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## Meet our New Treasurer: Dave Miner

Dave Miner is a well known attorney, a proud father of Sarah and Joey and a community leader in Manatee County. He brings to Healthy Start a wealth of experience and community involvement. His long list of accomplishments includes: Prosecutor, Marine Vietnam Veteran, Judge Advocate for the USMC League, member of the American Legion and Marine Corps League. He was also Governor of 15 counties for the Florida Association of School Advisory Councils, he is big brother in the Big Brother/Big Sister Program, he was named "Children's Advocate of the Year" at the Zeta Phi Beta Sorority, he was also



Dave Miner, Treasurer

Chairperson of the Advisory Board for Manatee Educational Television, President of Manatee Children's Services and Statewide Director of Florida Coalition for Assessment Reform.

When asked about his involvement with Healthy Start he said: "The Healthy Start Coalition is a wonderful and much needed organization in our community. It is a privilege to work with such talented staff and board members to make life better for Manatee County's babies and young mothers." Dave's philosophy in life is: "Try every day to make our community an even better place to live". Dave's enthusiasm, commitment, knowledge of the community and his lively presence is a great addition to the Healthy Start Coalition of Manatee County.

## March of Dimes Site Visit

We were delighted to have Kim Hauser of the Birth Defects Center, University of South Florida representing the March of Dimes to conduct a site visit at our facility.

Kim had an opportunity to see the community health workers in action presenting the "Comenzando Bien" sessions as well as the folic acid education to some of the moms we serve at one of our community outlets. We are grateful to the March of Dimes for a third year of funding. The community health worker program has been a major success in the community. We are grateful for the support from our key partners such as Gulfcoast South Area Health Education, Project Light, Sacred Heart Church in Bradenton, Harlee Full Service Center and the Manatee County Extension Service of the University of Florida.





## “Removing Roadblocks in Working with Parents”

“Removing Roadblocks in Working with Parents” was the topic presented by Barbara Brownell, M.A. Ed. Program Manager with the Family Partnership Center at our November General Membership Meeting.

Barbara shared very important pieces of information with the professionals and staff involved in parenting education attending this meeting. Her focus was on

how to gain cooperation when working with families and several helpful approaches to removing roadblocks such as judgment, assumptions, family stereotypes and ineffective listening. She also explored the culture of a family and a formula for success in working with parents.

We look forward to having Barbara back in the future.



Barbara Brownell, M.A.

## Perinatal Massage...a reality for Healthy Start Moms

Healthy Start Coalition of Manatee County is pleased to announce the award from the Massage Therapy Foundation funding for the project “Special Care for the Childbearing Year: Perinatal Massage”. In conjunction with Paula Termini, RN, LMT, Transitions Massage, LLC, prenatal and infant massage will be available by referral to Healthy Start moms and their babies.

Massage, in general, has been shown to relax muscles, increase circulation of blood and lymph, increase oxygen and nutrients to cells and carry away waste products in the blood. A nice massage reduces fatigue, anxiety and tension, calms the nervous system and can assist in pain management. For the pregnant woman, massage relieves muscle spasm, cramps and pain in back and neck, two areas especially affected by her increased weight and change in posture and balance. Massage alleviates stress of weight-bearing joints (SI joint, midback and lumbar) and has been shown to decrease blood pressure. Women who



receive massages during labor have decreased time in labor, are released from the hospital sooner and have less postpartum depression. Equally important, massage provides emotional support and enhances a woman’s self-image during pregnancy. Massage encourages the mom to pay more attention to proper nutrition, exercise and other health practices. After a massage, a mom-to-be feels nurtured, cared for and has honored the work her body is doing, growing a new life. They feel renewed and have fewer worries about their pregnancy and caring for their new baby. Postpartum, massage helps to

eliminate aches and pains associated with childbirth and child caring activities, such as breastfeeding. It also helps the mother reconnect with her own body and provides a little private time, where the focus is on her well-being.

Infant massage is offered in small groups. Mothers are taught nurturing, loving and safe touch. Many people have not experience such gentle, caring touch in their lives and benefit from a simple demonstration of stroking their babies. Moms and babies learn about setting boundaries: asking and granting permission to touch.

Studies have shown, infants who receive massage, have less colic, sleep better and gain more weight. As they grow, children who are massaged, are less aggressive and are more nurturing to their peers. Adults who receive massage have a more balance body image and increases self- worth. Massage is for the entire family...giving a Healthy Start to the next generation!



## Healthy Start Prenatal Consent To Screen Rates

The Prenatal Consent To Screen Rate for Manatee County Residents is going up (2002 – 77.74%, 2003 – 67.48%, 2004 – 82.39%) and the Healthy Start Coalition would like to say a big THANK YOU to those providers that are taking time to screen and refer their patients to Healthy Start Case Management Services. The following Manatee County prenatal care providers are currently screening:

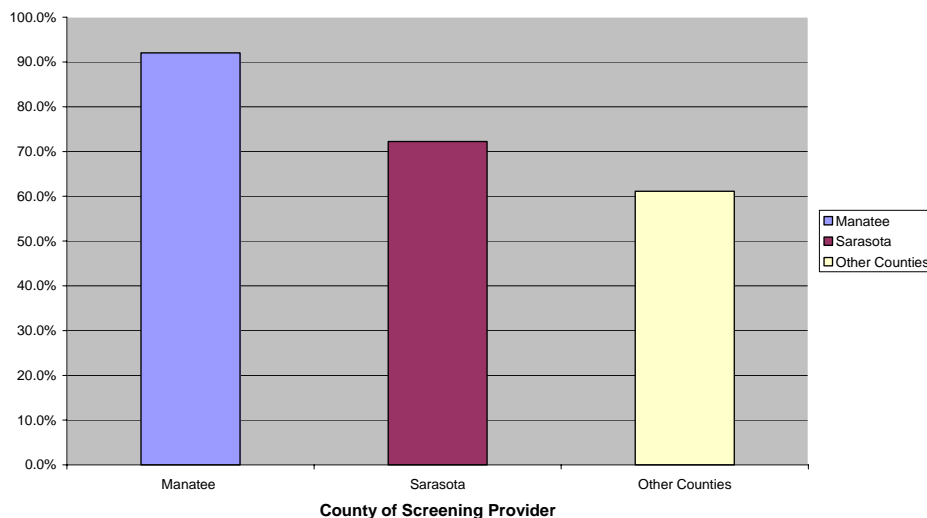
<i>Jorge Alvarez</i>	<i>Jennifer McCullen</i>
<i>Wilfredo Rivera</i>	<i>Aaron Sudbury</i>
<i>Reginald Woods</i>	<i>Elias Caltenco</i>
<i>Eric Mudafort</i>	<i>Clyde Skene</i>
<i>Carlos Vasquez</i>	<i>Erich Wyckoff</i>

From January 1, 2005 – October 31, 2005, 75% of Manatee County residents selected a provider in Manatee County and 23% selected a provider in Sarasota County.

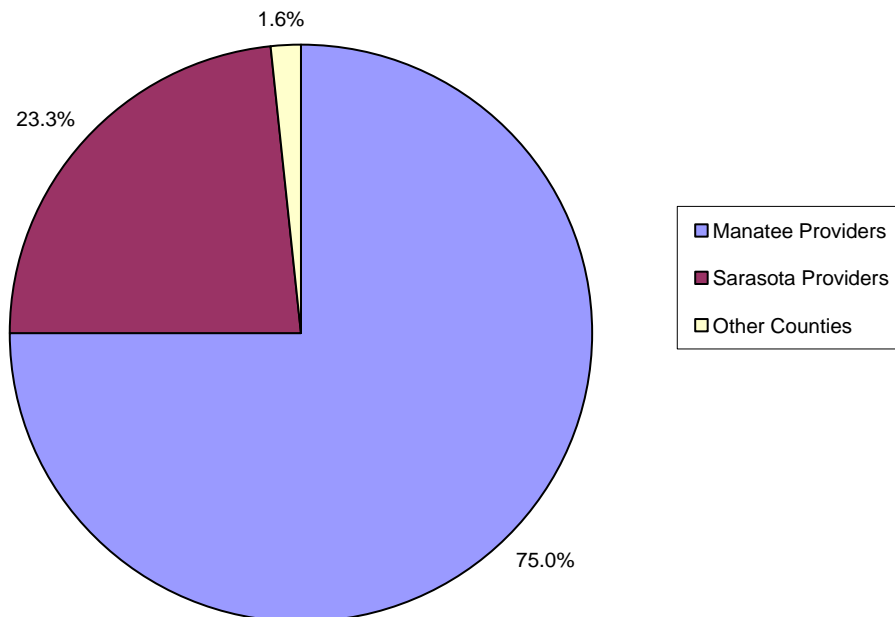
From January 1, 2005 – October 31, 2005, 2,515, the Consent To Screen Rate is 87.0% (2,155 prenatal screening forms were processed and 2,188 women consented to having the screen completed). By completing the screen, providers will know what risk factors need to be addressed and can make the appropriate referrals to agencies within the county. For the same time period, 92% of the Manatee County residents consented to the screen at their Manatee County provider, but only 72% consented at their Sarasota provider.

For more information about Healthy Start services or referrals, contact Luz Corcuera at the Coalition office at 708-6111, Extension 105.

Manatee County Residents Consenting To Screen  
January - October 2005



Prenatal Risk Screen Forms Processed (2,515 forms)  
for Manatee County Residents  
January - October, 2005



## Post Partum Depression Screening at the Pediatric Office

*At our September General Membership Meeting Dr. Jessica Capote-Dishaw from the Lawton Chiles Family Center gave an informative and enlightening presentation on her work to screen post partum women for depression at their infant's two month pediatric visit. What follows is a call from Dr. Capote-Dishaw to other pediatricians in the county.*

### CALLING ALL PEDIATRICIANS!

Pediatricians play a unique role in the care of a pediatric patient. These professionals possess the special opportunity to serve active roles in both the health and well being of the child and in carefully evaluating family dynamics. Postpartum depression (PPD) affects 10-20% of new mothers each year and in approximately 50% of those cases, the PPD-like symptoms began during or prior to pregnancy.

Pediatric primary care visits are frequent in the infant's first year and pose a special opportunity for the identification of PPD-suffering mothers. Women may be more inclined to talk to the pediatrician when they understand that depression affects the entire dynamics of the family, including the infant and other children in the home. The pediatricians should help clarify misconceptions regarding depression in general, and specifically, to comfort and assure mothers that PPD is more common than they think and can be easy to treat. Mothers with PPD tend to exclude themselves from health-care, which makes proper and early identification of this condition particularly challenging.

Risk factors for PPD may include one or more of the following: single and/or young mothers, lower educational level, lower socioeconomic status, history of mood disorder or depression, lack of social support and/or marital problems. Accumulating evidence now suggests that some traits in developing children may be linked to maternal depression, such as failure to thrive (poor weight gain), poor asthma management, the presentation of ADHD-like symptoms, other behavioral problems (which



may include substance abuse) and poor school performance. Developmental and emotional deficits in infants have been linked to maternal depression and may lead to dysfunctional maternal-infant interactions. Depressed mothers may also be less likely to breastfeed their newborns and may be less inclined to use preventative practices such as the use of car seats, electric plug covers, "back to sleep" positioning, and home smoke

alarms.

The pediatrician initiates his/her active role by administering a validated screening questionnaire for PPD and having it scored by a staff member during the mother and child's well-child visit. A mother receiving a high-risk for depression score can be referred for support services where she can be carefully evaluated and, if necessary, receive treatment. Careful and thoughtful follow-through is recommended because the family, including the newborn, is affected by the mother's progress. If the referring physician prescribes antidepressants, the pediatrician can assist in gauging a risk-benefit to breastfeeding.

As physicians, it is our duty to promote awareness of PPD and its impacts. All parents (and parents-to-be) must be educated about PPD, take personal responsibility, and ask for help. Healthy start can be the bridge for this community partnership.

Jessica Capote-Dishaw, M.D., F.A.A.P.  
Pediatrician

Lawton Chiles Children & Family Health Care Center

## A Quilt for Healthy Start

Dedicated to Healthy Start by the women in the sewing group and their tireless volunteers Pat Royer and Jackie Kelsey.

The message on the back reads:

"Many hands were involved in creating this gift of love. Every mother you have ever helped to have a successful pregnancy and to deliver a healthy child thanks you. Those yet to come thank you as well. May there always be a HEALTHY START."



# Healthy Start Coalition of Manatee County



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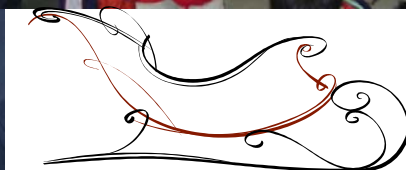
## Christmas 2005!

It has been a tradition for the last four years for the Healthy Start families to gather together to celebrate Christmas. This year we held our celebration at the Sacred Heart Church in Bradenton where over 180 moms and children came to spend a day with each other, to enjoy food, entertainment and to experience a sense that they are a part of a community that truly cares for them.

Thanks to the generosity of the Attorneys C.J. Czaia and Kevin Gallagher, the families had an enjoyable day sharing food, games and entertainment. Attorney Greg Hagopian came specially from North Pole and with the help of Judges Charles Williams, Durand Adams and Robert Farrance along with Charles Clapsaddle and his team from Manatee Educational Television made the children very happy as they handed beautiful children's books donated by Out of Door Academy and the Church of the Trinity to all children attending the celebration. The moms received gift certificates generously donated by Our Lady of the Angels Catholic Community and the Democratic Women's Club. Ms. Candy Kane was as usual in great demand as she had a constant line up of children waiting to have their faces painted.

We take this opportunity to express our gratitude to all our donors and volunteers for their generous support that made this event possible:

Czaia & Gallagher, P.A.	Church of the Trinity	Pat Royer	Out of Door Academy
Our Lady of the Angels Catholic Community	Pilot Club of Manatee County	Jackie Kelsey	Manatee Fruit Company
Sacred Heart Church	Democratic Women's Club	Debbie Bottinger	Luis, Mariella and Daniella Corcuera
Gregory Hagopian	Charles Clapsaddle & the METV team		



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## More News...

### “Newborn Pediatric Care”



“Newborn Pediatric Care” was the topic presented at our December General Membership Meeting by Dr. Florentina Taylor, who is a pediatric surgeon and presently practicing as a pediatrician in private practice in Bradenton and a Healthy Start Board member. Dr. Taylor is a very accomplished professional with over 26 publications on her research findings in the most prestigious journals of medicine in the country. She has been the recipient of numerous awards including the best scientific paper for her contributions on “Oral Urea as a treatment of sickle cell disease”.

Dr. Taylor provided excellent and up-to-date guidelines for the newborn care beginning at the mother’s pregnancy and continuing through the infant’s birth and first months of life. She also emphasized SIDS prevention and encouraged all service providers to take an extra moment to pay attention to some particular signs that would make a difference in making sure our newborns grow to be healthy and happy.

Dr. Taylor will continue supporting our efforts to train our community health workers with our Hispanic Latino and African American teams and will be invited again to present to the community at large.

### Team Building



Our care coordination services teams of the Manatee County Health Department, Manatee County Rural Health Services, Manatee Memorial Hospital, the Hispanic Latino Community Health Worker Program and the African American Sister to Sister Mentors gathered at the conference room at the Manatee County Health Department to participate in one of the ongoing provider training meetings. Fred Leonard, our Executive Director, Christina Gonzales, our psychosocial services provider and Luz Corcuera, our Program Director facilitated this “Team Building” session and provided the opportunity for our teams to be together and get to know each other as well to share experiences to achieve a common goal: Healthy moms and healthy babies in our community.

### East Coast Migrant Stream Forum

On October 20<sup>th</sup> 2005, Christina Gonzales our psychosocial provider and Luz Corcuera, our Program Director presented at the 18<sup>th</sup> Annual East Coast Migrant Stream Forum in Memphis, Tennessee on “Models of Support for Pregnant and Postpartum Farmworker Families”. This presentation conveyed the importance of prenatal education, post natal education and support to migrant women and their families. It emphasized the success of our community health worker program : “Promotora de Salud” and some of the innovative interventions to support this particular population.

At the same conference, Martha Ramirez, one of our Promotoras de Salud participated in the Tribute to Lay Health Workers, a bilingual presentation with several other community health workers of various states taking the audience into the lives of immigrant women and their stories as mothers harboring their past and adapting to their present and future.

### Breast Cancer Education Grant



The Florida Breast Cancer Coalition Research Foundation has awarded a grant to Healthy Start Coalition of Manatee County and Gulfcoast South Area Health Education Center to provide breast cancer education to our Hispanic Latino and African American Women in Manatee County. We are one of the four recipients of these grants in the state of Florida.

We began training our community health workers of our African American Team and our Promotoras de Salud . Ansley Mora, Community Education Coordinator with GSAHEC and Luz Corcuera, our Program Director conducted the initial training providing the community health workers with innovative tools that they will be using in their quest to educate as many women as possible in the county.

We will keep you posted on this new program.

### Breast Cancer Awareness

At Our October General Membership Meeting, Dr. Gemaine Owen with the Manatee County Health Department presented on Breast Cancer Awareness. Her informative and practical presentation was very well received by our attendees generating much participation and ample opportunity for questions and answers on such an important topic. Dr. Owen brings a refreshing and lively approach that our coalition members greatly appreciate.