



## Project Director's Message

This year is almost over! I sure hope 2010 has brought you all you had hoped it would. If it did not, now is the time to gear up and make plans and try it again next year.

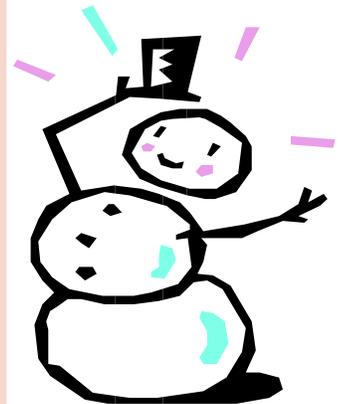
This has been a busy year for Healthy Start. As you read inside you'll see high lights of our community events held in East Chicago, Gary, Hammond, and Lake Station. Each activity had that special blend of ingredients that make for a successful outcome - staff effort, partner support and community participation. Even the weather cooperated with us for the most part. The only exception was the rain on the day of the Gary event. But even that did not stop groups of people from walking around Gleason Park in recognition of Breast Cancer, Domestic Violence and Drug Abuse. We certainly do appreciate all of you who supported us and we look forward to you joining us next year.

Last week, I had the opportunity to attend the 75<sup>th</sup> Anniversary celebration of Title V of the Social Security Act in Washington, D.C. Title V is the part of the federal budget that gives money to the states to have programs that assist women, children and families. This is referred to as the Title V MCH block grant. Although the money that funds our Healthy Start program and the other 103 programs across the country does not come from the Title V block grant, we have common goals - working to achieve the best health for families in this country. A lot of progress has been made in these 75 years so it was fitting to take time to honor the past and look forward to a productive future.

For the national Healthy Start family the celebration was bittersweet. We have lost our leader - Ms. Maribeth Badura. Maribeth was the Director of the Division of Healthy Start and Perinatal

Services within the federal Maternal and Child Health Bureau. A true champion for women and children, Maribeth passed away unexpectedly on October 10, 2010. When the Northwest Indiana Healthy Start Project began in 1991, Maribeth served as our first federal Project Officer. She helped to guide and advise staff in the development of the project. A few years later she moved from the Chicago office to Washington and became the division director. We will all miss her soft spoken manner and the leadership she provided. She truly lived her life with a purpose.

I think we will dedicate this issue to Maribeth because it reflects the community work we've done, it is informative, and it offers you something you can use to improve your life - just like she did.



Happy Holidays

## Consortium News

On September 8, 2010, consortium members were reminded that Healthy Start along with EFNEP offers free cooking classes focusing on nutrition (making decisions to eat wholesome foods thus, maybe lowering their risk of developing chronic health problems such as heart disease, diabetes and hypertension), buying and preparing

nutritious meals. Our guest speaker on this day was Kara Ricketts, an intern from Purdue Coordinated Program in Dietetics. Ms. Ricketts gave a presentation on "Hidden Fats and Sugars". Various words that are used in food labels that mean sugar were discussed. Consortium members were provided with a list of common names of

sugar found in food labels. Pointed out that for health reason it's important to limit our sugar intake and avoid foods high in saturated fat.

On October 13, 2010, in recognition of October being National Fire Prevention Month fire safety in the home was the topic of discussion, presented by Outreach worker, Delores Pratt.

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## Special Thanks

### 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.

### Stroll In the Park

The beautiful **City of East Chicago**, Parks & Recreation Superintendent-Kenneth Monroe, Recreation Manager-Fran Nowacki, **East Chicago Councilwoman Christine Vasquez**, **Capricorn Hair & Nails Salon** - (714 W. Exchange Ave. East Chicago), **McDonalds** - (1811 Columbus

Drive, East Chicago), **Dunkin' Donuts** - (4614 Calumet Ave, Hammond), **Tarimoro GTO.** (fruit & vegetable market) - (1301 E. Chicago Ave., Hammond) **ULTRA FOODS** - (8401 Indianapolis Blvd., Highland), **White Castle** - (3956 Guthrie St., East Chicago), **Ameristar Casino** - (777 Resorts Blvd., East Chicago) **Wal-Mart - Vision Center** - (1828 165<sup>th</sup>, Hammond) and all the vendors present.

### Release on Life

**American Cancer Society, Gary Commission For Women - Domestic Violence** - (839 Broadway, Gary) and **Lake County Sheriff - Drug Free Alliance** - (2293 N. Main St., Crown Point) and all the vendors present.

### Halloween Spooktacular

**Jansen's Fruit Market** - (8100 E. Ridge Rd., Hobart), **Johnson's Fish & Shrimp** - (2619 Central Ave., Lake Station), **La Chiquita II** - (4211 Central Ave., Lake Station), **La Union Grocery** - (4294 Central Ave., Lake Station), **Las Palmitas Grocery Store** - (402 W. 37<sup>th</sup> Ave., Hobart), **Long John Silver's** (3446 Central Ave., Lake Station), **Santa Maria Bakery** - (2580 Central Ave., Lake Station), **Tarimoro GTO 2** - (3020 Fairview Ave., Lake Station) and all the vendors present.



## Baby Bucks

**Have You Earned Baby Bucks??**

If so, come to the "Baby Store"

On

**December 1, 2010**

**10:00 a.m. - 1:00 p.m.**

Healthy Start Administrative Office

6939 Grand Avenue  
Hammond, IN

Contact your case manager for transportation!





## What Is The Flu???

Influenza or “the flu” is a serious disease. It’s highly contagious *viral infection* of the respiratory tract (nose, throat and lungs). The flu virus tends to spread from November to April, with most cases occurring between December and March. The flu vaccine can be given before and during the flu season.

The Centers for Disease Control and Prevention (CDC) with the support of leading health experts, now recommend that everyone 6 months of age and older be immunized every year. Vaccination is safe and effective, and the best way to help prevent influenza. We all are at risk for contracting influenza. Persons at higher risk of flu infection or complications include:

- . People 50 years of age and older
- . Children 6 months – 18 years of age
- . Pregnant women
- . People of any age with certain chronic medical conditions, such as asthma, chronic obstructive pulmonary disease, heart disease, diabetes, and others
- . Residents of long-term care facilities and nursing homes

Flu symptoms tend to develop quickly (usually one to four days after a person is exposed to the flu virus) and are usually more severe than the typical sneezing and congestion associated with a cold.

Influenza is often accompanied with: fever, headache, extreme tiredness, dry cough, sore throat, runny or stuffy nose and muscle aches.

Flu spreads easily from person to person. Following are some simple steps you can take to help keep yourself and your child healthy this flu season:

- . **Get vaccinated.**
- . **Wash your hands.**
- . **Stay home if you don’t feel well.**
- . **Do the elbow cough**

Talk to your doctor about the influenza immunization.

## Fire Safety Tips For The Winter



### FIRE SAFETY TIPS FOR WINTER

Most people spend more time inside their homes when the weather turns cold using furnaces, fireplace and heaters to keep warm. Before the cold weather, make sure your home heating system is in a good working order.

- . Have furnaces inspected and chimneys cleaned.

- . To keep sparks from flying out of the fireplace, use a screen.
- . When using a space heater, allow at least three feet of open space around the area.
- . Never leave a burning fire unattended.
- . Before going to bed, make sure the fire in a fireplace is out completely.
- . Never leave candles burning if you go to sleep or go out.
- . Your stove or oven should never be use to heat your home.

## Pregnancy and Gum Disease

Gum disease can cause premature birth or low birth weight and in one known case a full-term still born.

Some bleeding of the gums is normal. 75% of pregnant women develop this condition because of normal hormone changes. Brushing and flossing can combat normal bleeding gums.

Case Western University made the discovery that an oral bacteria called fusobacterium nucleatum had caused the stillborn of a 35 year old California womans baby.

Heavy bleeding can be a sign of gingivitis. The bacteria enters the blood stream of the mother and can go anywhere. The placenta, being an immune-suppressed organ makes it easy for the bacteria to colonize which makes babies susceptible to receiving it.

So if you are planning to become pregnant have you teeth examined beforehand If you are experiencing heavy bleeding and are already pregnant get to the dentist as soon as possible.





## Recall List

**Similac – brand powder infant formula** – Abbott Laboratories has recalled millions of containers of Similac infant formula that may be contaminated with insect parts. *The recall does not affect any liquid formulas or other Abbott – brand products.* U.S. Food and Drug Administration determined there was no “immediate health risk” from the contamination. The affected product may contain a small beetle or larvae, which could cause stomach ache and digestion problems. The affected products were sold in plastic containers and various can sizes, including 8 – ounce (227gram), 12.4 ounce (352 – gram) and 12.9 – ounce (366 gram). To find out if Similac – brand powder infant formula is one that should be recalled you can enter online the lot number on your container. The products should be returned to Abbott for a full refund. Go to [www.similac.com/recall\\_or](http://www.similac.com/recall_or) you can call Abbott Consumer Hotline (800) 986 – 8850, 24 hours a day, 7 days a week.

**Fisher – Price Trikes and Tough Trikes toddler tricycles** – The trikes are for children 2 to 5 years of age. The pretend keys are located about 3 inches in front of the seat and protrude (stick out) at least 5/8 inches above the trike’s body. A child can strike, sit or fall on the protruding plastic ignition key resulting in serious injury, including genital bleeding. The trikes manufactured after June 16, 2010 are not included in this recall. These trikes were sold from January 1997 through September 2010 for about \$25.00. Go to [www.cpsc.gov](http://www.cpsc.gov) for model numbers that are affected. The model numbers can be found under the seat in the storage compartment. Remedy: Consumers should immediately place the trikes out of children’s reach and contact Fisher – Price for a free replacement key. For additional information, contact Fisher – Price at (800) 432 – 5437 between 9:00 A.M. and 6:00 P.M., Monday through Friday or visit their website at [www.service.mattel.com](http://www.service.mattel.com).

**Fisher – Price Little People Wheelies Stand ‘n Play Rampway** – Choking hazard: The Wheels on the purple and the green cars can come off, posing a choking hazard to young children. This toy is for children 1 ½ to 5 years of age. This recall involves model numbers T4261 and V6378. This toy was sold with small cars that a child can push down winding ramps. Only the purple and the green cars that are marked “Mexico” and do not have a yellow dot on the bottom are included in the recall. These toys were sold from April 2010 through September 2010 for about \$45.00. Consumers should immediately take the affected purple and the green cars away from children and contact Fisher – Price for free replacement cars. For additional information contact Fisher – Price at (800) 432 – 5437 or their website at [www.service.mattel.com](http://www.service.mattel.com).

**Fisher – Price Healthy Care, Easy Clean and Close To Me High Chairs** – Recall due to laceration hazard. Children can fall on or against the pegs on the rear legs of the high chair resulting in injuries or lacerations (cuts). The pegs are used for high chair tray storage. The high chairs have a folding frame for storage and a three – position reclining seat. The model number and date code of the high chair is on the back of the seat. All Easy Clean and Close To Me High Chairs are included in this recall. Only Healthy Care High Chairs manufactured before December 2006 are included in the recall. If the fourth digit in the date code is 6 or less, the Healthy Care High Chair is included in the recall. These high chairs were sold from September 2001 through September 2010 for \$70.00 and \$115.00. Consumers should stop using the affected high chair, immediately and contact Fisher – Price for instructions and a free repair kit. For additional information, contact Fisher – Price at (800) 432 – 5437 or their website at [www.service.mattel.com](http://www.service.mattel.com).

**Fisher – Price – recalls infant toys with inflatable balls.** Name of toys: Baby Playzone™ Crawl & Cruise Playground™, Baby Playzone™ Crawl & Slide Arcade™, Baby Gymastics™ Play Wall, Ocean Wonders™ Kick & Crawl™ Aquarium (C3068 and H8094), 1-2-3 Tetherball™, Bat & Score Goal™. Choking hazard: The valve of the inflatable ball on these toys can come off and pose a choking hazard to young children. Consumers should immediately remove the inflatable ball from the product and keep away from children. Contact Fisher – Price for a free replacement kit. For additional information, contact Fisher – Price at (800) 432 – 5437 or their website at [www.service.mattel.com](http://www.service.mattel.com).

**Infant Sleep Positioners** – The U.S. Consumer Product Safety Commission (CPSC) and the U.S. Food and Drug Administration (FDA) warns consumers to stop using infant sleep positioners. In the past 13 years, CPSC and the FDA have received 12 reports on infants between the ages of 1 month and 4 months who died when they suffocated in sleep positioners or became trapped and suffocated between a sleep positioner and the side of a crib or bassinet. Also, CPSC has received dozens of reports of infants who were placed on their backs or sides *in sleep positioners*, to be found later in dangerous positions within or next to the sleep positioners.

The two main types of infant sleep positioners are flat mats with side bolsters or inclined (wedge) mats with side bolsters. Both types of sleep positioners claim to help keep infants on their backs and reduce the risk of Sudden Infant Death Syndrome (SIDS). The American Academy of Pediatrics does not support the use of any sleep positioner to prevent SIDS. The American Academy of Pediatrics recommends placing infants to sleep on their backs and not their sides, to reduce the risk of SIDS.



# What's Been Happening at Healthy Start??

Stroll In The Park\*\*\*\*August 6, 2010



New Release On Life\*\*\*October 2





# What's Been Happening at Healthy Start??

Halloween Spooktacular\*\*\*October 29





## Christmas Is Upon Once Again

Christmas is upon us once again. Before you go out and spend more than you are planning to.....check out this list of great inexpensive gifts.

These gifts are great presents that can be purchased or made by hand for under \$10.00. You can put them in a lovely basket or wrap them with a pretty ribbon and you'll have a beautiful gift without going broke.

### Here are a few ideas:

Give a journal with a special message inside, pound of pistachios, teacup with a box of herbal teas, home baked bread (include recipe), decorative nap-

kins and napkin rings, homemade cookie mix with instructions for baking, gourmet popcorn and flavored oil, board games, specialty cookbook, set of dish towels and dish cloths, baking pans and supplies, make up brushes, novelty socks, homemade cookies and a peppermill with fresh peppercorns.

I know you've probably heard it before but it's really true that you don't have to spend a lot of money to find the perfect gift for someone. Just be sure to put some time and effort into it and your gift will be appreciated.

We hope you found a perfect gift for everyone on your list.



## Chicken Noodle Soup I....By: Lisa Ragone

### INGREDIENTS:

1 ½ POUNDS BONELESS SKINLESS CHICKEN  
½ POUNDS UNCOOKED SPAGETTI  
4 CLOVES GARLIC  
¼ CUP CHOPPED ONIONS  
SALT TO TASTE  
12 CUPS WATER  
3 TABLESPOONS OLIVE OIL

### DIRECTIONS:

1. In large pot, bring the water to a boil; add the salt and olive oil.  
2. Chop up the chicken, and add it with the onion and garlic to the pot.  
3. Break the spaghetti into small pieces, no longer than half the size of the pinkie finger, add to the pot & stir.  
4. Let simmer over medium heat for 30 to 45 minutes.

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Refer to [allrecipes.com](http://allrecipes.com) for this recipe.

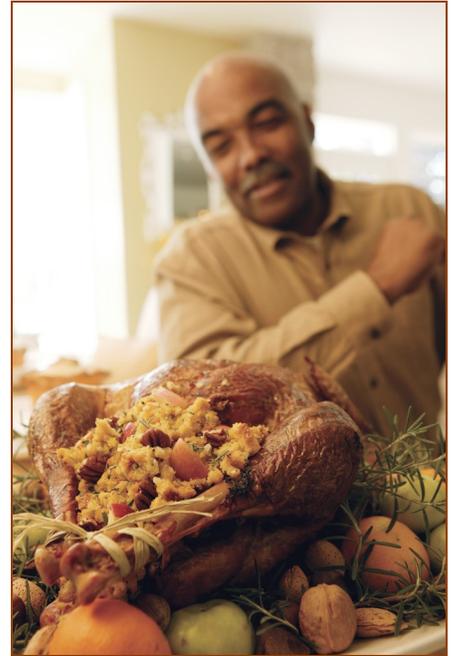
### NUTRITIONAL INFORMATION:

Servings: 11  
Calories: 227  
Total Fat: 10.9 g  
Cholesterol: 41 mg  
Sodium: 50 mg  
Total Carbs: 16.1 g  
Dietary Fiber: 0.79  
Protein: 15.3 g





## From Our Family to Yours. . . . .



HAPPY HOLIDAYS. . .

...With Thankful Hearts-  
Happy Thanksgiving- Nov. 25, 2010!

...With Loving, Joyous and Giving Hearts-  
Merry Christmas – Dec. 25, 2010!

...With Renewed, Open and Forgiving Hearts-  
Happy New Year's- Jan. 1, 2011!

From Your Healthy Start Staff



## Healthy Start

6939 Grand Avenue  
Hammond, IN  
46323



*"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

*Risë L. Ratney, Project Director*

*Clara B. Sanders, Director of Case Management/ Outreach/Transportation*

*Lee-Ann Weber-Hatch, Director of Health Education*

*Avis Rogers-Dumas, Community Outreach Coordinator*

*Angela Noel Peasant, Project Fiscal Clerk*

*Lourdes Cisneros, Case Manager/EC*

*Imogene Cunningham, Case Manager/Gary*

*Kathie Gibson, Health Educator*

*Annette Lenoir-Johnson, Case Manager/Gary*

*Alicia Mandragon, Case Manager/Hammond*

*Irene Moore, Outreach Worker*

*Maria Negrete, Outreach Worker*

*Delores Pratt, Lead Outreach Worker*

*Jayma Rodino, Case Manager/Lake Station*

*Jenna Smith, Case Manager/Lake Station*

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