

Volume 10
February 2010



NFP Partners for Healthy Families

Jeffco F.I.T. Coalition



A Coalition for Families with Infants & Toddlers

Jefferson County, Colorado

Become a Member!

Please call
Cynthia Farkas,
303-239-7074

UPCOMING EVENT:

The next F.I.T.
Coalition Meeting:

Tues. March 9, 2010
2:00-5:00 pm

St. Anthony Central (SAC)
Birch Room

4231 W. 16th Ave.
Denver, CO 80204

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Have a Safe and Healthy Winter

Brrr it's cold outside!

Cold weather can be dangerous. Here are a few tips adapted from the American Academy of Pediatrics on how to keep children safe and warm during the winter.

What to Wear

- Dress infants and children warmly for outdoor activities. Several thin layers will keep them dry and warm. Clothing for children should consist of thermal long johns, turtlenecks, one or two shirts, pants, sweater, coat, warm socks, boots, gloves or mittens, and a hat.
- The rule of thumb for older babies and young children is to dress them in one more layer of clothing than an adult would wear in the same conditions.
- Blankets, quilts, pillows, sheepskins

Hypothermia

- When exposed to cold temperatures, the body begins to lose heat faster than it can be produced.
- Low body temperature may make it difficult to think clearly or move well.
- You may not know you have hypothermia. If your temperature is below 95°, the situation is an emergency—get medical attention

and other loose bedding may contribute to Sudden Infant Death Syndrome (SIDS) and should be kept out of an infant's sleeping environment. Sleep clothing like one-piece sleepers is preferred.

- If a blanket must be used to keep a sleeping infant warm, it should be tucked in around the crib mattress, reaching only as far as your baby's chest, so the infant's face is less likely to become covered by bedding.

Hypothermia

- Hypothermia develops when a child's temperature falls below normal due to exposure to cold. It often happens when a youngster is playing outdoors in extremely cold weather without wearing proper clothing or when clothes get wet.
- As hypothermia sets in, the child may shiver and become lethargic and clumsy. A child's speech may become slurred and body temperature decline.

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Safe and Healthy Winter continued

- If you suspect a child is hypothermic, call 911 at once. Until help arrives, take the child indoors, remove any wet clothing, and wrap him/her in blankets or warm clothes.

Frostbite

- Frostbite happens when the skin and outer tissues become frozen. This condition tends to happen on extremities like the fingers, toes, ears and nose. They may become pale, gray and blistered. At the same time, the child may complain that her skin burns or has become numb.
- If frostbite occurs, bring the child indoors and place the frostbitten parts of her body in warm (not hot) water. 104° Fahrenheit (about the temperature of most hot tubs) is recommended. Warm washcloths may be applied to frostbitten nose, ears and lips.
- Do **not** rub the frozen areas.
- After a few minutes, dry and cover child with clothing or blankets. Give something warm to drink.
- If the numbness continues for more than a few minutes, call a healthcare provider.

Winter Health

- If a child suffers from winter nosebleeds, try using a cold air humidifier in the child's room at night. Saline nose drops may help keep tissues moist. If bleeding is severe or recurrent, consult your pediatrician.
- Many pediatricians feel that bathing two or three times a week is enough for an infant's first year. More frequent baths may dry out the skin, especially during the winter.
- Cold weather does not cause colds or flu. But the viruses that cause colds and flu tend to be more common in the winter, when children are in school and are in closer contact with each other. Frequent hand washing and teaching your child to sneeze or cough into the bend of her elbow may help reduce the spread of colds and flu.
- Children over the age of 6 months of age should get the influenza vaccine to reduce their risk of catching the flu. Check the www.immunizecolorado.com flu clinic locator for seasonal and H1N1 vaccine.

Connecting with Clients Through Social Media

There is no question that the rising popularity of social media web sites such as Facebook, Twitter, YouTube and Flickr present exciting opportunities to connect with clients electronically.

The number of regular users to social media sites is staggering: More than 100 million users log on to Facebook at least once each day; every minute, 13 hours of video is uploaded to

YouTube; and, approximately 27.3 million people in the U.S. use twitter. These online services allow people to swap photos, presentations and stories, chat and share experiences and otherwise tune in to billions of digital conversations.

The Centers for Disease Control and Prevention is among those who have joined the social media world to effectively to

engage target audiences with specific messages. Visit the CDC social media site: <http://www.cdc.gov/SocialMedia/Tools/index.html>

Before connecting to your audiences through social media it's a good idea to listen in. By listening to the conversations being held by the populations you serve, you will be in contact with them and have an opportunity to chime in with

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Healthy Hearts continued

relevant and accurate information. Some popular parenting social media sites include:

- ParentsConnect.com
- Café Mom.com
- MomsLikeMe.com
- BabyCenter.com

With the growing number of sites and users, it appears that social media is here to stay and has become an integral part of many marketing and communication plans.

Nurse Family Partnership is on Facebook. Sign up for Facebook to connect with Nurse Family Partnership www.nursefamilypartnership.org.

Jefferson County Public Health . . . Find us on:

NFP Partners for Healthy Families 2009 Outcomes

- Total referrals: 753
- Total families served: 202
- Completed visits: 2556
- Referrals made to services agencies—enrolled clients: 1,289

Total Number of Jefferson County



5 Heart Healthy Foods

Blueberries: A disease-fighting fruit containing anthocyanins, an antioxidant responsible for their dark blue color and good for your heart.

Salmon: a great source of protein and packed with heart-healthy omega-3 fatty acids. The American Heart Association advises eating salmon and other omega-3 rich foods twice a week

Soy Protein: A high-quality protein that contains fiber, vitamins, and minerals. A diet rich in soy protein can lower triglycerides, which help prevent cardiovascular disease and keep your heart strong and healthy.

Oatmeal

Oats are nourishing whole grains and a great source of vitamins, minerals, and cholesterol-lowering fiber. Research shows oats lower cholesterol levels, keep you regular, and may help prevent certain cancers.

Spinach

Spinach has multiple phytochemicals, vitamins, and minerals (especially folate and iron) that also fight disease and protect against heart disease.



JCPH NFP

Partners for Healthy Families (PFHF) would like to welcome Alma Aranda and Heide Alexander.

Alma Aranda is a recent graduate from the accelerated nursing program at Regis University. She originally received a bachelor's degree in communication and then decided to work on the second degree in nursing after working several years in community health. Her professional experience began as a volunteer with AmeriCorps expanding her skills as a health educator. She later was offered a case manager position with Metro Community Provider Network, focusing her health education efforts in the young adult population in Aurora, Colorado. Alma specifically worked with pregnant and parenting teens. Alma is from New Mexico and bilingual in Spanish/English. She is excited by the model of the Nurse Family Partnership and looks forward to

beginning her nursing career with NFP.

Heide Alexander is happy to be joining the JCPH NFP Partners for Healthy Families Team. She has been a mom-baby nurse at the University of Colorado Hospital for 2 years where she graduated from the Graduate Nurse Residency Program. She earned her BSN at Regis University in 2007. Prior to attending nursing school, she worked as an administrative and birth assistant for two birth centers in California, was a project manager for a real estate consulting company and a research and policy analyst for the Colorado Foundation for Families and Children. She also taught a semester of math in Denver to high school dropouts. She earned a Masters of Policy Analysis degree from the RAND Graduate School and a BA in economics from UCLA. She lives in Boulder with her husband, two young children, and the family dog. She also has two grown children and a young grandson.

Partners for Healthy Families

Jefferson County Colorado

Cynthia Farkas, Program Supervisor

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Nurse-Family Partnership is an evidence-based, nurse home visitation program that improves the health, well-being and self-sufficiency of low-income, first-time parents and their children.

This Nurse-Family Partnership Implementing Agency is part of a growing national initiative supported by the Nurse-Family Partnership National Service Office, located in Denver, Colorado. Currently the program is serving clients in 24 states across the nation.

For more information, please go to www.nursefamilypartnership.org or

Call 1-866-864-5226

F.I.T. Newsletter is a biannual electronic newsletter produced by JCPH! Editions will be emailed to you. Please call or send us your email address and website url so that we can include a link on the web page: 303-239-7074 or Email: cfarkas@jeffco.us

<http://health.jeffco.us>

Contact Us . . . Coalition Members

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About Jeffco F.I.T.

Jeffco F.I.T. (Families with Infants & Toddlers) **Coalition** meets twice a year and publishes this newsletter biannually. Thank you for your interest and support of organizations and agencies providing services to Jefferson County's children ages 0-3 years. If interested in becoming a member of Jeffco F.I.T. coalition, please contact Cynthia Farkas, chairperson at 303-239-7074.

Mission:

To enhance and promote supportive services to Jefferson County families with children, prenatal to age three years.

Jeffco F.I.T. achieves its mission through information sharing, coordination of services, and identification of gaps in services.

Goals and Objectives:

- ◆ To promote information sharing among service providers
- ◆ To increase awareness of available services
- ◆ To improve coordination and collaboration of services to families
- ◆ To promote the enhancement of continuum of services

For more information about the coalition please visit: <http://health.jeffco.us>.