

Mommie, Me & More

Winter 2009

HEALTHY START

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Thursday, November 26, 2009

Baby Store....December 2, 2009

Have You Earned Baby Bucks??
If so, come to the "Baby Store"
On
December 2, 2009

10:00 a.m. – 1:00 p.m.
6939 Grand Avenue
Hammond, IN
Contact your case manager
for transportation!



Consortium News

On September 9, 2009 our monthly consortium meeting was held. Mr. Jim McCloud, from the Hammond Fire Department gave a presentation on infant CPR. There were 19 members in attendance. Several of the consortium members joined in with the presentation. Mr. McCloud brought CPR mannequins so that the process could be practiced. Everyone enjoyed the presentation and learned a lot.



Guess What's Going On At Healthy Start

Healthy Start realizes that a healthy mom is the key to a healthy family. We at Healthy Start have developed a healthy living program called "ICEE". It stands for I Can Evolve through Exercise, Nutrition and support. Our program has two major parts: Healthier eating and increased physical activity. The nutrition portion of the program will teach you to prepare foods in a nutritious and safe manner. Learn-

ing and cooking sessions will begin in November 2009. If you complete the 9 session program, you will earn \$100 Baby Bucks and receive various gifts along the way. (Cook book, meat thermometer, measuring spoons, cutting board and a graduation certificate.

The physical activity portion of the program will feature various forms of exercise including walking, dancing

and regular workout routines. We encourage you to be a part of both activities, but, you do not have to be in one to be involved in the other.

We look forward to you joining us. Contact your case manager today by calling (219) 989-3939.



What Am I Thankful For?

For a heritage so blessed,
My parents are the best,
For stability, consistency, love,
A peaceful, happy home from above.
For hearing, sight, and smell,
For taste buds and being held,
For life and health and energy,
For the promise I'll live eternally,

For hugs and kisses I've received,
For parents who in me believed.
For great leaders in my life,
Who've helped me chose right.
For a Book God left for me,
It's wisdom helps me see,
For a loving husband who
Knows commitment and he's true.

For a beautiful angel in my world,
Savannah Grace is my girl.
For so many friends I don't deserve,
Who are always there for me,
How could I ever list all the good
God has given to me?

Written By Sarah Rader
Hammond Healthy Start Participant

Folate: Prevents Birth Defects

The following article is the 2nd in a series of articles written on the importance of nutrition. We are hoping to bring you articles of interest regarding nutrition for you and your family.

Folate (also called folic acid, folacin and vitamin B-9) is an important nutrient for the development of new cells. A few months before pregnancy, a mother-to-be should start eating a diet rich in folate and start taking a multi-vitamin that contains 400 micrograms of folic acid. Taking folate can reduce the risk of spina bifida and

other birth defects affecting the spine and brain.

Folate is important throughout your pregnancy. Besides decreasing the risk of neural-tube defects, it is also involved in forming of red and white blood cells and prevents anemia. The recommended daily intake increases to 600 micrograms throughout the pregnancy. Breastfeeding moms need 500 micrograms, while bottle feeding moms need 400 micrograms.

Good sources of folate include leafy dark-green vegetables (spinach, kale, collard greens, and romaine lettuce),

legumes, dried beans, citrus fruits and juices, nuts, whole grains, peanuts, asparagus, broccoli, cantaloupe, tomatoes and strawberries.

Here are a few tips for adding folate to your diet:

- 1) Blend orange juice with yogurt, strawberries and a banana for a wonderful smoothie.
- 2) Overcooking destroys folate, so add vegetables to raw salads or serve them raw with dip.
- 3) Plan your meal to always include something green.

Special Thanks



The entire Healthy Start staff is extremely grateful to all of the agencies and/or organizations that helped to make each of our events successful. We could not have done so without your generous donations. So we are sending out a special thanks to all of you who made it happen.

“New Release on Life” Walk and Balloon Release

Michael Brown (Lake County Recorder), Gary Parks Department, EFNEP (Extended Food and Nutrition Program), N W I Planned Parenthood (3500 Village Ct. , Gary, IN), Gary Health Department (1145 W. 5th Ave, Gary, IN), Councilman Kyle Allen

“Halloween Spooktacular”

St. Francis Xavier (2447 Putnam St., Lake Station), Johnsons Fish & Shrimp (2619 Central Ave., Lake Station) Long John Silver’s (3446 Central Ave., Lake Station) Ray’s Lanes (3201 Central Ave., Lake Station) Jansen’s (8100 E. Ridge Rd, Hobart), Tarimoro Produce (330 Central Ave., Lake Station), Amiga Foods (4294 Central Ave., Lake Station)

And Mr. Andre Wadley for his donation to our Thanksgiving Turkey give-a-way !!!

What Are You Thankful For?

It’s hard to believe that the holidays are upon us. This is the time of year when we enjoy being with our families and friends. During a recent consortium meeting, we asked several of our members....”What are you thankful for??” Here were some of the responses:

“I’m thankful for having a healthy pregnancy and being very blessed with a home and food for my children”.
(Lakesha Adams, Hammond)

“There are so many things that I am thankful for on a daily basis. I am thankful for being blessed to be here on earth another day. I am also thankful for my health, and for my 3 healthy children and the rest of my family and friends.
(Angela Negron, Hammond)

“I am thankful for my baby and her loving father. I am also thankful for my wonderful support system, who supported me through my whole pregnancy. I am very thankful for the Healthy Start

program because they help me out a lot in getting things for my baby.
(Brittany Hopkins, East Chicago)

“I am thankful for all my family and friends and all the people who have helped me and my husband.
(Steve and Beth Bline, Hammond)

“I am very thankful for everything that I have learned in this program. It has helped us a lot.
(Elvia Gil, Hammond)

BLT Turkey Salad

If you are wondering what to do with all of your left over holiday turkey, this recipe will be perfect for you!

Ingredients:

6 cups torn romaine or leaf lettuce, 4 cups cubed cooked turkey, 1 ½ cups chopped tomatoes, 1 ½ cups shredded part skim mozzarella cheese, 1 ½ shredded cheddar cheese, 10 bacon strips, cooked and crumbled, ½ cup chopped green pepper, ½ cup chopped red onion, ½ cup chopped cucumber, DRESSING: 1

cup plain yogurt, 1 cup mayonnaise, ¼ cup sugar, ¼ cup red wine vinegar, 1 teaspoon garlic powder

Directions:

In a large salad bowl, combine the first nine ingredients. Just before serving, whisk the dressing ingredients. Pour over turkey mixture; toss to coat. **Yield:** 12 servings (1 ¼ cups each)

Nutrition Facts:

One Serving: 1 ¼ cups
Cholesterol: 74 mg

Calories: 371
Sodium: 419 mg
Fat: 26 g
Carbohydrate: 9 g
Saturated Fat: 8 g
Fiber: 1 g
Protein: 24 g



Safety 1st Smart Light Stair

Gates (model number 42111) The hinges that hold the stair gate in place can break, posing a fall hazard to children if the gate is placed at the top of the stairs. Sold from January 2005 through July 2009.

Graco Jump 'n Jive Doorway Jumper (model number 1755544) The jumper includes an interactive musical dance mat and two detachable toys. Consumer should remove and discard the detachable toys and the attaching fabric strips and call the manufacturer for a replacement set of toys. Sold April 2009 through July 2009.

Target Circo Booster Seat (manufacture date codes XJ0811, XJ0812, XJ0901, and XJ0902) The booster seat restraint buckle can open unexpectedly, allowing a child to fall from the chair and be injured. Sold from December 2008

through June 2009.

Baby Jogger City Mini Strollers (item numbers 67100, 67102, 67103, 67104, 67105, 67109, 57170, 67172, 67173, 67174, 67175, 67179) The stroller's restraint buckle could break or unlatch allowing the child or infant to fall out. Sold from November 2007 through July 2009.

Big Lots Wooden Bunk Beds (model numbers WP-9108-1 and WP-9108-2) The bunk beds' mattress support slats and side support railings can break, posing a risk of the bunk bed collapsing and a fall hazard to consumers. Bed sold at Big Lots from February 2009 through February 2009.

Children's Tylenol - The recalled products include Children's Tylenol Cold MS Suspension 4 oz. Grape, Children's Tylenol Plus Cough & Runny Nose 4 oz. Cherry,

Recall List



and Infant's Tylenol Suspension Drop 1 oz. Grape. Products made between April and June 2008.

Little Tikes Workshops Sets and Trucks (model numbers 0914/430B, 090/612237, 4146, 440Z, 4028) The recalled workshop sets and trucks have oversized, plastic toy nails that can pose a choking hazard to young children.

Eggo Buttermilk Waffles – Kellogg's Eggo Cinnamon Toast Waffles (UPC code 3800040440) with "Best If Used Before" dates beginning with Nov.22, Nov.23, and Nov.24. Kellogg's Eggo Toaster Swirlz Cinnamon Roll Minis (UPC codes 3800023370) with "Best If Used Before" date beginning with Nov 15. A laboratory test by Georgia Department of Agriculture found *Listeria monocytogenes* in a sample.

Five Health Tips to Avoid Swine Flu/Flu

Regardless of whether it is a “common cold”, “basic flu” or the “swine flu”, there are certain steps that should be followed to keep you and your family healthy.

Tip #1: Stay home if you're sick.

Tip #2: Avoid close contact with people who are sick.

Tip #3: Wash your hands often and avoid touching your eyes, nose and mouth.

Tip #4: Cover your mouth or nose with a tissue when coughing or sneezing.

Tip #5: Keep up with health information in your own community.

The swine flu spreads the exact same way that regular flu viruses spread—person to person contact through coughing, sneezing, and touching of infected people or surfaces: door knobs, shopping carts, counter tops, etc.

So, it is a good idea to carry your alcohol based disinfecting wipes, sprays and gels with you.

According to the CDC (Centers for Disease Control) vaccination is the best protection we have against both types of the flu. Pregnant women should also consider getting the vaccine. Seasonal and swine (H1N1) flu vaccines are available. Call 1-800-CDC-INFO for more information.

Did you know that the simple practice of hand washing is the number one way to prevent the spread of disease?

Wet hands with warm water

Apply soap and lather hands for 20 seconds

Rinse hands with warm water

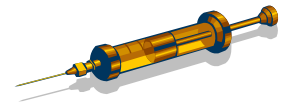
Pat hands dry with a paper towel or use hand dryer

Turn off faucet using a paper towel
Avoid re-contamination by not touching surfaces when leaving restrooms

Did you know that a healthy lifestyle includes good personal hygiene?

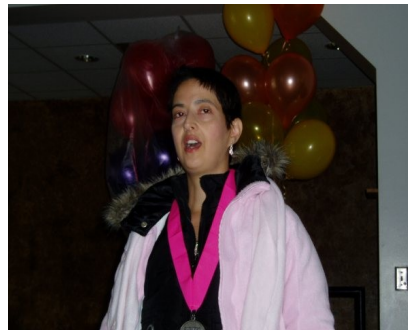
Take a daily bath or shower.

Make sure you use soap. 2) Remember to use deodorant. 3) Wash your hair often with shampoo. 4) Wear clean clothes and make sure to wash all clothes after wearing them. 5) Brush teeth twice a day. 6) Keep nails clean and trimmed. 6) Prevent foot odor by changing socks daily and allowing shoes to air out.



Healthy Start Happenings

On October 17, 2009 Healthy Start held the 3rd Annual “New Release on Life” Balloon Release and Walk” at Gleason Park in Gary, IN. Walkers braved the cold and rain to walk around the park in memory of those affected with breast cancer, domestic violence and drug abuse. As a show of solidarity, balloons were released at the end of the walk.



On October 30, 2009 Healthy Start held the 3rd Annual “Halloween Spooktacular” at St. Francis Xavier, in Lake Station, IN. Children played games and ate snacks while dressed up in their costumes. Several social service agencies provided helpful information to parents.

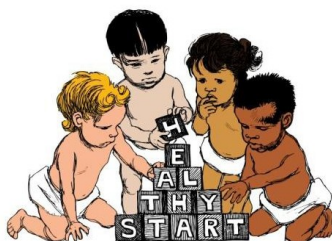


HEALTHY START

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"Building Blocks To Better Babies"



MISSION AND PHILOSOPHY

Healthy Start is a federally funded project designed to reduce infant mortality by helping women of childbearing age improve their health behaviors. Women are more likely to make healthy choices regarding childbirth if they are informed, if barriers to services are reduced, and if medical check-ups, nutrition education, and substance abuse treatment are readily accessible. Healthy Start supports this by offering a "one-stop shopping" approach to services, by coordinating services between public and private agencies, and by providing outreach activities that educate and inform members of the community.

Healthy Start Staff

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Happy Holidays



From Healthy Start Staff



Healthy Start
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