Veteran's Newsletter Region 8

June/July 2018



Have fun!

Be Safe!

Enjoy!

Summer Safety Tips

Beat the Heat



Anybody can be at risk for a <u>heat-related illness</u>. Follow these summer safety tips, like taking extra breaks and drinking lots of water.

Bug Safety



<u>Mosquitoes</u> can cause a number of illnesses, including Zika Virus and West Nile Virus. Learn what you can do to protect yourself at work and play.

Playgrounds



Emergency departments see more than 20,000 children ages 14 and younger for <u>playground-related</u> traumatic brain injury each year.

Fireworks



Summer is synonymous with barbecues, parades, fireworks displays – and plenty of <u>visits to</u> <u>emergency rooms</u>, especially during July.

Water Safety



Not including boating incidents, on average about nine people die from drowning every day.<u>The younger the child, the greater the risk</u>.

Bicycling



Bicyclists must take extra precautions when they ride. They often <u>share the road</u> with vehicles, but injuries can happen even on a bike path.

Skateboarding



Everyone falls, but there's a right way to do it. In 2015, 125,145 people were treated in hospital emergency rooms after being injured <u>skateboarding</u>.

Boating



Most boating experiences are positive. But joyful times quickly can turn deadly if boaters are not vigilant about safety – at all times.

Pedestrian Safety



Cell phone <u>distracted walking</u> is a huge problem, and rarely are we more vulnerable than when walking, crossing streets and negotiating traffic.

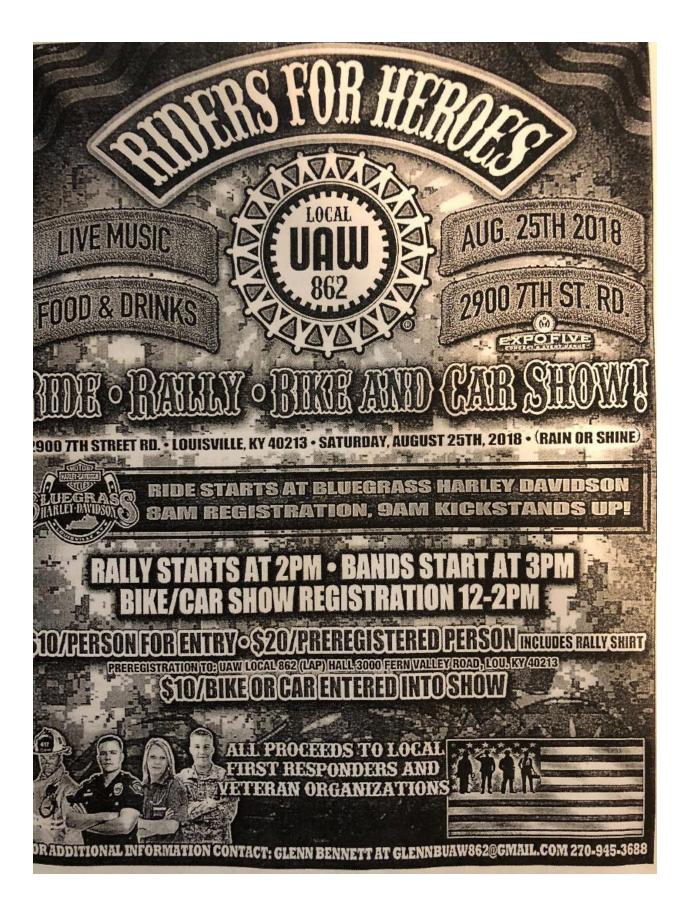
RDERS FOR HEROS Sponsored by Local 862, Louisville Kentucky

Come out for a great cause and some fun time.

DEADLINE: August 15, 2018

https://ridersforheroes.com/

Get your download of form and information here.



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REMINDER:

Veterans Conference in Black Lake August 19-24, 2018

Enrollment is seriously low, possible chance of cancellation. We need to get the word out.

Deadline to register is: July 27, 2018.

Let's get the message out to everyone you know in our region and all other regions as well. We need your help!!!