

HEALTHY START

Mommie, Me & More

Fall
2010

Director's Message

I bet if I asked if you remembered your first birthday you would probably laugh at me and 'answer no, of course not'. It is the same for me, too. I have absolutely no recollection of that day. However, if you asked me and most parents about their child's first birthday they can tell you a lot. At the end of this month, my one and only child, Whitney, will turn 29 and I remember her first birthday as if it were yesterday. Even without looking at the pictures (which I probably cannot find at this point anyway) I can tell you what she wore; who was there and also could give you a good description of the birthday cake. Actually, I made the cake myself. It was a yellow cake in the shape of the number one because this first birthday was so very special to me, truly a time to rejoice and celebrate. My family and I

could not have been happier. Too many families in our community don't get to know the joy of their child's first birthday. Still, too many babies die before their first birthday. September is **Infant Mortality Awareness Month**. Every day, the staff of Healthy Start, here and all across the country, seek to help improve pregnancy outcomes. We want to see all women have healthy babies. So this month we want everyone to become involved in spreading the word.

If a baby lives depends on a lot of different factors. This includes the mom's age, her health and some of the things she may do while she is pregnant. Some of the factors that may cause a baby to be born too small or to die include:

Late Prenatal Care, Smoking, Substance Abuse, Poor Nutri-

tion, Obesity, High Stress, Domestic Violence, Mom not gaining enough weight and Early labor.

Pregnant women have a lot of responsibility but others can help too. If you know a pregnant woman, make sure she knows the importance of prenatal care. If you smoke, don't smoke around a woman while she is pregnant or the baby. Know the items on the list and assist pregnant women when you can.

Remember too, Healthy Start is here to help moms-and -dads- to have healthy babies. We work with a network of community partners who help us in our efforts to reduce the number of babies that die in our area. You can help too. Help Spread the Word!

Consortium News

On July 14, 2010, our monthly consortium meeting was held. There were 13 members in attendance. Ericka Hardeway spoke to her peers regarding her participation with Healthy Start Interconceptual Care Home Team. She also spoke about the importance of communicating with your doctor if you have any questions or concerns about

birth control. The idea of, possibly, having a presenter from Planned Parenthood attend the consortium meeting to discuss the different birth control available and their side effects was brought up. Beth Bline spoke briefly about her attendance at the Healthy Start community presentation on July 9, 2010, held at Martin Luther King Jr.

Community Center. Stated she became aware how "portion sizes" have change through the years and have increase in size.

Plans to discuss the letter that has been drafted addressing Healthy Start transportation issues will be brought up at the next Consortium meeting.

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Look For:

- Healthy Start Events
- Vitamin Updates
- Recipe
- Information on the Nutrition Program

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 community events successful. We could not have done so without your generous donations of goods, funds and time. So we are sending out a special thanks to all of you who made it happen.

Juneteenth Celebration

CTSC (Computer Training/Skill Center) – (7601 Whitcomb St. Merrillville), Gary Neighborhood Services – (300 W. 21st Ave. Gary), Mary Feagin and The Total Wellness Connection – (7863 Broadway, Merrillville), Kaprice Smith of Divine Glory Hair Techniques – (5284 Broadway, Merrillville), Northwest Indiana Community Action Corp. – (5240 Fountain Drive, Crown Point), Gary Health Department – (1145 W. 5th Ave. Gary) and all the vendors present.

Cinco De Mayo

Gloria Balerini and Grace Lozano of Roberto Clemente Center – (3616 Elm St. East Chicago), Viva Pats, Ballet Folklórico De Santa Maria, and Ballet Folklórico Viva Mexico – (Entertainment/Performers, East Chicago), McDonalds – (1811 Columbus Drive, East Chicago), Strack & Van Til – (4725 Indianapolis Blvd., East Chicago), Councilman Adrian Santos – (1st District, East Chicago) and all the vendors present.

Ice Cream Social

Face painting by Charlotte Spence, Hammond Housing Authority – (Columbia Center 1402 173rd St. Hammond), Kool Smiles – (8327 Indianapolis Blvd., Highland), Lake County Sheriff – Drug Free Alliance – (2293 N. Main St. Crown Point), Managed Health Services, MDWise, Nabisco Co. Raymond Gonzalez, North Star-Dairy Rich

Ice Cream – (6510 Broadway, Merrillville), WorkOne – (5265 Hohman Ave., Hammond) and all the vendors present.



Vitamin News

Vitamin E

The following article is the 5th 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. Feel free to suggest to your Case Manager a nutrition topic that interest you and would like for it to be discussed at your next home visit or in our newsletter.

Vitamin E acts as an antioxidant that

fights damage to the body's cells and skin tissue. Vitamin E helps in circulation, clotting, forming red blood cells and healing. Some studies have even shown that vitamin E decreases symptoms of premenstrual syndrome.

Vitamin E can be found in foods such as corn oil, nuts, peanut butter, seeds, tomatoes, whole grain cereals and egg yolks. Leafy vegetables such as spinach, turnip greens and lettuce are also a

good source of Vitamin E.

Women including pregnant women, need 15 mg of vitamin E on a daily basis. Breastfeeding moms need 19 mg daily. Eating a variety of foods should provide the proper amount your body needs daily.

Remember, before you begin any vitamin or mineral supplement, talk to your doctor!

Keeping Child Passengers Safe

Keeping Child Passengers Safe

Motor vehicle crashes are a leading cause of death and injury for children throughout the United States. To help prevent these tragedies, the American Academy of Pediatrics offers the following recommendations:

Infants: All infants should ride rear-facing in an appropriate child safety seat until they are at least 1 year of age and weigh at least 20 pounds. It is optimal to keep children rear-facing to 30-35 pounds, if your child seat allows it.

Toddlers and Preschoolers: Children

over 1 year of age and at least 20 pounds can ride forward-facing in an appropriate child safety seat. However, it is best to ride rear-facing as long as possible.

School-age Children: Belt-positioning booster seats are for children who have outgrown their forward-facing child safety seats. Children should stay in a booster seat until adult seat fits correctly (usually when a child reaches a height of 4' 9").

Older Children: Children who have outgrown their booster seats should

ride in a lap and shoulder belt.

It's important to restrain your child during every ride, regardless of trip length. Additionally, all children under the age of 13 should ride in the rear seat.

Cell Phone Safety

Did you know that talking on a cell phone while driving increases your risk of a collision **four fold**? According to the Insurance Institute Of Highway Safety (IHS), it is as dangerous as driving under the influence of alcohol, even if you use a hands-free model.

Flavors of Fall

Fruits and vegetables are nutritious in any form – fresh, frozen, canned, dried and 100% juice. Fruits and vegetables are rich in vitamins and minerals that help you feel healthy and energized. They provide fiber that helps fill you up and helps with your digestive system. Fruits and vegetables have natural antioxidants to help keep your body working at its best. Fruits and vegetables are helpful at reducing the risk of coronary heart disease, stroke and some cancers. They're also naturally low in calories, which helps prevent obesity (a risk factor for type 2 diabetes), cancer, heart disease, and high blood pressure.

Look for these fall fruits and vegetables at farmers' markets and in your grocery store produce department for the best flavor in season. Get great flavor and deals by buying fall fruits and vegetables in season.

Apples

- Choose firm apples, brown or tan marks don't affect taste, but soft bruises that are discolored indicate damage.

- Refrigerate apples up to two weeks.

Broccoli

- Choose broccoli with firm, tight dark green florets. The stalks should be slightly lighter in color. Yellowing broccoli is old and will taste too strong; a whitish stalk will be tough and woody.

- Refrigerate broccoli in a plastic bag up to five days.

Brussels Sprout

- Look for firm, small tight heads that are bright green and free of blemishes. Avoid those that feel puffy or light for

their size.

- Refrigerate Brussels sprouts in a plastic bag up to five days.

Cauliflower

- Look for tightly-packed florets. Check for yellow spots before buying.

- Refrigerate cauliflower in plastic bag up to five days.

Grapes

- Check for grapes to be plump, vibrant-colored, and that are firmly attached to the stem.

- Store grapes in a plastic bag and can be refrigerated for up to one week.

Jalapeno Peppers

- Choose firm, smooth chilies. "Stretch marks" often indicate hotter peppers.

- Wrap unwashed jalapeno peppers in a paper towel then refrigerate in a plastic bag for up to ten days.

Rinse before using.

Mushrooms

- Avoid blemished or dried out mushrooms.

- Store it in paper bag for the right humidity.

Pears

- Find pears free of blemishes or bruises.

- Store unripe pears in paper bag at room temperature. Refrigerate ripe pears.

Pomegranate

- Whole pomegranates should feel heavier than they look.

- Pomegranates can be refrigerated up to three months.

Pumpkin

- Pick a pumpkin with a tough skin that can't be scratched by your thumb-nail. Select pumpkins that are firm and heavy for their size.

- Pumpkins can be stored in a cool, dark place for up to two months.

Sweet Potatoes

- Avoid sweet potatoes with black spots. Makes sure they're not shriveled, cracked, or have soft spots and blemishes.

- Store sweet potatoes in a cool, dark place for use within 3-5 weeks.

Swiss Chard

- Select chard with fresh green leaves; avoid those that are yellow or discolored.

- Store unwashed leaves in plastic bags in the crisper in the refrigerator for 2 to 3 days.

Turnips

- Select pearly, heavy turnips without soft spots and fresh leaves if still attached. Small to medium ones are sweetest.

- Refrigerate turnips in a plastic bag for a few days. Turnips get bitter with longer storage.

Remember, you can enjoy the taste of any fruit or vegetable year-round. Fresh, frozen, canned, dried, and 100% juice-it all counts!

Nutrition Program

Invitation

In the spirit of good health and nutrition you are invited to attend *(if you have not already done so)* a free nutrition class given by Healthy Start and EFNEP. Come and learn how to buy and prepare your meals nutritiously. Also, learn how to read food labels and cook low-cost, tasty recipes.

The nutrition session offers a 5 week

course (1 day – 2 hours per week). Upon completing this course without missing one class, you will receive \$100.00, in Baby Bucks. You'll also receive various gifts such as a meat thermometer, a cook book and EFNEP graduation certificate as well as measuring spoons, kitchen cutter, and a cutting board from Healthy Start.

You may join us by contacting your

case manager or Clara B. Sanders, Director of Case Management/Outreach at (219) 989-3939.



Simple Baked Apples

Simple Baked Apples

INGREDIENTS:

- 6 apples – peeled, cored & sliced
- ½ teaspoon ground nutmeg
- ½ cup sugar
- ¼ teaspoon ground cloves
- 3 tablespoons all-purpose flour
- ½ cup raisins
- ½ teaspoon cinnamon
- ½ cup chopped walnuts
- ½ cup whole milk

DIRECTIONS:

Preheat oven 350 degrees F.
Grease a 2 quart casse-
role dish, or coat with

non-stick cooking spray.
Place apples in a large bowl.
In a small bowl, mix
sugar, flour, cinnamon,
nutmeg and cloves; stir
this mixture into the ap-
ples until evenly distrib-
uted. Fold in raisins and
walnuts. Spoon into pre-
pared dish. Pour milk
evenly over apple mix-
ture.

Bake in preheated oven for
45 – 60 minutes, or until
soft and bubbly. Allow
to cool slightly before
serving.

NUTRITIONAL INFORMATION:

- Servings: 12
- Calories: 136
- Total Fat: 3.8 g
- Cholesterol: 1 mg
- Sodium: 6 mg
- Total Carbs: 26.1 g
- Dietary Fiber: 2.4 g
- Protein: 1.7 g

Allrecipes.com

Let's Say Good Bye To The Freshness Of Summer

**Let's Say Goodbye to the Fresh-
ness of Summer**

The calendar tells us that the
season changes in Mid-
September, but we know that
the unofficial end of summer is
the Labor Day Holiday which is
Sept. 6, 2010 –The Last Barbe-
quell

So before, the routines and
schedules of Fall set-in, enjoy just
one more summer barbeque.
The days will be set with home-
work, after school activities and
early sunsets that has us all in-
doors once again.

So Goodbye to Summer and
Hello Ole' de Fall!!!



Healthy Start Events Calendar/Reminder

Healthy Start Events Calendar

Healthy Start has several upcoming
community events planned. We are
looking forward to seeing you and fam-
ily at these events. Please bring a friend.

October 02, 2010 – "Release on
Life" (Gary Gleason Park) Gary, IN.
10:00 A.M. – 12:00 P.M.

October 29, 2010 – "Halloween Spook-
tacular" (St. Francis Xavier) 2447 Put-
nam St., Lake Station, IN. 1:00 P.M. –
3:00 P.M.

Just a reminder ...

Trading Post

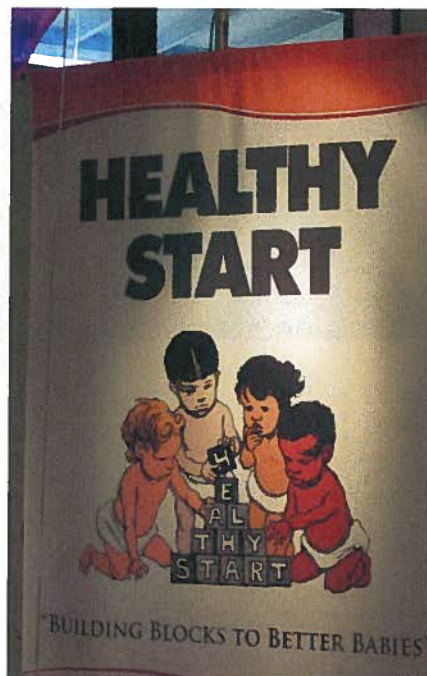
The baby clothing Trading Post will be
held on September 22, 2010, from
12:00 P.M. to 1:00 P.M. at

Healthy Start office
6939 Grand Ave.
Hammond, IN

This is a good time to bring in your
baby clothes that you no longer can
use and trade them with other Moms.
Clothes accepted: Sizes 0 – 3 years,
clean and in good condition.

What's Been Happening At Healthy Start?

Juneteenth Celebration***June 18, 2010



Health Fair***June 30, 2010



Healthy Start Happenings Con't

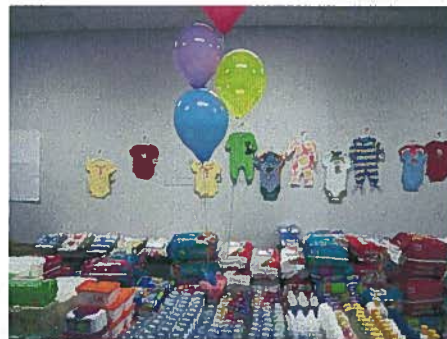
Ice Cream Social***July 23, 2010



Have You Earned Your Baby Bucks????

If so, come to the
"Baby Store"
On
September 1, 2010
10:00 a.m. – 1:00 p.m.

6939 Grand Avenue
Hammond, IN



Healthy Start

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Hammond, IN 46323

Phone: 219.989.3939

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Web site: www.nwihs.com

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

Risë L. Ratney, Project Director

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Lee-Ann Weber-Hatch, Director of Health Education

Avís Rogers-Dumas, Community Outreach Coordinator

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