

# REACH/Alcance Program Coalition News

Volume 1, December 14,  
2011



## Baby Bundle Chats

The REACH/Alcance Program recently hosted a series of **Prenatal Health Classes** by the Purdue School of Nursing Students.

The classes were for women who are pregnant or that have children. The students provided prenatal education and how to care for their baby. The topics that were covered were: Regular Doctor Visits and Required Shots, How to Help Your Baby/Toddler Develop Well, What & How to Feed Your Baby/Toddler, How to Manage Your Fussy Baby, What to do if Your Baby/Toddler has a Fever or is Sick, How to be the Best Parent for your, Baby/Toddler, Stress and community resource information.



The classes averaged between 10-15 Moms from the East Chicago and Hammond area, held every Thursday, 12:00 pm-2:00 pm, at Healthy East Chicago, in East Chicago, IN.  
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## Prenatal Health Fair



Vendors for the Health Fair were as followed:

**Managed Health Services, Covering Kids & Families, Community HealthNet, St Catherine Hospital, Healthy Start, Healthy East Chicago Center, Moms Taking Charge, Latin Media, WIC, Promotores de Salud y Tobacco, BCCP, Kool Smiles, Kaplan College, Head Start, March of Dimes, and NorthShore Clinic**

### Healthy East Chicago Center

**EAST CHICAGO | The REACH/Alcance Program**, in partnership with Purdue School of Nursing and Managed Health Services held a **Prenatal Health Fair on Thursday, December 1, 2011** at the **Healthy East Chicago Center** on 100 West Chicago Ave.

There were as many as **25 Prenatal Moms** from the Lake County area and many other community members that attended the Health Fair. The participants were able to learn about, Prenatal Nutrition, Gestational Diabetes, Labor/Delivery, Postpartum Blues/Depression, Breastfeeding, and Folic Acid/Prenatal Vitamins thanks to the Purdue Nursing Students.

**Health Fairs** are an effective way to provide valuable health information. What is more, these events can be essential to the health of people who have no insurance.

**The Healthy East Chicago Center (HEC)** is a multi-agency facility that provides an array of services to meet the needs of the East Chicago community. HEC offers a variety of health and human services under one roof. HEC also provides a number of monthly health education and screening programs sponsored by a variety of community agencies, such as Health Department, WIC, St Catherine Center of Hope, and the Tobacco Prevention Program and ideal meeting space.

## REACH/Alcance Community Resource DVD

**800-995-7147**

**Prenatal Helpline**

**Departamentos de Salud**  
Crown Point East Chicago Gary  
219-755-3655 219-391-8467 219-881-5275

**Clinicas de Salud**  
Community HealthNet Clinica de NorthShore  
219-880-1190 219-763-8112  
Centro de Healthy Lifestyles Programa de WIC  
219-392-4941 1-800-522-0874

Linea de Ayuda Para Familias  
1-800-433-0746

**REACH**  
Local and National Agencies for Childbirth Health

**Recursos Comunitarios**  
Community Resources DVD (Spanish)

**Bebes Saludable  
Familias Felices**  
¡Lámenos Hoy!

**800-995-7147**

*Hablamos Español ~*  
**¡La Salud de su Bebé  
Nos Importa!**

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Any parent can tell you that you're never completely prepared for how a new baby will change your life. However, the REACH/Alcance Program will help you be as ready as possible. Prenatal classes can help you and your family prepare for baby's arrival. Expectant parents should register for classes no later than the fourth month of pregnancy.

Research has shown parents who attend prenatal classes have a more realistic understanding of the parenting relationship with their baby. Husbands or support persons are encouraged to attend with the expectant or new mother.

National Center for Chronic Disease Prevention and Health Promotion Policy Brief

[http://www.cdc.gov/breastfeeding/pdf/mPINC/states/mPINC\\_2009\\_Delaware.pdf](http://www.cdc.gov/breastfeeding/pdf/mPINC/states/mPINC_2009_Delaware.pdf)

*HealthVisions Midwest is sponsored by the Poor Handmaids of Jesus Christ*



Media Partner



As part of the program's sustainability goals **REACH/Alcance** has developed the **Lake County Community Resource DVD** (In Spanish Only). The DVD contains a listing of resources available to Prenatal Mothers in our community and their families in finding health care resources available to them. These agencies and programs have a common goal of helping people in our community in a variety of ways. Each agency and program represents a "piece of the puzzle" in terms of helping people solve problems and reach their full potential.

## **REACH/Alcance Program & Coalition** **(Racial Ethnic Approaches to Community Health)** **For Lake County**

**The REACH/Alcance Program & Coalition** is approaching its grant lifecycle and the coalition will transition into chronic disease management in effort to improve the health disparities of all racial and ethnic populations in Indiana. As we move forward we will continue the efforts of our coalition's Sub-committees through collaborative community partnerships.

### **(Coalition Meeting are held at HealthVisions Midwest)**

**Committee 1** – Goals are to increase the number of accessible services to Hispanic pregnant women in South County.

**Committee 2** – Goals are to Submit for policy considerations to help increase Medicaid services to pregnant Hispanic women at the state level.

**Committee 3** – Goals are to expand Medical Interpreting services in Lake County, in Indiana.



**Become a member of growing a coalition  
That helps increase awareness for our community!**

**Coalition Meetings are the fourth Wednesday of every other month**

If you or your organization is interested in joining the REACH/Alcance Program & Coalition please contact Raquel Castro (219) 844-2698 Ext. 102  
Visit us at [www.reach-alcance.org](http://www.reach-alcance.org)