

# HERE'S the SCOOP

Northpointe Council Inc. Volume 6



## Prevent poisoning

**Beware of poisons**

Poisons can make you sick or even kill you.

Poisons can be both inside and outside your home.

Words to look for: caution, warning, danger, poison and keep out of reach of children.

Don't eat, drink, breathe or touch poison. Don't get poison in your eyes.

Keep all products and medicine in their original containers.

Follow directions when you take medicine or give it to children.

Keep medicine (including vitamins) out of children's reach.

Carbon monoxide (CO) is a deadly gas you cannot see, taste or smell.

CookChildren's

## A message from Northpointe



This week we honor National Prevention Week. Join us as we come together to raise awareness about the importance of substance use prevention and mental health promotion!

NORTHPOINTE COUNCIL  
your path to a brighter tomorrow

**MAY 10-16, 2020**

## THINK BEFORE YOU ACT



**STOP**  
COUNT to 10 while you breathe deeply.

**THINK**  
THINK about different things you can do.

**GO**  
DO what will be best for you and others.

## MORNING WORKOUT FOR KIDS

SET INTERVAL TIMER TO 45 SECONDS OF WORK AND 15 SECONDS OF REST FOR 8 ROUNDS.



LIZARD RUNS



KANGAROO JUMPS



MONKEY CLIMBS



HUMMINGBIRD FLIES



SNAKE CRAWLS



HATCHING BUTTERFLIES



DONKEY KICKS



DOWNWARD FACING DOG

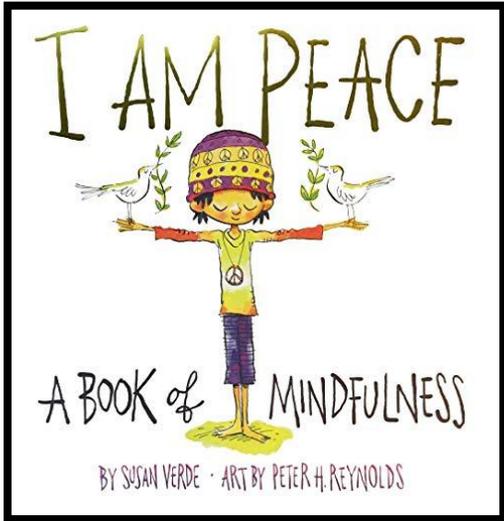
## Prevention:

THE ACTIVE PROCESS OF CREATING CONDITIONS THAT PROMOTE THE WELL-BEING OF PEOPLE.

(Lofquist, 1983)



# Story Time with Prevention

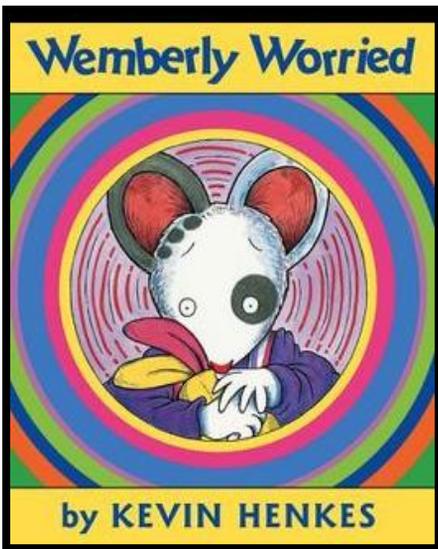


Written by Susan Verde  
Illustrated by Peter H. Reynolds  
Published by Abrams Books for Young Readers

Read by Amy Chaffee  
Northpointe Council Prevention & Education

<https://youtu.be/I-D8mQNMT50>

A book about finding peace and mindfulness during difficult times.



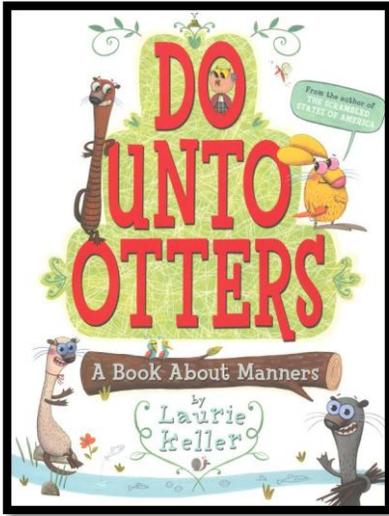
Written and Illustrated by Kevin Henkes  
Published by Greenwillow Books  
(An Imprint of HarperCollinsPublishers)

Read by Chelsea Crance  
Northpointe Council Prevention & Education

<https://youtu.be/6nkDsOTInpE>

Wemberly worries about everything! When it's time for school to start, Wemberly worries even more. It's not until she makes a friend, that her worries start to disappear.

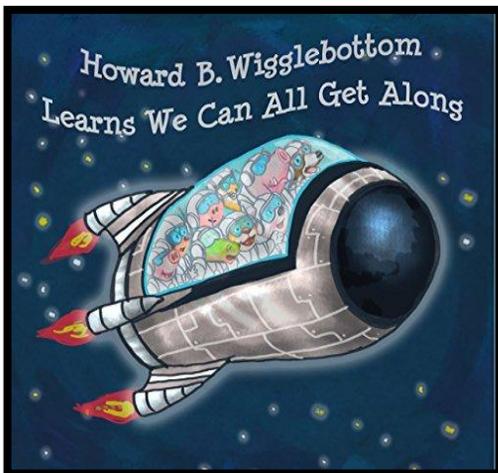
# Story Time with Prevention



Written and Illustrated by Laurie Keller  
Published by Square Fish (Macmillan Publishers)

Read by Leah Riley  
Northpointe Council Prevention & Education  
<https://www.youtube.com/watch?v=MWAWo7buMNo>

Rabbit is shocked to find that his new neighbors are Otters! He comes to realize that he should treat his new and unfamiliar neighbors exactly how he would like them to treat him! A book all about manners and getting along with others.



Written by Howard Binkow & Reverend Ana  
Illustrated by David A. Cutting and Mike Ferrin  
Published by Scholastic

Read by Leah Riley  
Northpointe Council Prevention & Education  
<https://www.youtube.com/watch?v=vzHfPVODgKQ>

When Howard doesn't get invited to a party, it makes him very sad. This leads him to start thinking about how he treats his friends each day. He learns that he needs to practice being kind to his friends and to treat them the way he wants to be treated.

# RESOURCES

## Niagara County

### Important Links

NYS Office of Mental Health

•<https://omh.ny.gov/omhweb/guidance/>

The Hub/Erie County, NY Department of Health

•<http://www2.erie.gov/health/index.php?q=hub>

211 (search to find local services)

•<http://www.211wny.org/>

Niagara County Department of Health

•<https://www.niagaracounty.com/health/Resources>

Erie County Department of Health

•<http://www2.erie.gov/health/index.php?q=coronavirus>

Center for Disease Control

•<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

### Home School Sites

ABC mouse

•[www.ABCmouse.com](http://www.ABCmouse.com)

Adventure Academy

•[www.adventureacademy.com](http://www.adventureacademy.com)

Education.com

•[www.education.com](http://www.education.com)

Common Sense

•[www.commonsense.org](http://www.commonsense.org)

Epic

•Reading APP for kids

Quick Math Junior

•Math App for kids

Swift Playgrounds

•Learning App for kids

Northpointe Council's mission is to provide high-quality, person-centered prevention, intervention, treatment, and recovery to those affected by substance use disorders and other addictions from the Greater Niagara Area.

P: 716.282.1228



NORTHPOINTE  
COUNCIL  
your path to a brighter tomorrow

### Little Free Pantries!

NORTHERN 716	
 <b>OLCOTT:</b> Imagine That 5957 E Main St. 14126	 <b>LOCKPORT:</b> iMagine Comm Garden Elmwood & Washburn 14094 white box near corner
 <b>LOCKPORT:</b> Emmanuel United Methodist 75 East Ave. 14094 Red box in back lot	 <b>NIAGARA FALLS:</b> Highland Helping House 2809 Highland Ave. 14305 Front yard next to gate
 <b>NORTH TONAWANDA:</b> Nash Rd Church 958 Nash Rd 14120 The Little Free Pantry: North Tonawanda on FB	 <b>NORTH TONAWANDA:</b> Greater Nia Fed Credit Union 110 Ward Rd 14120 The Little Free Pantry: North Tonawanda on FB
 <b>NORTH TONAWANDA:</b> OLC Church 57 Center St 14120 The Little Free Pantry: North Tonawanda on FB	 <b>NORTH TONAWANDA:</b> iHope Comm Church 316 Thompson 14120 The Little Free Pantry: North Tonawanda on FB
 <b>NORTH TONAWANDA:</b> NT Senior Center 110 Goundry St. 14120 The Little Free Pantry: North Tonawanda on FB	 <b>NORTH TONAWANDA:</b> iMagine Comm Gardens 225 Sommer St 14120 The Little Free Pantry: North Tonawanda on FB
 <b>NORTH TONAWANDA:</b> Nia Reg Fed Credit Union 1285 Erie Ave. 14120 The Little Free Pantry: North Tonawanda on FB	 <b>NORTH TONAWANDA:</b> Degraff Mem Hospital 445 Tremont St. 14120 The Little Free Pantry: North Tonawanda on FB
 <b>NORTH TONAWANDA:</b> Matt's Music 937 Oliver St. 14120 The Little Free Pantry: North Tonawanda on FB	 <b>NORTH TONAWANDA:</b> Hope Center 383 Vandervoort 14120 The Little Free Pantry: North Tonawanda on FB
 <b>TONAWANDA:</b> Decades 2855 Sheridan Dr 14150 Decades Little Free Food Pantry on FB	 ***TEMPORARY TONAWANDA: 17 Longfellow Ct. 14150 Little Free Library convert
 ***TEMPORARY KENTON (BUFFALO): 29 Harrison Ave. 14223 Little Free Library convert	 ***TEMPORARY GRAND ISLAND: 1372 Staley Rd 14072
 <b>BUFFALO(NORTH):</b> Park Lutheran Church 2 Wallace Ave. 14214 On Depew Ave side of bldg.	 ***TEMPORARY KENTON (BUFFALO): Kenton's LF Library 152 Irving Terr 14223 Kenton's Little Free Library- 14223's first LFL on FB

# Prevention Tips

UPSTATE  
NEW YORK  
POISON CENTER

## ALCOHOL PRECAUTIONS



Liquor store sales nationwide have increased 55%. Online sales, 243%. Increased availability in the home can lead to a poisoning. Ethyl alcohol (ethanol) is found in all alcoholic drinks.

**Even a small amount can be toxic to a child!**

An increase in the amount of alcohol found in the home demands increased efforts to **keep all alcohol out of the reach of children.**



Some cleaning products contain alcohol and other potent chemicals. **Store all cleaning products out of reach of children.** Mixing alcohol with bleach can produce **toxic fumes!**



Hand sanitizers have flown off the shelves during the pandemic. Many are making hand sanitizers at home using isopropyl alcohol, which contains 60-99% alcohol.

**Isopropyl alcohol is twice as toxic as ethyl alcohol, found in wine, beer and liquor. If a curious child should drink any amount of alcohol, call the Poison Center!**

A child drinking alcohol can act drunk. Effects include **sleepiness, slurred speech, an unsteady walk, and vomiting.**

Alcohol is also irritating to the digestive tract. If an excessive amount is consumed, it can lead to **dehydration, low blood pressure, shock, and coma.**



Children love to imitate! Keep all alcohol out of the reach of children, **preferably locked away.**

**Alcohol is also flammable. Important to keep all alcohol away from an open flame.**

## WARNING!! CLEANING PRECAUTIONS

UPSTATE  
NEW YORK  
POISON CENTER



### 1 USE AS DIRECTED

Cleaning products are designed to clean surfaces, not people. Never ingest, inject or even spray a cleaning product or disinfectant on the skin.

### 2 FOLLOW DIRECTIONS

Read label directions carefully, including how to's, precautions and warnings. Never mix products as it can produce toxic fumes.



### 3 READ INGREDIENTS

Some cleaning products contain alcohol, ammonia or petroleum distillates. All are poisonous. Many contain ingredients that can irritate the skin. Even breathing fumes can be toxic. Be aware of dangers before using. Use **ONLY** as directed.



### 4 USE SAFELY

Safe use means using as directed including safe storage even while using. Do not leave products in the reach of children. Not ever!



### 5 STORE SAFELY

When using, place any cleaning product up out of the reach of children. Children are curious. They will explore. After use, store safely up and out of the reach of children.



### 6 QUESTIONS? CALL US!

The Upstate New York Poison Center is available 24/7/365. Calls are answered by poison experts ready to take your call. Poison emergency of just a poison question, call us. We are only a phone call away.

Poison emergency? Poison information?  
**Call the Poison Center! 24 hours a day,  
7 days a week, 365 days a year.**



We're only a phone call away.

UPSTATE  
MEDICAL UNIVERSITY



UPSTATE  
MEDICAL UNIVERSITY

# Medicine Safety for Children

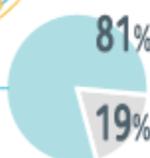
What's causing so many calls to poison centers?

**1.34 M** calls are made to poison centers each year for children.



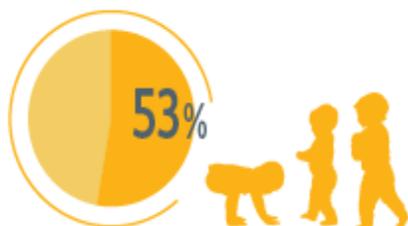
**49%** are medicine-related.

We analyzed **547,042** calls.



## LITTLE KIDS

## TEENS



Percent of total calls that were for children ages 1 and 2 years.



Percent of 15-19 year olds who have serious outcomes from medicine poisoning is 6 times greater than for 1-4 year olds.



Percent of ER visits for young children getting into medicine where the medicine belonged to grandparent, aunt or uncle.

**10,000**

Number of ER visits that occur each year for over-the-counter medicine overdoses by self-medicating teens.



## WHAT KINDS OF MEDICINE?

The most common medicines that children under 4 get into are ibuprofen, multivitamins and diaper care and rash products.



The most common medicines that result in serious medical issues for teens include those used to treat mental health conditions or attention deficit hyperactivity disorder (ADHD).



Remember to save the Poison Help number on your phone.

**1-800-222-1222**

For more medication safety tips visit [www.safekids.org](http://www.safekids.org)

**SAFE  
KIDS**  
WORLDWIDE™



**PARENT**  
connectedness

CONNECTIONS  
to other  
**NON-PARENTAL**  
ADULTS



**academic**  
ACHIEVEMENT



**SCHOOL**  
SAFETY



**PROTECTIVE**  
**FACTORS**

awareness  
of and  
**ACCESS**  
to local  
**HEALTH**  
SERVICES



CLOSENESS  
to **CARING**  
FRIENDS



**NEIGHBOURHOOD**  
**SAFETY**



overall  
**resilience**

# CONVERSATION STARTERS

## FOR KIDS

WHAT WAS YOUR FAVORITE PART OF THE DAY?

WHO DID YOU PLAY WITH AT SCHOOL?

HOW WERE YOU KIND TO SOMEONE TODAY?

WHAT ARE YOU PROUD OF?

WHAT ARE YOU THANKFUL FOR?

WHAT'S ONE GOOD THING YOU'RE REALLY GOOD AT?

WHO'S THE NICEST PERSON YOU KNOW?

WHICH RELATIVE DO YOU LOVE SEEING THE MOST?

WHAT ARE YOU LOOKING FORWARD TO THIS [SEASON/MONTH/WEEK]?

HOW WOULD YOU CHANGE THE WORLD WHEN YOU GROW UP?

WHAT COULD OUR FAMILY DO THAT WOULD MAKE THE WORLD BETTER?

WHAT SUPERPOWER WOULD YOU LIKE TO HAVE?

IF YOU COULD ONLY KEEP ONE TOY, WHICH TOY WOULD IT BE?

PRETEND YOU COULD BE THE TEACHER. WHAT RULES WOULD YOU HAVE IN THE CLASSROOM?

IF YOU COULD BE AN ANIMAL, WHICH ONE WOULD YOU BE?

WOULD YOU RATHER [BLANK] OR [BLANK]? (E.G. THE POOL OR BEACH)

IF WE SPENT TIME ALONE JUST YOU AND ME, WHAT WOULD YOU WANT TO DO (OR WHERE WOULD YOU WANT TO GO)?

LET'S SAY YOU COULD BE ANY AGE, WHAT AGE WOULD YOU BE?

IF YOU COULD BE ANY CARTOON CHARACTER, WHO WOULD YOU BE?

HOW DOES A GOOD FRIEND ACT?

WHAT DO YOU THINK MAKES A FAMILY CLOSE?

WHAT MAKES YOU FEEL HAPPY?

HOW DO YOU CHEER YOURSELF UP WHEN YOU FEEL BAD?

WHAT'S YOUR FAVORITE BOOK?

WHAT'S YOUR FAVORITE MEAL?

WHAT DO YOU LIKE BEST ABOUT OUR FAMILY?

WHAT'S YOUR FAVORITE THING TO DO AS A FAMILY?

WHAT'S YOUR FAVORITE THING ABOUT [A FAMILY MEMBER]?

WHAT DO YOU LIKE BEST ABOUT SCHOOL [OR CAMP, SWIM CLASS, ETC]?

WHAT'S YOUR FAVORITE HOLIDAY OF THE YEAR?

WHAT'S YOUR FAVORITE ROOM IN OUR HOME?

# Kitchen Patrol

There are 5 safe things and 5 poisons in this picture.  
Color the safe things green. Color the poisons red.



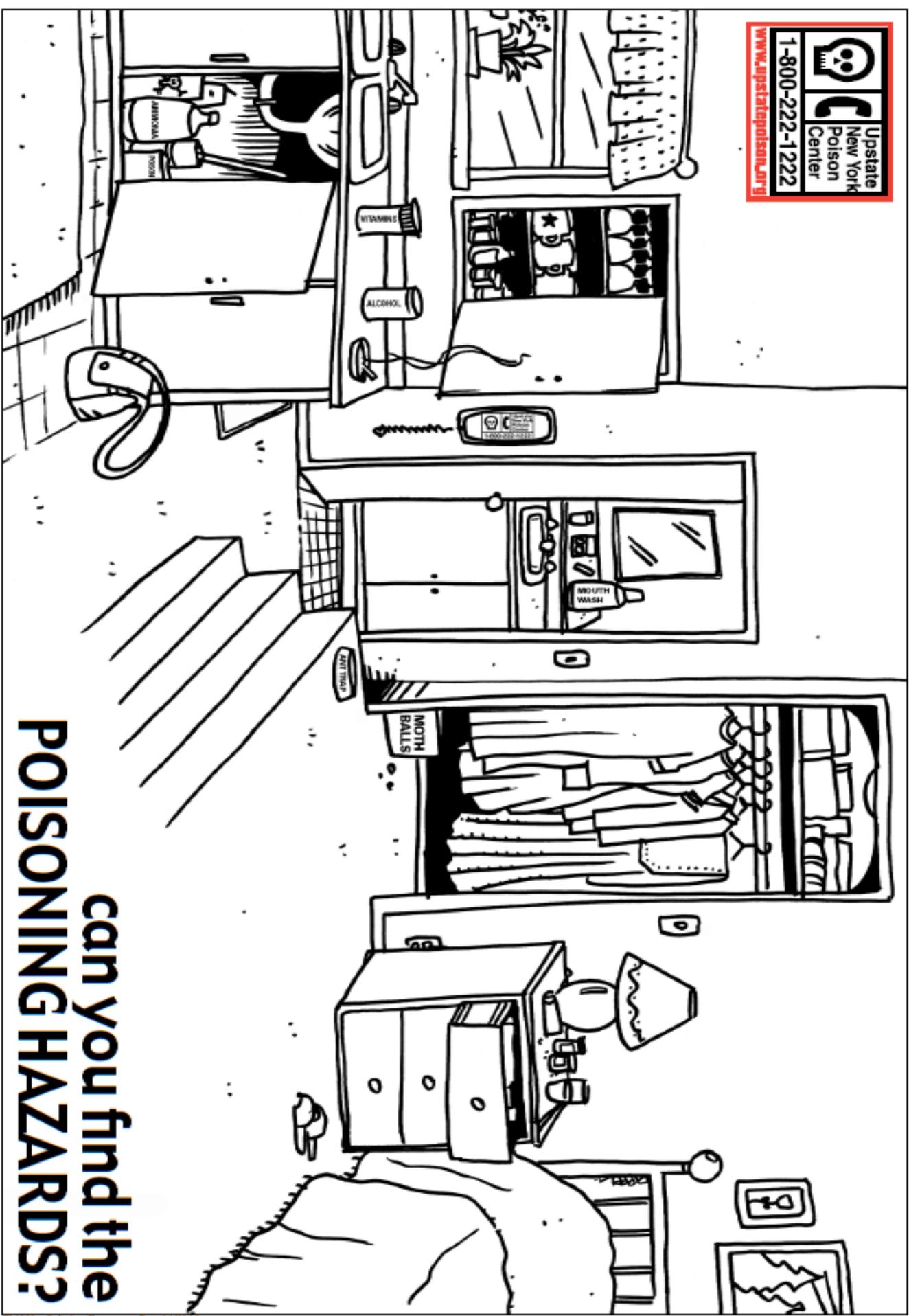
Safe items: bread, plate, milk, apple juice, banana.  
Poisons: house plant, medicine, detergent, spray cleaner, pine cleaner.



Upstate  
New York  
Poison  
Center

1-800-222-1222

[www.upstatepoison.org](http://www.upstatepoison.org)



# can you find the POISONING HAZARDS?

Answer: Poisoning hazards can be found ANYWHERE! Here are some clues to help you look for them in this picture: 1) Cleaning products, medicines and other poisons should always be stored up high (out of reach of children) and in locked cabinets whenever possible. 2) Medicines can make sick people sicker, but it can also make well people sick. Many medicines look and sometimes taste like candy - even though they're not. 3) Vitamins often contain iron, and iron is the leading cause of death in children from poisoning. 4) Alcohol is a poison, in addition to alcoholic beverages many nonalcoholic beverages, colognes, aftershave, perfume contain large amounts of alcohol. 5) Cigarettes and cigarette butts are poisonous if eaten (they're not healthy to smoke either). 6) Pesticides (including bug spray, bug traps, and moth balls) are often highly poisonous. 7) Many games, toys, hotpots and handcuffs contain items that are poisonous. 8) Some plants are poisonous to people and animals. Now, can you look for the poisoning hazards in your own home?