



Coalition News

May—June 2010

2026 SE Ocean Blvd.

Stuart, FL 34996

Phone: 772-463-2888

Fax: 772-463-2896

www.mchealthystart.org

LETTER FROM THE EXECUTIVE DIRECTOR

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.

Greetings,

This year's Annual Luncheon was a wonderful opportunity to celebrate the year's accomplishments in the maternal and child arena of Martin County. I am thankful to have the opportunity to recognize community partners who have gone above and beyond to ensure a healthy start for all babies born in Martin County.

Whole Child Connection has partnered with Healthy Start to increase access to services for Healthy Start clients. The two agencies have been able to cost share several Health Navigator positions in order to more effectively and efficiently serve Martin County families—Health Navigators are located in targeted communities to increase access to food stamps, Medicaid, and KidCare coverage for infants and their families in need.

The Martin County Chapter of the American Red Cross has worked with the Prenatal Outreach Center to provide Infant CPR training and Safe Sleeping education through the Beds 4 Babies program. Beds 4 Babies aims

to decrease the occurrences of SIDS in Martin County. Over 402 residents have participated in the Beds 4 Babies classes since they began in 2007.

The Healthy Start Care Coordination team has worked tirelessly to provide core services to pregnant women and infants in need. They have gone above and beyond to ensure first-hand that every infant in Martin County is born healthy and have seen decreases in infant mortality, fetal mortality, and low birth weight and premature infants.

Lorene Grant has served as a community advocate in East Stuart for the past 4 years. She has linked hundreds of women to the Prenatal Outreach Center and Care Coordination to ensure a more positive birth outcome. She is widely known in her community as the person to go to for help, advice, or referrals for all things related to pregnancy. She has touched countless lives and is a blessing to the East Stuart community and to Healthy Start.

Ellie Duell and Dale Marti-

nez were recognized as the President's Choice and Board Member Service Recognition Award recipients. Ellie has gone above and beyond her role as the receptionist at Healthy Start's main office to tirelessly support and encourage the Healthy Start Staff and Board. She is truly an inspiring force behind all of Healthy Start's efforts. In Dale's years as a Board Member, she has yet to say no to any opportunity to volunteer in any capacity to support Healthy Start—and she always does so with a smile.

The Father and Child Resource Center continues to be able to provide free legal advice to fathers hoping to play a quality role in their child's life thanks to the volunteer attorneys who sacrifice their time to help fathers in need.

Thank you to all of our community partners whose efforts provide a brighter future for babies in Martin County, and I look forward to the successes of the upcoming year.

Sincerely,
Lisa Olds, 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

Rossana Gonzalez
Hibiscus Children's Center

Healthy Start Funders



Children's Services Council
OF MARTIN COUNTY



United Way
of Martin County



Allegany Franciscan Ministries, Inc.

Summer Safety Tips for Your Infant

As summertime approaches, many new opportunities arise for outdoor activities for you and your infant. By following a few simple safety precautions, you can confidently enjoy this time with your infant.

- Be mindful of sun exposure—because of their thin skin, infants under six months should not be exposed to direct sunlight, and only a minimal amount of sunscreen should be used. Bring light blankets and towels, umbrellas, and hats to the beach or pool to cover your infant and minimize sun exposure.
- Keep hydrated—nursing infants should be breastfed more often during the warmer months to rehydrate. Ask your doctor for recommendations to ensure your baby is well hydrated.
- **Never** leave your infant alone around water. It only takes a few inches of water and seconds for an infant to drown.
- Be mindful of the thickness of material used in car seats—be sure the material allows for air circulation to prevent over-heating.
- Always take a moment to



survey new environments—simply scanning your surroundings can raise your awareness to possible safety issues. As always, be aware! Being mindful of your infant's safety during the summer months will ensure an enjoyable time for both parents and infants!

Hurricane Preparation Tips for Pregnant Women

- Make a list of all the medications and prenatal vitamins you are taking, and put the list in a sealable plastic bag with your hurricane emergency kit.
- Whenever evacuating or staying at an emergency shelter, bring 2 weeks worth of medications and vitamins.
- When possible, bring original prescription containers with you, which will allow pharmacists to fill your prescriptions during an emergency.
- Communicate with your health care provider's office to let them know where you will be staying during the hurricane.
- Ensure that your health care provider has a phone number where you can be reached.
- If you are having complications with your pregnancy, discuss safe options for evacuation during a hurricane, and whether it would be better for you to stay at the hospital during the storm.
- Tell your Healthy Start Care Coordinator where you plan to go during the hurricane.
- For more information, call the Family Health Line: 1-800-451-2229

Martin County Healthy Start Coalition Staff

Lisa Olds
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

Kim Waser
Community Liaison

Dulce Angulo
MomCare Advisor

Ellie Duell
Receptionist



Martin County
Healthy Start
Coalition

Annual Luncheon
Friday, May 21st, 2010
11:30am - 2:30pm
Monarch Country Club

Guest Speaker:
Dr. Myra McPherson
"The Value of Our Chosen Profession"



LC Campbell, Board President, receiving a plaque for his service to Healthy Start



Healthy Start Hero Lorene Grant



President's Choice Award Recipient Ellie Duell



Healthy Start Staff & Care Coordinators: Cynthia Roderick, Elaine Gable, Rosie Carcano, Audrey Brooks, and Lisa Olds



Jim Hagen accepts the Healthy Start Hero Award for the American Red Cross and their participation in "Beds 4 Babies"



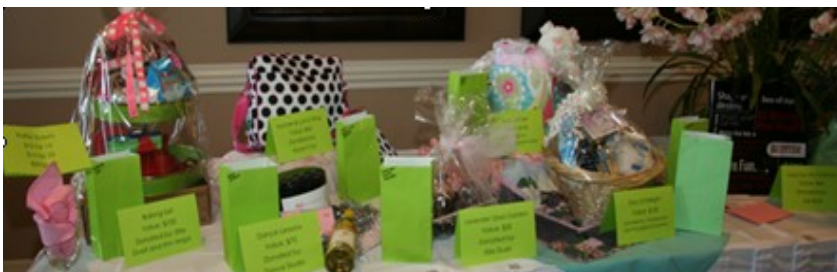
Healthy Start Hero Nicole King, Executive Director of Whole Child Connection



Guest Speaker Dr. Myra McPherson



Healthy Start Hero: Board Member Dale Martinez with Lisa Olds, Executive Director



Father and Child Resource Center Volunteer Attorneys Renee Stephens and Eula Clarke with David Cardno, FCRC Director

Did You Know?

402 Martin County residents have participated in Healthy Start's Beds 4 Babies Program since 2007

Participants receive Safe Sleeping Education and Infant CPR Training in an effort to reduce the risk of SIDS (Sudden Infant Death Syndrome).

Classes are offered in English and Spanish, one-on-one or in a group setting. Participants receive a safe sleeping bed and are instructed on how to use it properly in order to ensure the safest sleep for their infant.

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

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, 2009 through April, 2010.



Featured Healthy Start baby entering screens!

Prenatal Screening Results for Martin County Residents

2009-2010

- Martin County Health Department— 400/424, 94%
- Women's Health Specialists— 187/216, 87%
- Physicians to Women— 197/250, 79%
- Women's Health Care of Pt. St. Lucie— 16/16, 100%
- FCHC (Ft. Pierce)— 11/11 100%
- Palm Beach County— 56/117, 48%
- Broward County—3/3, 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!