

MOTHER & CHILD HEALTH COALITION

FALL 2016

A bistate catalyst for improving maternal, child and family health in the greater Kansas City community



Dear Friends: Enjoy the Holiday Season But Take Time for Self-Care

Especially during the coming holiday (read "high-stress!") season, it is extremely important to take time out for self-care. Self-care is an important aspect in finding balance and managing stress. Here are tips on ways to care for yourself in just 15 minutes.

Take a Breath - A centering breathing practice can be done anywhere. Sit comfortably and exhale completely. Breathe in through your nose for a count of 4 seconds. Hold your breath for a count of 7 seconds. Exhale completely through your mouth for a count of 8 seconds. As you breathe you will notice your body release tension and muscles will relax.

Write Yourself a Love Letter - Think of all the wonderful things you say to your friends, family & coworkers when they need uplifting motivation... now say them to yourself!

Put Down Your Phone - Giving yourself a break, uninterrupted by technology, will allow you a few moments without the constant flood of information that can sometimes be disheartening.

Massage - Research suggests many benefits of massage including reducing stress, pain & tension in the body. Giving yourself a quick hand or temple massage is easy to do and you can even create massage oil with your favorite scents.

Laughter - Hearty belly laughs are good for your body and mind. Studies suggest that laughter can even be compared to a mild workout. Even faking it works!

Connect with Someone - Sometimes we just need to talk to someone in order to feel better. A quick call, text, or even in-person contact with a trusted friend, coworker or family member can help rejuvenate our self-care meter.

Be Nourished - Pack yourself some go-to foods and drinks that are tasty as well as nourishing. Delicious snacks packed with vitamins, calcium & protein offer a good pick-me-up.

Exercise - We all know there are a ton of benefits to physical fitness and it can actually be easy to squeeze into your workday. Climbing stairs, walking laps or office yoga are great examples of quick and easy things you can do right at your desk.

Actively Seek Happiness - There are times that the only way you can get out of a bad mood is to actively seek happiness. Remind yourself of all the things in your life that you are grateful for or that bring you joy.

When you work hard every day to be there for others it is essential to have a self-care plan.

For more information, check out this online presentation on self-care. Use your mouse to navigate and click on videos. http://prezi.com/ofbbdbpk0k9e/?utm_campaign=share&utm_medium=copy&rc=ex0share



MCHC Annual Legislative/Advocacy Meeting "The State of the Child in Metropolitan Kansas City"

Friday, October 28, 2016

Light Breakfast & Networking:
8:00 – 8:30 a.m.
Program: 8:30 - 11:45 a.m.

Come to be informed.
Learn about the state budgets in KS and MO.
Hear about the plight of children in the bi-state Kansas City region.
Ask questions.

Woodland Elementary School
711 Woodland Avenue
Kansas City, MO 64124

FREE & open to the public.

Register online:
<https://www.surveymonkey.com/r/2016MCHCLegisProgram>

Questions? Call Paul Cesare at (816) 283 – MCHC (6242) ext. 239.



Every child deserves a healthy start; it is the best gift a community can give its children and itself. Mother & Child Health Coalition works together with community partners and families to promote wellness and advocate excellence in health care.

Memberships

Your valuable financial and in-kind support helps us continue our many programs and activities. Heart-felt thanks to the following individual members and organizational partners joining or renewing their membership during the period of July - August - September 2016. Please let us know of any errors or omissions. (N = NEW)

Individuals (\$25 annual membership): Aimee Alderman (N), Courtney Brown (N), Naima Farah (N), Lauren Grimes (N), Nicholas Keith, Christi Nance (N), Maria Reyes, Ashley Stumpenhous, Andrea Toomay (N).

Sustainer Level (\$2,000)

Children's Mercy Hospitals and Clinics - Angie Knackstedt.

Patron Level (\$500):

Saint Luke's Hospital - Robin Evans, Susie Girten.

Rodgers Health Center - Laura Castro De Santiago (N), Paula Cousins, Ashley Haden-Peaches (N), Shalese Kemp Clay (N), Anna Svoboda-Stel (N).

GOAL: \$10,000

Over the past few years, the Coalition has had to absorb significant cuts in both federal and state grants. Therefore, our goal for the year-end campaign this year is to raise \$10,000 in unrestricted donations. This is double last year's goal. Plan now to include MCHC in your year-end giving and you will be helping support all our programs.

Checks mailed to MCHC will be happily accepted.
Or donate online at www.mchc.net THANKS!

MCHC Staff Directory

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Kansas City Healthy Start Participants and Staff Enjoy a Day at the Zoo

Sunday, October 2 was Healthy Start Day at the Kansas City Zoo. Participants from both Rodgers Health Center and Swope Health Services brought their families, with more than 200 people joining us for the event.

The Zoo tickets were donated to Mother & Child Health Coalition and lunch was sponsored by Aetna Better Health of Missouri. This was the first trip to the Zoo for many of our participants and they were very excited to learn it was Batman vs. Superman Day at the Zoo.

The event allowed families to learn more about services provided by Aetna as well as enjoy a lovely day at one of Kansas City's treasures. Special thanks to the Healthy Start staff, Kim Lynch with Aetna, and the Kansas City Zoo for making it such a memorable day for everyone.



Left: Just a few of the more than 200 KC Healthy Start participants and their children who enjoyed the day at the Zoo on October 2.



ABOVE: Please welcome our now complete Kansas City Healthy Start Initiative team at the **Rodgers Health Center** site. L-R: Ashley Peaches, Lead Community Health Worker (LCHW); Anna Svoboda-Stel, CHW; Paula Cousins, Site Administrator; Shalese Kemp Clay, CHW; and Laura Castro de Santiago, CHW.

Message from the Chair



**Theresa Rodgers Campbell, RN, MSN
MCHC Board Chair, 2016-2017**

As nights begin to cool, we are alerted to the oncoming season of harvest and thanksgiving. The MCHC Board and staff are thankful for all our partners working toward a bountiful harvest of healthy children and families in the greater Kansas City area.

For over 30 years, MCHC has made promotion of quality health care a priority. The Coalition has encouraged participation from a broad spectrum of individuals and organizations, supporting collaboration which incorporates integrity and sensitivity. MCHC is committed to empowering our members to ensure equitable access to maternal and child health services for all families in our community.

The Board and staff are working to identify gaps in community involvement so that we can include faith and service organizations who share our vision, and better integrate our work with these other organizations so that all of us can recognize a successful harvest from our efforts. They are bringing their expertise together to diversify funding streams so that we can sustain our mission.

I am thankful for the many individuals and organizations, whether current or prospective members of the Coalition, who are committed to work toward a healthier community with equitable services for all families.

I am thankful that we are all free to share the word of MCHC's work throughout our various communities so that we may increase the harvest of participation and contributions toward our vision.

I am thankful that we are free to vote for local, state, and federal candidates and policies which will represent our core values in these communities.

I am thankful for, and look forward to, an ever more bountiful harvest of "A Healthy Start for Every Child." The MCHC Board and staff are thankful for all your efforts to make this a reality.

Welcome DuJuan Hord, New Immunization and Injury Prevention Coordinator

Mother & Child Health Coalition is pleased to welcome DuJuan Hord as the new coordinator of both Mid America Immunization Coalition (MAIC) and Safe Kids Metro KC. DuJuan's lifelong interest in human services together with his association management experience will make him an excellent leader for these important initiatives.

DuJuan moved to the Kansas City area from Jefferson City, Missouri. He has always had a passion for working with people and making a difference in the lives of children. DuJuan studied the social sciences at Columbia College, Columbia MO including psychology, sociology and education. DuJuan has over 15 years of experience working in youth-based organizations. Some of those in the Kansas City area include the YMCA of Greater Kansas City, United Way of Wyandotte County and the state of Missouri, Division of Youth Services. DuJuan also worked and mentored youth in the Columbia, Missouri Public School system. He was very active in their Stand By Me program.

In his free time, DuJuan enjoys spending quality time with family. They are active in community events and partake in many joyous family outings. What DuJuan is looking forward to most being with Mother & Child Health Coalition is working, learning and growing with everyone associated with the Coalition. DuJuan's motto is "Promoting healthy and injury-free lives from the beginning, through awareness and education."

DuJuan's broad experience and skills, his enthusiasm and willingness to learn will make him a joy to work with as well as an effective program coordinator.



DuJuan Hord, new MAIC and Safe Kids Program Coordinator.

Free Flu Clinics 2016 Gratis vacunas de influenza

In order to reduce the incidence of influenza disease in the metro area, and protect the health of the whole community, Mid America Immunization Coalition is once again partnering with the US Department of Health and Human Services Region VII, and Walgreens pharmacies to provide free flu shots. A series of clinics are scheduled all over the metro, on both sides of the state line. The free vaccines are available to anyone 7 years of age and older on the Kansas side, and 12 years and up on the Missouri side. No appointment is needed at any of the locations, and it's completely free!

For a complete list of the scheduled FREE FLU CLINICS, visit the website at www.mchc.net or call (816) 283-6242.



Above: Aracely Van Kirk, Ventanilla de Salud Coordinator at the Mexican Consulate in Kansas City, Mo was one of the first to get her free flu shot at the clinic there on Friday, September 30.

#GivingTuesday is right around the corner! Remember MCHC and Give Time, Money, your Voice – give what you can to make a difference in someone's life this November 29.

SAVE THE DATE



#GIVINGTUESDAY

November 29, 2016

Meet Dee Dee, Kansas City Healthy Start Mom

Deemonic (“Dee Dee”) Parker grew up in the Kansas foster care system. By the time she was a junior in high school, she had been through no less than forty different homes. Over the course of 11 years, she suffered various forms of abuse. She was always a good student, but she ended up dropping out of high school just a few months shy of graduation. As a result of the abuse, she feared that she could never become pregnant. So she was surprised when, at the age of 29, she did become pregnant, and gave birth to little Dakota. The baby’s dad, who is involved but is not always around, is 30 years her senior.

With a brand-new baby, Dee Dee was scared and nervous about where to turn. Then she heard about the Kansas City Healthy Start Initiative. Treva Smith, her Community Health Worker at Swope Health Services, told her about all the support and services she could access by signing up with Healthy Start: diapers,



Baby Dakota and Santa at last year’s KC Healthy Start Holiday party.

prenatal care, and so much more. She learned about breastfeeding and has been successfully breastfeeding little Dakota for over a year now. She participates in regular therapy sessions, and wants to sign up for the stop smoking program. She’s only 4 credits away from getting her GED. The costs for getting a GED, even online, have increased substantially.

Because of some of the things she’s seen and been through, Dee Dee

doesn’t trust just anyone to watch her baby, so finding appropriate child care is always a struggle. She especially appreciates how Treva helps her to recognize and work with the stages that Dakota is going through. “It helps me keep up with his developmental milestones,” Dee Dee says. “He teaches me things every day. We’re learning together.”

Dee Dee has set and has already met many of her personal goals. She’s seen a tremendous amount of progress from when she began the program. There is no doubt, with continued love and support from the Kansas City Healthy Start Initiative, both Dee Dee and Dakota will continue to grow and succeed.

UPCOMING EVENTS

Friday, October 28, 8-11:00 a.m.
MCHC Annual Legislative/Advocacy Meeting (see page 1)

Wednesday, December 14, 11:00 a.m. - 1:30 p.m.
Mid America Immunization Coalition Quarterly Meeting
United Way of Greater Kansas City, 4th Floor Training Center
801 W. 47th Street, Kansas City MO

Friday, June 23, 2017
Annual MAIC Symposium
Stoney Creek Hotel & Conference Center, Independence MO

Friday, January 27, 2017, 8-11:00 a.m.
MCHC Quarterly Meeting (with the Youth Collaborative)

Weather policy: If KCMO schools are closed due to weather, meetings and events will automatically be cancelled.

Connect with us on Facebook and Twitter, and share (y)our stories.



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MCHC is a United Way Agency.

