

Starting Off Right

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

SUMMER 2018



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Please Help Us Thank Our Community

The residents of Jefferson, Madison and Taylor counties will be receiving a copy of their respective "State of the Infant," the Coalition's 12-page, 2017-18 annual report by mail shortly. In addition to useful health updates and information, the colorful and promotional publication will provide the reader a look into the heart of Healthy Start and why the Coalition is so vital to the communities it serves.

A popular and proven professional in childhood development noted that the best predictor that a child will reach maturity and achieve lifestyle success is having an adult who says, "I'll walk this walk with you." Of course, this assumes that those accompanying the child are in a good place, too,

with access to providers who care and are experienced at helping families thrive. We hope our publication will assist families in reaching that goal.

Delivering timely messages to mothers and infants, the report also offers the whole family the resources

and referrals needed to get them to the place and lifestyle they deserve. As a way of saying thank you and adding a little fun, the Coalition is giving away a new iPad and \$100 gift card to two readers.

In early August 2018, please look for the *State of the Infant Healthy Start Annual Report*, which will be posted on the website as well. Please see the back cover for giveaway details and encourage all to enter to win.



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Don't Miss Our Giveaway

Healthy Start is awarding one lucky reader a \$100 gift card and the child of another reader a new iPad. As you read this publication, just find the picture of the iPad, and email us at HopeToWin@healthystartjmt.org to let us know the page you found it. Or to win the \$100 gift card, just find the word "Bell" and email us to let us know the page you found that word. Be sure to include your phone number in the email - the two winners are guaranteed. Entry deadline is 8-17-18; winners will be notified 8-22-18. Sharing a few gifts with our wonderful community is our pleasure because nothing is more important than the health of our children.

Coalition and Kiwanis Host Celebration of Mothers

For over 25 years, Healthy Start Coalitions throughout the state have literally taken the lead to ensure that every baby thrives. In fact, Executive Director Donna Hagan has made that her marching orders every day, where she and her dedicated staff at the Healthy Start Coalition of Jefferson, Madison & Taylor Counties perform outreach and health education services daily, including home visiting, referrals, and community events.

To promote this commitment to pregnant women and new mothers, the Coalition teamed

with Madison Kiwanis Club to host the Celebration of Mothers in Sumpter A. James Park on May 11 in Madison from 10 a.m. to 2 p.m. Dozens of families and over 80 mothers attended the fun and informative event, fighting the heat to meet local providers, connect with vendors and materials, and to get pampered for a few hours. Wonderful handouts and prizes were provided, along with a grand prize that included a cash prize and a delicious steak dinner for two.

“We’re so appreciative of the Madison Kiwanis Club for

providing resources and time to make this event such a success,” said Executive Director Donna Hagan. “All the providers and volunteers did so much, but we mostly want to recognize the moms who attended. Our mothers and babies are our future, and we encourage everyone to contact the Coalition anytime for more information. We’ll help any way we can,” Hagan explained.

The Healthy Start Coalition of JMT can be reached at (850) 948-2741, or email cjhutto@healthystartjmt.org. Thank you!



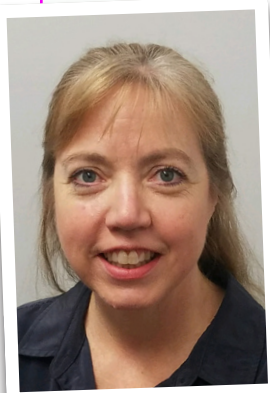
Healthy Families Project Manager Thanked for Her Service



Rebecca Severin, center, is given a supportive farewell after serving as Program Manager for Healthy Families Seven Rivers for the past several years.

When Healthy Families Seven Rivers, a child abuse prevention and family health education provider with the Ounce of Prevention Fund of Florida, opened their local office in Greenville, Fla., under the fiduciary oversight of Healthy Start JMT Executive Director Donna Hagan, there was an immediate need for a project manager capable of launching local services. Meeting this challenge, Rebecca Severin, MPH, CPH, began the arduous task of staffing and delivering these home-visiting programs.

After serving for several years, Rebecca has taken a position out of state, and her replacement, Paula Roberts, has come aboard. Please join us in thanking Rebecca for her service and welcoming Paula as Healthy Families ramps up, including a key role in launching the new Coordinated Intake and Referral Program.



The Coalition welcomes Paula Roberts as the new HFSR Program Supervisor.

Coalition Donates Resource Directory Kiosk

Evelyn Prater, the receptionist at the Leon County Human Services Center in Tallahassee that includes Big Bend CoC, Children's Home Society and DISC Village, demon-

strates the donated Whole Child kiosk located in the building's lobby. Providers, clients, and visitors can conveniently connect to the Whole Child Leon Resource Directory and

the Department of Children and Families (DCF) ACCESS system. Healthy Start Coalition of Jefferson, Madison & Taylor Counties has supported Whole Child for over a decade, acquiring several kiosks for use by local partners to assist residents access public and private resources they need and deserve to thrive. As new and expanded local assistance has emerged, Coalition leadership was pleased to find new homes for the kiosks in coordination with Executive Director Courtney Atkins at Whole Child Leon.



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Community Health Begins with Community Education



► **Tonya Bell conducts her Women's Health Workshop, "Tonya's Healthy Happy Hour," at the Madison County library. Educating young women about the importance of knowing their family history, seeing their doctors regularly, and making an overall effort to prepare their bodies for healthy pregnancies will contribute to a healthy lifespan.**

► **Workshop held in Jefferson County library targeting young ladies ages 13–19 was attended by 12 young ladies and two parents. The ladies were very receptive to the information they received. A few topics discussed were unplanned pregnancies, STIs, folic acid, exercise, contraceptives, domestic violence, stress and more.**



◀ **Community Testing Day was hosted at Hill Top Apartments in Madison County where the community was invited to come out for free health tests, such as HIV, Syphilis, Sickle Cell, A1C, blood pressure, and cholesterol. Community Health Educator Tonya also provided information on Florida KidCare programs, as well as introducing resources for parents with children, along with general information for maintaining health during all stages of life. North Florida Medical Center, Department of Health in Madison County, and other providers also participated.**

◀ **Big Bend Cares/Care Point Health & Wellness Center, Sickle Cell Foundation, and DOH in Leon County were among participating providers.**



◀ **The Annual Community Emancipation event held at Loughridge Park in Perry attracted over 200 attendees this year. This wonderful community event was sponsored by the Department of Health in Taylor County and the Healthy Start Coalition, providing an array of community resources and health information for all children, adults, and elders who came out for the event.**