



Steering Committee

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Loranne Ausley, Founding
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Tracey Cohen
Kristin Dozier
Laurie Dozier
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Whole Child Connection

Big Bend Connection
is now the premier online
directory of services for the
whole family and the whole
community. Resources and
services for Jefferson,
Madison, and Taylor

Community Update January 2012 - Happy New Year!!

Whole Child Leon Welcomes New Chair Ed Feaver



Whole Child Leon has made great progress over the last year. The many WCL partners, the WCL Steering Committee under the fine leadership of Loranne Ausley, and WCL's dedicated staff are to be thanked for helping Leon County to become a community where everyone works together to make sure all children thrive. We have made progress toward insuring that children are born healthy, that they make appropriate progress in their first five years, and are ready for school. But, the job is not done and the obstacles facing our children have substantially increased as a result of irresponsible budget cuts by our Legislature (despite the best efforts of our representatives.) This is particularly true if a child is economically disadvantaged, physically or cognitively delayed, abused or neglected, does not have routine health and dental care, lives in a stressful environment, or is unable to participate in a quality early childhood education and development program. Far too many of our children experience one or more of these conditions.

We cannot look to state and federal government to overcome these obstacles. Whole Child partners have to continue to find ways to transcend our individual limitations by connecting our services and resources to be as effective as possible.

This year, the Whole Child Steering Committee will emphasize expanding our partnerships to include parents, business and community leaders, civic and neighborhood associations, and service providers who have not yet become active participants. We will focus on identifying the most serious gaps in the availability and effectiveness of services in our community and determine strategies for filling these gaps. Finally, we will reach out to neighboring counties to assist them in initiating or

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.

Dr. Wil's Corner



We hear increasingly how important it is that kids develop appropriate literacy skills by the end of 3rd grade. Indeed, I am asked with some frequency why I keep pushing for people to interact with children in child care and preschool, when it might appear more important to be involved with these children in grades 1, 2 or 3.

I wish to see volunteers read to these very young children and provide books for them to take home, but also to get a sense from the child care and preschool directors whether some of the kids might also benefit from clothing or food supplements as well or even such things as dental care!

However, let's get back to the reading. Please open the following link and play the video, "Why Reading by the End of Third Grade Matters."

strengthening Whole Child projects in their communities and utilizing the enhanced Whole Child Connection to improve the lives of children throughout the Big Bend.

We thank the United Way of the Big Bend, the Leon County School Board, the Tallahassee City Commission, the Leon County Commission, the Whole Child Professional Network and the many other already-established partnerships for their continued commitment to building a Whole Child Community. We encourage any resident or organization in Leon County, who is interested in helping all children thrive, to contact Whole Child Leon Executive Director [Courtney Atkins](#) and ask how you can get involved.



The next Professional Network Meeting is Monday, January 23rd at Noon.

January Speakers:

Edward Holifield, M.D., Infant Mortality and Associated Maternal Mortality

Monica Hayes, Ed.D., MAT, MSW, Taste of Cultural and Linguistic Competency

Megan Earnhardt, United Way of the Big Bend, Volunteer Income Tax Assistance - VITA

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

Whole Child Leon Executive Director Recognized

The National Association of Chronic Disease Directors (NACDD) announced their annual award recipients for top contributors in state chronic disease programs and projects, nationwide.

"These awards are not perfunctory obligations that we hand out each year. Rather, they reflect the highest levels of accomplishment and impact related to chronic disease," said NACDD's Chief Executive Officer, John Robitscher.



Click [here](#) for the link to the video.

Regards,

Wil

Dr. Wil Blechman has been lecturing and teaching about the effects of early childhood experiences on infant brain development since 1995. A graduate of Yale University and the Medical College of Virginia, Blechman trained at the John Hopkins Hospital, is Board Certified in internal medicine and rheumatology, and is an Emeritus Fellow of the American College of Physicians and the American College of Rheumatology. His workshops have changed the way we perceive the importance of early childhood. They refresh our knowledge of brain development and make the link between childhood experiences and how our future workforce is being impacted.

WCL/LCS KidCare Outreach Project

The Leon County Schools (LCS) KidCare Outreach Project continues to assist families with the Florida KidCare application process. We encourage parents within the district to take advantage of the school events that the LCS KidCare Outreach Project is participating in. Along with school events, they will also participate in several community events throughout the year. These are the next scheduled events:

January 14 - the TMH Under the Big Top Health

NACDD believes in recognizing leadership in each of its primary focus areas. The Joseph W. Cullen Award celebrates the life and influence of the former Deputy Director of CDC's Division of Cancer Prevention and Control. This year's award recipient is **Courtney Atkins**, Executive Director of Whole Child in Tallahassee, Florida. Ms. Atkins helped to establish farmer's markets in community food deserts as well as community garden projects.

The Whole Picture of Health



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

95210 for the New Year!

Adopt 95210 as your family's New Year's Resolution! After a year of healthy daily habits you and your children will see and feel the results. 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

Watch this video on 95210: The Whole Picture of Health



Event at Goodwood Museum and Gardens

For additional information about Florida KidCare or for application 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

Session 2012

Keep up with this year's legislative session.

Click [here](#) for the Children's Movement of Florida

Upcoming Events

Tallahassee Memorial Under the Big Top - Celebrating a Lifetime of Health Event

Saturday January 14th, 10:00am - 2:00pm

This unique health event will showcase health screenings, services, and educational seminars for all ages. This family-friendly event is free and open to the public.

Goodwood Museum and Gardens, 1600 Miccosukee Road

For more information, call 431-5875.

The Workforce Plus Jobs=Paychecks Now Job Fair

January 19 - 20, 10:00am - 2:00pm, Leon County Civic Center

For more information, 1-866-WFP-JOB1, wfp@wfplus.org or www.wfplus.org

95210 PSA Video - Final.mp4

Resource Guide - Action for Healthy Kids is your "go to" place for how-to-guides, fact sheets, and quick tips to help you create a healthy school environment. Check out the latest resources from our partners, volunteers, and experts!

www.actionforhealthykids.org/resources

Capital Coalition for Health

The community survey process is complete! Thank you for completing the survey and encouraging others to do the same - over 2,000 surveys were completed! We look forward to sharing key findings with the community upon completion of the assessment.

95210 in Action at First Presbyterian Preschool

At First Presbyterian Preschool we teach healthy behaviors in all areas of our preschool routine. From Circle Time to Center Time, eating and naptime, the teachings of 95210 are everywhere. We adapted our classroom schedule to emphasize the importance of a healthy lifestyle. We added an additional group time called "Healthy Lessons" where we teach the children about different healthy habits. We encourage more physical activity to our routine by taking "daily walks" around the downtown area. We also encourage the parents to send in healthy selections when packing their child's lunch.

The 95210 strategies have been nothing but a success at First Presbyterian Preschool. Since beginning the program earlier this school year, the teachers, parents and children have had an optimistic attitude toward their health.

The parents "rave" about this program! They comment on how much of a change they have seen in their child's eating habits. Many parents told us that their children are now monitoring everything the parents eat. In particular, one child said that her mother should not be drinking coke because it has too much sugar in it and that she should drink water or milk. Another parent commented on how much easier it is to get her daughter to eat more vegetables and try new foods. Parents are also enjoying their "take home" healthy activities.

The next steps for First Presbyterian Preschool and the 95210 strategies are to continue to enhance our healthy lessons, add more creative physical activities and explore more unique healthy food and recipes. One activity that we are working on for the month of February is a "Heart Walk" for the preschool and parents to





Tallahassee Fitness Festival

Saturday, January 21st, 9:00am - 3:00pm, Leon County Civic Center \$5 admission - children under 12 are FREE. Activities include a tug-o-war and The Kidz Korner. The Kidz Korner represents the best in children's health information and activities. Both adults and kids will enjoy learning about creative activities that instill an overall healthy lifestyle. Interactive games, exercise stations and education materials will be available. Click [here](#) for more information.

Parent to Parent Support For Parents with School Age Children with Disabilities Group

January 25, 2012, 11:30~12:30 - Bring your lunch. Presenter, Lynn Picolo, Vocational Rehabilitation. Children's Medical Services, 2390 Phillips Rd., 1st floor large conference room. Contact Chris Heron, ESE Parent Liaison, for more information at 487-7135. CHADD Support Group-contact Dan Moore at 575-9621 x102 for more information.

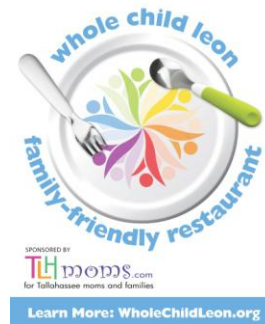
FREE Relative/Non-Relative Caregiver

participate in to encourage the importance of physical activity.

We are truly enjoying the 95210 strategies. It is our hope that our enjoyment will spread to other centers so that together we can build a healthier community.

Family-Friendly Restaurants

Whole Child Leon is joining with local and national partners who are working hard to promote healthy lifestyles in families of young children and keeping young diners safe. Designated restaurants will be presented with a "Family-Friendly Restaurant" window cling, will be listed on the Whole Child Leon website and will be promoted through TLHMoms.com.



Red Elephant wraps clean high-chairs with plastic wrap and provides single-use place mats and a small container of cheerios for parents with small children. This is just the kind of family-friendly practice Whole Child Leon is working to encourage.

Click [here](#) to learn more.

Community Action Team Meeting



Community Action Team (CAT) will be meeting Friday, January 27th, 11:00am - 12:30, at Early Learning Coalition's offices, 1940 N. Monroe Street, Suite 70 (Northwood Centre). CAT is a combined meeting of the Community Alliance for Circuit 2 and Whole Child Leon agency heads. CAT has been focused on family violence prevention and will be unrolling an action plan at the January meeting.

If you would like to be added to the invitation list for this meeting, please email [Heather](#).

Training

Two Class Options:

4-Week Training

Every Monday evening from 6:00-8:00pm
January 30th through February 20th

2-Week Training

Two Saturdays from 9:00am-1:00pm
January 28th and February 4th

Training Location:

*Boys Town North Florida Office
3555 Commonwealth Blvd.
Tallahassee, FL 32303*

Meals & childcare provided at no cost. For more information or to register, contact Boys Town North Florida at (850) 575-6422.

Through this training, caregivers will have the opportunity to learn parenting strategies to address their children's behavior, acquire community resources, develop individualized parenting plans and obtain additional parenting materials.

Children's Week -

begins with the "Hanging of the Hands" on January 29th, Community Innovation Awards Luncheon and Children's Week Dinner on January 30th and Children's Day at the Capitol on January 31st. For details and tickets, go to

www.ChildrensWeek.org

Family Network on Disabilities and the TILES project is proud to present an On Track to Transition: Leon County

Welcome Our New Interns

Justina N. Jackson was born and raised in Tampa, Florida. In May of 2011, Ms. Jackson received her Bachelor of Science in Psychology with a minor in Sociology from Georgia State University in Atlanta, Georgia. She currently attends Florida A&M University where she is progressively working toward her Masters in Social Work. Justina's interests are in forensic interviewing, innovative policy change in urban areas, and community development in improvised areas. Ms. Jackson looks forward to working with Whole Child Leon this semester in efforts of ensuring children all across the county thrive!



Fabiola Guillaume Jean-Charles is originally from Haiti. She is fluent in Creole, French and English.

Mrs. Jean-Charles has two Bachelors of Arts Degrees, in Psychology and Gerontology. Fabiola is currently a MSW student at Florida Agricultural and Mechanical University. Upon graduation, one of her primary goals is to return home and help rebuild a community center on the street where she actually grew up. The community center unfortunately collapsed due to a horrific earthquake on January 12, 2011. Mrs. Jean-Charles ultimate goal is to work with America's elderly population in nursing homes, retirement centers, hospitals, and hospices ensuring human rights and civil liberties are upheld to the furthest extent.



Stand Up for Your Money!
Don't pay to have your taxes done!
Have your return prepared and filed for free!



Special to the Democrat

It's almost tax time again, and it's important to know that there is an alternative to paying for filing, loans or quick refunds: **Volunteer Income Tax Assistance (VITA).**

When: February 18th, 2012
9am-4:30pm

Where: Children's Medical
Services 2390 Phillips Rd.
Tallahassee, FL 32306

Who is this event for:
Parents, Middle & High
School students with
disabilities and young adults
(up to 26) with disabilities in
Leon and surrounding
counties

What is this event?: A
series of FREE workshops,
and information regarding
successful transition and
employment information.
Focus on youth self
advocacy/self determination,
the difference between
entitlement and eligibility,
and post-secondary options.
Please contact Amber Dame
1-800-825-5736 for more
information, and for inquiries
on hosting a table or
presentation the day of the
event.

**Creating Caring
Communities- FREE
Workshop: Responding to
Bullying and Exclusion**

With Guest Speaker
Professor Mara Sapon-
Shevin.

Saturday, February 25 - two
sessions:
9:00am - 11:00am, click [here](#)
to register.

1:00pm - 3:00pm, click [here](#)
to register.

Howell Instructional Building,
3955 W. Pensacola Street
(traveling west on Pensacola
Street, you will cross
Appleyard Drive and
Progress Drive. The building
will be located on your left
past the Pepsi refreshment
building)

Registration is limited to 75
people per session. For
more information, call 487-

VITA, part of United Way of the Big Bend's BEST Project, will offer free tax preparation at sites throughout the Big Bend from mid-January to April 2012. This free service helps residents avoid refund-anticipation loans and costly income-tax preparers. VITA volunteers work to ensure that eligible families take advantage of tax credits such as the Earned Income Tax Credit (EITC) and Child Tax Credit (CTC). The EITC is a federal tax benefit for working people with low or moderate incomes. It can offset some or all of the taxes workers must pay and can help cover any federal income tax workers may still owe at tax time. You may also get cash back through an EITC refund. The EITC can be worth up to \$5,751 for families who worked in 2011. In addition, some families can get the CTC, which can be worth up to \$1,000 per child. Even if you don't owe any income tax, you may still be eligible for these credits if you worked during 2011. To claim the credits, you must file a 2011 tax return.

You may feel confused or overwhelmed when faced with filing your tax return, but before you go to a paid tax preparer, who may charge \$100 or more, consider using a VITA site that can help you prepare and file your taxes for free. Get your FULL refund with no fees or hidden expenses. Returns are e-filed so you'll receive your refund in 10 days - faster if you receive your refund using direct deposit.

VITA sites will open on January 21, 2012. To find a VITA site near you, dial 211 or visit www.theBESTproject.org/tax-help.

Whole Child Partner Agencies

Whole Child Leon proudly partners with many agencies in our area to make sure families get connected to the services they need.

- [Brehon Family Services](#)
- [Capital Area Healthy Start Coalition](#)
- [Capital Area Community Action Agency](#)
- [Capital City Youth Services](#)
- [Children's Medical Services](#)
- [Dick Howser Center for Childhood Services](#)
- [Early Learning Coalition of the Big Bend](#)
- [ECHO](#)
- [FSU Multidisciplinary Center](#)
- [Greater Frenchtown Governor's Revitalization Council](#)
- [Leon County Schools](#)

A Hope to Dream

2630 or email [Beth Williams](#)
or [Sallie Payne](#)



LAWTON CHILES
FOUNDATION



United Way of the Big Bend

For every mattress sold at your Tallahassee Ashley Furniture HomeStore, \$5 is being donated to provide mattress sets to local children in need. Our goal is to give away 500 mattresses by the end of the year.

We need your help to accomplish our mission by referring a child for consideration to receive a mattress set. Our efforts can only be successful if caring individuals refer the children in need.

We invite you to review the program online and refer a child in need of a new mattress set. To request additional applications please send an email to: AHopeToDream@ashleyfurniture.com or use the online application at www.ahopetodream.com

Got Events?

The [Whole Child Leon Online Event Calendar](#) gives information on a wide array of local events for kids, families, 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.

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
Tallahassee, FL 32301
850.414.8344
www.WholeChildLeon.org

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