



Chipola
Healthy Start
COALITION, INC.

HEALTHbeat

Health Beat is a quarterly newsletter produced by the Chipola Healthy Start Coalition
Serving Calhoun, Holmes, Jackson, Liberty and Washington Counties

Chipola Healthy Start ... *the trusted voice*

A Word from our Executive Director

Hello All,

I can hardly believe that it has been one year since our community was impacted and forever changed by Hurricane Michael. The tenacity and resilience of our community are a wonderful thing to see. As all of us try to adjust to our new normal, we are tasked with continuing to provide exceptional service in maternal child health.

With the changes in the community, there have also been internal changes to the Healthy Start programs statewide. Healthy Start has begun to implement Coordinated Intake and Referral, often referred to as CONNECT. This is a service for all prenatal women and infants and children to the age of three. The program provides a “one-stop” shop to receive the best services that fit the family’s needs.

Healthy Start is also working in conjunction with Florida Department of Health (FDOH) to get the word out on specific topics concerning health equity. We will be highlighting each topic throughout the year in our newsletter. The first topic is Employment. Looking for a job can be stressful, see Page 2 for tips to make it easier!



**Theresa Harrison, Executive Director
Chipola Healthy Start**

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Executive Director Employment Tips!

1. Get organized and make a plan. Strategically planning your job search makes it much easier to keep up with things like which jobs you've applied for and how much time you'll devote to your job search each week. You may also find it helpful to plan which employers you will visit and when, which job fairs or networking events you will attend, etc.
2. Utilize all your resources. Quite often, people limit themselves by not taking advantage of all the job search resources available to them. Visit your local One Stop; increase your online presence via social media, search websites such as monster.com and careerbuilder.com, and network with friends, family members, community leaders and others.
3. Keep an open mind — be prepared to broaden your search. To avoid missing out on valuable opportunities, keep an open mind when it comes to your job search. If you're a teacher, for example, you may find available positions for which you are qualified outside of a traditional classroom setting. Use onetonline.org to search and discover other industries that employ your occupation in various fields such as health educators, vocational instructors in correctional institutions, or curriculum coordinators.
4. Make your network work for you. In order to make your network as productive as possible, focus on quality rather than quantity. Having a large number of contacts is not worth much if you haven't taken time to cultivate relationships with those contacts. Also, be prepared to give as well as take. A professional network should be mutually beneficial, so be sure you bring something to the table. Know your strengths and offer your own services, knowledge, and connections to those from which you seek the same.
5. Perfect your resume and cover letter. Your resume and cover letter often create the first impression a potential employer has of you, good or bad. A professional resume is also the key to getting an interview, and ultimately getting hired. To guarantee your resume is working in your favor, the best thing you can do is proofread. Proofread it yourself, then pass it along to someone else and have them look it over. If you know someone in the field you're applying, have them weigh in as well. You don't want to miss out on an ideal position simply because you had spelling or grammatical errors in your resume.
6. Say "thank you" after an interview. These days, a thank you note is more than a matter of good manners; it's a way to reinforce your interest in working for a particular employer. It is best to send a thank you note within 24 hours of an interview. Reference a specific high point from

your interview, thank the interviewer for their time, and express your interest and enthusiasm in working with them. If you have access to an email address for the interviewer, it is appropriate to send a brief thank you via email rather in lieu of mailing a note.



7. Know yourself so you can sell yourself. If you don't know what you're capable of or where your strengths lie, you will not be able to effectively sell yourself as an asset to a potential employer. It is important to know what your skills and qualifications are to ensure you meet the employer's requirements. It's also important that you know what your strengths and weaknesses are. Employers often ask about these in interviews, and you want to be prepared to give an honest, well thought out answer.
8. Follow all employers' instructions for applying. The quickest way to get a potential employer to throw away your application is by not following directions. If an employer specifies that you fill out the application online, don't go into the office or store and ask to complete one. If they request that you do not call to check the status of your application, be sure you respect that. When completing an application, fill in all the information asked for rather than writing "see attached resume." If you don't follow directions when applying, how will the employer know you'll do what they ask if they hire you?
9. Maintain balance in your life. While finding a job is probably a top priority, be sure you balance that with time for yourself, family, and friends. It is easy to get overwhelmed, frustrated, and burned out during the job search, and it's important to combat those feelings with the support of family and friends. Forgetting to take time for yourself could make you resent your job search and lose sight of your goals.
10. Follow up. Whether it is a thank you note after an interview or a visit to a potential employer about a possible opening you heard about, don't forget to follow up. After you've applied and interviewed, it is appropriate to contact the hiring manager once to let them know you are still interested in the position. No need to communicate any more than that. If they are still interested in you, they'll let you know. If a connection shares information about a potential opening with you, check it out. You'd hate to find that you missed out on the perfect job because you didn't follow up on it.

Moms in Bloom joins Learning and Friendship



Healthy Start in Holmes and Washington County is now hosting Moms in Bloom classes bimonthly for our Healthy Start new mothers and their children ages 0-1. This was our first class.

Moms in Bloom is designed to give our new moms a relaxed evening out with their babies while promoting positive bonding, meeting other moms, and developing new support systems. Our first class was a great success!

Each class participant was educated from the Partners for a Healthy Baby curriculum on safe sleep and reducing the risks of SIDS, and class participant's made affirmation jars for their babies. Brenda Helms from Catholic Charities shared Matthew's Basket and each participant was given a basket filled with everything they would need for their newborns such as handmade quilts, diapers, onesies, bottles, bath accessories, and so much more. Sister's Restaurant in Chipley, Florida provided cinnamon rolls and Coca-Cola cake for our class.

Valery Lawton
Human Services Program Specialist
 Holmes: (850) 547-8500
 Washington: (850) 638-6240



The Chipola Team

Chipola Healthy Start
Employees:

Theresa Harrison,
Executive Director
Janai Groomes,
Community Outreach
Specialist
Angela Schneckloth,
Administrative Assistant

Current Board of Directors:

Chephus Granberry, Chair
Jenny Hill, Vice Chair
Jeff McSpaddin,
Secretary/Treasurer
Judy Corbus
Kevin Neja
Cyndi Jackson
Melissa Chamberlain
Hannah Causseaux
Chuck Hudson

Healthy Start Program Staff:

Calhoun & Liberty Counties
Marissa Barfield,
Program Manager
Care Coordinators:
Yolanda Cooper
Katrina Sims
Cindy Grantham

Holmes & Washington Counties

Valery Lawton,
Program Manager

Care Coordinators:

Shelia Lewis
Amber Whitford
Gina Devin

Jackson County

David Taylor, Program Manager

Care Coordinators:

Shanae Boston
Lee Ann Cox
Kimberly Hart

Chipola Healthy Start Coalition
2944 Pennsylvania Ave., Suite A
Marianna, FL 32448
(850) 482-1236
Toll Free 1-866-591-2852
support@chipolahealthystart.org

Safety is a Top Priority!

CALHOUN&LIBERTY counties

JACKSON county

Calhoun/Liberty Healthy Start celebrating Child Passenger Safety Week

In the United States, motor vehicle crashes are a leading cause of death among children. In 2017, 675 children 12-years-old and younger died in motor vehicle crashes, and nearly 116,000 were injured. Of the children 12-years-old and younger who died in a crash in 2017 (for which restraint use was known), 35% were not buckled up. Parents and caregivers can make a lifesaving difference. Please see the link: <https://www.cdc.gov/features/passengersafety/index.html>

On September 18, 2019 our staff held a car seat safety checkpoint at the local Ramsey's Cashsaver in Blountstown. Staff were on hand to check car seats for proper installation, issue new car seats to children and parents that were in need, and to promote car seat and seat belt safety.

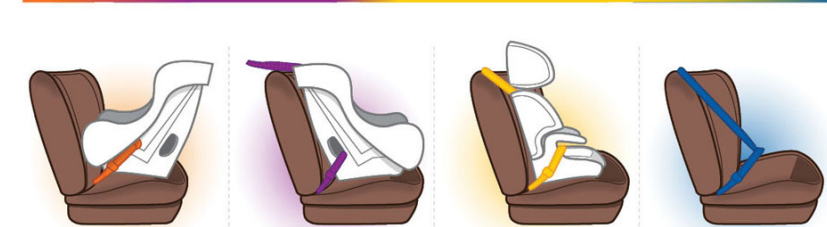
Calhoun Liberty Healthy Start would like for everyone to know the proper car seat rules as they have changed over the last couple years. Please see the chart to know if you your child is being restrained the safest way possible.

Marissa Barfield, RN
Healthy Start Program Manager
Calhoun: (850) 674-5645
Liberty: (850) 643-2292



Pictured is Katrina Sims, certified car seat technician with 10-month old, Jaliyah Peterson. Jaliyah is getting fitted in her new car seat and Katrina is performing the rear facing installation for maximum safety.

Using the correct car seat or booster seat can be a lifesaver: make sure your child is always buckled in an age- and size-appropriate car seat or booster seat.



REAR-FACING CAR SEAT	FORWARD-FACING CAR SEAT	BOOSTER SEAT	SEAT BELT
Birth up to Age 2* Buckle children in a rear-facing seat until age 2 or when they reach the upper weight or height limit of that seat.	Age 2 up to at least age 5* When children outgrow their rear-facing seat, they should be buckled in a forward-facing car seat until at least age 5 or when they reach the upper weight or height limit of that seat.	Age 5 up until seat belts fit properly* Once children outgrow their forward-facing seat, they should be buckled in a booster seat until seat belts fit properly. The recommended height for proper seat belt fit is 57 inches tall.	Once seat belts fit properly without a booster seat Children no longer need to use a booster seat once seat belts fit them properly. Seat belts fit properly when the lap belt lays across the upper thighs (not the stomach) and the shoulder belt lays across the chest (not the neck).

Keep children ages 12 and under in the back seat. Never place a rear-facing car seat in front of an active air bag.

Jackson hosts a Child Passenger Seat Check and Prenatal Pamper Party!



On September 26th, Jackson County Healthy Start hosted a Child Passenger Seat Check in the Rivertown Community Church parking lot. A lot goes into hosting an event of this type, from getting permission for the location, obtaining car seats and materials, to advertising. On the morning of the event, Care Coordinators Lee Ann and Teresa set up a tent in the parking lot with car seats, educational materials, and signs by the road to advertise the location.

During the course of two hours, five convertible car seats and three booster seats were sold at a discounted rate. Lee Ann was able to discuss proper height and weight requirements as well as the basics of car seat safety.

Our overall goal for this event was to educate the public on the importance of child passenger safety in order to keep children safe.

Jackson County Healthy Start also hosted a Pamper Party for Healthy Start prenatal participants. Visitors enjoyed being pampered by having facials, manicures, and foot soaks. Door prizes were also given along with light refreshments. All participants also received a goody bag to take home.

David Taylor
Program Manager
(850) 526-3002

Reminder: Jackson Hospital is *Baby Friendly*!

Jackson Hospital is always proud of being one of two statutory rural hospitals in Florida offering obstetrics; however, it is now officially designated by UNICEF!

"Being named Baby-Friendly by the renowned UNICEF and the World Health Organization is the public affirmation of all that we do for new families and babies at Jackson Hospital."

Melanie Sellers, R.N.
Director of the Maternal/Child Unit
4250 Hospital Drive
Marianna, FL 32446
850-718-2660 office
850-482-3054 fax



Board member resigns and will be missed

Chipola Healthy Start was proud to recognize Joyce Wales for all of her selfless service as a board member for Chipola Healthy Start. Ms. Wales is retiring from the board due to health reasons. During her tenure, Ms. Wales has been a strong advocate for mothers and babies in all of our counties serving as a member for Washington County. She was recognized with a clock and card from all board members.



Those pictured from left to right are: Jeff McSpaddin, Liberty County Board Member; Chephus Granberry, Chipola Healthy Start Board Chair; Joyce Wales, Washington Co Board Member; Cyndi Jackson, Holmes Co Board Member; Theresa Harrison, Executive Director Chipola Healthy Start; Judy Corbus, Washington County Board Member; and Hannah Causseaux, Liberty County Board Member.

Chipola Healthy Start Welcomes Community Outreach Specialist Janai Groomes

Chipola Healthy Start is excited to welcome Janai Groomes to our coalition team. Janai will be serving as the Community Outreach Specialist. Janai has several years experience prior with Healthy Start, serving as the Care Coordinator with the Jackson County Healthy Start program.

Janai has a wealth of information with home visiting and maternal child health and has been in the maternal child health field for about ten years. We look forward to working with her, as Amy Riley will be leaving the Chipola Healthy Start team. Mrs. Riley's skills and expertise in the area of maternal child health will definitely be missed, and we wish her and her husband well as they start a new chapter in their lives.



WELCOME TO THE TEAM!