

# Mommie, Me & More

Healthy Start—Summer 2010

## Project Director's Corner

This is the time of year that I really look forward to – spring/summer. It just seems there is just a lot more energy all around. Spring typically is the season of new and fresh, marked by the opening of flowers and the chirping of birds. It just seems there is more energy this time of year. This is exactly what I found on our recent trip to Washington for the National Healthy Start Association's Spring Conference. Two of our Healthy Start moms and their babies, along with staff ventured to our nation's capital to share and learn with other Healthy Start sites. This edition of the newsletter will give you some insight about our trip.

We have another trip to Washington coming up in June. This time we are going to meet with the other Healthy Start sites to share information about our nutrition and exercise program. You may recall from a previous edition of the newsletter that we were developing a pro-

gram to help our moms reach a healthy weight after they have had their baby. We are excited about the outcomes because it seems we have helped a lot of our moms learn more about nutrition and the value of physical activity. I certainly want to thank our community partners for their assistance. The Expanded Food and Nutrition Program (EFNEP) taught our classes and the East Chicago community centers Roberto Clemente and Penn Center provided the space for the classes and exercise. This has been a wonderful partnership and we appreciate their contributions to this effort.

Our world is getting more high tech everyday to the point that it is getting harder to keep up with all the changes. Fortunately, the National Healthy Mothers, Healthy Babies Coalition found a high tech way to communicate health messages to pregnant women and it's free. Read the article about 'text4baby' to learn how this new service can bene-

fit the women in our communities. Also in this edition you'll find information on unsafe foods and a pretty long list of items that have been recalled due to a risk to children.

I wish all the moms a Happy Mother's Day this year. This will be my first Mother's Day without my mother. So, please indulge me as I take a few lines to pay tribute to my mother, Evelynne R. Leatherwood. Ma, as I called her, was outspoken, adventurous and curious until the day a massive stroke took its toll on her. Believe me, to stop my mother it had to be massive! Even though she spent the latter years of her life in a wheelchair, at 85 she still had the energy and desire to be on the go all of the time. I miss her a lot and I'm still adjusting to not having her here. In the cycle of life we will lose those that we love, but if we have some good memories to hold on to that helps a bit. I'm glad to say that I do.

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## News You Should Know

**Text4baby** is a free mobile health information service for pregnant women and new mothers.

- Free wireless text message – 3 times per week – on health tips through your pregnancy and your baby’s first year.

- It is available free of charge to United States mobile phone subscribers, including AT&T, Verizon and Sprint. Check with your mobile service.

- You can register online at [www.text4baby.org](http://www.text4baby.org) or from your cell phone texting BABY to 511411.

**ReachOut Wireless** is a government assistance program for a free cell phone and free monthly minutes. Currently this service is not available to Indiana residents. Other states such as Illinois and West Virginia have this service. ReachOut Wireless will be offered in Indiana in the near future. You can call 1-877-870-9444 to check status.

- To qualify you must participate in a

State or Federal assistance program such as Food Stamps, Medicaid, Federal Public Housing Assistance or Section 8, Low Income Home Energy Assistance Program, Supplemental Security Income (SSI), National School Free Lunch Program, or Temporary Assistance for Needy Families (TANF).

- To apply for this phone service you can call 1-877-870-9444 or register online at [www.callrow.com](http://www.callrow.com).

- You’re only allowed one free phone per household. Not eligible if you are receiving Lifeline or Link-Up as ReachOut Wireless is part of these programs.

**2010 Census** – Census Day was on April 01, 2010. If your census questionnaire was not received and processed by April 09, 2010, you may be visited by a census worker to obtain your response. On May 1<sup>st</sup> census takers will begin door-to-door visits to collect information from households that did not return the form.

- Census results are used to decide how much government money will be received for your community towards services for neighborhood improvements, transportation, public health, senior services, education, emergency preparedness, disaster recovery and many other local needs.

- Census information affects the number of seats your state occupies in the U.S. House of Representatives.

- Your answers are confidential and protected by Federal law under Title 13 of the U.S. Code. Violating this law is a crime with severe penalties. Census data becomes public after 72 years.

- If you need help completing your census form, or need your form in another language, call the toll-free Telephone Questionnaire Help Line at 1-866-872-6868. Spanish speakers can call 1-866-928-2010.

Have you been counted?

## Foods That Can Be Unsafe For Your Baby

As your baby grows, he will want to try more food. Some foods are not safe for your child, and are not good for your baby’s developing digestive system. Some foods can be a choking hazard.

### **Foods to avoid:**

#### Newborn to 4 to 6 months

**All solid food.** American Academy of Pediatrics recommends feeding your baby only breast milk or formula for the first four to six months. Talk to your baby’s doctor for his recommendation.

#### 4 to 12 months

**Honey** – Spores that can be found in honey, can grow in a baby’s developing stomach and cause food poisoning.

**Peanut butter** – The sticky thickness of the peanut butter can be tough for the baby to swallow.

**Cow’s milk** – Stick with breast milk or formula until the baby turns one year old. Your baby can’t digest the protein in cow’s milk. Cow’s milk does not have all the nutrients that can be found in breast milk or formula. Cow’s milk contains minerals in amounts that can damage the baby’s kidneys. Talk to your baby’s doctor for his recommendation.

#### 12 to 24 months

**Low-fat milk** – Most young toddlers need the fat and calories of whole milk for growth and development. Once your child turns 2 you can start giving him lower – fat milk if you like.

### **Choking dangers to watch for:**

**Large chunks:** Pea-size pieces of food are safest- they won’t get stuck in your child’s throat. Fruit like grapes, cherry tomatoes, and melon balls should be cut into quarters before serving.

**Small, hard food:** Nuts, popcorn, hard candies, and raisins are potential choking hazards.

**Soft foods:** Soft foods like marshmallows and jelly candies can get stuck in your child’s throat.

Be sure to consult with your baby’s doctor before you make changes in the baby’s diet.



# National Healthy Start Association 11th Annual Spring Conference

March 14<sup>th</sup> - 17<sup>th</sup>, 2010, marked our Annual Spring Conference in Washington, D.C...

This year two of our faithful consortium members, Angelica Negron and LaTasha Dodds were willing to attend the conference. Both participants were excellent representatives of the Consortium and the Healthy Start Initiative.

One of the highlights of the trip was the opportunity to visit the Senate and House of Representatives on Capitol Hill. LaTasha and Angelica had the chance to meet with the Indiana Congressman, Representative Peter Visclosky. They discussed

with Representative Visclosky, the positive effects of Healthy Start in their lives and the need for continued funding of the program.

The theme of the conference was "Fulfilling Our Vision: Healthy Babies from the Start".

Health issues during pregnancy, how to advocate for funding of programs and fatherhood were some of the topics presented. The importance of the involvement of the father in the stages of the child's growth and development were emphasized. Some of the barriers that fathers face, such as relationship changes

with the mother, court involvement issues, and unemployment were discussed as well as possible means of resolving these problems. The bottom line remains that you need to be there Dad in spite of the obstacles.

We look forward to seeing more of you at the next consortium meeting and may be joining us next spring in Washington.

## Iron

### Iron: Important For Good Health And Development

The following article is the 4<sup>th</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. Feel free to suggest to your Case Manager a nutrition topic that interest you and would like for it to be discuss at your next home visit or in our newsletter.

Iron is a mineral that is important for making hemoglobin, the oxygen-carrying component of red blood cells. Iron helps

keep your blood healthy and able to carry oxygen to your cells. Eighty percent of iron stored in the body is stored in the blood. Lack of iron can cause anemia, which can result in fatigue, weakness, and irritability. Iron also affects brain development.

Women of childbearing age require 15 mg. of iron daily. Pregnant women need extra iron for the increasing amount of blood in their bodies, and its recommended they take 27 mg. of iron daily. Taking a prenatal supplement instead of individual vitamins or minerals ensures that you and

your baby get balanced amounts of the vitamins and minerals you need.

Iron can be found in a variety of foods. There are 2 sources of iron:

Animal source such as meat, seafood and poultry.

Plant source such as dark green leafy vegetables, legumes, dried beans, peas, potatoes, fortified bread, grains and cereal such as oatmeal, dried fruit and egg yolks.

Have you had your iron today?

## I.C.E. (Nutrition & Exercise Program)

### Reminder

This free nutrition class will give you an opportunity to learn how to buy and prepare your meals nutritiously, cooking 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 EF-NEP graduation certificate as well as measuring spoons, kitchen cutter, and a cutting



Beans: Great Source of Protein

board from Healthy Start.

If you are interested in joining, contact your case manager or Clara B. Sanders, Director of Case Management/Outreach at (219) 989-3939.

## Consortium News

On March 10, 2010, our monthly consortium meeting was held. There were 16 members in attendance. The following Healthy Start Officers were voted in by our members: President – Steve Bline, Vice President – Ericka Hardeway, Secretary – Beth Bline and Sergeant at Arms – Carmen M. Perez. President, Steve Bline was voted in to serve a 2<sup>nd</sup> term. Also, nutrition (Choosing and cooking foods low in saturated fat and cholesterol.) was the topic of discussion, presented by Outreach worker, Maria Negrete.



Steve Bline



Ericka Hardeway



Beth Bline



Carmen M. Perez

## Have You Earned Your Baby Bucks???

Have You Earned Baby Bucks??

If so, come to the  
“Baby Store”

On

June 2, 2010

10:00 a.m. – 1:00 p.m.

6939 Grand Avenue

Hammond, IN

Contact your case manager  
for transportation!



# Recall List

**Graco Harmony TM High Chairs** – The screws holding the front legs of the high chair can loosen and fall out and/or the plastic bracket on the rear legs can crack causing the high chair to become unstable and tip over unexpectedly. This poses a fall hazard to children. This recall involves all Harmony TM High Chairs. The Harmony TM high chair was manufactured from November 2003 through December 2009 and is no longer in production. Sold at AAFES, Burlington Coat Factory, Babies “R” Us, Toys “R” Us, Sears, Target, Target.com, Walmart, WalMart.com, Shopko, USA Baby, and other retailers nationwide from December 2003 through March 2010. Go to [www.cpse.gov](http://www.cpse.gov) for model numbers that are affected. The model number can be found on the label that is located on the underside of the foot rest.

**Children’s Hooded Sweatshirts with Drawstrings** – Haselson International Trading Inc., of New York, N.Y. is the distributor. The sweatshirts have a drawstring through the hood which can pose a strangulation hazard to children. This recall involves children’s sweatshirts sold in sizes 4 through 7 and S (8) and M (10-12). The sweatshirts were sold in various colors and prints. The brand name Kani Gold or Road Block is printed inside of the garment on the neck tag. Sold exclusively at Burlington Coat Factory stores nationwide from July 2006 through September 2009. Go to [www.cpse.gov](http://www.cpse.gov) for more information.

**Scooby Doo, Tweety and Batman Children’s Fork and Spoon Sets** – The middle two prongs of the plastic fork can detach, posing a choking hazard to children. Recalled by Peachtree Playthings. This recall involves the Scooby Doo, Tweety and Batman plastic fork and spoon sets. The two-piece set is white plastic with cartoon images on the handle. Sold at Dollar Tree Stores and Deals during January 2010. Go to [www.cpse.gov](http://www.cpse.gov) for more information.

**Allreds Design Baby Bracelets and Pacifier Clips** – The recalled bracelets and pacifier clip clasps contain high levels of lead. Lead is toxic if ingested by young children and can cause adverse health effects. This recall includes Allreds Design brand baby bracelets and pacifier clips. The bracelets are sold in sizes 0-6 months, 1-4 years, and 4-8 years of age. The baby bracelets and pacifier clips have crystal and plastic beads in various colors with a metal clasp. Sold by resale stores and other consignment retailers nationwide and on EBay from June 2008 through December 2008.

**All Generation 2 Worldwide and “ChildESIGNS” drop side cribs** – Infant and toddlers are at risk of serious injury or death due to strangulation and suffocation hazards presented by the cribs. The U.S. Consumer Product Safety Commission (CPSC) urges parents and caregivers to stop using these cribs and not attempt to fix these cribs. The crib’s plastic hardware can break which can cause the drop side of the crib to detach from a corner of the crib. When the drop side detaches, it creates a space into which an infant or toddler can roll and become wedged or entrapped. When a child is entrapped between the drop side and the crib mattress, it creates a risk of suffocation or strangulation. In addition, the crib’s mattress support can detach from the crib frame, creating a hazardous space in which an infant or toddler could become entrapped and suffocate or strangle. Due to the fact that Generation 2 went out of business in 2005, CPSC has limited information about the cribs. Some of the known model numbers are: 10-110X, 10-210X, 21-110X, 20-710X, 64-315X, 26-110X, 90-257X, 20-810X, 46-715X, 64-311X, 74-315X, 21-815X, 21-810X, 20815X, 308154 and 54915. All Generation 2 Worldwide and “ChildESIGNS” drop side cribs are included in this recall, including those with other model numbers. The recalled cribs were sold at numerous local furniture and retail stores including Buy Buy Baby, Kmart and Walmart stores nationwide.

**Graco’s Passage TM, Alano TM and Spree TM Strollers and Travel Systems** – The hinges on the stroller’s canopy pose a fingertip amputation and laceration hazard to the child when the consumer is opening or closing the canopy. This recall involves Graco Passage TM, Alano TM, and Spree TM Strollers and Travel Systems. Go to [www.cpse.gov](http://www.cpse.gov) for model numbers that are affected. The recalled strollers were manufactured between October 2004 and February 2008. The model number and manufacture date are located on the lower inside portion of the rear frame, just above the rear wheels. Sold at AAFES, Burlington Coat Factory, Babies “R” Us, Toys “R” Us, Kmart, Fred Meyer, Meijers, Navy Exchange, Sears, Target, Walmart and other retailers nationwide from October 2004 and December 2009.

**Safety 1<sup>st</sup> Disney Care Center TM Play Yard and Eddie Bauer Complete Care Play Yard** – The one piece metal bars supporting the floorboard of the bassinet attachment can come out of the fabric sleeves and create an uneven sleeping surface, posing a risk of suffocation or positional asphyxiation. The play yards are portable and were sold with a bassinet attachment and a built-in changing station. Models included in this recall are 05025, 05026, 05037, 05088 and 05350. The model number is printed on a sticker on one of the support legs underneath the play yard. “Safety 1<sup>st</sup>” or “Eddie Bauer” are printed near the bottom of the fabric sides of the play yards. Sold at Babies “R” Us, Kmart, Sears, Target and Walmart from January 2007 through October 2009.

**eebee’s “Have a Ball” Adventures Cloth Books** – A string attaching a ball to the book can become entangled in the basketball hoop element, posing a strangulation hazard to young children. This interactive activity book has a small cloth ball attached to a string which children use to complete activities in the book. The books are intended for children ages 9 to 36 months. Importer: Sterling Publishing Co. Inc, of New York, New York. ISBN 13:978-1-4027-5771-6 is located on a white tag attached to the book. Other eebee’s Adventures cloth books are not included in this recall. Sold at book and toy stores nationwide and Internet.

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## Healthy Start

6939 Grand Avenue  
Hammond, IN 46323

Phone: 219-989-3939

Fax: 219-989-3930

E-mail: [www.nwihs.com](http://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

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*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 Man-  
ager/EC*

*Imogene Cunningham, Case  
Manager/Gary*

*Kathie Gibson, Health Educa-  
tor*

*Annette Lenoir-Johnson, Case  
Manager/Gary*

*Alicia Mondragon, Case Man-  
ager/Hammond*

*Irene Moore, Outreach Work-  
er*

*Maria Negrete, Outreach Work-  
er*

*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 Educa-  
tor*

# Recipe

## Banana-Orange Flip

A delightful drink that has 38% vitamin C (Helps form and repair red blood cells, bones and tissues, and helps the body absorb iron from iron rich foods.), 21% potassium (Potassium works with sodium to control the body's water balance, which helps maintain blood pressure.) and 11% riboflavin (Essential for growth; breaks down fat and carbohydrate.)

### Ingredients:

½ cup skim milk or plain nonfat yogurt, ½ cup orange juice, and 1 frozen banana

### Directions:

Blend all ingredients in a blender and serve in tall glasses. Add ice if needed.

### Nutrition info:

Servings Per Recipe: 2

Calories: 100

Carbohydrate: 22 grams

Protein: 3 grams

Fat: 0 grams

## Healthy Start Events Calendar

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

June 18, 2010 - 2<sup>nd</sup> Juneteenth Celebration (Gary Neighborhood Services) 300 West 21<sup>st</sup> Ave. Gary, IN. 10:00 A.M. -

2:00 P.M.

June 30, 2010 - 4<sup>th</sup> Annual Health Fair (Gary IVY Tech) 1440 E. 35<sup>th</sup> Ave. Gary, IN. 10:00 A.M. - 1:00 P.M.

July 23, 2010 - 4<sup>th</sup> Annual Ice Cream Social (Moms, Kids & Company) 1238 - 173<sup>rd</sup> St. Hammond, IN. 12:00 P.M. -

2:00 P.M.

August 6, 2010 - 4<sup>th</sup> Annual Stroll In The Park (Tod Park) East Chicago, IN. 10:00 A.M. - 2:00 P.M.

We just celebrated our 2<sup>nd</sup> Cinco De Mayo Celebration on May 1, 2010, at Roberto Clemente Center in East Chicago, IN.

## Cinco de Mayo



3-5 Servings Of Veggies  
A Day !



Summer Fresh Fruits & Veggies  
Happy Summer

2-4 Servings of Fruit A Day !



Healthy Start  
6939 Grand Avenue  
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