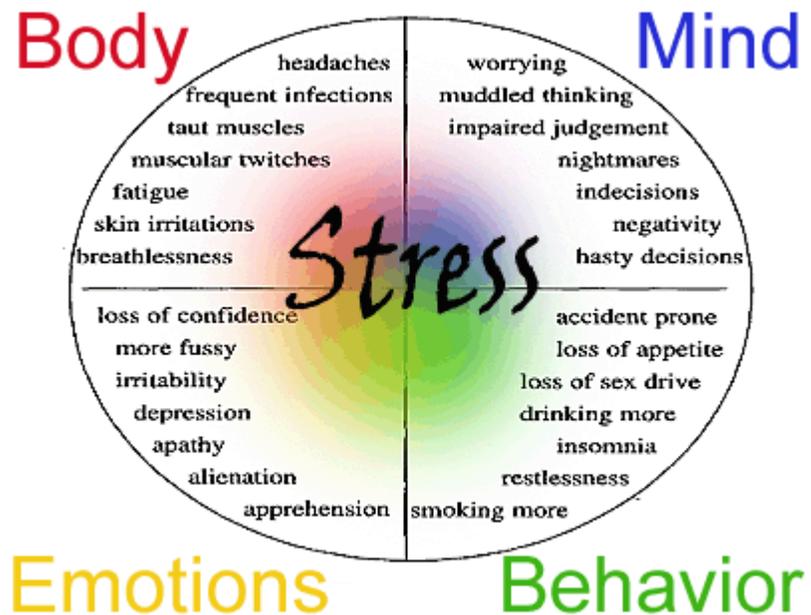


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National Stress Awareness Month
 April is here and not only does it bring us spring, new blooms and beautiful weather, it also brings us **Stress Awareness Month**. What you don't know about stress can kill you. Here are a few things about stress and some general tips to take care of yourself.



GENERAL TIPS

RECOGNIZE THE WARNING SIGNS

- Feeling overwhelmed
- Inability to concentrate
- Constant worrying
- Moodiness, agitation or restlessness
- Inability to relax
- Insomnia
- Eating too much or too little

TAKE CARE OF YOURSELF

- * Exercise daily
- * Eat nutritious foods
- * Stay away from coping mechanisms like alcohol, nicotine or caffeine
- * Get enough sleep
- * Organize and prioritize your tasks
- * Learn to laugh- keep it in perspective



2016 Pinwheels for Prevention #GreatChildhoods

“Every Child deserves 365 days of a happy, healthy childhood”

Children from the First Assembly of God Church After School program planted a garden of 480 blue and silver pinwheels on the lot at the corner of California and Washington (across from the Post Office) to commemorate Child Abuse Prevention Month. This is sponsored by the Arkansas State Child Abuse and Neglect Prevention Board, Local Council on Child Abuse Prevention and A Healthy Ouachita County (AHOC) in an effort “to empower and support individuals within our communities to live healthy lifestyles through prevention, education, training and advocacy.”

Why Pinwheels?

In 2008, Prevent Child Abuse America introduced the pinwheel as the new national symbol for child abuse prevention through Pinwheels for Prevention®. What research showed is that people respond to the pinwheel. By its very nature, the pinwheel connotes whimsy and childlike notions. In essence, it has come to serve as the physical embodiment, or reminder, of the great childhoods we want for all children.

Let’s do our part to give our children the opportunity to have a healthy childhood! **When we invest in healthy child development, we are investing in community and economic development.**

The sponsors of the program want to thank Dr. Ladd for allowing the use his property to display these pinwheels and bring awareness to the community about the child abuse that needs to be stopped. Special thanks are also extended to Randy Wright for help with preparing the site.



Community Health Day– Texarkana

Miller County HHI, in partnership with The Legacy Initiative and UAMS Prevention South, hosted a Community Health Day March 19, 2016. This was a first of its kind event that was originally scheduled for November, to promote the Great American Smokeout and America Recycles Day. The day consisted of a 5K “Cold Turkey” run and a boat race with boats made strictly of recycled materials: paper, plastic or cardboard and held together by duct

tape only! Participants had a splashing good time! Vendors braved the morning weather to discuss multiple health related topics.





COOL Kids

Coaching Our Outstanding Leaders



Cool (Coaching Our Outstanding Youth) Kids was established in February of 2016. This program was founded by the current Y2L Teens in order to further the PRIDE Program goals of mentoring the past PRIDE Academy graduates. For this new program to be successful we had to determine a location for the program to be held at. A new collaboration was formed with Life House Ministries, Pastor James and Cindy Ross, located at 915 East Street. TAPD was very familiar with Life House and knew that the goals and objectives were very similar to that of the PRIDE program; to provide children of the community an opportunity to receive mentorship and positive interactions.

Pastor James and Cindy were very receptive of TAPD and agreed to house the COOL Kids program. At that time logistics were worked out and discussed. It was determined that the makeup of COOL Kids would be Y2L members, who will serve as Coaches and the 2015 PRIDE Academy graduates will serve as the COOL Kids. The program would take place every Monday, after school from 3:30-5:30pm throughout the duration of the current school year. Texarkana Arkansas School District provided a list 33 PRIDE Academy 2015 graduates and provides transportation by school bus to Life House each Monday.

The Y2L members were tasked with building a schedule for each COOL Kids meeting. They decided to keep the groups small in order to make the biggest impact. This resulted in 3 teams, comprised of 10-12 students; Group K, Group I, and Group D. Each week the schedule would stay the same, the teaching topic would change.

The first COOL Kids meeting was held on February 22nd, 2016 and has successfully occurred every Monday since. The Kids arrive at 3:33pm and will sit down with their Coaches and eat pizza. At 4:00pm the sessions will begin. The monthly focuses of February and March have been on pride, obedience, and attentiveness. So far at this point during the mentoring sessions the teams have volunteered at God's Closet (a neighborhood outreach center that provides clothing and household items to people of the community in need for no cost), and have planted and assisted with maintaining a vegetable and herb garden.

<http://www.ktbs.com/story/31380976/tapd-starts-after-school-program-for-at-risk-youth#.VtmYA5IOUpY.facebook>



Car Seat Drive

In 2015, forty-four *No Child Restraint* tickets were issued in Howard County to drivers who didn't provide proper car seats for their children. Arkansas Child Restraint Laws state that infants from birth to at least twenty pounds should be restrained in a rear-facing or convertible seat rear-facing, and children from twenty to 60 pounds are required to be restrained in a convertible seat forward facing or forward facing seat or booster seat as applicable. Failure to follow these laws results in a fine of \$25-\$100.



In an effort to raise awareness of the Arkansas Child Restraint Laws and reduce injuries due to motor vehicle crashes, the local law enforcement entities, court system and Howard Memorial Hospital partnered to offer a forgiveness initiative for a *No Child Restraint* citation. In Nashville, there is a Child Passenger Safety Seat Technician at Howard Memorial Hospital. The technician's name is given to the driver whenever a *No Child Restraint* citation is written. If the driver can provide proof they had attended a Child Passenger Safety Seat class by the Certified Technician, charges may be dismissed. For drivers that do not have car seats or have seats that are inappropriate for the child's age/size, a free seat was provided as part of the Child Passenger Safety Seat class.

To sustain the local Child Passenger Safety Seat initiative, it was determined the area was in need of an awareness campaign and more car seats! Current partners teamed up with Nashville High School EAST students and the Howard County Health Improvement Coalition to assist Nashville Police Department and the Howard County Sheriff's Department with raising awareness concerning car seat safety, as well as collecting car seats that will be accessible to those in need. Working with local law enforcement and the Prosecutor's Office, the group decided to host a Car Seat Drive that would last March 28th through April 1st.

The Howard County Car Seat Drive was designed to involve the entire community. The Drive was linked to a fine forgiveness initiative... For every new car seat donated, \$500 was waived from existing fines and for every booster seat donated, \$50 was waived. Of course, no ordered restitution or court costs qualify to be forgiven. All donated seats were dropped off at either Nashville Police Department or Howard County Sheriff Office during regular business hours and must be in the original packaging. Friends or relatives could donate a seat in someone else's name to help with their existing legal fines. Some people donated multiple seats to get even more of their fine forgiven.

By the end of the week, a total of 224 car seats and 28 booster seats were donated as part of the Car Seat Drive which is approximately \$15,000 worth of seats! Nashville EAST students and the HCHI would like to thank all those who made this project such a great success, with a special thanks to Howard County Sheriff Bryan Mc Junkins and Assistant Police Chief Amy Marion.

These car seats will be utilized at the Howard County Health Improvement Safety Baby Showers and will be available as part of the forgiveness initiative for *No Child Restraint* citations.



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Around the Region.....

Planning for Community Garden in Prescott

In an effort to increase nutritional awareness and access to healthy foods, the Prescott Nevada County Health Alliance (PNCHA) decided to begin a community garden in conjunction with Grow & Share on their to do list this year. Teresa Pribilski, AR Community Corrections, and Pam Hearnberger, Department of Human Services, presented the concept of a community garden to the Prescott City Council. Within minutes of the conversation opening, land was donated by Alderman, Robert Loe. The plot of land is on Highway 67, behind a carwash and adjacent to the DHS Office, which is easily accessible to the residents of Prescott. The community garden will be next to the Department of Human Services where low income families come for many services.

The goal of the community garden is to increase access to healthy vegetables. Sandy Martin, proprietor of the USDA certified organic farm – Country Girl Organic Farm, has volunteered to mentor the project and donate some seeds. Sandy has many years of farming experience and developing community gardens is one of her passions. Sandy and Teresa have partnered for the last three years utilizing the Country Girl Organic Farm as a therapy tool for the Hempstead/Nevada County Drug Court Program to bring nutritional awareness and healthy life choices to the Drug Court clients. The clients have had their own booth at various Farmers' Markets around the area.

While the project is still in the planning stages as to whether it will be plowed, raised beds or a combination of both, the first steps have been taken to bring the project to fruition. Currently, the PNCHA is continuing with project planning meetings to determine program details including how to coordinate the community garden with the new Grow & Share initiative.

The Grow & Share initiative will enlist the help of local farmers and gardeners via media campaign to "Plant An Extra Row" to donate. The donated produce will be targeted for the Senior population, but will also be available to other families in need. A partnership has been developed with the local food bank, Food Share, to disseminate the fresh produce to Seniors utilizing their program throughout Nevada County.

This Healthy Eating project has many moving parts and will require a variety of committed partners to reach success. Some of the current partners include Food Share, Senior Citizen Center, DHS, Nevada County Health Unit, local youth group and elected officials.

**Little River Hometown Health Presents the 1st "Eat and Educate—
A series of Health and Wellness Topics"**

Traumatic Brain Injury Awareness

According to the Brain Injury Association of America, each year an estimated 2.4 million children and adults in the United States sustain a traumatic brain injury (TBI), and another 795,000 individuals sustain anacquired brain injury (ABI) from nontraumatic causes. TBIs can affect the functionality of the brain—affecting thinking, reasoning, and memory. Whether the victim is an adult, a child, or an infant, TBIs can have a major impact on individuals and their families. To raise awareness of traumatic brain injury, the Little River HHI hosted Aleecia Starkey, Certified Brain Injury Specialist with the Arkansas Department of Education in their first quarterly series of health and wellness topics. Mrs. Starkey discussed with the attendees the importance of accurate diagnosis. She stated that sometimes a students TBI goes undiagnosed or is misdiagnosed as a learning disability or behavioral problem. Having a correct diagnosis can lead to more a tailored — and successful treatment plan. The annual incidence of traumatic brain injury is five times the combined annual incidence of multiple sclerosis, breast cancer and HIV/AIDS. Despite this startling statistic, brain injury is largely an invisible health epidemic. The only known cure for brain injury is prevention.