



Healthy Beginnings

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Promoting Healthy Births and Healthy Families

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Are You Thinking About Having Another Baby?

Have you ever heard of Birth Spacing?

Birth spacing is the amount of time a woman waits after giving birth until she gets pregnant again. For most women, it's best to wait 18 months. This means your baby will be at least one and a half years old before you get pregnant again. This is how much time your body needs to recover from your last pregnancy—before it's ready for the next one.



Why Birth Spacing is important:

Getting pregnant again before 18 months increases the risk of certain health problems for your baby. The shorter the time between pregnancies, the higher the risk.

- The baby might be born too soon (before 37 weeks). Babies born too soon have to stay in the hospital longer than usual.
- The baby might be born too small (less than 5 pounds 8 ounces).
- Babies born too soon or too small are more likely to have long-term health problems such as developmental delays, asthma, vision loss, and hearing loss.

What can you do to get the right amount of time between pregnancies?

- ⇒ Wait at least 18 months after having a baby before getting pregnant again. This gives your body the time needed to heal from the physical stress of the last pregnancy and to rebuild its supply of important nutrients.
- ⇒ Use effective birth control (also called contraception or family planning) until you're ready to get pregnant again. Examples of birth control include implants, IUDs, the pill, and condoms. If you're pregnant, talk to your doctor about getting an IUD or implant right after you have your baby (or at your 6-week, post-partum check-up).

Source: March of Dimes

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**The mission of
the Mohawk
Valley Perinatal
Network is to
improve birth
outcomes and
maternal, child
and family health**

Do you know how to protect yourself from Carbon Monoxide Poisoning?

Carbon monoxide (CO) is a poisonous gas that you can't see, smell or hear—which makes knowing the facts important.

You might be surprised to learn that breathing in CO is the leading cause of poisoning in the United States. There are 5,000 cases of accidental exposures to CO each year.

Most CO poisonings happen during the winter. This is because the gas can leak from:

- Furnaces that are not working properly
- Space heaters
- Propane gas heaters
- Kerosene heaters
- Wood stoves
- Fireplaces
- The indoor use of charcoal grills
- The use of gas stoves as a heat source

What are the symptoms of CO poisoning?

- Headache
- Dizziness
- Nausea
- Fatigue
- Shortness of breathe

People often describe their symptoms as being “flu-like”. After symptoms set in, if the person does not leave the area to breathe fresh air—they will pass out, and potentially die if no one is there to call for help.

The good news is that one simple step can help prevent CO poisoning within your home:

- ⇒ **Place a carbon monoxide alarm (similar to a smoke detector) on each level of your home.**



CO detectors are small, not very expensive, and they don't need to be “installed”. Simply put in a battery and place it wherever you'd like (or plug it into the wall). If at any point the alarm sounds, immediately go outdoors (or near an open door or window) to breathe fresh air, and call 911.



Other tips to prevent carbon monoxide poisoning:

- ⇒ Never let your car or truck run inside a garage—even if the door is open. Always pull it out first.
- ⇒ Make sure heating equipment is installed properly. Have a trained professional inspect and tune up your heating system each year.
- ⇒ Keep portable space heaters at least 3 feet from anything that can burn (including bedding, furniture, and clothing). Never drape anything over a space heater to dry.
- ⇒ Keep children / pets away from space heaters. Never leave children alone with a running space heater.
- ⇒ If you use a kerosene heater, use only the fuel recommended by the manufacturer. Never put gasoline in a kerosene heater—it could explode. Before you refuel the heater, turn it off and let it cool down. Refuel outside only.
- ⇒ When using a kerosene heater, keep a door open to the rest of the house or open a window slightly. This will reduce the chance of CO build-up in the room.
- ⇒ Have your fireplace chimney and flue inspected each year and cleaned if needed. Don't burn anything in a stove or fireplace that isn't vented.
- ⇒ If you use a wood-burning stove, have the chimney connection and flue checked each year.
- ⇒ Never use your range or oven to heat your home, even for a short time.
- ⇒ Never use a generator, charcoal grill, camp stove, or other gasoline or charcoal-burning device in your home, basement, or garage (or even outside if you're near an open window)

**Know the symptoms of CO poisoning!
If you are experiencing them, get fresh air right away
and contact a doctor for proper diagnosis,
—or call the poison center at 1-800-222-1222**

Sources: The CDC; Upstate NY Poison Center

Family Planning Benefit Program

What is the Family Planning BENEFIT Program?

Women — Men — Teens

The Family Planning Benefit Program (FPBP) offers **FREE** services to help you plan your future!

What Free Services Can I Get?

- Most Birth Control Methods
- Emergency Contraception (Morning After Pill)
- Annual Exams and Pap Smears
- Testing and Treatment for Sexually Transmitted Infections
- Colposcopy / Cryosurgery / LEEP
- Sterilization (Male and Female)
- Information, lab tests, and counseling related to family planning services
- Transportation to family planning visits

Who Can Get FPBP Services?

You must:

- live in New York State
- be a U.S. citizen, national, Native American, or lawfully present
- be fertile (able to father or bear a child)
- meet income guidelines (call Planned Parenthood for details: 1-800-230-PLAN)
- not be pregnant (if pregnant, you will be referred to a provider who can assist with a Medicaid application)

All of your care is 100% confidential!

You can apply to the Family Planning Benefit Program even if you have other health insurance. Call Planned Parenthood for more information or to set up an appointment to enroll: **1 (800) 230-PLAN**

The “New York Health Options” patient hotline can also be called for answers to your questions: **1 (800) 541-2831**

Family Planning Extension Program

What is the Family Planning EXTENSION Program?

The Family Planning Extension Program (FPEP) provides up to 2 years of access to **FREE** family planning services for women who were on Medicaid while they were pregnant, but lost Medicaid coverage when the pregnancy ended.

How Do I Apply?

Enrollment into the Family Planning Extension Program is done during the processing of your Access NY Medicaid Application.

What Free Services Can I Get?

- Most of the same services listed under the Family Planning Benefit Program (to the left) are also covered under the Family Planning Extension Program. The only one that is not covered is transportation to visits.

Who Can Get FPEP Services?

- any female who had Medicaid during pregnancy and lost coverage after pregnancy ended (services are available for ANY pregnancy outcome)
- must be a New York State resident
- no citizenship requirements
- no income requirements
- can have commercial insurance (insurance other than Medicaid)

For more information on these 100% confidential, free services, call the “New York Growing Up Healthy” Hotline: **1 (800) 522-5006**



Source: Planned Parenthood Mohawk Hudson, Inc.



We'd like to hear from you!
 Send information about upcoming events or ideas for future articles to: MVPN Newsletter, 3 Parkside Court, Building 2, Utica, NY 13501; Fax: 732-5640; Email: dschnier@newfamily.org

Breastfeeding Cafés

A place for pregnant and breastfeeding families to gather for breastfeeding support.

UTICA: Lady of Lourdes Church, 2222 Genesee St.

1st, 2nd & 3rd Wednesdays of the month: 12-2 pm
 4th Wednesday with LLL: 5:30-7 pm

Utica Public Library (1st floor, library cafe), 303 Genesee St.

2nd & 4th Fridays of the month: 12-2 pm

ROME: Trinity Church, 215 W Court St.

4th Wednesday of the month: 12-2 pm

ONEIDA: 607 Seneca St.

1st & 3rd Fridays of the month: 1-3 pm

ILION: Ilion Free Library, 78 West St.

1st & 3rd Tuesdays of the month: 12-2 pm

CAZENOVIA: St. Joseph's Heritage Group, 132&1/2 Albany St.

1st & 3rd Thursdays of the month: 9:30-11:30 am

For more information, visit mvbreastfeedingnetwork.com/locations

Find us on Facebook!

"Like" our page to keep up to date with information for pregnant women and parenting families—as well as Mohawk Valley Perinatal Network events & happenings!



facebook.com/mvpnbaby

New York State of Health Open Enrollment 2019

Do You Need Health Insurance?

The New York State of Health open enrollment period is from November 1st to January 31st. Need coverage for the first of the year? Be sure to set up an appointment before December 15th with our Health Insurance Navigators at (315) 732-4657.

Enrollment in the Essential Plan, Medicaid and Child Health Plus is Open all year.

For more information about NY State of Health, visit: nystateofhealth.ny.gov

Do you or someone you know need help quitting drinking?

Call the Center for Family Life and Recovery
(315) 733-1709



Pregnant?

Protect yourself and your baby.

Get early prenatal care!

Prenatal Care - Medicaid Prenatal Services Program

Early and regular check-ups are important to you and your baby's health.

Medicaid Prenatal Services Program offers complete pregnancy care and other health care services to women and teens who live in New York State.

And there's no cost to eligible women who participate in Medicaid Prenatal Services!

Call MVPN at 732-4657 or toll free at 1-877-267-6193 for more information.