

## 2021 Fall Newsletter

### Former Board Chair



Henry Fair has been serving on the Healthy Start Board of Directors since the Spring of 2018, and has served as our board chair for the past year and a half.

Since moving to Fort Walton Beach in 1994, Henry has been a strong advocate for improving the health and well-being of our local families and their children.

Henry said "Since serving on the board, it has been a pleasure to watch the Coalition grow and remain fiscally stable while furthering the mission to ensure that healthy babies are born to healthy mothers." Henry's own family is blossoming, between he and his wife

Jackie, they have 8 children and 9 grandchildren. He is employed by Kratoms-Microsystems in FWB.

### New Board Chair

Amy Lynn Herf was born in Wisconsin, but raised in Okaloosa County and considers Florida her home. She has been a licensed nurse for 28 years and licensed in X ray for 21 years. Although her formal training is on the clinical side, Amy has worked the last 13 years in community outreach, physician relations, and practice management. She has served on the Healthy Start Board for the last several years, most recently as the board chair. Amy has a passion for

community involvement and understands the importance of healthy mothers and babies. "They are truly our future!" "Having good and accessible prenatal care services, free home visiting support services, and strong relationships with community partners is what makes this coalition so successful." said Amy. "The Healthy Start Program is a valuable investment in our community". In her spare time Amy enjoys cycling, running, ballroom dance and genealogy. She is a 2008-2009 member of Leadership Okaloosa, a 2012 Community Civic Honorary Commander with the 1st Special Operations Wing, a member of the Military Affairs Committee, the Crestview Area Chamber of Commerce, an active member of the National Society of The Daughters Of The American Revolution, Choctawhatchee Bay Chapter, and a member of the Church of Jesus Christ of Latter-day Saints. Amy and her husband David together have 5 children, 2 grandchildren and 2 fur babies.



JOIN US!

HEALTHY START  
**HALLOWEEN**  
COSTUME CONTEST

ON FACEBOOK

**INFANTS & TODDLERS  
UP TO AGE 3 ONLY!**

**1ST, 2ND, AND 3RD  
PLACE PRIZE WINNERS!**

ENTER TODAY!

Healthy Start  
Okaloosa-Walton

**Healthy Start Halloween Costume Contest**

**Halloween** is just around the corner and all the ghouls and creatures are slowly stepping out. To kick it off, Healthy Start of Okaloosa and Walton Counties is presenting their first ever **Facebook Halloween Costume Contest**. Show us your creative side to win a **Chick Fil A gift card!**

**How to Enter:**

- 1. Post a picture of your little ghouls in their Halloween costumes (Must be an infant or toddler up to age 3) using #HealthyStartSquadGhouls in the post.**
- 2. Tag our Facebook Page in the photo or post.**
- 3. Comment your favorite Halloween candy on our Halloween Costume Contest Announcement on our Facebook Page.**

**Must be an Okaloosa or Walton County resident to enter. Only one photo per person, can be a family photo if necessary. Entries must be submitted no later than Tuesday, November 2<sup>nd</sup> at 7:00 PM Central time. First, second, and third place prize winners will be selected on November 4<sup>th</sup> and will be announced and messaged on Facebook by the end of the day.**

**Chick Fil A Gift Card Prize Breakdown:**

**First place- \$100**

**Second place- \$50**

**Third place- \$25**

[Enter Here](#)

**In fiscal year 2019-2020, Healthy Start served 471 Pregnant Women and 200 Infants and Children throughout Okaloosa and Walton Counties!**

[Visit our website](#)

**Partnership With Catholic Charities**



Since 1928, Catholic Charities of Northwest Florida has served the poor and vulnerable across North Florida. Catholic Charities of Northwest Florida stands ready to respond to the needs of our community and continues to aid services with compassion, dignity, and kindness.



## Summer 2021 Access Meeting

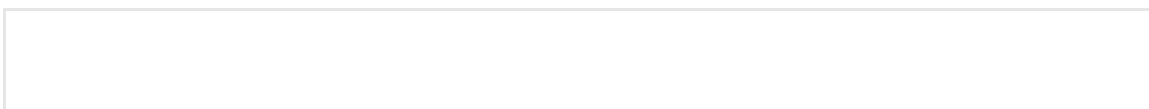
Eva Wise, Assistant Executive Director was the featured speaker of our Summer 2021 Access Meeting. She highlighted her background, and went in depth about Catholic Charities and all the wonderful services they offer. She also provided an overview of Matthews Nursery and how families can access the supplies that are housed there.



## Matthew's Nursery

Matthew's Nursery provides parents of infants, up to one year of age, with items such as wipes, diapers, and other baby needs. It is a ministry of Catholic Charities of Northwest Florida that serves as an outreach for the tiniest of the vulnerable population. All who come to us are served regardless of race, religion, or ethnic origin.

Donations of new or handmade baby items and financial support are gratefully accepted.







**Pictured Above: Eva Wise, Assistant Executive Director of Catholic Charities at Matthews Nursery.**

**About Eva:**

***"I have been with Catholic Charities for over 6 years, and I am the Assistant Executive Director. I oversee our programs Adoption, Immigration/Refugee, and Emergency Assistance and ensure their continued quality. My home office is in Fort Walton Beach, but I travel our entire service area (18 counties) on a weekly basis."***

**Mobile Food Pantry Caring Coach**





**Pictured above: Bethany Guillory; Special Projects Coordinator and our Safe Sleep Nursery.**

## October is Pregnancy & Infant Loss Awareness Month



**L-R: Bethany Guillory, Healthy Start, Patricia Sawyer, Catholic Charities of Northwest Florida, and Brent Couch, Simply Healthcare**

According to Feeding America, in Florida, 2,567,300 people are facing hunger- and 723,530 are children. This means that 1 in 6 children face hunger. Bethany had the opportunity to attend a Mobile Food Pantry held by Catholic Charities of Northwest Florida in Baker, Florida. Their Mobile Pantry program is called The Caring Coach, where each month they hold 8 drive-thru food



pantries in Okaloosa, Walton, Santa Rosa, and Escambia Counties. At this distribution Bethany was able to meet participants and provide each of them with a Healthy Start Resource Directory for Pregnancy, Mental Health, Housing, Medical, and Parenting Services specific to their county.

Caring Coach Food Pantry Schedule

## ***Coalition Staff Updates***

### **Meet Our Newest Staff Members**



**Bethany Guillory:**  
Special Projects  
Coordinator  
[bethany@hsow.org](mailto:bethany@hsow.org)

**Bethany Guillory joined the team at Healthy Start as the Special Projects Coordinator. Bethany is a recent graduate of Louisiana State University, where she received her Bachelors and Masters of Social Work. During Bethany's academic career she helped found LSU's first Bachelors of Social**

**Work Student Association, where she served as a club officer. Through the club, she organized community events and outreach opportunities. Prior to Healthy Start, Bethany interned in Investigations at Department of Children and Families in Santa Rosa County, where her passion for protecting and supporting children grew immensely. Bethany said, "I am so honored to continue to play a part in children's life in my community and help provide them with a healthy start". Bethany is a member of the Fort Walton Beach Young Professionals Committee. In her spare time Bethany enjoys photography, reading, and roller-skating.**

**Asia Randolph**  
Community Liaison  
[asia@hsow.org](mailto:asia@hsow.org)

***"I'm originally from Wentzville, Missouri. I moved to the Fort Walton Beach area 9 months ago with my husband who is in the Air Force, but have always dreamt of living in Florida. I graduated from The University of Central Missouri with a degree in Events, Marketing and Management in May 2020. Prior to working with Healthy Start, I helped plan and execute weddings at a vineyard. I'm***



***passionate about events, marketing, and content creating and have been able to explore these areas more in my role at Healthy Start as well as serving as the Liaison for the OB-GYN offices, Labor & Delivery Hospitals, and Pediatrician's offices. I've learned so much from this role in the past 8 months and I'm excited to see what the future holds."***

**Are you looking for Family Resources?**

**Click the button below for our 2019-2022 Family Resource Directory.**

**If you would like a physical copy, please reach out to [asia@hsow.org](mailto:asia@hsow.org).**

**Resource Directory**

**In 2020 the  
coalition  
provided 96**





car seats and  
115 Pack n  
Plays to  
Healthy  
Start clients.



Connect helps pregnant women, caregivers, and families with young children by providing a single-entry point for needed services such as education and support in childbirth, newborn care, parenting, child development, food and nutrition, mental health, and financial self-sufficiency.

For more information on the Connect Program or to locate a Connect Representative for your county click the link below.



"Mom, you've got this..  
and we've got you."

Connect



[Click Here](#)

The Coalition's 5 year **Service Delivery Plan** was approved by the Florida Department of Health and is now located on our website. The plan outlines the maternal and infant healthcare needs in our community, identifies priority groups, determines service providers, and describes performance objectives.

[Click Here to View](#)

## November is Prematurity Awareness Month

**THIS MONTH 33,000 BABIES WILL BE BORN PRETERM IN THE U.S.**

## *Amazon Smile*

**Support the Healthy Start Coalition of Okaloosa and Walton Counties and the moms and babies in our community by shopping at**





***When you shop, Amazon Donates!***

Click the Amazon Smile logo or the link below  
to visit our Amazon Smile Page!

<https://smile.amazon.com/ch/59-3115322>

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Healthy Start Coalition of Okaloosa & Walton Counties | 850-833-9284  
asia@hsow.org | <http://healthystartokawalton.org/>

***Follow us on Instagram, Twitter or Facebook!***

