

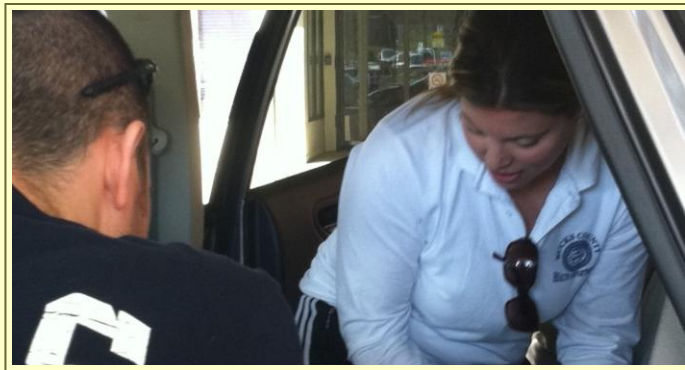
# BUCKS COUNTY SAFE KIDS COALITION 215-710-5900

*St. Mary Medical Center - a proud sponsor*

## **Julia Rowbotham, Department of Health**

Julia Rowbotham is a Health Educator with the Bucks County Department of Health. She also serves as secretary for SAFE Kids Bucks County chapter. Julia has worked in the field of public health and health education for the past ten years. She was previously employed by the Montgomery County Health Department as a Disease Intervention Specialist for six years specializing in vaccinating preventable diseases, hepatitis, and food borne illness investigations. She then worked for three years as a Community Health Educator and program manager of the department's injury prevention program specializing in falls prevention, child passenger safety, and cancer education.

Julia holds a Bachelor of Science degree in Health Education from the State University of New York at Brockport, as well as a Bachelor of Science degree in Dance. She is also a certified Child Passenger Safety Technician (CPST), and a Safe Kids certified senior checker. As a Health Educator for Bucks County Department of Health



she has had the opportunity to educate many of our young students on hand washing, dog bite prevention, poison prevention, and car seat safety, as well as implement the department's "Got Milk?" program teaching preschool - kindergarten aged children the importance of nutrition and calcium for strong bones and strong bodies.

Julia currently resides in Yardley, PA with her husband Jeremy and two daughters Lily (5) and Violet (2). She hopes to continue her work in educating the students and families of Bucks County for many years to come!

## **The Burn Foundation**

The Burn Foundation is a Philadelphia-based, non-profit established in 1973 to help keep our community safe from fires and burns and improve the lives of burn patients, survivors and their families. While our home base is in Philadelphia, we serve the counties surrounding Philadelphia, southern New Jersey and the state of Delaware.

The Burn Foundation develops fire and burn safety and education programs that first responders, safety professionals and teachers can use in their

communities. Programs to train the trainer (such as firefighters, teachers and safety specialists) are also available.

We provide information and outreach programs for those groups at greatest risk from burn injuries including preschool children, elementary students, adolescents, and senior citizens. Our active learning guides give parents, trainers and teachers a variety of activities to practice with audiences of all ages. We make burn prevention fun! It is important to keep in

Please see [Burn Foundation](#) on page 4

## September CPS Week

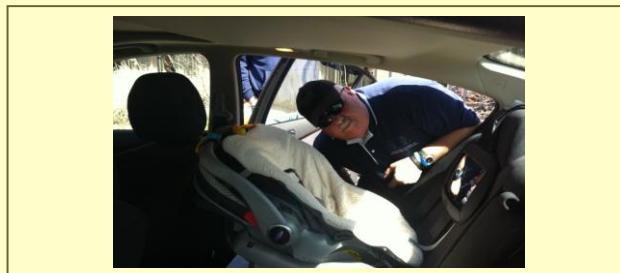
### Car Seat Check-Up Events for Child Passenger Safety

Monday, September 19 - Langhorne MOMs Group  
10:00-12:00 at St Mary Parenting Center

Monday, September 19 - St Mary Medical Center  
Employees 1:00-3:00 at St Mary Parenting Center

Tuesday, September 20 - Car Seat Enforcement 7:30-  
9:30 Bensalem Kindercare 3651 Street Rd, Bensalem

Thursday, September 22 - Doylestown Department of  
Health 9:30-3:30 Call 267-580-3510 for apt.



**Seat Check Saturday, September 24 - 1260 East  
Cherry Rd Quakertown, Pa - Call for appointment  
215-750-5900**

Tuesday, October 18 - 6pm to 10pm St. Mary  
Parenting Center - Sports First Aid and CPR for  
Coaches. Please call for registration 215-710-5900

## Lightning Safety

### Outdoor Lightning Safety Tips

1. Make a lightning safety plan with your family
2. If you are caught in a thunderstorm, try to find a low place to stay in until the storm is over
3. If you cannot find a shelter, get in to the "lightning safety position," squat down near the ground with your heels touching and put your hands over your ears
4. Do not go under a tree for shelter because if you do the lightning could hit the tree and travel under the ground or "splash" from the tree and hit you
5. If you are outside and get caught in a thunderstorm go into a nearby building or enclosed car with the windows rolled up.

### The Flash to Bang

Flash to bang is a way to measure how far away the

Please see **Lightning** on page 5

*Do not lay flat during a storm,  
if lightning strikes nearby it  
may travel the ground and  
enter your body.*



## Woods Services

Wood Services has a long history of providing quality service and superior care for people with intellectual challenges. Mollie Woods, a Philadelphia school teacher with great foresight and compassion, established the Woods School for Exceptional Children in Roslyn, PA in 1913, a time when care and service for children with special needs were generally unavailable. Eventually, the school outgrew its original space and in 1921 relocated to Langhorne.

Parcel by parcel, Woods acquired the 300 acres that make up the current campus. Now known as “Woods Service”, the organization is nationally recognized leader in service for people with developmental disabilities, intellectual disabilities, brain injury and severe emotional disorders, serving 1400 individuals annually. Many are also challenged by physical disabilities.

School-aged children and adults come to woos from more than 27 states: with the majority being from the mid-

Atlantic region. Most of the clients live in homes on the main campus or in the community neighborhoods. Others live with their families and are served by our out-patient or day services. The greatest testament to Molly Woods legacy is that the mission she established almost a century ago continues as the foundation of the organization’s service focus-to maximize each individuals potential while ensuring a high quality of life.

The name change to Woods Service reflects the broader array of programs and supports available for people of all ages whose needs are quite diverse. The state of Pennsylvania licenses Woods to operate a variety of residential and day programs for children adults and seniors. These include special education, vocational training, campus-based work, community, employment, senior citizens activities, rehabilitation and life-skills training. Round-the-clock medical supports are provided

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## Update on Booster Seat Law Enforcement Research

By: Lary Decina, TransAnalytic LLC, Quakertown, Pa

While most states have enhanced child restraint laws (booster seat laws), recent NHTSA surveys have revealed that only 55% of children between the ages of 4 and 8 years are in best practice restraints. (41% booster seats, 14% child restraint). Through legislation (e.g., Anton’s Law), NHTSA created programs and research grants to address this serious issue. Enforcing occupant restraint laws has significantly improved seat belt use in the nation. Enforcing child restraint laws has the potential to improve child restraint use as well.

TransAnalytic had the opportunity to participate in three enforcement studies in the past five years. The first project entitled, “Identifying Strategies to Improve the Effectiveness of Booster Seat Laws” (DOT HS 810 969) May 2008, revealed that police are willing to conduct CR law enforcement

programs if there is a buy-in from to management, dedicated patrols, training and funding. The study also revealed that passing a booster seat law in a state (e.g., Wisconsin) does raise the booster seat use rate by 10%.

The second project entitled, “Enforcement of Booster Seat Laws: Examples from DE, NJ, PA, and WA” (DOT HS 811 247) February 2010, showed that designated CR law enforcement checkpoints and designated patrols can be successful in ticketing large numbers of CR law violators. Officers agreed that educating drivers should be limited during enforcement details. It was recommended that police provided other events or use a designated safety zone area off the enforcement site to provide CPS education.

The third project, “Strategies for Enforcing Booster

**Please See Update on page 4**

**Burn Foundation** from page 1

mind that *most burns are preventable*.

Another important focus of our work is burn survivors. We help seriously injured children attend burn camp every summer so that they can socialize with other children and counselors who have experienced this painful and frequently disfiguring injury. Sometimes, those underinsured patients need pressure garments so that their injuries heal with less scarring and we assist with funding. We try to provide on-going psychological/social support via mentors and on-line blogs and resources.

Please visit our website at [www.burngoundation.org](http://www.burngoundation.org) to learn more about the Burn Foundation and our many programs. You'll also find many useful tips, handouts and brochures.

**Update** from page 3

Seat Laws: Examples from Wenatchee, WA and Taylor, MI" (in review), evaluated booster seat law demonstration programs at two sites. Weekly CR law enforcement was conducted for one year. Law enforcement agencies relied on spotter/chaser methods in enforcement zones: roving patrols (focus on CR law violators, except for emergencies), and directed patrols (focus on CR law violators, except for routine calls). Study revealed that trained officers using these enforcement methods are very

effective. Officers wearing polarized sunglasses in SUV's provide a better vantage point to spot booster seat law violators. Focus groups with experienced police were also held to provide further information for the development of CR law enforcement guidebook.

These studies are available to download on NHTSA's website.

**Woods Services** from page 3

and clients participate in myriad social and recreational activities both on and off campus.

Woods Service provides recreational activities on campus and with community trips. Recreational activities include shopping trips, dining out, local attractions, attending plays and concerts. There are two outdoor swimming pools and one indoor pool, playgrounds with adaptive equipment, horse and bicycles for riding, music programs, Special Olympics and club activities. Many older residents also participate in a special senior program.

Woods Is one of the original members of Safe Kids Coalition which was founded in 1997. Woods continues to support Safe Kids by participating in monthly meeting, activities and displaying their materials a various fairs.

Please remember to dial  
**911**  
for all  
emergencies

## Lightning from page 2

lightning strike is. The sound of thunder can go one mile in five seconds. So if you see the lightning strike and hear the thunder ten seconds later, you know the lightning was two miles away. Scientists say that if you are less than six miles away you are in the high danger zone. Scientists know that lightning can strike several miles away from a storm.

### Lightning Facts

If you have wet clothes on, lightning will do you less harm

Glass forms when lightning strikes into sandy soil

The energy contained in a single lightning strike can power a 100 Watt light bulb for 90 days

Lightning bolts travel at speeds of up to 60,000 miles per second

“Lightning never strikes twice” unfortunately is a myth, lightning can strike the same location many times

Trees sometimes can take direct hits from lightning and not get burnt - the electricity passes over their wet surface and goes straight into the ground

Lightning hits the Empire State Building about 23 times a year



## Safe Kids USA Endorses American Academy of Pediatrics Child Passenger Safety Recommendations

Safe Kids USA wholeheartedly endorses the newest child passenger safety recommendations developed by the American Academy of Pediatrics (AAP).

Two new documents will appear in the April 2011 issue of Pediatrics: the actual policy statement- Child Passenger Safety and a technical report also titled- Child Passenger Safety. The technical report supports the policy statement. The policy statement is clear and concise as it encourages slowing the transition from on child restraint type to the next. It does this with **five best practice recommendations**:

1. All infants and toddlers should ride in a rear-facing car safety seat until they reach the highest weight or height allowed by the manufacturer of their CSS.
2. All children 2 years or older or those younger than 2 years who have outgrown the rear-facing weight or height limit for their CSS, should use a forward-facing CSS with a harness for as long as possible, up to the highest weight or height allowed by the manufacturer of their CSS.
3. All children whose weight or height is above the forward-facing limit for their CSS should use a belt-positioning-booster until the vehicle lap-and-shoulder seat belt fits properly, typically when they have reached 4 feet 9 inches in height and are between 8 and 12 years of age.
4. When children are old enough and large enough to use the

Please see *Endorsement* on page 6

Please submit articles

for the

Fall Newsletter

by December 1, 2011

to

Lynn Crawford

lcrawford@buckinghampa.org

**Endorsement** from page 5

vehicle seat belt alone, they should always use the lap-and-shoulder seat belts for optimal protection.

5. All children younger than 13 years of age should be restrained in the rear seats of vehicles for optimal protection.

A large number of child restraints with high weight harnesses and taller seat backs have been available for some time in the US market. Parents may have already purchased a high weight harness seat without realizing the true benefit of it.

The policy statement and report encourages pediatricians to promote these new best practices with their patients and their families. It also familiarizes the pediatricians with the certified technician network and encourages them to use the services of certified technicians.

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*We're on the Web!*

*Visit us at:*

<http://www.stmaryhealthcare.org/body.cfm?id=556304>

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## Concussion Clinic

Co-Sponsored by

**Princeton Brain & Spine Care, Bucks County Recreation Council  
and Bucks County Sports Commission**

Important information for young athletes, coaches, athletic directors, parents and primary care providers

Tuesday, September 20, 2011

7:00 PM to 9:00 PM

5:00 PRE-EVENT CHECK IN  
REFRESHMENTS & CONCUSSION EXPO

Sheraton Bucks County Hotel  
400 Oxford Valley Road,  
Langhorne, PA 19047

Register by calling Princeton Brain & Spine  
215-741-3141 ask for Barbara Ochalski  
Must be 16 or older to attend