

NORTHWEST INDIANA HEALTHY START

MOMMY, ME & MORE

VOLUME 6, ISSUE 6 SPRING 2006

PROJECT DIRECTOR'S MESSAGE

A unique feature of Healthy Start is that service consumers have the opportunity to have a real voice in how the program is designed and operated. This is the primary reason for the Healthy Start consortium – grassroots community participation.

This commitment to consumer input is at both the local and national levels. This year our National Healthy Start Association will host its seventh annual spring education conference. This year's conference is entitled, "Healthy Start: Celebrating our Past, Present and Future". The conference

will be held in Washington, D.C. at the end of March.

Northwest Indiana Healthy Start is pleased to have a consumer member of our consortium attending this year's conference along with the staff. Jessica Amezcua has been a consistent and enthusiastic participant in consortium activities. While in Washington, Jessica will attend an orientation session designed especially for consumer participants. There will be various workshops and lots of opportunity to mingle with people from other Healthy Start sites around

the country.

The trip will end with a planned trip to Capitol Hill to visit Congressman Peter Visclosky. We like to keep the Congressman updated on our progress in the fight to eliminate disparities in infant health.

It will be a fast-paced, jammed pack four days in our nation's capitol. I'm sure we'll have great information to share when we return.

COME ONE COME ALL !!!

HEALTHY START EDUCATION CLASSES ARE OFFERED TO EVERYONE

- *Breastfeeding*
- *Nutrition*
- *Family Planning*
- *Baby Bingo*
- *Post Partum Depression*
- *Labor & Delivery*
- *Infant Care*
- *Parenting*

INSIDE THIS ISSUE:

PROJECT DIRECTOR	1
PARTICIPANT NEWS	1
FOOD SAFETY	2
TRANSPORTATION	2
TESTING SITES	2
AGENCY SPOTLIGHT	3
PRENATAL NUTRITION CONSORTIUM	3
MISSION STATEMENT	4
HEALTHY START CLOTHES CLOSET	4

WORDS FROM A PARTICIPANT



Words From A Participant

Davida Fields has been an active East Chicago Healthy Start participant since June 2004. She delivered her son, Chrishawn, on December 1, 2004. Her case manager, Lourdes Cisneros interviewed her. Davida wanted to share her thoughts about the program.

"Being in the Healthy Start program has made me happy. I enjoy being in the program and it also helps you out when you have problems. Being a mother was hard the first couple of months, but now its not as hard as it seems. It's fun ! I enjoy playing with my son and teaching him things."

FOOD SAFETY/DATES ON FOOD ITEMS



Food Safety

Many people do not think about food safety until a food-related illness affects them or a family member. Preventing food borne illness and death remains a major challenge. The initial step in food safety is to buy foods that are safe and not a source of bacteria.

Some food safety tips are: 1) Don't buy food in cans with bad dents, bulges, rust or leaks. 2) Don't buy food in opened or damaged packages. 3) If possible, put raw meat, fish, and poultry in a plastic bag before putting them in the grocery cart.. Placing them in the bag will

keep the juices off the other foods. 4) Check eggs before buying them. If they are cracked, do not buy them. 5) Meat, chicken, turkey, fish, eggs, cheese, and frozen foods will spoil fast at warm temperatures. 6) Select frozen and refrigerated foods last. Frozen vegetable packages should be firm and loose. The packages should not feel like a solid block. This could be a sign that the vegetables have thawed out and refrozen.

Dates On Food Items

SELL BY DATE is on dairy products, lunch meats, and fresh bakery products. This date is the last day

that a store can sell a product. The product can be safely used for one week after the "Sell By" date.

BEST IF USED BY DATE is on cereal, frozen foods & fried snack foods. These dates indicated that the quality of food decreases after the date. Foods can be safely used for many days after the stamped date, but the food will not be fresh.

EXPIRATION DATE is on eggs, yeast, and baby foods. These dates indicate the last day a food item should be used/eaten. After the expiration date, the flavor and quality will not be good !



NEED A RIDE, CALL US !

Here's What You Need To Do

To schedule a ride: Contact your case manager or call the Central Office @ 219-989-3939 between the hours of 8:30 a.m. - 4:00 p.m. (Transportation requests must be made 48 hours before your scheduled appointment)

Who May Ride?: Transportation service is offered to our Healthy Start participants, but if necessary, one other person will

be allowed to ride. This information must be provide at time of request. (Space is limited)

Need to cancel a scheduled ride? To cancel a scheduled ride, you will be expected to contact the Central Office at least 24 hours before your scheduled pick-up-time. Transportation can be rescheduled if cancellation is properly made in advance.

Note: Failure to properly notify

the office of the cancellation could result in limited or no access to services.

We thank you for your cooperation in helping us provide an efficient transportation service for our Healthy Start participants.



**TO SCHEDULE
A RIDE CALL
219-989-3939**

FREE PREGNANCY TESTING

In order to ensure that moms get early prenatal care, Healthy Start offers FREE Pregnancy Tests at various sites in the community. Please call 1 (800) 445-BABY for available times. East Chicago: Roberto Clemente Center: 3636 Elm St./391-8484. Heritage Hall:4506 Tod Ave./391-8380. Gary: Black Oak

WIC: 6209 W. 25th Ave./844-9192. Gary WIC: 650 Grant St./ 882-6510. Gary Neighborhood Services: 300 W. 21st. Ave./883-0431 ext. 23. Hammond: Mom, Kids & Co.: 1331 Columbia Court./844-2779. Lake Station: Lake Station WIC: 2580 Central Ave./962-4116



AGENCY SPOTLIGHT

The **W**omen, **I**nfants & **C**hildren's program, WIC is a special supplemental food and nutrition program. WIC ensures that their participants receive essential nutrition for development. Those eligible for WIC include: Pregnant Women, Breast-feeding Mothers (up to one year after delivery), Postpartum non-breast feeding mothers (up to six month after delivery), Infants, Children under five years of age.

WIC participants receive vouchers which can be redeemed for specified nutritious foods at most grocery stores. WIC participants also receive nutrition education, nutrition counseling, and referrals to other

health and social services.

All women who receive Medicaid, food stamps, and TANF are income eligible for WIC. To participate in the WIC program a person must meet the following conditions: Live within a WIC service area, Meet income guidelines, Have nutritional needs.

Listed are the locations of the area WIC offices:

GARY: 300 W. 21st Ave
883-5260

GARY: 650 Grant St.
882-6510

GARY: 6209 W. 25th Ave.
844-9192

EAST CHICAGO: 100 W. Chicago Ave
397-4577

HAMMOND: 5927 Columbia Ave.
931-9527

HAMMOND: 3442 169th St.
989-0449

HAMMOND: 1331 Columbia Ct.
845-3005

LAKE STATION: 2580 Central Ave
962-4116



PRENATAL NUTRITION

During pregnancy your body is going through many changes. To support these changes and the growth of your baby, you will need more nutrients and energy.

Tips: The following tips can help you get the nutrients needed for a healthy pregnancy.

*Eat 6-11 servings of grain products each day. Choose whole grain breads, cereals, pasta & rice. Grain products are a great source of carbohydrate(energy), iron, & fiber.

*Eat 3-4 servings of fruits & 3-5 servings of vegetables each day. If

you drink juice make sure it's 100% juice. These are a great source of folate, vitamins, & fiber.

*Eat 4 servings of milk products each day—Milk, chocolate milk, yogurt, & cheese are all great sources of calcium & protein. If you can't drink milk, fortified soy milk is a healthy alternative.

*Eat 3-4 servings of meat & alternatives each day—For a great source of iron & protein choose lean meat, fish, and poultry or meat alternatives such as eggs, lentils, beans, tofu, and peanut butter. For those

who observe the Lenten season, there are some limitations. Some fish have high mercury levels, which can hurt your baby's developing brain & nervous system. Fish you should NOT eat if you are pregnant are: swordfish, shark, king mackerel, tilefish (also called golden bass or snapper, marlin, grouper, tuna, bass or walleye.

Health experts recommend that women eat 8-12 ounces/week (before cooked) of fish. For additional information visit: <http://fn.cfs.purdue.edu/fish4health/>



WHAT'S HAPPENING AT HEALTHY START?

Healthy Start Consortium

The topic for Healthy Start's February meeting was "Nutrition & Fitness". With the assistance of Clara Sanders (Director of Case Management/Outreach Services), we were able to obtain some very vital information that we shared with the members of the consortium. The members were given a folder with

the following information: The food pyramid for children and adults, healthy food choices and material on daily calorie needs. The committee was also given information on portion sizes and ways to get moving.

Consortium members and staff discussed the information in detail. When the meeting was over, we were all com-

mitted to changing our eating habits. We also decided to set aside time at each meeting to discuss nutrition.

At our June 2006 meeting, we will share how changing our eating and cooking habits has affected our families.



Come Join Us !!!

NORTHWEST INDIANA HEALTHY START

7854 Interstate Plaza Drive
Hammond, Indiana 46324

Phone: 1-219-989-3939
1-800-445-2229
Fax: 1-219-989-3930

SERVING YOU FROM BEGINNING TO
END. . . AS ALWAYS,

HEALTHY START !

SPANISH EDITION COMING. . . .

MISSION AND PHILOSOPHY

Healthy Start is a federally funded demonstration 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.

Serving the communities of East Chicago, Gary, Hammond & Lake Station



A Healthy Start Star Is Born !

On February 8, 2006, Sharon Malory, the host of WJYS “Pocket Change” stopped by to interview Healthy Start’s own Angela Wadley. The interview was televised on February 20, 2006. Mrs. Wadley discussed the Healthy Start services are available to pregnant who are insured or uninsured. She represented us well !!



Clothing Closet

We are happy to announce that Healthy Start has a Clothing Closet program for our participants and their families. We have clothing for women & infants up to the age of 2. Clothing is distributed every Wednesday. Please contact your case manager for more information.



Babies, Babies and More Babies!!

I Q S Q Y Y F E
H J R B D O G L
K M A E R W C D
R B C M P R Y A
P J U F Q A C R
E L T O B I C
A C R I B P N D
S Z T Y B H Y E

BABY
CRIB

BOTTLE
DIAPER

CRADLE
FORMULA