

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.

**To subscribe**, email the following information to Debra.Myers@myLRH.org.

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

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

Email address: \_\_\_\_\_

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

Subscription may be canceled at any time by sending an email to Debra.Myers@myLRH.org.

## 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**

### **May 2016**

**5/2/2016 9:00:00 AM**

**LAKELAND CITY COMMISSION Water Safety Month Proclamation**  
Lakeland City Hall, 228 S Massachusetts Avenue, Lakeland

**5/3/2016 9:00:00 AM**

**POLK COUNTY BOARD OF COUNTY COMMISSION Water Safety Month Proclamation**  
County Administration Building, 255 North Broadway Avenue, Bartow

**5/9/2016 6:30:00 PM**

**WINTER HAVEN CITY COMMISSION Water Safety Month Proclamation**  
Winter Haven City Hall, 451 Third Street NW, Winter Haven

**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

## **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

### 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.

### June 2016

6/9/2016 9:30:00 AM — 11:30:00 AM

FLORIDA PRESBYTERIAN HOMES A Matter of Balance Classes

Call Alison Kennedy at 577-6022 to sign up for the classes.

## **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?**

Encourage teens or other drivers to take driver improvement classes

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.

### Lakeland Regional Health

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

Call 863-284-1882.

### 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>.

### Take the Pledge

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

### Tri-County Human Services

Driver improvement courses.

First-time driver Drug, Alcohol, Traffic Education (DATE) classes (possible discounts to auto insurance). Live DATE classes available on request for 10 or more persons.

Online courses 24/7.

Course listings: <http://tchsonline.org/driving-programs/drivingprogram.html>.

### UthMpact — Project Prom

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

### Winter Haven Women's Hospital

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

## **Upcoming Events — Distracted Driving Prevention**

### **May 2016**

**5/18/2016 3:00:00 PM**

**BATTLE OF THE BELTS POLK Awards Ceremony 5th Year Anniversary**  
Polk County Sheriff Office, 1891 Jim Keene Boulevard, Winter Haven

**5/26/2016 7:00:00 PM — 9:00:00 PM**

**MADD POLK COUNTY Community Power Forum Town Hall Meeting**  
Community Room, Lakeland Police Department, 219 Massachusetts Ave., Lakeland  
Featuring Guest Panelists from: MADD, Polk County Sheriff's Office, DUI Tri-County, and Ronald Toward, Criminal Defense Attorney. For more information, call Mary Dean at 863-665-8685.

# BATTLE OF THE BELTS

*You are invited to Battle of the Belts Awards  
Ceremony & Luncheon*

*On Wednesday, May 18, 2016 at 3:00 PM  
(arrival 2:30 – 3pm)*

*Location: Polk County Sheriff's Office*

*Address: 1891 Jim Keene Blvd*

*Winter Haven, Florida 33880*

*RSVP by Monday, May 16, 2016*

*to:*

*[pvybiral@jhmi.edu](mailto:pvybiral@jhmi.edu)*

**MADD POLK COUNTY**  
**COMMUNITY  
POWER  
FORUM**

**TOWN HALL MEETING**

**WHEN**

**May 26, 2016**

**7:00pm - 9:00pm**

**WHERE**

**Community Room**

**Lakeland Police Department**

**219 Massachusetts Ave. Lakeland 33801**

**FEATURING:** Guest panelists from MADD, Polk County Sheriff's Office, DUI Tri-County & Ronald Toward, Criminal Defense Attorney.

**LEARN THE COSTS  
OF MAKING THE  
CHOICE TO DRINK &  
DRIVE...NOT ONLY  
FINANCIAL, BUT OF  
LIVES FOREVER  
CHANGED**

**LEARN HOW YOU  
CAN HELP PREVENT  
UNDERAGE DRINK-  
ING**

**UNDERSTAND THE  
BATTLE TO KEEP  
OUR STREETS SAFE**

**RESOURCES & TIPS  
FOR PROTECTING  
YOUR FAMILY**

**FOR MORE INFO:**

**Mary Dean**

**(863) 665-8685**



## **Upcoming Events — Other Injury Prevention Topics**

### **May 2016**

**5/3/2016 4:00:00 PM**

**CARE TO DANCE & PATCHWORK MEMORY BRIDGES, INC. Take the Lead**

St. Stephen's Episcopal Church, 1820 County Road 540 A, Lakeland

Orientation and registration day for a new six-week program to help persons with Alzheimer's Disease, Dementia, and related cognitive impairments who still live at home. Sessions begin May 10, at 4 p.m. and will alternate between ballroom dance and memory stimulation. See flyer.

**5/26/2016 10:00:00 AM — 12:00:00 PM**

**STANDUP POLK PREVENTION COALITION Our Community Convenes**

Polk State Center for Public Safety Auditorium, 1251 Jim Keene Boulevard, Winter Haven

You will be part of the county's strategic plan when it comes to substance abuse and risky behaviors. The high representatives of the health department, sheriff's office, state attorney's office, colleges, etc. will be working with us to present the data that will support the decision we make in prevention for the coming years.

### **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.



A Ballroom Dance Program to Improve  
Cognitive and Physical Wellness

For information and to register:  
Buddy Johnston  
(863) 608-4710



# Take the Lead!

Delay Alzheimer's Symptoms  
and Related Cognitive Impairments with the

*Care To Dance* and

**PATCHWORK**

**Memory Bridges**  
programs.

*Every Tuesday*

from 4:00 p.m. to 5:00 p.m.

**Join Us Next Tuesday!**

\$12 per person \* or \$65 if paid in advance for 6 sessions

*\*Care partner to attendee may participate free of charge*

**BONUS:** Monthly Spaghetti Dinner option only \$5 per person

**St. Stephen's Episcopal Church**

1820 County Road 540A

Lakeland



**PATCHWORK**  
**Memory Bridges, Inc.**  
*Improving Lives Daily. Memory by Memory*

A program using various senses and neurotics  
to stimulate brain activity and memory

For information and to register:  
Fran Morris, Ph.D.  
(863) 838-2433





**Presents**

## ***Our Community Convenes***

at the Polk State Center for Public Safety Auditorium  
1251 Jim Keene Boulevard in Winter Haven

**Thursday, May 26, 2016**

**10:00 a.m. to 12:00 p.m.**

Sharing data to help our community be safer and better informed

Each sector contributes:

Parent(s)	Healthcare professionals
Business	State and Local Government
Schools	Religious/Fraternal
Youth-serving organization	Civic/Volunteer
Law enforcement	College Students

Polk State College students interested in forming a Collegiate Impact group may contact: Dr Peter Preston: [ppreston@polk.edu](mailto:ppreston@polk.edu)

**A penny for your thoughts!**

**StandUP Polk** is a community coalition working together to prevent harm and promote health through education, public awareness and advocacy including strategies to prevent youth substance use.

Address: 621 South Florida Avenue, Lakeland, Florida 33801  
Phone: 863-802-0777 Email: [standuppolk@inneractalliance.org](mailto:standuppolk@inneractalliance.org)

# CIP PARTNERS

*Working hard to prevent injuries within our community*

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

**Children's Home Society of Florida**, 1260 Golfview Avenue, Bartow, 863-519-3900

**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, 863-298-6677

**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,  
[www.tchsonline.org](http://www.tchsonline.org)

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