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Whole Child Connection Training

October 5th

Need a refresher?
 Interested in learning more so you can get your clients connected?

Join us for the Whole Child Connection and Website Training, **Wednesday October 5th**, R.N. Gooden-Nancy Russell Center at Wesson, 2813 S. Meridian Street. **Registration** (with coffee and bagels) at **8:45am, Training 9:00am - 10:30am**. RSVP to [Heather](#)

Community Update September 2011



August's Guest Speakers:

- **Carly Sinnadurai**, The Sharing Tree offers school, project, and art supplies to the community at reduced prices. Memberships at every level available. To become a member, make a donation, or to adopt a classroom, go to www.thesharingreefl.org.
- **Emily Fritz**, Communities Putting Prevention to Work, Florida Department of Health, have a presentation on the "Walking School Bus" program. Schools or parents can organize, get training, designate a day or two a week, and start walking to school. This program has been very successful in Hillsborough County and locally at Florida High School. For more information, go to www.Floridacppw.com.

Our next Professional Network meeting is Monday, September 26th at Noon.

Guest Speakers Include:

- **David McCoy, Autism Spectrum Disorder 101**
- **Tameeka Williams, Halle Martin Foundation**
- **Kim Kelling Engstrom, WFSU, IMMUNIZATION: A Shot of Reality**
- **Sharon Kant-Rauch, Tallahassee Democrat, Community Hands**

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

by September 30th. Click [here](#) for a flyer.

Big Bend Connection

is now the premier online directory of comprehensive services for the whole family and the whole community. Resources and services for Jefferson, Madison, and Taylor counties are now online.

Service Providers

Do you have new programs? Have some of your initiatives ended recently? If so, please contact [Heather](#) to update your entries in the Resource Guide.

Are you interested in becoming a Direct Service Provider through the Whole Child Connection? If so, contact [Heather](#) for more information.

WCL/LCS KidCare Outreach Project

Leon County Schools is pleased to announce that the School Health Assistants (SHA's) have completed a Florida KidCare in-service at their annual back- to- school training. With all of the energy and excitement of returning to school, we understand that health insurance may be at the bottom of the list of school supplies needed. With this in mind, we made sure that our SHA's have the information and training needed to assist any uninsured student with applying for Florida KidCare.

Free Infant, Toddler, and Preschool Developmental Screenings - Friday October 28th

FREE Infant, Toddler, and Preschool Developmental Screenings

For children 6 months - 5 years.

BY APPOINTMENT ONLY - Call 850-487-2630 for your appointment. Please call by October 17th, 2011.

Free screenings will be held on October 28, 2011 from 8:30am - 12:30pm at Children's Medical Services, 2390 Phillips Road, Tallahassee. Screenings produced by the Capital Area Association for Infant Mental Health and the WCL Social-Emotional Development Action Team.

Areas Screened Include: Vision, Hearing, Motor Skills, Speech, Language, Cognitive, Behavior, Growth and Dental

Click [here](#) for a flyer on the Free Developmental Screenings.

Thank you to all the partners who make these screenings possible!!!

Share Event at Red Elephant - Monday, October 10th

Join us for a "Share Event" at both locations of Red Elephant Pizza, Monday, October 10th.

Stop by either of our two Red Elephant locations- dine in or carry out- for lunch and dinner, and tell your server you are here to support the Whole Child Leon Social-Emotional Action Team's Free Developmental Screenings and 15% of these revenues will be donated by Red Elephant.

Midtown - 1872 Thomasville Road, 222-7492 and **Kerry Forest** - 2910 Kerry Forest Parkway, 668-7492.

Click [here](#) for a flyer with more details.

United Way Launches Community Campaign

United Way of the Big Bend announced a \$6,363,636 fundraising goal at its 69th Annual Community Campaign Kickoff on September 1 at the



**Whole Child Leon
Social-Emotional
Development**
ACTION TEAM

We would also like to mention that it is school policy for a child to show proof of adequate insurance to participate in school sports. For this reason, we have provided Florida KidCare information packets from the "Get Covered Get in the Game" campaign to all district's Athletic Directors and Coaches. This is another effort to promote the Florida KidCare program and the Leon County Schools Outreach Specialist throughout the district's athletic programs.

For additional information about Florida KidCare or for assistance, please call the Leon County Schools Outreach Specialist, Jennifer Leon at (850) 414-5110. You may also call Florida KidCare at 1-888-540-5437 or visit www.floridakidcare.org.

WCL'S QR CODE

Scan to stay in touch with Whole Child Leon.



To use the code:

1. Make sure you have a smartphone (Android, iPhone, etc.)
2. Make sure you have a

Tallahassee-Leon County Civic Center. More than 450 volunteers, campaign coordinators, community leaders, donors, and supporters attended the event where they played a larger-than-life Monopoly game featuring 32 neighborhood places representing our Big Bend community.

"Human-service organizations and the wonderful individuals who support them are an essential element of balance in our community," said Bill Colledge, 2011 UWBB campaign chair and Capital City Bank executive vice-president. "They help sustain that balance of family, work, faith, and community. We share an obligation to maintain a high standard of community conscience, and our United Way is the perfect 'conduit' to help us fulfill that obligation."

Many of the agencies that Whole Child Leon partners with were represented at the Campaign Kickoff: America's Second Harvest of the Big Bend, Capital Area Community Action Agency, Refuge House, Capital City Youth Services, Red Cross, Early Learning Coalition (thanks for sharing a table with Whole Child!), Children's Home Society, Turn About, Alzheimers' Project, Workforce Plus, and Big Bend Works.



Heather Telfer and Courtney Atkins

Whole Child Leon Advisor at TMH

Kimberly Bednark is the newest intern at Whole Child Leon. She will be at Tallahassee Memorial HealthCare weekly in the Pediatric and NICU departments.

Kimberly is currently finishing her Bachelors degree in Social Work at Florida State University. She plans on starting on her Masters degree in January with a focus on child welfare. She is an executive member of the Association of Student Social Workers at Florida State University as well as a member in Alpha Phi Omega, the national service fraternity on campus.



Kimberly Bednark

QR scanner/decoder. If you don't, there is an App in the Market of all smartphones called **Barcode Scanner**.

3. Take a picture of the code.

4. Once the picture is taken, decode it with the App of your choice.

Parkway Farmers' Market @ the Y



Sanguon Hale

Whole Child Leon and the YMCA have partnered to establish a weekly Farmers' Market at the YMCA's Garden Annex, 2001 Apalachee Parkway. This market sells fruits such as mangoes, pears, and cactus fruit; vegetables such as tomatoes, avocado, pumpkins; and raw honey. All of the vegetables are organically grown.

Making sure our entire community has access to fresh, local fruits and vegetables is a challenging mission that we are addressing head on. Come and get your fresh fruits and veggies!

Mondays and Wednesdays
11:00 a.m. - 2:00 p.m., 2001 Apalachee Parkway.

The Whole Picture of Health



A WELLNESS & NUTRITION INITIATIVE
CHART (Community Health Action Response Team)

95210 for Health!

Five daily habits can help children and adults live healthier lives and sustain a healthy body weight.

Get at least **9** hours of sleep

Eat **5** servings of fruits & veggies every day

Limit screen time to **2** hours or less

Get at least **1** hour of physical activity

Eliminate **(0)** sugary drinks and tobacco exposure

95210 is a community-wide strategy for promoting child health and life-long healthy habits for all individuals. With simple health messages behind each number, 95210 communicates key behaviors that promote healthy weight and overall good health. 95210 makes it easy to remember some of the most important steps families, community organizations and worksites can take to prevent childhood obesity and chronic diseases.

Whole Child Leon and the Community Health Action Response Team, (CHART), is working with Leon County Schools to promote 95210 in all Pre-K programs and with Early Learning Coalition to create a pilot project in three local childcare centers.

Beat the Flu Blues

(Reprinted from September News from North Florida Women's Care)

Flu season, the complimentary contender of fall, puts a damper on the autumn spell. In the midst of changing leaves and cooler weather, it is important to arm yourself against this miserable infection by taking precautions: Get Vaccinated!

While the flu vaccine is recommended to all women, it is *especially* important for pregnant women. During pregnancy a woman is at

Upcoming Events

Parent to Parent Support Group

For Parents with School Age Children with Disabilities, Allison Leatzow, CARD, will follow up on last month's Bullying discussion. September 28th, 11:30am - 12:30pm at Children's Medical Services, 2390 Phillips Road. Click [here](#) for more details.

Go Beyond's First Twitter Chat - Topic: Infant Mortality

WHAT: A Twitter Chat on the topic of Infant Mortality. Use #infantmortality on your tweets to join in the conversation.

WHEN: Tuesday, September 27th, 4:00pm - 5:00pm EST

WHY: If you have never participated in a Twitter Chat then you may wonder the purpose or the value of joining the conversation. What we find to be so beneficial is that it is a quick, easy and open way to share your ideas, ask questions and meet new people who are interested in working towards the same goal as you! If you have any questions ahead of time please don't hesitate to email Brittany at Go Beyond, click [here](#). Make sure to [join us on Twitter](#) today as we will be tweeting interesting facts on infant mortality everyday throughout September.

Take A Loved One to the Doctor Day - September 30th

greater risk of developing the flu and because pregnancy puts extra stress on the heart and lungs, pregnant women are more likely to develop serious complications of the flu such as pneumonia. These flu complications can sadly lead to miscarriage or premature labor.

Getting the flu vaccine while pregnant is not only safe and recommended by the Centers for Disease Control and Prevention (CDC), but it's also *good* for your baby at any stage of pregnancy because the vaccine is made from an inactive virus. Flu shots given to the mother during pregnancy are shared with the unborn baby through the placenta, so the baby benefits from the vaccine as well.

This is particularly important because flu shots are NOT recommended for babies under six months and unfortunately, these are the babies that are *most likely* to be hospitalized for the flu. By getting vaccinated before your baby is born, you are keeping your little one safe and protecting yourself as well from this weakening virus.

There's nothing fun about having the flu so protect yourself and your unborn baby by getting vaccinated today!

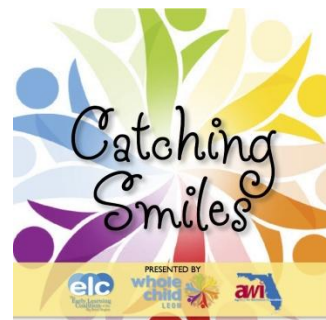
Go to www.doh.state.fl.us/disease_ctrl/immune/flu/flu_locator.htm to find a flu shot

"Catching Smiles" CD Re-released

Thanks to support from Early Learning Coalition of the Big Bend and Agency for Workforce Innovation, Whole Child Leon is happy to announce that "Catching Smiles" has been re-released to our community.

Thank you to all of the artists who donated their time and music to make this CD possible.

Our goal is to send each baby, born in our community, home with a new Catching Smiles CD. All of the songs on "Catching Smiles" are available for download by clicking [here](#).



Catching Smiles CD Cover

Whole Child Leon in the Community

Whole Child Leon was happy to attend the 6th Annual United

The Florida Department of Health, Office of Minority Health invites you to join us in promoting, protecting and improving the health of Florida's communities by supporting Take a Loved One to the Doctor Day on Friday September 30, 2011. Make an appointment and take someone you love (or yourself) for a check up!!!

Parenting Tools for Positive Behavior Change

FREE parenting class for parents and caregivers of children 18 months - 18 years. Every Tuesday evening October 4th - November 8th, 6:30pm - 8:30pm, at Children's Medical Services, 2390 Phillips Road. Reservations must be made in advance, call 850-487-2603 x 187 to reserve your seat.

Walk to Remember

Capital Area Healthy Start Coalition's Walk to Remember - National Pregnancy & Infant Loss Awareness Day, Tuesday October 13th 6 - 7:30pm at St. Paul's United Methodist Church, 1700 N. Meridian Road. Food & Activities for Children and Families begin at 5:30pm. Click [here](#) for a flyer. For more info, Tracy Coomer, 488-0288 x 109, or click [here](#) to email.

Tallahassee Food Day - Youth Symposium

Sunday, October 23rd, 3:00 - 5:00pm at the Mary Brogan Museum. Click [here](#) for more details.

Community Action Team Meeting

Save the Date for a Circuit-

Partners for Human Services Celebration of Human Services. We had a great time at the Carriage House at Goodwood Museum. **Thank you to UPHS for a great party and thank you to everyone who works for human service organizations!!! We appreciate your efforts!!!**



Courtney Atkins and Heather Telfer

Annsworth Academy Supports 95210 - The Whole Picture of Health

Special to the Democrat

Children's health and wellness is a top priority for parents and educators at Annsworth Academy. The staff at Annsworth was

wide meeting on Friday,
November 4th, 11:00am -
12:30pm.

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.

Find us on Facebook 

Follow us on 



LAWTON CHILES
FOUNDATION



United Way of the Big Bend

delighted to learn of a new pilot program "95210 - The Whole Picture of Health" that is being introduced in our area and currently targeted to Pre-Kindergarten age children. The program will provide guidelines and practices that will help prevent and reduce obesity, increase physical activity and improve nutrition. It spells out five daily habits that can help children and adults achieve these goals.

The name of the project "95210 - The Whole Picture of Health" is any easy way for parents and teachers to remember the formula and to plan ways to help their children meet their goals. The numbers represent the intended goals in the five selected areas. The message is stated in a clear, concise and easy -to- follow format that makes it especially valuable for busy teachers and parents. Simply by posting the 95210 tenets in your classroom or home, you can help children become more aware and involved with the program.

The easy to remember tenets are:

- 9 - Getting at least 9 hours of sleep each night.
- 5 - Eating five servings of fruits and vegetables each day.
- 2 - Limiting recreational screen time to 2 hours *or less* (TV, computers, video games, etc.).
- 1 - Getting at least 1 hour of physical activity.
- 0 - Eliminating sugary drinks/zero tobacco exposure.

By educating children at an early age and enlisting their help in identifying their personal healthy lifestyle goals, the hope is to achieve the larger goals of the entire '95210' pilot program.

Annsworth Academy is proud to partner with Whole Child Leon, the Early Learning Coalition of the Big Bend and the Leon County Health Department as one of the three participating schools in the '95210' pilot project. The Annsworth teachers promote these goals with their children in both the school and home settings and are very happy to find a program that further addresses these important health issues.

Annsworth Academy supports the '95210' recommendations at their school by addressing each of these areas in their parent information packet. Annsworth provides the teachers with the means to accomplish and expand these directives daily by engaging the children in creative activities that encourage active participation.

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
Jennifer Leon, Whole Child Leon/Leon County Schools KidCare
Outreach Specialist

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

www.WholeChildLeon.org

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



Whole Child Leon
2813 S. Meridian Street
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