

PREVENTION COUNTS

NEW JERSEY COALITION FOR PREVENTION OF DEVELOPMENTAL DISABILITIES

www.coalitionforprevention.org

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THE LEAD PREVENTION ISSUE!



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National Lead Poisoning Prevention Week is coming upon us the last week of October. There are many things you can do to help spread the message and protect your family from lead poisoning.

Test your children. Lead poisoning severely affects a child's growth and development. Children are routinely tested when they are very young but additional testing may be necessary, especially if you suspect you have lead in the home or your child has been exposed elsewhere.

Test your home. If your home was built prior to 1978, your home may still contain lead-based materials. Have your drinking water and the paint on the interior and exterior of your home tested for lead. You can buy a home test kit at <http://leadcheck.com>

Check your belongings. Many toys and consumer items that are manufactured today still contain illegal amounts of lead. Toys, especially, may be coated in lead-based paint. Check for consumer product recalls at <http://www.cpsc.gov>

Learn more. Understanding the effects of lead and where it can be found is key in preventing lead poisoning. The next few pages contain important need-to-know information to help protect your family. More information on lead can also be found on the Center for Disease Control and Prevention website at <http://www.cdc.gov/nceh/lead/>

Spread the message. Share your support and spread the lead poisoning prevention message within your community. You can also share your support with friends on Facebook and Twitter. Go to http://www.cdc.gov/nceh/lead/nlppw.htm#key_messages and get more tools on how to spread the message.

I Am Someone to Get to Know!

The NJ Coalition for Prevention and the NJ Self-Advocacy Project are partnering to help individuals with Fetal Alcohol Spectrum Disorder (FASD) and other developmental disabilities share their story in a project titled, *I Am Someone to Get to Know*. We are looking for brave advocates willing to disclose their disability and share what their disability is, their experience growing up with the condition, and what their life is like now. Their story will be featured on post cards and other publications along with a photo to be distributed to legislatures, newspapers, and the community. The goal of this project is to put a face on intellectual and developmental disabilities and help spread awareness and education.

If you or someone you know would be willing to participate in this project, please contact Meghan Keffer, Program Assistant, at 732-246-2525 x29 or email: mkeffer@arcnj.org. Your participation would be greatly appreciated and is vital!

Share
Your
Story

What is Your Lead I.Q?

1. Lead can be found in paint and houses built before...?

- a. 1990
- b. 1978
- c. 1984
- d. 2001
- e. 1963

2. Lead can also be found in...?

- a. cosmetics
- b. pottery
- c. pipes
- d. folk remedies
- e. all of the above



3. In children, lead poisoning can cause...?

- a. physical deformities
- b. cognitive impairments
- c. behavior problems
- d. b and c
- e. a and b

4. Lead can be detected in children with a...?

- a. urine test
- b. blood test
- c. saliva test
- d. environment test
- e. EKG

5. When should your child be tested for lead poisoning?

- a. 1 and 2 years-old
- b. 6 months-old
- c. 1 and 3 years-old
- d. 2 years-old
- e. 4 years-old

6. How can lead poisoning be treated?

- a. healthy diet with iron and calcium
- b. blood transfusion
- c. chelation therapy
- d. a and b
- e. a and c

Answers: b, e, d, b, a, e

Lead is Where?!

Just a few months ago, it was found that a small village in China had 300 adults and children with excessive levels of lead in their bodies, causing devastating health effects. These villagers were poisoned by emissions from a nearby factory, and the residents didn't even know it. Lead poisoning is still prevalent throughout the world, even in America. Even though the use of lead has been severely reduced in many consumer products and banned in household paint, many homes built prior to 1978 still have remnants of lead products and many items are still being made with some levels of lead. So where can lead still be found?

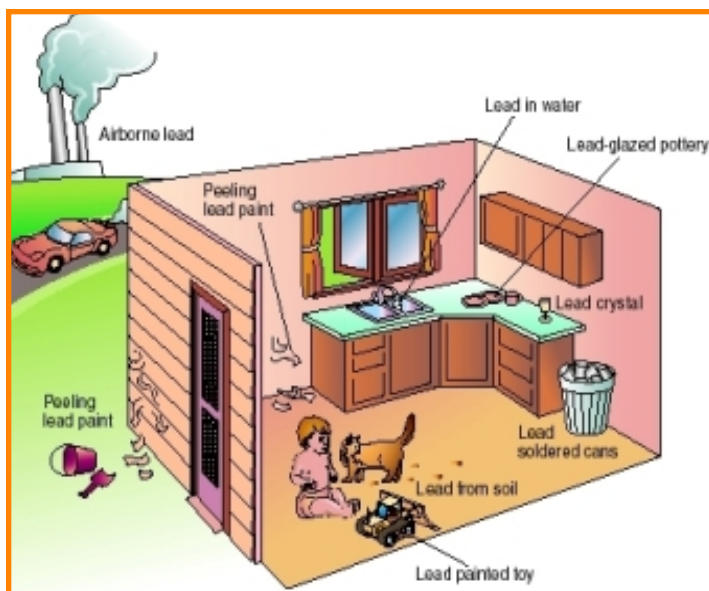
Older homes. As it is mentioned above, older homes used lead-based paint. Dust and paint chips can still be hazardous for residents, and especially young children who may have a tendency to put small things in their mouth. Also, old piping may be lead coated.

Soil. Old buildings, construction, pollution from factories, etc. can leave high lead levels in dirt and soil. If your children get dirty from playing outside be sure they wash their hands right away before eating or playing with their toys.

Pottery and ceramics. Old ceramic pottery and china use lead-based paint or glaze. It is recommended that you never eat from these items and they should be stored or displayed out of reach from young children.

Antiques and Thrift Stores. Since changes have been made to lead levels in paint, many antique or thrift store products may still contain high levels of lead in their products. Try to avoid buying old utensils, plates, bowls, cups, and other similar items that may be used to consume food or drink.

Toys. Older toys may also contain lead paint and similar to above, thrift shops can still sell these items. Refrain from letting young children play with older toys. Additionally, some new toys on the market may be made with paint that exceeds legal standards. Visit the Consumer Product Safety Commission at <http://www.cpsc.gov> to check if any of your children's toys have been recalled.



Other lead sources: Cosmetics, fishing sinkers, ammunition, dust and debris from the workplace (manufacturing, construction, machinery repair, other labor jobs) imported food/drinks, stained glass, batteries, car and machine parts, some jewelry, and plastic bags.

Source: The Arc Q&A: Childhood Lead Poisoning Prevention. 2004. <http://www.thearc.org>

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How Does Lead Affect My Child?

Lead is a very big concern for young children, especially because their brain and nervous system are still growing. Higher lead levels can cause brain damage, intellectual disabilities, anemia, liver and kidney damage, hyperactivity, behavior problems, hearing loss, developmental delays and death. Even small amounts of lead exposure can affect a child's memory, IQ, cause attention deficits, make a child feel tired and restless, and cause behavioral problems. Even though laws regulate lead use in manufacturing products, there are still lead poisoning cases being reported every year and many children are still at risk of being exposed.

The only way to test for lead is through a blood test. Most children are tested during routine doctor visits when they are one and two-years-old. Some laws require children to be tested every year up until age 6 (critical years of brain development). Additional testing may be required, especially if you are moving into an older home or your child may have been at risk for exposure elsewhere.

If lead poisoning is detected your child may be put on a special diet and chelation therapy may be administered. Chelation therapy uses medication that binds lead and helps to eliminate it from the body. Also, other recommendations may be administered to remove lead from the child's environment. Read more below to learn how to further reduce your risk of lead poisoning.

Source: The Arc Q&A: Childhood Lead Poisoning Prevention. 2004. <http://www.thearc.org>



Preventing Lead Poisoning

Even if you eliminated many of the possible sources of lead (above), your family can still be at risk, but there are still some things you can do to reduce blood-lead levels.



Housekeeping:

- Keep children away from chipping or peeling paint on surfaces such as windows and walls.
 - Regularly wet mop and wipe hard surfaces (especially where dust accumulates) using soap and water.
 - When vacuuming consider using a hepa-vac or purchase a vacuum with a sensitive filter to prevent particles from scattering.
 - Wash toys and pacifiers frequently.
 - Be sure your children wash their hands before eating or playing with toys, especially if they've been outside.
- If yard work is done or someone in the household works outdoors be sure soiled clothing is removed and cleaned outside.
 - If lead is present in paint or found during renovations, do not attempt to remove it yourself, find an accredited lead abatement contractor to professionally remove it.

Nutrition:

- Make sure your children eat regular nutritious meals.
- Include foods rich in iron (cereal, beans, spinach, and raisins) and calcium (milk, yogurt, cheese, dark green vegetables).

Water:

- Since old pipes can leach lead, let the water run several minutes before using it. Never run hot water from the faucet to be used in food preparation or cooking.
- Have your tap water tested, especially if your drinking water comes from a well or you have old pipes.
- Consider buying bottled water for consumption, especially for drinking or preparing baby formula.

Food:

- Do not store or serve food in open cans, lead crystal, china, or pottery meant for decorative use.
- Avoid purchasing imported food or drink (especially in cans or metal containers).

Source: The Arc Q&A: Childhood Lead Poisoning Prevention. 2004. <http://www.thearc.org>

Developmental Disability Awareness: Cerebral Palsy

What is it? Cerebral palsy (CP) occurs as a result of an injury to the brain that can affect a child's neurological development, muscle control, muscle tone and posture, and other functional abilities.

Causes: Cerebral palsy can occur before, during or after birth, where the brain is impacted by an injury, infection, lack of oxygen, stroke, or a genetic mutation. Some general causes may be the umbilical cord being wrapped around neck during birth, a baby's head being injured (Shaken Baby Syndrome, baby dropped on head), meningitis, etc.

Symptoms: Many symptoms may be noticed by pediatricians or physical/occupational therapists if the child is showing any developmental delays. Brain scans and other laboratory test may be required to make a diagnosis. Some symptoms include: muscle rigidity, muscle contracture, tremors or involuntary movements, difficulty eating or speaking, loss of balance, difficulty with walking and other fine motor skills. Other problems that may occur include: visual and hearing problems, intellectual disabilities, seizures, incontinence, perception difficulties.



Treatment: Although there is no cure for cerebral palsy, early intervention therapy can help a child retain or improve many of their abilities and achieve independence skills. A physical and occupational therapist can help a patient use adaptive equipment to increase range of motion, improve daily living skills, help the child reach developmental milestones and prevent further muscle loss. Some medications may be required to control seizures or other muscle rigidity. Surgery may also be required to help treat severe deformities in the limbs to improve range of motion and decrease pain.

Prevention: There is no 100% way to prevent cerebral palsy, but risk factors can be greatly reduced with early prenatal care and safety precautions. Pregnant women should be properly vaccinated against infectious diseases, especially rubella. Also, be sure all infants are immunized with the proper vaccines recommended by their pediatrician. Making necessary doctor's visits, eating healthy, taking vitamins, and reducing stress during pregnancy can also give the baby a better outcome. Reducing childhood injury by babyproofing the home, using proper child safety seats in cars, wearing helmets while bicycle riding, and properly supervising children can also reduce the likelihood of future injuries.

People with cerebral palsy are not entirely limited by their disability. Many people with cerebral palsy are able to attend school, live independently or with support care, hold jobs, and enjoy their life. Understanding the risk factors of cerebral palsy can help reduce the likelihood that your child may develop this condition and generate support for others.

Source: <http://www.mayoclinic.com/health/cerebral-palsy/DS00302>

The Facts on Bullying

Bullying is a prevalent consequence many children and adults face in school and among their social peers. It can take the form of physical, verbal, or mental abuse and cyberbullying. Children may be bullied for many reasons including not conforming to social norms or "being different", not having good social skills, gender or sexual identity issues, or having disabilities. Many children who are bullied usually suffer from low self-esteem, depression, and may risk abusing substances or suicide. Consider these important facts:

- 15–25% of U.S. students are bullied with some frequency while 15–20% report that they bully others with some frequency.



- Verbal bullying is the most frequent form of bullying experienced by both boys and girls. Boys are more likely to be physically bullied by their peers; girls are more likely to report being targets of rumor spreading, sexual comments, and social exclusion.

- Research shows that bullying can be a sign of other serious antisocial or violent behavior. Children and youth who frequently bully their peers are more likely than others to get into frequent fights, be injured in a fight, vandalize or steal property, drink alcohol, smoke, be truant from school, drop out of school, and carry a weapon.

- Youth who are bullied are more likely than others to be depressed, lonely, anxious, have low self-esteem, feel unwell, and consider suicide.

Increasing awareness on bullying and gathering the support of parents, teachers, school officials, and other influential adults, can help reduce the likelihood of bullying occurring and other devastating life-long consequences for bullies and their victims. Learn how to prevent and stop bullying at <http://www.stopbullying.gov>

Source: *What We Know About Bullying*. U.S. Department of Health and Human Services. http://www.stopbullying.gov/community/tip_sheets/about_bullying.pdf

Are You Trapped in a Food Desert?



If you have an accessible grocery store nearby and are not on food stamps, then the answer is most likely, no. But many Americans are in the unfortunate predicament of not having accessible healthy food near where they live. A “food desert” is considered an area, usually of low-income, where there are no accessible grocery stores. Many of these areas may have over-priced convenience stores and fast-food restaurants instead. People living in food deserts are not limited to just low-income earners, many elderly or individuals with disabilities may be affected as well, since there may be no accessible or affordable modes of transportation.

While sources of food still exist in these neighborhoods, it is not the most healthy or nutritious. One of the biggest problems is poor nutrition, obesity, diabetes, and other nutrient-related health concerns. Poor nutrition can have a devastating affect on children, the sick, and

people with disabilities. Children that do not get the proper nutrition are at risk of obesity, lack of concentration in school, and developmental problems. According to the Star-Ledger, approximately 340,000 NJ residents are caught in 134 food deserts. This is a significant number coming from a very densely populated state.

What can be done to help combat food deserts? Encouraging supermarkets to expand into low-income areas is one solution. Also expanding farmer’s markets, which generally sell cheaper produce, is another alternative. In fact, last week NJ legislators passed a bill (A3688) to help combat food deserts by requiring the Department of Agriculture to implement mobile farmer’s markets and provide educational materials for consumers. Other ways to help this problem include donating items to soup kitchens or volunteering to participate with organizations like Meals on Wheels (<http://mowaa.org>) can help give elderly individuals regular healthy food. Advocating for better meal options in public school can also provide children with a healthy breakfast and lunch. Offering rides to a grocery store for an individual stuck in a food desert a few times a month, is another low-cost and generous option. Visit, feedingamerica.org to learn more about ending hunger in America. You can also visit the United States Department of Agriculture to see where food deserts are located near you: <http://www.ers.usda.gov/data/fooddesert/>

Source: http://www.nj.com/news/index.ssf/2011/08/stranded_in_food_deserts_hundr.html

It May Be Lurking In Your Basement

In the aftermath of Hurricane Irene, many people are feeling some of the devastating affects from storm damage or flooding. Even if your streets did not flood, many basements still received water. Even in heavy rainfalls throughout the spring, summer, and fall, your home may be at risk for mold exposure. Mold not only causes damage to household surfaces, but it can also cause allergies, irritation and illness. Young children, elderly and those with weak immune systems are most at risk for sicknesses caused by mold. Here are a few things you can do to protect your household and family:

- Inspect your home for leaks and water stains, if water has leaked in the past, mold may be lurking behind the walls or out of sight.
- Clear out your gutters regularly, especially during the fall, to be sure water is draining off of your house properly.
- Properly maintain your roof to prevent any damage from rain and wind
- During rain storms check that your down spouts are properly irrigating water away from your house foundation, this can cause leaks in basements.
- Look out for signs of mold in your bathrooms and kitchen sink, have any leaks fixed right away.
- If you spot mold, clean it out with a solution of 1 cup of bleach to 1 gallon of water. If the mold problem is severe you may need to have it professionally removed to avoid it from spreading to other surfaces.



Preventing further mold growth can help protect your family’s health and avoid costly home repairs. Find out more on preventing mold and how it can affect your health at <http://www.bt.cdc.gov/disasters/mold/protect.asp>

It's Halloween: Trick or Treat Safely!

Halloween is right around the corner! While your little ghouls and goblins are busy picking out their costumes and getting ready to receive lots of free candy, there are still a few safety precautions you should keep in mind and go over with your child, before they go trick-or-treating.



- When picking out costumes look for safe material that won't pose a choking hazard and won't drag on the ground. Look over any costume masks to be sure they allow the child to breathe easily.
- Be aware of costume props such as knives, swords, or sticks. Make sure the material is flexible and won't cause an injury if your child accidentally hits or bumps someone else.
- Accompany young children at all times. You can allow your youngster to go up to the door by themselves but always make sure you are in direct line of site.
- Only trick-or-treat at houses that are lit. A good rule of thumb is to only go to houses that are decorated, as people are most likely to expect trick-or-treaters.
- Dress your children comfortably. While the weather tends to be cooler in late October it is better to carry a jacket or dress your child in layers they can remove if they get too hot or too cold.
- Make sure your child wears comfortable walking shoes or have an extra pair on hand. Even if it doesn't match the costume, it's better to be comfortable than have an uncomfortable child complaining her feet hurt.
- Remind your children not to run to the doors and to stay on designated pathways. You want to be considerate of the homeowner's lawn as well as your child's safety.
- If your older children are going out without your supervision be sure to set a curfew, have them carry a cellphone and flashlight, and know who they will be going trick-or-treating with.
- Always inspect every candy your child receives. Throw away any opened treats or homemade goodies.
- Limit the amount of candy your child consumes. Lots of sugar may make your child sick, let them share the candy with the rest of the household and only allow them to pick up a treat at designated times, like after dinner.

New IMPACT Testing Can Help Detect Concussions



You may have seen the new commercials for Dick's Sporting Goods and their support of IMPACT testing (for Immediate Post-Concussion Assessment and Cognitive Testing). The New York Times reports that these tests are "given to athletes before a season to provide a baseline of how their brains, when healthy, perform computer tasks that measure functions like verbal memory, visual memory and reaction time. Then, when athletes suffer a confirmed or suspected concussion, the test can be administered again to determine if brain function has deteriorated, in which case players are sidelined until their brains heal."

Every year, many athletes suffer concussions or other brain injuries in sports-related accidents and if it is not treated properly it can turn into serious brain damage or TBIs (traumatic brain injuries); which can have serious life-long consequences. IMPACT testing can help prevent further brain damage and make sure athletes are ready before they return to the field. The New York Times also claims, "About 300,000 sports- or recreation-related concussions are diagnosed nationwide yearly, but an estimated 85 percent of concussions go undiagnosed, according to the American College of Sports Medicine."

Concussions are serious and are considered a brain injury. It needs to be treated like any other brain injury including receiving medical care and testing and following doctors orders for proper treatment.

Source: http://www.nytimes.com/2011/08/15/business/media/dicks-sporting-goods-promotes-concussion-tests-for-student-athletes-advertising.html?_r=2

New FASD Updates!

Medicare May Provide Alcohol Screening Services for Pregnant Women

As of July 2011, it is being proposed by The Centers for Medicare and Medicaid Services to provide alcohol screening and behavioral counseling for adults and pregnant women at risk of alcohol misuse. This is an effort to prevent illness or disabilities. According to CMS.gov, "CMS proposes to cover annual alcohol screening and for those that screen positive, up to four brief, face-to-face, behavioral counseling interventions per year for Medicare beneficiaries, including pregnant women:

- Who misuse alcohol, but whose levels or patterns of alcohol consumption do not meet criteria for alcohol dependence (defined as at least three of the following: tolerance; withdrawal symptoms; impaired control; preoccupation with acquisition and/or use; persistent desire or unsuccessful efforts to quit; sustains social, occupational, or recreational disability; use continues despite adverse consequences); and
- Who are competent and alert at the time that counseling is provided; and
- Whose counseling is furnished by qualified primary care physicians or other primary care practitioners in a primary care setting."

This is one step in helping to educate women and prevent Fetal Alcohol Spectrum Disorders (FASD).

Source: <https://www.cms.gov/medicare-coverage-database/details/nca-proposed-decision-memo.aspx?&NcaName=Screening%20and%20Behavioral%20Counseling%20Interventions%20in%20Primary%20Care%20to%20Reduce%20Alcohol%20Misuse&bc=ACAAAAA/AAA&NCAId=2>

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Early Detection of FASD Possible with New Test



Scientists in the UK and South Africa have developed a new test that can detect if a newborn has Fetal Alcohol Spectrum Disorders (FASD). This new breakthrough will test meconium (the first stool sample of an infant), which can improve the chances of early detection. The new testing will begin in November 2011.

Although there is no cure for FASD, if caught early, developmental problems can be greatly improved with early intervention and treatment. FASD is caused by prenatal exposure to alcohol and can cause birth defects, damage to the nervous system, behavioral issues, and developmental delays. Over 40,000 babies are born every year in the United States with FASD, and many others go undetected. Many people with FASD end up in trouble with the law or even misdiagnosed with ADHD

or another disorder.

What can this new test mean for the future of FASD? Can this eventually lead to prenatal tests that can detect this disorder even earlier? FASD is **100% preventable** if a woman chooses not to drink alcohol while pregnant. Even though this test is promising; prevention and community education are still important to help keep FASD from happening in the first place.

Source: <http://www.prnewswire.com/news-releases/trimega-laboratories-develops-worlds-first-commercial-test-for-fetal-alcohol-syndrome-129541013.html>

Healthy Drink Recipes

While alcohol is a big no-no during pregnancy, even non-alcoholic "mocktails" can be full of sugar and unneeded fat and calories. Instead, try one of these alternatives that are refreshing, healthy and delicious.

Tropical Smoothie

- 1 c. pineapple chunks (frozen or fresh)
- 1 c. mango chunks (frozen or fresh)
- 1 c. nonfat vanilla yogurt
- 1/2 c. skim milk
- 1/2 c. pineapple-orange juice (can be found near orange juice section)
- 1-2 c. ice cubes

Directions: Mix all ingredients together in a blender and serve chilled.

Fruit Spritzer

- 1/2 cup seltzer or sparkling water
- 1/3 cup cranberry juice (with no sugar added)
- 2 tablespoons orange juice, preferably fresh squeezed or not-from-concentrate
- Ice cubes
- 2 tablespoons fresh raspberries
- 1 thin slice fresh orange



Directions: In a large glass, mix the seltzer, cranberry juice, and orange juice. Add the ice cubes and mix well. Add the raspberries and place the orange slice along the edge of the glass.

Information Spotlight

Driving With Grandparents May Be Safer For Children

Who knew driving “like a grandma” may actually be a good thing? In a new study, that was published in August, it was found that driving with grandparents put children at half the risk than driving with their parents. Driving behavior is the main explanation. With a technology gap between grandparents and parents, grandparents are more likely to obey traffic laws including maintaining a safe speed limit and not driving distracted (like talking on a cell phone).

Source: http://www.nytimes.com/2011/09/13/health/research/13safety.html?_r=1&ref=health



New Underage Drinking Laws in NJ



Across NJ many towns are adopting new underage drinking laws. Previously, police could only charge youth caught drinking on private property with disorderly conduct; most of the time it would be dismissed in court. New ordinances are now being adopted by municipalities to allow police to charge fines upwards of \$250 for a first-time offense and \$350 for subsequent offenses, which was passed recently in Bay Head, NJ. Will these new ordinances make a lasting impact in cutting down underage drinking?

Source: <http://www.mycentraljersey.com/article/20110823/NJNEWS10/308230014/Underage-drinking-Towns-take-stand?odyssey=tab%7Ctopnews%7Ctext%7CFRONTPAGE>

Are You Taking Enough Folic Acid?

Did you know that folic acid can help prevent birth defects in babies? Keeping up on folic acid intake during the first few months before and throughout pregnancy can help prevent neurological problems and defects of the brain and spinal cord, such as spina bifida. Women need at least 400 mcg of folic acid everyday. Sometimes women don't get enough especially if they are on some antiseizure medications which lower the amount of folic acid in the body. Taking a supplement tablet and eating plenty of green vegetables, cereal, rice, whole wheat bread, and orange juice can give you your recommended daily value.

Source: *Help Protect Your Baby from Birth Defects, 2002, March of Dimes Birth Defects Foundation.*



Check Out Our New Blog!

Have you seen our new blog? Even if you don't have a Facebook or Twitter, now you can get the same up-to-date information and more! Our blog features regular articles with new information, events, and prevention tips. You can even use your email to subscribe and leave your own comments and questions. Stay on the lookout for even more changes coming to our blog soon! Visit us at <http://coalitionforprevention.wordpress.com>

Upcoming Prevention Events!

Event: The American Medicine Chest Challenge

Date: Saturday, Nov. 12, 2011

Description: Get rid of your unwanted, unused, or expired prescription medicine and help protect America's youth from prescription drug abuse and poisoning.

Registration: Find a disposal site near you at <http://www.americanmedicinechest.com/>

Event: 2nd Annual U Got Brains Champion Schools Project

Description: In order to address teen driving safety, the Brain Injury Association of NJ is holding a contest for high schools throughout NJ to develop a project to educate others about the issues of distracted driving and driving safely. Groups are

encouraged to utilize social media, videos, blogs or regular media. Winner will receive a driving simulator for their school.

Registration: Visit <http://www.ugotbrains.com/champion-schools-project.htm>, applications are due November 15th!

Event: Union County 13th Annual Red Ribbon Drug Awareness and D.A.R.E. Day

Date: Oct 22, 2011 from 8:30am-12:30pm

Location: Oak Ridge Park in Clark, NJ

Description: Family fun day with a 5K Run, family friendly walk, and activities.

Registration: Visit <http://www.preventionlinks.org/redribbonday.html>

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