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Halloween Safety Tips

Information Provided By: laurenskids.org

With Halloween just around the corner, check out these simple safety tricks to ensure your family's holiday is a real treat!

Adults should plan out a route in advance and check it during the daylight for obstacles like broken or absent sidewalks, construction timber or other obstructions that could trip up trick-or-treaters. Always trick-or-treat in familiar neighborhoods or areas.

Stick to your P-L-A-N

P: Ensure your child asks permission before leaving for trick-or-treating or a Halloween party.

L: Write down the location of their trick-or-treating route or other festivity.

A: Ask your child what specific activities they'll be doing — Will they be going door to door asking for tricks and treats? Will they be at a Haunted Hayride? Will they be at a Halloween party with friends? Ensure you, and your child, have an understanding of exactly how they'll be spending their time. When and how will your child return home, and with whom?

N: Get names and numbers of the people he or she will be with — friends, or grown up buddies, depending on the age of your child.

Only trick-or-treat in well-lit areas. Teach your children to stay in well-lit areas, never to take shortcuts and never go into isolated areas. If a house is unlit, do not approach it.

Children of any age should be accompanied by a parent, if possible. Tweens or young teens who still trick-or-treat may resist this notion; if they trick-or-treat without an adult, set firm rules, know who your child will be with, the route they will travel and require a child to carry a cell phone that can be used in the event of an emergency. Older kids should know where they can go, what etiquette and safety rules they must follow, they should always carry a flashlight and have an absolute deadline for returning home.

Teach your children to never approach a vehicle, even if it appears no one is inside the vehicle or if the driver or passengers call to them. This message is especially important for tweens and teens traveling in groups without an adult on Halloween.

Stay alert and report any suspicious events to law enforcement.

Familiarize yourself with addresses of local sex offenders: Use the Florida Department of Law Enforcement's Neighborhood Search feature

Teach kids to attract attention to themselves if anyone tries to grab or touch them.

Dressing up in costume for Halloween can be fun, but it can also be confusing and potentially dangerous. Even if you are trick-or-treating with your child, make sure they know to draw attention to themselves and yell "This person is trying to take me!" or "This person is NOT my mom/dad!" and resist if a stranger grabs or touches them.

Consider organizing an at-home or school-based Halloween party as an alternative to trick-or-treating through the streets. This gives you an opportunity to have more control over your child's Halloween experience, while still allowing them to have fun and enjoy the holiday.



1. Younger kids should always stick with a Grown-Up Buddy!
2. Make a P.L.A.N. (Permission, Location, Activity, Names & Numbers) and a route map together and stick to it!
3. Only trick-or-treat at houses that are well lit.



Vol. 1, Issue 8
September/October 2017

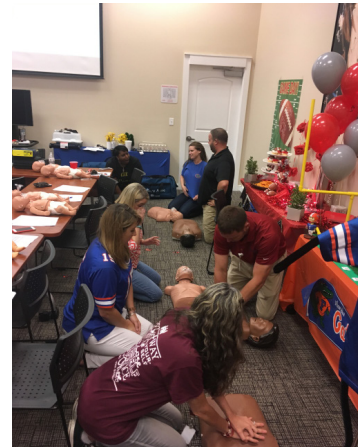
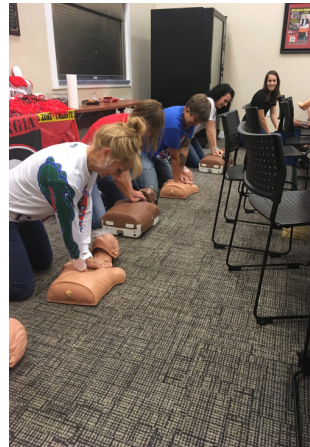
Healthy Start of Bay County Ribbon Cutting

Thank you to the Bay County Chamber of Commerce, the Panama City Beach Chamber of Commerce, and everyone that celebrated our ribbon cutting with us!



CPR Training

Thank you to Jacob Gorman, Lieutenant/Paramedic with the Panama City Beach Fire Department and Justin Gillman, EMS Coordinator with Gulf Coast Regional Medical Center, for training our staff on CPR.



For Your Calendar!

Nov. 10: Little Black Dress
 Dec.: Christmas at CAC

Jan. 17: Stars & Guitars

Feb. 17: Wild Card, Whiskey, & Watches

Feb. 24: Designer Purse Bingo

The Parents as Teachers program partnered with Usborne books for a two-day fundraiser in September. Parent Educators bring a book to each home visit to encourage parents to be their child's first teachers. Currently, PAT is serving 18 families in Bay County. Usborne pledged to match 50% of all monies raised, and with the support of generous donors, the Parents as Teachers program received \$850 of free books. PAT is looking forward to sharing these new and colorful educational books to their clients!



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2017 Zombie Run

Thank you to everyone who participated and helped make this year's Zombie Run a successful fundraiser! We had over 250 volunteers and 300 runners.



Thank you to Orangetheory in Panama City Beach for sponsoring our swag bags!



Thank you to Mark Rush (Big Airbrush) and the entire crew of artists who donated their time and talent to transform over 250 volunteers into zombies!



Thank you to Paco, 96 Rock, and iHeartRadio for their media and presenting sponsorship for the Zombie Run!

