

Mother's Day Celebration 2010

The Healthy Start Coalition of Manatee County (HSCMC) hosted its annual Mother's Day celebration on May 8th. In partnership with the March of Dimes, the event featured a community "Healthy & Safe Babies Awareness Walk," to promote positive ways to keep babies healthy and safe, including healthy lifestyles for women of childbearing age and safe infant sleeping behaviors among parents, family members, and caretakers.

"I was delighted to lead our Manatee County families on the walk, not only to raise awareness on these important factors that impact babies' health, but also to promote physical activity as part of a healthy lifestyle," said Mary Willis, Healthy Start Board Treasurer. Board member Dr. Chandra Williams was also present to participate in the walk, as was HSCMC supporter Jean Patterson.

Healthy Start moms and their families enjoyed information, education, and activities related to key healthy lifestyle components, such as dental health; smoking prevention and cessation, made possible through our partnership with Gulfcoast South AHEC; infant safe sleeping education, supported by March of Dimes and the CJ Foundation for SIDS; and a healthy cooking demonstration, conducted by Healthy Start board member Beth Trent, who said that the event provided a great opportunity to engage children with simple nutrition education and to show them how to make easy, tasty, healthy snacks.

We were fortunate to have the support of Manatee County Health Department, Tidewell Hospice, KidCare, the Pilot Club of Manatee and our faithful volunteers Priscilla, Cassandra, and Adriana Rios, who offered information, resources, and kids' activities during the celebration.

The mothers enjoyed pampering manicures provided by MTI's cosmetology department; massages sponsored by supporter Gerardo Ramirez; and facials given at the Jafra Cosmetics booth. All the moms had a chance to win raffle prizes and everyone enjoyed the music provided by DJ Jose Ordonez.

CJ Czaia, HSCMC board member and supporter of the annual Mother's Day celebration said that he was thrilled to contribute again this year and Jackie Kelsey, Board President, was glad to see the moms being pampered.



Champions for a Cause Donation

Our Board Member Mary Willis was recognized by her employer Taylor Morrison as the Volunteer of the Quarter 2009 for the East Region.

Mary's strong commitment and high level of passion for Healthy Start resulted in a generous donation of \$500 to Healthy Start "Project Moses" and our infant safe sleeping campaign.

Photo (right): Beth Bradburn, Division Controller and Mary Willis of Taylor Morrison presenting the check to Jackie Kelsey, Healthy Start Board President; Luz Corcuera, Program Director; and Fred Leonard, Executive Director.



Dealing with Maternal Depression

The “Baby Blues” affects 70% of women during the 10 days after delivery and Post Partum Depression (PPD) affects 10-20% of all new moms each year. In her insightful presentation, “Caring for Your Baby When You got the Blues?” at Healthy Start’s April General Membership Meeting, Dr. Jessica Capote-Dishaw laid out the consequences of maternal depression, which often begin with inaccurate expectations of child development, leading to negative parent-child interactions, and ultimately punitive attitudes towards childrearing.

Dr. Capote explained that depressed mothers are more likely to use corporal punishment, less likely to use a smoke alarm, less likely to use the infant “back to sleep” position, and demonstrate reduced use of car seats and electrical plug covers.

A different aspect of maternal depression was presented at Healthy Start’s February General Membership Meeting. “Empty Arms, Broken Heart...When a Baby Dies,” presented by Jane Ogden, LCSW, CT and Cindy Gourley, MA, MMHC, of Tidewell Hospice, gave attendees useful recommendations and materials to help clients who may experience the loss of an infant and the grieving process.

An estimated 1 million women experience pregnancy loss each year and 1 in 4 women may experience a miscarriage during her lifetime, which is up to 25% of all conceptions. The presenters explained the unique aspects of perinatal loss, which differ from others in that the woman experiences losing her future, versus losing her past. In addition, the cause of death is often unknown and there is a high degree of self blame and questioning.

They discussed common myths regarding grief and loss and provided guidance to support families who have suffered the loss of an infant or pregnancy, and offered suggestions to cope with the loss, such as memorializing the infant, journaling, honoring special dates, and listing their support system.



Dr. Capote-Dishaw



Jane Ogden & Cindy Gourley

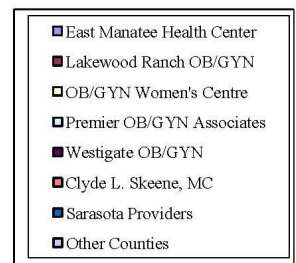
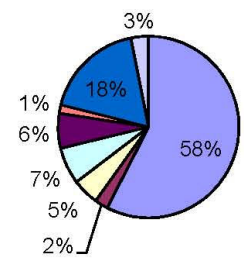
Healthy Start Prenatal Screening Rates

Healthy Start Prenatal Risk Screening Results by Providers of Manatee County Residence.

The following data reflect the number of screens processed for Manatee County Residents from July 1, 2009 through March 31, 2010.

A special thanks to all the OB/GYN providers who diligently conduct Healthy Start Prenatal Risk Screens with their OB patients. Your collaboration in the screening process makes a significant impact on the health and well-being of pregnant mothers and infants in our community.

East Manatee Health Center	1,328
Lakewood Ranch OB/GYN	55
OB/GYN Women's Centre	109
Premier OB/GYN Associates	152
Westigate OB/GYN	143
Clyde L. Skeene, MC	35
Sarasota Providers	413
Other Counties	73
Total:	2,308



Your cooperation in screening your patients is making a significant impact on the health and well-being of pregnant mothers and infants in our community. Thank you!

Treating Tobacco Use at the Client and Community Levels

Our April General Membership Meeting featured Gulfcoast South AHEC's Dierdre Dingman, MPH, CHES, CTTS, PAPHs, who presented a comprehensive and engaging session, "Treating Tobacco Use and Dependence: Get With The Guidelines," which equipped the HSCMC team, and other service providers, with key information for addressing tobacco use among clients, particularly pregnant women, as well as the issue of second hand smoke and its impact on infants and families.

In addition to offering provider training to help support client cessation efforts, Healthy Start continues to be engaged in community-wide work to promote tobacco free environments. HSCMC is an active member of the Tobacco Free Coalition of Manatee County and CHART Manatee (Community Health Action Response Team), supporting their efforts to institute policy-level changes that will allow for healthier environments for pregnant women, babies, and their families, as well as all community residents.

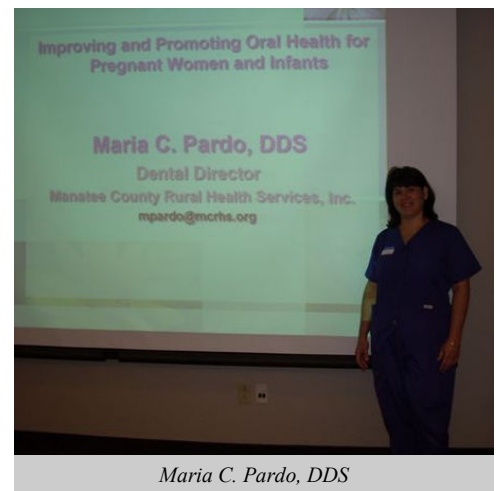


Dierdre Dingman, MPH, CHES, CTTS, PAPHs

Improving and Promoting Oral Health for Pregnant Women and Infants

According to Maria C. Pardo, DDS, Dental Director of Manatee County Rural Health Services, oral health means much more than healthy teeth and is integral to one's general health and well being. During her presentation at our June General Membership Meeting, Dr. Pardo explained that pregnant women with periodontal disease may be 7 to 8 times more likely to have a baby who is born too early and too small. She emphasized that good oral health, including taking folic acid, should begin before becoming pregnant to decrease the risk of adverse birth outcomes. Further, during pregnancy, certain dental conditions may arise, such as pregnancy gingivitis or pregnancy tumors, an overgrowth of gum tissue, so that it's often recommended that pregnant women receive more frequent cleanings to help avoid these types of problems.

In addition, Dr. Pardo stressed that clients should be encouraged to make oral hygiene a habit with infants, even prior to getting teeth, by wiping the baby's mouth with a moist wash cloth after meals and to begin brushing the child's teeth twice a day, as soon as the first tooth erupts.



Maria C. Pardo, DDS

Infant/Child CPR Training

Thanks to the support of the Bradenton Kiwanis Club, the Healthy Start Manatee team was trained on child/infant CPR. The class was conducted by Susannah Cripe, an American Red Cross instructor, who provided our team with great tools to respond in case of an emergency and, most importantly, to pass this vital information on to the families we serve. We thank Jeb Mulock of the Kiwanis Club for facilitating this training opportunity, as well as supporting other efforts to help moms and babies with basic necessities.



Susannah Cripe presenting HSCMC team with certificates of completion

Violence Against Women Act

At our March General Membership Meeting, Attorney Adriana Guzman-Rouselle focused on the provisions contained in the Violence Against Women Act- VAWA- that extends special protection to women who may be living in fear and being victimized without fully understanding their rights.

It was an illustrative and practical presentation that helped our Coalition members understand the role that front line staff play in documenting appropriate disclosures of domestic violence to support and assist women who may be receiving services from Healthy Start and other Coalition member agencies.



Adriana Guzman-Rouselle, P.A.

Project Moses Volunteers

Healthy Start Manatee thanks the ladies of Loving Stitches Ministry of Our Lady of the Angels for their ongoing contributions to our Project Moses, which provides a baby bassinet or crib, and essential accessories, to families who need them. In addition to the lovely hats, boots, quilts, and receiving blankets, these dedicated volunteers also make mattress covers for the pack n' play cribs. Marge Palacio and all the members of this ministry gather every Monday morning and share their talents with Healthy Start so that we can keep our babies safe and warm.



Marge Palacio



Kay Bouchard

We were sad to see Kay Bouchard, our 91 year-old volunteer, move to Rhode Island but happy to know she will be living with her daughter. Kay knitted and donated many beautiful baby hats and booties. She would say that knitting for our babies was one of her most enjoyable tasks, knowing that it was for a great cause. Kay has plans to continue knitting for hospital patients in Rhode Island. We thank Kay for her many hours of dedication to our project and wish her many blessings as she moves up north.

HSCMC is delighted to have its dedicated volunteer, Pat Royer, back after several months of spending time with her family in New York. Pat was very much missed by all the moms who participate in the sewing group. It is wonderful to have her energy and uplifting spirit among us again. Welcome back Pat!

Many Thanks to Healthy Start's Advocates and Supporters

Earlier this year, the Florida legislature had slated the elimination of funding for all Healthy Start Coalitions. Thanks to the outreach and advocacy of our supporters, who took the time to educate elected officials on the critical programs and services the Coalitions offer, which directly impact maternal and infant health outcomes, this decision was reversed. On behalf of the close to 4000 mothers and babies we serve annually in Manatee County, we extend our profound and sincere gratitude to the many partners and supporters, who advocated so passionately to help ensure continued healthy outcomes for our community.



Healthy Start Board Members