

THE ART OF *Healthy* Start

10 WAYS

TO CELEBRATE
THE HOLIDAYS

WHAT'S HAPPENING IN YOUR COUNTY

Look over our events!

IT'S FINE. I'M FINE.
**GUESS WHO'S
SECRET?**



WINTER
TRENDS
2022



DIRECTOR'S MESSAGE

THERESA HARRISON

Happy Holiday's to you...

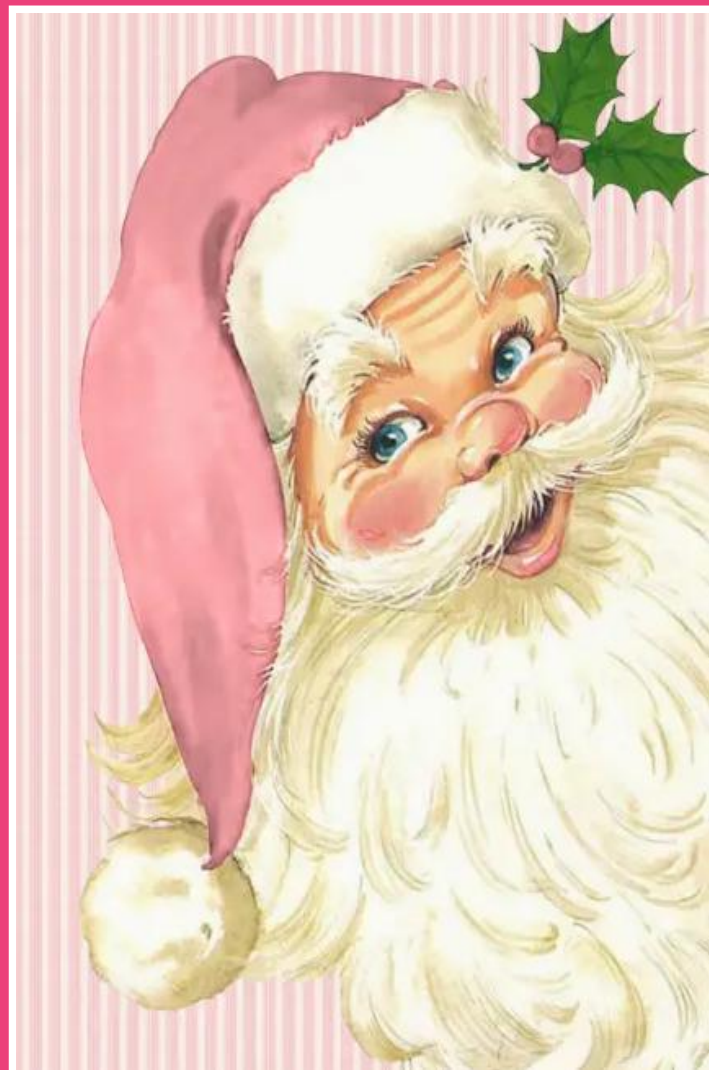
Welcome to one of the busiest times of the year! I am wishing everyone nothing but joy these next couple of months, and I hope you guys have an awesome Christmas and New Year! I appreciate all of the work everyone put into making 2022 a success. I have no doubt 2023 will be even better. For now, take these Holiday's to spend with your family and friends, hold the ones you love tightly, and please... **don't forget my Christmas present.**

Theresa

10 ways

TO CELEBRATE THE HOLIDAYS

*Your source for local fun! You
don't want to miss out.*



1

Join the **ALTHA CHRISTMAS PARADE** on December 10, 2022 at 6:00 P.M. The 2022 theme is **FLANNEL & FROST**.

2

Continue the parade fun with **BLOUNTSTOWN CHRISTMAS PARADE** on December 3, 2022 at 5:00 P.M. The 2022 theme is **FLANNEL & FROST**.

3

The "**Polar Bear Express**" will be in Bristol this year at Veterans Memorial Park. Check online for dates. Tickets are \$10.00, and 2 years and under are free.

4

Don't miss your Chipola Healthy Start Coalition in the **MARIANNA CHRISTMAS PARADE** on December 2, 2022 at 5:30 P.M. ! We are excited to be a part of Candy Land!

5

Ice skating? Food? Fun? Head to the **ANNUAL CHRISTMAS FESTIVAL** in Chipley on December 3, 2022. We can't wait!

6

CHRISTMAS REFLECTIONS in Defuniak Springs is a must for your family! We go every year. Stop in at Ed's Diner after for an awesome burger!

7

A **COTTONDALE CHRISTMAS** is starting at 10:00 A.M. on December 3, 2022. The parade will start on Hwy 90. The Christmas Festival will be shortly after.

8

Altha is having a **SMALL TOWN CHRISTMAS CAR SHOW** on December 10, 2022 at the Recreational Park.

9

Head to the Westerner in Chipley on December 3, 2022 for **PICTURES WITH SANTA** in the morning time!

10

Head to Eddie's Chuck Wagon in Malone on December 3, 2022 at 9:00 A.M. for **BREAKFAST WITH SANTA!**



IMPACTING *serena* IMPACTING *me*

When I think of the traditional impact story, I think of sharks and penguins.

(Well, I think of the ones at the Atlanta Aquarium. I met them at the age of five.)

Two different subject lines, I know, but please hear me out.

I started this job almost three months ago now, and I have learned so much. I can tell you how many meetings we go to locally. I can tell you when the last donation was. I can tell you our company's focus for the next month. (October is SIDS Awareness and Infant Loss Awareness Month. Just an FYI.) I can tell you how many virtual trainings I have attended. (Each one making me hate the app Zoom more and more.) (Please don't sue me.)

Yet, when it came to our actual clients, I didn't know any of them.

Does the aquarium make sense now?

I remember being so agitated that I couldn't feel the water, and that, for some reason, my mother was against me swimming with sharks. Sure, I couldn't swim anyway, but the point was I felt detached from what was happening around me.

I was submerged in the information, but I didn't get to experience anything firsthand.

This changed when I had the opportunity to meet Serena.

I had worked through a computer screen for three months advocating our services, but I had no idea what I was in for. Hearing this story firsthand gave me a sense of pride for Chipola Healthy Start that I didn't before.



So, yes, this story impacts Serena, but I didn't expect for it to impact me too.

Chatting with our FSW, Jessica Holland, I tried to keep telling jokes to make myself calm the nerves.

I get it. I know. Part of our company is one on one time and educating on the importance of safety in the home, but I was nervous to chat with someone so personally. I wasn't sure what to expect. Do I need to tone down the humor? Is it best to ask a lot of questions? What if they were not sure about me being a part of their visit? I understand that it is hard to trust a stranger. Plus, it's different than Jessica. She has built a relationship with Serena since day one. I'm just the odd ball coming in and asking questions.

Sitting across from Serena after hyping myself up so much mentally was freeing. She has such a calming spirit. At 19 years old, Serena started to tell me just how many obstacles she had gone through.

"I was kicked out and homeless at 18. I didn't really have a set of reliable parents. There was always chaos for me. I don't want my baby to have to go through any of that, you know?" She chatted nonchalantly to Jessica and me about how her childhood wasn't a place for a child to thrive.

"Do you think our company helps with this kind of thing in any way?" I begin the conversation.

CONTINUE

I felt such a sense of pride hearing her speak about how much our curriculum was already helping her reshape what her child's life is going to be.

"We moved here, and we got a house. Then, baby came, and it was a surprise. I lost my good job because of issues with me being sick with the pregnancy and being unable to lift things. But coming to talk to Jessie relieves a lot of stress because she gives me support when I'm not sure how to communicate these things. Then, I go home, and it feels like a weight is off my chest."

It's almost like the outlet and education we have provided is not only a positive influence, but it is a complete game-changer for Serena.

I encouraged her to continue and told her I was super proud of the decisions she was making.

She is officially 18 weeks pregnant. They've already started picking names. She likes Kinley the best because it's a unique and western name. She went a little deeper about picking up and moving from Wisconsin to here. Having nothing in her bank account, living from hotel to hotel, and trying to get closer to her family in Florida.

"It did me good. You know? It was hard, but now I am here and closer to my nana who is like my best friend. Our support system grew."

I asked her on a scale of 1-10, how helpful are we with learning about what's going on with baby.

"It's helpful, like I said, no matter what. Jessie understands more about what's going on. I know I can ask questions and not worry about it. I'm learning the different stages on how the baby grows. I've even filled out my birth plan already. I want to be completely prepared and Jessie helps me understand the process of doing that."

Serena has a good head on her shoulders. She kept explaining how she wanted to do better and how setting goals with us had made her thought process become more organized for the future. I looked at Jessie as if to say, "Wow. She is awesome."

"Hey. What can I say? I have good clients." Jessie stated proudly.

Serena explained after she lost her good job, she started working at Dunkin Donuts in Dothan, AL. I was confused, and Jessie was too.

"I put in applications everywhere here. No one would get back with me. Then, I'm pregnant on top of that. It's just hard. I'm not bringing home enough, so my fiancé and I combined accounts to start getting things settled."

Jessie looked at her with big eyes, "I've been looking for you at our Dunkin every time I go!"

Serena put for one of her goals to find a closer job soon. She had been doing so much lately that 45 minutes every day didn't seem too bad. Jessie explained that her waking up at 4:30 A.M. in the morning to get to work can be avoided.

We began to talk about long-term goals.

"I want to work with kids if I'm honest. Jessie helped me realize this as well. I didn't get to complete college. I had a running scholarship when I was kicked out. I couldn't afford to live on my own, so I couldn't finish. I want to work somewhere in mental health as well."

She wants to help people who have gone through some of the same things she went through. It's hard changing outcomes, but she couldn't stop telling me how much Healthy Start has helped her deal with obstacles coming her way.

FINAL

“Even though she wasn’t supposed to come this early, she is still going to be perfect because you guys are helping prepare for what’s to come.”

We ended up chatting for almost 30 minutes total.

Serena gave me more background on her family’s mental health, and how she is going to start changing now so her baby can thrive in the future.

We closed with a picture of Jessie and Serena. I shook her hand.

“I am so proud of you. I know you are going to do great things with your future and your baby. Thank you for letting me sit in today. Let me know when you have another appointment. I would love to check in.”

She smiled and ended with an “Absolutely!”

As Jessie followed me out, I told her that I almost cried listening to how much Serena has grown.

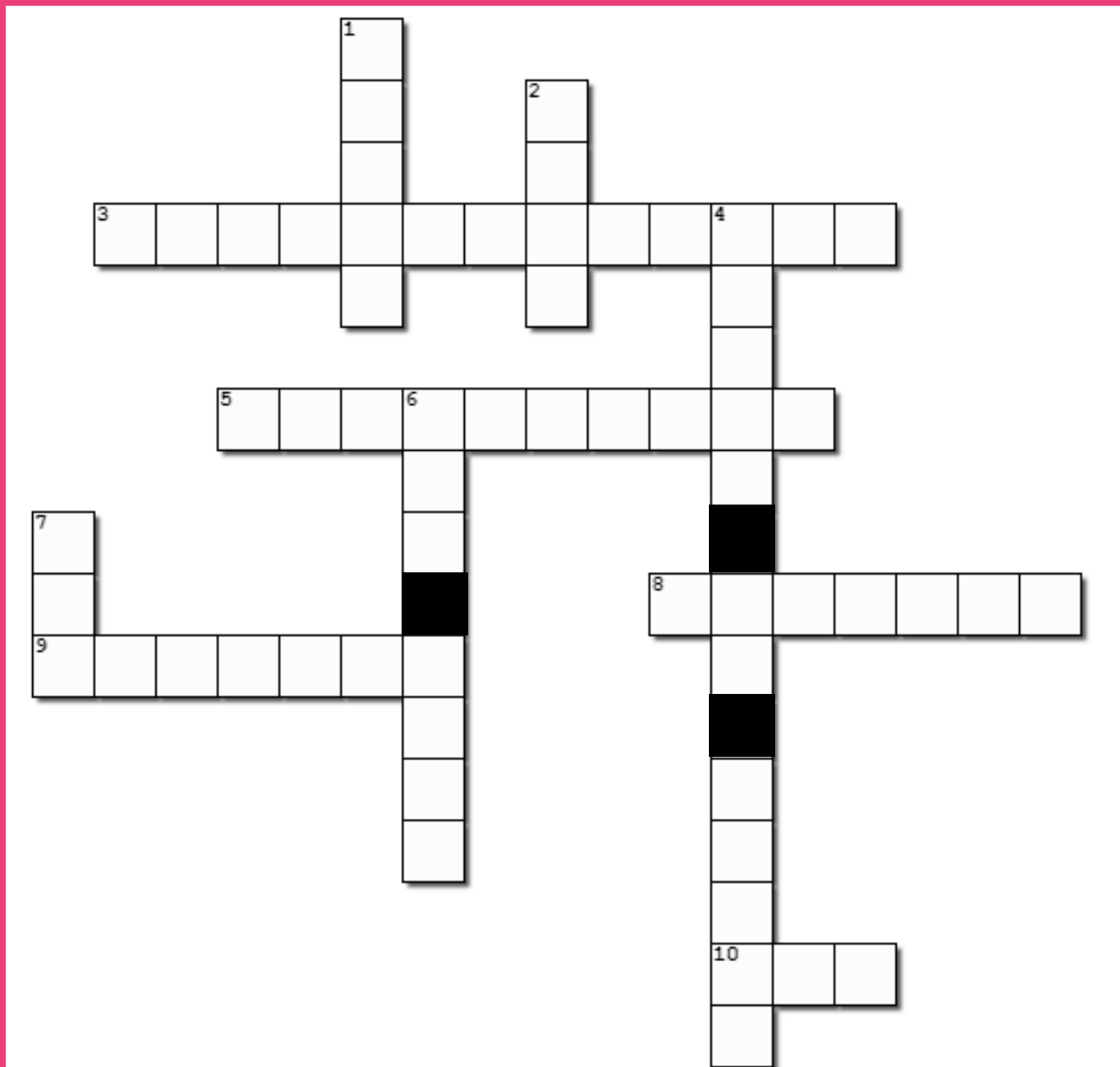
“That happens sometimes.” She replied.

Walking back to my office felt so unreal.

I knew we helped people every day. That’s our job, but I had never heard firsthand how much we impact our clients.

Sitting behind my desk, writing this, I can’t help but become emotional again. It’s such a privilege to be a part of something so grand. I hope I get a chance to meet a million more Serena’s. They make the world a better place.

Test your knowledge of Healthy Start!



Across

3. Not only did we 'Fall In Love with Jaco' , but our Jackson County office held a _____ Festival.
5. To make sure our babies are safe in a vehicle, Calhoun/Liberty held a _____.
8. This is a home visiting referral source that talks with clients to refer them to programs.
9. Who is Chipola Healthy Start's Board Chair? (First name only!)
10. This is the abbreviation for the Ages and Stages Questionnaire.

Down

1. This title is given to professional birth coaches who provide emotional, informational, physical, and mental support.
2. This meeting held quarterly to discuss various types of cases including low birth weight. The next meeting is November 16.
4. Our Washington/Holmes county office took part in a local event for Halloween. What was the event?
6. In September, our Coalition recognized _____ Safety Month.
7. November hosts National Hunger Awareness Week. Who do we refer our clients to for assistance with food?

Our Latest Events



Our Coalition teamed up with Jackson County to attend the Gospel Classic! Nothing beats good music and good food!



Washington/Holmes participated in the Live Oak BTS event! Keep reading to find out more about Gina! (Pictured above.)



The Chipola Healthy Start family would like to send our farewells to one of our outstanding family services worker, Mrs. Gina Devin.

She has gone above and beyond for the families of Washington and Holmes County and because of that, it is very difficult to watch her retire from the Healthy Start Program. For the last 5+ years, Gina has given her best for Healthy Start. She has set a benchmark for our Coalition with her passion and professionalism. No matter what the task was, Gina was dependable, creative and dedicated to effortlessly promote our mission.

Gina has a servant's heart that will be missed by her Healthy Start family and the multiple families she has served in Healthy Start. We, at Healthy Start wish her and her family the best in her retirement. We hope Gina will enjoy plenty of time doing her favorite hobby, traveling. We say farewell with heavy hearts, but we have shared many wonderful moments over the years to remember her by. Gina, thank you for your genuine service. We wish you all the best in your retirement.

The Chipola Healthy Start Coalition Family

Our Latest Events



Employee Spotlight Jackson County
Trina Johnson

Welcome to Fall! We had a great time at the Developmental Festival. We tested our babies ASQ's (Ages and Stages Questionnaire).



Employee Spotlight Calhoun County
Yolanda Cooper

This month I would like to highlight Yolanda Cooper. Yolanda has been with Healthy Start, supporting moms and babies for 15 ½ years. She is a staple in our Calhoun and Liberty County communities with translation and never minds lending a helping hand. This season we are extra thankful for the service and commitment that Yolanda brings to our Healthy Start team.

Calhoun Program Manager Marissa Barfield had a chance to get our Disaster Preparedness Bags before Thanksgiving!

Our Latest Events



Our Coalition volunteered with Chipola Family Ministries to give out food for Thanksgiving!



Our Coalition also participated in the "Fall In Love with Jaco" Business Expo! We had a volunteer from Cottondale High School, Madison Capps, assist us!

Spreading the love one wipe at a time!



We would like to thank Rebuild Bay County for their generous donation of two pallets of baby wipes to our coalition. Mrs. Donna Pilson went above and beyond to ensure that we were taken care of.

Through her kindness we were able to share our joy with partnering agencies. We also distributed amongst the counties as well.

Pictured:

Top Left: Jackson County Hospital
Top Right: Washington/Holmes Healthy Start
Bottom Left: Calhoun Liberty Healthy Start
Bottom Right: Healthy Families North Florida

FEATURED
Donations



**Rebuild
Bay County**
Rebuilding hope, health, and homes

Do you know our team?

LET US KNOW WHO YOU THINK!

*Guess who, in our team, has a
child who was an assistant drum
major as a sophomore in high
school?*



WIC WITH US

NEW OFFICE



with Sarah Ford

It can be tough for our clients to sign up and gain access to WIC for multiple reasons. After recognizing how much WIC is needed, we have decided to open a WIC office in our own Coalition space!

With hard work and dedication comes rewards. Theresa, Janai, and Sarah have put hours into the discussion of when, where, and how we can promote this to our clients. We are so excited to announce our answers!

WHEN WILL WIC BE IN OUR OFFICE?

The WIC annex office will officially kick off January 11th.

There will be two workers, and they will work out of the conference room 9:00 am - 3:00pm.

WIC will be offered here once monthly, on the second Wednesday of the month.

Welcoming Jill!



Jill is a new face for Washington County!

Before coming to Healthy Start, she worked at the Holmes County Clinic for 15 years!

Doula or Do Not?



Chipola Healthy Start Theresa Harrison, ED, with the Doula team for our area, Lorenza Johnson, Calhoun H.S, Lori Gregg, and Carey Golden, Jackson Co. H.S.

That is the question! The answer is: YES!

WHAT IS A DOULA?

The word "doula" comes from the ancient Greek meaning "a woman who serves" and is now used to refer to a trained and experienced professional who provides continuous physical, emotional and informational support to the mother before, during and just after birth; or who provides emotional and practical support during the postpartum period.

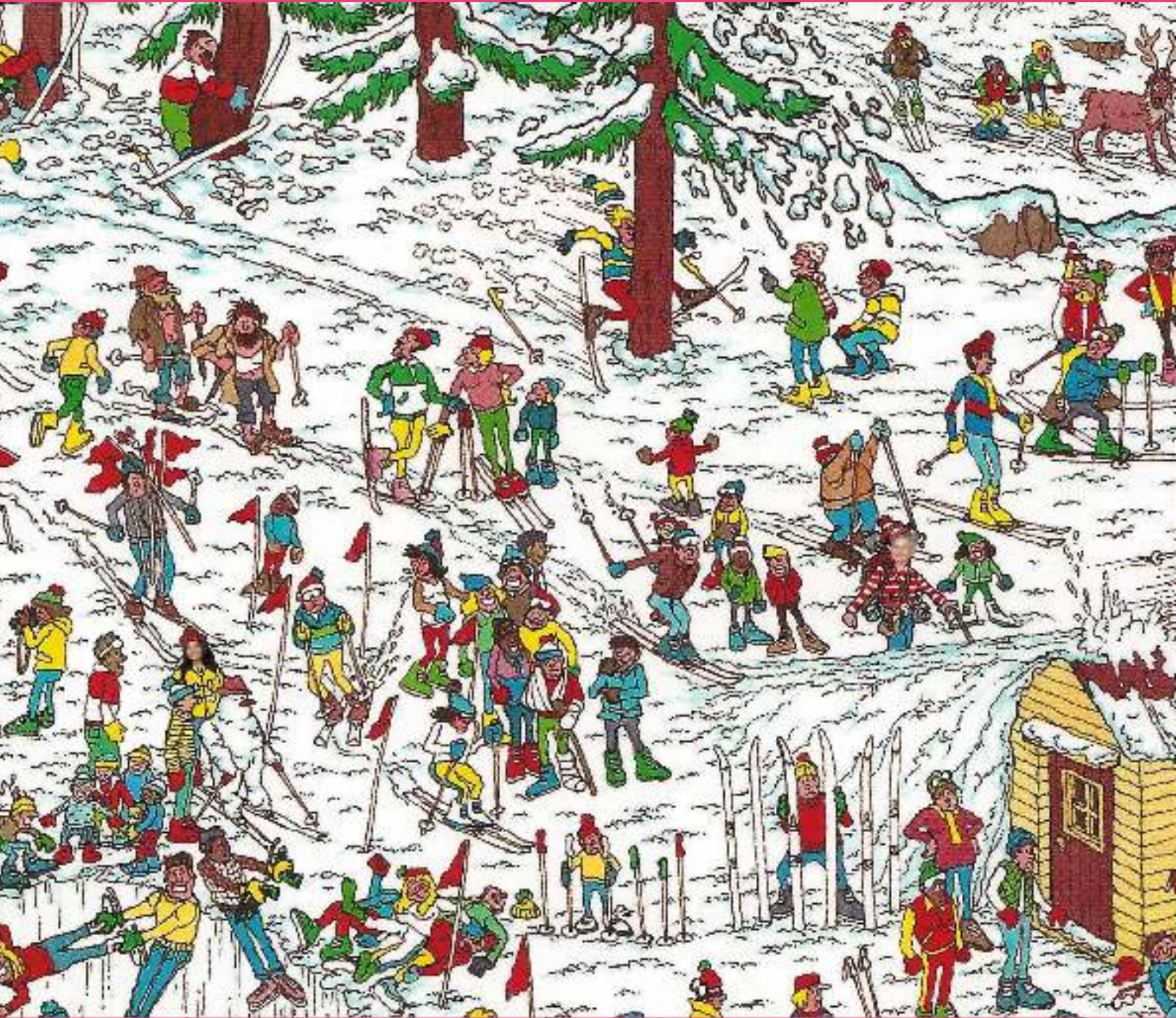
Clinical studies have shown working with a doula provides:

- 50% reduction in cesarean rates**
- 25% reduction in the length of labor**
- 60% reduction in the rate of epidural use**
- 40% reduction in the need for forceps**
- Higher breastfeeding rates**

Chipola Healthy Start loves our Doula Team!

Where's our directors?

Can you spot Theresa and Janai?



"Great leadership usually starts with a willing heart, a positive attitude, and a desire to make a difference."

Mac Aderson

To our awesome Board Chair,

We are so proud of you and your accomplishments. You have done an amazing job serving our community. We can't wait for what the future holds! We, as a team, want you to know what a blessing it is to work with you. Your support does not go unrecognized. Thank you for all that you do, and we wish you the best year ever!

Your Chipola Healthy Start Coalition



We are so proud!





Florida's Community Milk Bank
8669 Commodity Circle, Suite 490 • Orlando, FL 32819
P:407-248-5050 • F: 407-370-4340 • E: depot@milkbankofflorida.org

Milk Drop Depot for Mothers' Milk Bank of Florida

Depots provide a convenient and local location at Chipola Healthy Start Coalition for donor moms to drop off their milk. Local depots raise awareness of non-profit milk banking and the need for life-saving milk. The milk drop depot facilitates the donation process (receiving milk, packing milk, and sending it to the milk bank. MMBFL will screen donors and accept all liability of donor screening. MMBFL will send a courier or provide shipping & packaging materials. Call 407-248-5050 us if you are interested in giving a Milk Drop Depot to your community.

Childbirth Classes in Jackson County

Session 1:

January 3rd - February 7th

Session 2:

March 14th - April 25th

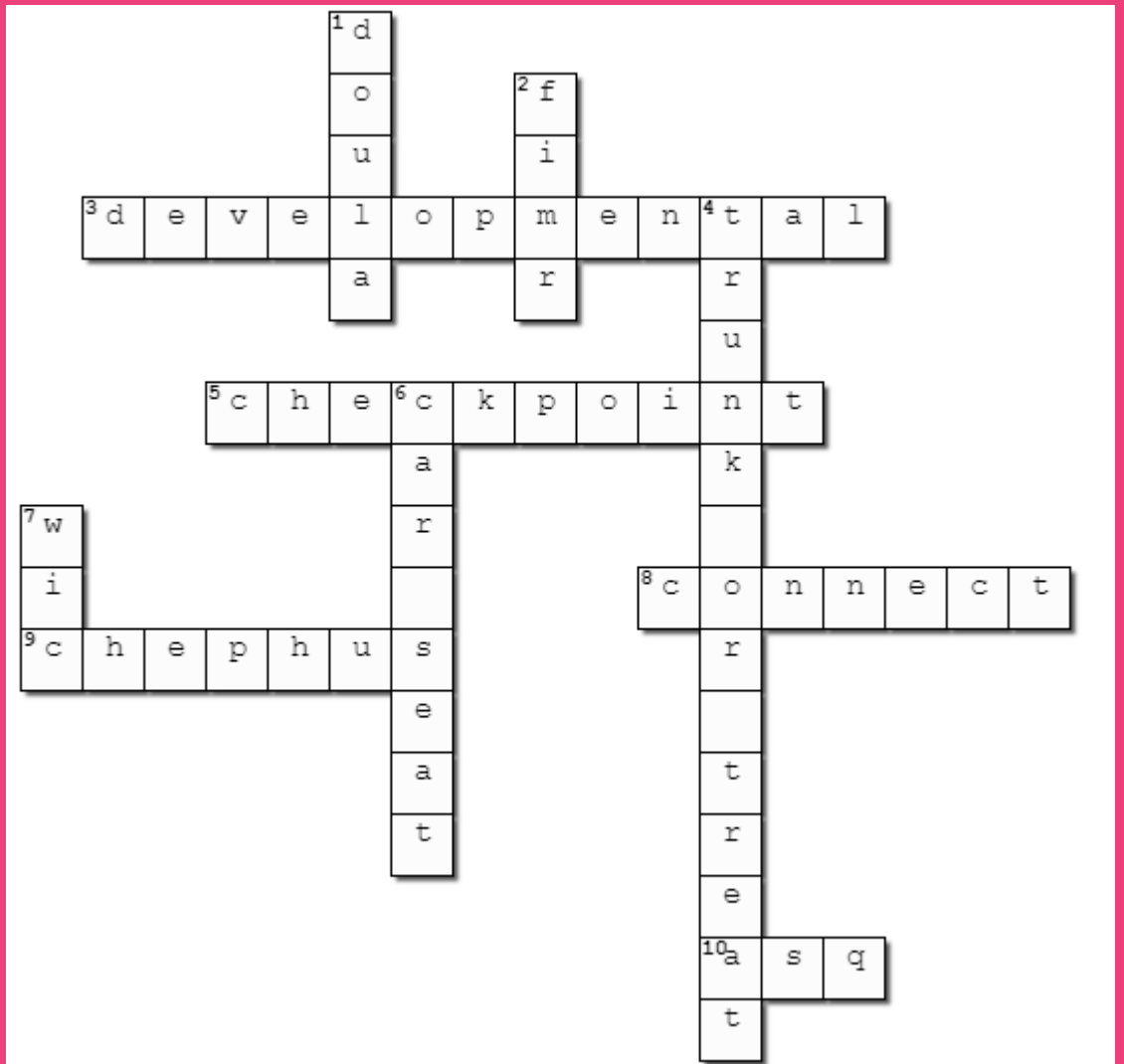
Session 3:

May 23rd - June 27th



*The first and last class of each session will be at Jackson Hospital. The four in-between will be at RCC.

Answer Keys



***Do you know
our team?***

**It's Jackson County Program
Manager, David Taylor!**

