

Thanks to our injury prevention partners at the MPO for their work to keep these resources updated and readily available.

SAFE ROUTES TO SCHOOL MAPS

SafeRoutes



[SAFE ROUTES TO SCHOOL MAP GUIDELINES](#)

[GRAND FORKS SCHOOLS](#)

[EAST GRAND FORKS SCHOOLS](#)

[GRAND FORKS AIR FORCE BASE SCHOOLS](#)



Thanks for being one of our SAFE KIDS and signing our pledge at Safe Kids Day 2019. We are proud to have you on our team of people (even little people) working hard to keep kids safe.

Here’s a shout out to some of our littlest Safe Kids Grand Forks advocates shown here with Mayor Brown. They signed this year’s Safe Kids Day Pledge promoting a special area of safety:

- Henry and Huek – Bike safety
- Emsley – Car seat safety
- Thor – Water safety
- Ethan – Bike safety
- Hattie – Pedestrian safety
- Mekenna – Safe sleep

SAFE K:IDS

GRAND FORKS

Adaptive Aquatics Water Safety Classes

Working with Swimmers with Special Needs



Water safety is an important life-long lesson, especially for children with special needs that tend to be attracted to water and also are prone to wander. This course will offer young children and youth the opportunity to get accustomed to water and steps to keep them safe around water. The course is an introductory class, not designed to make them a proficient swimmer, but rather to learn safety tips and to get them comfortable with being in and around bodies of water. Lessons will be 1:1 or 1:2 with the instructor as deemed appropriate. **This class session will focus on children with intellectual disabilities who are in Kindergarten—5th grade.**

CLASS DATES:

Session A1: Sept. 9-25, 2019 —Monday/Wednesday Classes

Session A2: Sept. 10-26, 2019 —Tuesday/Thursday Classes

Session B3: Oct. 7-23, 2019 —Monday/Wednesday Classes

Session B4: Oct. 8-24, 2019 —Tuesday/Thursday Classes

TIME: 4:15—4:45 p.m.

LOCATION: University of North Dakota, Hyslop Sports Center Pool—2751 2nd Ave. N.

COST: \$120 for 6 sessions

TO REGISTER: Contact Swim ND at und.swimnd@athletics.und.edu or call 701.777.3050.

Class size is limited, so don't delay in getting signed up to attend!

Class registration is required. If due to financial hardship, your child cannot attend, contact Safe Kids Grand Forks for partial scholarship opportunities.





**SAFE
K:DS**
GRAND FORKS



Bike helmets prevent head injuries and save lives in a crash. They should be worn by all riders. Need one but cannot afford a helmet? We have a small grant which will make helmets available to people in Grand Forks & East Grand Forks that are in need of one. Contact our Safe Kids Grand Forks office at 701.780.1489 to learn more.

Thank you to the Live Well Grand Cities Coalition for their generous grant to provide helmets to those in need.



PEEKABOO — kids SEE you!

Set the example and buckle up on every ride.

Thank you to Troy Gerber and FedEx for financially helping Safe Kids air the PSA on Pedestrian and Bike Safety. This topic is especially important when school is starting, as we see an increase in kids walking/biking to and from school. This PSA has been playing on WDAY in our region.



NORTH DAKOTA: DO I NEED TO STOP?

Intersection

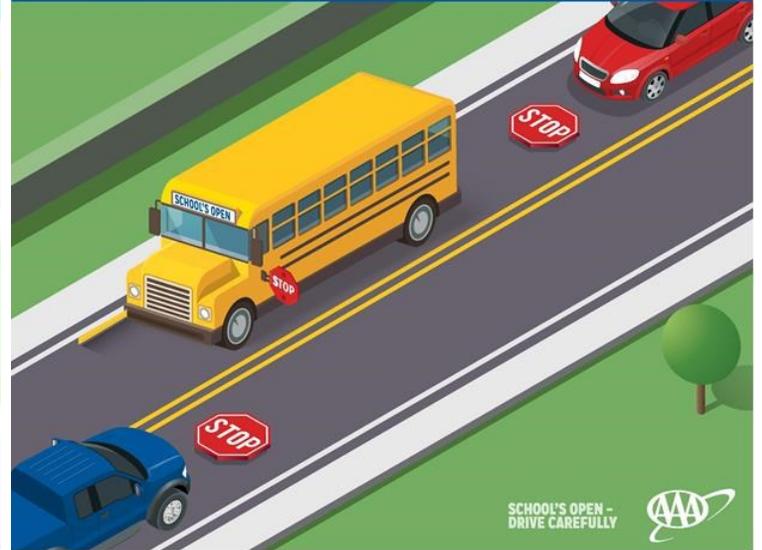
• All vehicles **MUST** stop at an intersection whether or not they are marked with a stop sign.



NORTH DAKOTA: DO I NEED TO STOP?

Two Lane

• Vehicles traveling in both directions **MUST** stop.



NORTH DAKOTA: DO I NEED TO STOP?

Multi-lane paved across

• Vehicles traveling in both directions **MUST** stop.



NORTH DAKOTA: DO I NEED TO STOP?

Divided Roadway

• On a highway divided by a median, cars traveling in the opposite direction are not required to stop but should proceed with caution.



text
poison
to **484848** or
download at
vcrd.co/poison/4222

Save the Number, Save a Life!

Go to vcrd.co/poison/4222 or text **poison** to **484848** to download Poison Control's contact info directly to your smartphone. Be prepared! Download and save the phone number and the link to online guidance for a suspected poisoning. Do it now!

National Railroad Safety Week Celebrated in September

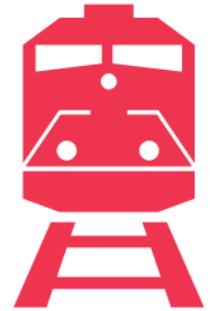


Although rail incidents have been on the decline over the last 10 years, railroad-crossing fatalities have spiked in recent years. Approximately once every three hours, a person or a vehicle is hit by a train in the United States. In 2016 alone, 266 people died at railroad crossings – a 16-percent increase from 2015.

Follow these tips to stay safe when crossing a railroad:

- When approaching a railroad crossing, slow down, and look and listen for a train on the tracks, especially at “passive” crossings.
- Look carefully in both directions before crossing a railroad—even during the day. Sixty-seven percent of railroad crossing crashes occur in clear weather conditions.
- Do not rely on past experience to guess when a train is coming. Trains can come from either direction at any time.
- Never race a train. It is easy to misjudge a train’s speed and distance from the crossing, and a train traveling at 55 miles per hour takes a mile to stop—the length of 18 football fields or more—once the emergency brakes are applied.
- Before entering a railroad crossing, make sure there is enough room on the other side of the tracks for your vehicle to cross completely and safely. Be aware that you may need to cross multiple sets of tracks at some railroad crossings.
- Never stop on the railroad tracks. Keep moving once you have entered the crossing, and to avoid stalling, never shift gears on the tracks.
- If your vehicle does stall on a railroad track, quickly move away from the track and your vehicle at a 45-degree angle. Call the number on the Emergency Notification System (ENS) sign, or if the ENS sign is not visible to you, dial 911 for help.

In 2017, there were 2,106 collisions reported at railroad crossings in the U.S.



Remember: The right choice at railroad crossings could save your life. Stop. Trains Can't.





Thank you to Gene LaDoucer and our partners at AAA ND for their donation of these awesome yard signs reminding people that school is back in session and to drive carefully. We have placed these at the Grand Forks and EGF Libraries and people can pick them up there (or at our office) to place on their berms. Thank you, AAA for your dedication to childhood safety!!



Safe Kids Grand Forks is successful in the work that we do because of many partnerships but one of them is with the great supporters we have that provide us with financial assistance for our programs. This past summer, we were honored to have been chosen to receive a Community Grant Donation from First International Bank & Trust. We thank them for the trust they have placed in our work and know that the money will be helpful in our many injury prevention areas of work that we do. Thanks First International Bank & Trust!!

Photo: Grand Forks Bank President, Wayne Zink, Safe Kids GF Coordinator, Carma Hanson and former SKGF staffer/volunteer, now First International Bank & Trust employee, Matt Anderson



Best Wishes to Patty Olsen

This past summer, long time Safe Kids Grand Forks volunteer turned employee, Patty Olsen left her position at Safe Kids to take on a new challenge within the Grand Forks Public School System. Patty has been a member of our team for many years and while she will be missed as a staff person, we look forward to her continuing her work with us as a volunteer, just as she started out so many years ago.

Patty has been a tremendous asset to our Safe Kids team, our community/region and our injury prevention work. We will be doing a full feature on Patty's work in our winter edition of the newsletter but for now, we wish her well in this new endeavor and thank her for all her awesome work!!

