



WC Connecting for Kids Newsletter

Public Health Insurance Outreach

The hot topic of this decade is “Health Insurance” and who’s going to pay for it. Escalating medical costs are leaving more and more families with children vulnerable to debilitating illness and economic devastation, unable to develop long term medical relationships that increase the effectiveness of care. What are the options, then, for low/moderate income families and the increasing numbers of children in the ranks of the poor?

Many people do not know that they have the legal right to public health insurance programs in the United States. There are many reasons why a person may need public assistance at some time in their life. Loss of employment, death of a spouse, sudden illness, and other countless circumstances could lead to financial hardship or disability. Families and individuals may not know what programs are available to them or understand that they meet income and other eligibility requirements. It is important to help these families and individuals understand their rights to public health insurance programs and encourage them to apply for the appropriate benefits.

In July of this year, Health Outreach Partners presented a daylong workshop at the DaySpring Conference Center on Public Health Insurance (PHI) Outreach. Inspired by the importance of this information to families and children in

Manatee County, Whole Child Advisors Kim Ross and Ellen Hepner decided to create a condensed version of this training to present to local family care providers. As part of that training, a linkage to local resources through the Whole Child Connection is a perfect match.

In September, Ellen and Kim presented their first Public Health Insurance Outreach Training at the Florida KidCare Coalition of Manatee meeting. On October 7th, training was presented to a group of school nurses, a representative of the County Housing Authority and Teen Age Pregnancy Prevention (TAPP) at the Professional Support Center. Lively discussions arose during the training from questions raised by the participants, stories about family experiences and local resource information was shared.

Are you or your coworkers interested in sorting out the different public health insurance options that the families and children you assist might be eligible for and what they cover? This training will help you do better outreach to “your” families by covering such topics as; public health insurance benefits, Medicare/Medicaid?, basics of Access and Florida KidCare—online application, and a PHI Worksheet. It takes approximately two hours to cover this material; most effectively in groups of ten to fifteen.

Please contact Pat Johnson at 749-3059 if you are interested in hosting PHI training. Currently, the next Public Health Insurance Outreach training is scheduled for Dec. the 7th at 8:30 in the County Administration Building on the 5th floor in the Heron Conference Room. Please call 749-3030 x.3643 or email marja.scheeres@mymanatee.org to let us know if you will be attending.

All future trainings will be posted on the Whole Child website at www.wholechildmanatee.com under the “News and Events” tab for Local & State Workshops/Trainings.



**FLORIDA
MEDICAID**

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Now!**



**Florida
KidCare
enrollment is
open all year.**

www.floridakidcare.org

A New/Old Approach to Drug Prevention--Families

5 Simple Gifts



...for Families

1. **NURTURE & PROTECT:** Think about your hopes and dreams for your child. BE CLEAR about your commitment to their - and their friends—not using alcohol, tobacco and drugs.
2. **RECOGNIZE RIGHT CHOICES:** Try to think like a computer game and give your child positive feedback frequently. Each week tell them one thing they did BETTER and one thing they were STEADY and consistent at doing.
3. **A GOOD NIGHT'S REST:** Everyone does better with a good night's sleep. Put cell phones, computer games and other electronics on curfew 1 hour before bedtime: reduce caffeine beverages.
4. **PROVIDE BRAIN FOOD:** What we eat affects our brains. Studies show that increasing omega-3 (eat oily fish) and decreasing omega-6 (substitute olive oil for corn oil) promotes mental, emotional and behavioral health. Fish oil supplements may be beneficial, but check with your physician first.
5. **SHARE WITH OTHER FAMILIES:** Children grow up surrounded by other children and families. Know your children's friends' parents. Create a safety web by knowing how to contact them. Talk to them about these 5 Simple Gifts.

MANATEE COUNTY SUBSTANCE ABUSE COALITION (MCSAC) supports the effort by Families United to foster simple, low-cost, proven strategies we can all use every day to protect our children and families. "5 Simple Gifts" are appropriate for all children between the ages of 5 and 18 (based on age/development).

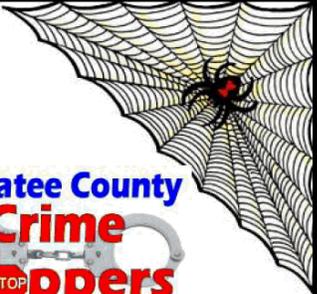
These researched and evidence based prevention strategies offer "behavioral vaccines" that can help protect against the most costly and traumatic family and community-connected problems including adolescent addictions, delinquency, violence exposure, crime, mental illness, suicide, teen pregnancy and school failure.

The rack card shown at left has been printed in large quantities and is available for distribution to all of Manatee County. The card also includes local contact information where families can find help and support. Contact the Manatee County Substance Abuse Coalition at 941-749-3030, ext.3491 if you want to distribute these cards at your organization, faith based or civic groups.

MCSAC is online at www.drugfreemanatee.org.



Happy Halloween!



You're Invited !

to the 9th Annual **Manatee County Crime Stoppers**




ESTOP
866-634-TIPS
www.manateecrimestoppers.com

Halloween Safe Kids Night

ON MONDAY OCTOBER 31st, 2011
AT THE BRADENTON CITY CENTER

FROM 5:30PM - 8:30PM



featuring

Plenty of

FUN, GAMES & CANDY

for the **WHOLE FAMILY!**



Participating Partner Agencies Include:

 <ul style="list-style-type: none"> Amer-I-Can Boys & Girls Clubs Biblical Heritage Institute Bradenton Fire Department Bradenton Police Department BrightHouse Networks DeSoto Conquistadors Crew Family Partnership Center Girl Scouts Healthy Start Coalition 	<ul style="list-style-type: none"> Manatee County Rural Health Services Manatee Sheriff's Office Manatee County Neighborhood Services Manatee Substance Abuse Coalition Manatee County Schools Manatee County EMS Manatee Sunrise Kiwanis Safe Children Coalition Young Marines AND MANY MORE...
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Visit:
https://childrensmovementflorida.org/promo/Fall_promotion_west/
 for a chance to win!

Despite decades of public health outreach and education, more than 500,000 babies are born prematurely and an estimated 28,000 children die before their first birthday each year in the U.S. Many factors cause these negative outcomes, including health care access, poverty, and negative health behaviors, but research supports that increasing knowledge around health can help people stay healthier.

To help more pregnant women and new moms get information about caring for their health and giving their babies the best possible start in life, the National Healthy Mothers, Healthy Babies Coalition (HMHB) launched **text4baby**, the first free health text messaging service in the U.S.

Text4baby supports moms by providing accurate, text-length health information and resources in a format that is personal and timely, using a channel she knows and uses. Over 85% of Americans own a cell phone and 72% of cell users send or receive text messages.

How Text4baby Works

Registration is easy and can be done online at www.text4baby.org or from your cell phone. Use your cell phone to text the word BABY (or BEBE for



Spanish) to the number 511411. You'll be asked to enter your baby's due date or your baby's birthday and your zip code.

Once registered, you will start receiving free messages with tips for your pregnancy or caring for your baby. These messages are timed to your due date or your baby's birth date. If you are pregnant and your due date changes, text UPDATE to 511411 to enter your new due date. Once you have your baby, be sure to text in UPDATE with your baby's birthday so you keep getting messages through baby's first year.

If you want to stop receiving messages from text4baby, text STOP to 511411. To start receiving the messages again, you will have to enroll again by sending BABY to 511411 (BEBE to 511411 for Spanish messages).

Text4baby Messages are Free

Thanks to the support of CTIA - The Wireless Foundation and participating mobile operators, all messages you receive from text4baby are free! Even individuals without a text messaging plan can get these messages for free.

If someone has limited texts per month, text4baby won't take away from that limit. As long as you have service with one of the carriers listed below, text4baby is free for you.

- Alltel
- Assurance Wireless
- AT&T
- Bluegrass Cellular
- Boost Mobile
- Cellular South
- Cellcom
- Centennial Cellular
- Cincinnati Bell
- Cricket
- Metro PCS
- N-Telos
- Nex-Tech Wireless
- Sprint Nextel
- T-Mobile
- U.S. Cellular
- Verizon Wireless
- Virgin Mobile USA

Combining Meetings - Focusing our efforts.

Parent Education Coalition + Whole Child Education Action Team =

Family Quality Education Action Team: Meeting on the first Wednesday of most months at 8:30 AM; go to www.wholechildmanatee.com calendar for schedule

Manatee Infant Mental Health Association + Manasota FL KidCare Coalition =

4th Wednesday of the month at 2:30 PM, Early Learning Coalition

For up to the minute information on these and other Manatee meetings go to

www.wholechildmanatee.com "News & Events" tab, click on Manatee Meeting Calendar

Pumpkinology

A small slice from the World of Pumpkins

The word pumpkin originates from the word *pepon* (πέπων), which is Greek for "large melon". Pumpkins are believed to have originated in Central America. Seeds from related plants have been found in Mexico, dating back over 7000 years to 5500 B.C.

Native American Indians used pumpkin as a staple in their diets centuries before the pilgrims landed. When white settlers arrived, they saw the pumpkins grown by the Indians. Pumpkin soon became a staple in their diets, too. They also brought seeds back to Europe, where they quickly became popular. Just like today, early settlers used pumpkins in a wide variety of recipes, from desserts to stews and soups. In addition to cooking with pumpkins, they also dried the shells and cut strips to weave into mats.

The origins of pumpkin pie in America came from the Pilgrims who cut the top off of a pumpkin, scooped the seeds out, and filled the cavity with cream, honey, eggs and spices. They placed the top back on and carefully buried it in the hot ashes of a cooking fire. When finished cooking, they lifted this blackened item from the earth with no pastry shell whatsoever. They scooped the contents out along with the cooked flesh of the shell like a custard. Yumm! Whether they learned this from Native Americans is not known.

Without pumpkins many of the early settlers might have died from starvation. The following poem is a testament to the Pilgrims dependence upon pumpkins for food:

*For pottage and puddings and custards and pies
Our pumpkins and parsnips are common supplies,
We have pumpkins at morning and pumpkins at noon,
If it were not for pumpkins we should be undone."*

Pilgrim verse, circa 1633

The Pilgrims were also known to make pumpkin beer. They fermented a combination of persimmons, hops, maple sugar and pumpkin to make this early colonial brew.

In early colonies, pumpkin shells were used as a template for haircuts to ensure a round and uniform finished cut. As a result of this practice,



New Englanders were sometimes nicknamed "pumpkinheads".

There are many theories as to the origins of Jack-o-lanterns and Halloween. Early Jack-o-lanterns were carved from turnips and potatoes by the Irish and Scottish and carried in Celtic celebrations. The English used beets. Lumps of coal were lit on fire and placed inside the hollow root vegetables. When European settlers arrived in America, they found that our American pumpkin varieties were well suited to being carved as a "Jack's" lanterns.

Pumpkins of one variety or another are grown and eaten all over the world excluding the North and South Pole. For example, the vegetable most often eaten in a South African family meal is some sort of pumpkin, varieties of which are indigenous to South Africa, although now many people eat pumpkins that originated in other countries. And now for something completely different: Here's a simple version of one of the multitude of recipes on how to cook pumpkin from East Africa.

Pumpkin Stew

Serves 4

1 large onion, sliced

1 chile pepper, sliced

½ t. salt

2 c. coconut milk

*1 small pumpkin or 1 small butternut squash,
peeled, seeded, and cut into 2-inch cubes*

½ c. chopped spinach or other greens

Put onion, chile, salt, and coconut milk in a heavy pot and bring to a boil. Add pumpkin/squash cubes and simmer until pumpkin/squash is just about done. Stir in the chopped spinach and simmer until pumpkin is tender. Add more salt if necessary.