

# Starting Off Right

A Quarterly Newsletter from  
Healthy Start Coalition of Jefferson,  
Madison & Taylor Counties, Inc.

FALL 2013



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## Healthy Start Leadership Supports School Turnaround Efforts

***Urges district leadership to raise awareness of the important  
link between maternal health and school readiness***

Tackling the challenges that have faced the Madison County School District for years—as well as the surrounding counties for that matter—effective turnaround strategies must be implemented. Driving to the grassroots of this effort, Superintendent of Schools Doug Brown is holding town hall meetings. “Together, we can turn this around,” Brown explains.

Traveling throughout the district to inform parents and community stakeholders of the plans that are in motion and to solicit feedback regarding the process, Superintendent Brown is urging the crucial participation that has often been lacking.

During Brown’s recent visit to Greenville Elementary School, Healthy Start Executive Director Donna Hagan and Healthy Start Board member Lucille Day were present, both being especially supportive of the Superintendent’s goals. Recognizing that health and education must work hand-in-hand to achieve sustainable success, each was imploring parents to recognize that scholastic achievement actually begins during pregnancy.

“For children to perform well as students and ultimately become

productive adults and parents themselves,” Hagan noted to an assembly of parents, “they must have a healthy foundation from the moment they’re conceived. This is not a notion; this is a proven fact.”

The evidence to which Hagan refers considers a mother’s health, as well as the living environment of her child from newborn through school age. Everything from eliminating substance abuse, smoking, and alcoholism to improving diet and increasing exercise and sleep are vital building blocks to achieving future academic success.

Consequently, Healthy Start leadership looks forward to bringing this information—along with their coalition of providers and stakeholders—to the forefront of the turnaround efforts and commend Superintendent Brown for his commitment to education, not to mention the resulting improvement for families throughout the community.



*Doug Brown,  
Superintendent of  
Madison County  
Schools*



## Welcome Our Newest Board Member

Dawn Taylor, who serves as President of the Taylor County Chamber of Commerce & Tourism Development, will be a welcomed addition to the Coalition leadership.



*Donna Hagan,  
Executive Director,  
Healthy Start  
Coalition of  
Jefferson, Madison  
& Taylor Counties*

## Tonya Bell Praised for Her Commitment to Families

Tonya Bell, who serves as Whole Child Advisor and Community Health Educator for the Healthy Start Coalition of Jefferson, Madison & Taylor Counties continues her commitment to serving families by her active participation in a variety of events throughout the tri-county area. However, it is her one-on-one activities that really set her apart. Utilizing an online resource, the Whole Child Connection, which is located at [www.wholechildtricity.com](http://www.wholechildtricity.com), Tonya meets with clients to perform a "Profile." This convenient and private interview tool creates a service report that refers clients to providers and is designed to address the needs of all family members, especially children. Tonya does nothing short of dialing the number for clients who need further assistance and will walk them through the entire process.

"We do whatever it takes," Tonya noted. "We're so pleased to have served so many, and I want to thank Donna Hagan and Cindy Hutto for all their help. There are so many more who could benefit from our services though, so, we intend to keep our foot on the gas!"



Whole Child Advisor Tonya Bell



Attending the Doctors Memorial Hospital's Girls Night Out Cancer Awareness Event in Perry, Tonya provided useful information and resources regarding Whole Child.



Tonya attended the Florida Community Health Worker Coalition 3rd Annual Summit in Orlando.




Tonya explains the Whole Child, KidCare, and Closing the Gap programs during the Title I Fall Family Fun and Learn Night in Monticello.



Tonya assists a client navigate the Whole Child Connection kiosk at the library in Madison.



During the 2013 Girls to Queens Empowerment Event sponsored by Florida Department of Health in Madison County and Boys to Kings, Tonya received a flower arrangement along with a certificate of appreciation for promoting health among teens.

Fl  rida  
KidCare



## Need Help with Affordable Care Act Activities?

### Affordable Care Act and the Federally Facilitated Marketplace

#### Websites and Telephone Numbers

- For questions about the Affordable Care Act, visit the Marketplace at [www.healthcare.gov](http://www.healthcare.gov)
- Or call 1-800-318-2596, 24 hours, 7 days a week. Deaf and Hard of Hearing TTY/TDD technology: 1-855-889-4325
- For help enrolling in the marketplace or for additional help from people or organizations close to where you live, go to [www.healthcare.gov/how-do-i-get-help-enrolling-in-the-marketplace/](http://www.healthcare.gov/how-do-i-get-help-enrolling-in-the-marketplace/) or <http://localhelp.healthcare.gov/>
- For a guide to the Affordable Care Act and information about health insurance reform, go to [www.myfloridacfo.com/division/consumers/HealthReform.htm](http://www.myfloridacfo.com/division/consumers/HealthReform.htm)
- If you have questions or concerns about licensed insurers in the state of Florida, please contact the Division of Consumer services helpline at 1-877-693-5236 or visit [www.myfloridacfo.com/Division/Consumers/PurchasingInsurance/VerifyBeforeYouBuy.htm](http://www.myfloridacfo.com/Division/Consumers/PurchasingInsurance/VerifyBeforeYouBuy.htm)



### Four Things for Women to Know:

- ① You won't be charged more for health insurance just because you're a woman.
- ② You can't be denied coverage or charged more due to pre-existing conditions like cancer or being pregnant.
- ③ You can choose from any primary care provider, OB-GYN, or pediatrician in your health plan's network without a referral.
- ④ You'll get free preventive care like mammograms, well-woman visits, contraception, and more.

Coverage starts as soon as January 1, 2014.

For more information about women's health, visit [www.cdc.gov/women](http://www.cdc.gov/women).

### Attention Community Partners!

From Cheryl Twombly, OMCI-DCF Community Partner Liaison, Circuits 3 & 8: In addition to the information above, the two links below contain additional information that may help you learn more about the insurance options under the Affordable Care Act. The first is an informational website

developed by the Florida Division of Consumer Services. The second link was developed by CMS.gov and contains training materials on the Health Insurance Marketplace. Please add these to resources you may be putting together as reference materials related to the changes coming under the ACA.

[www.myfloridacfo.com/division/consumers/HealthReform.htm](http://www.myfloridacfo.com/division/consumers/HealthReform.htm)  
<http://marketplace.cms.gov/training/get-training.html>

Locally, please contact ACA Navigator, Demetrie Tillman, at [demetrie\\_tillman@paec.org](mailto:demetrie_tillman@paec.org).

**Board Members**

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**Coalition Staff**

Donna Hagan  
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Cindy Hutto  
*Business Manager*

Lynn Elliott  
*QI Director*

Tonya Bell  
*Whole Child Advisor  
and Community Health  
Educator*

Marci Scanlan  
*MomCare Advisor/  
CTG Navigator*

Timako Glanton  
*CTG Navigator*

## **SNAP Benefits Cut for All Participants Starting Nov. 2103**

SNAP benefits have been reduced effective Nov. 1, 2013, because of the expiration of the American Recovery and Reinvestment Act of 2009.

USDA has information and resources that may help SNAP consumers stretch their food dollars, as well as be able to cook with a focus on both budget and nutrition. In a section titled, "Helping SNAP Recipients Prepare for November 1st Benefits Changes," which is located on the USDA site at [www.usda.gov](http://www.usda.gov), links to this helpful information may be found, along with additional updates regarding SNAP changes. Please assist your clients affected by this legislation by walking them through these resources. The change may seem small to some, but in the end, it represents several meals a month that must be replaced.

Assuming no other changes in income, household size, or expenses between October and November, the table below shows the decrease in SNAP benefits in November by household size.

Household Size	Difference
1	-\$11
2	-\$20
3	-\$29
4	-\$36
5	-\$43
6	-\$52
7	-\$57
8	-\$65
Each add'l person	-\$8

This change will affect each household. To make sure they get the correct SNAP benefit, clients should give their caseworker information about their household.



### **Community Sponsor Spotlight**

Betsy Rykard is the Human Services Program Specialist with the Tobacco Prevention Program. Her role is to educate the people of Madison County about the No. 1 preventable cause of death: smoking, and all forms of tobacco use.

## **November is Prematurity Awareness Month**

In Florida, we believe every baby deserves a healthy start. However, one in eight babies born in the United States is born too soon, and babies born just a few weeks early—between 37 and 38 weeks gestation—make up a growing proportion. Babies born early—even just a few weeks early—are more likely to have negative birth outcomes, including developmental delays, poor organ function and even death.

Ensuring that babies have the chance to fully develop in the womb is the first step to a healthy start. At least 39 weeks of pregnancy gives a baby all the time it needs to grow before birth. For a helpful guide to more information, please visit [www.39weeksfl.org](http://www.39weeksfl.org).



### **Everyone's WISH: a Healthy Baby**

WISH (Women & Infant Survey for Health) is Florida's public health survey to improve maternal and child health services. If you receive a WISH survey in the mail, help other Florida moms by telling us your pregnancy story.

Call 1-800-922-7475 for more information about the WISH survey.