



## Whole Child Leon

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### Whole Child Connection

**Big Bend Connection** is now the premier online directory of services for the whole family and the whole community. Resources and services for Jefferson, Madison, and Taylor

### Community Update December 2011



Please help us make the Professional Network Meetings more meaningful - click [here](#) to take our survey.

#### November's Guest Speakers:

**Jason Zaborske**, Children's Week includes: the Hanging of the Hands on Sunday January 29th, the Community Innovation Awards Luncheon and Children's Week Dinner and Reception on Monday January 30th and Children's Capitol for a Day on Tuesday January 31st.



Jason Zaborske,  
Professional Network,  
November 2011

counties are now online.

### **Service Providers**

Do you have new programs? Have some of your initiatives ended recently? If so, please contact [Heather](#) to update your entries in the Resource Guide.

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## **WCL/LCS KidCare Outreach Project**

We are proud to announce that Conley Elementary School is now equipped with a Family Connection Corner (FCC), which gives families in this area easy access to the Whole Child Leon profile and Resource Guide as well as Florida KidCare, ACCESS and Free & Reduced Lunch applications. Conley's support has increased our efforts to make sure that all of our families are aware of the resources available through the WCL/Leon County School Outreach Project.

As flu and cold season approaches, please keep in mind your child's health is vital to their success at school, on the ball field, in the dance studio and on the playground; so please don't wait until your child has an illness or an emergency before thinking about health insurance. Every uninsured child should apply for Florida KidCare regardless of family income or status. Leon County Schools is trying to make the process for getting your child

For more information, visit [www.ChildrensWeek.org](http://www.ChildrensWeek.org), or call 251-7274 to get involved.

**Kelly Otte**, Chair of the Leon County Commission on the Status of Women and Girls. The Commission was founded to address splintered services for women and girls and to investigate and report on how girls and women are doing, in a variety of areas, from birth to death. There are 21 Commissioners. Each Leon County Commissioner appointed 2 people to the Commission and then the Commission appointed the additional 6 members. Subcommittees include: Leadership; Education; Health and Mental Health; Economic Security; Services and Resources. The subcommittees meet twice a month and are looking for volunteers. The Commission meets on the 3rd Monday of every month. Town Hall meetings are scheduled for late January and early February and everyone is encouraged to attend. Sarah Sturges is the staff liaison for the Commission and can be reached at 222-2747.

**Jennifer D'Urso**, Breastfeeding Practices in the Workplace. The Federal government requires that an employer allow all non-exempt employees reasonable break time to express breast milk and a reasonably private location in which to express (that cannot be a bathroom). The employer is not required to compensate the employee for this time. If your employer would like more information on, or posters about, breastfeeding practices in the workplace, please email [Jennifer D'Urso](#).

Our next Professional Network meeting is **Monday, January 23rd** at Noon. There is no Professional Network meeting in December. Happy Holidays!

### **January Guest Speakers Include:**

**Edward Holifield**, M.D., Infant Mortality and Associated Maternal Mortality

**Monica Hayes**, Ed.D., MAT, MSW, Taste of Cultural and Linguistic Competency

**Megan Earnhardt**, United Way of the Big Bend, Volunteer Income Tax Assistance - VITA

Email [Heather](#) if you would like to be added to the Professional Network invitation list.

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## **Developmental Screening Day Results**

At the Professional Network meeting on November 28th, Whole

insured as easy as possible. Outreach Specialist, Jennifer Leon can help - all you have to do is call! She is available to meet with you at your child's school, her office, your office or another location convenient for you.

For additional information about Florida KidCare or for application assistance, please call the Leon County Schools Outreach Specialist, Jennifer Leon at (850) 414-5110. You may also call Florida KidCare at 1-888-540-5437 or visit [www.floridakidcare.org](http://www.floridakidcare.org)

Happy Holidays!

## Free Tax Preparation and Filing



Stand up for your money! Get your full tax refund without paying for filing, loans or quick refunds. The Volunteer Income Tax Assistance (VITA) service has no fees or hidden expenses. It is absolutely FREE!

Our sites open on January 21. You can get your refund back within 10 business days through direct deposit. Our IRS-certified volunteer income tax preparers will check to see if you qualify for

Child Leon recognized the people and organizations that have created and supported the Developmental Screening Days.

On October 28<sup>th</sup>, 64 children, between the ages of six months and five years, were screened for developmental delays at the Free Developmental Screening Day - our largest screening to date!



Fall Developmental Screening Day

### Initial Screening Results:

- 13 children connected to services with Leon County Schools.
- 7 children connected to services with Children's Home Society's Early Steps.
- 2 children connected to services with Gadsden County Schools.
- 3 children connected to services at Children's Medical Services.
- 6 children referred back to their physician for follow up.
- 1 child connected to Florida KidCare insurance.

An additional 38 children were screened through a telephone intake process and were referred accordingly.

### Thank you to the people and agencies that volunteer their time and efforts to help children in our area!

Dr. Mary Seay, Children's Medical Services; Allison Roberts, Children's Medical Services; Catie McRae, FDLRS; Angel Trejo, Social-Emotional Action Team Chair; Susan Ellis; Dr. Ed Zapert; Dr. Richard J-P Bastien; United Way of the Big Bend; Children's Medical Services; Tallahassee Community College; Children's Home Society and Early Steps; Boys Town; Apalachee Center; FDLRS; Leon County Schools; FSU's Autism Institute; WCL/LCS KidCare Outreach Project; Brehon Family Services; Early Learning Coalition; FSU's Center for Prevention and Early Intervention Policy; the Florida Department of Children and Families; and Progressive Pediatric Development Center.

additional tax credits, such as the Child Tax Credit or the Earned Income Tax Credit, which could be worth up to \$5,751!

Do you have questions or want to find the nearest VITA site? Call 2-1-1 or visit

[www.theBESTproject.org](http://www.theBESTproject.org) for information on where to go and what to bring.

## WCL'S QR CODE

Scan to stay in touch with Whole Child Leon.



To use the code:

1. Make sure you have a smartphone (Android, iPhone, etc.)
2. Make sure you have a QR scanner/decoder. If you don't, there is an App in the Market of all smartphones called **Barcode Scanner**.
3. Take a picture of the code.
4. Once the picture is taken, decode it with the App of your choice.

## United Way's Caring Club Card

Now it's our turn to give back to you!

When you invest \$156 (just

# The Whole Picture of Health



## A WELLNESS & NUTRITION INITIATIVE CHART (Community Health Action Response Team)

### 95210 for Health!

Five daily habits can help children and adults live healthier lives and sustain a healthy body weight.

- Get at least **9** hours of sleep
- Eat **5** servings of fruits & veggies every day
- Limit screen time to **2** hours or less
- Get at least **1** hour of physical activity
- Eliminate **(0)** sugary drinks and tobacco exposure

### Physical Activity Ideas for the Winter

#### Snowball Over the Mountain

(supplies - a sheet, blown up white balloons and adults to help)  
String up a sheet at the kids eye level (or have the adults hold it up), divide kids into two teams and have the kids on each side throw snowballs (white balloons) over to the other side.

#### Snowball Relay Race

(supplies - styrofoam ball, pencil and a chair for an obstacle, for each team)  
Divide into teams. Children push the the ball across the floor and around the obstacle using the pencil. The first team to get all its players back wins.

#### Snowball Making and Snowball Throw

(supplies - one large sheet of tissue paper for each child, two buckets and a dividing line). Divide children into two teams, each child crumples up a sheet of tissue paper with one hand (to keep them soft) and then places the "snowball" into the bucket.

Set up a line across the floor and set a timer for 3 minutes. Yell "GO!". Each team throws their tissue paper snowballs back and forth across the line. When the timer goes off, the team with the least amount of snowballs on their side wins.

Go to [Kaboose.com](http://Kaboose.com) for more ideas.

\$3 per week) or more in the Community Care Fund and give us your home address, you will receive a Caring Club membership card to use for discounts and special offers at participating businesses. The Caring Club is a unique program created to serve as a thank you to our donors who give to the Community Care Fund. Simply show your Caring Club Card at participating merchants and start saving! For a full list of participating merchants, click [here!](#)

## Upcoming Events

**Holiday Shopping to Benefit our Community** - Tuesday, December 13th, 5:00pm - 8:00pm  
Ten Thousand Villages, 1415 Timberlane Road  
A percentage of the proceeds of your purchase will be donated to Capital Area Healthy Start. Click [here](#) for more information.

### Parenting Tools for Positive Behavior Change

For Parents and Caregivers of Children 18 Months to 18 Years.  
FREE classes held each Wednesday evening for six weeks, January 11, 2012 - February 15, 2012 from 6:30 PM to 8:30 PM.  
Learn positive and effective parenting tools you can use to enhance your children's positive behaviors and strengthen your relationship with your children.  
at Children's Medical

## Lettuce Be Healthy

On November 9<sup>th</sup> at Astoria Park Elementary School, nearly 225 students spent their day learning the connection between healthy eating, healthy lifestyle choices and physical fitness. The lessons were taught in a hands-on, interactive learning environment where students rotated through stations entitled - Lettuce Be Different, Lettuce Be Healthy, and Lettuce Get Fit.

Over twenty-five, trained volunteers used a combination of hands-on gardening, nutrition, and fitness activities to teach students about the small changes they can make to live a healthier, more active lifestyle. Whole Child Leon and Leon County Schools Nutrition Services volunteers were on site to give students information about 95210-The Whole Picture of Health an evidenced-based health and wellness initiative that is being implemented throughout the community. Following the completion of all three activities, students and teachers were sent home with "goodie bags" of healthy snacks (courtesy of Florida Department of Agriculture and Consumer Services and Publix) and tips for continuing the day's lessons.

UnitedHealthcare is providing more than \$55,000 in grants to the Florida 4-H to develop and administer programs that will help young people improve their health through exercise, diet and personal safety. The three new gardens at Astoria Park Elementary are part of that program, working together with Leon County 4-H in coordination with the School District's Florida KidCare Outreach Project. Plans are underway for Whole Child Leon to join in a more significant role as a partner with 4-H and UnitedHealthcare to complete a similar garden project in the Spring.

Through these unique partnerships a tremendous opportunity is evolving to increase the healthy living behaviors of Tallahassee children. Please watch for additional information regarding the Spring garden event and plan to join us in what is sure to be another successful project!



**Cathy Reed, Director of Nutrition Services for Leon County Schools and Courtney Atkins**



Services, 2390 Phillips Road.

Reservations must be made in advance. Call (850) 487-2604 ext. 187 to register.

\* Next scheduled class Feb. 22-Mar. 28, 2012

**Touchdown to Transition**  
- Thursday January 19th  
6:00 - 8:00pm

FDLRS/Miccosukee, 3955 W. Pensacola Street.

Sponsored by the Big Bend Transition Council. This event is for middle and high school students that are receiving special education services, and families and professionals that provide these services. Come and learn about post secondary options, diploma options, agency involvement, public benefits, legal rights and more! Register by January 17th. Click [here](#) to register. For questions or needed accommodations, contact Beth Williams at 487-2630 or [williamse@leonschools.net](mailto:williamse@leonschools.net).

### **Parent to Parent Support Group -**

For Parents with School Age Children with Disabilities  
January 25, 2012,  
11:30~12:30 - Bring your lunch. Children's Medical Services, 2390 Phillips Rd., 1<sup>st</sup> floor large conference room. Contact Chris Heron, ESE Parent Liaison, for more information at 487-7135  
CHADD Support Group- contact Dan Moore at 575-9621 x102 for more information.

## **Whole Child in the Community**

### **Community Baby Shower - November 12th**

The Community Baby Shower was at the Walker-Form Community Center this year. New and pregnant moms learned how to Zumba, how to cook healthy rice and beans and much, much more. **Special thank you to Maureen O'Neil and Danielle Jennings** for conducting two breakout sessions on Developmental Milestones for young children. Thanks to our Fall intern, Kimberly Bednark and former assistant, Jackie Edwards for their help with this event!



Kimberly Bednark and Jackie Edwards

## **Applied Suicide Intervention Skills Training Workshop**

The Applied Suicide Intervention Skills Training (ASIST) workshop is for caregivers who want to feel more comfortable, confident and competent in helping to prevent the immediate risk of suicide. The emphasis of the ASIST workshop is on suicide first aid, helping a person at risk stay safe, and seeking further help. Working mostly in small groups, ASIST uses many different teaching processes to create a practice-oriented and interactive learning experience. Over one million caregivers have participated in this two-day, highly interactive, practical, practice-oriented workshop.

2-1-1 Big Bend is proud to provide this ASIST workshop on Friday, January 13 and Saturday, January 14. Registration is at 8:30am on Friday and the workshop is 9am-5pm both days. Participation in the full two days is required.

Training will be held at the Early Learning Coalition in the Northwood Center, Suite 70 (corner of Tharpe and N. Monroe Streets).

\$150 Registration Fee includes lunch both days. 10% discount for NASW members. 14 CEUs available for LCSW, LMHC and LMFT

For more info, visit [www.livingworks.net](http://www.livingworks.net)

For Info & To Register: 850-617-6320  
(registration required by December 16)

## Need Help? Dial 2-1-1

2-1-1 Big Bend is the quickest and best way to get information on how to get help/// simply dial 211. If you are calling from outside of the Big Bend area, dial 877-211-7005.

*What can 2-1-1 Big Bend do for me?*

- Offers you 24-hour crisis, suicide, and HIV/AIDS hotlines
- Assists you with referrals to specific crisis experts in the Big Bend area, including UWBB Certified Agencies
- Provides you with specific information about volunteer opportunities

Call 2-1-1 to learn more.

## 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.

Like us on [Facebook](#) 

Follow us on [Twitter](#) 

## American's Second Harvest of the Big Bend

Special to the Democrat - published December 6, 2011

Did you know that currently, **one in six** of our neighbors in the Big Bend struggle with hunger on a regular basis, and **one in four** children? The faces of hunger now are different than they have ever been. As widespread unemployment and underemployment combine with a steady increase in the cost of living, many people who never needed help before are struggling to put food on their tables.

America's Second Harvest of the Big Bend is the local food bank whose mission is to feed the hungry through its network of partner agencies, which are those food pantries, community meal sites and other programs that feed those in need. By working with over 135 non-profit and faith-based organizations, Second Harvest is able to address the immediate needs of hunger on a larger scale. This past year, Second Harvest distributed over 5.5 million pounds of food and grocery items through the partner agencies to help an average of 30,000 people in need every month.

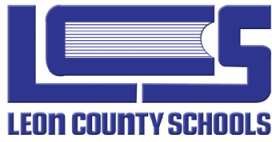
Although the number of people served seems huge, we know that there is still more people in need. According to U.S. Census Bureau estimates, there are over 58,600 people living in poverty in Leon County alone, and 23,000 of these are children.

Food is the fuel that kids need to learn in school and stay active and healthy. One of the programs that Second Harvest has is the Back Pack Program, which helps children who qualify for free lunches during the school week, but often don't have food on the weekends and go hungry. Through this program, children receive a bag of food at their school every Friday to take home, to make sure they have at least one meal over the weekend. Teachers report that children in this program are doing better in school, because they are not returning to school hungry on Monday morning.

To learn more about how you can get involved with Second Harvest, log onto the website: [www.fightinghunger.org](http://www.fightinghunger.org). There are plenty of opportunities, such as sponsoring a child in the Back Pack Program, holding a food drive, or donating funds. Volunteering is also a great way to get involved, as Second Harvest can accommodate both children and adults during their monthly Saturday "Volunteer Blitz".

Some children and families have taken it a step further and conducted their own food drives in their neighborhoods, with their churches or synagogues, or other organizations.

We have had several young people organize a neighborhood food drive by passing out fliers they made, listing a day for donations to be



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FOUNDATION



United Way of the Big Bend

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picked up, and then walking throughout the neighborhood collecting food for the hungry. It is an incredible sight to see a 13 year-old help unload an SUV filled with canned goods that he was responsible for collecting!

As you make plans for the Holiday Season and the year ahead, can you commit to helping fight hunger and feed hope? To learn more about how you can get involved, log onto the Second Harvest website: [www.fightinghunger.org](http://www.fightinghunger.org) or call (850) 562-3033. If you are in need, or know a family who is, you can also call this number to get information on a program that will be able to assist with emergency food needs. Together we can fight hunger and feed hope.

### 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

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

**Jennifer Leon**, Whole Child Leon/Leon County Schools KidCare Outreach Specialist

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

[www.WholeChildLeon.org](http://www.WholeChildLeon.org)

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



Whole Child Leon  
2813 S. Meridian Street  
Tallahassee, FL 32301  
850.414.8344

[www.WholeChildLeon.org](http://www.WholeChildLeon.org)