

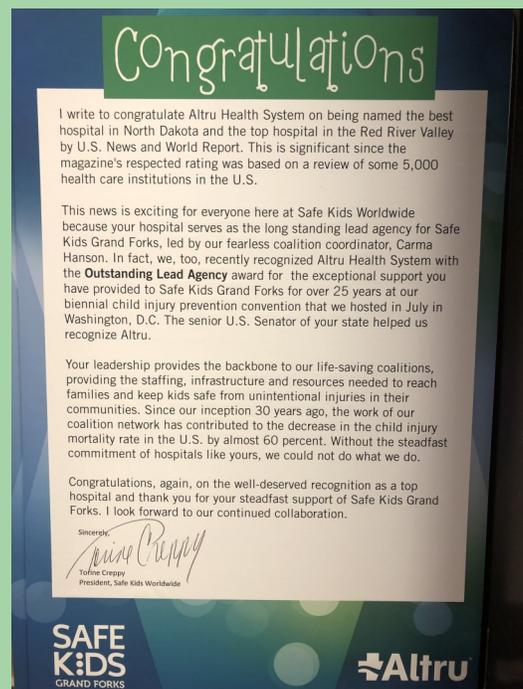


# News You Can Use



**Winter 2019**

## Altru Health System Thanks Safe Kids Partners After Receiving National Recognition



Story found on page 9.



# Safe Kids "STAR" - Patty Olsen



We at Safe Kids Grand Forks have been blessed by awesome staff and volunteers of the years and while we are sad to see Patty leave for a job in the Grand Forks Public Schools, we thank her for her years of service as a staff member and look forward to her sharing her expertise with us as a volunteer. Here are some of the many great things that our coalition members have shared as we send Patty off to this new chapter in her life.

**Bill Vasicek, Altru Trauma Services**  
I first met Patty at a car seat check. As the "tech", I was examining an infant seat when Patty, who was assisting me as a "volunteer" pointed out to me a misuse that I had overlooked. Although it was a humbling experience for me, I knew then that Patty was on her way to becoming a great car seat tech helping to keep kids in our community safe.

**Tim Goetz, Optimist Club**  
Patty played a huge part in the partnership with the Optimists Club and the Bike Safety Program. We miss her a lot.

**Gene LaDoucer, AAA**  
It's obvious that Patty has a drive for keeping children safe, especially in and around schools. She was the driving force behind the establishment of AAA School Safety Patrol programs at five Grand Forks Schools. As a result, young leaders are being developed and additional resources dedicated to improving safety in and around schools. Her tireless efforts will long be remembered!

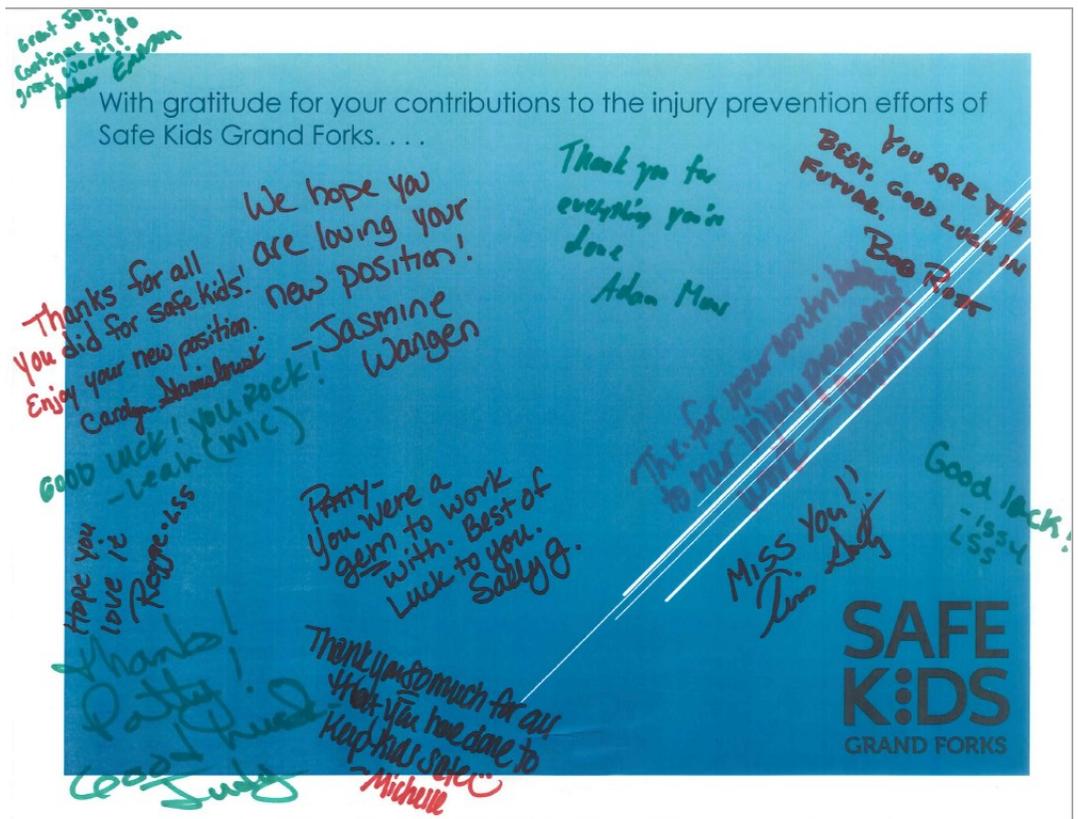
**Jody Thompson, GF Public Schools**  
I loved working with Patty as she had such a passion for students being safe in our community. Patty was a great 'match' for the mission of Safe Kids.

**Sara Bjerke, UND Athletic Trainer**  
It is hard to sum up all that Patty did for the Grand Forks community. She was the bike and walking safe lady, and the helmet lady to all the elementary kids. She impacted more kids in a month than most people will in a lifetime.

**Sandy Schuster, retired Safe Kids GF**  
Working with Patty at Safe Kids for 9 years was an experience! She was a true team player and showered enthusiasm everywhere. Her sense of loyalty to the safety of children was evident at all times - she was

even adaptable to situations for car seats and safety concerns during "off duty" hours when needed. I will always remember her lively personality, especially with children, and she was excellent at teaching bike and helmet safety to hundreds of school children each year. Her contributions to so many safety issues and events through Safe Kids Grand Forks will continue to have a positive impact on families in Grand Forks and surrounding communities.

**Jairo Viafara, MPO**  
Please accept my sincere thank you note. You will remain in my mind as a truly professional, caring and dedicated staff person. Congratulations on your advancement. May the days ahead bring you the joy and satisfaction that will move you to go the extra mile. Patty, it has been a pleasure working with you.



# Safe Kids “STAR” - Patty Olsen



## **Lisa Raymond, Safe Kids GF**

It was such a pleasure to work with you, Patty. Thank you for your enthusiasm, dedication, and excellent service during your years at Safe Kids Grand Forks.

## **Jasmine Wangen, Safe Kids GF**

Patty was always willing to help others and loved working with kids. Her new position will allow her to spend even more time working with kids, which I know she will love. We are lucky to have such a great safety advocate now working in the public schools!

## **Carol Meidinger, CPST Instructor**

I got to know Patty through her injury prevention work with Safe Kids Grand Forks and her participation in child passenger safety as an advocate and certified technician, at both the community and state levels. Her passion for the safety of kids was evident when I observed her helping parents with their car seats. When Patty and I spoke, I could hear the energy in her voice as she shared experiences in working with families in Grand Forks and the surrounding area. She will be missed by the ND injury prevention community, but I'm sure

her passion and quick smile will carry over to her new position.

## **Carma Hanson, Safe Kids GF**

Safe Kids first met Patty when she came to us as a parent volunteer right after moving to North Dakota. Soon, she began working with us on our Safe Routes To School grant, conducting education in the schools and becoming our “go

-to” expert on all things bike, wheeled sports and pedestrian related. While Patty covered so many of our Safe Kids topic areas, she became a very valuable asset to our team. Her passion for keeping kids safe, her strong work ethic and her willingness to try new things were important to the work that we do at Safe Kids Grand Forks. While we will miss Patty and her help with our injury prevention efforts as a staff member (she has promised to stay on as a volunteer!! YEAH!!), we wish her well in her new job with the Grand Forks Public Schools System. The children of our community and region are safer because of her work and we know she will be the same strong advocate for them in her new job.

## **Ali Parkinson - Discovery Principal**

Patty Olsen was a very important part of the opening of Discovery School. Even before it opened in 2015, Patty was researching traffic routes and educating new Discovery families about safe walking and bike routes to school. Patty spent countless hours working with families to establish traffic procedures and routines at Discovery far beyond the opening year. Her

leadership in helping our school ensure safe drop off and pick up routines has been so appreciated! Patty has also played an instrumental role in Discovery School's Safety Patrol program. For 5 years, she has provided training to all Safety Patrollers and has worked closely with the School Counselor to implement a thriving Safety Patrol program. Each year at Discovery School, Patty has provided "walking field trips" for all students in grades K-5, educating students about crosswalk safety, bus safety, roundabout safety and so much more. Patty has positively influenced so many students at Discovery School through her leadership and teaching. Her dedication to keeping kids safe and willingness to assist in any way needed at Discovery School has been deeply appreciated. Thank you Patty for the important impact you have made at Discovery School and in our community!



## **Andy Schneider, GF County Sheriff**

Patty is a true gem. Her dedication and efficiency will be missed. Her impact on the youth and their families in the community will carry on for generations to come. Thank you for all you did!



# SAFE KIDS “STAR” - Patty Olsen, cont.



Danielle Gratton, GF Public Health  
Patty was in my CPS tech class in 2002, and we started our friendship a few years prior to that when she started coming to Safe Kids meetings. Patty has always been a fun person to work events with and she always has a smile on her face! I will miss you at Safe Kids, Patty, but I am forever grateful for your friendship and glad to know you won't be far away!!!



## 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](mailto:safekids@altru.org)) or stop by the Sheriff's Office in Grand Forks year-round to pick up your free locks.



## Featured Car Seat – Graco RightGuide Portable Seat Belt Trainer



The Graco RightGuide Portable Seat Belt Trainer is a seat belt trainer: transitioning big kid from booster to seat belt. The open belt loop guides and shoulder belt positioner clip guide the seat belt against their lap and shoulder, teaching proper belt fit. The lightweight trainer comes with a carry bag so you can stash it in your child's backpack for carpooling or play dates, or carry it with you

while traveling.

This booster can be used for kids 5-12 years old and 50-120 pounds. Retail \$39.99



## Safe Kids Grand Forks Begins Railroad Safety Work In Our Region

In the United States, someone is hit by a train every 3 hours. Every 5 days, a child or a teen dies as a result of being struck by a train. Because this is often overlooked, Safe Kids Worldwide, with the support from program sponsor Union Pacific Railroad, would like to introduce to you the Railroad Safety Service Learning Program (RSSL). The Railroad Safety Service Learning Program is a program in which we will be working closely with many local schools to educate teenage students on the impacts of railroad safety so that they will be able to develop a lesson plan to deliver to elementary students. Because teens aged 15-19 are the most likely to be involved in an incident with a train, we believe that having them educate elementary students on the topic of railroad safety will positively impact their behaviors around railroad safety. The goal of Safe Kids' railroad safety efforts is to reduce the number of fatal and nonfatal railroad-related injuries

among 0 to 19-year-olds. How do we plan to do this? We will complete this by educating our future leaders about certain things that will impact the chances of being hit by a train.

- Heads Up, Devices Down when you cross the tracks.
- Always stay at least 15 feet away from the train tracks.
- The train tracks and the land beside them are private property, so it is trespassing for someone to be on them.
- When a train passes, it will span at least 3 feet beyond the tracks edge on each side.
- Always expect a train.
- A train moving at 55 mph may take up to a mile to stop.
- Only cross train tracks at a designated crossing.
- Trains always have the right of way.
- Never rush across the railroad tracks or try to beat the train!

**See pages  
17, 20 & 21  
for more  
information on  
railroad safety**



**SAFE  
K:DS**  
GRAND FORKS

**KEEPING  
KIDS SAFE**

**at Home**

**at School**

**at Play**

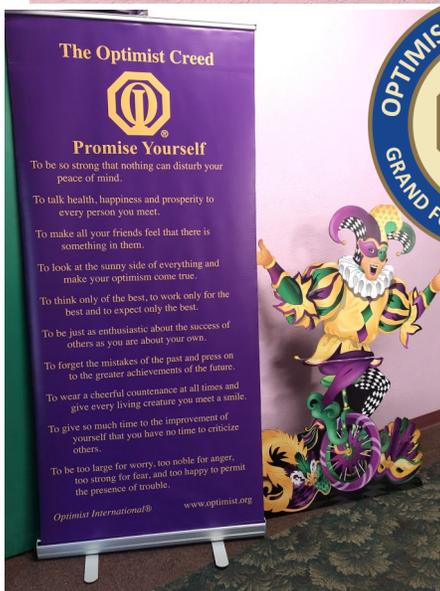
**and on the Way!**

[www.safekidsgf.com](http://www.safekidsgf.com)



# Optimists Host 3rd Annual “Keep the Ball Rolling Event” to Support Safe Kids Grand

With the Optimist motto of “Friend of Youth”, partnering with Safe Kids Grand Forks in our injury prevention efforts is a nature fit. The Grand Forks Optimist Club is a fabulous team of individuals that stand ready to assist Safe Kids Grand Forks at every turn. They are our partners with the spring and fall Safety on Wheels events, the Bike Buddies program and assist us with fundraising for our injury prevention work. This past October, their club held the 3rd annual Keep The Ball Rolling Bowling Tournament and a fun day was had by all those people that participated. We are grateful to the Optimist Club and to the many event sponsors and bowlers. Enjoy some photos of our fabulous Mardi Gras themed event as we express our gratitude to the Grand Forks Optimist Club!!





## ND and MN Senators Co-Sponsor Carbon Monoxide Legislation Making Its Way Through Congress

Safe Kids Grand Forks is grateful to Senator Amy Klobuchar, D-MN and Senators John Hoeven, R-ND and Kevin Cramer, R-ND for their sponsorship of the Nicholas & Zachary Burt Caron Monoxide Poisoning Prevention Act (H.R. 1618). This bill is named after two brothers from MN that lost their lives to CO poisoning.

Carbon monoxide is so pernicious because it is odorless, colorless and tasteless which is why it is known as “The Invisible Killer.” Moreover, the first symptoms of CO poisoning mimic the symptoms of a flu which is why it often fools parents. The people who are vulnerable to CO poisoning are children and senior citizens and a majority of the 4.6 people in public housing are represented in those same populations. Over 20,000 people per year are admitted to U.S. emergency rooms for unintentional CO poisoning. An average of over 400 people die of unintentional CO poisoning per year.

The legislation establishes a federal grant program, administered by the Consumer Product Safety Commission, to enable states and tribal organizations to conduct CO poisoning awareness activities. North Dakota and Minnesota find themselves overrepresented in deaths from carbon monoxide poisoning when compared to other states, often due to them being cold weather states where heating units lead to these tragedies.

We are grateful to Senators Klobuchar, Hoeven and Cramer for their support and sponsorship of this legislation and will provide further updates as the bill makes its way through the Senate (Passed in the House).

# CONGRESS.GOV

Teen drivers account for

**5%** of licensed drivers but were involved in nearly

**20%** of all crashes.

Source: NDDOT 2018 Crash Summary Fast Facts

Equip your teen with the tools to arrive home safe, every trip. Enroll them in an Alive at 25 Defensive Driving Course today.

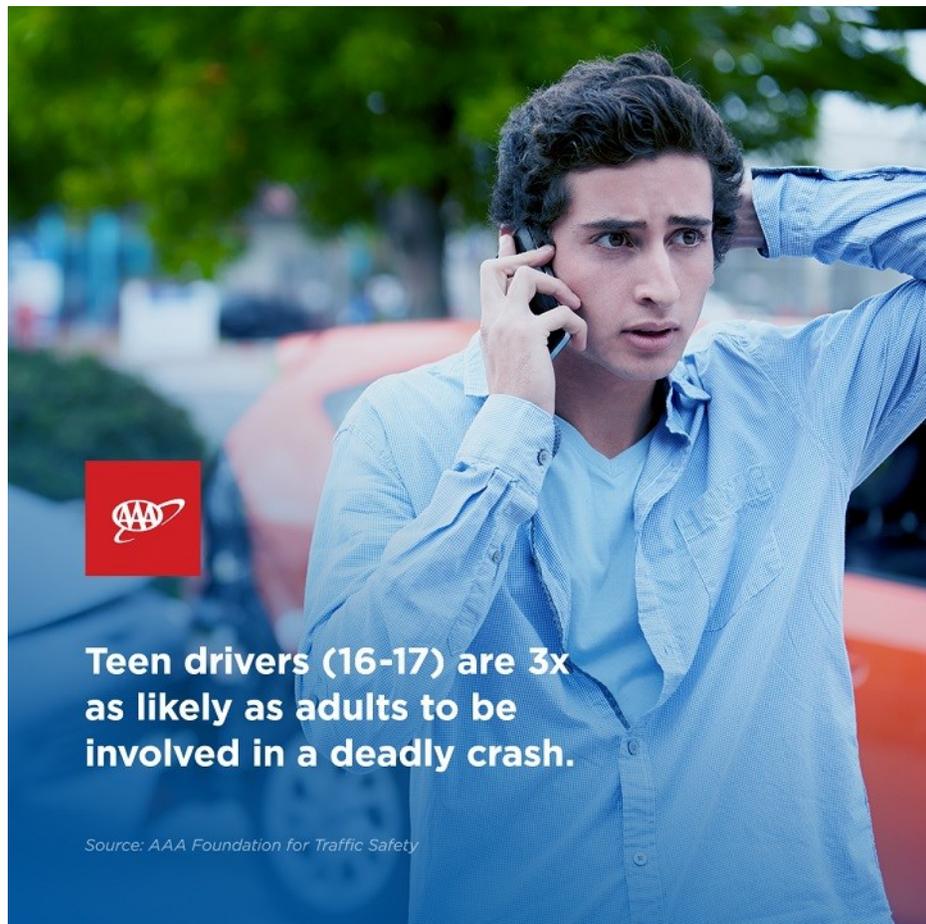
*All students who complete the course may qualify for an **insurance discount** and a **point reduction!***

**Grand Forks • Sunday, January 12 • 4:30pm - 9pm**

Public Course Fee: \$55  
(voluntary)

Court/DOT Required Fee: \$85  
(required)

Register now at  
[www.ndsc.org](http://www.ndsc.org)



Teen drivers (16-17) are 3x as likely as adults to be involved in a deadly crash.

Source: AAA Foundation for Traffic Safety





AAA recommends motorists use this simple checklist to determine their vehicle's fall and winter maintenance needs. Many of the items on the list can be inspected by a car owner in less than an hour, but others should be performed by a certified technician.

## Winter Car Care Checklist



- Battery and Charging System** Have the battery and charging system tested by a trained technician. A fully charged battery in good condition is required to start an engine in cold weather. AAA members can request a visit from a AAA Mobile Battery Service technician who will test their battery and replace it on-site, if necessary. AAA Approved Auto Repair shops can also test and replace weak batteries.
- Battery Cables and Terminals** Make sure the battery terminals and cable ends are free from corrosion and the connections are tight.
- Drive Belts** Inspect the underside of accessory drive belts for cracks or fraying. Many newer multi-rib "serpentine" belts are made of materials that do not show obvious signs of wear; replace these belts at 60,000-mile intervals.
- Engine Hoses** Inspect cooling system hoses for leaks, cracks or loose clamps. Also, squeeze the hoses and replace any that are brittle or have an excessively spongy feeling.
- Tire Type and Tread** In areas with heavy winter weather, installing snow tires on all four wheels will provide the best winter traction. All-season tires work well in light-to-moderate snow conditions provided they have adequate tread depth. Replace any tire that has less than 3/32-inches of tread. Uneven tire wear can indicate alignment, wheel balance or suspension problems that must be addressed to prevent further tire damage.
- Tire Pressure** Check tire inflation pressure on all four tires and the spare more frequently in fall and winter. As the average temperature drops, so will the pressures—typically by one PSI for every 10 degrees Fahrenheit. Proper tire pressure levels can be found in the owner's manual or on a sticker typically located on the driver's side door jamb.
- Air Filter** Check the engine air filter by holding it up to a 60-watt light bulb. If light can be seen through much of the filter, it is still clean enough to work effectively. However, if light is blocked by most of the filter, replace it.
- Coolant Levels** Check the coolant level in the overflow tank when the engine is cold. If the level is low, add a 50/50 solution of coolant and water to maintain the necessary antifreeze capability. Test the antifreeze protection level annually with an inexpensive tester available at any auto parts store.
- Lights** Check the operation of all headlights, tail-lights, brake lights, turn signals, emergency flashers and back-up lights. Replace any burnt out bulbs.
- Wiper Blades** The blades should completely clear the glass with each swipe. Replace any blade that leaves streaks or misses spots. In regions where snow is common, consider installing winter wiper blades that wrap the blade frame in a rubber boot to reduce ice and snow buildup that can prevent good contact between the blade and the glass.
- Washer Fluid** Fill the windshield washer fluid reservoir with a winter cleaning solution that has antifreeze components to prevent it from freezing.
- Brakes** If there is any indication of a brake problem, have the system inspected by a certified technician to ensure all components are in good working order.
- Transmission, Brake and Power Steering Fluids** Check all fluids to ensure they are at or above the minimum safe levels.
- Emergency Road Kit** Carry an emergency kit equipped for winter weather. The kit should include:
  - Mobile phone pre-programmed with rescue apps and important phone numbers including family and emergency services, and car charger
  - Drinking water
  - First-aid kit
  - Non-perishable snacks for both human and pet passengers
  - Bag of abrasive material (sand, salt, cat litter) or traction mats
  - Snow shovel
  - Blankets
  - Extra warm clothing (gloves, hats, scarves)
  - Flashlight with extra batteries
  - Window washer solvent
  - Ice scraper with brush
  - Cloth or roll of paper towels
  - Jumper cables
  - Warning devices (flares or triangles)
  - Basic toolkit (screwdrivers, pliers, adjustable wrench)

Need help with some of these items? Find reliable, high-quality repair shops with certified technicians by looking for the AAA Approved Auto Repair sign. These facilities must meet and maintain high professional standards for customer service, technician training, tools, equipment, warranties and cleanliness. Nearby shops can be located at [AAA.com/repair](http://AAA.com/repair)



# Car Seat Check-Up Events

presented by:



Date	Time	Event	Location
November 26, 2019	6—7:30 p.m.	Bringing Home Baby Class	Rydell Auto Center—Grand Forks
December 12, 2019	4—7 p.m.	Car Seat Check-up	Rydell Auto Center—Grand Forks
December 12, 2019	6—7:30 p.m.	Bringing Home Baby Class	Rydell Auto Center—Grand Forks
December 16, 2019	5—6:30 p.m.	Bringing Home Baby Class	Rydell Auto Center—Grand Forks
December 19, 2019	9—11 a.m.	Car Seat Check-up	Fire Station #5—Grand Forks
January 9, 2020	4—7 p.m.	Car Seat Check-up	Rydell Auto Center—Grand Forks
January 9, 2020	6—7:30 p.m.	Bringing Home Baby Class	Rydell Auto Center—Grand Forks
January 23, 2020	1—3 p.m.	Car Seat Check-up	Fire Station #5—Grand Forks
January 23, 2020	4—5:30 p.m.	Car Seat Check-up	Brost Chevrolet—Crookston, MN
January 28, 2020	6—7:30 p.m.	Bringing Home Baby Class	Rydell Auto Center—Grand Forks
February 6, 2020	4:30—6 p.m.	Car Seat Check-up	Hanson Auto—Grafton, ND

For a complete listing of all our car seat check-up events and Bringing Home Baby classes, please visit our web page at [www.safekidsgf.com](http://www.safekidsgf.com) or our Facebook page at Safe Kids Grand

# Altru Health System and Sanford Health Receive National Award

(Photos on cover story)

Altru Health System was named Outstanding U.S. Lead Agency this past July at the Safe Kids Worldwide International Childhood Injury Prevention Convention (PrevCon) for their outstanding work in preventing childhood injuries in their community. 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 help establish them in both Bismarck-Mandan and Minot. 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.”

To thank your community partners for the above mentioned award, Altru Health System celebrated with a thank you party prior to their October Safe Kids Meeting. They expressed their gratitude for all the businesses, agencies and individuals that come together to keep kids safer from preventable injuries.





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.

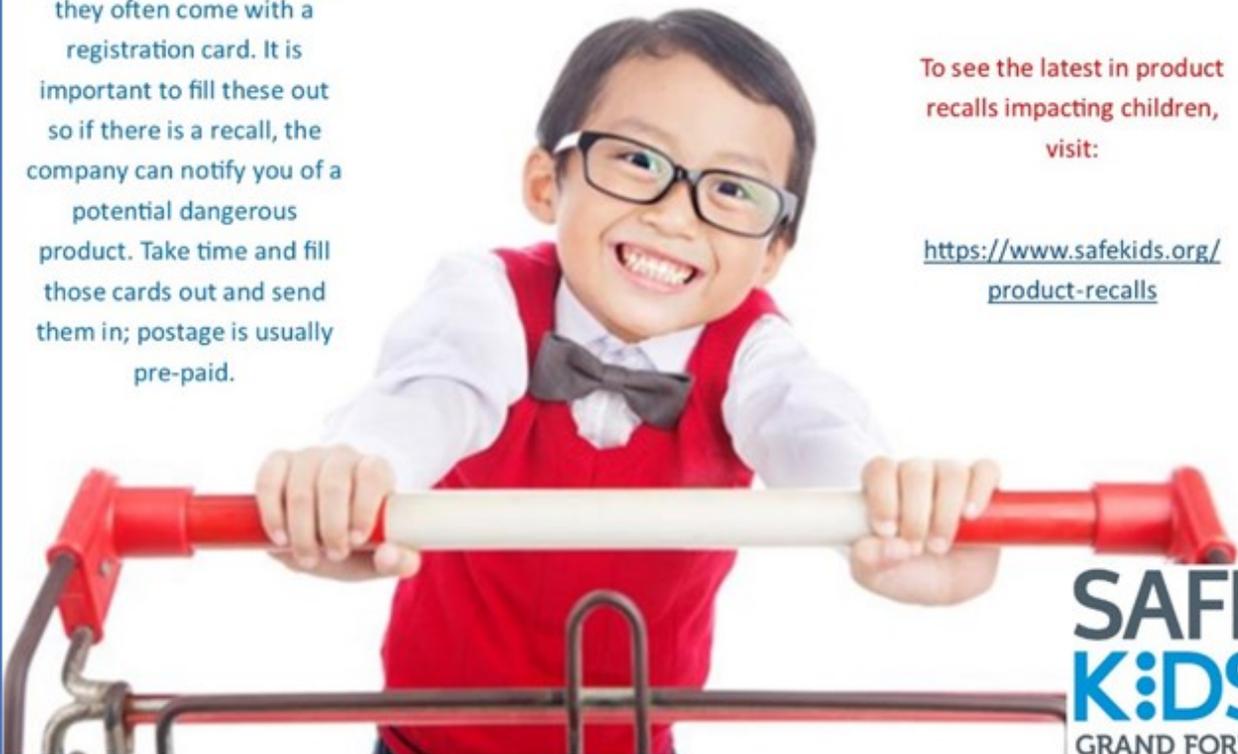
Call 701.795.2000 to schedule your appointment.



When buying new products,  
they often come with a  
registration card. It is  
important to fill these out  
so if there is a recall, the  
company can notify you of a  
potential dangerous  
product. Take time and fill  
those cards out and send  
them in; postage is usually  
pre-paid.

To see the latest in product  
recalls impacting children,  
visit:

[https://www.safekids.org/  
product-recalls](https://www.safekids.org/product-recalls)



**SAFE  
K:DS**  
GRAND FORKS



# Winter Water Safety



You may think the need for water safety goes away when the boat and water equipment is stored for the winter, but “hard water” season is upon us. If you plan to take your children ice-fishing, snowmobiling or even hunting anywhere near water, consider these safety tips.

**Ice fishing safety with children:** Be sure to test the ice thickness and teach children to watch where they are walking on the ice. Learn the signs of hypothermia and frostbite. Consider having your kids wear their life jackets. Remember to pack sunscreen, along with the snacks, hot chocolate, and activities – yes, activities, because little ones can get bored waiting for a fish to bite! We teach our children fire safety drills, why not ice safety?

Hunting is not exempt from safety precautions. ND Game & Fish advise that just because a deer can walk across the ice doesn’t mean a human can.

## How to be safe on the ice:

- No ice is 100% safe.
- New ice is usually stronger than



- old ice, if it has partially thawed.
- Ice does not always freeze to a consistent depth.

Minnesota Department of Natural Resources has a great deal of information on its website, <https://www.dnr.state.mn.us/>, including relative safety of ice thicknesses.

**Prevent hypothermia:** Be sure you are wearing layers. Also bring a dry change of clothes – just in case. Remember that consuming alcohol not only impairs judgment, but can contribute to hypothermia. If parents/guardians are incapacitated – though they may think they are fine – they are unable to properly monitor their children’s safety.

A sobering reminder of fatalities that have occurred on the ice from Nov. 4, 2018 to May 9, 2019, in Canada and the US combined, equaled 64. The modes of transportation that resulted in at least one death during this time are: snowmobile, ATV, fishing, playing, snow cat, vehicle, walking, skating. (From: <http://lakeice.squarespace.com/2019-fatalities/>)

In all cases, be sure to notify someone not accompanying you that you and your family will be out on the ice – location, number of people in your party, approximate amount of time you will be out

there, and when you expect to return – whether to a hotel or home. It goes without saying to provide a cell phone number and to be sure it is charged.

## Other links to information:

- Cold water kills brochure – information on hypothermia: [https://files.dnr.state.mn.us/education\\_safety/safety/boatwater/cold-water.pdf](https://files.dnr.state.mn.us/education_safety/safety/boatwater/cold-water.pdf)
- Here's a helpful video by the MNDNR called Danger, Thin Ice! on how to do an ice self-rescue and how to rescue someone who has fallen through the ice. <https://www.takemefishing.org/ice-fishing/ice-fishing-basics/ice-fishing-with-kids/>
- <https://www.takemefishing.org/ice-fishing/ice-fishing-basics/ice-fishing-safety/>
- <https://gf.nd.gov/publications/513;> <http://lakeice.squarespace.com/kids/>
- <https://parkrapids.com/2019/01/take-a-kid-ice-fishing-weekend.html>
- <https://www.dnr.state.mn.us/minnaqua/icefishing/index.html>
- <https://gf.nd.gov/news/3409>
- [https://www.wemjournal.org/article/S0953-9859\(94\)71099-8/pdf](https://www.wemjournal.org/article/S0953-9859(94)71099-8/pdf)
- <https://www.ncbi.nlm.nih.gov/pubmed/1811578>

This information has been provided by our partners at the US Coast Guard Auxiliary. We thank them for their expertise in water safety and for their help with our injury prevention work.

# Check the Halls

## for Holiday Safety

Fa-la-la-la-la la-la-la-la

HOLIDAY LIGHTS

DRY TREES

DECORATIONS

LADDERS

EXTENSION CORDS

CANDLES

# BE SAFE

- \* **Christmas Trees** – Water trees regularly. Dry trees can burn faster than newspaper. They can be completely covered in flames in seconds.
- \* **Ladders** – Heed warnings on ladders. Tens of thousands of people are treated for injuries related to ladder falls in November and December.
- \* **Cords** – Always look for the marking of a recognized testing lab. Don't overload extension cords and power strips.
- \* **Holiday Lights** – Prevent fires and shock. Throw out damaged or frayed light sets.
- \* **Candles** – Be careful with candle placement. Candle fires cause millions of dollars of property damage each year.
- \* **Decorations** – Avoid sharp, breakable decorations in homes with young children.

**SAFE  
K:IDS**  
GRAND FORKS



NSN 14-1

6053-0358 DEC 15



# Safe & Effective Ways to Keep Your Athlete Healthy This Winter



## 1. Help them stay hydrated:

Cooler weather during the winter months can decrease an athlete's drive to drink. Dehydration can decrease saliva production, a first line of defense against disease. Encourage your athlete to carry a water bottle or set an alarm on their phone every 2-3 hours reminding them to get a drink. Other beverages can contribute to hydration including sports drinks and 100% fruit juices.

## 2. Encourage protein:

Protein is known for its ability to build and repair muscle tissue after hard workouts. It also plays an important role in maintaining a healthy immune system. Provide your athlete with grab and go protein snacks such as:

- Celery or apple slices topped with peanut butter and raisins or almonds
- Jerky, look for lower sodium, natural or lightly flavored varieties

- Roll up a cheese stick in a couple slices of deli ham or turkey
- Make a bean and cheese burrito with black beans, salsa, and grated cheese. Heat in the microwave and wrap in foil to take on the road.

## 3. Keep color in mind:

The different colors in fruits and vegetables contain various phytochemicals (fight-o-chemicals) which help fight disease and aid in keeping your athlete healthy. Visit [fruitsandveggiesmore-matters.org](http://fruitsandveggiesmore-matters.org) for ideas on how to incorporate more fruits and vegetables into your athlete's diet.

## 4. Help them find a healthy sleep routine:

Lack of sleep can decrease the immune system and increase risk of colds and other illness. Eight to ten hours of sleep a night may be needed to maintain a strong immune system especially for those who are physically active. Help your athlete get enough sleep by



promoting a regular sleep schedule. This may require collecting all electronic devices at a certain time each night. If time allows, an early afternoon nap may be beneficial as opposed to a late evening nap. Promoting good sleep habits will help to regenerate your athlete mentally, physically, and emotionally.

Talk with a sports nutrition professional to find out healthy ways to enhance your child's athletic performance.

For more information on the sports nutrition services offered at Altru, call our team of Sports Nutrition Specialists: Becky Westereng RD, LD, CDE at 701.780.6855 or Jennifer Haugen RD, LD, CSSD at 701.732.7620 and press option #2.

This information has been provided by: Becky Westereng RD,LD,CDE

**HEADS UP**

# CONCUSSION in SPORTS

**STATISTICS**

**MORE THAN 170,000 KIDS AND TEENS** are treated in an emergency department each year for sports- or recreation-related traumatic brain injuries, including concussions.

**WHEN IN DOUBT, SIT THEM OUT!**

## Give the Gift of Safety

Jeff is an integral part of our maintenance department at Altru Health System, the lead agency for Safe Kids Grand Forks. From his time spent on staff, Jeff has come into contact with many of Safe Kids' tips and messages. One of the messages that Jeff caught wind of several years ago was to think outside the box when giving someone a gift (e.g. give your child a bike but also



give them a helmet). Jeff took this message to heart one Christmas when he chose to give his brother-in-law and sister-in-law from Walhalla, ND a carbon monoxide detector for their home. It was a thoughtful gift, simple, but it conveyed great care for the couple and their two children. After the Christmas festivities had ended, the family's new carbon monoxide detector made its way to a closet shelf in their home. It remained there, unnoticed, for the next 11 months. It was almost a year later when this gift saw the light of day once again. Over Thanksgiving weekend, Jeff's brother-in-law had the inclination to try out that carbon monoxide detector for the first time. He had barely plugged it into the outlet, and the alarm started to sound. The beeping was persistent. Puzzled by this he called up his brother-in-law, Jeff. Jeff showed concern and advised his brother-in-law to call 9-1-1 for help. It was unlikely that there was a defect with the detector, and it was better to have the house checked than to ignore a potentially life-threatening issue. After getting off the phone, Jeff's brother-in-law placed the call to his local Fire Department. They quickly came out to his home to assess the situation. After sizing up the scene, Jeff's brother-in-law was informed that their old furnace was indeed emitting toxic levels of carbon monoxide. The levels were so high that had they gone undetected, the entire family, including their two small children, stood a good chance of dying in their sleep. Because of the high levels of carbon monoxide, their house was condemned, having been deemed unsafe. He and his family would not be permitted to enter their home again until the issue was resolved. This was both chilling and shocking news to their family. They were so grateful to have received that simple gift – a carbon monoxide detector – almost a full year before. Carbon monoxide has no color or odor. If it were not for that simple gift, they would have no way of knowing that their home was filling with toxic gas. Thanks to Jeff's willingness to think outside the box with his gift giving, his family will be able to celebrate many more Christmases together.

As you go about your Christmas shopping, keep Jeff's story in mind. Make sure that your loved ones' well-being is secured, and consider giving a gift of safety to your friends and family. A carbon monoxide detector would make a great gift to newlyweds or someone with a new baby in the home. New homeowners may not have thought of purchasing this item once in their new place and it could be a great gift for them too. In the case of Jeff's family, the gift of safety meant the gift of life, and that truly is the best gift one can receive. Our wish at Safe Kids Grand Forks and Altru Health System is that you and your family have a very safe and merry Christmas!



# Radon Dangers In Our Homes

Lacking color and odor, radon exposure has been named the second leading cause of lung cancer in the United States, and the leading cause in non-smokers, resulting in roughly 21,000 deaths per year according to the Environmental Protection Agency (EPA) and the United States Surgeon General. Radon gas is a radioactive decay product of uranium, which can be found in almost all soils. While the decay process is natural to the environment, each home, school or building creates an enclosed envelope, elevating radon concentrations. There are no defined building types that are exempt from the entry (and, therefore, risk) of radon. Structures with basements, crawlspaces, or slab-on-grade foundations all have the potential for elevated levels. Radon gas commonly makes entrance through cracks, holes or seams in basements and floors, and causes damage to the lungs through inhalation of indoor air.

The EPA, in collaboration with the U.S. Surgeon General, have created the standard for testing and mitigating radon in the structure. The only method of determining each building's radon concentration level is to have the home, school or building tested. Common to a real estate transaction, short-term testing is the most practical method for obtaining radon levels. A short-term test is conducted under closed-building conditions and should run anywhere from 48 hours to 90 days, in 24-hour increments. Long-term testing is the most accurate duration to test any structure. From 91 days to one year, a long-term test can provide the most accurate results while accounting for seasonal changes that may affect indoor

radon concentrations. Any building within the United States that exceeds a level of 4.0 pCi/L is recommended to have a radon mitigation system installed, which can reduce radon levels up to 99%. It is important to note that every home, school or building can be mitigated. Follow-up tests should be conducted every two years. While each state has different requirements, a licensed radon mitigation contractor who follows the EPA's guidelines for mitigation should be used for reducing radon levels. A list of state regulations for professionals, in both radon measurement and mitigation, can commonly be found by using the EPA's or Secretary of State's website.

The larger presence of uranium in the soil within the Red River Valley creates a higher average of radon concentration within any structure. Pro-Tech Home Inspections conducted residential testing for a six-month period around the Greater Grand Forks area, stemming from April 2019 to September 2019. The average result was a level of 9.1 pCi/L, over double the EPA's recommended level. There are no current indications of consistent low-level areas within the region, as levels may be 1.5 pCi/L in one building, where the neighboring building may be 11.2 pCi/L. My comment "If you're searching for a home within the region that contains naturally low levels of radon, you may as well throw a dart at a map."



to a lab for analysis. Most commonly, these test kits consist of charcoal canisters that absorb radon decay products in the air which help to obtain an overall average later calculated by the laboratory. Testing instructions for these devices should be strictly followed as multiple factors, unknown to the labs, may affect test results and report inaccurate readings. Pro-Tech Home Inspections currently uses Continuous Radon Monitors (CRM) for radon testing. The difference in the locally provided tests and Pro-Tech's CRMs are the controls within the testing device. We are able to obtain a radon level each hour of the test duration and then compile an overall average for the time period tested. Factors such as barometric pressure and tampering are also detectable with our devices, ensuring a most accurate reading.

With today's modern technology, we have the ability to prevent or at least greatly reduce health risks that are unavoidable within our environment. Take a proactive approach to improving daily life by having your home, school or building tested for radon gas, today!

This article has been submitted by Brandon J. Lyczewski from Pro-Tech Home Inspection Services. We thank Brandon for his expertise and for sharing it for this newsletter and at our November Safe Kids Grand Forks coalition meeting.

City, county, and state health departments commonly offer free self-test kits that can be placed by individuals and sent





# HEALTHY FOOD HEALTHY KID HAPPY FAMILY

WIC is a member of Safe Kids Grand Forks. If you have questions about the program contact GF County at 701.775.3667, Walsh County at 701.352.5139, Nelson County at 701.247.2263, Pembina & Cavalier County at 701.265.4764

## WHAT IS WIC?

WIC provides good food so you can give your child the best possible start to grow up healthy. Foods such as fruits, vegetables, milk, whole grains, eggs, peanut butter, cereal, formula and baby food are made available for your family. But that's not all. The WIC Program also provides nutrition and health information, as well as referrals to other services for pregnant and breastfeeding women, new moms, infants and children to age 5. WIC is available to a variety of families; married and single parents, working or not working. If you are a mother, father, grandparent, foster parent or other legal guardian of a child younger than 5, you can apply for WIC.



If you receive Medical Assistance (Medicaid), TANF, SNAP, or Healthy Steps, you are income eligible for WIC even if your income is above these guidelines. (Note: If you are pregnant, you can add one more person to the size of your household.)

CURRENT INCOME GUIDELINES (before taxes)			
SIZE OF HOUSEHOLD	WEEKLY INCOME	MONTHLY INCOME	YEARLY INCOME
2	\$602	\$2,607	\$31,284
3	\$759	\$3,289	\$39,461
4	\$917	\$3,970	\$47,638
5	\$1,074	\$4,652	\$55,815
FOR EACH ADDITIONAL FAMILY MEMBER ADD:			
	\$158	\$682	\$8,177

## Do Your Holiday Plans Include Air Travel?

Contact Safe Kids Grand Forks and we'd be happy to visit about how to best transport your child on the plane and car seat/booster options once you get to your destination.

Email [safekids@altru.org](mailto:safekids@altru.org)

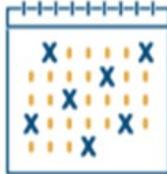


# Kids and Railroad Safety



## The Facts

A child dies every 5 days as a result of being struck by a train. (Ages 0-19)



Teens ages 15-19 are at greatest risk of being injured or killed — nearly 4 times greater than kids ages 10-14, and nearly 6 times greater than kids ages 5-9.



Boys are nearly 3 times as likely as girls to be fatally struck by a train.



More children get hurt in the hours immediately following school dismissal and after school activities.

## Despite the Facts

71% of parents are not concerned about their teen being hit by a train.



7 in 10 parents do not recognize "walking on, near, or along train tracks" as trespassing.



Half of parents admit to taking risks around railroads, such as walking along train tracks and driving around gates.



Less than half of parents (47%) have conversations with their children about rail safety.



## ReTrain Your Brain

- Only cross train tracks at designated crossings.
- If lights are flashing or the gate is down at a railroad crossing, wait for the train to pass completely, for the gates to lift and for the lights to stop flashing before crossing the tracks.
- Allow enough space for your vehicle to completely clear the entire railroad crossing, not just the tracks, before you attempt to cross.
- If you are using a cell phone, headphones or playing a game on your mobile phone, remember: Heads Up, Devices Down when you cross the tracks.
- Don't walk along the train tracks. It might be a shortcut, but it is dangerous and illegal.



SAFE  
KIDS  
WORLDWIDE.

# 4 TIPS

FOR PARENTS AND  
CAREGIVERS TO HELP  
BABY SLEEP SAFELY



Place your baby on his or her back for all sleep times - naps and at night.



Use a firm sleep surface, such as a mattress in a safety-approved crib.



Keep soft bedding such as blankets, pillows, bumper pads, and soft toys out of baby's sleep area.



Have baby share your room, not your bed.



# Ingredients for Safe Holiday Cooking



It's that time of the year, when we put special emphasis on family gatherings, gift giving, and comfort foods. The

winter months are filled with treasured moments around the dinner table—new twists on old recipes and favorite dishes we've enjoyed for years. As we delight in the season, let's make safe cooking a priority.

Cooking fires are the number one cause of home fires and home fire injuries. These fires peak at Thanksgiving and Christmas. The leading cause of cooking fires and injuries is unattended cooking.

- Stay in the kitchen when you are frying, boiling, grilling or broiling food. Turn off the burner if you leave the kitchen for any reason.
- If you are simmering, baking or roasting food, check it regularly and stay in the home. Use a timer to remind you that you are

cooking.

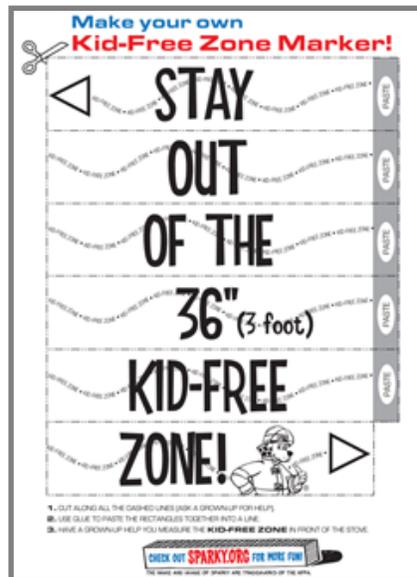
- Have a kid-free zone of at least 3 feet around the stove and areas where hot food or drink is prepared. The Sparky the Fire Dog® Kid-Free Zone Marker activity sheet can help reinforce this precaution with kids.
- Turn pot handles away from the stove's edge.
- If you have young children, cook on the stove's back burners.
- Never hold children while you are cooking, drinking a hot liquid or carrying hot food or liquids.
- Prevent scalds and burns in the kitchen by teaching children that hot things burn.
- Turkey fryers that use cooking oil as currently designed, are not suitable for safe use. These types use a significant amount of cooking oil at high temperatures and pose significant danger that hot oil will be released at some point during the cooking process. Those who prefer fried turkey are encouraged to seek out

professional establishments, including restaurants.

- Have activities that keep kids out of the kitchen. The "activities" section of Sparky.org includes Hidden Holiday Pictures, coloring sheets, and word games that can keep kids busy for hours.

Looking for stocking stuffers during the holiday season? Tuck smoke alarms in those stockings. Smoke alarms save lives, cutting the risk of dying in a home fire in half. Make the monthly smoke alarm test a family affair. Have the kids make the rounds with you as you test the smoke alarms throughout your home. Kids can use Sparky's Smoke Alarm Calendar to check off each month that the smoke alarms have been tested.

This information has been provided by Lisa Braxton, Public Education Specialist, National Fire Protection Association®.



- [http://www.sparky.org/files/activities/files/smokealarm\\_calendar.pdf](http://www.sparky.org/files/activities/files/smokealarm_calendar.pdf)
- <http://www.sparky.org/files/activities/files/KidFreeZoneActivity.pdf>
- [http://www.sparky.org/files/activities/files/hidden\\_holiday\\_pix.pdf](http://www.sparky.org/files/activities/files/hidden_holiday_pix.pdf)

# Selfie Tragedy Forever Impacts Those Left Behind

Essa Ricker and Kelsea Webster, both 15, and Kelsea's little sister, Savannah, 13, waved at a west-bound train crew and squeezed in for a selfie as it rolled through Utah's scenic Spanish Fork Canyon October 2011.

"Standing right by a train ahaha this is awesome!!!!" posted Savannah on Facebook as the train's steel wheels banged along the track's steel rail.

The excitement in the trio's eyes matched their big smiles as the train fanned their blonde hair in the wind while they posed for the selfie—completely unaware of the approaching train coming from the other direction. The train's headlights were visible on the top right side of the photo.

"They were in their own little world," recalled John Anderson, train conductor inside the eastbound Union Pacific train locomotive. Engineer Michael Anderson, no relation to John, blasted the train horn to get the girls' attention. No response. Not even a flinch.

Trains traveling at 55 mph can take more than a mile to come to a complete stop after the emergency brakes are applied. A rush of panic, confusion and fear filled the locomotive conductor as the train raced toward the girls at approximately 39 miles mph.

"We watched in horror as we got closer," said John, recalling how both he and Michael yelled as if it might

stop what they knew was about to happen. "We saw them for about 12 seconds until they disappeared from our sight and the train continued moving forward."

John raced back when the train finally stopped about a quarter mile down the track. The first girl he saw had no pulse and it was clear a second girl was no longer alive. John heard 13-year-old Savannah near the railroad crossing. She was hurt and agitated, but alive.

"I told her everything would be OK and she relaxed a little," said John, who held Savannah's hand until paramedics arrived. "I hoped she would make it and for some reason I really thought she would."

## Silent Mourning

John made it home late the night of the accident. His mind would not stop replaying the accident and the devastation he found behind the train. John wanted to get drunk to escape, but fortunately his wife's good judgment convinced him not to. He wouldn't have been the first to find comfort in what could become a bad habit after experiencing a fatal train accident. Fatal train accidents are devastating for families forced to deal with a sudden, painful loss. News about Essa, Kelsea and Savannah shocked and overwhelmed their families, friends and community.

Train crews also mourn the loss of life, carrying a unique struggle caused by witnessing catastrophic accidents. These employees immediately are put in contact with support programs to help them cope. Many respond well, others struggle for years and a few never return to work.

When train accidents involve children, train crews, dispatchers, managers and everyone in their work units have to catch their breath to process the news. John and Michael had teen daughters themselves, personalizing the tragedy weighing on their shoulders. While both men experienced the same accident, their reactions were very different.

Michael went home without speaking to John and did not say much at home either. His wife took his lead and sat with him in silence, no questions asked. There's an unexplainable heartbreak reserved for locomotive engineers sitting in the driver's seat and at the controls of a train that hits a child who dies. Michael saw blonde hair and jackets blowing in the wind and helplessly watched an unthinkable tragedy unfold. He thought about it all day and experienced vivid and persistent



Kelsea Webster, 15, Essa Ricker, 15, and Savannah Webster, 13, did not hear the horn blasting as the approaching train's headlights created a halo in their final selfie.

# Selfie Tragedy –Continued

nightmares at night.

"What happened was very intense and I have to carry it the rest of my life," said Michael, who never compared notes with his conductor. "I don't know what John saw that night and I don't want to know what he saw that night."



Doctors in a Salt Lake City-area hospital discovered Savannah had more than a dozen broken bones, internal bleeding, blood clots and a severe brain injury. The 13-year-old's injuries were too great and she died three days after the accident.

Life was never the same again. Not for the parents who buried three girls with big smiles and bright futures. And not for the men who silently mourned the same children.

The crew's railroad family welcomed

the men when they returned to work. Co-workers were supportive and stressed the accident was not their fault. John found comfort in talking to co-workers, which slowly released the accident's strong grip inside him. Michael did not talk about the accident, and his fellow railroaders respected his space. The locomotive engineer recently became a peer support volunteer to help train crews who experience traumatic incidents.

Asked what he'd say to teens thinking about taking selfies or any photo near railroad tracks, Michael responded, "I'd tell them to stay away from such a dangerous area. Think about the pain it would inflict on their families if things went wrong. It also hurts the train crew, the first responders and the many people who love you."

Union Pacific released two animated YouTube videos urging people to take selfies away from railroad tracks as part of a railroad safety campaign launch in August 2016.

"The accident that took my daughters' lives was preventable and a good illustration of how close a

train can be without hearing it," said Kelsea and Savannah's mother, Jayna Webster. "No one should have to go through this and I hope people will seriously think about the campaign's rail safety message and share it with their loved ones."

Union Pacific's railroad safety campaign encourages pedestrians and drivers to use caution near railroad tracks. A series of YouTube, Pandora and Facebook ads address risky behaviors that contribute to accidents, including a second set of videos that ask, "What is your life worth?" One, titled "Curfew," features a teenage boy racing to get his date home before curfew and trying to beat an oncoming train at a railroad crossing. A second ad, titled "Interview," depicts a woman contemplating driving around crossing gates so she can arrive on time to her job interview. In each scenario, drivers hit the brakes and stop just before the train continues through the crossing. It is at that moment they realize their life was worth the wait.

[https://www.up.com/aboutup/community/inside\\_track/selfie-tragedy-12-7-2016.htm](https://www.up.com/aboutup/community/inside_track/selfie-tragedy-12-7-2016.htm)



# 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](http://www.safekidsgf.com) or call 701.780.1489.

# 2018 Crash Report

The Crash Summary is prepared annually by the North Dakota Department of Transportation (NDDOT) to provide information about motor vehicle crashes, fatalities and injuries in North Dakota.

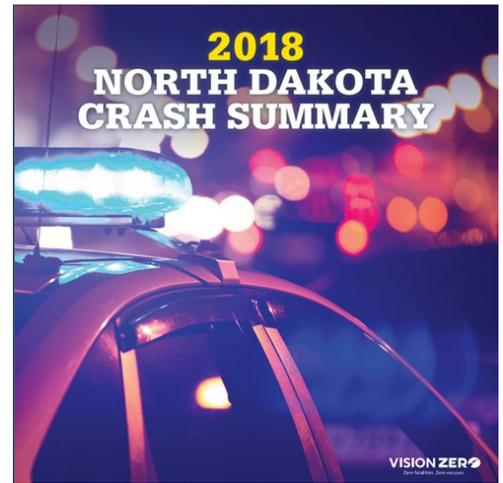
Data for this document is collected by North Dakota law enforcement officers who complete a crash report when a crash on a public road involved a fatality, injury or at least \$1,000 in property damage. Crashes

that occur off of a public road (for example, on private property or parking lots) are not included.

A copy of this report, as well as the fatal crash stat board, can be found at this site:

<https://visionzero.nd.gov/statistics/>.

While these incidents are reported as statistics, we remind people that these represent loved ones that are no longer here to brighten our families and communities. The report breaks down information

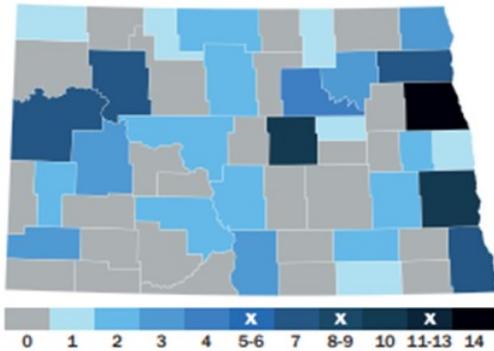


about the cause of these incidents and lays out ways in which we can help to eliminate these preventable deaths.

Of the motor vehicle fatalities, 76 (72%) were in a passenger vehicle, 16 (15%) were motorcyclists, 6 (6%) were pedestrians, 3 (3%) were individuals on all-terrain vehicles (ATVs) and other miscellaneous vehicle types (such as snowmobiles, farm equipment, and horse drawn wagons), 2 (2%) were bicyclists, and 2 (2%) involved a motor vehicle and a train.

In 2018, there were 105 individuals who lost their lives in motor vehicle crashes in North Dakota. Those who died ranged in age from 1 to 97. The majority (80%) were North Dakota residents.

Fatalities occurred in 28 (53%) of North Dakota's 53 counties.



EVERY **35 MINUTES** one motor vehicle crash occurred (ND 2018)

EVERY **2 HOURS** one person was injured in a crash (ND 2018)

EVERY **3 1/2 DAYS** one person died in a crash (ND 2018)

The good news is, crashes are preventable.

Research shows that 94% of motor vehicle crashes can be attributed to a preventable human behavior.<sup>2</sup>

CAUTION HUMAN!

**94%**

**Motor vehicle crash fatalities in North Dakota can be reduced if every driver and vehicle occupant takes personal responsibility for their safety.**



This includes wearing seat belts at all times, transporting children in child passenger safety (CPS) seats appropriate for the child's age, height and weight, not driving while distracted by cell phones or any other form of distraction, driving only when sober (i.e., not under the influence of alcohol and/or drugs), and obeying all posted speed limits.



## Holiday Travel Safety Checklist

### TIPS FOR FAMILIES

The holidays can be both a joyful and stressful time of year. Families are on the go, running errands, going shopping and taking road trips to visit relatives and friends. Here are tips for keeping your kids safe during holiday travel.

- ❑ **Everybody needs their own restraint.** Make it a rule: everyone buckled, every ride, every time, whether it's the long trip to visit family or around the block to the mall.
- ❑ **If you are flying, take your car seat with you and use it on the plane.** It will be a benefit to have it with you at your destination and when you travel to and from the airport. Let car rental companies know in advance if you need to rent a car seat or booster seat.
- ❑ **Watch out for small kids and distracted drivers in parking lots** that are busier than usual during the holidays.
- ❑ **Remind your inexperienced teen driver to be extra alert** during the holidays when people are more distracted and the weather can be tricky.
- ❑ **Avoid distractions while driving.** No text message or playlist is worth the risk of taking your eyes off the road. Set your GPS to voice activated so you can concentrate on driving without having to look at your phone.
- ❑ **Plan to use a driver or car service to make sure you get home safely if you drink alcohol.**
- ❑ **Keep car exhaust pipes clear of packed snow** to avoid carbon monoxide poisoning.
- ❑ **Secure loose objects.** Put hot foods, large gifts and anything that could fly around in a crash in the trunk.
- ❑ In cold states, **prepare for weather emergencies** by packing extra blankets, food and diapers. Keep your phone charged and make sure someone at your destination knows the route you are planning to take.

**SAFE  
K:IDS**  
WORLDWIDE.





This young lady certainly doesn't seem to mind that her legs/feet are hitting the back of the seat. Keeping kids rear-facing as long as your seat will allow provides them better protection of their head, neck and spine in a crash. So, don't turn them around too quickly or worry about those feet touching as rear-facing really is the safest way for kids to ride.

## Sleep routine for baby = peace of mind for you.

With a little practice, your baby can get into a sleep routine. That helps them know when it's time to get some zzzs and also helps them sleep safely. Here's help on making it happen.

Sleep routine



Bath



Feed



Read and Rock



To bed on back  
(see why below)



### The safest way to put your baby to sleep - every nap, every night.

When babies sleep on soft surfaces, in bed with us, or surrounded by soft bedding and toys, they're at greater risk for Sudden Infant Death Syndrome (SIDS). Here are four ways to keep your baby's sleep space safe.

- 1 Put baby to bed on their back. When they're too young to turn themselves over, this is the safest way to sleep.
- 2 Put them to sleep in their own space.
- 3 Use a firm and flat mattress.
- 4 Keep the sleep surface clutter-free (skip the pillows, bumpers, blankets and toys).



Keeps baby safe



Helps you sleep more sound



Sets good habits now

American Academy of Pediatrics  
DEDICATED TO THE HEALTH OF ALL CHILDREN

Learn more at [healthychildren.org/safesleep](http://healthychildren.org/safesleep)



## University to Downtown Corridor Study—Input Requested

The Community Foundation of Grand Forks, East Grand Forks, & Region, in partnership with the Knight Foundation, has been undergoing a survey of the University Avenue corridor between UND and downtown over the course of the past few months. The study, administered by JLG Architects, aims to better connect the campus and downtown by strengthening University Avenue. This includes improving pedestrian and bicycle safety and friendliness, enhancing the streetscape, exploring real estate development opportunities, and a host of other topics.

University Avenue is unique in the sense that it is a main corridor in the community, and also is a historic neighborhood with a number of nearby schools – Grand Forks Central, Valley Middle School, Winship Elementary, and West Elementary. The safety of students that use the corridor to get to and from school has been one of the top priorities of the study. Because of this, JLG has engaged numerous stakeholders, including the Grand Forks Public Schools, Safe Kids, Cities Area Transit, the University of North Dakota, and the City of Grand Forks just to name a few.

The study, scheduled to be completed in the next few months, will have numerous recommendations for the short-term and the long-term. If anyone would like to provide feedback on the corridor, or has any questions, they can contact Jonathan Holth of JLG Architects at [jholth@jlgarchitects.com](mailto:jholth@jlgarchitects.com)



### Safe Kids Grand Forks 2020 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 16

February 13 – **Date change**

March 19

April 16

May 14 – **Date change**

June 18

July – No meeting

August 20

September 17

October 15

November 19

December – No meeting

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](mailto: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 if you'd rather.

Please call 800.934.2543 (passcode 25350#).

If you have any agenda items for discussion/information at the meeting, please get those to Carma 1 week prior to the meeting so it can be included on the agenda.

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.



Want to join our coalition and assist us with our injury prevention work in the region? Safe Kids Grand Forks would love to have passionate people willing to share their time, talents and expertise with us. We meet monthly and if you are interested, please contact Carma at 701.780.1489 for more information about our meetings and how you may be able to help as a coalition member or volunteer.

