



News You Can Use



2022 Event Edition

Happy Anniversary Safe Kids Grand Forks

30 Years of keeping kids safe at HOME, at SCHOOL, at PLAY and ON the WAY.

As we launch this year's Safe Kids Annual Events newsletter, we also announce that on January 29, 2022, we will be celebrating our 30th Anniversary as Safe Kids Grand Forks. WHAT A MILESTONE to have the rich and honored privilege to be involved with the important work of helping to keep kids safe in the variety of settings that they live, work and play. We don't take this responsibility lightly and are ever so grateful to our many partners, volunteers, families we have worked with, staff positions and supporters. Since Safe Kids Grand Forks was started 30 years ago, we have grown and expanded in our service area, now covering northeast North Dakota and northwest Minnesota. We have had staff serve on community, regional, state, national and worldwide boards, planning teams, advisory committees and a whole host of other areas of responsibility and risk areas have been undertaken. We are so proud of what has been done, but know we have lots more to accomplish for we will not stop our efforts until children and youth are no longer dying from preventable injuries.

To celebrate our 30th anniversary, we have a few plans underway that will be rolled out throughout 2022. Please watch our newsletters, our social media pages, our website (www.safekidsgf.com) and listen in on our radio interviews, television stories and other modes of communication. We will be celebrating some of our success stories, we will discuss tragedies that have pushed and transformed us to take on stronger initiatives in areas where children have died or been seriously injured and we will showcase our many partners in these efforts. For, without our staff, partners, sponsors and people who step up in so many ways to show their care and concern for the kids of our community and region, we would not be celebrating this milestone anniversary. Thank you for allowing me the honor of serving as the Coordinator of Safe Kids

Grand Forks for 26 of the past 30 years. I pledge to you, that I and our team, will continue this great work, all while celebrating our 30 years of keeping kids safe at HOME, at SCHOOL, at PLAY and ON the WAY!!

Carma Hanson, MS,
RN—Coordinator—Safe Kids Grand Forks



Quick Tip Tuesday



Safe Kids Grand Forks has launched a new social media campaign that will post every Tuesday at 7 am. We are so excited to share short safety videos with you on a variety of topics!

Follow us on Facebook, Instagram and Twitter! Don't have social media, no worries check out safekidsgf.com



AAA
EXPECT SOMETHING MORE™



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



Stop in your favorite Hugo's location and add a donation for Safe Kids to your grocery total!



January 8 - January 21, 2022

Help support Safe Kids Grand Forks as they celebrate 30 years of keeping kids safe at HOME, at SCHOOL, at Play and ON the WAY



Celebrating 30 Years of Keeping Kids Safe

Thank you Hugo's and our community and region for your support of our injury prevention efforts in northeast ND and northwest MN.



Are you a Safe Kids coalition member or interested in becoming one?

Here is our meeting schedule for 2022 and we are always welcome new members to join in our injury prevention efforts. To join our coalition, please email safekids@altru.org.

Safe Kids Grand Forks 2022 Meeting Dates

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

Please mark your calendars for these dates in 2022.

January 20

February 17

March 17

April 21

May 19

June 16

July 21 – (Possible no meeting)

August 18

September 15

October 20

November 17

December 15 – (Possible no meeting)

If you have items you would like added to the agenda, please send them to safekids@altru.org at least 1 week prior to these meeting dates.

Physical Meeting Place:

If we are able to meet in person, the location will be announced in the agenda that goes out the week prior to the meeting. Plans for lunch will also be announced at that time.

Zoom Meeting Link:

Join Zoom Meeting

<https://us02web.zoom.us/j/82064543054?pwd=ZmtqV2JPbmt6a2dPaFIZWWc1d3ZuQT09>

Meeting ID: 820 6454 3054

Passcode: 909688

Meeting time:

12 – 1:00 p.m.

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.

REMINDER - Future Bridge Traffic Impact Study Open House and Survey Still Open Until January 6th, 2022.

Last week the Grand Forks - East Grand Forks Metropolitan Planning Organization hosted an open house to provide information to the public on the study progress if a bridge is installed at either Elks Drive or 32nd Ave S. Whether you are a homeowner in this area, parent of a student whose school might be impacted by a bridge at either location or a community member, you still have time to voice your opinion.



Grand Forks - East Grand Forks

METROPOLITAN
PLANNING ORGANIZATION

The Online Public Open House Survey is still open, so if you haven't already, please check it out and fill out the survey provided. You can find more information at this link: www.forks2forksbridge.com/info until January 6th, 2022.

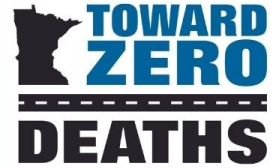


The Parent Pep Talk is a heartfelt and humorous podcast filled with advice and understanding from empathetic experts, honest parents, and teens who are willing to talk. It's for all parents looking for a little perspective, a few well-tested tips, and the feeling that you're probably doing a lot better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

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



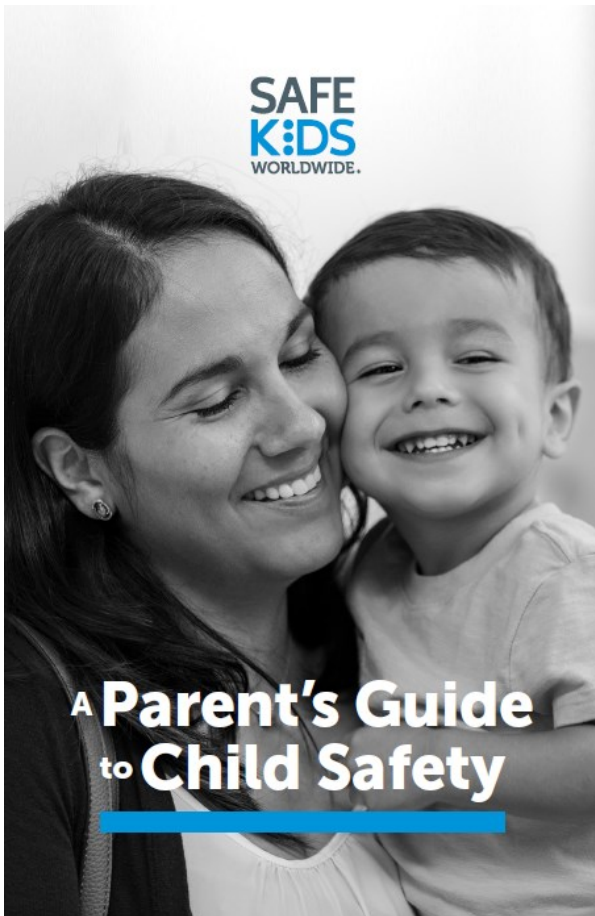
The staff at Safe Kids Grand Forks are here to help with your safety needs but our office is not staffed regular clinic hours. We are often times out teaching classes or conducting community events. We don't want to miss you when you stop by so please call ahead to 701.780.1489 to schedule an appointment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



**MAY 2-5, 2022
EGF VFW HOCKEY ARENA**

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

Register - <https://cert.safekids.org/>



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

Carma Hanson—Coordinator, Safe Kids Grand Forks

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

Smart Sitter

BABYSITTING CLASS

April 2 or August 6, 2022

9:00am-2:30pm

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

Grand Forks, ND

Cost: \$50 (lunch included, but please bring a water bottle and snack)

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

Register online at <https://bit.ly/3tW0loq> or scan the QR Code
For additional upcoming dates visit safekidsgf.com



This class has been funded in part by a generous donation from the Lunn Family, given in honor and memory of Cynthia Lunn.



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

Smart Sitter

BABYSITTING CLASS

January 29, 2022

9:30am-3:00pm

Park River



Cost: Free to Attend—Thank you to First Care Health Center for covering the registration fee for all attendees!
(lunch included, but please bring a water bottle and snack)

Registration required by 1/24/22—class size is limited.

Register online at <https://bit.ly/3xfFRtl> or scan the QR Code
For additional upcoming dates visit safekidsgf.com



**Watch for
more regional classes
in 2022!**

Safe Kids Grand Forks Presents: Parent, Caregiver & Foster Parent Safety Sessions

Join us via Zoom as we discuss topics to help keep your kids and family safe from preventable injuries.

FREE but pre-registration is required (see below).



These sessions qualify as continuing education hours for ND foster families, but are open to anyone wanting more information on these safety topics, including parents, grandparents, foster parents or other caregivers. These sessions are free but registration at the link below is required. More session information on the topic content will be available at the sign up link. (The Zoom link and password will be sent to registered participants via email the day prior to each session.) Please register at least two days in advance of each session so we can plan accordingly for sending sessions handouts and the log-in password.



January 18, 2022 | 6:30 – 7:30 p.m.
Carbon Monoxide, Fire & Fireplace Safety

February 15, 2022 | 6:30 – 7:30 p.m.
Child Passenger Safety

March 15, 2022 | 6:30 – 7:30 p.m.
Poison Prevention & Juuling

April 19, 2022 | 6:30 – 7:30 p.m.
Childproofing

May 17, 2022 | 6:30 – 7:30 p.m.
Summer Safety, Carpooling & Safe at Home Alone

June 21, 2022 | 6:30 – 7:30 p.m.
Water Safety

July 19, 2022 | 6:30 – 7:30 p.m.
Hydration, Sunscreen & Other Summer Topics

August 16, 2022 | 6:30 – 7:30 p.m.
Back to School Safety

September 20, 2022 | 6:30 – 7:30 p.m.
Child Passenger Safety

October 18, 2022 | 6:30 – 7:30 p.m.
SIDS & Safe Sleep

November 15, 2022 | 6:30 – 7:30 p.m.
Gun & Firearm Safety

December 13, 2022 | 6:30 – 7:30 p.m.
Toy Safety, Choking & Button Battery

Register at least 2 days prior to each event at: <https://bit.ly/3JbYN3p>





SAFE AT HOME ALONE

Are you ready to stay home alone?

May 21, July 30 or Nov 5, 2022

9am-Noon OR 1-4pm

Grand Forks, ND

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

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



Cost \$20
Registration
required



This class is funded in part by a generous donation from Dakota Commercial.

**SAFE
K:IDS**
GRAND FORKS



Register online at <https://bit.ly/3uhxhtp>

C.A.R.S (Children & Restraint Systems) Class

2022 Training Schedule



If you are a child care provider or foster parent, safe transportation of children in your care is important. Come find out how to keep kids safe while in the car. The C.A.R.S. (Children and Restraint Systems) class is designed to meet the MN CPS course requirements for licensure & foster parenting and for law enforcement requirements.

It has been approved for Develop credit hours in MN and Growing Futures credits in ND. Safe Kids Grand Forks will NOT be providing class participants with Certificates of Completion. Attendance will be marked complete through the Develop website. (developtoolmn.org)

Please provide your Develop ID number when registering to receive credit.

Please register at least 1 week prior to the class date.

January 4, 2022 (Tuesday) 6 p.m.—9 p.m.

February 12, 2022 (Saturday) 9 a.m.—12 p.m.

March 8, 2022 (Tuesday) 6 p.m.—9 p.m.

April 12, 2022 (Tuesday) 6 p.m.—9 p.m.

May 7, 2022 (Saturday) 9 a.m.—12 p.m.

June 14, 2022 (Tuesday) 6 p.m.—9 p.m.

July 19, 2022 (Tuesday) 6 p.m.—9 p.m.

August 16, 2022 (Tuesday) 6 p.m.—9 p.m.

September 17, 2022 (Saturday) 9 a.m.—12 p.m.

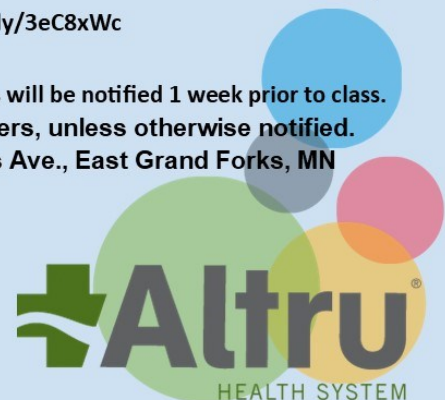
October 25, 2022 (Tuesday) 6 p.m.—9 p.m.

November 29, 2022 (Tuesday) 6 p.m.—9 p.m.



There is no cost to register for the classes thanks to grant funding from the Minnesota Office of Traffic Safety.
Registration can be done online at <https://bit.ly/3eC8xWc>

We reserve the right to cancel classes with low enrollment. Participants will be notified 1 week prior to class.
All classes are held at the Safe Kids Grand Forks Headquarters, unless otherwise notified.
Altru Clinic in East Grand Forks, Lower Level—607 DeMers Ave., East Grand Forks, MN



Have you ever tried to install a car seat into a vehicle?

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



Bringing Home Baby

Car seat class for new or expectant parents

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

Cost:

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

2022 Class Dates

January

Thursday, January 13

February

Thursday, February 10

Saturday, February 19

March

Thursday, March 10

April

Thursday, April 14

Tuesday, April 26

May

Thursday, May 12

June

Thursday, June 9

Saturday, June 25

July

Thursday, July 14

August

Thursday, August 11

Tuesday, August 23

September

Thursday, September 8

October

Thursday, October 13

Saturday, October 22

November

Thursday, November 10

December

Thursday, December 8

Location:

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

Times:

6 - 7:30 p.m. - Tuesday & Thursday | 9 - 10:30 a.m. - Saturday

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



**SAFE
KIDS**
GRAND FORKS

Altru
HEALTH SYSTEM

Rydell cars.com

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

Car Seat Check-Up Events

presented by:



2022 Dates

Rydellcars.com

2700 South Washington Street
Grand Forks, ND

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

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

No appointments needed at Rydell's

EGF Fire Department

415 4th St NW | East Grand Forks, MN

January 25	12-2 p.m.
February 21	9-11 a.m.
March 24	12-2 p.m.
April 29	9-11 a.m.
May 24	12-2 p.m.
June 20	9-11 a.m.
July 26	12-2 p.m.
August 22	9-11 a.m.
September 19	12-2 p.m.
October 24	9-11 a.m.
November 22	12-2 p.m.
December 21	9-11 a.m.

Appointments at Fire Department required; call 701.780.1489

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

Baby on the way?

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



For more information, visit www.safekidsgf.com



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

The United Way of Grand Forks, East Grand Forks & Area and Safe Kids Grand Forks are excited to announce the launch of their new program Car Seats for Kids. Car Seats for Kids is a collaboration between the two agencies that will ensure children are kept safe when traveling in a vehicle.

Thanks to a generous donation from United Way, Safe Kids is able to provide car seats to families in need at little to no cost.

To apply for a car seat, please contact Safe Kids at 701.780.1489.

Together, we are fueling opportunities to thrive!



Want more safety tips, announcements about upcoming events and links to great resources? Follow us on Facebook at:

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





Car Seat Checkup Event



4 out of 5 car seats are used incorrectly! Don't let yours be one of them!

Tuesday, February 8, 2022

BY APPOINTMENT — call 701.780.1489

3:00-6:00 pm

Hatton Fire Department

This event will be held indoors!

Due to Covid-19 extra precautions are being made.



Get your car seat questions answered by a professional

Get your car seat checked for recalls and proper fit

FREE event!
Call to schedule
701.780.1489



Car Seat Check-Up Events



presented by:



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

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

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

in cooperation with:



14830 Hwy 17, Grafton, ND

2022 Dates

February 3
May 5
August 4
November 3



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



Car Seat Check-Up Events



presented by:



In partnership with Minnesota Office of Traffic Safety

Four out of five 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 routine car seat check-up events. These are offered from 4 - 5:30 p.m. **by appointment only.**

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



www.brostchevrolet.com

2022 Dates

January 27
April 28
July 28
October 27

4 - 5:30 p.m.

To schedule an appointment time, contact Polk County Public Health at 218.281.3385

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

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



Picture Yourself

Keeping Kids Safe!



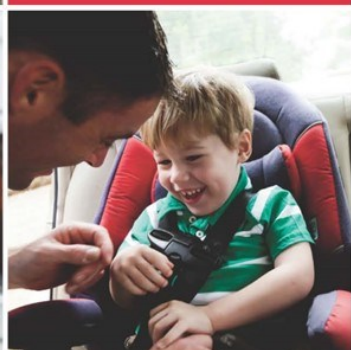
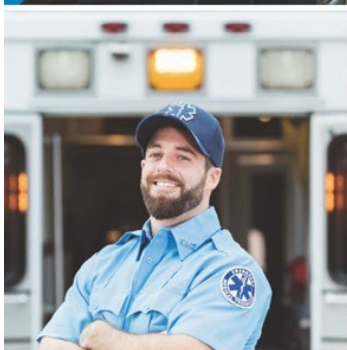
Do you care deeply about kids and want to make sure they are safe on every ride?

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

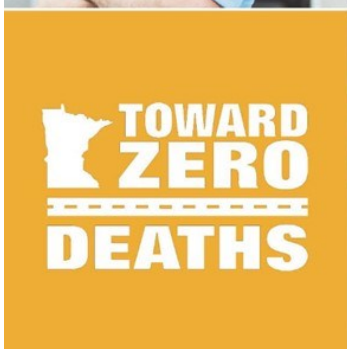


When it comes to car seats, many parents need help to get it right.

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



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



<https://form.jotform.com/213626437503049>



VISION ZERO

Zero fatalities. Zero excuses.

Vision Zero Partner Conference

April 12-13, 2022
Bismarck Event Center

Bringing together partners in education, enforcement, engineering, emergency services and other partners! This event provides information, best practices and networking to build partner capacity and advancement of Vision Zero in North Dakota.

Information on the 2022 Vision Zero Partner Conference coming soon.

<https://visionzero.nd.gov/events/partnersummit/>

Driving Skills for Life

Summer 2022
Location TBD

For teens between 14-18 with a permit or license, put your teen's driving skills and judgement to the test! This event provides teens the skills they need to be responsible drivers and make the right choices behind the wheel every time. Drive a controlled course with law enforcement to see how distractions effect your driving. Experience a variety of simulators and more interactive stations.

Alive at 25 is also provided during this event as an interactive classroom course designed to reduce the likelihood of young drivers ending up in a vehicle crash.

Information on the 2022 Driving Skills for Life coming soon.

<https://visionzero.nd.gov/events/drivingskillsforlife/>

**DON'T MISS THIS IMMERSIVE
SAFETY TRAINING EXPERIENCE...**
THE REGION'S LARGEST!



NORTH DAKOTA SAFETY COUNCIL

SAFETY+HEALTH CONFERENCE

49th ANNUAL

Wednesday, Feb. 23 - Friday, Feb. 25, 2022

Pre-Conference: Monday, Feb. 21 & Tuesday, Feb. 22

Livestreamed and in-person at the Bismarck Event Center



- 100+ sessions, 50+ speakers, 100+ exhibitors, 900+ attendees
- CEUs available for ASSP, BCSP, SHRM, ABIH, POST, and EMS
- Silent Auction - Virtual and In-Person
- Event Social on Wednesday Night
- Interactive Games, Equipment Demos & much more!

We have an amazing lineup of keynote speakers!



**WILL
BOWEN**
Wednesday

*"The 5 Reasons People Complain
& How to Get Them to Stop"*



**PAUL
KRISMER**
Thursday

*"Powerful Safety Cultures
in the Mature Economy"*



**DAVE
DAVLIN**
Friday

"The Game Winning 3"

EXHIBITOR SHOW

Wednesday, Feb. 23 – Thursday, Feb. 24, 2022

Standard booth: \$595 • Premium booth: \$645



Register to attend or exhibit and get updates at
ndsc.org/annualconference

ND+SC
NORTH DAKOTA SAFETY COUNCIL



ARE YOUR TIRES SAFE? This one isn't.

This is one of four, nearly-bald tires that a Minnesota motorist had on her car when she lost control on a snow-covered highway and crashed into another vehicle. The person she hit was killed.

The woman was convicted of vehicular manslaughter.

It's illegal to drive a vehicle with unsafe tires. Check the condition of your tires regularly. It's one of the best things you can do to protect yourself, your loved ones and other motorists.



This tire has almost no tread depth.



- Check for cuts, bulges and exposed ply or cord. These conditions can cause blowouts.
- Check tread depth. Tires with a tread depth of one-sixteenth of an inch or less are unsafe and illegal. Place a penny head first into the tread grooves. If you see the top of Lincoln's head, you need new tires.
- Check tire pressure with a tire gauge. Tires can be as much as 50 percent under-inflated before it is visibly noticeable.

For more information minnesotatzd.org



2022 MEDICATION

TAKE BACK DAYS

Drop off unused or unwanted medications for safe disposal.

March 22 ■ June 7 ■ September 20*

8 a.m. - 12:30 p.m., 1375 S. Columbia Rd.



For more information visit altru.org/drugdisposal

**car seat check also from 10 a.m. - 12:30 p.m.*

Safe Kids Grand Forks Medication Take Back Event

**SAFE
K:DS**
GRAND FORKS



In partnership with the Grand Forks Sheriff's Department, the City of Grand Forks and Altru Health System, Safe Kids Grand Forks will be hosting a Medication Drop Off event at the Grand Forks Senior Center. You can bring any outdated or unused over-the-counter or prescription medications for disposal (pills, liquids, patches, ointments, etc. Bring them in their original containers and they will be taken for proper disposal.

Thursday
June 23, 2022
October 13, 2022

11:30 a.m. – 12 p.m.

Grand Forks Senior
Center

For more information, contact
Safe Kids Grand Forks at:
Phone: 701.780.1489
E-mail: safekids@altru.org

