

# Mommie, Me & More

## Project Director's Message

Greetings for the New Year! This is our first issue of the newsletter for 2010 and it is full of good things! But before I talk about that let me share some other good news. We have just been awarded new grant funding for the next five years!!! This means our Healthy Start program can continue working to make life better for the women and children in our communities. We're very excited about this because we've got some new things we are working on.

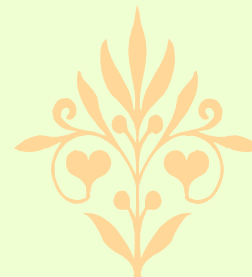
One of our new programs is I.C.E. – I Can Evolve. This program is designed for our Healthy Start moms after they have had their baby. The goal is to help them achieve a healthy weight. Sometimes after women give birth it's a little tough losing the weight that is gained during pregnancy. So, that is why we have

I.C.E. We are providing nutrition education through our partnership with the Expanded Food and Nutrition Education Program (EFNEP). Exercise is an essential piece as well. We've called on our friends in East Chicago's Roberto Clemente Center to help us by allowing our participants to utilize the fitness program they have in place. Also, our Health Education Department is offering exercise sessions at both Clemente and Penn Centers.

Now even though the I.C.E. program is targeted at women after they have their baby, we still want all of our Healthy Start participants to know the pathway to good health. So, you will see that this newsletter is full of information about nutrition. We believe that making good food choices is essential and serves as the foundation for our health.

The United States Department of Agriculture has provided nutrition guidelines by way of the Food Pyramid. Inside you will learn how to use these guidelines and how to choose the foods that will be best for you and your family. Don't forget the role physical movement plays too. This is another necessary step in getting fit.

I can tell you first hand that if you are not at a healthy weight, it can be a challenge to get there. I along with some friends have decided that this is the year that we make our lifestyle change and drop some weight and get fit. It's great to have support on this journey so I encourage you to buddy up with others and get fit! If we make our goal to prevent heart disease, diabetes and other ailments, the going might be a little easier. Good luck to all!



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## Baby Store Reminder & Child Abuse Month

### Baby Store Reminder

As you know, the Healthy Start "Baby Store" will be held March 3<sup>rd</sup>. Please remember to get a number from a Healthy Start staff person as soon as you arrive so that you can insure your place in line.

April Is Child Abuse Prevention Month

If you are abused or know someone that is being abused, call the National Domestic Violence Hotline

1(800) 799- SAFE



**"Child Abuse Month Ribbon"**



## Protein

### Protein: Crucial for Growth and Development

*The following article is the 3<sup>rd</sup> 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.*

Protein is a very important nutrient during your pregnancy. Protein supplies you with the amino acids that you need for the growth and development of your ba-

by, the placenta, uterus, breast tissue, amino fluid, and blood volume. Getting the recommended 71 grams of protein each day is easy for most women. Lean meats, poultry, and fish are good sources of protein. Milk, cheese, eggs, dried bean and peas, lentils, nuts, seeds and tofu are other high protein foods. If you are not getting enough protein during your pregnancy you may

be risking the growth and development of your baby. Poor protein intake during pregnancy increases the risk for having a low birth weight infant.

Protein is also important throughout your life. It builds and repairs body tissue, helps to balance necessary chemicals in the body and is a great source for promoting energy.

“I HOPE TO MAKE A DIFFERENCE IN MY LIFE AND MY KIDS LIFE ALONG WITH MY HUSBAND AND MY HEALTH. I HOPE TO MAKE GOOD DECISIONS IN MY LIFE AND MY KIDS LIFE TOO.

BETH BLINE,  
HAMMOND

## Happy New Year

### Happy New Year!

We at Healthy start want to wish everyone a Happy New Year. Now that all of the festivities are over and the hustle and bustle of the holidays has come to a close, we can begin to think about the future and what it may hold for us! During the January consortium meeting, we asked several of our members ...”Since it is a new decade, what will you do differently to better your life?” Here were some of the responses:

“I want to be a better person for my kids, change the environment that me and my kids live in now, finish my education at Ivy Tech for Pharmacy Technician and find a really good job.”-

**LaTasha Dodds, (East Chicago)**

“I would like to start being a good mother. This is my first child and I want to do the best that I can. I would also like to finish school to better myself and my child. I would like to better our lives and environment around

us.”- **Whitney Lapsley, (Gary)**

“I have started to improve my life style by exercising and watching my nutrition. I exercise at least 3-4 times a week in the morning for about 30 minutes to improve my health.”-**Susana Jimenez (Hammond)**

“I hope to make a difference in my life and my kids life along with my husband and my health. I hope to make good decisions in my life and my kids life too.”-

**Beth Bline(Hammond)**

“I want to go back to school, be a good mother to my 3 kids and a good woman to my man.” -**Shanta Franklin (Gary)**

“I plan to try to go to school and I will become a better parent.”- **Linda McGee (Hammond)**

“To better my life I will be attending IUN in the summer. I’m going to continue to take care of my child and I’ll be giving both of us a better future by getting married to my boyfriend of 7

years and finally doing something for me.” – **LaShunda Norwood (Hammond)**

“This year I want to be self employed or have a job that makes money. I want to find a bigger and better house for my children. I would like to pay off my car so I can better budget my income. I want to have a better relationship with my children. I want to lose about 30 pounds.”-**Cherone Bady (Gary)**

“I started on a bible reading schedule to read through the bible twice in one year. I think reading more of God’s word is always a step towards progress.”-

**Sarah Rader (Hammond)**

“I would like to make changes to do more exercise and cook healthy for my family. I would like my sons to make changes that would benefit their life.

Thank you to Healthy Start for all of the great help they have given us.”-**Olga Delgado (Hammond)**

## Help !! My Baby Has Diaper Rash

### Help My Baby Has Diaper Rash!!

When your baby is born, the baby's skin is perfect in every way. It is softer and smoother than it will ever be again. If you are a new mother, you may panic when the baby wakes up and her bottom is red and irritated. You question your self and wonder what you did wrong. Absolutely nothing!

#### *Why Babies Get Diaper Rash*

Start with ultra sensitive skin, add the chemicals and moisture of urine and stools, cover the area with a diaper that rubs back and forth, and you have diaper rash. This damaged skin is susceptible to bacteria and yeast, which can make the rash worse.

#### *Ways to Prevent or Minimize Diaper Rash*

If you are constantly battling diaper rash or trying to avoid it, here are a few hints that might help:

**Change diaper frequently-** at least every 2 hours in newborns. You

can space this out as baby starts to urinate less often.

**Change poopy diapers right away** – this is a lot of trouble at first since newborns often have small, frequent stools. This will slow down as baby grows.

**Try different brands-** if using disposables, another brand may fit a little better and cause less friction.

**Wipe well-** be sure to wipe all the stool and urine away.

**Use unscented wipes or just plain water-** they are less irritating

**Diaper rash cream-** some lucky babies don't need any. More sensitive bottoms need cream with each new diaper.

No matter careful you are with the above ideas, your baby will still get a rash from time to time. Here are

some tips for treating diaper rash.

**Wash off bottom with water-** don't wipe the sore area. Instead, use a bulb syringe to gently wash the diaper area. Gently dab or pat away any remaining stool.

**Let it air out** – leave the diaper off for awhile, with no diaper cream on. Lay baby on a towel with her bottom up. This will help dry out the rash, which is important for the healing process.

**Diaper cream-** when you do put the diaper back on, use a generous amount of cream.

**If these methods don't work, make an appointment with the pediatrician.**

## Just A Reminder

### Just a Reminder

Do you have some clean, slightly worn clothes that your baby has outgrown??

If you do, then you may want to participate in the **Healthy Start Trading Post**. All you have to do is

bring your clothes (sizes 0-3 years) and trade them with other mothers! This way every one wins!! The **Trading Post** will be held every 3 months on the 4<sup>th</sup> Wednesday of that month.

**MARCH 24, 2010**  
**JUNE 23, 2010**  
**SEPTEMBER 22, 2010**  
 TIME: 12:00 p.m. – 1:00 p.m.  
 Healthy Start Office  
 6939 Grand Ave.  
 Hammond, IN



## Recall List

### Recall List

**Graco Passage, Alano and Spreer Strollers and Travel Systems** The hinges on the stroller's canopy pose a finger amputation and laceration hazard to the child when the consumer is opening or closing the canopy. Go to [www.cpsc.gov](http://www.cpsc.gov) for model numbers that are affected.

**Dorel Infant Car Seat/Carriers** (This recall involves Safety 1<sup>st</sup>, Cosco, Eddie Bauer and Disney branded infant car seat/carriers. Go to [www.cpsc.gov](http://www.cpsc.gov) for model numbers that are affected. Dorel has received reports of the child restraint handle fully or partially coming off the car seat/carrier resulting in at least 3 injuries including bumps, bruises and a head injury.

**Timberland Classic Scuffproof Boots** (model numbers 34772, 34872 and 34972) This recall involves the children's Timberland 6" Classic Scuffproof boots. The boots are wheat colored leather and were sold in toddler size 4 through junior size 7. Boots were sold June 2009 through October 2009.

**Little Missed Matched Girls Pajama Sets** – This recall involves long sleeve toddler and girls' pajama

sets. The sets were sold in sizes 2t -3t, 3t-4t, 5-6, 7-8, 10-12, and in three varieties. Pajamas sold at various retailers nationwide from March 2008 through July 2009.

**Jason Evans Associates Boy's Fleece & Flannel Zip Hooded Sweatshirts with Drawstrings** (The hooded zip sweatshirts have a drawstring through the hood which can pose a strangulation hazard to children.) Sweatshirt sold at Burlington Coat Factory from September 2006 through October 2009 for about \$12 to \$20.

**IKEA LEOPARD Highchairs-** The recall involves all colors of the highchairs sold as a seat and a frame individually. The seat and tray has an adhesive label affixed to the underside with the words LEOPARD and "Made in Italy," an eight-digit article number and a five digit supplier number (19589) The snap locked used to secure the seat to the frame can break and allow the seat and child to drop through the frame, posing a fall hazard to young children. Detached snap locks can pose a choking hazard to young children. Sold from October 2009 through November 2009.

**Safety 1<sup>st</sup> Disney Care Center Play Yard and Eddie Bauer Complete Care Play Yard** (model numbers 05025, 05026, 05037, 05088, 05350) The one piece metal bars supporting the floorboard of the bassinet attachment can come out of the fabric sleeve and create an uneven sleeping surface, posing a risk of suffocation or positional asphyxiation. Cribs sold at Babies "R" Us, Kmart, Sear, Target and Walmart from January 2007 through October 2009.

**"Big Rex and Friends" cloth books** – (ISBN 031239260X or 9780312492601 is printed on the back of the book) A red plastic dot sewn in the book contains high levels of lead. Book sold at Barnes & Noble, Toys "R" Us, Amazon, Borders and other bookstores and retailers nationwide from May 2004 through October 2009.

**Super Rigs Play Sets** – (Back of box has Item Number 67007, Made in China and Bar Code 6-98567-67007-3. The bottom of the trailer has an engraved code 45TNGO9.) The toy trucks surface coating contains high levels of lead, violating the federal lead paint standard.

## Nurtrition Class

### What's Going on at Healthy Start?

You may be wondering why a prenatal and infant care program is talking so much about healthy eating, healthy weight, nutrition and physical activity. Well, good health is important for a number of reasons. Quite often good health is linked to having a healthy weight. A number of diseases can be linked to not maintaining a healthy weight. Heart disease, diabetes and stroke are among these diseases. So in keeping with the theme of promoting healthy lifestyles, it is appropriate for the Project to focus on healthy weight. The issue of

weight, especially obesity (overweight), is a problem for this country, your city and for many of us.

As you may know, Healthy Start and EFNEP have partnered to develop a nutrition program called "ICE". "ICE" stands for **I Can Evolve** through Nutrition and Exercise with support. So far we have completed two sessions. Those that completed the entire 5 week course received \$100 Baby Bucks!! The ICEE program is divided into two sections. One section is nutrition and the other section is exercise. The nutrition portion will teach you to prepare foods in a

nutritious and safe manner. The exercise portion will feature various forms of exercise including walking, dancing and regular workouts.

Won't you come and evolve with us on our journey to achieving a healthier lifestyle through nutrition and exercise. If you are interested in joining, contact your case manager @ **989-3939**.

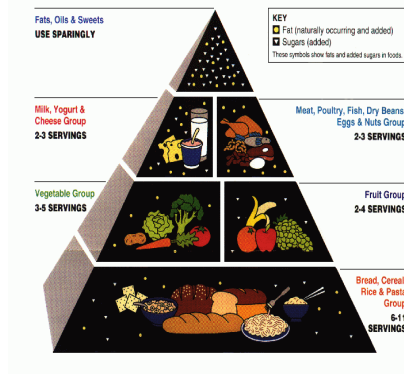
### Hey Healthy Start Post Partum Participants!!!

Look forward to Healthy Start Case Managers doing detailed in home nutrition classes in the near future!

I.C.E. (I CAN EVOLVE).....IF YOU WOULD LIKE TO GET INVOLVED, CALL YOUR CASE MANAGER, AT HEALTHY START 989-3939

## What Is The Food Guide

What is the Food Guide Pyramid?



Have you ever wondered, just what the Food Guide Pyramid is?? If so, well here's the scoop!! The Food Guide Pyramid is a guide to help you make healthy food choices. It helps you decide what to eat and how much to eat! It helps take out a lot of guess work.

The small tip of the pyramid shows all of the things we love, like sweets, oils and fats. These are foods such as salad dressings, soft drinks, candies and sweet desserts. Although most of us prefer these goodies, we shouldn't eat them very often.

The next level of the Food Guide Pyramid is dairy products and meat, poultry, fish and eggs. You can eat 2-3 servings of milk products. (milk, yogurt, and cheese) Try to choose low fat cheese when available. You can also have 2-3 servings of meat, poultry, nuts and fish.

If you are wondering about fruits and vegetables, these are next on the pyramid. You can have 3-5 servings of vegetables and 2-4 servings of fruit each day. Most people

need to eat more of these foods for the vitamins, minerals, and fiber that they supply. Just be careful not to add too much cheese to your broccoli! Let's keep it healthy.

At the base of the Food Guide Pyramid are breads, cereals, rice and pasta. Although it may sound like a lot, you may have 6-11 servings. Choose foods that are made with little fat or sugars, like bread, English muffins, rice and pasta.

For those of us who are just trying to eat healthy or if you are attempting to lose weight, the Food Guide Pyramid is a healthy way to reach your goals!!

## Healthy Eating Made Easy

### Healthy Eating Made Easy

Believe it or not spring will be here in 4 weeks!!! The thought of the first flowers blooming and trees budding seems to always make me smile. Springtime is a time of growth and renewal. In the spirit of healthy eating and good nutrition...let's talk container gardening!

Gardening is an excellent way to:

Increase vegetable intake

Lower food cost and stretch your food dollar

Work off calories

Get your kids involved

Great way to bring your green thumb and economics together

You don't need a plot of land to grow fresh vegetables. Many vegeta-

bles grow well in containers. Vegetables that take up little space, such as carrots, radishes and lettuce are perfect for container vegetable gardens.

What you can grow in a container vegetable garden is limited only by the size of the container and your imagination. How about a summer salad container? Plant a tomato, a cucumber and chives all in a large container. They grow well together and have the same water and sun requirements. Although they might not be very pretty, they will keep producing into the fall.

Containers for your vegetable garden can be almost anything. (flower pot, bucket, bushel basket, washtub, etc.) No matter what kind of container you choose, make sure it has holes at

the base to permit drainage. The size of the container is important. For larger vegetables like tomatoes and eggplants, you should use a five gallon container for each plant. You can use soil in your container vegetable garden, but synthetic mixes are much better. Peat-based mixes containing peat and vermiculite are excellent. Be sure to remember that pots and containers always require more water than plants in the ground. Make sure to take pictures of your garden so that we can feature you in the Newsletter!!

## Simple Turkey Chili

### Simple Turkey Chili

Ingredients:

1 ½ teaspoons olive oil

2 tbsp chili powder

1 lb. ground turkey

½ tsp paprika

1 onion, chopped

½ tsp dried oregano

2 cups water

½ tsp ground cayenne pepper

1 (28 oz) can canned crushed tomatoes

½ tsp ground cumin

1 (16 oz) can canned kidney beans-drained rinsed and

mashed ½ tsp salt

1 tbsp minced garlic

½ tsp black pepper

Direction:

Heat the oil in a large pot over medium heat. Place turkey in the pot and cook until brown. Stir in onion and cook until tender.

Pour water into the pot. Stir in all other ingredients. Bring to a boil. Reduce heat to low, cover and simmer 30 minutes.

Top with cheese, sour cream, onions etc....

*Nutrition Facts:*

*One serving: 1/8 of recipe*

**Sodium:** 462 mg

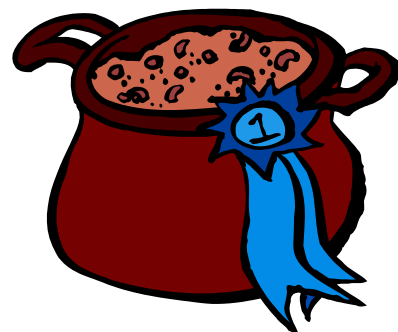
**Calories:** 198

**Fiber:** 6.4 g

**Fat:** 7.2 g

**Cholesterol:** 42 mg

**Protein:** 16.4g



# HEALTHY START

6939 Grand Avenue  
Hammond, IN 46323

Phone: 219-989-3939  
Fax: 219-989-3930  
E-mail:  
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.

## “ Building Blocks To Better Babies”

### Healthy Start Staff

*Risë L. Ratney, Project Director*

*Clara 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 Mondragon, Case Manager/Hammond*

*Maria Negrete, Outreach Worker*

*Delores Pratt, Lead Outreach Worker*

*Jayma Rodino, Case Manager/Lake Station*

*Jenna Smith, Case Manager/*

*Lake Station*

*Angela Wadley, Case Manager/Hammond*

*Maria Zendejas, Health Educator*

**Consortium News**

On December 9<sup>th</sup> the Healthy Start Consortium had their Annual Christmas Party. As the members and their children arrived, Christmas pictures were taken. Those in attendance ate lunch and received candy and gifts. The following members received certificates of attendance: Angelica Negroñ, Beth and Steven Bline, Shanta Franklin, Matthew Johnson, Maria Lopez, LaTasha Dodds, Sara Rader, LaToya Stewart, Olga Delgado Limon, Cherone Bady, and Sylvia Vieyra. These active members were faithful in attending consortium meetings. We all had a great time and we hope to see you next year.

If you want to join the consortium, please contact your Case Manager at 989-3939.



Steve & Beth Bline



Jennifer Johnson & Family



Carmen Perez & Family



LaKesha Adams & Son



Angelica Negroñ & Son



Carmen Camacho & Son



Whitney Lapsley, Lamont Jenkins & Annette Johnson

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Happy Valentine's Day!



Healthy Start  
6939 Grand Avenue  
Hammond, IN 46323