

# MOMMIE, ME & MORE

Fall 2009

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## Project Director's Message

I can say that I fulfilled my garden mission this summer! If you take a look at the pictures you'll see the fruits, rather the vegetables of my labor. Even though it takes a little work to get a garden up and running, in the end it really was worth every second of the effort. I never imagined I would be so comfortable with little bugs and worms. Yes, they come along with the gardening process. I was so determined to get this garden going that I didn't even get upset when I dug up a worm. Actually I just buried them in another location, so I guess we learned to share the space. No creepy crawly was going to separate me from my goal! More than anything, I am always amazed to see the vegetables grow. This year I tried some new items. Besides my usual bell peppers, I tried green beans, carrots, broccoli, cauliflower, celery, cucumbers and red potatoes. Believe me, I was as excited as a kid in a candy shop every time I picked a bean or realized that my vegetables looked just like those in the store! I admit that is probably pretty silly but believe me I was thrilled. You would have thought that I found gold in my backyard when I saw the first red potato out there! It really has been fun and relaxing for me and I have enjoyed sharing the vegetables with others.

We all need to include more fresh fruits and vegetables in our daily diets. Recent reports have indicated that America's obesity rate is the highest it has ever been. It is even worse for African Americans and Hispanics. I have to admit that I have been packing on the pounds myself. I need to eat more from my garden and stay away from the junk! It's time for a renewed commitment to a healthy weight in order to prevent some of the illnesses that have been associated with overweight – diabetes, hypertension and heart disease to name a few. For our pregnant moms these diseases can affect the unborn baby. Also, being overweight has been linked to still-birth.

At Healthy Start we want to help the women participating in our program be as healthy as possible both during pregnancy and after the baby is born. I, along with Case Manager Annette Le noir-Johnson and Outreach Worker Maria Negrete recently traveled to Washington, D.C. to meet with consultants and other Healthy Start program representatives to discuss how we can be of greater assistance to those program participants that want to achieve a healthy weight. This is a big issue and we want to really make a difference so we had our public health partners Dianne Malory from the Gary Health Depart-

ment and Clementine Dubose from Health Visions Midwest to travel to Washington with us. It truly does take a village to solve a community problem so in the coming weeks we will add other partners to our village. I have to add that we have a great role model in our Annette. She has committed to a lifestyle change of better eating and exercise and has had a significant weight loss. She says she feels great and I will tell you she is looking great too!

Look for more about our healthy weight efforts in future editions of the newsletter. We want to hear your suggestions too so feel free to contact us.

\*\*\*\*\*

September is Infant Mortality Awareness Month. During this month we want to bring more attention to the number of babies in our communities that do not live to reach their first birthday. This is still a problem and we all must continue to educate everyone, women and men, about the steps to better birth outcomes. Each one teach one!

Risë L. Ratney  
Project Director



## Healthy Start Events Calendar

Healthy Start has several community events planned for the year. We hope to see you and members of the community at the events. Please bring a friend !

**October 2009**— Gary

“New Release on Life/ Balloon Release” Genesis Center

**October 20, 2009**—Lake Station “Halloween Spooktacular” (St. Francis Church) 2453 Putnam St.

**Coat Drive**—In the fall (More information to follow)

**Thanksgiving Baskets**—In the fall (More information to follow)

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Birth Spacing refers to the time between one child's birth date until the next child's birth date. There are many things to consider in deciding what the best space between pregnancies is. However, researchers agree that 2 ½ years to 3 years between births is usually best for the well being of the mother and her children.

#### Why Space Births?

There may be personal reasons why time is needed between pregnancies. Planning enough time between pregnancies increases the chance of a good outcome for the mother and each of her babies. If a mother has had a miscarriage or lost a child, they may need time to grieve, think about their risks and work through their fears and anxieties before thinking about a future pregnancy. A couple or their child may have a medical condition which needs

## What Is Birth Spacing?

to be managed before they are able to begin planning their family. A planned pregnancy is more likely to have a good outcome for the mother and baby.

#### Improvement in Health of Newborn

When births are spaced 2 ½ years to 3 years apart there is less risk of infant and child death. There is also a lower risk of the baby being underweight.

#### Improvement in Health of Mother

Short spaces between births can also be bad for mother's health. There is a greater risk of bleeding in pregnancy, premature rupture of the bag of water and increased risk of maternal death. A mother is encouraged to wait 6 months after breastfeeding before getting pregnant again, so that the mother will be able to rebuild her nutritional stores.

#### When You Are Ready

When you are ready to have another baby, preparing beforehand will help you and your baby to have a healthy start. It is recommended that you solve any health problems, be up to date on your immunizations, be tested for any sexually transmitted diseases and find out if you have any medical conditions that could affect the pregnancy. If you have lifestyle issues such as violence or abuse, or high levels of stress, seek help to settle those issues before you get pregnant. Following good habits such as eating healthy, exercising, taking a vitamin which contains folic acid, staying away from chemical and hazardous materials and stopping smoking will help you have a healthier pregnancy and newborn baby.

## An Idea Is Born

### An Idea is Born

Participant, Olga Delgado joined the Healthy Start Walking Fit Club in Hammond. Olga, her mother Maria Martinez, and her aunt Juana Martinez all walked at Martin Luther King Park in Hammond and Tod Park in East Chicago. They began the walking as a part of starting a healthier lifestyle. By walking together they provided support and encouragement to each other.

While walking and talking one day, Olga mentioned a wonderful idea to Lee Ann Weber- Hatch, the Health Education Director. Why not start a used clothes "trading post". Participants could trade baby clothes that have been outgrown but are still in good condition. For that matter, any clothes in good condition could be traded among participants.

The idea of the Trading Post was presented to the members of the Healthy Start Consortium. The members present were in favor of the idea.

Thanks to Olga, a great idea was born. Healthy Start staff is looking forward to working with Olga to make this idea a reality. Stay tuned for more info as the details develop.

## Calcium: The Bone Builder

*The following article is the 1<sup>st</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.*

### Calcium: The Bone Builder

Calcium is the nutrient that is needed to build your baby's bone and teeth during pregnancy. Throughout your pregnancy, if you do not get enough calcium, it will be taken from your bones. It is also important to feed your body calcium to keep your bones and teeth strong, and your body is also stor-

ing calcium to use in milk production later. Calcium is also involved in muscle contractions, the clotting of blood, nerve function and heart rhythm. These are all very important functions during pregnancy. Therefore, the calcium recommendation for pregnant women is 1,000 milligrams each day.

This can be reached by eating 3 to 4 servings of dairy products a day. Don't assume that you are getting enough calcium by taking your prenatal vitamin.

**Check out the following tips on how**

### **to fit calcium into your busy day:**

Top your cereal with creamy fruit yogurt, top a salad with low fat cottage cheese, or add steamed and minced greens like collards and kale to pastas, casseroles and soups. You can also use almond butter instead of peanut butter or put low fat cream cheese on your bagel or celery sticks.



## See Yourself In 5 Years???

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### Where Do You See Yourself in 5 Years?

Sometimes it is good to take a break from the stresses of your hectic life to think about what the future may hold for you and your family. During a recent consortium meeting, we asked several of our members... "Where do you see yourself in five years? Here were some of the responses:

"I will be taking care of my kids and being a good mother and help my kids through school. I will take care of my health so I can be healthy for my kids."-**Beth Bline (Hammond)**

"I see a bright future! My husband and I plan to be missionaries and we

hope to be on the foreign field within the next five years. It is a possibility that we will be going to Africa to tell others about Jesus Christ and his love. I also hope to be a mother again by then."-**Sarah Rader (Hammond)**

"I will still be working at the same job or 2 jobs or even a whole different job and living in a house that I own."-**Steven Bline (Hammond)**

"In five years I plan to have my family out of Gary, Indiana to a new start."- **Shanta Franklin (Gary)**

"I see myself with millions after I sign my record deal with a major recording label."- **Matthew D. Johnson (Gary)**

"I see myself in 5 years serving the Lord as much as I can. I will be a better mother to my daughters and support my husband in any that I can. I will return to school."-**Marlen Victoria (East Chicago)**

"In 5 years I see a better future for my husband. I see my children with a good education, and serving the Lord, with good goals set for their lives."-**Olga Delgado (Hammond)**

### Where Do You See Yourself in 5 Years?

## Recall List

### Recall List

#### **Kolcraft Play Yards including:**

Kolcraft, Carter's, Sesame Street, Jeep, Contours, Care Bear and Eric Carle Play Yards (Sold between January 2000 and January 2009) Go to [www.cpsc.gov](http://www.cpsc.gov) for defective model numbers.

#### **Nestle' TOLL HOUSE refrigerated cookie dough products including:**

Cookie Dough Tub, Tube (Chub) Dough, Ultimates Cookie Bar Dough, Cookie & Brownie Dough Bar, Seasonal Cookie & Brownie Dough and Discontinued Varieties. Go to [www.fda.gov](http://www.fda.gov) for affected cookies.

#### **Meijer Brand Instant Non-fat Dry Milk (10 QT Packets, UPC # 00000000-41250-96746-0)**

**Hard Tail Children's Hooded Jackets and Pullover Sweat-shirts with Drawstrings-** drawstring through the hood or waist can pose a strangulation

hazard to children. Go to [www.cpsc.gov](http://www.cpsc.gov) for additional information.

#### **Malt -O-Meal Maple & Brown Sugar Instant Oatmeal including:**

Single serve packets and packets sold in variety cartons. Go to [www.fda.gov](http://www.fda.gov) for more information.

**American Greetings Corp. Sport Balls-** Involves Design-Ware Sport Balls party favors. Package contains four mini sport balls: a basketball, a football, a baseball and a soccer ball. (Model number is SPBL 1821)

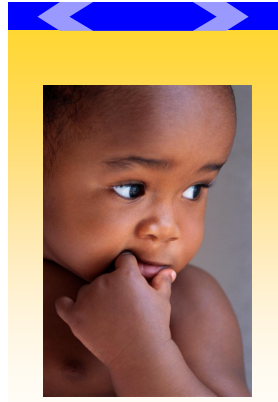
**Jaloma Pacifiers-** The pacifier mouth guard and the ventilation holes are too small and fail to meet federal safety standards. Go to [www.cpsc.gov](http://www.cpsc.gov) for more information.

#### **E.S. Miller Packing Co. Ground Beef Including:**

10 pound Cryovaced bags of bulk ground beef and 12 & 15 pound boxes of ground beef patties

#### **Diamond Crystal Brands Inc. Products containing nonfat dry milk including:**

Café' Delight White Chocolate Caramel Cappuccino, Chefs Blend White Chocolate Caramel Cappuccino, Chefs Supreme English Toffee Cappuccino, Chefs Supreme Hot Cocoa Mix, Diamond Crystal Cappuccino Mix, Diamond Crystal English Toffee Cappuccino, Diamond Crystal Malted Milk Powder, Diamond Crystal Nonfat Dry milk, Diamond Crystal Oatmeal Variety Pack, Diamond Crystal Raspberry Vanilla Cappuccino, First Café Original Cappuccino, First Café White Chocolate Caramel Cappuccino Mix, Grindstone Café White Chocolate Carmel Cappuccino, HHL Vanilla Instant Breakfast Drink, Monarch Nonfat milk Powder, Rituals English Toffee Cappuccino and Rituals Original Cappuccino. (For lot numbers go to [www.fda.gov](http://www.fda.gov).



## Special Thanks

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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.

### Cinco De Mayo

**Gloria Balerini and Grace Lozano of Roberto Clemente Center**-(3616 Elm St., East Chicago), **“BOMBA” Folkloric Dancers & NACOPRW Adult Folkloric Dancers**-(3616 Elm St., East Chicago), **Mr. Fred Castro**-(Sound System Donation), **Rondalla**

**Roberto Clemente**-(3616 Elm St., East Chicago), **Ballet Folkloric of St. Mary’s Church**-(East Chicago), **McDonalds**-(Columbus Dr. , East Chicago) and all the vendors present.

### Juneteenth Celebration

**Everest College**-(707 E. 80<sup>th</sup> Place, Merrillville), **Fresh County Market**-(25<sup>th</sup> & Grant St. Gary) **Texas Corral**-(9200 Indianapolis Blvd, Highland), **Gary Neighborhood Services**-(300 W. 21<sup>st</sup> Ave. Gary), **Mary Feagin and The Total Wellness Connection**-(7863 Broadway, Merrillville), **Kaprice Smith of Divine Glory Hair Techniques**-(5284 Broadway, Merrillville), **Butterfly the Clown**-(4425 S. Ash, Hammond), **Salvation Army**-(1351 W. 11<sup>th</sup> Ave., Gary) **McDonald’s**-(35<sup>th</sup> Avenue & Grant St., Gary)

and all the vendors present.

### Ice Cream Social

**Hammond Housing Authority**-(Columbia Center 1402 173<sup>rd</sup> St., Hammond), **Kool Smiles**-(8327 Indianapolis Blvd., Highland), **Dairy Rich Ice Cream**-(6510 Broadway, Merrillville), **Butterfly the Clown**-(4425 S. Ash, Hammond), **Lake County Sheriff-Drug Alliance**-(2293 N. Main St, Crown Point), **North Township Trustee**-(5947 Hohman Ave., Hammond) and all the vendors present.



## Have You Earned Your Baby Bucks???

**“Contact your case manager for transportation ! 989-3939”**

Have You Earned Baby Bucks??

If so, come to the “Baby Store”

On

September 2, 2009

**10:00 a.m. – 1:00**

**p.m.**

**6939 Grand Avenue  
Hammond, IN**

Contact your case manager

for transportation!



## Mushroom Blue Cheese Turkey Burgers



Mushroom Blue Cheese Turkey Burgers

### **Ingredients:**

1 lb. ground turkey, 8 ounces fresh mushrooms (finely chopped), 1 onion (finely chopped), 2 tablespoons soy sauce, ½ teaspoon kosher salt, ¼ teaspoon black pepper, ¼ cup crumbled blue cheese

### **Directions:**

Preheat grill for high heat. In a medium bowl, mix together the ground turkey, mushrooms, onion, and soy sauce. Season with salt and pepper. Form into 4 patties. Lightly oil the grill grate. Place patties on the prepared grill, and cook for 10 minutes per side, or until

well done. Top with blue cheese during the last few minutes.

### Nutrition info: Servings

**Per Recipe: 4, Calories: 251, Total Fat: 13.5g, Cholesterol: 90mg, Sodium: 896mg, Carbs: 5.3g, Dietary Fiber: 1.1g, Protein: 26.8g**

# Planning at Healthy Start?

## Juneteenth Celebration\*\*\*June 19, 2009



## Health Fair\*\*\*June 24, 2009



# What's Happening At Healthy Start?

## Ice Cream Social\*\*\*July 24, 2009



## Stroll In The Park\*\*\*August 7, 2009



Hammond, IN

46323

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## 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 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*

*Hermelinda Gomez, Case Manager/EC*

*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*

Ameristar Casino----777 Ameristar Blvd., East Chicago, IN  
Capricorn Hair & Nail Salon----714 W. Exchange Avenue, East Chicago, IN  
Casa Blanca----4616 Indianapolis Blvd., East Chicago, IN  
Casa Lupita Restaurant----533 W. Columbus Drive, East Chicago, IN  
Council 4<sup>th</sup> District, Christine Vasquez, East Chicago, IN  
Drug Free Alliance----2450 W. 93<sup>rd</sup>. Avenue, Crown Point, IN  
Dunkin Donuts----1705 E. Columbus Drive, East Chicago, IN  
Dunkin Donuts----4614 Calumet Avenue, Hammond, IN  
Dunkin Donuts----7306 Calumet Avenue, Hammond, IN  
East Chicago Meat Market----4624 Magoun Avenue, East Chicago, IN  
El Fuerte Meat Market----1820 Broadway Street, East Chicago, IN  
El Rancherito----3809 Main Street, East Chicago, IN  
EMT/Fire Dept.----3901 Indianapolis Blvd., East Chicago, IN  
Gary Literacy Program----650 Grant Street, Gary, IN  
Genovia's Pizza----3820 Main Street, East Chicago, IN  
Joseph's Hardware----709 W. Chicago Avenue, East Chicago, IN  
Lake County Sherriff's Dept.----2293 Main St., Crown Point, IN  
Main Plaza----3727 Main Street, East Chicago, IN  
McDonald's ----4745 Indianapolis Blvd., East Chicago, IN  
Michoacano----2003 Broadway, East Chicago, IN  
OM Distribution----724 Hoffman Street, Hammond, IN  
Rosa's Unisex Salon----4603B Indianapolis Blvd., East Chicago, IN  
St. Catherine----4321 Fir Street, East Chicago, IN  
Strack & Van Til's----4725 Indianapolis Blvd., East Chicago, IN  
Taco Bell----6527 Indianapolis Blvd., Hammond, IN  
Texas Corral----9200 Indianapolis Blvd., Highland, IN  
Ultra Foods----8401 Indianapolis Blvd., Highland, IN  
Walmart Vision Center/Dr. Timothy Clines----1828 165<sup>th</sup> Street, East Chicago, IN  
Wendy's----1844 165<sup>th</sup> Street, Hammond, IN  
White Castle----3956 Guthrie Street, East Chicago, IN



# Post Coming Soon

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

If you doí í í ..

Maybe another mom does too. . . . .

Come to the Trading Post and trade them with another motherí ..





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Have A Happy Labor Day !!  
September 7, 2009

Healthy Start  
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