



## Steering Committee

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## Help Keep Us Current

Please go to the Resource Guide on the [Whole Child Leon website](#) and make sure information about your program is current. Please email [Heather](#) with any updates or corrections. Make sure to send us a list of upcoming events and meetings for our calendar!

## Whole Child Advisors

Check for service requests on a regular basis; you may not always receive email notification. Please feel free to contact us if you need additional assistance or information.

Contact Heather at 850-414-8344 or [htelfer@uwbb.org](mailto:htelfer@uwbb.org) for assistance.

[WCL/LCS KidCare](#)

## Community Update April 2011



### March's Guest Speakers:

**Jason Hight**, MS, GIS Analyst and Training Coordinator, Bureau of Community Health Assessment and **Lori Westphal**, PhD, MPH, Senior Community Health Epidemiologist, Office of Health Statistics and Assessment, Florida Department of Health walked us through [Florida CHARTS](#) and showed us how to find existing reports and create our own.

**Lynnette Moriak**, MSW, Clinical Program Director Children's Outpatient & **Maryyum Hamilton**, BS, Family Intervention Team Case Manager, Apalachee Mental Health Center gave a presentation on the "FIT" program which is a partnership between the Department of Children & Families and Apalachee Center for Mental Health. The FIT Team works to keep children safe by identifying and treating mental health concerns for the entire family unit.

Our next Professional Network meeting is Monday, April 25th at Noon.

Guest Speakers Include:

- **Barbara Goldstein**, WIC Nutrition Educator, Leon County Department of Health, will present "Wellness for Everyone".
- **Adelaide Recinella**, BSW, and **Angela Mendoza**, BSW, Case Managers for the Refugee Program at Catholic Charities will present "Refugee Social Services"

Email [Heather](#) if you would like to be added to the Professional Network invitation list.

## Outreach Project

Family Connection Corners are becoming a hot commodity! We are currently working on four additional Family Connections Corners. The 2 newest schools with a FCC are **Gilchrist Elementary** and **Riley Elementary**. The main office of **Early Childhood Programs (Pre K)** at Lively is now also equipped with a FCC and we are hopeful new families will find this beneficial. The **Big Bend Homeless Coalition** has been contacted and has accepted Leon County School's offer to donate a FCC Computer. We are excited to know that by providing a Family Connection Corner at BBHC we can bring some needed community resources to their families. We are confident that the Family Connection Corners will become more popular and have a great impact on closing the gap between services and those in need!

## WeGiveBooks Tour



WeGiveBooksTour

The Pearson Foundation wrapped up its tour of Florida in Tallahassee and one of the last stops on the tour was at the All-Stars child care center. The kids enjoyed story time with the WeGiveBooks representatives who read "Llama Llama Mad At Mama" and then each child received a book to take home, "Llama Llama Misses Mama".

## Ribbon Cutting for the Family Resource Center at the Leon County Courthouse



Leon County Board of County Commissioners Chairman John E. Dailey; Vice-Chairman Akin Akinyemi; County Commissioners Bill Proctor, Bryan Desloge and Kristin Dozier; along with representatives from Whole Child Leon and 2-1-1 Big Bend, cut the ribbon for the new Family Resource Center (pictured), located in the Leon County Courthouse, at the Tuesday morning event. The first of its kind in Leon County, the center will provide greater accessibility and more convenience for families visiting the Courthouse to find information immediately, such as counseling and legal services, support groups, pediatricians and health services, housing assistance, substance abuse services, and information on after-school activities. (Photo by Stan Johnson)

On April 12th the Family Resource Center at the Leon County Courthouse officially opened with a grand ribbon cutting ceremony. In the Family Resource Center, on the 1st floor of the Courthouse, is the Whole Child Leon kiosk. This kiosk will provide easier access to our Connection and Resource Guide for parents and families in our area.

From this kiosk parents will be able to access the Whole Child Leon website, KidCare for low cost health insurance, ACCESS for temporary cash assistance and medicaid, as well as the free and reduced lunch application.

Also located in the Family Resource Center is a kiosk for 211 Big Bend.

Thank you to Jon Brown at the Leon County Courthouse for his assistance in setting up the Family Resource Center and to Leon County Schools, T.I.S. Department, for the technical assistance and donating a computer to this project.

The Pearson Foundation has 145 books on their website that you can read, and for each book read, the Pearson Foundation will donate a book to a child who doesn't have one.

Please go to [www.wegivebooks.org](http://www.wegivebooks.org) and start reading!

**Still need to do your taxes? Get them done FREE with VITA!**



**Volunteer Income Tax Assistance (VITA)**, part of the United Way of the Big Bend's BEST Project, offers free tax preparation at sites throughout the Big Bend until this year's deadline on April 18, 2011. This free service helps residents claim the benefits they earned, and avoid refund-anticipation loans and costly income-tax preparers. If your household made low to moderate income in 2010, you can visit a VITA site to have your taxes prepared and filed for free.

Since opening sites in late-January, VITA has already filed 3,650 tax returns for FREE, saving Big Bend residents an estimated \$547,500 in tax preparation fees! Don't pay for filing, loans, or quick refunds! Find out how to get your taxes prepared and filed for free by calling 211 or visiting [www.theBESTproject.org](http://www.theBESTproject.org).

## Thank You Tallahassee Taekwondo

Tallahassee Taekwondo hosted an all-ages regional martial arts tournament. Competitors from across Florida attended the tournament. The Tiger Rock Martial Arts International schools collectively donated \$500 to Whole Child Leon from the proceeds of the event.



Brad Fantle and Courtney Atkins

## Whole Child Leon/Leon County Schools KidCare Outreach Project Manager

Colleen Putnam, LCS Project Manager, has been working with the KidCare Outreach grant for Leon County Schools for the past few months. However, outreach is not a new concept for Colleen. She has been a LPN for over 16 years and for the past 5 years has been working in School Health. Colleen has experience working in school clinics and helping identify those families in need of finding resources. She is excited about using her nursing experience to help boost the outreach efforts of the KidCare Outreach project and Whole Child Leon.



Colleen Putnam

## Whole Child Leon/Leon County Schools KidCare Outreach Specialist

Jennifer Leon is a Tallahassee native and a product of Leon County Schools. Jenn is a graduate of Florida State University with a major in Interdisciplinary Social Science and a minor in Economics. She worked for Florida Healthy Kids for 7 years as a Retention and Resolution Specialist. "I've been wanting to be more hands on with getting the word out about KidCare, and Leon County Schools has granted that wish," said Jenn. Jenn can be reached at [leonj@leonschools.net](mailto:leonj@leonschools.net) or 414-5110.



## Celebrate Screen-Free Week: April 18-24

### YMCA's Healthy Kids Day

April 16th 10:00am - 1:00pm at the Parkway Family YMCA. This **free event** will feature Kids Building Kits, free car seats and proper installation, Healthy Eating and Nutrition Information, Kid's Bike Helmets, Bounce Houses, Face Painting, Arts & Crafts, Fitness and Health Assessments, Fire Department Demonstration and much more!

Click [here](#) for more information, or visit [www.capitalregionymca.org](http://www.capitalregionymca.org)

### DAYS OF DOING: READ UNITED

**April 25 - 29, 2011**

DO SOMETHING ABOUT IT through United Way of the Big Bend's (UWBB) DAYS OF DOING! This program was created to promote the spirit and value of volunteerism, increase the awareness of local human service agencies, and demonstrate what people working together for the community's good can accomplish.

**Our final Days of Doing will be held April 25 - 29, 2011.**

Reading is important!

- **Books help children develop vital language skills**
- **Reading can open up new worlds and enrich children's lives**

Whole Child Leon is proud to be an official endorser of [Screen-Free Week](#) (April 18-24), the annual celebration where children, families, schools, and communities turn off screens and turn on life. Please visit [www.screenfree.org](http://www.screenfree.org) to learn how you can get involved and join in the fun.

We all know that [children spend far too much time with screens](#): an astonishing average of 32 hours a week for preschoolers and even more for older children. Excessive screen time is harmful for children-it's linked to poor school performance, childhood obesity, attention problem, and the erosion of creative play.

Screen-Free Week (formerly TV-Turnoff) is a wonderful way to help children lead healthier, happier lives by reducing dependence on entertainment screen media-including television, video games, computers, and hand-held devices. By encouraging children and families to unplug, Screen-Free Week provides time for them to play, connect with nature, read, daydream, create, explore, and spend more time with family and friends.

### Whole Child Leon Advisor at TMH

Whole Child Leon has an advisor, Caitlyn Trinkle, at Tallahassee Memorial HealthCare on Wednesdays helping parents of children in the NICU and Pediatric departments complete profiles and get connected to resources and services through the Whole Child Connection.



"It has been a great experience working with the parents at the TMH Family Connection Corner this semester. Thanks to all of the nursing and administrative staff who have helped me get this program up and running. I look forward to passing the reins to the next WCL intern, so that this program can continue to grow."

### Family Connection Corners in Leon County Schools

## · Reading can enhance children's social skills

READ UNITED was developed to encourage a love of reading in students and provide a resource to get them started on this journey. How does READ UNITED WORK? It will provide a FREE BOOK to every 1<sup>st</sup> grade public school student in the Big Bend (Franklin, Gadsden, Jefferson, Leon, Liberty, Madison, Taylor and Wakulla Counties).

So, how can you DO SOMETHING ABOUT IT?

1. **VOLUNTEER:** United Way is looking for volunteers and businesses to adopt a school or classroom. You will be responsible for picking up the books at UWBB offices, deliver to your assigned 1<sup>st</sup> grade classroom, read a book to the class, and then distribute a book to each student.
2. **RESOURCES:** UWBB has partnered with Scholastic Books for this project, but we can always use more books! So, if you, or your office, are unable to participate as a volunteer, please consider hosting a Book Drive to support the project the week prior to April 25.

**DAYS OF DOING** is your chance to make a positive impact in our community. Be a part of this Days of Doing by volunteering. To sign up to volunteer, please contact Heather Mitchell, [heather@uwbb.org](mailto:heather@uwbb.org) or 414.0855. These opportunities will fill up quickly, so don't delay!

## Upcoming Events

**2011 Training Institute on Autism** - Recent Advances in Evidence-Based Practice for Autism Spectrum Disorders.



Family Connection Corner at Sable Palm Elementary School

"Sabal Palm Elementary School has been excited about the Family Connection Corner. The Connection Corner is located in the school Media Center. Parents can come in at anytime during the school day to use the Family Connection Corner. Having these community resources online has allowed our families to learn how local agencies can provide support for their children and their families," said Gloria Smith, Sabal Palm Elementary, Community Project Manger.

There are Family Connection Corners in 19 Leon County Schools. From these corners, families can connect to Whole Child Leon; KidCare for children's health insurance; ACCESS for food stamps, medicaid and temporary cash assistance; and the Free and Reduced Lunch Application.

Thank you to Leon County Schools, T.I.S. Department for their computer support for the Family Connection Corners.

## Healthy Kids Day Offers Family Fun

**SPECIAL TO THE DEMOCRAT · PUBLISHED: APRIL 13, 2011**

Don't miss Make it a Play Date Healthy Kids Day at the YMCA on Apalachee Parkway from 10 a.m. to 1 p.m. on Saturday. There will be bounce houses, relay races, arts and crafts, as well as fitness classes for children and parents. Sponsors such

June 20-24th at the FSU Conference

On Saturday, May 7, from 10 a.m. to 4 p.m. at the North Florida Fairgrounds, we'll have the 10th Annual Kidsfest. Bring the whole family for a day's worth of good old-fashioned fun! There will be a giant water slide, pony rides, bounce houses, and plenty of hands-on-activities and games for the children. There's a toddler area just for the little ones! Live entertainment is provided and refreshments are sold. General Admission is a minimum donation of \$2 per person and all activities are free.

For more information, email [jmiller@kidsincorporated.org](mailto:jmiller@kidsincorporated.org)

**2011 Training Institute on Autism** - Recent Advances in Evidence-Based Practice for Autism Spectrum Disorders. June 20-24th at the FSU Conference Center. Click [here](#) for more information.

## Children's Week

Whole Child Leon helped with the "Hanging of the Hands" at the Capitol on Sunday April 3rd. Whole Child Leon represented Whole Child Florida at Children's Week and passed out 500 cups, with Whole Child Florida stickers, containing soil and vegetable seeds to children at the Capitol.



Caitlyn Trinkle

as New Leaf Market and Earth Fare will provide healthy snacks and beverages, and a drawing will be held to win a new bike from the Great Bicycle Shop. The Pilot Club will be giving out bicycle helmets. Make time to tour the YMCA facility and learn more about swim lessons, YMCA's Camp Indian Springs and day camps. The YMCA also will debut its new community vegetable garden. The YMCA is looking for volunteers to help maintain the garden this summer. For more information about Healthy Kids Day, or any YMCA events, visit [capitalregionymca.org](http://capitalregionymca.org).

(Special thanks to Nicole Smith for her work on this article.)

## Being Prepared - KidsGetAPlan®

The Florida [Division of Emergency Management](#) provides important information to help the State's residents and visitors address disaster issues through a variety of printed publications and online services. Among the Division's online services, [GETAPLAN!®](#) is a quick and easy tool that helps residents build their own disaster plan. The Division's [KidsGetAPlan!®](#) offers a similar opportunity for younger residents to understand what disasters are, how to prepare for them and help create their family's disaster plan.



Florida Division of Emergency Management's KidsGetAPlan website offers games, books, coloring pages and a variety of other options to help children better understand preparing for disasters.

The ambassador of [KidsGetAPlan!®](#) Professor Tinkermeister and his crew of kids and critters, encourages children to prepare safety measures for all kinds of weather. With a variety of games, coloring pages, screen savers, weather-related data and so much more, children from kindergarten to high school learn about disaster preparedness. The Division hopes to encourage children and their families to get a plan through this online service.

"Our intention is to reach every family in Florida and teach them about being prepared," said Bryan W. Koon, Director of the Division of Emergency Management. "With these online applications, parents as well as children can be prepared for any potential disaster Florida may face."



Courtney Atkins, Megan Earnhardt & Caitlyn Trinkle



Megan Earnhardt, Jennifer Leon, Caitlyn Trinkle and Courtney Atkins

## Oasis - Single Moms Support Group

Now on Thursdays at The OASIS Center for Women & Girls, 317 E. Call Street.

Free Childcare for children 12 and younger!  
Thursdays 6:00pm - 7:30pm  
Call First! 850-222-2747

Being a parent is tough enough - raising a family alone is that much tougher! OASIS understands and wants to give you access to support and help.

### Thank you

- To Harvest Printing for their help with the Whole Child Leon coloring books

Hurricane season, or any other potential disaster, is usually seen as an issue parents alone deal with; however, children are often aware of their parents' concern and may become anxious because they don't fully understand what might be happening or how their parents are dealing with the situation. This online application was created specifically to help children better understand preparing for potential disasters with friendly characters and fun activities.

Through [KidsGetAPlan!®](#), DEM also offers the [Hazardous Weather guide](#) for older children, which provides a variety of information on weather issues, as well as online books, games and links to other kid-friendly sites for weather and emergency management education information. Online books for 1<sup>st</sup>-5<sup>th</sup> grade students are available as well, along with guides to assist teachers and parents in helping children better understand and prepare for disasters.

[KidsGetAPlan!®](#) also features this year's [video and poster winners](#) for the 2011 Severe Weather Awareness Week Contest. The Division teamed up with the [American Red Cross](#) to offer Florida students in middle and high school the chance to create severe weather safety posters and video public service announcements, which will be used as part of the Division's 2011 Public Outreach Statewide Campaign. While most contestants offered a sense of humor in their productions, each entry is a serious effort to help increase awareness for this age group.

"We hope Florida residents who don't yet have a plan will take a few moments to create one, and that they include everyone in the family," said Gwen Keenan, Bureau of Preparedness Chief for the Division. "Whether you're five or 95, having a plan before disaster strikes will help ensure you and your family survive." So round up the kids and prepare your disaster plan today!

## Periodontal Disease and Low Birth Weight by Edward F. Zapert, D.M.D. (reprinted from [Capital Area Healthy Start Coalition's Baby Blog Newsletter](#))

Several years ago, researchers identified a link between periodontal disease and adverse preterm birth and low birthweight outcomes. It would seem like common sense that any infection in a pregnant woman is not a good thing, and hence needs to be treated. With this in mind, the Leon County Health Department Center for Dental Care & Prevention partnered with the Healthy Start Coalition to provide dental care for pregnant women in the program.

What was not clear and still remains controversial is whether the treatment of periodontal disease during pregnancy has an effect on low birthweight. Several studies have shown a positive effect

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## We're on the web!

The [Whole Child Leon Online Event Calendar](#) gives information on a wide array of local events for kids and for people who work with kids.

If you have news you would like to share, [email it](#) and we'll make sure it gets onto the WCL Website in the Community News section or the Event Calendar.

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Follow us on 



LAWTON CHILES  
FOUNDATION



while others have shown little or no results. The one thing that is clear is that there is no adverse effect associated with dental treatment.

In the latest study to be published, An Examination of Periodontal Treatment, Dental Care, and Pregnancy Outcomes in an Insured Population in the United States which appeared in the January 2011 edition of the American Journal of Public Health, researchers from Columbia University did a 3 year retrospective examination of a large insurance company database and found that "receiving preventative dental care is associated with a lower incidence of adverse birth outcomes." Over 29,068 deliveries were evaluated. The full article can be found at

<http://ajph.aphapublications.org/cgi/content/full/101/1/151>

Hopefully, more research will help identify the optimal dental treatment for pregnancy women to help reduce the cost to society of \$26 billion annually in the U.S. (institute of Medicine of the National Academies) from preterm births and low birthweight outcomes.

*Dr. Zapert is the Dental Executive Director of the Leon County Health Department Center for Dental Care & Prevention. In 2005, Dr. Zapert was appointed by Governor Jeb Bush to serve on the Board of Correctional Medical Authority to represent dentistry for the State of Florida.*

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## Whole Child Leon Staff

**Courtney Atkins**, Executive Director

**Heather Telfer**, Connection and Outreach Coordinator

**Amanda Clements**, Vice-President of Strategic Initiatives, United Way of the Big Bend

**Megan Earnhardt**, Strategic Initiatives Associate, United Way of the Big Bend

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**Got Kids? Get connected to community resources that can assist you and your family at the Whole Child Connection.**

[www.WholeChildLeon.org](http://www.WholeChildLeon.org)

**Contact a Whole Child Leon Advisor today, at 850-414-8344.**



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