

Information and resources to  
keep you safe.



DROWNING PREVENTION

FALL PREVENTION

DISTRACTED DRIVING PREVENTION

**INJURY PREVENTION ~ IT'S EVERYONE'S BUSINESS**

**This publication is produced monthly by The Coalition on Injury Prevention of Polk County (CIP) as a resource for the community.**

**To have your event included in the publication**, submit the event information via email to Debra.Myers@myLRH.org.

Each submission should include as much of the following information as possible:

Sponsoring Agency Name: \_\_\_\_\_

Event Name: \_\_\_\_\_

Event Date: \_\_\_\_\_

Event Time: \_\_\_\_\_

Location of Event (include location name and address): \_\_\_\_\_

\_\_\_\_\_

Who to call / Where to go for more information or to register: \_\_\_\_\_

\_\_\_\_\_

Event Flyer in pdf file format.

**Updates to event listings** may be requested as needed as your event plans are finalized.

Please use the submission format above and send your request to Debra.Myers@myLRH.org.

A once-a-month digital version of this publication is available by subscription.

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Name: \_\_\_\_\_

Telephone Number: \_\_\_\_\_

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Subscription will be for 12 months. An email message will be sent to renew your subscription.

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## Did You Know?

Drowning is silent and only takes a minute.

Drowning is the #1 cause of death for 1 to 4 year olds in the nation.

Florida leads the nation in the number of drowning deaths for 1 to 4 year olds.

Polk County is one of the worst ranked counties in Florida.

Drowning is preventable.

## What Can You Do?

Learn CPR.

Teach children to swim.

Use multiple physical barriers around your pool: door alarms, pool alarms, gates, child-proof locks.

Appoint an adult Water Watcher every time children are around water.

Insist non-swimmers wear a U.S. Coast Guard life preserver whenever around water.

## Resources — Drowning Prevention

### 2-1-1

Call 2-1-1 from any cell phone or land line to be connected to resources available in your area.

Available 24 hours a day, seven days a week, all languages.

[www.211.org](http://www.211.org)

### Abby Grace's Hope, Inc.

Survival Swim Lesson Scholarships to families in financial hardship throughout Central Florida.

For details about the application process go to:

<http://www.watersafetyandsurvival.org/2016-agh-swim-scholarship-application.html>.

### Aqua Tots Swim School

Swim lessons.

### Citizens CPR

For caregivers of children ages 1–5 years: take a Free CPR certification class and earn a voucher for swim lessons for the children. *\*Some restrictions apply. Limited number of swim lessons and CPR classes available.*

To register call 863-680-1277 or visit [www.citizenscprinc.com/drowning-prevention/](http://www.citizenscprinc.com/drowning-prevention/)

### City of Bartow

Swim lessons.

City of Haines City

Swim lessons

City of Winter Haven

Swim lessons

Florida Department of Children & Families

Brochures, Prevention Website

Florida Department of Health in Polk County

Water Watcher tags, Public Service Announcements, Brochure

Florida Southern College

Swim lessons

Florida Suncoast Safe Kids Coalition – Polk County Council

Water safety classes, Water Watcher tags

Gandy Pool

Swim lessons

Infant Swimming Resource

Swim lessons

Lake Wales Family YMCA

Swim lessons

Lakeland Family YMCA

Swim lessons

Lakeland Fire Department

Public service announcements

Lakeland Regional Health

Water safety classes.

To request a class, call 863-284-1882 or email [Debra.Myers@myLRH.org](mailto:Debra.Myers@myLRH.org).

Off the Wall Adventures

Swim lessons

Simpson Park Pool

Swim lessons

## Upcoming Events — Drowning Prevention

### April 2016

4/2/2016 9:00:00 AM — 12:00:00 PM

**CITIZEN CPR, INC. 2016 Keep Your Children Safe Around Water!**

Lakeland Simpson Park, 1725 Martin L. King Jr. Ave, Lakeland

Take a Free CPR class, receive a voucher for free swim lessons for children ages 1-5 years. \*Some restrictions apply.

Register online at [www.citizencprinc.com/drowning-prevention/](http://www.citizencprinc.com/drowning-prevention/) or call 863-680-1277

4/2/2016 12:30:00 PM — 2:30:00 PM

**CITIZEN CPR, INC. 2016 Keep Your Children Safe Around Water!**

Lakeland Kelly Recreation, 404 Imperial Blvd, Lakeland

Take a Free CPR class, receive a voucher for free swim lessons for children ages 1-5 years. \*Some restrictions apply.

Register online at [www.citizencprinc.com/drowning-prevention/](http://www.citizencprinc.com/drowning-prevention/) or call 863-680-1277

4/16/2016 9:00:00 AM — 12:00:00 PM

**CITIZEN CPR, INC. 2016 Keep Your Children Safe Around Water! — Bartow**

Bartow Parks & Recreation, 2250 S. Floral Ave, Bartow

Take a Free CPR class, receive a voucher for free swim lessons for children ages 1-5 years. \*Some restrictions apply.

Register online at [www.citizencprinc.com/drowning-prevention/](http://www.citizencprinc.com/drowning-prevention/) or call 863-680-1277.

4/30/2016 9:00:00 AM — 12:00:00 PM

**CITIZEN CPR, INC. 2016 Keep Your Children Safe Around Water!**

Haines City Parks & Recreation, 555 Ledwith Ave, Haines City

Take a Free CPR class, receive a voucher for free swim lessons for children ages 1-5 years. \*Some restrictions apply.

Register online at [www.citizencprinc.com/drowning-prevention/](http://www.citizencprinc.com/drowning-prevention/) or call 863-680-1277

### May 2016

5/14/2016

**ABBY GRACE'S HOPE & WINTER HAVEN AQUATICS Annual Summer Splash / Water Safety Day**

5/21/2016

**ABBY GRACE'S HOPE INC. Annual Swim Scholarship Awarding Event**

Florida Polytechnic



# 2016



**KEEP YOUR CHILDREN SAFE AROUND WATER!**

*Step 1.*

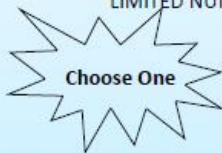
Parents/Grandparents/Guardians—Sign-up for and attend *free* CPR class from Citizen CPR.

*Step 2.*

Receive voucher for *free* swim lessons for children ages 1-5 years.

*\*some restrictions may apply.*

LIMITED NUMBER OF VOUCHERS FOR SWIM LESSONS AND CPR CLASSES AVAILABLE.



**CPR Classes for Swim Voucher**

**9:00 a.m.— Noon:**

March 26 Winter Haven Chain of Lakes (210 Cypress Gardens Blvd.)

April 2 Lakeland Simpson Park (1725 Martin L King Jr Ave )

April 16 Bartow Parks and Recreation (2250 S. Floral Ave.)

April 30 Haines City Parks & Recreation (555 Ledwith Ave.)

**12:30 p.m.—2:30 p.m.**

April 2 Lakeland Kelly Recreation (404 Imperial Blvd )

*Vouchers will be for swim lessons where the CPR classes are given.*

Register online @

[www.citizencprinc.com/drowning-prevention/](http://www.citizencprinc.com/drowning-prevention/)

Or contact CITIZEN CPR AT 863-680-1277



*Thank you to our anonymous donor for these gifts.*

## **Did You Know?**

Each year, one in three adults ages 65 or older falls.

The risk of falling increases with each decade of life.

A serious injury from a fall can result in loss of independence.

Falls are NOT an inevitable part of aging.

Falls can be prevented.

## **What Can You Do?**

Get exercise.

Help others stay strong.

Be mindful of your medications that may make a fall more likely.

Have your vision checked annually.

Eliminate hazards in your home.

Use the assistive devices that have been prescribed for you.

## **Resources — Fall Prevention**

### 2-1-1

Call 2-1-1 from any cell phone or land line to be connected to resources available in your area.

Available 24 hours a day, seven days a week, all languages.

[www.211.org](http://www.211.org)

### CATT-Rath Senior ConNEXTions and Education Center

A Matter of Balance classes, yoga classes.

### Florida Presbyterian Homes

16 Lake Hunter Dr., Lakeland, 863-577-6022

Free A Matter of Balance classes.

### Lakeland Activity Center for Seniors

1510 Commercial Park Dr., Lakeland, 863-687-2988

Free classes: A Matter of Balance, Tai Chi Moving for Better Balance, Chair Exercise, and Yoga.

### Lakeland Regional Health

Free A Matter of Balance classes and Tai Chi Moving for Better Balance classes.

For information, call 863-284-1882.

### Senior Connection Center

8928 Brittany Way, Tampa, 813-675-5566

Free A Matter of Balance and Tai Chi Moving for Better Balance class around Polk County.

## Upcoming Events — Fall Prevention

### April 2016

**4/12/2016 12:30:00 PM — 2:30:00 PM**

**SENIOR CONNECTION CENTER A Matter of Balance Classes**

Lakeland Activity Center for Seniors, 1510 Commercial Park Dr., Lakeland  
Tuesdays and Thursdays, April 12 - May 12

**4/1/2016 12:30:00 PM — 1:30:00 PM**

**LAKELAND REGIONAL HEALTH Tai Chi: Moving for Better Balance Classes**

Lakeland Activity Center for Seniors, 1510 Commercial Park Dr., Lakeland

FREE. Learn balance skills, good body alignment, and coordinated movements in a circular and flowing motion. Benefits include: better and longer sleep, reduced arthritis symptoms, lowered blood pressure, reduced anxiety, and reduced depression.

**4/11/2016 12:30:00 PM — 1:30:00 PM**

**LAKELAND REGIONAL HEALTH Tai Chi: Moving for Better Balance Classes**

Lakeland Activity Center for Seniors, 1510 Commercial Park Dr., Lakeland

FREE. Learn balance skills, good body alignment, and coordinated movements in a circular and flowing motion. Benefits include: better and longer sleep, reduced arthritis symptoms, lowered blood pressure, reduced anxiety, and reduced depression.

**4/13/2016 12:30:00 PM — 1:30:00 PM**

**LAKELAND REGIONAL HEALTH Tai Chi: Moving for Better Balance Classes**

Lakeland Activity Center for Seniors, 1510 Commercial Park Dr., Lakeland

FREE. Learn balance skills, good body alignment, and coordinated movements in a circular and flowing motion. Benefits include: better and longer sleep, reduced arthritis symptoms, lowered blood pressure, reduced anxiety, and reduced depression.

**4/15/2016 12:30:00 PM — 1:30:00 PM**

**LAKELAND REGIONAL HEALTH Tai Chi: Moving for Better Balance Classes**

Lakeland Activity Center for Seniors, 1510 Commercial Park Dr., Lakeland

FREE. Learn balance skills, good body alignment, and coordinated movements in a circular and flowing motion. Benefits include: better and longer sleep, reduced arthritis symptoms, lowered blood pressure, reduced anxiety, and reduced depression.

**4/18/2016 12:30:00 PM — 1:30:00 PM**

**LAKELAND REGIONAL HEALTH Tai Chi: Moving for Better Balance Classes**

Lakeland Activity Center for Seniors, 1510 Commercial Park Dr., Lakeland

FREE. Learn balance skills, good body alignment, and coordinated movements in a circular and flowing motion. Benefits include: better and longer sleep, reduced arthritis symptoms, lowered blood pressure, reduced anxiety, and reduced depression.

**4/20/2016 12:30:00 PM — 1:30:00 PM**

**LAKELAND REGIONAL HEALTH Tai Chi: Moving for Better Balance Classes**

Lakeland Activity Center for Seniors, 1510 Commercial Park Dr., Lakeland

FREE. Learn balance skills, good body alignment, and coordinated movements in a circular and flowing motion. Benefits include: better and longer sleep, reduced arthritis symptoms, lowered blood pressure, reduced anxiety, and reduced depression.

**4/22/2016 12:30:00 PM — 1:30:00 PM**

**LAKELAND REGIONAL HEALTH Tai Chi: Moving for Better Balance Classes**

Lakeland Activity Center for Seniors, 1510 Commercial Park Dr., Lakeland

FREE. Learn balance skills, good body alignment, and coordinated movements in a circular and flowing motion. Benefits include: better and longer sleep, reduced arthritis symptoms, lowered blood pressure, reduced anxiety, and reduced depression.



**4/27/2016 12:30:00 PM — 1:30:00 PM**

**LAKELAND REGIONAL HEALTH Tai Chi: Moving for Better Balance Classes**

Lakeland Activity Center for Seniors, 1510 Commercial Park Dr., Lakeland

FREE. Learn balance skills, good body alignment, and coordinated movements in a circular and flowing motion. Benefits include: better and longer sleep, reduced arthritis symptoms, lowered blood pressure, reduced anxiety, and reduced depression.

**4/29/2016 12:30:00 PM — 1:30:00 PM**

**LAKELAND REGIONAL HEALTH Tai Chi: Moving for Better Balance Classes**

Lakeland Activity Center for Seniors, 1510 Commercial Park Dr., Lakeland

FREE. Learn balance skills, good body alignment, and coordinated movements in a circular and flowing motion. Benefits include: better and longer sleep, reduced arthritis symptoms, lowered blood pressure, reduced anxiety, and reduced depression.

### **May 2016**

**5/5/2016 9:30:00 AM — 11:30:00 AM**

**FLORIDA PRESBYTERIAN HOMES A Matter of Balance Classes**

Florida Presbyterian Homes, 16 Lake Hunter Dr., Lakeland

Will meet weekly on Thursdays in the Game Room for eight weeks.

Call the Wellness Department at 863-577-6022 to secure your spot.

## **Did You Know?**

Distracted Driving is ANY activity that diverts your attention away from the primary task of driving.  
Motor vehicle crashes are the leading cause of death for teens in the United States.  
Drivers in their 20s make up 27 percent of the distracted drivers in fatal crashes.

## **What Can You Do?**

Discuss what it means to be a safe driver with your teen.  
Be an example for good driving behavior to others in your car.  
Turn off your phone when you turn your ignition on.  
    Never talk on the phone while driving.  
    Never send or read a text while driving.

## **Resources — Distracted Driving Prevention**

### 2-1-1

Call 2-1-1 from any cell phone or land line to be connected to resources available in your area.  
Available 24 hours a day, seven days a week, all languages.  
[www.211.org](http://www.211.org)

### Florida Suncoast Safe Kids Coalition – Polk County Council

Free car seat installation classes and checks by a Nationally Certified CPS Technician.

### UthMpact — Project Prom

High school students sign a Project Prom Pledge to celebrate drug-free and receive their formal wear for free.

### Lakeland Regional Health

Free car seat installation assistance and checks by a Nationally Certified CPS Technician.  
Call 863-284-1882.

### Take the Pledge

<http://www.distraction.gov/take-action/take-the-pledge.html>.

### Polk County Sheriff's Office

Free car seat installation assistance and checks by a Nationally Certified CPS Technician.  
Free Teen Driver Challenge to educate Polk County's teen drivers in methods and techniques to become safer drivers. For information visit: <http://www.polksheriff.org/InsidePCSO/OfficeCOS/OOC/CrimePrevention/Pages/TeenDriverChallenge.aspx>.

### Winter Haven Women's Hospital

Free car seat installation assistance and checks by a Nationally Certified CPS Technician.

## Upcoming Events — Distracted Driving Prevention

### April 2016

**4/1/2016 4:00:00 PM — 8:00:00 PM**

**UTHMPACT Project Prom Shopping Day**

Coldwater Creek storefront, Lakeside Village, 1429 Towne Center Drive, Lakeland

High school students with a Polk County School ID can sign a Project Prom Pledge to celebrate drug-free and receive their formal wear for FREE!

**4/2/2016 10:00:00 AM — 4:00:00 PM**

**UTHMPACT Project Prom Shopping Day**

Coldwater Creek storefront, Lakeside Village, 1429 Towne Center Drive, Lakeland

High school students with a Polk County School ID can sign a Project Prom Pledge to celebrate drug-free and receive their formal wear for FREE!

## Upcoming Events — Other Injury Prevention Topics

### April 2016

**4/23/2016 10:00:00 AM — 4:00:00 PM**

**HEAVEN'S SAINTS MOTORCYCLE MINISTRY Pinwheels for Prevention Community Festival**

American Legion Mulberry Memorial Post #72, 1500 N Church Avenue, Mulberry

Family Fun, Music, Motorcycle Show. FREE admission. Donations accepted. All proceeds will be donated to Heartland for Children to support local child abuse prevention efforts.

**4/23/2016 5:00:00 PM — 6:00:00 PM**

**LAKELAND FLYING TIGERS Pinwheels in the Park**

Henley Field, 1125 N Florida Avenue, Lakeland

Join the Lakeland Flying Tigers & Heartland for Children in recognizing April as CHILD ABUSE PREVENTION MONTH. General Admission \$5.

Children age 0-2 FREE. Door prizes, raffle, balloon art, face painting, photo booth, on-field games, pinwheel parade, & more!

**4/30/2016 10:00:00 AM — 2:00:00 PM**

**STANDUP POLK & LOCAL LAW ENFORCEMENT AGENCIES IN POLK COUNTY**

**National Prescription Drug Take-Back Day**

For citizens to dispose of all unwanted, unneeded, and expired medications in a safe manner.

Drop-off at these Locations:

Auburndale Police Department - 2 Bobby Green Plaza, Auburndale

Davenport Police Department - 16 Bay Street West, Davenport

Haines City Police Department - 35400 Highway 27, Haines City

Lakeland Police Department - 219 N Massachusetts Avenue, Lakeland

Lake Alfred Police Department - 190 N Seminole Avenue, Lake Alfred

Lake Hamilton Police Department - 100 Smith Avenue, Lake Hamilton

Lake Wales Police Department - 133 E Tillman Avenue, Lake Wales

Winter Haven Police Department - 125 N Lake Silver Drive NW, Winter Haven

**4/23/2016 10:00:00 AM — 2:00:00 PM**

**FLORIDA SUNCOAST SAFE KIDS COALITION Safe Kids Day**

Ellenton Premium Outlets, 5461 Factory Shops Blvd., Ellenton, FL

FREE! FUN! FOR THE WHOLE FAMILY!

3rd Annual Safe Kids Day Event

All 5 Florida Suncoast Safe Kids Counties participating! Polk County Council will be presenting on Home Safety and Choking Hazards.

### October 2016

**10/17/2016**

**STANDUP POLK 7th Annual Prevention Summit**

Lake Eva Banquet Hall, 799 Johns Ave, Haines City

More information to come.

### November 2016

**11/12/2016**

**INNERACT ALLIANCE Red Ribbon Half Marathon, 5k and Kids' Fun Run**

More information to come.



Heaven's Saints Motorcycle Ministry Presents a

# PINWHEELS FOR PREVENTION

## Community Festival



# APRIL 23<sup>RD</sup> 10 AM - 4 PM

## American Legion Mulberry Memorial Post #72

1500 N CHURCH AVENUE • MULBERRY FL • 33860 • OPENING CEREMONY AT 10 AM

### FAMILY FUN

- FOOD VENDORS
- MARTIAL ARTS DEMO
- BOUNCE HOUSES • BIKE VENDORS • RAFFLES
- 97 COUNTRY LIVE BROADCAST •
- MOTORCYCLE RIDE & PINWHEEL PARADE

### MUSIC

COUNTRY SINGER  
**ELI MOSLEY**  
 1:30 PM - 3 PM  
**DJ JADER**  
 11:00 AM - 12:30 PM

### MOTORCYCLE SHOW

\$10 ENTRY FEE  
 TROPHIES FOR BEST OF SHOW IN:  
**CLASSIC, HARLEY, CUSTOM, & STREET**



## FREE ADMISSION ★ DONATIONS ACCEPTED!

Donation boxes will be available to the public. All proceeds collected will be donated to Heartland for Children to support local child abuse prevention efforts.



# Pinwheels

IN THE PARK

April 23<sup>rd</sup>

HENLEY FIELD, LAKELAND

GATES OPEN @ 5 PM

GAME @ 6 PM

LAKELAND FLYING TIGERS

vs. DUNEDIN BLUE JAYS

*Join us for fun family  
activities all evening!*

DOOR PRIZES • RAFFLE • BALLOON ART • FACE PAINTING  
PHOTO BOOTH • ON-FIELD GAMES • PINWHEEL PARADE • *& more!*

## Tickets

General Admission: \$5 • Children age 0-2: **FREE**

Purchase tickets online at [www.lakelandflyingtigers.com](http://www.lakelandflyingtigers.com) or at the gate.

Join the *Lakeland Flying Tigers & Heartland for Children* in recognizing April as

# CHILD ABUSE PREVENTION MONTH



Henley Field • 1125 N Florida Ave • Lakeland, FL 33805 • [heartlandforchildren.org/pinwheels](http://heartlandforchildren.org/pinwheels)

# CIP PARTNERS

*Working hard to prevent injuries within our community*

**Abby Grace's Hope, Inc.**, 863-271-7970

**FL Poison Information Center**, Tampa General Hospital, P.O. Box 1289, Tampa; Poison Control  
Hotline 1-800-222-1222

**Florida Department of Health Polk County**, 1290 Golfview Ave., Bartow, 863-519-7900

**Florida Presbyterian Homes**, 16 Lake Hunter Dr., Lakeland, 863-577-6022

**Healthy Start Coalition of Hardee, Highlands & Polk Counties, Inc.**, 650 East Davidson Street,  
Bartow, 863-534-9224

**Heartland for Children**, 1239 E. Main Street, Bartow, 863-519-8900

**InnerAct Alliance**, 621 South Florida Avenue, Lakeland, 863-802-0777

**Lakeland Regional Health**, 1324 Lakeland Hills Blvd., Lakeland, 863-284-1882

**Polk County Sheriff's Office Crime Prevention**, 1891 Jim Keene Blvd., Winter Haven, 863-298-6678

**Polk County Fire Rescue**, 2470 E. Clover Lane, Bartow

**Senior Helpers Home Health Agency**, 2515 Troy Ave, Lakeland, 863-686-7333

**StandUP Polk**, 621 S. Florida Ave., Lakeland, FL 33801, 863-802-0777

**Tri-County Human Services, Inc., DUI Program**, 1811 Crystal Lake Dr., Lakeland, 863-701-1919

**UthMPact**, 621 S. Florida Ave., Lakeland, FL 33801, 863-802-0777

# Join the Coalition on Injury Prevention of Polk County

## ***Mission***

Networking to provide injury prevention resources to positively impact communities through partnerships, communication, and support of community events.

## ***Meetings***

*January, March, May, July, September, and November*

*9:00 a.m.*

*Family Fundamentals*

*1021 Lakeland Hills Boulevard*

*Lakeland, Florida*

## ***Task Forces***

Drowning Prevention

Distracted Driving Prevention

Fall Prevention

## **Coalition on Injury Prevention (CIP) of Polk County**

FOR MORE INFORMATION ABOUT CIP CONTACT: Diana DeGroot

Phone: 863-284-1853

Fax: 863-413-5845

E-mail: [Diana.DeGroot@myLRH.org](mailto:Diana.DeGroot@myLRH.org)

