



September-December 2008 Quarterly E-Newsletter



CFPHD Member Highlight: Linda Sutherland

Linda Sutherland, Executive Director of Orange County Healthy Start Coalition, has been an active member of the CFPHD since its creation. Along with being one of the founding members of CFPHD, she has chaired its Education Committee and served as Secretary on the Governing Committee. She brings a unique perspective and goal to the Partnership's mission, with her focus on the health of babies. "Unfortunately, black babies are more than twice as likely to die in their first year of life as white babies. This racial disparity in birth outcomes is true even taking into account income, education and age of the mother. I find this unacceptable and work with many groups to try to eliminate this disparity. Since all health is interrelated, to accomplish my goal, I must work to reduce or eliminate all health disparities. CFPHD provides a perfect avenue to share resources, information and ideas on how to best accomplish our goals. We can also leverage dollars by working together and bringing awareness to the many issues surrounding health disparities," she says. Along with working to end health disparities among minority babies

and pregnant moms, Linda works on Healthy Start's own goals, which according to her are, "to prevent infant mortality and low birth weight. We do this by working with the community to develop needed resources for pregnant women and new parents. We do case management and home visitation for at risk families and offer services such as smoking cessation, nutritional counseling, mental health counseling, breastfeeding support, parenting and childbirth education." For more information on Linda Sutherland and Orange County Healthy Start Coalition, please visit www.healthystartorange.org.



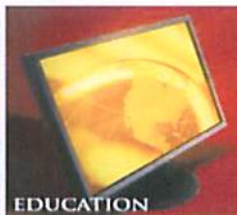
PLEASE JOIN US AT THE 2009 BEST PRACTICES FORUM



INNOVATION



COLLABORATION



EDUCATION



RESEARCH

THE CENTER FOR HEALTH FUTURES AT FLORIDA HOSPITAL AND THE SENIOR RESOURCE ALLIANCE
CORDIALLY INVITE YOU AND YOUR GUESTS TO ATTEND

THE CARE TRANSITIONS INTERVENTIONSM: IMPROVING QUALITY AND SAFETY DURING CARE HAND-OFFS.

THURSDAY, JANUARY 8TH,
2009, 2:00 PM – 4:00 PM

WINTER PARK MEMORIAL HOSPITAL
MEDICAL LIBRARY BUILDING, 2ND FLOOR
200 NORTH LAKEMONT AVE.,
WINTER PARK, FLORIDA 32792
(CORNER OF MIZELL AND LAKEMONT,
JUST SOUTH OF ALOMA)

Please join us as **Eric A. Coleman, MD, MPH**, shares his knowledge and experience with the *Care Transitions InterventionSM*: A patient-centered program which utilizes the expertise of 'transition coaches' to facilitate care transitions or 'hand-offs' that occur across settings. Studies demonstrate that older hospitalized patients who receive this intervention are less likely to be readmitted to the hospital and are more likely to achieve their goals around symptom control and functional status.

The Senior Resource Alliance is pleased to be a co-sponsor of this event. The mission of the Senior Resource Alliance is to enable elders to age with independence and dignity in the setting of their choice by providing information, community leadership, advocacy and development of resources to support services to elders in Central Florida.

PLEASE BE SURE TO RSVP EARLY, AS DEMAND IS HIGH AND SPACE IS LIMITED.
CALL JILL AT 407-646-7124 OR EMAIL: JILL.SLAFF@FLHOSP.ORG BY JANUARY 4, 2009,
WITH TOTAL NUMBER OF PEOPLE IN YOUR PARTY.

SNACKS AND BEVERAGES PROVIDED



CFPHD Holiday Needs List!!



In the light of the upcoming holiday seasons, many CFPHD Partner Organizations are looking for donations. Please see the list below and contact the organizations for more information.



- The *Parkinson Outreach Center* is in need of a portable CD player to be used for dance classes at Parkinson support groups.

- *Orange County Healthy Start Coalition* is *always* in need of diapers.
- *The Center for Multicultural Wellness and Prevention, Inc* is in need of 2 computers and 2 small desks.
- *Mothers Against Drunk Driving, Central Florida* is always in need of arts and crafts supplies for our youth programs.
- *Orange Blossom Family Health Care Center* for the homeless has started a drive for their patients. They are hoping to get gift cards from supermarkets or retail stores like Wal-Mart. They also would like bus passes and unwrapped new toys.



- *Hispanic Health Initiatives, Inc* is collecting unwrapped toys until January 5th for their Three Kings Day Celebration. The children range from ages 1 yr–10yrs and are under the care of the Orange/Seminole Foster



THE CDC'S 12 WAYS TO HEALTH HOLIDAY SONG

1. The **first** way to health, said the CDC to me
Wash hands to be safe and healthy.

2. The **second** way to health, said the CDC to me
Bundle up for warmth, and wash hands to be safe and healthy.

3. The **third** way to health, said the CDC to me
Manage stress, bundle up for warmth, and wash hands to be safe and healthy.

4. The **fourth** way to health, said the CDC to me
Don't drink and drive, manage stress, bundle up for warmth, and wash hands to be safe and healthy.

5. The **fifth** way to health, said the CDC to me
BE SMOKE-FREE, don't drink and drive, manage stress, bundle up for warmth, and wash hands to be safe and healthy.

6. The **sixth** way to health, said the CDC to me
Fasten belts while driving, BE SMOKE-FREE, don't drink and drive, manage stress, bundle up for warmth, and wash hands to be safe and healthy.

7. The **seventh** way to health, said the CDC to me
Get exams and screenings, fasten belts while driving, BE SMOKE-FREE, don't drink and drive, manage stress, bundle up for warmth, and wash hands to be safe and healthy.

8. The **eighth** way to health, said the CDC to me
Get your vaccinations, get exams and screenings, fasten belts while driving, BE SMOKE-FREE, don't drink and drive, manage stress, bundle up for warmth, and wash hands to be safe and healthy.

9. The **ninth** way to health, said the CDC to me
Monitor the children, get your vaccinations, get exams and screenings, fasten belts while driving, BE SMOKE-FREE, don't drink and drive, manage stress, bundle up for warmth, and wash hands to be safe and healthy.

10. The **tenth** way to health, said the CDC to me
Practice fire safety, monitor the children, get your vaccinations, get exams and screenings, fasten belts while driving, BE SMOKE-FREE, don't drink and drive, manage stress, bundle up for warmth, and wash hands to be safe and healthy.

11. The **eleventh** way to health, said the CDC to me
Prepare dinner safely, practice fire safety, monitor the children, get your vaccinations, get exams and screenings, fasten belts while driving, BE SMOKE-FREE, don't drink and drive, manage stress, bundle up for warmth, and wash hands to be safe and healthy.

12. The **twelfth** way to health, said the CDC to me
Eat well and get moving, prepare dinner safely, practice fire safety, monitor the children, get your vaccinations, get exams and screenings, fasten belts while driving, BE SMOKE-FREE, don't drink and drive, manage stress, bundle up for warmth, and wash hands to be safe and healthy.

Planned Parenthood of Greater Orlando has partnered with Orange County Public Libraries to do a series of workshops on Cervical Cancer prevention. There will be four workshops at Orange County Public Libraries in the month of January, which is Cervical Cancer awareness month.

*Saturday, January 10th 2009
Eatonville Branch, 11:00am
South Trail Branch, 2:30pm*

*Tuesday, January 13th 2009
Alafaya Branch, 6:30pm*

Wednesday, January 14th 2009

The American Cancer Society's Relay for Life

One in three people will be diagnosed with cancer during their lifetime. The American Cancer Society Relay For Life[®] is a life-changing event that brings together more than 3.5 million people across the country each year to celebrate the lives of those who have battled cancer, remember loved ones lost, and fight back against a disease that takes too much.

Sign up or donate today and join us to mark this milestone and the successes we've achieved together during the last 25 years. Relay For Life[®] participants have a passion for Relay and a fun, competitive spirit.

Kissimmee Relay For Life Event is April 17 to 18 2009. To donate or join a team go to www.relayforlife.org/kissimmrfl and

click on ACTELL Fighters, or choose a team from the list to join.

Our next event meeting will be held at 1515 Michigan Ave in the conference room in January 8 at 6:00PM Call Terrel Dennis at 407 518 1437 if you wish to join us.



Help Feed Hungry Families in Central Florida.

Your donation of food helps the Children and Families of Orange County during this Holiday Season.



*All types of non-perishable food items are appreciated.
Our greatest needs are for:*

*Peanut Butter * Macaroni & Cheese
Cereal * Spaghetti Sauce * Tuna
Boxed Dinners * Canned Meat
Mashed Potatoes * Pasta*

The Children's Cabinet of Orange County Holiday Food Drive
Benefits the 2nd Harvest Food Bank.
Donations can be Dropped Off at The
Orange County Juvenile Assessment Center

100% Access to healthcare, with Zero Disparities
Is that your idea for the future of healthcare?

Be a part of CFPHD!

Phone: (407) 646-7120

Fax: (407) 646-7146

**Address: Central Florida Partnership on Health Disparities
200 North Lakemont Avenue
Winter Park, FL 32792**

To see meeting minutes, list of Partners and other information on the Central Florida Partnership on Health Disparities
Please visit our new and improved website: www.cfphd.org