



November 2009

[Google calendar](#)

[Program descriptions](#)

[PDF calendar](#)

Programs & News: 11-09

In This Issue

Program of the Month

New Groups

Kids' Activity of the Month

Meet Our New Provider

Flu Shots

Sustainability Talk

Resource of the Month

November Programs, at a Glance

Portsmouth:

This month only:

How to Talk to Your Kids ... Keeping the 'Happy' in Holidays ... Help Your Child Keep it Together ... Grandparenting

Ongoing:

Parent Recharge ... Babytime ... Toddler Playtime ... Preschool Playtime ... Family Fun Night ... Grandparenting ... Mother-to-Mother Postpartum Adjustment Group (**new**) ... Make It and Take It (**new**)

Lower Seacoast:

Parent Recharge ... Family Morning Out ... Who's in Charge in Your Home? ... Best Holidays Without Going Broke... Living with Teens and Preteens

Western Rockingham County:

Family Morning Out ... Who's in Charge in Your Home? ... Best Holidays Without Going Broke

For more about these programs, click below for information in your choice of three formats:



[Text descriptions/flyers](#)



Quick Links

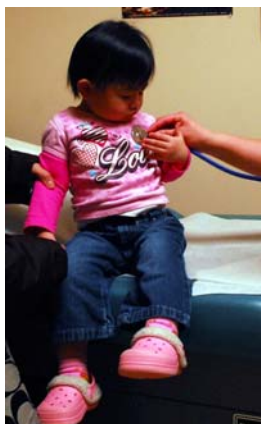
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PROGRAM OF THE MONTH: Children's Health Care

The pediatric program at Families First is designed to take care of your child in sickness and in health. The "well child" part of the program is a series of regular checkups, screenings and immunizations to help your child stay healthy. But if your child does get sick or hurt, we'll get him or her in to see us within 24 hours -- usually less. Our pediatric nurse practitioner, Eileen McCarthy, has more than 20 years' experience providing health care for children of all ages, which has given her a great understanding of children and of family issues. One bonus of bringing your child to Families First is that well-child exams include regular developmental screenings by child development specialist Randy Tallent to identify any problems and get help for children as early as possible. And families in our pediatric program have access to our dental center, home visitors, nutritionist, parenting classes and more. Families First accepts Medicaid and most private insurance plans, and will help uninsured children get free or low-cost insurance. For an appointment, call 603-422-8208 option 1. [More information](#)

New Programs for Grandparents, Parents and Kids

When you're checking out November parenting and family programs at Families First, make sure you don't miss these new programs:

***Mother-to-Mother Postpartum Group**, for mothers experiencing anxiety or depression after a new baby, meets every Tuesday at 10 a.m.

***Grandparenting**, a 4-week class covering many aspects of the grandparenting experience, meets Wednesdays, October 28 through November 18 at 9:30 a.m.

***Make It and Take It**, craftmaking for parents and kids together, meets Tuesdays at noon in the Head Start hallway, upstairs from Families First.

***What to Do When Your Child is Bullied**, presented by the Parent Information Center, meets Tuesday, Nov. 10, at 6 p.m.

All programs are free of charge and meet at the Community Campus. Click the links above for information about each program in a flyer format that you can print and post.



KIDS' ACTIVITY IDEA OF THE MONTH: Leaf Art

Collect colorful leaves and place them on a sheet of wax paper. Next, grate crayons (a few different colors) onto the wax paper, on and around the leaves. Put another layer of wax paper on top and then iron them together. Hang in the window and enjoy!

Families First Welcomes New Provider, Kerry Hasselbrack, ARNP



Families First's new family nurse practitioner, Kerry Hasselbrack, ARNP, did her internship at Families First while studying for her master's in nursing at UNH. We liked her so much that we asked her to join us full-time at the health center after she got her degree, and she has been a member of our primary-care staff since August. Originally from Amherst, NH, Kerry obtained her bachelor's degree in nursing at Northeastern University, where her training included working at the Health Care for the Homeless program in Boston and Cambridge and other social-service agencies. She then worked as a registered nurse in the intensive-care unit at Catholic Medical Center in Manchester, and also spent several months doing research in Kenya.

Families First Executive Director Helen Taft says Kerry is valued for the way she becomes "very involved with the whole patient and follows up to try to get all their needs met, not only medical needs. She likes the complexity and diversity of issues that she finds here, and she is a very warm and caring provider."

Flu Vaccine & Flu Information Meeting

Seasonal flu vaccine is available now for all Families First Health Center patients. The seasonal flu vaccine is recommended for anyone who wants to reduce the likelihood of becoming ill with influenza or spreading influenza to others. Families First will also be offering the H1N1 vaccine to Health Center patients, as available and in order of priority need. If you are a Health Center patient, please call 603-422-8208 ext. 1 to schedule your seasonal flu vaccine and ask about availability of H1N1 vaccine.



Also, local pediatricians Dr. Dixon Turner and Dr. Kevin Hodges will hold an information session about seasonal and H1N1 flu on November 4 from 6 to 7 p.m. in the Little Theater

at Portsmouth High School.



Please Join the "Sustainability" Conversation

A community conversation is taking place in Portsmouth, and Families First has been asked to spread the word to our clients and invite them to be a part of it. The topic of conversation: *How can we make Portsmouth the most sustainable place to live and work in for everyone?*

You may think sustainability refers to preserving the environment, but that is only part of it -- economic and social sustainability are equally important. For example, Portsmouth will have trouble sustaining an adequate workforce without affordable housing and affordable health care. Sustainability is about sharing and using resources in a fair and equitable way.

That's why the Mayor's Blue Ribbon Committee on Sustainability, Portsmouth Listens and the Piscataqua Sustainability Initiative have invited **everyone in the community** to participate; they need to hear everyone's concerns while creating a five-year sustainability plan. **To find out how you can be a part of this conversation**, or if you have questions, [send an e-mail to Jim Noucas](#). You can also stay informed by registering at the [Sustainable Portsmouth website](#) and/or joining the "Sustainable Portsmouth" group on Facebook. Also, plan to participate in a community conversation at the Portsmouth High cafeteria on November 21 from 8:30 to noon. Babysitting and transportation are available if you [request them in advance](#).



RESOURCE OF THE MONTH: RCA Head Start

Rockingham Community Action has immediate openings in Portsmouth and other towns for Head Start, a free morning preschool program for children ages 3 and 4, including those with special needs. Head Start also provides families with many supports and links to services. To be eligible families must meet income guidelines (for example, currently \$22,050 or less for a family of four). For more information, call 1-800-556-9300 or 603-430-4900, or visit

[RCA Head Start's web page](#).

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