

# PERINATAL NETWORK OF MONROE COUNTY

## Winter Networking Session

Date: Thursday, January 29, 2009

### NOTES

Attendees: Lieve Bain, SWAN; Sandy Berg, PNMC; Mike Brookes, Sr., Pathways to Peace; Sherita Bullock, PNMC; Dora Christian, Cornell Cooperative Extension; Liliana Crane, U of R; Katrina Hanson & Amy Brouge, NeighborWorks Rochester; Carla Anselm, Karen Miceli & Tammy Mancuso, Doula Cooperative; Kevin Fritz, Cheryl Graf & Bonnie Lupo, Veterans Health Administration; Flora McEntee, Monroe Boces/RCSd; Barbara Monahan, Friends in Adoption; Robert Bryant, Black Men Latino Men Health Crisis Org.; Cynthia Adell, Preferred Care; Rose Bonaccora & Camille Julian, Dianne Clune Monroe County WIC; Dr. Dolores Carson & Paula Fischer, RPCN/NYS TAC; Sarah King & Cheryl Rodriguez, MCHD-NFP; Elizabeth McDade, Lead Safety 2010; Dahlia Merced, MCTP; Raymond Durant, RGHS; Dr. Ariane Marie-Mitchell, Jordan Health Link; Linda Moore, PrimeAmerica Financial Svcs; Donna Prader, EPIC Outreach; Jacqueline Procope-Isaacs, PNMC; Anita Marrero, PNMC; Santa Rodriguez, MCHP PHVP; Sue Segelman, MCLAC; Jan Walkden; Stephanie Paredes, GRATCC U of R; Kelly Wicker-Yount, MOD; Meghan McCloskey & Sheri Carson & Kirsten Nagel, Successful Pathways Inc; Edna McKay, RGHS; Emily Queenan, Queenan Family Medicine & Maternity Care.

Attendance: 48, Evaluations returned: 33

Topic	Discussion	Follow-up/Action
1. Introductions/Welcome:	<ul style="list-style-type: none"> <li>❖ Welcome &amp; Introductions were made by Sherita Bullock, PNMC Community Relations Manager.</li> <li><u>PNMC updates:</u></li> <li>❖ Save the date: Annual conference being planned for Friday, May 15, 2009 at Holiday Inn Brookes Ave.</li> <li>❖ PNMC directories are available on-line at <a href="http://www.pnmc-hsr.org">www.pnmc-hsr.org</a> A link is available to add new listings or update your information.</li> </ul>	<ul style="list-style-type: none"> <li>❖ Informational.</li> <li>❖ E-invitations will be mailed out in a few weeks. Contact Jacqueline at <a href="mailto:jisaacs@pnmc-hsr.org">jisaacs@pnmc-hsr.org</a></li> <li>❖ Contact Jennifer Van Remmen at <a href="mailto:jvanremmen@pnmc-hsr.org">jvanremmen@pnmc-hsr.org</a></li> </ul>
2. Program updates:	<ol style="list-style-type: none"> <li><b>1. Queenan Family Medicine and Maternity Care Mindful Medicine for whole body, mind &amp; spirit</b> <ul style="list-style-type: none"> <li>❖ Opening in June 2009, in or near the new Brooks Landing development (in the 19th Ward at Brooks Ave and Genesee St). A full-spectrum family practice, that will offer primary care for all ages, maternity care (pre-natal, labor &amp; delivery, and post-partum care), and gynecologic primary care, informed by integrative holistic medicine. Part of the Ideal Medical Practice project, a community of doctors throughout the country who are working to develop practices that provide patient-centered collaborative care, a model of care that values excellent access, efficiency, continuity, and information in a vital and sustainable practice.</li> </ul> </li> <li><b>2. Rochester Veterans Affairs <a href="http://www.va.gov">www.va.gov</a></b> <ul style="list-style-type: none"> <li>❖ Offers benefits to veterans in the community and provides services to members and their families. Offers monthly compensation to disabled veterans, monthly pension, healthcare services, rehabilitation, employment, education, and training.</li> </ul> </li> <li><b>3. Primerica <a href="http://www.primerica.com">www.primerica.com</a></b> <ul style="list-style-type: none"> <li>❖ Offers a full range of financial services such as debt consolidation, term life insurance, mutual funds investment, auto and home owners insurance and long term care insurance.</li> </ul> </li> </ol>	<ul style="list-style-type: none"> <li>❖ Contact Emily Queenan, MD @355-9125 or <a href="mailto:emilyqueenan@gmail.com">emilyqueenan@gmail.com</a>.</li> <li>❖ Contact Kevin Fritz 463-2600x32591 or Bonnie Lupo at 463-2627.</li> <li>❖ Contact Linda Moore at 436-9658.</li> </ul>

<p><i>Program updates cont'd</i></p>	<p><b>4. NeighborWorks Rochester <a href="http://www.nwrochester.org">www.nwrochester.org</a></b>  ❖ Collaborates with people and partners to strengthen, sustain, and promote city neighborhoods. Concentrates on physical housing improvements, quality of life and business development. Focusing on single moms to help them with home ownership.</p> <p><b>5. Pathways to Peace, Project Prison Reality - City of Rochester</b>  ❖ Provides youth with violence prevention and related workshops, and youth advocacy. Encourage adolescents and young adults to live safe and violence free lifestyles. Links youth to services, programs, and job opportunities in the community.</p> <p><b>6. Doula Cooperative <a href="http://www.doulacooperative.org">www.doulacooperative.org</a></b>  ❖ Supports women with birth and beyond. A birth doula provides continuous physical, emotional, and informational support to the mother before, during, and just after childbirth.</p> <p><b>7. Open Sky Yoga Center <a href="http://www.openskyyoga.com">www.openskyyoga.com</a></b>  ❖ Offers prenatal classes to help support pregnancy and prepare for labor, birth, and motherhood.</p> <p><b>8. International Cesarean Awareness Network (ICAN): <a href="http://www.ican-online.org">www.ican-online.org</a></b> is a support group to improve maternal and child health by preventing unnecessary Cesareans through education.</p> <p><b>9. Cornell Cooperative Extension <a href="http://www.cce.cornell.edu">www.cce.cornell.edu</a></b>  ❖ Offers free nutrition education classes to families with children (income-based). Teach families to balance nutrition and physical activity, keep in shape, create a working budget, and stretch their food dollars. Classes begin Wednesday February 11 thru April 1, 2009 at 10:30-11:30 a.m.</p> <p><b>10. Friends of Adoption <a href="http://www.friendsinadoption.org">www.friendsinadoption.org</a></b>  ❖ A licensed adoption agency that helps pregnant women and extended families receive support and understanding. Helps birth parents and adoptive families in adoption situations.</p> <p><b>11. MCHD Perinatal Home Visiting Program</b>  ❖ Offers services to pregnant women who meet the eligibility criteria. Each woman receives visits in her home from a Community Health Worker until the baby is one year old. There is no cost to families for this service.</p> <p><b>12. MCHD- Nurse Family Partnership</b>  ❖ Helps first time mothers improve pregnancy outcomes. It is a voluntary program where nurses visit low income women in their homes during their first pregnancy and through out the first 2 years of their children's lives. The program helps to improve pregnancy outcomes, child and health development, and economic self-sufficiency of the family.</p> <p><b>13. MCLAC Nutrition Outreach &amp; Education Program <a href="http://www.mclac.com">www.mclac.com</a></b>  ❖ Food stamps can be used at the Public Market to purchase fruits, vegetables, breads, baked goods, meat, and fish, etc. There are no age limits to qualify for food stamps. You can own a home and/or a car and get food stamps. Must meet income eligibility.</p> <p><b>14. Black Men Latino Men Health Crisis <a href="http://www.bmlmhc.org">www.bmlmhc.org</a></b>  ❖ <u>Get It Done</u> program utilizes African American and Latino barbers and hair dressers as key opinion leaders to deliver good health and disease risk-reduction messages to their patrons. In addition to HIV testing, Hepatitis A&amp;B vaccinations are offered to the community every third Tuesday of each month from 4PM-6PM at 107 Liberty Pole</p>	<p>❖ Contact Katrina Hanson at 325-4170x320 or <a href="mailto:khanson@nwrochester.org">khanson@nwrochester.org</a>.</p> <p>❖ Contact Michael Brooks Sr. at 428-7001 or email <a href="mailto:brooksm@cityofrochester.gov">brooksm@cityofrochester.gov</a>. Contact 234-0164</p> <p>❖ Contact Carla Anselm at <a href="mailto:yogawave@rochester.r.com">yogawave@rochester.r.com</a> or 229-7066</p> <p>❖ Contact 800-686-ICAN or <a href="mailto:info@ican-online.org">info@ican-online.org</a>.</p> <p>❖ Contact Dora Christian at 461-1000 x 257 to register.</p> <p>❖ Contact Barbara Monahan at 315-727-9048 or 800-982-3678</p> <p>❖ Call 753-5437.</p> <p>❖ Call 753-5437.</p> <p>❖ Contact Sue Segelman at 585-295-5624 .</p> <p>❖ Contact Jackie Dozier at 697-3451 or <a href="mailto:jdozier@bmlmhc.org">jdozier@bmlmhc.org</a></p>
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<p><i>Program updates cont'd</i></p>	<p>Way. The Get It Done shops also provide their clients with access to HIV testing, HIV prevention, and HIV vaccine research information.</p> <p><b>15. Monroe County WIC</b></p> <ul style="list-style-type: none"> <li>❖ As of 1/09 Wic has new foods available that are up to date with USDA requirements. Parents can receive more fruits, vegetables, meat, can beans, etc.</li> <li>❖ Breastfeeding peer counselor program available to help moms and their families learn about breastfeeding and can answer questions in person or over the telephone. Moms who breastfeed exclusively will receive additional foods on WIC checks such as tuna and carrots.</li> </ul> <p><b>16. March of Dimes <a href="http://www.marchofdimes.org">www.marchofdimes.org</a></b></p> <ul style="list-style-type: none"> <li>❖ Save the date; <b>Free event:</b> Mothers 2 Be Lunch and Learn, Saturday, April 4, at 9:00 – 1:30 pm at the Clarion Riverside. <i>Information flyer was emailed to everyone on Friday, January 30<sup>th</sup>.</i></li> </ul> <p><b>17. NYS Center for SIDS <a href="http://www.ocfs.state.ny.us">www.ocfs.state.ny.us</a></b></p> <ul style="list-style-type: none"> <li>❖ Infant mortality rates are increasing due to unsafe sleeping practices. Babies are safest when they sleep alone, on their backs; it greatly reduces the risks of SIDS. Back to sleep campaign free materials available to order at <a href="http://www.nichd.nih.gov/SIDS">www.nichd.nih.gov/SIDS</a>.</li> </ul> <p><b>18. Greater Rochester Area Tobacco Cessation Center (GRATCC)</b></p> <ul style="list-style-type: none"> <li>❖ To improve the health of the residents of Monroe, Livingston, Ontario, Seneca, and Wayne counties by training providers in these counties to design and implement systems to identify tobacco users at every patient encounter and provide brief advice to quit. Provide resources for providers to quickly and easily refer their patients to smoking cessation services in the area.</li> </ul> <p><b>19. Fidelis Care <a href="http://www.fideliscare.org">www.fideliscare.org</a></b></p> <ul style="list-style-type: none"> <li>❖ Provides managed health care to families. Offers Child Health Plus, Family Health Plus, and full dental coverage for income eligible clients.</li> </ul> <p><b>20. Center for Community Health &amp; YMCA – Healthy Living Program</b></p> <ul style="list-style-type: none"> <li>❖ Invites men and women, 18 years and over to join the Healthy Living Program. Offers 12-week sessions, 2 times per week along with health and nutrition information. Fitness classes are hosted by area churches and community centers. Cost \$30 for entire program or just \$2.50 per week.</li> </ul> <p><b>21. Anthony Jordan Health Center</b></p> <ul style="list-style-type: none"> <li>❖ Offers WIC nutrition and referrals, medical care for adults, pediatric primary care, and dental cleanings. Serving hours Mon-Fri, 8:30-5:00 pm at 273 Upper Falls Blvd.</li> </ul> <p><b>22. South West Area Neighborhood (SWAN) <a href="http://www.swanonline.org">www.swanonline.org</a></b></p> <ul style="list-style-type: none"> <li>❖ Offers 7<sup>th</sup> graders the opportunity to be a partner in the Grow Green Youth Entrepreneur business. Student and family support center offers services such as academic support, after school programming, counseling support, community service, and job readiness.</li> </ul> <p><b>23. Coalition to Prevent Lead Poisoning <a href="http://www.leadsafeby2010.org">www.leadsafeby2010.org</a></b></p> <ul style="list-style-type: none"> <li>❖ New information brochures available about childhood lead poisoning and its affects. Lead poisoning causes permanent brain damage, lower IQ, hearing loss, learning and behavior problems, damage to kidneys and other organs, and can hurt a pregnant woman's developing fetus. Free DVD available in English, Spanish, and ASL.</li> </ul>	<ul style="list-style-type: none"> <li>❖ Call 753-4WIC.</li> <li>❖ Contact breastfeeding help line at 753-5640.</li> <li>❖ Contact Kelly Wicker-Yount at 413-1352.</li> <li>❖ Contact Jan Walkden at 716-837-5189 or <a href="mailto:jwalkden@palliativecare.org">jwalkden@palliativecare.org</a></li> <li>❖ Contact Gabrielle Kapsak Sr. Health Project Coordinator, GRATCC at (585) 758-7815</li> <li>❖ Contact Nicole Hirt at 709-7895 or 888-343-3547.</li> <li>❖ Call 224-3050.</li> <li>❖ Call 784-5900 to schedule same day appointments for medical and dental services.</li> <li>❖ Grow Green program, phone Maggie Carter at 698-0213.</li> <li>❖ For more information about student &amp; family support services, contact Lieve Bain at 436-8201 x2750.</li> <li>❖ Contact Elizabeth McDade at 256-2267 x 5.</li> </ul>
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	<p><b>24. Monroe Boces #1 School Health Services RCSD</b>  <a href="http://www.monroe.edu">www.monroe.edu</a></p> <ul style="list-style-type: none"> <li>❖ Provides an alternative education setting and support services for pregnant and parenting students in the Rochester City School District.</li> </ul>	<ul style="list-style-type: none"> <li>❖ Contact Flora McEntee at 324-5920 or <a href="mailto:flora_mcentee@boces.monroe.edu">flora_mcentee@boces.monroe.edu</a>.</li> </ul>
Program updates cont'd	<p><b>25. NYS Oral Health Technical Assistance Center (TAC)</b>  <a href="http://www.oralhealthTAC.org">www.oralhealthTAC.org</a>.</p> <ul style="list-style-type: none"> <li>❖ Provides technical and logistical assistance to communities or organizations in NYS interested in building coalitions or public-private partnerships for developing innovative oral health programs that improve access and utilization of dental care to reduce oral health disparities among underserved vulnerable populations. Offers assistance with developing mobile and portable school based dental programs, and developing model dental program strategies.</li> </ul> <p><b>26. Preferred Care Option</b> <a href="http://www.preferredcare.org">www.preferredcare.org</a></p> <ul style="list-style-type: none"> <li>❖ Offers a free health plan for Medicaid eligible New Yorkers. Clients can get regular check-ups, hospital visits, and other benefits at no cost. Offers Family Health plus coverage for eligible adults.</li> <li>❖ Free Community Health Expo will be held on Saturday, February 7 at Surround Care Community, Inc located at 465 Central Ave, Rochester, NY. Free Kidney Health Checkups will be offered.</li> </ul> <p><b>27. NYS EPIC program</b></p> <ul style="list-style-type: none"> <li>❖ Helps seniors pay for prescription drugs. They save money when they are enrolled. EPIC can be used together with any Medicare Part D plan.</li> </ul> <p><b>28. Healthy Start Center at Unity Health Systems</b></p> <ul style="list-style-type: none"> <li>❖ Offers help to pregnant and parenting women with children up to age 2. Families must live in the targeted zip codes 14608, 14611, 14619, 14605, 14609, 14621, 14607, 14606, 14613 to receive services. Center provides educational services, smoking cessation, stress reduction, and mental health therapy. Center is in need of clothing donations for Moms and children.</li> </ul> <p><b>29. Comienzo Sano (Healthy Start)</b></p> <ul style="list-style-type: none"> <li>❖ Offers prenatal education and parenting programs. Woman must be pregnant or have a child 2 years old or younger. Reside in zip codes 14605, 06, 07, 08, 09, 11, 13, 19, 21.</li> </ul> <p><b>30. Successful Pathways, Inc.</b> <a href="http://www.successfulpathways.org">www.successfulpathways.org</a></p> <ul style="list-style-type: none"> <li>❖ Offers education, social support, mentoring, health education, and clothing closet to youth between ages 13-21, living within the City of Rochester, NY. Mission is to empower adolescent parents and youth who are at risk for early parenting.</li> </ul> <p><b>31. RGH Health Systems</b> <a href="http://www.viahealth.org">www.viahealth.org</a></p> <ul style="list-style-type: none"> <li>❖ Offers facilitated enrollment with evening hours to families.</li> </ul> <p><b>32. Metro Council for Teen Potential</b></p> <ul style="list-style-type: none"> <li>❖ PHAT Girls (positive, honorable, ambitious, thoughtful) "Making a difference", a life skills curriculum teaches the knowledge, attitudes, and skills that help adolescents to make proud and intelligent choices about their sexual behavior. Available to adolescent girls ages 11-15.</li> </ul>	<ul style="list-style-type: none"> <li>❖ Contact Paula Fischer at 325-2280 or <a href="mailto:oralhealthtac@rpcn.org">oralhealthtac@rpcn.org</a></li> <li>❖ Contact Cynthia Adell at 327-5719.</li> <li>❖ Call 697-0874 x 34.</li> <li>❖ Call 800-332-3742 to enroll or Donna Prader at 518-391-9436</li> <li>❖ Contact Valerie Heard for more information or to tour the facilities at 368-3489.</li> <li>❖ Contact Maggie Laza at 922-0228.</li> <li>❖ Contact 235-3248.</li> <li>❖ Contact Raymond Durant at 922-8239 or <a href="mailto:Raymond.durant@viahealth.org">Raymond.durant@viahealth.org</a>.</li> <li>❖ Contact Dahlia Merced Degnan at 325-8123 or <a href="mailto:dahliamctp@yahoo.com">dahliamctp@yahoo.com</a></li> </ul>
Save the date:	<ul style="list-style-type: none"> <li>❖ <a href="#">Spring Networking session scheduled on Thursday, March 26, 2009.</a></li> </ul>	<ul style="list-style-type: none"> <li>❖ <a href="#">E-invitation will be mailed out in a few weeks.</a></li> </ul>

Notes taken by Jacqueline Procope-Isaacs, PNMC