



WHOLE CHILD LEON

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Thank you!!!

Thank you to Jackie Edwards who has been a great addition to our office. Jackie came to Whole Child through a program at WorkForce Plus for three months, ending in December.

Jackie is extremely talented, is highly organized and has tremendous computer skills so if your organization has an open position, please consider hiring Jackie.

You can call Whole Child's office, 414-8344, for her contact information.

Whole Child Leon Community Update December, 2010



November 2010

Mimi Graham, Ed.D., Director, F.S.U.'s Center for Prevention and Early Learning Policy, gave a compelling presentation on Infant Mental Health and Danielle Jennings, volunteer with FDLRS and doctoral candidate in Early Childhood Special Education at F.S.U., presented her research on the outcomes from Developmental Screenings that the Whole Child Social-Emotional Action Team conducted in the Fall of 2009 and Spring of 2010. Thank you to our presenters!



Mimi Graham and
Jim Bailey

There will not be a Professional Network Meeting in December! See you January 24, 2011!

Please email [Heather Telfer](mailto:Heather.Telfer@wholechild.org) if you would like to be included on the invitation list.

Thank you also to our intern, **Zareh Hadden** for his dedication to Whole Child.

Thank you to everyone who has helped to get the Southside Farmers' Market off the ground: FSU College of Education students: **Sara Tours, Ginger Galloway, Macy Selvig, Katie Kovach, Blaire Guldin, Katherine Kirchof, and Sam Rengifo** and **Dr. Jennifer Taylor**, FAMU's StateWide Small Farms Programs. Thank you to **Walker/Ford Community Center** for hosting the first farmers' market and to the **Trinity United Presbyterian Church** for agreeing to host this market on a permanent basis.

Thank you! Thank you!

Flu Shot Friday

December 10th

7:30am - 12:30pm

The Leon County Health Department will be hosting a "Flu Shot Friday" on the first two Fridays in December. On Friday December 10th, flu vaccinations will be available on a walk-in basis, with no appointment needed, from 7:30am - 12:30pm, at the Roberts & Stevens Clinic, 1515 Old Bainbridge Road.

Anyone 6 months or older may receive a flu vaccination. The cost for the flu vaccine is \$22.00. The vaccine is available at no charge for individuals who have

Southside Farmers' Market

Whole Child Leon has partnered with FAMU's StateWide Small Farms Programs to create the "Southside Farmers' Market". This market is now twice a month in order to provide better access to healthy fruits and vegetables in the community.



November 23rd Market

The second Southside Farmers' Market, held on Tuesday November 23rd at the Trinity United Presbyterian Church, was a great success. Click [here](#) to watch WCTV's video on the market.

Starting in December, the Southside Farmer's Market will be held every 2nd and 4th Wednesday of the month at Trinity United Presbyterian Church. Thank you to Reverend Askew for hosting the Market!

See you December 8th and December 22nd from 11:00am - dusk!. Call 414-8344 for more information, or go to www.WholeChildLeon.org.

For information about this and other sustainable development efforts contact Jennifer Taylor, FAMU StateWide Small Farm Programs, at famu.register@gmail.com or 850.412.5260

Join us in building a community where everyone has access to healthy fruits and vegetables!

Developmental Screenings

Thank you to everyone who volunteered to make the Developmental Screening Day on October 29th a huge success!



Children's Medical Services, Children's Home Society, FDLRS, Florida State University, Tallahassee Community College, Gadsden County Healthy Start Coalition, Early Learning Coalition, Early Steps, First Words/CARD, Leon County

Medicare Part B or Capital Health Plan. Individuals with Medicare Part B or CHP must bring their driver's license (valid ID) and Medicare or CHP card.

Flu vaccinations are also available at no charge for children 6 months - 18 years old who meet any of the following criteria:

- have no health insurance
- are Medicaid recipients
- are underinsured
- are Native American or Alaskan American

All children must be accompanied by a parent or legal guardian.

For additional information, please call the Leon County Health Department, Immunization Program Office, at (850) 606-8020.

VITA - Volunteer Opportunities

Are you looking for a way to give back to our community? The United Way of the Big Bend's BEST Project is looking for volunteers for the Volunteer Income Tax Assistance (VITA) program. Volunteers help prepare simple tax returns for low and moderate income households. No previous accounting or tax preparation experience is necessary; all needed training is provided for free. Training is offered in December and January, and VITA sites are open from mid-January until April 15th. For more information or to volunteer, please contact Megan Earnhardt at megan@uwbb.org or (850)

Schools, Progressive Pediatric, Apalachee Center, FSU Center for Children Prevention and Early Intervention Policy, Boys Town, Leon County Extension Office, WFSU, and Victoria Arms Apartments.

Thank you to WCL's Social-Emotional Action Team for the time and energy you have brought to this project!

Whole Child Connection

Since Whole Child Leon debuted its new Connection earlier this year, the Whole Child website has averaged 600-800 individual visitors a month with many returning visitors.



Through the Connection, you can get referred to local human service agencies with the click of a mouse. Fill out a "Profile" for you and your family so that you don't miss any opportunities that Tallahassee has to offer. www.WholeChildLeon.org and click on "Profile".

Resource Guide

Find family resources online through the Whole Child Leon Resource Guide. There are over 2,000 resources for kids and families in the Resource Guide including support groups, after-school programs, physicians, discount dining opportunities, and programs from local human service agencies. www.WholeChildLeon.org and click on "Resources".

Infant Savings Accounts

Whole Child Leon's Economic Stability Action Team and Envision Credit Union have partnered to create "Infant Savings Accounts". Parents can open up a free savings account at Envision Credit Union for their newest arrival. Envision will open the account and contribute the first \$25.00. From there it's up to parents, other family members and friends to keep the account growing and in no time, this child will have the beginnings of a nest egg.

Whole Child Leon and Envision want to work with you and your child to have a safe, sound and secure financial future. Thank you to Envision Credit Union for their support of this new

488-8342, or visit thebestproject.org/volunteer-registration.

Do Something About It Fair at the new Publix



Gladys Medrano, Courtney Atkins, and Jackie Edwards

On November 22nd, many local agencies turned out for United Way's "Do Something About It Fair" in the Aprons Cooking School at the new Publix on Thomasville Road. Whole Child Leon partnered with the Aprons Cooking School and Chef Jason Klob to distribute an easy and healthy recipe.

Also at the Fair were the following agencies: KidCare, Big Brothers Big Sisters of the Big Bend, Christmas Connection, 211 Big Bend, Kids Incorporated, America's Second Harvest, The Alzheimer's Project, and United Way's VITA free tax preparation program.

Chef Jason's Pasta and Vegetable Skillet (serves 4)

Ingredients:

- 2 tablespoons olive oil
- 1 zucchini, medium dice
- 1 yellow squash, medium dice

initiative. Log on to www.envisioncu.com to see all of the services they offer. Contact Leslie Smith at Envision, 942-9000 ext.1056 for more information.

Download Infant Savings Account Certificate [here](#).

Community Baby Shower

The 2nd Annual Healthy Baby Community Baby Shower hosted by the Chi Theta Zeta (CTZ) Graduate Chapter of Zeta Phi Beta Sorority, Inc. and its community partners will be held Saturday, December 11th at the Lincoln Center, 438 W. Brevard Street from 9:00am - 3:30pm. The Shower will feature games, giveaways, food, prizes and health information. Health screenings, HIV and pregnancy tests will also be provided. The Florida Department of Agriculture & Consumer Services will offer a cooking demonstration and distribute fresh produce at the event.

The general session topics will be pre-conception health, reducing high risk pregnancies and the importance of good oral health during pregnancy. Zumba and Yoga, along with door prize giveaways, will occur between the general sessions.

Click [here](#) for more information.

Kids Incorporated - Legacy for Children Grant

Kids Incorporated has been awarded a \$94,185 Legacy for Children grant from the U.S. Dept. of Health & Human Services through December 31, 2011 which will serve 30 low-income parents with children under one year old in Leon and Madison Counties. Kids Incorporated was one of 5 recipients nationally to receive this grant award, which is sponsored by the Centers for Disease Control and Prevention (CDC).

Legacy for Children targets new mothers through a home-based project designed to improve outcomes for children in poverty through positive parenting. New mothers will receive home visits and attend group socializations where they will learn about child intellectual, social, behavioral and emotional development and activities designed to enhance these skills. Mothers will be taught skills such as time and energy management, parental behavior and knowledge, attitudes and beliefs, and family systems functioning.

- 1 small onion, medium dice
- 1 (14.5 oz) can Italian stewed tomatoes
- 1 pound whole wheat pasta

Directions:

- Preheat a 6-quart pot on medium-high heat then add the oil. Once the oil begins to lightly smoke add the onions, zucchini and squash and cook for 4-5 minutes, stirring frequently. Add the can of stewed tomatoes, reduce the heat to medium and continue cooking until the pasta is cooked.
- Bring an 8-quart pot of water to a boil and then heavily salt it. Add the pasta and cook according to directions on the box. Once the pasta is cooked, drain well, add the pasta to the pot of vegetables and toss well.
- If the sauce seems a bit dry, add a small amount of the pasta water.
- Season the dish with salt and pepper to taste and garnish with parmesan cheese.

Help Keep Us Current

Please go to the Resource Guide on the [Whole Child Leon website](#) and make sure information on your programs is current. Please email [Heather](#) with any updates or corrections. Make sure to send us a list of upcoming events and meetings for our calendar!

Whole Child Advisors

Check for service requests on a regular basis, you may not always receive email notification. And please feel free to contact us if you need additional assistance or

New mothers living in poverty will find this project extremely helpful. Parents are their child's first and life-time teacher and Legacy for Children will help them gain the skills and knowledge to make this difficult job a bit easier and as a result, enhance sensitive and responsive parenting skills, parent/child interaction and promote a sense of community".

WASH UNITED

Super Suds has agreed to give UWBB 40% of any proceeds from their \$10 car wash.

Additional dollars can be generated by going to their Facebook page <http://www.facebook.com/SuperSudsExpress?v=wall> and posting "I heard about Super-Suds Express from the United Way of the Big Bend."

The promotion started December 1 and will run through January 31. Click [here](#) for more details.

Thank you very much and please participate in our WASH UNITED campaign!

Linked-Up Florida and Lifeline

If your child qualifies for free lunch or if you receive government assistance, you may qualify for "Linked-up Florida" and "Lifeline" assistance. These programs could help you save money on your local phone service. For further information, call 1-800-540-7039 and ask for help signing up or go to www.floridaopc.gov/lifeline.cfm.

Florida BNET

The Behavioral Health Network (BNET) is a health care plan for children with serious mental health or substance abuse needs. Children enrolled in BNET will receive medical and behavioral health services. Behavioral health services are for the prevention, diagnosis, and treatment of mental health and substance abuse conditions. Families will pay \$15 to \$20 per month regardless of the number of eligible children in the family. Eligibility to the BNET is based on family income and seriousness of your child's mental health or substance abuse needs. You may get a Florida KidCare application from your local school, Children's Medical Services office, local Alcohol, Drug Abuse and Mental Health office, County health department, or by calling Florida KidCare at 1-888-540-KIDS.

information.

Contact Heather at 850-414-8344 or htelfer@uwbb.org for assistance.

Capital Area Healthy Start's Community Shopping Night

Ten Thousand Villages is hosting a "Community Shopping Night" for Capital Area Healthy Start December 14th from 5:00pm - 8:00pm. 20% of the proceeds from sales during those hours will be donated to Capital Area Healthy Start.

Ten Thousand Villages is located at 1415 Timberlane Road in Market Square, next to Tropical Smoothie.

Click [here](#) for more details.

Early Learning Coalition

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Barnes & Noble Bookfair

Friday, December 10th through Monday, December 13th at the Barnes & Noble Tallahassee Mall.

Bring your voucher and a percentage of the net sale will go to Early Learning Coalition to fund their Word Garden "Giving Libraries".

Click [here](#) for the voucher and more details.

We Give Books

The Pearson Foundation has

Visit www.FloridaKidCare.org for more information.

OASIS - Single Parent Moms Support Group

Now on Thursdays at The OASIS Center for Women & Girls, 317 E. Call Street



Free Childcare for children 12 and younger!
Thursdays 6:00pm - 7:30pm
Call First! 850-222-2747

Being a parents is tough enough - raising a family alone is that much tougher! OASIS understand and wants to give you access to support and help.

Join the Holidays at Refuge House

Cook, share gifts and give thanks for peace-these are all ways you can share the holidays at Refuge House. For the women, men and children whose lives have been troubled by domestic violence and sexual assault, the holidays can be a fragile and disturbing time. You can help Refuge House provide a comforting holiday season for the 65 women and children who will be living at Refuge House in December, and the 200 families who are supported in our counseling program over the holiday season.

Thanksgiving Day was a day of bounty at Refuge House, with the great support of Good Shepherd Catholic Church, Forest Meadows Tennis Club, and longtime friend Herb Thiele, Sr. who provided Thanksgiving dinner for Refuge House residents and emergency shelter staff on Thanksgiving Day. A special thank you to Gulf Winds Track Club for organizing the 35th annual Turkey Trot Run and to everyone who ran in this wonderful race, which benefited Refuge House and The Shelter.

Refuge House's Adopt-a-Family Holiday Program will be a major focus of the holiday events at the agency. Families and single women living in the emergency shelter and transitional housing are often in the most need of assistance during the holidays for both gifts and food. Refuge House is accepting food, both perishable and nonperishable, and new gifts for adult women and children. Businesses and organizations around the Big Bend region are generously adopting families from Refuge House and providing them with an abundant holiday. However, there are still families that are waiting to be adopted. And

a new book program called We Give Books. It is for a great cause and free to you! Every time you read a book online to your child/children, a book will be donated to a leading literacy group of your choice on your behalf. They have already donated almost 30,000 books. For more information and to get started please click on the link below. Happy reading!

www.wegivebooks.org/p/how-it-works

We're on the web!

The [Whole Child Leon Online Event Calendar](#) gives information on a wide array of local events for kids and for people who work with kids.

If you have news you would like to share, [email it](#) and we'll make sure it gets onto the WCL Website in the Community News section or the Event Calendar.

Find us on Facebook 

Follow us on 



during the holidays, new residents our emergency shelter residents will continue to move in-sometimes on Christmas Eve and Christmas Day. A surplus of gifts and food from donors will accommodate these future residents.

Donation suggestions for the holiday season include: new toys, games and clothes for children of all ages, gender and sizes; new toiletries, turkeys, hams and other holiday food; blankets, sheets, pillows, gas gift cards and gift cards to department stores.

On Wednesday, December 22nd, the Refuge House staff and Board of Directors will host an annual holiday party for residents of our transitional and emergency shelter program. The party offers an opportunity for over 50 residents to enjoy the holiday season together over a family dinner, served by the Refuge House staff. Santa Claus will be making an appearance in the evening with "early" presents for women and children- because they are extra special.

If you would like to contribute to the Refuge House holiday season, please call Adopt-A-Family Coordinator Elaine McGrew at 922-6062.

--Ashley Williams and Jessica Pinto, Refuge House

If you or someone you know is feeling afraid in their relationship or is suffering because of a sexual attack, please call the Refuge House hotline at 681-2111, or 800-500-1119. We are waiting for your call.

www.RefugeHouse.com

Children's Movement of Florida

There is a planning meeting for The Children's Movement of Florida-Tallahassee Chapter at the Tallahassee Red Cross, 1115 Easterwood Drive, on Tuesday, December 7th 8:30 A.M-9:30 A.M.

Please contact David Abrams to R.S.V.P.
david.abrams@childrensmovementflorida.org

or 305-798-9699

www.childrensmovementflorida.org

Whole Child Leon Staff

Courtney Atkins, Executive Director

Heather Telfer, Connection and Outreach Coordinator

Amanda Clements, Vice-President of Strategic Initiatives,
United Way of the Big Bend

Gladys Medrano, KidCare Outreach Specialist

Megan Earnhardt, Strategic Initiatives Associate, United Way
of the Big Bend

**Got Kids? Get connected to community resources
that can assist you and your family at the Whole
Child Connection available at**

www.WholeChildLeon.org

**Contact a Whole Child Leon Advisor today, at 850-
414-8344**



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