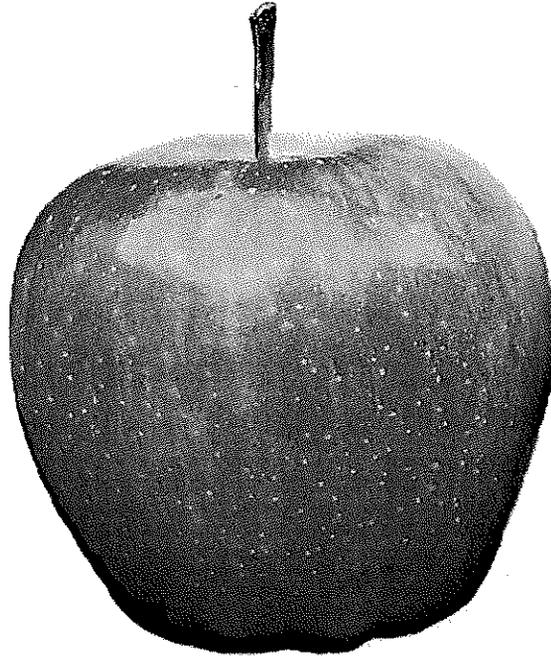


# Great Neck Community Wellness Fair



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Tuesday, May 8, 2018  
Great Neck North High School

Exhibitor Space 6:30 p.m. – 9:00 p.m.

Keynote/Classroom Presenters 7:15 p.m. – 9:00 p.m.

**Keynote Address: Ensuring the Health of All Children - How Are We Doing in New York?**

Dr. Warren Siegel, Chair of NYS American Academy of Pediatrics

7:15 to 7:45 PM NHS Lecture Hall

**Classroom Presenter Schedule**

	Room #133	Room #131	Room #103	Room #104	Room #102	Room #105	Room #106
<b>Session 1 (7:15)</b>	Sleep Habits, Needs and Achievement (Walter)	The Wellness Ripple (The Partner Project)	Vaccine Facts (Dr. Seniuck-Ross)	The Athletic Trainer's Role in Your School Community (Professional PT)	Opiate Crisis on Long Island: Chassman, LICAD	Senior Financial Exploitation (Fam/Child Assoc)	Living Gratefully (Ruiz&DeSantis)
<b>Session 2 (7:50)</b>	Asthma and Allergy Care (Menchell)	The Wellness Ripple (The Partner Project)	Dr. Kimmy Pediatric Dentistry 101	The Athletic Trainer's Role in Your School Community (Professional PT)	Asthma Education (Picker)	Get Smart About Antibiotics (L. Rosen, Montefiore)	Living Gratefully (Ruiz&DeSantis)
<b>Session 3 (8:25)</b>	Asthma and Allergy Care (Menchell)	The Wellness Ripple (The Partner Project)	Vaccine Facts (Dr. Seniuck-Ross)	The Athletic Trainer's Role in Your School Community (Professional PT)	Asthma Education (Picker)	Mental Health in the Digital Age (Drs. Fuchs & Feuer Northwell)	Living Gratefully (Ruiz&DeSantis)
	<b>Room #107</b>	<b>Room #108</b>	<b>Room #111</b>	<b>Room #112</b>	<b>Room #110</b>	<b>Room #113</b>	
<b>Session 1 (7:15)</b>	Women's Health (Dr. Moses)	Creating Connections with Your Children (Koshy)	More than Sad, Teen Depression (Morrison)	Worries and Woes: Anxiety and Depression in Youth (Dr. Foley)	Restore Natural Immunity/Unfreeze Diagnoses (Heng)	Anxiety and Depression in Elementary Students (Murad/Iacovelli)	
<b>Session 2 (7:50)</b>	Breastfeeding (Dr. Levinson)	Creating Connections with Your Children (Koshy)	More than Sad, Teen Depression (Morrison)	Protecting the Developing Brain During the Age of Risk (Dr. Fornari)	Restore Natural Immunity/Unfreeze Diagnoses (Heng)		
<b>Session 3 (8:25)</b>	Preparing Your Child to Go to College or Live on Their Own (Dr. Levinson)	Creating Connections with Your Children (Koshy)	More than Sad, Teen Depression (Morrison)	Parenting an Adolescent (Dr. Fornari)	Restore Natural Immunity/Unfreeze Diagnoses (Heng)		

Exhibitor Tables will be accessible in the NHS Small Gym beginning between 6:30-9:00 PM

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## Presentations

See schedule matrix for times/rooms

### KEYNOTE ADDRESS (7:15 - 7:45PM)

**Ensuring the Health and Welfare of All Children –**

**How Are We Doing in New York?, Warren M. Seigel MD, MBA, FAAP, FSAHM**  
**Chair, New York State American Academy of Pediatrics (NYS AAP)**

Children represent our future and ensuring their healthy growth and development should be a prime concern of all societies. The New York State American Academy of Pediatrics (NYS AAP) is committed to improving the health and welfare of infants, children, adolescents and young adults and ensuring their physical, mental and social well-being. Dr. Seigel will give an overview of the state of children's health focusing on federal, state and local initiatives.

### BREAKOUT SESSIONS (7:15, 7:50 & 8:25PM):

**Get Smart About Antibiotics: Being an Advocate in the Use of Antibiotics in Your Own Care and the Care of Your Loved Ones.** Linda Rosen, Montefiore New Rochelle

According to the Centers for Disease Control and Prevention, each year in the United States, at least 2 million people become infected with bacteria that are resistant to antibiotics and at least 23,000 people die as a direct result of these infections. The use of antibiotics is the single most important factor leading to antibiotic resistance around the world. Antibiotics are among the most commonly prescribed medications. However, up to 50% of all the antibiotics prescribed are not needed or are not optimally effective as prescribed. This presentation is designed to help patients and caregivers understand when antibiotics may not be needed for common infections and to give them the tools to be their own advocate.

**Living Gratefully: A Program to Improve the Well-being of Our Community.**

**Natasha Ruiz and Jodi DeSantis, Come On Get Happy**

Gratitude has been scientifically proven to improve physical and mental health in both children and adults. Living gratefully benefits us all as individuals and as a community. Grateful people tend to be happier and more satisfied with their lives, feel more hope, perform better in school and in the workplace, and report less envy, depression, anxiety and materialism. This workshop will help you to become more confident, more resilient

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and better equipped to handle life's challenges, use positive thinking to flourish and live your best life and become more connected to loved ones and peers.

Participants will learn strategies such as: identifying and appreciating their individual strengths, keeping a gratitude journal, mindfulness practices, exercises that cultivate gratitude on a daily basis.

## **Senior Financial Exploitation: Services and Support for Seniors, Family and Children's Association Counseling**

Family and Children's Association Senior Services, focuses on the individual needs of each person, providing seniors with information, assistance, guidance and advocacy to enhance well-being and support life goals. Our senior financial division assists older adults and persons with disabilities with managing their finances, paying taxes, budgeting, bill paying and organization and provides a variety of comprehensive services. Our new DCJS (Division of Criminal Justice Services) Grant Initiative, focuses on educating seniors on recognizing the signs of financial abuse and exploitation and identifying ways of protecting themselves from predators. We provide counseling, support and link seniors to resources when there appears to be financial abuse.

## **The Wellness Ripple: Reaching for Success, The Partner Project**

The Partner Project is a not for profit organization which works to raise awareness about the issues of bullying, healthy relationships, kindness, empathy and speaking up. It is never too early to develop social habits that help children, teenagers, young adults and adults navigate social situations successfully.

## **Adolescent Mental Health, Dr. Fornari and Dr. Foley, Division of Child & Adolescent Psychiatry The Zucker Hillside Hospital & Cohen's Children's Medical Center**

***Worries and Woes: Anxiety & Depression in Youth*** With one in five youth meeting criteria for a mental health problem before the age of 18, our kids are struggling with anxiety and depression more than we ever imagined. A review of what we have learned and what is helpful, will be followed by a discussion.

***Protecting the developing Brain during the Age of Risk*** The brain continues to mature and develop through the mid-twenties. At a time when the frontal lobes are not fully formed, youth are exposed to risk and temptation when their judgement remains poor. What can we do to protect their vulnerable brains?

***Parenting an Adolescent*** Adolescence can be a stormy time. Our own childhood experiences in our families of origin may not provide the road map to guide us given the generational changes. How do we proceed to parent our teens?

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## **Pediatric Dentistry 101 with Dr. Kimmy, Dr. Kimberly Soleimani, Dr. Kimmy Dental Care P.C.**

What role do parents play in cavity prevention? Do genetics really play a role in how our children's teeth develop or is it purely luck that determines the fate of our teeth?

Come listen to Dr. Kimmy, a board certified pediatric dentist, to gain a better understanding of how we can care better for the teeth of our children.

## **Restore Your Natural Immunity and Unfreeze your Diagnoses, Jiuan Heng, PhD, CCH**

Your body wants to itself. Learn how you can restore mental and physical health naturally, with gentle means including: A plant based diet to reduce inflammation, embryonic plant extracts to help the body clean itself from within and rejuvenate, homeopathy to connect all the dots and restore the whole person. Jiuan Heng, PhD, CCH, will share cases from her integrative health and coaching practice to illustrate how her clients have recovered from anxiety, autoimmune disease, hormonal imbalances and more.

## **The Athletic Trainer's Role in Your Community, Professional Physical Therapy**

An athletic trainer is board certified to care for, manage and prevent athletic related injuries. The athletic trainer's located at both North and South HS can also assist with the coordination of care of your athletes, staff and community by providing assistance with MD appts and referrals and PT appts and referrals. Professional Physical Therapy, which provides the contracted athletic trainers are here tonight to go over common insurance hurdles and common injuries for the general population. Easy stretches and exercises will be demonstrated along with a question and answer session.

## **Using Mindfulness to Address Anxiety and Depression in Elementary School**

### **Aged Children, Dr. Iacovelli and Mrs. Murad, Great Neck Public Schools-Pupil Personnel Services**

Dr. Iacovelli and Mrs. Murad will be presenting about mental health issues in elementary school aged children. Signs and symptoms of anxiety and depression will be discussed. Mindfulness will be presented as one possible approach to coping with stress.

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## **More Than Sad, Teen Depression, Ann Morrison-Pacella, The American Foundation for Suicide Prevention**

AFSP has developed More Than Sad: Teen Depression to show young people and those close to them what depression looks like in adolescents and how it can be treated. This presentation is an abbreviated summary of the program for parents highlighting how to recognize signs of depression in their own children, how to have discussions with them about their mental health, and where they can seek help.

## **Opiate Crisis on Long Island: How to Help a Loved One, Steve Chassman- Executive Director of Long Island Council on Alcoholism and Drug Dependence**

Mr. Chassman discusses prescription drug use, the heroin crisis on long island and how to identify if a loved one may be misusing substances. The presentation will include signs to look for, access to resources and learning healthy coping skills.

## **Help Your Teen Get More Sleep, Theresa Walter, Great Neck Public Schools, Pupil Personnel Services and Certified Health and Wellness Coach**

How much sleep is your high-school student really getting? Solutions for sleep deprived teenagers. This presentation will provide information about sleep hygiene: the practice of forming and maintaining healthy sleep habits. Strategies for parents and teens to create a more effective and healthy sleep routine will be offered.

## **Asthma Education 101, Certified Asthma Educator Harriet Picker**

In this workshop participants will get an overview on what is Asthma, what are triggers of an asthma attack, what are the differences in medication used to treat asthma and a Q&A session with the presenter.

## **Creating Connection with Your Children: An Introduction to Conscious Parenting, Sharon Koshy, Parent and Life Coach**

The relationships in your life effect your overall wellness, especially the relationship between a parent and child. Parenting can feel like a struggle at times – you don't have enough time, you don't know if you're doing a good job, sometimes you just don't know what to do. Don't spend the precious time you have with your children feeling this way. Learn about Conscious Parenting and how it can help you.

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## **Mental Health in the Digital Age, Vera Feuer MD, Avivit Fuchs MD, Northwell Health**

**Description:** The development of the internet and related technologies affects our lives, our parenting practices and the way our children learn and communicate. Similarly, technology is known to affect physical and mental health and brain development, while also providing opportunities for intervention and treatment.

In our brief talk we will discuss these issues and hope to provide practical guidance and resources for parents and families to navigate these new digital environments in healthy ways.

## **Vaccines: Fact and Fiction, Shari Seinuk-Ross, MD**

A brief overview of vaccines discussing how vaccines are made, how they work, and common misconceptions surrounding immunization.

## **Women's Health - An Overview, Denise Moses, MD, Great Neck Obstetrics and Gynecology**

Women's Health includes vaccinations, screening and reproductive care. This overview will discuss preventative care for women of all ages.

## **Benefits of Breastfeeding, Dr. Laura Levinson-Gal**

Explore the benefits of breastfeeding, both immediate and long term. There is no ideal substitute for human breast milk. Learn why.

## **Preparing Your Child to Go Off to College or Live on Their Own, Dr. Laura Levinson-Gal**

Most children have lived at home until age 17-18 years old when they leave for the nest. How to best prepare them from a medical standpoint to care for themselves. How you can help ensure they are ready.

## **Food Allergies in Childhood, Dr. David Menchell**

Food allergies have become more common in recent years. The risk of reactions to foods away from the home can be stressful for parents of food allergic children. The successful management of food allergy in school requires an active dialogue between the student, parents and school personnel. This presentation will discuss the clinical features of food allergies and their management in the school setting.

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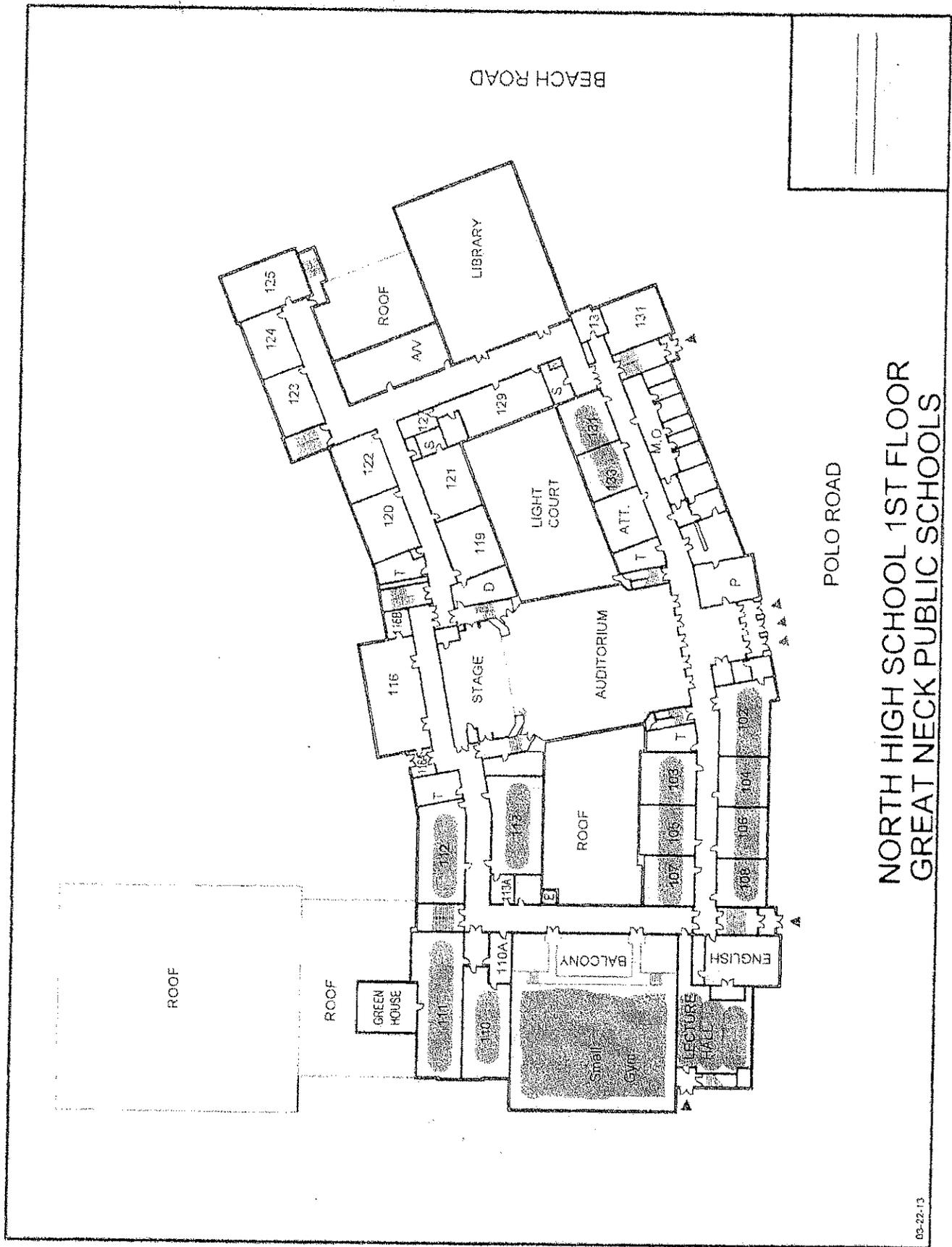
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## **Dealing with Allergic Conditions, Dr. David Menchell**

Dealing with allergies often requires a bewildering array of medications, including oral, inhaled and injected medicines. Having a protocol to follow at school is critical for the proper treatment of many allergic disorders, including seasonal and perennial nasal allergies, asthma, anaphylaxis and allergic skin disorders. This presentation will discuss common medications used to treat allergic conditions and how to manage their use in the school environment.

### **DISCLAIMER**

The Great Neck Public Schools, in providing a venue for the Community Wellness Fair, does not endorse, recommend or vouch for the opinions, products or services of any of the event's exhibitors or presenters.



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