



The Baby Cruiser



Healthy Mothers, Healthy Babies
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Annual Meeting 2010: Progress through Partnership

Camden Mayor Dana Redd delivered an uplifting message of praise at the May 26, 2010 Annual Meeting of the Camden Healthy Mothers, Healthy Babies Coalition.

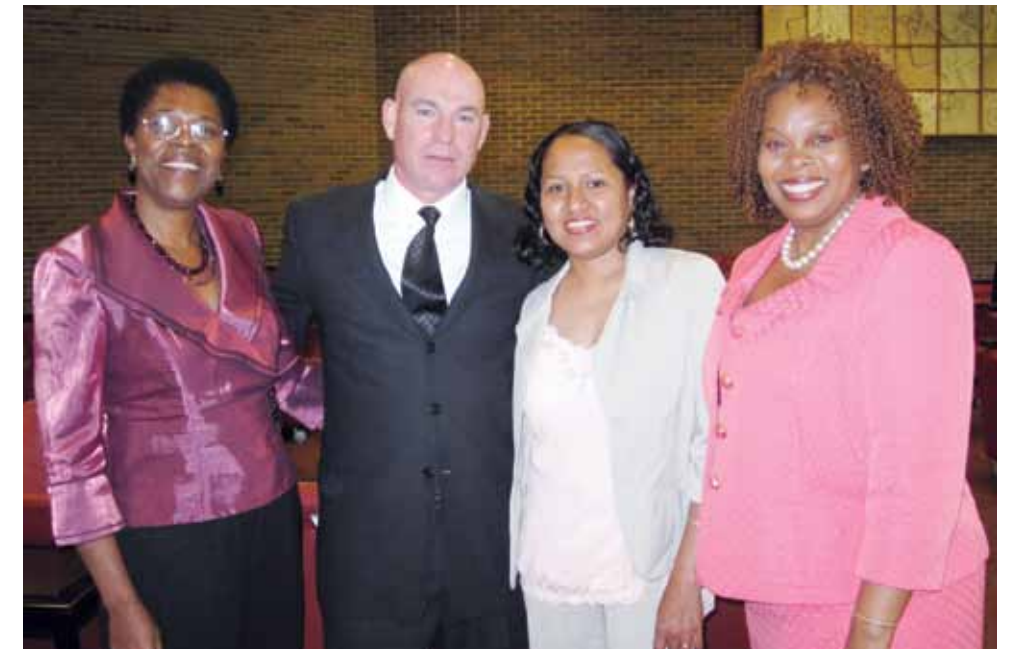
In a special appearance, Mayor Redd emphasized her commitment to Camden's most vulnerable populations—mothers and young children. She spoke about how important self-sufficient families are to the future of the city.

"Mayor Redd embraces the same beliefs that guide the Coalition," says Project Director Remy Watkins. "Camden residents are the best caretakers of Camden's future. Strong families need strong parents, and we provide resources to help them succeed."

Leading the way are the 2010 HMHB-HS Community Role Models: Mother of the Year Nadia Martinez, Father of the Year Luke Kusek, and Community Development Inc.'s Head Start program, the Silver Rattle Award recipient. Mayor Redd presented each with a personalized proclamation.

"The achievements of Nadia, Luke, and the Head Start program are invaluable examples to other families in the city," says Watkins. "The show how families can thrive when they have access to needed services."

Service provision has always been an operational strength for HMHB-HS, and



Camden Mayor Dana Redd joins Nadia Martinez (2010 Mother of the Year), Luke Kusek (2010 Father of the Year), and Gladys Adzimah, Executive Director of CDI Head Start (2010 Silver Rattle). The three accepted the Coalition's annual awards recognizing extraordinary accomplishments in parenting, mentoring and community service.

it was the theme for this year's event. "Progress through Partnership" highlights the collaboration among the Coalition and its partner agencies, a key leverage point of the new Perinatal Periods of Risk (PPOR) initiative.

"PPOR should offer us targeted strategies that are specific to Camden's issues and Camden's people," says Watkins. "Those

strategies will help us lower the infant mortality rate and rally families in the city to do it."

"We have a lot of work ahead of us," says Watkins, "but today was a good reminder of what the best among us have already achieved."



Welcome Babies!

Client births from January — April 2010

Our wonderful family grew by 63 babies this Spring (31 girls and 32 boys)! We are also very proud to report the large number who arrived at a healthy birth weight.

Congratulations

94% – of all mothers delivered full-term pregnancies

75% – of all babies were born at a healthy/normal birth weight

47% – of all mothers began prenatal care in the first trimesters of their pregnancies



Pregnant Pause

presented by
**Camden
Healthy Mothers,
Healthy Babies-
Healthy Start**

Wednesday, July 21
2 p.m. to 5 p.m.

**Osborne Family
Healthy Center**
Valet Parking Lot
1600 Haddon Ave.
Camden



Healthy Summertime Snacks

Spring is a season of growth and new life. Warm weather yields delicious, fresh fruits and vegetables that can provide exciting and nutritious meals.

It is always best to enjoy produce in-season. Flavors are brighter.

For locally grown produce, New Jersey offers hearty vegetables like asparagus, kale, lettuce, and zucchini. After rinsing, you can eat them raw or sautéed in a little bit of olive oil. These greens offer lots of energy and few calories.

Nutrition-packed cherries, peaches, plums, taste as good as they are for you, and so do berries like raspberries and strawberries. Watermelon is a great source of iron and fluids during the hotter summer months. Federal guidelines recommend eating fruits and vegetables three to five times daily. These foods provide the vitamins and minerals needed for good health.

The Camden Community Farmer's Markets are great places to shop for fresh produce. All three locations accept Family First, senior vouchers, and WIC.

Our Lady of Lourdes

1600 Haddon Avenue

June 30 – October 27

Wednesdays, 2 p.m. to 5 p.m.

Walter Rand Transportation Center

Broadway and Martin Luther King Blvd

Open June 18 – October 29

Fridays, 10 a.m. to 4 p.m.

Virtua Health

Mt. Ephraim and Atlantic Aves

June 17 – October 28

Thursdays, 11 a.m. to 3 p.m.



Making the Case for Dads

Fathers On Track Program coordinator Henry Williams and FOT member Luke Kusek pause in front of the US Capitol, in Washington D.C. during the National Healthy Start Conference. Along with other members of Camden Healthy Start, the two helped educate South Jersey lawmakers about the progress being made in Camden, adding a special appeal to increase support for fathers. "Fathers have needs that must be met for the purpose of supporting the needs of both mothers and children," he says. "Whether we're talking about emotional support or child development education, the more you prepare fathers, the more you can help meet the needs of families." When you provide services for fathers along with services for mothers and children, the family is able to overcome challenges together, says Williams.



Spotlight On: Community Education

Summer often affords a lot of "down time" that parents, pregnant women, and young children can enjoy together. Why not use this time to strengthen your family with our free, ongoing, community education classes?

HMHB Health Educators are also available to speak to your agency, school program, or church group, and our curriculum is always growing. If you would like to host an HMHB Health Educator, contact us.

Health & Wellness Series

Learn how to reduce stress in your daily life. Topics include: prenatal care, baby massage and yoga, positive affirmations, goal-setting, and journal writing.

Classes held Mondays at Ablett Village (11 am to 1 pm) and Fridays at The Youth Build - 1700 Federal Street (10 a.m. to 12 p.m.).

Breastfeeding Support and Advocacy Group

Breastfeeding has many benefits, but moms often have questions. This group helps women understand breastfeeding issues like baby bonding, the NJ law permitting public breastfeeding, and the need for clean facilities to support women in their breastfeeding goals.

Classes held every second Thursday through August at HMHB Offices – 2600 Mt. Ephraim Ave, Suites 401-403 (10 a.m. to 11 a.m.).

Comenzando Bien

This successful Hispanic-focused prenatal education program now also has an English-language curriculum, opening its focus to a wider audience. Classes cover: doctor's visits, screenings, nutrition, domestic violence, substance use, and preparing for the new baby.

Comenzando Bien graduates help teach other women in their community, and are joined by peer educators from the Una Nueva Esperanza program for undocumented families.

Classes held Wednesday through July 21 at HMHB Offices – 2600 Mt. Ephraim Ave, Suites 401-403 (11 a.m. to 1 p.m.).

Nutrition Class

Change your eating habits for better health. Learn portion sizes, how to read nutrition labels, how to back on sodium, and including more fruits and vegetables. Every meeting includes a 15-minute, low-impact exercise session.

Classes are forming now. Contact HMHB Offices at 856-963-1013 for more information.

Celebrating Camden Dads

With gratitude and affection for the valuable role of fathers in their lives, more than 200 Camden residents joined in the seventh annual HMHB-HS Fatherhood Celebration June 18 and 19.

"Father's Day is a time for dads to enjoy safe, healthy activities with their children," says Project Director Remy Watkins.

"Our Fatherhood Celebration promotes a fun environment with live music, education about area resources, and a positive family message."

At the outdoor Fatherhood Celebration June 19, graduates of the Fathers on Track and Comprehensive Center for Fathers programs were honored. Guests enjoyed local music acts from H.I.P. Entertainment Network as well as handmade crafts and a fun run/walk.



Fatherhood Celebration hosted by the Fatherhood Committee of Camden Healthy Mothers, Healthy Babies, Healthy Start.

A few lucky families left with door prizes donated by generous event sponsors, including the Camden River Sharks and Modell's Sporting Goods. One anonymous donor provided the highlight of the day: a set of matching parent and child bicycles.

The event also included a June 18 Resource Fair at the Camden office of Planned Parenthood of Southern New Jersey. Fathers and child caregivers met representatives from agencies and groups operating in Camden City to learn about the resources available to them as parents.

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