



# PUBLIC HEALTH EDUCATOR AVAILABLE TO SPEAK AT YOUR SCHOOL, CLUB MEETING OR FOR PROFESSIONAL ENRICHMENT



## Healthy Neighborhoods Program

(716) 439-7479

### PRESENTATION TOPICS

**Instructions for Scheduling a Presentation are on the back of the page, at the bottom.**

<p>➤ <b>FIRE: IT CAN HAPPEN TO YOU</b></p> <p>This presentation is a very valuable lesson that focuses on fire hazards in the home <u>that are often overlooked</u>. Fire prevention information is stressed. Learn how to escape from a burning home. Audiences are amazed at what they do not know!</p> <p>(A Power Point Presentation) <b>For adults and teens</b></p>	<p>➤ <b>STAY LOW and GO</b></p> <p>Children will learn how to evacuate the home quickly and general fire prevention safety. Reinforcement materials are provided for each child. <b>(Grades K - 6)</b> (A Power Point Presentation)</p>
<p>➤ <b>AN INTRODUCTION TO THE NIAGARA COUNTY DEPARTMENT OF HEALTH</b></p> <p>Do you know the scope of the Department of Health and how it affects your life every day? Learn about what we do to keep everyone in the county safe and healthy.</p> <p><b>Great for students (4th Grade &amp; older) and adults.</b> (A Power Point Presentation)</p>	<p>➤ <b>ON THE ROAD AGAIN</b></p> <p>Do you know what to do first when you enter a hotel room? What should you know about restaurants and petting zoos? Does hand sanitizer really work? Make sure that your family vacation is happily memorable and not awfully regrettable. This power point presentation is recommended for <b>adults</b> planning a trip and perfect for <b>travel clubs</b>. (A Power Point Presentation).</p>
<p>➤ <b>STAYING HEALTHY IN A VERY GERMY WORLD</b></p> <p><b>Adults and students (9th grade &amp; older)</b> will be amused and educated while learning about avoiding food poisoning, what lurks in the bathtub, pool, indoor and outdoor spaces and much more. This enlightening and entertaining lesson never fails to educate and entertain.</p> <p>(A Power Point Presentation)</p>	<p>➤ <b>INFECTION REFLECTION:</b></p> <p>This interactive presentation never fails to get the group motivated and involved in the presentation. The multiple choice visual quiz with surprising answers is <b>a fun</b> and exciting way to learn new things about staying healthy. Your group will be <b>VERY</b> surprised about what they thought they knew and what they don't know for sure. <b>Grade 5 through adults</b> (A Power Point Presentation)</p>
<p>➤ <b>RABIES: What EVERYBODY Needs to Know!</b></p> <p>Learn how to prevent this deadly virus from dogs, cats, bats and stray animals from infecting you, your family members or your pets. This presentation comes complete with a fuzzy menagerie of stuffed animals to enhance the lesson for <b>young students (Pre K- 4)</b> who learn in a <u>child-friendly way</u> not to approach or touch stray animals. <b>Older students and Scouts (Gr. 5 - 12)</b> also learn how the disease is spread to humans. Wild <b>animal safety tips to observe while camping</b> with friends, family or scouts are also covered. Reinforcement materials will be provided..</p> <p><b>Available in lecture and/or age appropriate Power Point presentations for children &amp; adults</b></p>	<p>➤ <b>SMOKING: JUST THE FACTS</b></p> <p>Take a close look at tobacco usage, the manufacturers, how they get you hooked and their shady advertising gimmicks. Learn how using tobacco affects your body. This is an eye opening presentation that will really get you thinking about the risks and health hazards of a tobacco habit! Learn why a smoking habit is also a problem for job seekers. Smoking cessation tips are included.</p> <p><b>Recommended for adults and high school students.</b> (A Power Point Presentation)</p>
<p>➤ <b>WISE UP, DON'T LIGHT UP</b></p> <p>Elementary school children (<b>Grades 3 – 6</b>) learn about the dangers of tobacco in all its forms, and the effects of tobacco on the body. This frequently requested program provides a greater understanding of what an addiction is and the importance of making wise health habit decisions.</p> <p>(A Power Point Presentation) <b>This program can be adapted for grades 7&amp; 8.</b></p>	<p>➤ <b>Your Next Asthma Attack May be ONLY A BREATH AWAY</b></p> <p>This presentation focuses on identifying and reducing exposure to attack causing irritants in the home and out of doors. <u>It is recommended for anyone with respiratory problems</u>. Learn exactly what asthma is and why you need to take it very seriously.</p> <p>(A Power Point Presentation) for <b>Adults</b></p>

<p>➤ <b>HOME SICK HOME</b></p> <p>Do you wonder why everyone in your home is always sick? Do health problems plague you? Do the children have learning disabilities or hyperactive behavior problems? Learn how your home can kill you or cure you!</p> <p><b>Recommended for adults.</b> (A Power Point Presentation)</p>	<p>➤ <b>LEO THE LITTLE LION GETS AHEAD OF LEAD</b></p> <p>Children living in older homes and older neighborhoods (Pre-1978) will learn how to keep healthy and how to avoid getting sick from lead in the home and outside environments. Good hand washing and health practices are stressed. Each child will receive a Leo the Lion coloring book and a story book as a gift. <b>(Grades Pre-K - 1st)</b></p>
<p>➤ <b>CRASH COURSE: HEALTH &amp; SAFETY 101</b></p> <p>This short visual primer about the environmental health and safety hazards in and around the home brings an added awareness to what every adult should know. Your group or organization members will find this an enlightening meeting presentation. (A Power Point Presentation)</p> <p><b>Recommended for Adults.</b></p>	<p>➤ <b>SUMMERTIME HEALTH &amp; SAFETY</b></p> <p>Keeping our children safe &amp; healthy is a lot easier when they learn through photos and discussion about hazards that sicken and harm children every year. This very popular presentation teaches what every child needs to know to stay safe. <b>Recommended for every classroom before summer vacation! (Grades K-6)</b> (A Power Point Presentation)</p>
<p>➤ <b>YOUR NEIGHBORHOOD: HEALTH and SAFETY HAZARDS TO AVOID</b></p> <p>Heighten your awareness of dangerous places and things around you. Learn how to prevent accidents before they happen.</p> <p>This is a great presentation for block clubs, parent groups and neighborhood associations. (A Power Point Presentation)</p> <p><b>Recommended for Adults</b></p>	<p>➤ <b>YOUR HANDS an INFECTION CONTROL LESSON</b></p> <p>This very enjoyable presentation focuses on the importance of good hand washing and healthy lifestyle practices. Students learn how germs are spread and what they can do to be proactive in staying healthy. Reinforcement materials are provided to enhance the lesson. <b>Recommended for classrooms and after school programs. Grades Pre-K-5)</b></p>
<p>➤ <b>ENVIRONMENTAL HEALTH AND YOUR PATIENT</b></p> <p>This presentation is specifically designed to help medical personnel understand more about how conditions in the home environment can be the source of their patient's woes. Many health care workers are surprised at what they don't know about how the home environment can kill or cure their patients. (A Power Point Presentation) <b>For medical professionals and medical students.</b></p>	<p>➤ <b>WHAT'S BUGGING YOU</b></p> <p>Creepy, crawly, visible and microscopic creatures that live in our homes, schools, workplaces, in and on our bodies can cause severe health problems. Learn to identify these little rascals and get them out of your hair (literally!), your environment and your life! (A Power Point Presentation)</p> <p><b>Recommended for Adults.</b></p>
<p>➤ <b>APARTMENT LIVING: KEEPING IT SAFE &amp; STAYING HEALTHY</b></p> <p>Apartment dwellers have some health and safety issues that pertain uniquely to them. Learn about fire safety in a multi-floored building and how to stay healthy when germs are everywhere. Apartment dwellers will learn what they can do to improve their health right now. (A Power Point Presentation)</p> <p><b>For adult apartment dwellers.</b></p>	<p>➤ <b>LIVING HEALTHY &amp; LIVING SAFELY IN A SENIOR RESIDENCE</b></p> <p>Senior apartment dwellers have many opportunities to make healthy and safe choices. Challenges that are unique to senior residence living are addressed to bring to the forefront the practices to adopt to keep everyone safe, happy and healthy. (A Power Point Presentation)</p> <p><b>Recommended for Adults in Senior Residences</b></p>
<p>➤ <b>SENIOR HEALTH AND SAFETY</b></p> <p>Keeping senior citizens healthy and safe in their homes so that they can live independently is a priority <b>for many community service agencies and personal caregivers.</b> Learn what to look for in the home that could lead to potential health and safety issues. This presentation would complement professional enrichment sessions, personal care aid and home health care groups. (A Power Point Presentation)</p> <p><b>For professionals working with seniors living in their own homes.</b></p>	<p><b>Theresa McCabe is the Public Health Educator for the Environmental Health Division of the Niagara County Department of Health and the manager of the Healthy Neighborhoods Program.</b> She also hosts LCTV's <i>Health Scope</i>, on Channel 22 of the Spectrum Cable Network.</p> <p>As a former classroom teacher, actress and experienced public speaker, Theresa can capture the audience's attention and make learning health and safety related topics a fun, interesting and memorable activity. <u>Most topics can be adapted to be of interest to any age group.</u></p>
<p>➤ <b>HEALTHY CHOICES</b></p> <p>Living cleanly is a choice. Yes, it is more work to wash a body properly and to take the time to use shampoo. Yes, it is time consuming to clean a bedroom, wash the sheets, vacuum the carpet and clean the kitchen, but the efforts are worth the end results! (A Power Point Presentation)</p> <p><b>(Recommended for grades 3-5 and for developmentally delayed 6th - 12th graders.</b></p>	<p><b>BEFORE SCHEDULING: PLEASE CALL THERESA @ (716) 439-7479 OR SEND AN EMAIL INQUIRY TO <a href="mailto:theresa.mccabe@niagaracounty.com">theresa.mccabe@niagaracounty.com</a> TO CHECK ON TIME REQUIREMENTS NEEDED FOR YOUR PRESENTATION AND TO CHECK FOR THE AVAILABILITY OF THE DATE THAT YOU HAVE IN MIND.</b></p>