



Healthy Mothers, Healthy Babies Coalition of Camden City
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Camden HealthyStart

Camden Healthy Start is an initiative under the direction of the Healthy Mothers, Healthy Babies Coalition of Camden City supported by a grant from the USDHSS.

Camden City HMHB is a program of the Southern New Jersey Perinatal Cooperative.



Page 4

Massage therapist Julia Gandy of Camden Wellness offered chair massages at the North Camden Open House



HMHB in North Camden

When Healthy Mothers, Healthy Babies threw a neighborhood open house in North Camden in August, the weather cooperated with a bright, sunny day. The smell

of grilling hot dogs filled the air, as residents of all ages visited the North Camden Center to join in the fun. Those who were not enjoying the food or activities could talk with staff members and learn more about HMHB and its services. The event celebrated the opening of a new HMHB location at the Camden Council on Economic Opportunity. With regular office hours on Tuesdays and Thursdays from 9am to 12pm at the new site, those who live in North Camden will no longer have to travel to meet with staff, get information about pregnancy and parenting, or assistance with WIC, medical care, insurance and other resources. We hope you will stop in a visit us in North Camden!

Reducing Stress

The Sikora Center's Koren Norwood was recently interviewed on Philadelphia's KYW Newsradio 1060 about the Center's *Reduce Stress for Baby's Best* program at the Sikora Center in Camden City. Koren talked with community affairs reporter Karin Phillips about the stress reduction sessions which are offered free of charge to pregnant women in Camden City. Too much stress can cause babies to be born too soon or too small and the sessions teach techniques to reduce stress. For more information call Koren Norwood at 963-1312.

A Celebration of Positive Parenting

Almost all parents would agree that parenting is not an easy job. There is so much to learn, yet we often take for granted that parents will somehow just know everything they need to know about caring for babies and children.

The "on-the-job training" of parenting can be pretty stressful, as tired parents learn to cope with the demands of little ones. A Coalition program called *Families Supporting Families* is designed to help by bringing moms, dads, and caregivers together to share experiences and improve parenting skills.

Last spring families from Camden City participated in free, eight-week parenting sessions offered in both English and Spanish. The groups met weekly for workshops on child development, positive discipline, communication skills, community resources and other topics important to good parenting. A graduation luncheon held on June 26 at Cooper Waterfront Homes in Camden honored those who successfully completed or participated in *Families Supporting Families*. The Coalition was pleased to recognize their hard work and dedication to providing a nurturing home for their children.

These sponsors generously supported the graduation celebration: Aunt Bertha's Kitchen, Camden Wellness, Frank's Deli, Jaritza's Restaurant, L & F Catering, Latino's Bakery, Little Slice of New York, Frank López, Francisca López, Panzarotti Shop, Roccas Steaks, and Sal & Pat's of Gloucester.

For more information about *Families Supporting Families*, call Rhonda Harvey (English groups) or Janet Nieves (Spanish groups) at Healthy Mothers, Healthy Babies, 963-1013.

Community News That Travels

The Baby Cruiser

Fall 2003

Published by the Healthy Mothers, Healthy Babies Coalition of Camden City



Above and Left: A graduation celebration honoring participants in the spring *Families Supporting Families* parenting sessions was enjoyed by guests of all ages.

Inside...

New Faces at HMHB
Taking a "Pregnant Pause"
Everyday Heroes

...and much more!

The Baby Cruiser is published by:

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Welcome!



Tanette Clegg



Lisa Hodnett



Yasmin Millayes



Shandra Banutu-Gomez

Meet the Newest Faces at HMHB

Tanette Clegg joined Camden City Healthy Mothers, Healthy Babies in August. She works as an administrative assistant in the central office on Mt. Ephraim Avenue and is the person who will most likely greet you when you call HMHB. Before coming to HMHB, Tanette attended Southwest Georgia Technical College in Thomasville, Georgia, where she also served as an administrative assistant at the college's Career Development Center.

Health Care Advocate Yasmin Millayes joined us in September. Yasmin is bilingual and bicultural in Spanish and works out of the East Camden Office. Before coming to HMHB, Yasmin was Project Coordinator to The Camden City Save A Life Project, where her responsibilities included recruiting and

training CPR instructors and conducting outreach activities.

Lisa Hodnett, who is based at the Southern New Jersey Perinatal Cooperative, also joined HMHB in September. Lisa is Coordinator of Healthy Start Case Management. She was previously Youth Clinical and Healthy Start Highest Risk Case Manager at The Steininger Center in Cherry Hill.

Our newest staff member is Shandra Banutu-Gomez, who started with HMHB in October as Training & Development Specialist for Health Education and works from the central office. Shandra is originally from Chicago. Before joining HMHB, she was Training and Technical Assistance Specialist and Resource Manager at the Health Federation of Philadelphia.



HMHB's Audrey Mack (above right) at the Pregnant Pause health fair.

Pregnant Pause Beverage Blast....

TROPICAL TEMPTER

- 1 can pineapple chunks
- 1 8 oz vanilla or plain yogurt
- 1 frozen banana
- 1 cup strawberries
- 1 mango, sliced
- 1/2 cup of frozen orange juice
- 2 cups ice

Blend ingredients together in blender or smoothie maker. Serve chilled.

HMHB Takes a "Pregnant Pause"

Mothers who drink alcohol may permanently harm their unborn babies. In fact, drinking can cause harm when a woman may not even suspect she is pregnant.

That's an important message for women who are pregnant or thinking of becoming pregnant. To help Camden City women and others learn more about preventing birth defects, the HMHB Coalition held a Pregnant Pause health fair in June at the Osborne Family Health Center.

There were food, prizes, giveaways, and booths with lots of information about healthy pregnancies. The Coalition printed copies of its Beverage Blast booklet of alcohol-free recipes to show some of the

great-tasting and fun alternatives to alcohol. The Tropical Tempter recipe at left is just one of many delicious and healthy treats to enjoy any time.

Those who came learned about causes of birth defects and how to improve the chances of having a healthy baby. Moms Quit Connection had a booth, too, where women learned about a free program to help moms stop smoking, a cause of babies with low birth weight.

Fetal Alcohol Syndrome (FAS) is one of the leading causes of birth defects in newborn babies, but it is 100% preventable. No matter when a woman stops drinking alcohol during pregnancy, her chances of having a healthy baby improve.

Honoring Everyday Heroes

The Healthy Mothers, Healthy Babies (HMHB) Coalition of Camden City recognized three local residents for their contributions to the community at the Coalition's Annual Meeting. The 2003 award winners are role models for families and the community. Their commitment, leadership, and caring make them Everyday Heroes.



Edna Davis, winner of the Silver Rattle Community Service Award.

Edna Davis received the Silver Rattle Community Service Award. She has worked for the Camden City Schools for ten years, and is currently a District Parent Coordinator for the District Parent Center. A longtime Coalition supporter and past chairperson who is dedicated to improving the health and welfare of women and children in Camden, Edna has helped to build bridges between the Coalition and the schools.

Mother of the Year Rhonda Saunders is the mother of three adult children and six grandchildren. She is a dedicated volunteer who is always there for the children of Camden City.

She monitors the bus stop at Broadway to make sure youngsters get where they are going safely, and has met with police officers to discuss community issues. Rhonda is everything a role model for families and Camden City should be.

Father of the Year William Ingram wears many hats as he serves his community. He has shown his two children how to be a good parent by working with organizations such as the Boy Scouts of America and the District Parent Advisory Council. He is also a Committeeman for the Centerville area and a member of the Centerville Community Development Corporation.



Above: Mother of the Year Rhonda Saunders (center) enjoys dinner with family and friends.



Left: Father of the Year William Ingram with son, Jakaiye, and daughter, Adaia.

Moms Helping Moms

When you know you are not alone, it is easier to deal with the worries of motherhood. That's the philosophy of a new "moms group" organized by Cooper Hospital University Medical Center called Moms Helping Moms. The women can meet to talk, laugh, and share stories about the difficulties of raising children. Topics of discussion include identity and motherhood, emotional wellness, healthy development for mom and baby, and planning for a healthy family. Women get a chance to talk about adult relationships, too, since this area of their lives is also important to parenting. Moms Helping Moms groups are planned in both Spanish and English and usually meet on Friday afternoons in Camden. Snacks are included, childcare is available, and it's free. For information, call Diana DeQuattro at 963-3803 or Debra Ford at 968-7617. For details on Spanish groups, contact Kathy McAleer at 963-3805.



HMHB staffer Willmarie Santos dressed up as Storky Stork for the One City Enriched by Many Cultures community event at Walt Whitman Circle. She is joined here by two of her children and a new friend from the Camden Riversharks.

To invite Storky Stork to your event, call us at 963-1013!