



## Coalition News

December 2010

2026 SE Ocean Blvd.  
 Stuart, FL 34996  
 Phone: 772-463-2888  
 Fax: 772-463-2896  
[www.mchealthystart.org](http://www.mchealthystart.org)



### Reminders and News:

- Family Law Forum meets the first Tuesday of each month at the Father & Child Resource Center from 6:30-8:30pm. Free legal advice on issues affecting families and children. Call (772) 463-2888 to reserve your place.
- Pregnant? Get Prenatal Care! Call the Prenatal Outreach Center at (772) 463-2141
- Baby Basics classes are available by appointment. Call (772) 284-5700 for more information.
- Interconception Counseling and Education services are provided at the Prenatal Outreach Center, at home, and/or at clinic visits. Call (772) 463-2141.

### LETTER FROM THE EXECUTIVE DIRECTOR

Season's Greetings!  
 As I enter my 4<sup>th</sup> month as Executive Director of the Martin County Health Start Coalition, my appreciation for the staff here and for the coalition members continues to grow and grow. I have had the opportunity to spend time with the care coordinators at the Health Department, with the staff at the Prenatal Outreach Center, and I have toured the Maternity wing at Martin Memorial. I have seen high quality facilities staffed with high quality people carrying out high quality work. We are truly lucky to live where we live!  
 The job of the Coalition is to make sure that every baby born in Martin County is born healthy. We do this by

helping women get into prenatal care early, and get the medical services they may need to address risk factors associated with pregnancy. Women who receive our services are more likely to get into prenatal care early than women overall in our community. They're less likely to have low birth-weight babies, and those babies are more likely to make it through their first year. So we're effective at what we do.  
 We're efficient as well. Medical costs associated with our program are \$2,400 from prenatal care through delivery. That's 1/4 the cost of one day in a neonatal ICU. So we end up helping Martin Memorial contain costs, and that helps them

maintain a high quality maternity unit. That is one of the things that attract new residents and new businesses to our community.  
 I once heard someone who I respect say that quality of life is just 3 words, but it is made up of 1,000 different threads. We live in a wonderful place, and I am thankful that our work is one of the threads that make it what it is.  
 Happy Holidays!

Sincerely,  
 Scott Berry,  
 Executive Director



## Healthy Start Board of Directors 2010-2011

Kim Major  
 City of Stuart Police  
*President*

Dale Martinez  
 Seacoast Bank  
*Vice President*

Christina Kaiser  
 United for Families  
*Secretary*

Kevin Youngblood, CPA  
 Youngblood Solutions, PA  
*Treasurer*

Jim Dragseth  
 Whiticar Boat Works

Elizabeth Hawn  
 Martin Memorial Medical  
 Center

Teena White  
 Indian River State College

# Healthy Start Funders



Children's Services Council  
OF MARTIN COUNTY



United Way  
of Martin County

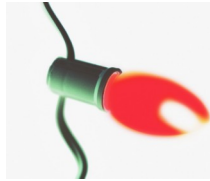


Allegany Franciscan Ministries, Inc.

## Fun and (Almost) Free Family things to do for the Holidays

Just a few ideas that can make for a lighthearted, low stress and relatively inexpensive Christmas.

### Christmas Lights



Everyone knows where to find the one neighborhood in the area where it seems that every single house tries to out-decorate the neighbors. As a result, the electric bills are sky high but you can't beat the light show. Parking at one end and allowing the kids to walk the block is a great family activity that won't cost you a thing and will bring pleasure to your kids. If the weather isn't great (too hot down under or too cold up north) you might just want to make the walk a drive instead. Crank up the Christmas carols on the radio and sing along.

Minti.com



### Cookie Decorating

Whip up a batch of sugar or gingerbread cookies, cut out some fun shapes and then invite everyone over to decorate. By asking everyone to bring decorations for the cookies, the costs are split among the crowd. At the end of the evening, have a munch fest and let everyone enjoy the fruit of their hard work.



### Christmas Tags

What person with kids doesn't have construction paper, glue, glitter and paint laying around the house somewhere? Set out all the art options and let your kids use their creativity to make homemade tags for those Christmas presents for the rest of the family. Not

only is Grandma getting that nice calendar you made for her for Christmas, she now has a keepsake art project that her grandchild spent quality time creating.



### Homemade Presents

Buy some holiday chocolate molds and some cheap melt able chocolate. Have your children decorate boxes for the chocolates. Also, you can buy some plaster for hand-prints. Grandparents and family love homemade presents.



### Christmas Movie Marathon

Nothing will put you in the Christmas mode faster than watching "A Charlie Brown Christmas", "A Christmas Story", "Home Alone" and

## Martin County Healthy Start Coalition Staff

Scott R. Berry  
Executive Director

Lisa Wilson  
Prenatal Outreach Coordinator

Carlos Velez  
Fatherhood Educator

David Cardno  
Director  
Father and Child Resource  
Center

Alexandria Velez  
Community Health Educator

Roy Stevens  
Community Educator

Natalie Peraza  
Community Health Educator

Evette Santiago  
Fiscal Administrator

Aubrey Jones  
Community Liaison/QA Specialist

Dulce Angulo  
MomCare Advisor

Ellie Duell  
Receptionist

# December is Safe Toys & Gifts Awareness Month

## SilverSpringCenter.com

Although toy safety regulations and enforcement have been improved, the CPSC had 38 toy recalls in 2009 alone. That is why Prevent Blindness America, the nation's oldest eye health and safety organization, has declared December as Safe Toys and Gifts Month. The group is offering toy-buying and gift giving tips to all those planning to purchase a gift for a child this year.

"We know that families are being more budget conscious this holiday season and we want to make sure the money we do spend is spent wisely," said Hugh R. Parry, president and CEO of Prevent Blindness America. "We hope that everyone takes just a moment to really think about the gifts they are buying and make sure they are appropriate for a child's age and development level."

Prevent Blindness America suggests the following:

- Make recommendations to family members and friends about gifts that you feel are appropriate for your child.
- Inspect all toys as much as possible before taking them out of the box. Once opened, go through each part of the toy to make sure there are no small parts that could be choking hazards or sharp edges.
- Avoid toys that shoot or include parts that fly off. BB guns and air guns should not even be considered toys. Flying toys caused 9,600 injuries in 2008.
- Gifts of sports equipment should always be accompanied by protective gear (such as a basketball along with eye goggles, a baseball with a batting helmet with a face shield). In fact, 90 percent of all sports-related eye injuries can be prevented by using the appropriate eye protection.
- Educate yourself on what products have been recalled. Contact the CPSC at (800) 638-2772 or go to [www.cpsc.gov](http://www.cpsc.gov).
- Keep toys meant for older children away from younger ones. Closely monitor all activities to make sure smaller children do not have access to toys that are not at their age-appropriate level.
- Inspect toys for sturdiness. Your child's toys should be durable, with no sharp edges or points. The toys should also withstand impact. Dispose of plastic wrapping material immediately on toys as they may have sharp edges.
- Never give toys with small parts to young children. If a part of a toy can fit inside a toilet paper roll, the toy is considered a choking hazard and is not appropriate for children under the age of 3.

## Martin County Holiday Family Events

December 1,3-5 @ 7pm  
Singing Christmas Tree  
Hobe Sound Bible College

December 2nd @ 6pm  
"A Sacred Journey"  
Blake Library

December 3rd @ 7pm  
Stuart Christmas Parade

December 4th @ 1pm  
Hobe Sound Christmas Parade

December 4th @ 3pm  
Indiantown Christmas Parade,

December 4th  
30th Annual MC Christmas Boat Parade

December 10th -12th  
@ 6:30-8:30pm  
The Grand Miracle  
New Hope Fellowship

December 11th  
YMCA Bell Run & Toy Drive  
7:30am 5K starting and ending at YMCA on Monterey Rd.  
8:15am 1/2 miles kids walk

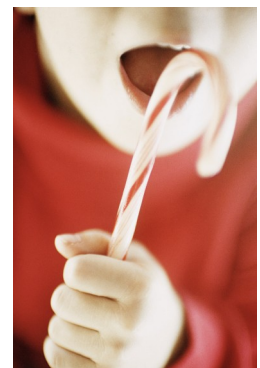
December 12th @ 2pm  
Vocal Christmas Concert  
Immanuel Lutheran Church Fellowship Hall

December 18th @ 12-8pm  
Port Salerno Christmas Jamboree  
Downtown Port Salerno

December 18th @ 6pm  
Messiah Sing-A-Long  
North Stuart Baptist Church

December 19th @ 3pm  
Messiah Sing-A-Long  
North Stuart Baptist Church

December 11,12,  
17-19 @ 7pm  
Living Christmas Tree  
First Baptist of Stuart



## Did You Know?

**Babies are at an increased risk for SIDS (Sudden Infant Death Syndrome) during winter months, due to extra blankets and bedding in the crib. To help reduce risk: Remember to always place your baby on it's back and instead of bundled blankets dress your baby in footed sleepers. Not only are they cute and cozy, but they're also safer!**

## Support the Healthy Start Coalition!

### Your gift can provide:

- \$30:** *Infant CPR class for 1 participant*
- \$60:** *Crib for an infant*
- \$100:** *Materials for Health Education and Literacy Classes*
- \$250:** *Prenatal Care Assistance for mothers-to-be in need*
- Other:** \$ \_\_\_\_\_ *Support for the continued operation of the Prenatal Outreach Center*

*Please make checks payable to:  
Martin County Healthy Start Coalition*

### Return this form with your donation to:

Martin County Healthy Start Coalition  
2026 SE Ocean Blvd.  
Stuart, FL 34996

Or donate online at: [www.mchealthystart.org](http://www.mchealthystart.org)

*Thank you for your support of Martin County Healthy Start Coalition*

## HEALTHY START SCREENING RATES

Prenatal and Infant Screening Rates are crucial to the success of the Healthy Start Program. Each obstetrical provider serving Martin County residents is tracked on the number of clients who accept Healthy Start services and consent to the Healthy Start screen. Each practice has developed its own way to promote the crucial Healthy Start Program. The following screening rates are for this fiscal year, from July 1, 2010—September 30, 2010.



Featured Healthy Start baby entering screens!

### *Prenatal Screening Results for Martin County Residents*

*2010-2011*

- **Martin County Health Department—123/126, 98%**
- **Women's Health Specialists—49/56, 88%**
- **Physicians to Women—31/38, 82%**
- **Women's Health Care of Pt. St. Lucie—9/9, 100%**
- **St. Lucie Women and Children—5/5, 100%**
- **Palm Beach County—24/44, 55%**
- **Okeechobee County—1/1, 100%**

*Thank you*

Thank you to all of our providers and those who administer screens for your continued attention to consent rates! You are truly helping every baby have a healthy start!