

Starting Off Right

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

Winter 2012



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Healthy Start Thanks Board Members for Service

The Healthy Start Coalition of Jefferson, Madison & Taylor Counties, Inc. recently recognized two distinguished Board members for their dedicated service to pregnant women and children in our area.

David Driggers, Vice-President of Farmers & Merchants, was honored for his eight years of providing valuable financial and business advice to the Coalition. David resigned his position with the Board after being transferred from the Greenville branch where the Coalition is located to the Thomasville operations of FMB. Current Board Chair, Gladys Roann, says, "David should be recognized for his quiet dedication to our most vulnerable citizens. It will be hard to replace him." The Coalition will be recruiting a replacement for David from Jefferson County; persons interested in making nominations should contact Cindy Hutto at cjhutto@healthystartjmt.org.

Fifteen years is the tenure served for one dedicated Taylor County representative, Mrs. Mary Wallace. From 1996–2011, Mary championed the cause for healthy babies using her role as a nurse to propel the cause for Healthy Start screening. Executive Director Donna Hagan says of Mary's expertise, "[Mary's] unique experience as a Healthy Start screener, a public nurse, and community advocate was invaluable to furthering the mission of the Coalition. No words can articulate how she will be missed."



Top: David Driggers accepts a plaque from Cindy Hutto, Donna Hagan and Tonya Bell. Above: Mary Wallace proudly displays her own plaque.

Healthy Start Welcomes Newest Board Member

A new Taylor County representative was elected by the Coalition membership on Jan. 30, 2012, to fill Mary Wallace's vacancy. Emily Ketring, wife and mother of three children, and a lifelong citizen and native of Taylor County, graciously accepted the role. Since 2005 she has served as Mayor of Perry and is also currently coordinating the Sexual Assault Response Team (START) through Refuge House. As a community advocate, she has also served in other roles, such as the past President of the Boys & Girls Club Council, Relay for Life, March of Dimes Walk Chair, and the North Florida Community College Foundation Board. She holds a Bachelor of Science in Human Services and is involved in various planning and government boards. Healthy Start is truly thrilled to add her expertise to the remaining cast of Board members at the Coalition which include our Chair, Gladys Roann, a retired nurse; Tomica King, school readiness provider; Tim Sanders, Clerk of Court for Madison County; Lucile Day, retired educator (and 17 more titles); Deidra Newman, Public Relations Coordinator for North Florida Medical Centers; Eric Scott, Taylor County Head Start Director; and Ernest Bruton, Department of Health official. "We are truly blessed to have such distinguished members that volunteer for the cause of healthy babies on our communities," said Lynn Elliott, retired Public Health Nursing Professor from FSU and consultant to the Coalition.



Left to right: Tonya Bell, Cindy Hutto, Emily Ketring and Donna Hagan.

Healthy Start: Guiding Women Along the Path Toward Becoming Healthy Moms and Having Healthy Children

Jefferson County Healthy Start Remains Committed to Healthy Maternity Outcomes

There are no do-overs when it comes to maternal and infant health, and although many believe there are plenty of years to correct maternal and early childhood mistakes, evidenced-based research shows just the opposite. In fact, more and more experts agree that the healthy choices from pregnancy through five years of age are the most critical to long-term mental, physical and emotional health.

Healthy Start is a comprehensive program promoting optimal prenatal health and developmental outcomes for all pregnant women and babies in Florida. In Jefferson County, however, mothers experiencing poor education and poverty continue to rob newborns of the healthy start they deserve, which is why the great staff of **Healthy Start** works with these mothers by providing them the resources they need to reduce infant mortality, reduce the number of low birth weight babies and improve health and developmental outcomes.

In spite of the obstacles, **Healthy Start** counselors Jennifer Brown and Derylene Proctor continue to receive praise from both clients and co-workers. Impressively, their contributions typically extend well beyond the prescribed services, with each contributing to numerous success stories that illustrate the fundamental role and importance of the **Jefferson County Healthy Start** program.

Success!

Recognizing the importance of delivering and nurturing a healthy baby, Lanetra Murray



(left) expressed her appreciation for both the Jefferson County Healthy Start Program and her counselor, Jennifer Brown (right).

**Pregnancy
BEGIN HERE**

Care Coordination and Outreach

Breastfeeding and Childbirth Education

Parenting Education and Support

Smoking Cessation Assistance

Nutritional Services and Counseling

Psychosocial Counseling

Home Visits



**HEALTHY MOM + HEALTHY BABY
= Healthy Start**

Success!

LoWandera Moore stands behind her Healthy Start Counselor, Derylene Proctor, who helped



from the time of LoWandera's prenatal care through newborn and early childhood services. Now a professional cosmetologist in Tallahassee, LoWandera considers her

counselor a close friend and mentor, giving Derylene credit for her professional development as well.

Jefferson Whole Child Introduces Tallahassee Lenders' Consortium



Who is the Tallahassee Lenders' Consortium?

- TLC is a non-profit organization, created in 1993 by the city of Tallahassee and local lenders
- TLC's mission is to make the dream of homeownership a reality by improving people's ability to obtain and retain safe, decent and affordable housing through creating housing options; providing homebuyer education; and providing access to affordable financing.

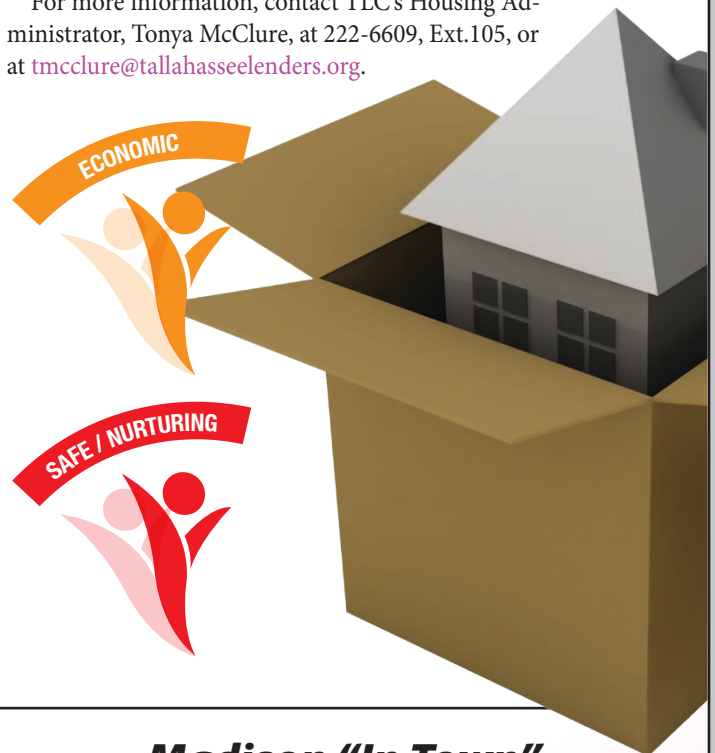
What does TLC do?

- TLC helps low income families realize their dreams of homeownership while helping them build an affordable future, and in the process, help build stronger communities, one family at a time.
- TLC believes in the importance of homebuyer counseling and education and knows that the services they provide build a strong foundation for their clients on which to succeed and help them to become successful homeowners.
- TLC's pre-purchase counseling and education equips families so they can make the best decisions for themselves, including priority spending decisions, and reduces the possibility of future delinquency and default. This has been proven through their low foreclosure rate—**only 1.56%** of the clients they have counseled and who have received their down payment assistance through the program they administer for the city of Tallahassee from 2000–2011 have lost their homes through foreclosure.
- Through credit counseling, TLC helps families rebuild and restore their credit.
- Through their budgeting counseling, TLC helps families

learn to live within their means. TLC has a strong emphasis on savings.

- Through their delinquency counseling program, TLC helps families keep their homes.
- TLC believes that what they do greatly affects a family's quality of life, especially the children.
- TLC has helped over 1800 families purchase homes through their down payment assistance program.
- TLC provides counseling to over 1000 families annually.

For more information, contact TLC's Housing Administrator, Tonya McClure, at 222-6609, Ext.105, or at tmccclure@tallahasseelenders.org.



BLACK 2012 HISTORY MONTH

The 2012 Office of Minority Health (OMH) Black History Month theme is "Black Women's Contributions to Health and Culture." This theme is a commitment to exploring the roles Black/African American women played in the making of America and one that we believe helps frame our activities around health in the context black history this year.

Visit www.doh.state.fl.us/Minority/BHM.html for more information, including a schedule of events and webinars celebrating Black History Month as well as black history facts from around Florida.



Madison "In Town" Transportation Shuttle

Monday, Wednesday, Friday
7:30am–4:50pm
50¢ per ride

17 Stops Around the City of Madison:

Southern Villas	Harvey's
Colonial Apartments	CVS Pharmacy
Cambridge Manor	Hospital
Hilltop Apartments	Courthouse
Madison Heights	One Stop Career Center
Health Department	NFCC
Suw. River Economic Council	Library
Clover Farm Grocery	Winn Dixie
FL Dept. of Children & Families	

Call Big Bend Transit for Route Schedule
850-973-4418

Board Members

Gladys Roann
President

Deidra Newman
Vice-President

Ernest Bruton
Secretary/Treasurer

Tim Sanders
Madison County Member

Lucile Day
Madison County Member

Emily Ketring
Taylor County Member

Vacant
Jefferson County Member

Eric Scott
Taylor County Member

Tomica King
Jefferson County Member

Coalition Staff

Donna Hagan
Executive Director

Cindy Hutto
Business Manager

Lynn Elliott
QI Director

Tonya Bell
*Whole Child Advisor
and Community Health
Educator*



Sleeping with your baby in bed with you



turns your baby into a target.

The American Academy of Pediatrics Task Force has found that rates of bed-sharing are increasing. The conclusion of the task force is that bed-sharing, as practiced in the U.S. and other western countries, is more hazardous than when infants sleep on a separate sleep surface. It is recommended that adults not share a bed with their baby. An infant may be brought into bed for nursing or comforting, but should be returned to her own safe space to sleep when the adult is ready to return to sleep.

Safe Sleep Guidelines

Parents should

- put Baby to sleep on his back. Babies who sleep on their backs are safer.
- provide a separate but nearby sleeping environment. Baby should share a room with her parents, but not a bed. The risk of SIDS is reduced when an infant sleeps in the same room as her mother.
- never put baby to sleep on a couch or a chair. A crib, bassinette or cradle that conforms to safety standards is recommended.
- never lay Baby down on or next to a pillow. Pillows are extremely dangerous for infants as they can cause suffocation.

- make sure that the only item in the crib with Baby is a mattress, covered by a tight-fitting sheet. Bumper pads, blankets and toys endanger Baby.
- not ever use infant sleep positioners. The FDA reports that there have been 12 known deaths associated with these products.
- dress Baby in a one-piece sleeper to keep him warm in winter.
- keep the thermostat set to a temperature that is comfortable for the whole family, but the house should not be too warm.
- never smoke in a house where an infant or child lives.

***Infant, Toddler & Preschool
Developmental Screening***

Ages: Birth to 5 years

Tuesday, March 27, 2012

1:00 to 5:00

***Jefferson County Health Department
1255 West Washington St., Monticello***