

1986-2016

ThinkFirst Summer Drive

To Prevent Brain, Spinal Cord and other Traumatic Injuries



Help our Drive Raise \$30,000 for 30 Years!

Please! Help Us Reach Our Goal!

DONATE

Your donation supports injury prevention program development for use throughout the U.S.

Thank You!

The 2016 Summer Drive will run for 10 weeks, June 20 - August 29.

Week 6, July 24, 2016

Hope you are having a great summer! Check out this week's features and use the links at left to access Week 6 safety information. ThinkFirst is a 501c3 nonprofit with a mission to prevent brain, spinal cord and other traumatic injuries through education, research and advocacy.

Oh, and if you can, please help move our little red car to \$30,000 by making a donation today!

ThinkFirst! To Prevent Falls

Did you know falls are the leading cause of fatal and nonfatal injury for people age 65 and older? Falls are preventable, and should not be viewed as a normal part of aging. Address fall hazards in the home and exercise to improve strength and balance. Take steps to assure vision is optimal with regular vision checks, correcting visual disorders, wearing prescribed eyewear and lighting walkways in and around the home. Being fearful of falling can also be detrimental, causing a cycle of decreased activity, decreased strength and balance, and a higher risk for falling. Certain medications can affect balance, or bleeding, if a fall should occur. Talk with your doctor if you have fallen or have concerns about falling.

ThinkFirst to Prevent Falls is a 2 1/2 hour class that provides a basic overview on preventing falls. For more information on this program click [here](#).

Prevent a Fall



ThinkFirst Safety Brochures-- Free, While Supplies Last!

Educational brochures are useful tools in teaching injury prevention. Due to a generous grant from the American Legion Child Welfare Foundation, ThinkFirst is offering five different safety brochures in packs of 100 each for free -- only shipping and handling charges apply. Titles include: ThinkFirst Programs Brochure, Concussion Recognition and Management, Distracted Driving, Graduated Driver Licensing (GDL) with Supervised Driving Log, and Family Safety. To order for you office, class or community event see our [Product Catalog](#).



Thank You To Our ThinkFirst Volunteers!

ThinkFirst runs on volunteers, from our Board of Directors, to our chapter members and VIPs who serve on committees -- many people dedicate their time to work with the ThinkFirst Foundation. Some of our volunteers have retired from ThinkFirst chapters and are now part of the ThinkFirst Auxiliary, assisting at conferences and other events. Others are medical student interns, working on ThinkFirst projects and papers, assisting with conferences and exhibits and working on various committees. Still others volunteer from international chapters, translating ThinkFirst curriculum into other languages for use in the US and throughout the world. Thank you to all of our dedicated volunteers!

This Week's Summer Safety Links

[Leading Causes of Injury Deaths](#)

[Falls: Fast Facts](#)

[ThinkFirst to Prevent Falls Program](#)

[ThinkFirst Brochures](#)

**Building a Culture of Safety
Toward Zero Injuries**



Nena Ray, Ginny Corrigan, Auxiliary



Demetrios Geanon, Intern



Krystal Tomei, MD (left)
leading volunteers at a school
event

**Interested in an internship or
becoming a volunteer?**

[Contact us!](#)

To donate by mail or phone:

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Preventing brain, spinal cord and other traumatic injuries through education, research and advocacy since 1986.

Classroom and Assembly Presentations • Health Fairs • Community Events

Vehicle Safety • Bicycle Safety • Sports Safety • Concussion • Falls Prevention • Violence Prevention • Water Safety