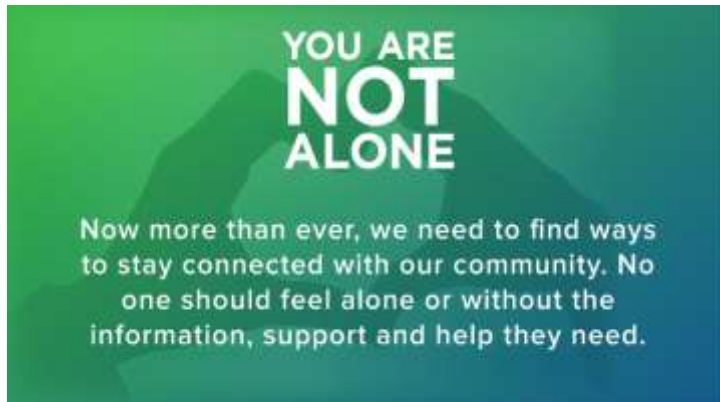


**PENNINGTON &  
RED LAKE COUNTIES  
WELLNESS NEWSLETTER  
May 2021**



**May is Mental Health Awareness Month**



<https://www.nami.org/Get-Involved/Awareness-Events/Mental-Health-Awareness-Month>

**Mental Well-being Matters**

**Be kind to yourself!**

Treat yourself as you would a good friend. Give yourself grace. These are unusually stressful times. When negative thoughts surface, try to reframe your thinking, by asking a few questions:

- Is this accurate?
- Is this always true?
- Is this a helpful thought?
- How else could I interpret this?
- Are there other factors?
- What would I tell my best friend?

**ADDITIONAL RESOURCES**

- Mental Health and Well-being Resources including well-being tips, online training, and more at:  
[health.state.mn.us/people/mentalhealth.html](http://health.state.mn.us/people/mentalhealth.html)
- Crisis Text Line: Text 'MN' to 741741 to receive support for any crisis, 24/7
- National Suicide Prevention Lifeline: 1-800-273-8255

#StayConnectedMN

<https://www.health.state.mn.us/docs/communities/mentalhealth/mwbpcbekindself.pdf>

**SUMMER VEHICLE SAFETY**

Heatstroke can happen to good parents!

Leaving the windows open has **little effect** on how hot it is inside the car.

Even in the shade, the temperature in the car can still rise quickly to **dangerous levels.**

**SAFETY TIPS**

**NEVER** leave children unattended in a vehicle. NOT EVEN FOR A MINUTE!

**ALWAYS** check the backseat. Put your wallet, shoe or purse in the back as a reminder.

**ALWAYS** keep vehicles locked and keys out of reach.

**MAKE** arrangements with your childcare provider to call if your child is absent.

**CALL 911** if you see a child alone in a vehicle.

**How long does it take for a car to get hot?**

outside	inside vehicle	
	10 mins.	30 mins.
70°	89°	104°
75°	94°	109°
80°	99°	114°
85°	104°	119°
90°	109°	124°
95°	114°	129°

**How do children die of heatstroke in a car?**

- 58% Forgotten (nearly half not dropped off at childcare)
- 28% Gained an access on their own
- 17% Left intentionally
- 1% Unknown

**SAFE KIDS GRAND FORKS** **Altru HEALTH SERVICES**

Facebook, Twitter, Instagram icons

©2020 SAFE KIDS GRAND FORKS

# NATIONAL Water Safety MONTH

Swimming pools and spas are great places for family fun. It's important to ensure everyone follows these simple safety steps to stay safer in and around the water.

1. Never leave a child unattended in or near water.
2. Teach children how to swim.
3. Teach children to stay away from drains.
4. Ensure all pools and spas-both in your backyard and any public pool you visit, have compliant drain covers.
5. Install proper barriers, covers and alarms on and around your pool and spa.
6. Know how to perform CPR on children and adults.

<https://www.poolsafely.gov/parents/safety-tips/>



Bike to Work Week 2021 will take place May 17-23, 2021 with Bike to Work Day on Friday, May 21.  
<https://bikeleague.org/bikemonth>

## Does your helmet fit properly?

### Take the Helmet Fit Test



**Eyes:** Put the helmet on your head. Look up. You should see the bottom rim of the helmet.



**Ears:** Make sure the straps form a 'V' under your ears when buckled. The straps should be a little tight but comfortable.



**Mouth:** Open your mouth as wide as you can. Does the helmet hug your head? If not, tighten the straps.



Now you're ready to roll!

## Parenting Tips

### Here is a funny story for the month of May

My mother had just finished taking a CPR class at a local college when she and I were in the mall and saw a big crowd gathered around a still body. Mom took off running at a speed I didn't know she could muster, yelling, "Everyone back! I know CPR!" Just as she threw herself next to the body and was about to begin, a pair of strong hands pulled her to her feet. "Ma'am," said a police officer beside her, "we are trying to arrest this man." Reader's Digest

## INTER-COUNTY NURSING SERVICE



Public Health & Home Health Care  
 Serving Pennington & Red Lake Counties  
 218-681-0876 TRF or 218-253-4378 RLF  
[www.intercountynursingservice.com](http://www.intercountynursingservice.com)