

National Water Safety Month reminds families: Drowning is preventable – but often silent

As Summer approaches, the Red Cross urges constant supervision and simple safety steps to save lives

May was National Water Safety Month, a time to remind families that drowning is preventable, yet it remains one of the leading causes of death for young children and people under 30.

Drowning rarely looks the way it does in the movies. Most people expect splashing or yelling—but drowning is often silent and can happen in less than a minute, even in just a few inches of water.

Bystanders are often the first line of defense. Research shows drowning victims are most often rescued by people nearby, not trained professionals, simply because they are closest to the incident. More than 60% of bystander rescues happen before help arrives.

“Everyone near water plays a role in keeping people safe,” said Kellie O’Connell, CEO for the Illinois Red Cross. “Whether it’s a child, a friend or a stranger, you may be the only person in a position to recognize distress and respond.”

The American Red Cross urges families to stay actively engaged around water. Don’t just swim—watch. Close, constant supervision can make the difference between life and death.

Water Safety Tips

Nobody should ever swim alone – adults and teens as well as children. Never leave a young child unattended near water, and do not trust a child’s life to another child.

Always designate a “water watcher” who will keep a close eye and constant attention on children and weaker swimmers in, on and around water until the next water watcher takes over.

Have young children or inexperienced swimmers wear properly fitted U.S. Coast Guard-approved life jackets around water, but do not rely on life jackets alone.

Reach or throw, don’t go! In the event of an emergency, reach or throw an object to the person in trouble and tell them to grab

on. Don’t go in! You could be in danger of drowning yourself.

Whale Tales For Children – Now Available In Spanish

The Red Cross recently revamped its Longfellow’s WHALE Tales Water Safety for Children program and has now added the program in Spanish, completely translated and localized. The no-cost program helps children, from all backgrounds in kindergarten through 5th grade, learn vital water safety behaviors without having to be in or near the water.

Educators, swim instructors, parents, caregivers and others can teach critical water safety lessons to children before the swim season kicks off and throughout the summer. WHALE Tales are short, engaging and age-appropriate lessons that cover important water safety topics in different environments such as pools, waterparks, oceans, lakes and rivers. The free downloadable resources include lesson plans, course presentations and engaging materials such as videos and activity sheets and can be accessed at redcross.org/WHALEtales. If you’re a parent or caregiver teaching your own children, visit redcross.org.watersafety-forksids.

Community Partnerships

Our Aquatics Centennial Campaign, launched in 2014 to recognize 100 years of Red Cross leadership in swimming and water safety, is active in more than 100 communities across the country. The program works to reduce drowning rates in locations where numbers are above the national average alongside valued community partners.

To date, the campaign has delivered nearly 159,000 sets of swim lessons and certified 6,560 junior lifeguards, lifeguards and Water Safety Instructors®. We’ve also armed nearly 24,000 parents and caregivers with water safety knowledge and/or CPR skills. Learn more at redcross.org/centennialswim.

Get Started Today

Go to redcross.org/watersafety for swim program information and a variety of resources. The Red Cross Swim app can help children and adults learn with kid-friendly video and activities on mobile devices. Do your part. Be “water smart.”

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**Miscellaneous**

THE NATIONAL ALLIANCE ON MENTAL ILLNESS SOUTH-WESTERN ILLINOIS has support meetings for mental illness via Zoom every Thursday 7-8:30 PM. Contact Pat Rudloff, silverlining6@charter.net, to receive the Zoom link or the address for an in-person meeting.

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AA 24-HOUR HOTLINE for problem drinkers – 1-800-307-6600. Al-Anon 24-hour hotline – 618-463-2429.

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EMOTIONS ANONYMOUS Meetings 6 p.m. Tuesdays, at Locust Street Resource Center, 320 S. Locust Street, Carlinville 217-710-3705 or 217-272-4560.

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Illinois Valley Senior Citizens Menu

Carlinville 217-716-2337 Benld 217-835-3174

Monday, June 8
Beef & Noodles, Masked Potatoes, Lima Beans, Pears

Tuesday, June 9
All Beef Frank, Bun, Potato Salad, Pickled Beets, Pineapple

Wednesday, June 10
Sloppy Joe on Bun, Tater Tots, Baked Beans, Peaches, Cookie

Thursday, June 11
Tuna Salad, Bread, Tomato Soup, Kidney Bean Salad, Cinnamon Applesauce

Friday, June 12
Salisbury Steak, Dinner Roll, Mashed Potatoes & Brown Gravy, Green Beans, Ambrosia Salad

Meal reservations must be made by 11:00 a.m. on the day BEFORE you wish to receive a meal.

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SUDOKU

					1			
4		2					9	
9			8	4				7
	9			1				6
		4					1	
	8		9	7	4		2	
		6						4
			2	8		6		
						3	7	

Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

6	7	3	6	5	4	8	2	1
1	5	9	7	8	2	6	4	3
4	8	2	9	3	1	9	7	5
3	2	5	4	7	6	1	8	9
8	1	9	5	2	9	4	3	7
9	4	7	8	1	3	5	6	2
7	9	1	2	4	8	3	5	6
5	6	8	3	9	7	2	1	4
2	3	4	1	9	5	7	6	8

DEEP BLUE SEA WORD SEARCH

Find the words hidden vertically, horizontally, diagonally, and backwards.

W	R	M	H	A	C	T	B	E	N	T	H	I	C	S	L	C	Y	E	E
R	M	M	P	C	B	O	C	E	R	R	E	I	C	S	L	E	Y	I	W
Y	I	D	R	G	P	I	C	Y	R	A	U	T	S	E	K	O	P	D	I
G	R	K	I	T	D	W	U	K	M	T	M	C	P	G	L	G	T	A	R
E	N	I	L	T	S	A	O	C	P	O	L	W	S	L	A	R	O	C	P
F	U	C	F	L	S	P	D	S	H	O	R	E	L	I	N	E	K	N	R
A	G	E	T	O	L	K	P	G	Y	L	S	I	C	U	L	T	D	N	P
Y	E	R	C	E	O	B	L	T	A	D	M	W	H	A	L	E	S	O	M
R	M	N	K	R	Y	L	A	S	R	K	N	F	O	H	T	Y	C	A	H
N	I	H	P	L	O	D	N	U	C	K	W	S	E	K	C	I	R	Y	I
C	S	L	E	A	D	C	K	N	H	Y	F	W	H	O	N	I	D	U	T
L	H	K	R	I	E	O	T	A	I	T	T	T	A	N	R	O	L	I	
I	A	F	O	M	L	K	O	M	P	S	Y	I	E	E	O	H	A	K	G
B	R	M	O	S	C	K	N	I	E	W	S	C	N	T	L	G	Y	I	F
K	K	R	L	A	S	N	F	E	L	I	O	Y	H	I	O	N	G	L	R
M	H	P	F	K	C	I	S	O	A	C	B	E	C	O	L	U	T	R	L
D	S	T	A	G	L	S	E	O	G	D	R	P	N	K	W	A	D	I	A
W	B	A	E	P	Y	E	A	K	O	M	R	E	T	I	D	E	S	R	O
O	N	E	S	B	H	W	D	A	C	B	A	N	E	M	O	N	E	D	
O	O	B	A	D	K	O	K	L	A	S	D	D	P	E	L	A	G	I	C



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