

Milwaukee Healthy Beginnings



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Meet the Latino Sub-Committee

The Latino Sub-Committee was formed about six years ago as a Latino committee work group of the Milwaukee Healthy Beginnings project (MHBP). In the beginning, the Latino Sub-Committee group started with ten (10) families and now has grown to 42 families and approximately 30 children. The group continues to grow, which speaks to the great need that exists in the Latino community around prenatal care and health education. Part of MHBP's mission is to outreach to families in targeted zip-code areas, and the 53204 zip-code is one of the project's targeted zip-codes. A substantial number of Latino families live in the 53204 zip-code area which is located right in the heart of the Latino community. Latino moms are referred into the MHBP project and to the Latino Sub-Committee by their case managers or service providers. Translation of all project materials and interpretation services are provided at all meetings.

The Latino Sub-Committee plays a very important part in the lives of the



Latino members of the Milwaukee Healthy Beginnings project (MHBP). It offers an opportunity for pregnant Latino moms to receive valuable service referrals, health education, and case management for their families and children in Spanish. Committee members also participate in other project activities, such as the Consortium, Consumer Issues, Public Information and Steering committee meetings.

The Latino group meets every other month to discuss health needs unique to Latino moms and their babies in Spanish. Their issues are brought to the larger Consortium, Steering, Public Information and Consumer's committee meetings by the chair, Miriam Islas or the two
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4th Annual African American Walk for Quality Health

The primary purpose of this Walk is to garner city-wide support for the Wisconsin African Americans Eliminating Health Disparities Institute. This Institute was established by the Black Health Coalition of Wisconsin, which has a long-standing, proven history of improving the health status of African Americans in the state of Wisconsin. The Institute will focus on the elimination of health disparities for African Americans in Wisconsin through data warehousing, research and policy development. This Institute will also allow the African American community to have control regarding development, analysis and dissemination of health information,



and will ensure that the overall well-being is improved. Another very important reason for the Walk is to engage the community in a healthy meaningful activity. The promotion of good health is vital to the

reduction of health disparities. This Walk will go a long way in sending the message that African Americans do care about their health. This year the Walk took place on Saturday,

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“ If you or anyone you know is pregnant, the first thing they need to do is seek prenatal care.”



Amber Grant

“One of the greatest tests and greatest victories of motherhood is learning to love unconditionally”

If you or anyone you know is pregnant, the first thing they need to do is seek prenatal care. In order to do that, they will need insurance. Obtaining insurance can be a tricky and time consuming process, but it is worth it. The earlier you start the application process, the faster you will be able to get insurance (if you qualify). To apply for Medicaid/ Badger Care for insurance coverage for your pregnancy, you will need to apply at one of three offices:

1. Main Office 1220 W. Vliet St.
(**Spanish Speaking)
2. UMOS 1673 S. 9th St.
(**Spanish Speaking)
3. Southside Health Center
1639 S. 23rd St.
(**Spanish Speaking)

If you already have an open case

for your child (your child has a blue Forward card), take your case number, pregnancy statement (with due date on it), and photo ID to one of the offices. You can get free pregnancy testing at a number of Milwaukee locations- call Pregnancy Center Hotline at 414-727-8177 for a listing (Spanish Speaking service available during the day).

If you do not have an open case, it will be a bit more work. You will need your photo ID, pregnancy statement, one month's check stubs (if you are not working you will need to bring the stubs of the person who is financially supporting you) and any other proof of other income, rent receipt or mortgage

statement, a bill in your name or proof of address, last year's taxes (if applicable), and social security card (if you have one- you DO NOT need to have one- Undocumented women ARE ELIGIBLE for insurance if they are pregnant). Some living situations are complex, but the person you apply with will let you know what you need to bring.

It can take up to a month to process and if you qualify, you should receive your card in the mail in a month. If you are very far along in your pregnancy or have pressing health issues, sometimes the doctor's office or the person you applied with can check your

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Perinatal Resource Nurse Role

Although I was hired as bilingual RN Case Manager for the MHBP, St. Joseph's Hospital gave me the title of Perinatal Resource Nurse- which can be a little confusing. I am a registered nurse with experience in outpatient OB/GYN services. In late 2005, I became part of the Milwaukee Healthy Beginnings Project team to case manage high risk pregnant women. Stationed in an office located in St. Joe's Women's Outpatient Center, I help women through the pregnancy up to two years post partum. I receive referrals from within the clinic, from the jail, and from outreach workers. If a woman is pregnant, and would like extra care and personal attention, or has a need for community resources, I can help.

Pregnancy, as we all know, is a time of great change. This exciting time also comes with some challenges- be it financial struggles,

relationship strain, anxiety, health problems, depression, learning about how to care for yourself before and after pregnancy, figuring out how to establish health insurance for mom and baby, or just anything that may create stress for a woman in her pregnancy. That is where I come in. I am here to help, advocate for, and encourage women in their pregnancy and postpartum. I want to help women face these challenges and overcome them so that they can have a healthy baby. It is very overwhelming to have to face these obstacles and I know how difficult and frustrating it can be- But every mom and baby deserves good health- mentally and physically. I work closely with all members of the health care team to advocate for the patient and to make sure that we are doing all we can to provide her with quality care. I provide my clients with education on their pregnancy and answer any questions

they may have. Many women have questions about baby's development, breast feeding, and labor and delivery. I have the resources to teach these women- be it verbally, through a video, or using hands-on props. Making sure mom knows what is going on in and with her body gives her the power to make informed decisions on a number of things- such as her diet, pain management in labor, breast feeding, and family planning. I also make community referrals for a variety of services and resources- such as energy assistance, clothing banks, food pantries, transportation, and child support- and the list goes on. I perform home visits and provide moms with emotional support. All of these pieces are part of working to have a healthy baby.

Part of my role is to recruit my clients to the MHBP meetings, such

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Unconditional Love

One of the greatest tests and greatest victories of motherhood is learning to love unconditionally. Not placing limitations on our love doesn't mean that we accept everything our children do. It doesn't mean that we continue to demonstrate our love for them despite what they do. And they do test us and our love over and over again.

By separating who our children are from what they do, we illustrate to them that they are not their actions. Just because they have done something dangerous or bad doesn't mean they are dangerous or wrong. When I love my child unconditionally, I show him that I love him even when I do not like his behavior and this helps him to trust in my love. By applying this simple

wisdom we bolster our children's self-esteem.

-Beth Wilson Saavedra
Mediations for New Mothers

Mother's Day Around the World

Mother's Day in Mexico is celebrated every year on May 10th as opposed to the Mother's Day in the U.S. that falls on the second Sunday in the month of May.

Mother's Day starts on the evening of May 9th when sons and daughters make themselves present by decorating their mother's home in a colorful fashion. On the following Sunday after Mother's Day, families attend special mass services. The most important part of this event is the orchestra which plays "Las Mananitas" and the distribution of tamales and atole, the traditional local meal. Similar to the U.S. children give their mothers gifts to show their gratitude.

This year, the Black Health Coalition thanked their mothers in a very special way. The 1st Annual Mother's Day celebration was held on May 15, 2007. Mothers enjoyed a gourmet meal that consisted of grilled

seafood kabobs, chocolate covered strawberries and finger sandwiches. The women were given a chance to visit three stations: 1.) one on one session with an image consultant, 2.) five minute chair massage 3.) hand massage.

Mrs. Crockett, a program participant of the Black Health Coalition, received the 2007 Mother of the Year Award. The event ended with several raffles, and a gift bag filled with products from Warm Spirit.

-Tenille Washington
Health Educator



Insurance cont'd...

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eligibility over the phone or on the computer and give you your insurance ID number so that you can get medical attention as soon as one to two weeks after you COMPLETE the application. If you are missing documents at the time of application, your application will be put on hold and not processed until you bring in the remaining documents. I recommend taking any remaining documents to the original person with whom you applied and obtain some proof that you did in deed bring it in. If you do not bring in the paper work in within 3 weeks, THEY WILL CLOSE YOUR APPLICATION. This is a big problem for many. Because the offices are very busy, sometimes papers get lost, and it can cause applications to be closed or denied, at no fault of the person applying. I recommend

that you write down the day, time, and person you talked to each time you make contact with any of these offices, just in case something does go wrong.

Once you receive your card, you are able to go to any office that takes your insurance to start your prenatal care. To keep your card active throughout the pregnancy, please remember the following:

- Report any changes of income, address, or employer to one of the offices ASAP
- Attend all verification interviews (usually every 6 months) without fail to avoid a lapse in coverage:
- Do not ignore any letters that come to you- including medical bills, child support, or anything about your benefits. They contain

important information and if you do not act on them it could lead to (or mean that) your benefits ending. If you don't understand the letter, contact a health care provider or your caseworker to explain it to you.

- Ask what you are eligible for; you can apply for W-2, food stamps, and other services at these same offices.
- Calling in to these offices is almost always impossible, it is best to go in person and bring all your papers with you.

-Amber Grant,
RN Case Manager

Meet the Latino Sub-Committee cont'd...

co- chairs, Laura Barojas and Guadalupe Osorio to be addressed by the larger project group members. Over the years, members of the Latino Sub-Committee have also participated in many project events, such as trips to Washington, D.C to advocate for the MHBP project, as well as bi-monthly health education forums. Where they will receive valuable health information, they need and can use.

If you are interested in joining the Latino Sub-Committee, please contact: Maria Gamez, Coordinator at 414-933-0064/X-205.



Perinatal Resource Nurse Role cont'd...

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as the Latina Subcommittee and consumer Issues. All women should have the opportunity to do something positive in the community, and the MHBP does a great job of facilitating that. Many of my clients are regulars at meetings and learn so much about themselves and others. In addition to direct client care, I coordinate the Stork's Nest here at St. Joe's. This is a program that is offered to patients of the Women's Outpatient Center and rewards mothers who come to their prenatal care visits with baby items. This program has been very beneficial to my clients and has helped encourage

them to be excited about receiving early and consistent prenatal care.

And that's what it's all about. Having Healthy Babies. It is a blessing and an honor to be a part of women's lives when they are pregnant. I truly enjoy working with my clients and doing all I can to make their lives a little better.

-Amber Grant
RN Case Manager



MHBP in 2007

Current Events

- BHC has moved!! BHC will now be located at the African American Women's Center located at 3020 W. Vliet Milwaukee, WI 53208
- July is MHBP's bi-monthly meeting. Please contact Aretha Robertson, if you want to attend at 933-0064 ext. 212.



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