

THANK YOU!

DONOR SPOTLIGHT: MATT KFOURY/CENTRAL PAPER PRODUCTS

Matt Kfoury and his family have long been stalwart philanthropists in greater Manchester.

Has Safe Sports Network been important in your life personally?

Both my kids have played sports and have benefitted from the great services... the whole [Safe Sports] team has been fantastic!

You have attended the Safe Sports Social fundraising event several times. Is there a story from one of those events that resonates with you?

I think every Social has spotlighted a story that is extremely relevant to the mission and purpose of Safe Sports ... the stories are memorable, and this is one of my favorite parts of the Social.



Matt Kfoury and Central Paper have been Varsity Sponsors of the Safe Sports Social since its inception in 2013.

What factor was important in your decision to become a Safe Sports donor?

The most important thing to me is that the kids are safe, and the environment is safe for them. Having an athletic trainer and learning the fundamentals of what to do when something goes wrong puts them in a position to make a difference...sometimes between life and death..

TEST YOUR SPORTS MEDICINE KNOWLEDGE!

Do you know the answers to these questions?

1. On average, how many lightning flashes strike the ground each year in the United States?
 - a. 1 million
 - b. 8 million
 - c. 15 million
 - d. 25 million
2. Identify the location(s) safe from lightning:
 - a. Substantial, fully enclosed buildings with wiring and plumbing (school, field house, home, etc.)
 - b. Fully enclosed metal vehicles (school buses, cars, vans, etc.)
 - c. Shelters such as dugouts, athletic storage sheds, tents, canopies, etc.
 - d. All of the above
 - e. Both A and B
3. **TRUE OR FALSE:**
It is safe to resume outdoor activities 15-20 minutes after the last flash of lightning is seen or sound of thunder is heard.

**Contact Amy@nhmi.net
or call 603-627-9728
for more information on lightning safety
and other sports medicine topics.**

ANSWERS
1. **D.** Approximately 90% of lightning casualties occur between May and September, with July having the greatest number of victims. Additionally, 45% of deaths and 80% of casualties occur between 1pm and 7pm, the prime time for sporting events, between May and September.
2. **E.** Open-sided and undeveloped structures are not safe from lightning. Other unsafe locations include isolated tall objects (e.g. trees, poles, towers, elevated areas), bodies of water, (e.g. indoor/outdoor swimming pools, ponds, lakes, etc.), and potentially indoor showers, sinks and handwired appliances/electronics may also present a risk due to potential contact injury.
3. **False.** Activities should be suspended until 30-minutes following the last strike of lightning is seen or sound of thunder heard. The 30-minute clock restarts for each subsequent lightning flash and each time thunder is heard.

NHMI NEWS

The newsletter for supporters of NHMI and Safe Sports Network



Summer 2019, Volume 25, No. 2

YOUR DONATIONS IN ACTION

Teaching kids life-saving skills for exertional heat illness
is one way you are keeping kids safer every day



How YOU make a difference for kids:

Our northeast location doesn't mean heat illness can't happen here! Exertional heat illness is a real threat for our kids. Because of YOU, Safe Sports athletic trainers are there to teach young athletes and coaches how to respond to exertional heat illness. You support this concerted effort to ensure there's someone on every field who knows how to take care of ill/injured athletes until professional help arrives. Athletes who are part of their own teams' emergency response crews attended this year's Social in March and demonstrated two techniques used to help an athlete experiencing exertional heat illness.



PRIMARY BANK PERSEVERANCE SCHOLAR: Meredith Basta

Meredith Basta suffered a knee injury last fall that ended her football season. That was heartbreaking for this four-sport athlete, but she was committed to staying involved. She assumed the role of team manager for football and assisted with teaching throwers during indoor track season. Meredith's character, commitment and contributions to her teams were honored with the 2019 Primary Bank Perseverance Scholarship at this year's Safe Sports Social.

YOUR DOLLARS AT WORK

YOU HELPED KIDS in 2018-2019 with:

- **10,260** hours of onsite staffing
- **21,203** treatments provided
- **1,525** new injuries evaluated
- **\$734,203** value of free care to kids

Thank you!

NHMI/Safe Sports Network
35 Kosciuszko Street
Manchester, NH 03101
(603) 627-9728

www.safesportsnetwork.org

THANK YOU TO OUR FOUNDATION SPONSORS



SAFER ATHLETES

SUICIDE IS A LEADING CAUSE OF DEATH FOR YOUNG PEOPLE

One in every six high school students **SERIOUSLY** considers attempting suicide.

One in every six US high school students **SERIOUSLY** considers attempting suicide. Suicide is the second leading cause of death for people 10 to 34 years of age. According to the CDC, protective factors like connectedness and easy access to health care can protect against suicidal thoughts and behavior. Knowing a few signs to watch for can help you recognize trouble brewing – review the list at right.

“Athletic trainers are in a unique position to recognize...” when kids are in trouble and “... intervene with referral to appropriate mental health professionals.”

Safe Sports athletic trainers take suicide risk seriously because we know an injured athlete’s most challenging moments are not always the physical injury. Student-athletes often experience emotional challenges in addition to the physical injury. These include frustration, separation from their team, feelings of isolation, a threat to their identity as an athlete and fear of re-injury. We participated in at least four continuing education events this past year that addressed student-athlete mental health

and mental health emergency action planning. Athletic trainers are in a unique position for early recognition of psychological health concerns and offer intervention and referral to the appropriate mental health professional.

The Safe Sports Donor Team makes it possible for athletes to have easy access to experienced medical professionals for early recognition of psychological concerns associated with injury and other high school stressors.

SOME THINGS TO WATCH FOR:

- ! Withdrawal from social contact and/or activities that have been enjoyable
- ! Talking about death, dying, suicide or “going away”
- ! Drug or alcohol abuse or risky behavior
- ! Mood changes
- ! Unexplained wounds or deliberate self-harm
- ! Excessive worry, fear, anxiety, agitation
- ! Showing rage or talking about seeking revenge
- ! Talking about being a burden to others

Learn more at the **Suicide Prevention Resource Center**
www.sprc.org



BECAUSE OF YOU

GRIT, DETERMINATION, AND YOU MADE IT POSSIBLE FOR GILLIAN TO RETURN TO LACROSSE

Your support meant Gillian H. had what she needed to get safely back to doing what she loved. Her mom appreciates you!



It was Gillian's first year playing high school lacrosse when she was hit in the head with the ball. You helped her return to school and the sport she loved!

New Message

To **SAFE SPORTS NETWORK**
From **Gillian's Mom, Joy**
Subject **Thank you!**

“We've been so incredibly impressed at the care Gillian has received from the [Safe Sports] athletic trainer after sustaining a concussion. Since she is our first daughter in high school, we had no idea that the school had this unbelievable resource for the athletes. When I received the call that she was suffering from symptoms of a concussion, I assumed I'd be running off to urgent care to have her looked at. I couldn't believe how comprehensive the care she got right from school was. The athletic trainer communicated Gillian's plan for recovery, gave her exercises to do, scheduled follow-up visits, continuously assessed her symptoms and contacted her teachers at school to keep everyone informed. She responded to our questions and concerns immediately and most importantly, assisted our daughter in getting back to the sport she loves. Knowing Gillian has access to this caliber of care, right in her high school, is one of the reasons we will continue to let her play this sport that has definitely taken its toll on her body this year. **We are so thankful to all those that make it possible for Memorial High School to have this service available to the athletes!**”
– Joy (Gillian's mother)

MANCHESTER MEMORIAL ATHLETE SELECTED FOR 2019 SUMMER CAMP SCHOLARSHIP



Sydney Spenard,
Memorial Class of 2020

► **SYDNEY SPENARD** is a junior at Manchester Memorial High School where she plays field hockey and lacrosse. Sydney's athletic injuries led her to the care of her high school athletic trainer where she discovered the field of athletic training. That piqued her interest in helping injured athletes as a future career. She will learn more about athletic training when she attends camp at UNC Greensboro this summer.

The Letendre Scholarship provides the opportunity for kids to attend summer athletic training camp.

When she is not on the field, Sydney keeps herself busy through her membership in the Student Athlete Leadership Team, National Junior Honor Society, and her part-time jobs working for Granite State Gymnastics and Impact Gymnastics Academy. Despite her busy schedule, Sydney has managed to maintain a 3.54 GPA! In her free time, she also enjoys hanging out and going on adventures with her friends.

The Letendre Memorial Scholarship was created to honor Bertrand and Blanche Letendre, parents of Mark Letendre. Mr. Letendre is a Manchester (NH) native. He attended Central High School then studied athletic training at the University of Maine-Orono. Mr. Letendre was recently inducted into U Maine's Hall of Fame. Mr. Letendre currently serves as Major League Baseball's Director of Umpire Medical Services.

You can be the answer. The question: Who's taking care of our kids?
Donate now at **www.safesportsnetwork.org** or use the enclosed donation envelope.

2019 - 2020 RESIDENTS NAMED



Lee Mathews is from New York. He is a 2019 graduate of Ithaca College.



Elizabeth Lewis is from Massachusetts. She is a 2019 graduate of the University of Vermont.