

# Healthy Start

Special Delivery!



Jan-Feb-March 2012



## Director's Report - Martha Zimmermann, E.D.

**Healthy Start Coalition  
Board of Directors  
20 YEARS OF SUCCESS!**

The Healthy Start Coalition of Santa Rosa County, Inc. is a non-profit organization whose mission is to decrease infant mortality, decrease low birth weight babies, and promote positive child development. We are governed by a volunteer board of directors and our coalition membership is open to any Santa Rosa County resident. The Coalition looks to the community for support of our efforts in a number of ways. Coalition membership and participation is one and supporting specific programs with cash or in-kind donations is another. Two major programs that we provide that are dependent on community support are "Cribs for Kids" and the Healthy Start County-Wide Baby Shower being held October 6, 2012.



Being a grassroots organization in our 20<sup>th</sup> year of operation, Healthy Start is responsible for bettering maternal and child health in Santa Rosa County. There are so many things that go into having a healthy baby including the mother's health before she gets pregnant, during her pregnancy, and the safety of the baby after birth, not to mention all the positive interaction with the infant by parents and caregivers after the birth. With the generosity of community partners, such as Mr. Claude Duval of the Local Yokel, we were able to purchase 10 "Pack 'n Play" units as cribs for new parents to use as safe resting places for their babies. One of our programs, Cribs For Kids® provides cribs, with an educational component, to new parents who have no other means of obtaining a safe place for their

babies to sleep. We do not just hand them a crib, we provide a whole educational component with the "Pack 'n Play," including how to set it up properly and a 30-minute class on safe sleep for their baby. We then also follow up at a later date to see if they are correctly using it. Healthy Start works in our community because of the generosity of Mr. Duval, and other community partners who help make programs like this one possible.

April 1, 2012, we will have been in our new offices for one year. We also extend a huge thank you to another wonderful community partner, Mr. Phillip Wright, CEO of the Santa Rosa Medical Center, for the office space that he provides for our use. The Santa Rosa Medical Center has also been a major sponsor for the Healthy Start Baby Shower since its introduction in 2008. It has been a very successful, fun and educational event each year, and Santa Rosa Medical Center has generously contributed to that success.

- Betty Arnold, Chair**  
Retired-Child Advocate
- Randall N. Fleming, Treasurer**  
Florida Dept. of Children & Families
- Anna White, Secretary**  
Retired-Family Advocate
- Jewell (Butch) Miller**  
Retired-Community Representative
- Guy Thompson**  
Milton Mayor & UW Director
- Dr. Luis Ghigliano**  
Pediatrician
- Dr. Helen Turner**  
Dentist
- Patsy Catone**  
Pregnancy Resource Center
- Sandy Park-O'hara**  
Santa Rosa County Health Dept.  
Administrator
- Conni Carnley**  
Santa Rosa County School District
- Melissa Bracken**  
Early Learning Coalition

It does take an involved community to have a healthy community and raise healthy children. Let's continue working together to keep our infant mortality rate below that of the State and keep Santa Rosa County the best place to raise a family. For more information or to make a donation please contact the Healthy Start office at 626-6751.

*Martha*



# Bowman's Bytes

by Barbara Bowman, MSW, Health Planner

February, the month of Valentine's Day and declarations of love, is upon us. Many of us take the time to show gestures of love and respect on this one day a year specifically set aside to let our loved ones know who they are and how much we care. There are lots of other days on which to show love and kindness to our loved ones and those who live in our world. There are lots of things that can be done to accomplish this and it will very likely produce a really warm feeling for the person doing the kindness as well as for the recipient.

It's often little things that make people feel special. Recognizing &/or acknowledging them in some way is a plus but you may invite them to an activity, pay a complement, send a card or letter in the mail, smile more, hold or open a door, make them a "secret pal," or proffer any unsolicited gift or act of assistance. Doing more of these things, and not just on special occasions, can make otherwise ordinary days a bit more interesting and enjoyable.

One huge gesture of love and respect for yourself and others is quitting a tobacco habit, something that is a real sacrifice and challenge for a lot of people. But I can't think of a greater kindness than to stop polluting the environment that you share with the people you love. In this case, doing something nice for those living with or around you is even better for you than it is for them! You increase your life expectancy when you quit smoking so you may have more quality time with your loved ones as well!

If you need motivation &/or incentives to help "kick the habit," you just have to take a few minutes to determine what those motivators are for you. Some common ones are improving your health, improving a romantic relationship, providing a healthy environment for a pregnant woman or newborn, getting closer to your family members, or increasing your self confidence. Incentives could include starting a savings account, retirement, or college fund with the money that used to be spent on tobacco products; getting discounts on all kinds of insurance; having fresher surroundings; and having hands free to start a new hobby!

An example of motivation and incentives: Smoking was the one habit my dad had that he indulged in even though money was always tight for our family of seven. My dad began smoking when he was 8 years old and he tried to quit many times, but he wasn't actually able to quit until he had surgery and saw what the doctors were pumping out of his lungs—that

was his motivation! And the former cigarette money in his pocket, revived taste buds, and better health were the incentives to stay tobacco free! He even took up cooking and learned to can the vegetables from his garden!

The State of Florida has been proactive in providing smoke-free environments and it's gratifying to see that more and more states are providing smoke-free environments inside and outside of buildings, on public transit, and at businesses such as restaurants and shopping centers/malls. These acts of law are benefitting our health, our environments, and our quality of life as a society. Many private businesses are also joining the movement to become smoke-free for the benefit of their employees and the success of their businesses. It cuts their health care costs, too!

Show a little love every day and love yourself by breaking the smoking habit. A smoking/tobacco habit is one of the most difficult habits to break but with the right motivation and some incentives it can be done. Support is available for the quitter—there are free smoking cessation classes provided through the SRC Health Department and AHEC, and the State's QuitLine is a real life line for people who want to quit the tobacco habit. Healthy pregnant women, new babies, and children of all ages are great motivators and the feeling better and the money you will save by not buying cigarette products are great incentives.

Healthy Start works hard to provide whatever is needed to help assure we have healthier babies in Santa Rosa County. A great way to help us, is to contribute to assuring smoke-free environments in which they can develop and live. **Show a little love and Help Us Give Every Baby A Healthy Start! You'll be glad you did!**

*Barbara*

## *A few more Bytes for Moms...*

**Babies exposed to smoking during pregnancy are more likely to: be born prematurely and with low birth weights, to have respiratory problems, and have a higher risk for SUIDS.**

**Whatever mom does—baby does—BUT baby's system is so small that the effect IS INTENSIFIED as the substances come directly through the blood stream from mother to unborn child and in breast milk when the baby is nursed. Second-hand smoke is also a continued risk for SIDS, is hazardous to babies and children, inciting respiratory problems, allergies, and other diseases later in life.**

# Bits 'n Pieces

## Santa Rosa Transit



Do you have a My

### ACCESS Account?

**My ACCESS** Account gives you with a safe way to check your public assistance "account" information, such as food stamps and Medicaid. You can register your own user ID and manage your own password and account through a secure site. Your My ACCESS Account gives you a way to view your case information through the Web at your convenience, twenty-four hours a day seven days a week.

**My ACCESS** Account can be accessed by going to [www.myflorida.com/accessflorida](http://www.myflorida.com/accessflorida)

**My ACCESS** Account allows you to:

- \*View current benefits
- \*View the date benefits will be available
- \*Print a Temporary Medicaid card and request a replacement Gold Medicaid card
- \*See when your next review is due
- \*See when an appointment is scheduled
- \*View benefit account history
- \*View a list of verification needed
- \*View documents received by DCF
- \*Complete a recertification review on current benefits
- \*Report a change
- \*Apply for additional assistance
- \*View and reprint notices
- \*Reset your password online

### What to Look for:



Santa Rosa Transit is a public transportation service open to all, but with a focus on providing transportation to and from work for Santa Rosa residents. Routes are mainly along U. S. Highway 90, from the East Milton Industrial Park to a connection to the Escambia County Transit system at Nine Mile Road and University Parkway. Stops also include area health care services, government offices, nonprofit organizations and shopping centers. Service is available Monday through Friday only. The bus service has been a pilot program, which was recently evaluated and will continue to operate.

Transportation doesn't have to be an obstacle for college students! Santa Rosa Transit has a new stop at the Pensacola State College Milton Campus. In addition to helping students along U.S. Hwy. 90 reach the Milton Campus, the new stop now makes it possible to travel on the bus between the Milton and Pensacola campuses of Pensacola State College. UWF students can still catch a trolley to campus from the Santa Rosa Transit stop on University Parkway.

This program is made available through grants from the Federal Transit Authority, state toll revenue credits, and \$33,140 from the Santa Rosa Board of County Commissioners.

Call 850-626-8606 or visit [www.santarosa.fl.gov/transit](http://www.santarosa.fl.gov/transit) for more information.

## Smoking Cessation

 The Florida Quitline is toll free

1-877-822-6669 or 1-877-U-CAN-NOW

& will counsel smokers as young as 11.

Call 983-5200 to register for Free Smoking Cessation Classes

### Class Start Dates:

March 1, 2012

April 26, 2012

June 21, 2012



# "Silent Killer" Stalks in Winter Months



Carbon monoxide (CO) is an invisible and odorless gas, which is produced when burning any fuel, such as gasoline, propane, natural gas, oil, wood, or charcoal. It is a silent killer, which causes illness by decreasing the amount of oxygen present in the body. Young children are especially vulnerable to the effects of carbon monoxide, because of their smaller bodies. Protect your children from [the Silent Killer](#). Young children are especially vulnerable to the effects of carbon monoxide, because of their smaller bodies. Children process carbon monoxide differently than adults, may be more severely affected by it, and may show symptoms sooner.

You won't know that you have a carbon monoxide leak, without a working detector. If you burn any fuels for heat or cooking, be sure that you have a working carbon monoxide detector and deter this silent killer. Follow some simple safety tips to help protect your family.

**Know the symptoms of carbon monoxide poisoning.** The most common symptoms include headache, fatigue, nausea, vomiting, and confusion. In severe cases, the person may lose consciousness or die. CO poisoning can often be mistaken for other illnesses, such as the flu. Often, more than one person in the household will suffer symptoms at the same time.

**To decrease risk of CO poisoning the following tips are recommended:**

- Install a CO alarm outside every sleeping area and on every level of your home.
- Place CO alarms at least 15 feet away from every fuel-burning appliance to reduce the number of nuisance alarms.
- Test alarms every month and replace them every five years.
- Make sure alarms can be heard when you test them and practice an escape plan with your entire family.
- Have all gas, oil or coal burning appliances inspected by a technician every year to ensure they are working correctly and are properly ventilated.
- Never use a stove for heating.
- Do not use a grill, generator or camping stove inside your home, garage or near a window.
- Never leave a car, SUV, or motorcycle engine running inside a garage, even if the garage door is open.
- CO can accumulate anywhere in or around your boat, so install a CO alarm on your motorboat.

**If your CO alarm goes off, follow these steps:** Get everyone out of the house as quickly as possible into fresh air. Then call for help from a neighbor's home or a cell phone outside of your home. If someone is experiencing CO poisoning symptoms, call 911 for medical attention. If no one is experiencing symptoms, call the fire department. They will let you know when it is safe to re-enter your home. <http://www.safekids.org/safety>

## **Babysitter Safety**

You need a trustworthy babysitter to keep an eye on your children while you're not at home. There are some [things you can do](#) to help keep your children safe when someone else is looking after them.



Start by walking through each room of your home and fixing any safety hazards you see. Try to have your kids bathed and fed when the babysitter arrives to keep dangerous activities to a minimum.

When the babysitter arrives, make sure to provide all the information he or she needs to handle an unexpected emergency. Before walking out the door, go through a series of "what if" questions to see if you've forgotten to cover anything. Click on the ["things you can do"](#) link above for more tips or go to: <http://www.safekids.org/safety-basics/safety-spotlight/babysitter-safety/>.



## **New Gadgets May Pose a Risk to Kids**

Inside mini remote controls, small calculators, watches, key fobs, flameless candles, singing greeting cards and other electronics, may be a very powerful coin-sized button battery. Safe Kids and Energizer have created this [powerful video](#) that you should watch -- and share to help get the word out about this little known risk to kids. <http://www.safekids.org/safety>

# "Walk for Mommy & Me!"

**Vendors & Walkers Needed**

**April 28, 2008; 10:00 a.m. to Noon**

**Call Dede Barrett @ 983-5250**

**for more information.**

**No walker pre-registration required.**

**Steering Committee meets Friday, 3/2/2012**

**@9 AM @ Health Department.**

**FDLE Car Seats are available!**

**Call Ginny Hinton @ 623-3868**

**for more information &**

**Certified Technician**

**Appointments**



# "Cribs for Kids"

**NOTE:**

If any of your clients have **no other options to get a crib for their baby**, contact Healthy Start at 626-6751 for them to get an application for a crib and safe sleep training. A Pac 'n Go with safe sleep accessories is used instead of a crib and everyone who is approved to get a crib is required to take the safe sleep class—no exceptions. A \$25 donation is asked from those who can pay it to help defray expenses for the program and get more cribs. ~~~

**DONATIONS FOR CRIBS ARE WELCOMED!**



**A Circle of Care for  
Pregnant Women**

**Ashley Turner,  
Maternity Care Adviser 983-5200**

**For Healthier Babies  
Get Healthy Start Screens  
& Please Keep ALL  
Prenatal & Well-Baby  
Appointments**

**Grandparents Raising Grandchildren and other Relatives ~ Second Thursdays Monthly 6:00 P.M.  
at Homewood Suites by Hilton, 5049 Corporate Woods Drive, Pensacola, FL 32504.**

**FREE Dinner beginning at 5:30 P.M. Reservations requested by calling 850-432-1475.**

**Child Care Provided FREE on-site.**

**County of Residence is NOT a requirement.**

As part of the effort to support seniors, the COAWFLA sponsors and conducts Caregiver Support Groups in Escambia and Santa Rosa Counties. The groups are non-disease specific, are led by a facilitator, and county of residence is not a requirement to attend any or all of the meetings. These groups are available to **support all Caregivers** regardless of the condition or illness of the person being cared for, including Grandparents caring for/raising grandchildren or relatives caring for a disabled adult! No reservation is required.

## **Public Meetings (Please provide your meeting information for this feature)**

**Healthy Start Coalition**—meets the 2nd Monday of each month, 4:00 p.m. at the Healthy Start Coalition office at 5907 Berryhill Road, Milton, Florida. **Meetings are open to the public.**

**Maternal & Child Health Education Committee (MACHEC)** — Meets the second Tuesday of each month at noon at the offices of Healthy Start unless otherwise noted. **Meetings are open to the public**

**Juvenile Justice Council/SRC Prevention**—Meets the 4th Wednesday of each month at the BAC at 10:00 a.m. **Meetings are open to the public**

**Healthy Start Coalition of Santa Rosa County, Inc.;**  
**5907 Berryhill Road; Milton, FL 32570; 850-626-6751 FAX 850-626-9921**  
**Website: [www.healthystartsantarosa.org](http://www.healthystartsantarosa.org)**

# Recommended Immunization Schedules for Persons Aged 0 Through 18 Years - United States, 2012

On February 9, 2012, the Centers for Disease Control and Prevention published the approved **Recommended Immunization Schedules for Persons Aged 0 Through 18 Years - United States, 2012**. We are pleased to bring this year's childhood immunization schedule to the attention of our immunization partners.

The article was published in the Morbidity and Mortality Weekly Report Volume 61, No.5, February 10, 2012, originally released online at <http://www.cdc.gov/mmwr/pdf/wk/mm6105.pdf>. It is presented (in part) for your review below.

Each year, the Advisory Committee on Immunization Practices (ACIP) publishes immunization schedules for persons aged 0 through 18 years. These schedules summarize recommendations for currently licensed vaccines for children aged 0 through 6 years and 7 through 18 years and include recommendations in effect as of December 23, 2011.

Vaccination providers are being advised to use all three schedules and their respective footnotes together and not separately.

A parent-friendly schedule for children and adolescents is available online at <http://www.cdc.gov/vaccines/recs/schedules/child-schedule.htm#printable>.

Changes to the previous schedules may be viewed online at <http://www.cdc.gov/mmwr/pdf/wk/mm6105.pdf>.

The recommended immunization schedules for persons aged 0 through 18 years and the catch-up immunization schedule for 2012 are approved by the Advisory Committee on Immunization Practices, the American Academy of Pediatrics, and the American Academy of Family Physicians.

The National Childhood Vaccine Injury Act requires health-care providers to provide parents/guardians or patients with copies of Vaccine Information Statements before administering each dose of the vaccines listed in the schedules. Additional information is available from the Centers for Disease Control and Prevention (CDC) at <http://www.cdc.gov/vaccines/pubs/vis/default.htm> and <http://www.immunizeflorida.org/providers/vis.htm>.

Please distribute this important update to colleagues, members, coalitions, and partners who provide immunizations or who have an interest in the promotion of vaccines. Please place this information prominently on your website. Contact Laura Rutledge, RN, of my staff for questions regarding vaccine recommendations at (850) 245-4342.

**Charles H. Alexander, Chief  
Florida Dept. of Health/Bureau of Immunization**



## Potty Training

Potty training can be a difficult and frustrating time for both parents and children. Most children are ready for toilet training between their second and third birthdays – a time when children are gaining self awareness and asserting their own independence. It can be frustrating at times to hear a little one say the word “no”, especially as a parent endeavors to successfully toilet train a tot, but this temporary phase of defiance and tantrums shouldn't overshadow a child's new achievements and abilities.



**The secret to success in toilet training is patience. Toilet training success hinges on physical and emotional readiness, not a specific age.**

### **Signs that a child is ready for toilet training:**

- An interest in wearing underpants instead of diapers (“big boy” and “big girl” talk)
- The ability to stay dry for several hours at a time
- An interest in being clean and dry
- The ability to climb, talk, undress and dress oneself

### **Tips to make toilet training easier:**

- Don't force the child to sit on the toilet. Suggest to the child that he or she may want to try it.
- Talk to the child about using the toilet. Show how you sit on the toilet and explain what you're doing.

- Occasionally ask the child, “Do you need to go potty?”
- Teach the child how to pull their pants up and down. Make sure the child's wardrobe is adaptable to toilet training (no overalls!).
- Let the child choose some of the equipment he or she will need (underpants, potty seat, book or video).
- Establish a routine and aim for consistency in toilet training among caregivers, such as grandparents, childcare workers or babysitters. Reward the child – praise, hugs, stickers, crayons, trips to the playground, inexpensive toys all do the trick. Be sure to make the reward immediate.

The good news is that everyone becomes toilet trained eventually. Every child learns toilet training at a different time. It is important to keep in mind that it will happen – when the child is good and ready. While this may not align with the parent's ideal timeframe, pressuring a child will make the situation more stressful for both parent and child.

With great successes will also come mistakes. Positive reinforcement and reward will lead to greater and faster gains than any punishment. The most important thing is to remain positive and to offer support when a child has an accident or experiences setbacks.

Caregivers should know that support is available. The internet has lots of websites with expert and parent-to-parent advice on toilet training tips and techniques. **Here, in Florida, the Parent Helpline at 1-800-FLA-LOVE offers a free counseling hotline, which offers immediate assistance to caregivers who are feeling overwhelmed, stressed, or have specific questions about their children.** ~ Contributed by Randy Fleming DCF

**Coming Soon!  
Healthy Start  
Baby Shower,  
10-6-12; SRC  
Auditorium  
Call 626-6751**



**Families Count  
is committed  
to providing  
improved  
accessibility  
to all programs  
and services.**

**If you require assistance  
please contact Stacy Ray,  
Program Manager at 850.437.1450.**

## **Parenting Classes**

- \*Nurturing Parenting Program (8 weeks)
  - \*\*Affects of Parental Substance Abuse on Children (2-hours)
  - \*\*Helping Children Heal from Family Violence (2-hour class)
  - Budgeting Smart from the Start (1-hour class)
  - Child Passenger Safety 101 (1-hour class)
  - General Living Skills (1-hour class)
  - Relatives As Parents Program (RAPP) Meets monthly
  - \*Parenting classes are \$20.00
  - \*\*Life Skill classes are \$10.00
- Call for start dates & more information.  
Beth Maroon – Supervisor  
Phone – 850.529.8536  
Fax: 850-983-8891**



**Exceptional Saturday @  
Benny Russell Elementary**

**March 31, 2012, 9 AM to Noon  
Sponsored by SRC Exceptional Student  
Education Department & FDLRS/Westgate  
Call 469-5423 for More Information**



### **NEW FAITHWORKS AUTOWORKS, AFFORDABLE VEHICLE REPAIR SERVICE**

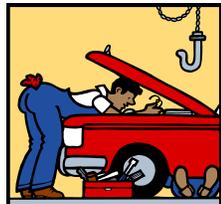
After hearing many, many sad stories about people missing work, doctors appointments, agency interviews or losing their jobs due to car trouble, FaithWorks has formed a new, state registered, not for profit, social enterprise--AutoWorks, an affordable vehicle repair service--and has employed 3 experienced auto mechanics supervised by an ASC certified mechanic. We have organized our pool of vehicle mechanics to either go to the customer or for the customer to come to FaithWorks Warehouse AutoWorks at 2370 North Palafox Street (between Yonge Street and Bobe Street). When your clients have a need for vehicle repairs to get their "wheels" rolling, please refer them to AutoWorks by calling **850-832-3014**. **They must dial the 850 as this is an out of town cell number.** We will respond immediately by dispatching a mechanic or set up a future appointment and "get ur done" and them on their way.

We offer even lower rates for vehicle repairs for EscaRosa Homeless Coalition organization members and their staff/staff family members. Just tell us when you call so we can quote you the correct discounted price. **HOWEVER, if they have to come to Santa Rosa County they will only come over here IF the customer is willing to pay mileage to and from here. Otherwise the customer is more than welcome to come to their shop in Pensacola.**

Remember, we are one level above "shade tree" mechanics, just trying to help working people who have little disposal income for emergency expenses like expensive vehicle repairs. Our on-call mechanics are trained, experienced and very knowledgeable mechanics but with our little overhead expenses we are able to pass on the saving to you and your struggling clients.

For this community service to be successful, we will need your help in getting the word out and making referrals to us so that we can keep these guys busy and fairly compensated. What we don't charge per repair, we hope to make up in volume. So, let the vehicle repair referrals begin!

If you have any questions or better ideas as to how we can help meet the need, please let me know. Your continued support of our various not for profit, social enterprises that hire the local, unemployed and who serve the poor and those who serve the poor is greatly appreciated.



Thanks for supporting these social enterprises: ReWrks!-Willing Workers-FurnitureWorks-Homeless Handyman Repair Workshop-Homeless Veterans' Furniture Exchange-ThriftWorks-FoodWorks-SoupWorks and now, AutoWorks, affordable vehicle repair service.

**Rick Dye, Chief Volunteer. FaithWorks InterFaith Ministries Network, Inc.**



## Healthy Start Coalition

Of Santa Rosa County, Inc.  
 5907 Berryhill Road, Milton, FL 32570  
 Barbara Bowman, Editor  
 850-626-6751; FAX: 626-9921  
[www.healthystartsantarosa.org](http://www.healthystartsantarosa.org)

## Healthy Start Care Coordination Notes



### HEALTHY START

Healthy Start offers FREE risk screening and supportive services during high risk pregnancies and for high risk newborns up to age 3.

- ◆Pre-Natal & Newborn Risk Screens
- ◆Prenatal/Postnatal Services
- ◆Childbirth/Parenting Education
- ◆Counseling
- ◆Smoking Cessation
- ◆Nutrition/Breastfeeding

**Milton** (850)983-5200 **Gulf Breeze/Midway** (850)934-4074  
 Toll-free call 1-800-754-4515



Get early professional prenatal care- your baby's life may depend on it.

## Breast-feeding Classes Offered Through WIC

Call WIC @ 983-5250 for upcoming breast-feeding classes in

Milton &



Midway



Keep all well-baby appointments.

