

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.

[Previous Summer Drive Newsletters](#)

This Week's Summer Safety Links

[Spinal Cord Injury Fast Facts!](#)

[VIPs: Voices for Injury Prevention](#)

Week 7, July 31, 2016

A note from our Executive Director: ThinkFirst is in its 30th year as a 501c3 nonprofit with a **MISSION:** to prevent brain, spinal cord and other traumatic injuries through education, research and advocacy. Why do we focus on brain and spinal cord injuries? Because injuries are the leading cause of death for ages 1-44, and brain and spinal cord injuries are the most devastating of these injuries.

Injury is the #1 cause of death for ages 1-44. Injury is an epidemic.

Education is a key factor in empowering people to lower their risk for injury. Help us reduce the injury epidemic in the U.S. and throughout the world by helping us teach people to Think First!

Thank you for being part of the solution!



P.S. Please help move our little red car to \$30,000 by making a donation to ThinkFirst-- *thank you!*

VIP Speakers: Voices For Injury Prevention

I got a call from a young man named Sage a couple of weeks ago. "One day about a year ago I dove into shallow water and became paralyzed. Can you tell me more about ThinkFirst?" We talked for quite awhile. Sage told me about his situation and I told him about ThinkFirst. Then I suggested he use the Chapter Directory on our website to contact a local chapter-- perhaps they could use a VIP speaker.

Last week I got another call from Sage. "I just wanted to thank you for talking with me; I contacted one of the chapters." Thank you, Sage -- teens need to hear your story.

ThinkFirst VIP speakers -Voices for Injury Prevention - share their personal stories with teens to help them realize the ramifications of a serious injury. I did a study several years ago that showed hearing from someone who has been injured was an important factor for teens in making safe choices. Read about the [study](#) and about [ThinkFirst VIP speakers](#).



VIP Mary Kunz

SCI: Spinal Cord Injury

Injuries like Sage's are devastating. More than 12,000 new cases of spinal cord injuries occur each year in the United States, and unfortunately, many lead to permanent disabilities. Prevention is the best way to bring these numbers down, and educating ourselves and others about SCI is a great way to start. To learn more about SCI read our [Spinal Cord Injury Fast Facts!](#)

[Study: ThinkFirst For Teens](#)

[Terminology Guideline](#)

[ThinkFirst Brochures](#)

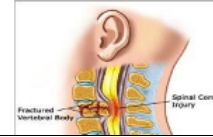
ThinkFirst
National Injury Prevention Foundation

Spinal Cord Injury
Fast Facts

Test Your Knowledge

Q: What are the most common causes of spinal

Traumatic spinal cord injuries (SCIs) are defined as any occurrence of acute trauma to neural elements of the spinal cord.² Spinal cord injuries result from damage to the vertebrae, ligaments or disks of the spinal column or to the spinal cord itself. SCIs are devastating due to the inability of spinal cord neurons to regenerate. This type of



Terminology-- Referring to People with Respect

Did you know referring to someone as "bound to a wheelchair" is disrespectful? People are not 'bound' to wheelchairs! They *use a wheelchair* to get from one place to another!

How about the word 'handicapped?' This word evokes thoughts of being 'helpless' or 'not as good.' Use 'disabled' or 'less abled' instead, or try not to label at all.

The words we use may be taken in ways we did not intend-- read our [Terminology Guidelines](#) to learn more. Chapters: download and share with the press when you are being interviewed about your ThinkFirst programs!

Want to learn more about ThinkFirst? Contact me -- Debby Gerhardstein, for further information.

[Contact me!](#)

To donate by mail or phone:

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ThinkFirst
National Injury Prevention Foundation

ThinkFirst
International Injury Prevention Foundation

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