



Champions For Our Children

Monday Morning Report

May 28, 2007

To submit comments or items (3 weeks in advance) for this e-newsletter, please contact **Katie Kurutz**, public affairs officer, **First 5 LA** at kkurutz@first5la.org or (213) 482-5902.

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CALENDAR

May 29, 8:30am-4:30pm: "Preparing Your Program to Capture New Funding Opportunities", sponsored by Futures in Management Institute, at the San Diego County Office of Education, 6401 Linda Vista Road, Room 401, San Diego 92111. \$100 Registration Fee. Call **Claire** at (415) 362-4880 or go to www.childlinkca.org.

June 1, 9:00am-12:00pm or 1:00pm-4:00pm: "How Does It Feel: A First Hand Experience of a Sensory Processing Disorder" by Nancy Kislak, M.A., OTR and Joni Schumacher, M.S., CCC. sponsored by the Infant Development Association of California, South Chapter, at Braille Institute, 741 N. Vermont Ave. Los Angeles CA 90029, \$50 IDA, \$75 non-IDA members. To register call 916.453.8801 or visit www.idaofcal.org

June 2, 9am-1pm: 46th Assembly District Community Health Fair, sponsored by Assembly Member Fabian Nunez at Salt Lake Park-Community Center, 3401 E. Florence Ave., Huntington Park 90208.

Thought Leaders Gather to Address Women's Health



L.A. County women face significant disparities when it comes to accessing quality healthcare - something that has thought leaders working to find a

solution. At last week's Women's Health Policy Summit in Downtown L.A., more than 300 leaders in women's health gathered to strategize on how to better support underserved women through action and policy.

The Policy Summit featured discussions of ways to achieve equitable healthcare for women. Panelists included Gail Christopher, Vice President for Health, Women, and Families at the Joint Center for Political and Economic Studies; Antonia Hernandez, President of the California Community Foundation; and Marjorie Kagawa-Singer, a professor at the UCLA School of Public Health and Department of Asian American Studies.

Women from disadvantaged groups face limited access to quality healthcare and, not surprisingly, often are less healthy than women who have private health insurance coverage. "The majority of individuals who have limited access to quality healthcare come from traditionally underserved and underrepresented communities. Low-income women of color are disproportionately impacted as they have the least access to resources," Hernandez said.

Workshop topics ranged from social determinants of health to reproductive health and the environment. Among the statistics discussed was the high rate of STD's found in the nation's young black and Latina women, accounting for 79% of all reported HIV cases in girls 13-19 years of age.

To learn more about the health policy summit [click here](#).

First 5 LA Fellows Help Tackle Well-Child Care



How well does our current healthcare system serve young children? What improvements should be made? Is anything in the works?

Join **First 5 LA** next week as three pediatricians who have worked to improve well-child care systems across the United States address those questions and share their professional experiences and challenges.

June 2, 9am-3:30pm: "Stepping up Together" to Support Thriving Communities, at the Carson Community Center, 801 E. Carson St., Carson 90745. Families and Caregivers are encouraged to attend. Call Cathy Cesarz of Karina Martin at the South Bay Center for Counseling at (310) 414-2090 or visit www.sbaycenter.com.

June 2, 10:00am-5:00pm: FERIA del Libro: A Family Book Fair at Los Angeles City Hall. Visit www.feriadellibro.net.

June 2, 10am-3pm: Resource Fair and Block Party, sponsored by South Los Angeles Youth and Young Adult Self-Determination Center and Loving Your Disabled Child, held in Los Angeles, the block of 7th Ave. between Jefferson Blvd. and 36th St. Contact Theresa, Ray or Susie at (323) 373-0483.

June 2, noon-5pm: La FERIA de Los Niños, sponsored by El Curacao, KMEX 34, and KFTR 46, at El Curacao Los Angeles, 1650 W. Olympic Blvd., LA 90015. Call Marguerite at (213) 427-7425.

June 5-6, 7:30am-3:30pm: Sweet Success Affiliate Training for the assessment and management of pregnant women with diabetes at the Miller Family Health Education Center, 3820 Cherry Ave., Long Beach, CA 90807 \$200 non-affiliates, \$150 affiliates. For more information contact CDAPP at 562-595-6459

June 6, 12-2pm: Transforming Well Child Care: Implications for Early Childhood Systems, presented by the First 5 LA Fellowship Program in collaboration with UCLA Center for Healthier Children, Families and Communities, at First 5 LA, 750 N. Alameda Street, Los Angeles, CA 90012. Early childhood and healthcare professionals are encouraged to attend. Space is limited; please RSVP Marcell Shannon at marcellshannon@mednet.ucla.edu by June 1. Lunch will be provided.

June 9, 7am-5pm: Play+Learn+Grow: The Quest for Quality Child Care Conference, sponsored by Crystal Stairs, at the Los Angeles Convention Center/West Hall. Call **Tina Esposito** at (323) 421-2494 or tesposito@crystalstairs.org.

June 18, 8am-4pm: Transforming Our Community, for parents, caregivers, transitional age youth, and mental health professionals, sponsored by LA County Department of Mental Health Services and the California Endowment, at The California Endowment 1000 Alameda, LA 90025. Contact Luz Mora at moranl@dcfs.lacounty.gov.

Touching on topics such as new supportive technologies and innovative systems of care, the doctors will discuss lessons learned.

Speakers include Dr. David Bergman, a general pediatrician in the Department of Pediatrics at Stanford University School of Medicine, Dr. Ed Schor who leads the Commonwealth Fund's Child Development and Preventive Care program, and Dr. Neal Halfon, director of the UCLA Center for Healthier Children, Families and Communities.

The free seminar is from noon-2 pm, Wednesday, June 6th, in **First 5 LA's** multi-purpose room. It is the second presentation in a series sponsored by the **First 5 LA/UCLA Fellowship Program**, a collaborative effort in which **First 5 LA** has welcomed on-board two UCLA graduate students to work on leading-edge projects relating to early health and learning. To register, e-mail your RSVP by Monday, June 1st, to Marcell Shannon at marcellshannon@mednet.ucla.edu.

GRANTEE PROFILE

Third in a series highlighting the Best Babies Collaboratives - four grantees part of the Healthy Births Initiative.

Teen Finds Support with the South Los Angeles Best Babies Collaborative



When Amanda gave birth to her baby girl, Celia, the young mother's future seemed frighteningly bleak. Seventeen years old, living with an abusive boyfriend, drug addicted, and already possessing a criminal record, Amanda knew she wanted a better life for her child. The question was how to accomplish that. She didn't know where to start.

Luckily, Emily Flores came along at the right time. A case manager with MotherNet LA, a member of the South LA Best Babies Collaborative, Emily began working with Amanda two months after her baby was born. A willing Amanda, who asked that her real name not be used, was quickly enrolled in the BBC, and she and Emily began to work on a plan to improve the lives of mother and daughter.

"She has achieved a lot," said Emily, who has supported Amanda for over a year now. Amanda is now six months away from graduating high school. She lives with her mother, works locally and is planning to attend college. "If it were not for Emily I would not be here," said Amanda, who has received transportation vouchers and free therapy through the program.

MotherNet is part of a five-agency network that works to meet the needs of the community. A hot spot for women like Amanda, the South LA BBC provides case management, monthly social support groups and education to women and teens during and between pregnancies. Support includes chemical dependency and domestic violence counseling, diabetes care, asthma control, inter-conception care and breastfeeding.

"The BBC partners are collaboratively improving comprehensive care for families, giving all babies in South L.A. a healthy start in life," says Julia Heinzerling of South Los Angeles Health Projects, the lead agency for the Collaborative.

June 25, 9:00am - 4:00pm: *Depression and the Breastfeeding Woman* presented by the Breastfeeding Task Force of Greater Los Angeles at San Gabriel Valley Medical Center's Community Health and Education Center, 261 Junipero Serra Dr., San Gabriel, CA. For more information call **Debbie Cowley** at (213) 596-5776 or visit www.breastfeedla.org and go to Upcoming Seminars for registration.

June 25-29, 2007: "SUMMER 2007 'A Head Start on Science' Workshop" for preschool Teachers & Administrators. The Head Start on Science Project at CSULB is a full-week hands-on training. For registration form and fees [click here](#), or contact Head Start on Science, 562.985.4802 or email SCI4KIDS@CSULB.EDU.

August 25, 10am-8pm: *Back to School Fair and Community Celebration*, sponsored by the Office of L.A. County Supervisor Don Knabe, at Adventure Park in South Whittier. Call **Joseph Matthews** at (562) 807-7350.

To date the South LA BBC has provided case management for more than 125 women, and has reached thousands more through education and outreach. To learn more about the South LA Best Babies Collaborative go to www.labestbabies.org.

CHAMPION PROFILE

Gay MacDonald: ABC's in the 1,2,3's



Director of the UCLA Early Care and Education Department, **Gay Macdonald** has worked with children for over 25 years. She oversees three childcare centers licensed for more than 250 children ages two months to 6 years old. In addition to serving the children of UCLA students, staff and

faculty, Gay operates an internship program allowing entry level teachers to work for six months under the supervision of a master teacher.

Gay, who has been at UCLA since 1991, started her professional career teaching disadvantaged and immigrant secondary school students. While dealing with the challenges of teaching these students she began to realize the importance of early development and its impact on later life. Since then she has worked to improve the quality of early care and education for children, emphasizing the need for secure relationships and a meaningful context for effective learning. Making time for play is also a key component for Gay.

Gay has served as president of the North Bay Association for the Education of Young Children and co-chair of the curriculum sub-committee of the LAUP planning committee. She is currently a member of the L.A. County Child Care Planning Committee and of the Advisory Board for Rainbow Rising, a non-profit child care corporation.

Which book has most influenced your life?

"The Pokey Puppy" - I adored the book as a child and my family was good enough to read it to me at least 10,000 times, long after they were sick of it.

Which historical figure do you admire most and why?

Eleanor Roosevelt, for overcoming a lifetime of challenges while still living in a gracious, generous, and altruistic way.

What is your favorite way to spend time with an important child or children in your life?

The sandbox - with plenty of water available for making streams and lakes.

What is the greatest challenge the children and families of LA County face today?

Parents working too many hours to provide for their children. Children resonate to this stress, which is greatly detrimental to their development in all domains.

EVIE'S DESK

Making Exercise "Fit" Your Family



Forming healthy habits starts during a child's early years and lasts a lifetime. Raising healthy children is more than eating nutritious foods and watching portion size. It also includes encouraging and participating in physical activity.

In the spirit of National Physical Fitness and Sports Month, I would like to recommend some age-appropriate exercises to keep children and caregivers active:

Infants to 1 year old:

- Place your baby on his or her stomach for "tummy time" to help build neck and core muscles and prepare for crawling
- Practice crawling with your baby outdoors on a blanket
- Stretch your arms and wiggle your toes together

One to 2 years old:

- Play follow-the-leader, making sure to hop, jump and crawl along the way
- Toss a ball with your toddler and practice coordination skills
- Playfully chase your child in the house or on the playground and hug your toddler when you catch him or her

Three to 5 years old:

- Dance to music
- Play your favorite childhood games, such as hopscotch, leap frog and hide-and-seek
- Go on a walk or hike to explore the outdoors

Children who are overweight during their early years are more likely to be obese later in life, so it's especially important to encourage and participate with your young ones in exercise habits early on. Remember, exercise in childhood can help usher in a lifetime of good health.



Evelyn V. Martinez
Executive Director
First 5 LA

Which living person do you most admire and why?

Docia Zavitcovsky, a leader in early childhood education. At 94, she is still celebrating life and working for the improvement of family life and child development.

What is your motto?

"Rock the cradle - and the boat!"