

# Healthy Start for Mom & Me

Reaching  
out to  
expectant  
and new  
families  
in big and  
small ways

**ANNUAL REPORT**  
**2015-2016**



[www.hsmm.ca](http://www.hsmm.ca)

*A participant said...* "Thank you for this program, it was beautiful. A great experience."



*Davorka, Helen & the wonderful board of Healthy Start*

## From the Board Chair and Executive Director

19 years of working in the community – the impact is far reaching! This year we saw our founding Executive Director Gail Wylie, retire.

So many women, families and babies were reached again. We continue to hear amazing stories of resilience in the face of multiple challenges and watch the beautiful interactions of parents with their babies.

Healthy Start is health equity in action. We work to level the playing field for families to have access to resources, education and support. We work hard to build trust and relationships with program participants and help them connect to other service providers and to each other. Relationships build strong connections which ultimately help all Winnipeg babies and families.

We are a community effort. A big thank-you is extended to our dedicated board members, committed staff (rain, snow and shine), plus public health/community health nurses, midwives (at 2 PIIPC sites), registered dietitians, childminders and food prep volunteers and many others who ensure 8 groups run weekly.

Individual and corporate donors help ensure that our meal bags and interpreting capacity continue to be a vital component of our program.

Thank you all.

**Helen Quinn**, Board Chair

**Davorka Monti**, Executive Director

## From Founding Executive Director, Gail Wylie, outgoing Executive Director

I profoundly thank and send greetings to all Healthy Start team colleagues, participants, agency associates, donors and funders, volunteers, suppliers, office neighbours, et al. What a wonderful community opportunity we had over the past 20 years! Prevention initiatives like Healthy Start - involving federal and provincial governments and donors – matter so much.

My work life in Winnipeg started with running a halfway house for men leaving the penitentiary. It offered insights into the roller coaster aspects of life and poverty, whispered notions of "Indian" residential schools, the precariousness of human will and intention, the bravado that shields vulnerability that often started in infancy. In later work years the chance to collectively evolve a health and nutrition hammock for vulnerable new families was extraordinary public policy and personal luck. Thanks for the meaning, collegiality and memories... I am so pleased that long-time, vivacious colleague Davorka is the new Executive Director!



*Goodbye to Gail Wylie, ED for 20 years*

## History

In 1995 we started a community development process funded by the Canada Prenatal Nutrition Program; it yielded a model for outreach via neighbourhood sites and personnel contributions from public health nurses and dietitians. A 1996-1997 peer outreach training program developed with Red River College and Taking Charge produced our first 3 outreach workers. Prenatal groups phased in at 8 neighbourhood locations starting in January 1997. Manitoba provincial funding in 1999

enabled the launch of postnatal "Baby Steps" groups. Dietitians of Canada sponsored us at the beginning. Healthy Start incorporated in 2004 and became a registered charity in 2005. Mothers who lived in poverty and were involved in the planning process gave us our name. The "&" (instead of "and") in our name is intentional and is meant to suggest informality.

The map displays various Edmonton neighborhoods color-coded and labeled: Seven Oaks (yellow), Inkster (purple), Point-Douglas (purple), River East (orange), Transcona (purple), St. James Assiniboia (orange), Downtown (black), River Heights (purple), St. Boniface (light blue), Assiniboine South (light blue), Fort Garry (yellow), and St. Vital (orange). Eight group locations are marked with black dots and connected to photos by dotted lines:

- Seven Oaks-Maples Community Centre**  
434 Adsum Drive R2P 1J1
- Hope Centre**  
240 Powers Street R2W 5L1
- North End-Trinity Place**  
265 Flora Avenue R2W 2R2
- Freight House, Door 1**  
200 Isabel Street R3A 1G9
- Wolseley Family Place**  
691 Wolseley Avenue R3G 1C3
- Pembina-Trinity United Church**  
933 Summerside Avenue R3T 4Y1
- Magnus Eliason Rec Centre**  
430 Langside Street R3B 2T5
- Knox Centre- Newcomers to Canada**  
400 Edmonton Street R3B 2M2



Drop-in groups (NO WAITING LISTS) start relationships that result in many other connections with families. One-to-one visits supplement groups.

## Some stats for this year

- 1290 individual women (not including dads, partners, family, children or babies)
- 408 group sessions
- 58% newcomers, 30% First Nations, 12% other
- Over 85% of participants started breastfeeding
- 18 languages interpreted at our newcomer group
- 3000 volunteer hours - equal to 1.6 staff positions
- Public Health held a flu clinic for our newcomer group - 129 flu vaccines given
- 20 public health nurses, 2 midwives, 7 dietitians, 7 outreach workers, 12 childminders make up 16 current teams. We also contribute a dietitian at the Adolescent Parent Centre

# Health Equity in Action

– a place for everyone



Tammy, outreach worker,  
connecting with families

**“I have taught my whole family how to cook.** Before coming to this group, I never cooked. Now I’m feeding my family tuna, beans, lentils and vegetables and they are loving it.”



“Meeting other parents has taught me that **we all struggle in different ways.** This gives me comfort and strength.”



“The people who I have met here have been some of the nicest and most generous people I have ever met. **This has changed me as a person.**”



“Your program fills my toolbox. Just when I feel like I don’t know how to handle a new challenge my baby brings me, **you give me new tools and great advice** to keep me going.”

"I just want to be a good parent.  
*I just want a healthy family.*"

- Participant involved in foster care as a child

Proudly showing off the nutritious, delicious results of her hard work at a cooking session



"Pregnancy, labour, breastfeeding and parenting has made me realize that I am strong person. **I can do so much with my life.**"



Parents playing with their babies and learning new nursery rhymes



Enjoying a sleep in her parent's arms during group time



"Everything is different in Canada. You all make me feel like I belong. I look forward to every group."

**"The Public Health Nurse really listened to my problems with breastfeeding** and got me the help I needed. I'm still breastfeeding and my baby is 9 months."  
(mother of 4 kids, first time breastfeeding)

## French translation project

Public Health Agency of Canada provided a grant to translate these 2 resources into French and distribute them across Canada. Nancy McDowell-Kok (former outreach worker) coordinated this large project. We sent French & English resources to 760 programs across Canada. Program participants helped to assemble the posters.

*Downloadable from our website*



*Set of 3 breastfeeding posters*



*Handout: How to give baby a vitamin D drop*



### Developed 2 short videos for participants:

Thanks to Darnell Collins of D Works Media & Jordan Popowich

*Can be viewed on our website or YouTube*

1. **Learning:** parents discuss what they have learned



2. **Tour a Healthy Start group:** for parents who are unsure of what to expect

## Learn-to-cook Meal Bags

- We sell learn-to-cook meal bags that feed 4 to 6 people for \$1.50
- Meal bags fed approximately 9000 participants and their families
- Assembled 1750 meal bags this year
- Over 4375 canned goods, plus spices and rice, lentils etc. were used
- Volunteers from: Winnipeg Regional Health Authority; Community Venture members (Salvation Army); former staff & other Healthy Start friends
- Coordinators: Dietitians – Lauren & Lisa



Volunteers having fun assembling meal bags



## Knox Newcomer Group

(with language interpreting)

- Once per week we offer a pregnancy or parenting group translated into 18 languages
- Families at our newcomer groups come from almost every part of the world
- This year we had a large influx of Syrian families



# Financial report

These are excerpts from statements reviewed by MNP and cover the major operations of Healthy Start for Mom & Me. A complete report is available on request.

## Healthy Start for Mom & Me Inc. Statement of Operations For the year ended March 31, 2016 (Unaudited)

Revenues	2016	2015
Public Health Agency of Canada (PHAC) - Canada Prenatal Nutrition Program (Schedule 1)	521,677	495,214
Healthy Child Manitoba - Healthy Baby (Schedule 2)	371,914	371,115
Poster Project (Schedule 3)	605	1,075
Donations and Other Contributions (Schedule 4)	17,917	51,846
Youth in Philanthropy (Schedule 5)	-	400
	912,113	919,650
<b>Expenses</b>		
Public Health Agency of Canada (PHAC) - Canada Prenatal Nutrition Program (Schedule 1)	521,677	495,214
Healthy Child Manitoba - Healthy Baby (Schedule 2)	371,914	371,115
Poster Project (Schedule 3)	69	-
Donations and Other Contributions (Schedule 4)	27,459	21,091
Youth in Philanthropy (Schedule 5)	-	400
	921,119	887,820
<b>Excess (deficiency) of revenues over expenses</b>	(9,006)	31,830

## Schedule 1 - Public Health Agency of Canada (Canada Prenatal Nutrition Program) Revenue and Expenses For the year ended March 31, 2016 (Unaudited)

Revenues		
CPNP - Grant revenue	521,677	495,214
<b>Expenses</b>		
Equipment	3,330	19,751
Evaluation	500	500
Materials	114,362	91,731
Other	17,483	17,459
Personnel	329,079	322,480
Rent and utilities	43,532	30,598
Travel	13,391	12,695
	521,677	495,214
<b>Excess of revenues over expenses</b>	-	-

## Schedule 2 - Schedule of Healthy Child (Healthy Baby) Manitoba Revenues and Expenses For the year ended March 31, 2016 (Unaudited)

Revenues	371,914	371,115
<b>Expenses</b>		
Evaluation	11,200	11,186
Training and development	499	-
Materials	19,573	18,376
Office	5,049	14,098
Other	8,585	11,224
Personnel	287,100	279,793
Rent and utilities	30,702	27,307
Travel	9,206	9,131
	371,914	371,115
Excess of revenues over expenses	-	-

## Statement of Changes in Net Assets For the year ended March 31, 2016 (Unaudited)

	Unrestricted	Reserve fund	2016	2015
Net assets, beginning of year	33,000	109,662	142,662	110,832
Excess (deficiency) of revenues over expenses	(9,006)	-	(9,006)	31,830
Transfers (Note 5)	9,006	(9,006)	-	-
Net assets, end of year	33,000	100,656	133,656	142,662

“Our ancient experience confirms at every point that everything is linked together, *everything is inseparable.*” Dalai Lama XIV

Childminders having fun



Dozens of handmade quilts generously made and donated by the Manitoba Prairie Quilters

**Many people and groups donated thousands of clothing, toys and baby books for participants who appreciate and treasure them**



Julie Dixon knitted and donated over 500 hats and scarves to keep Winnipeg moms & babies warm



Staff holding layettes donated by Faith Lutheran Church



Food prep volunteer helping to cook our meal at group

10 *A few moments* in the healthy start year



Dietitian Lisa leading a discussion



Public Health Nurse Gayleen at Knox newcomer group



All smiles at group

Outreach worker Melanie holding a baby and talking to a participant



**Connection** is why we're here. We are hard wired to connect with others, it's what gives **purpose & meaning** to our lives."

- Brené Brown



Parent making a baby footprint keepsake



Snack at group

Baby enjoying a snuggle



The milk and egg coupons are very important to participants, as well as the prenatal vitamins

Baby having a great hair day



**Board of Directors** Helen Quinn (Chairperson), Tracy Cappello (Treasurer), Linda Uhrich (Secretary), Zobida Ambtman, Sheryl Bates Dancho, Linda Abraham, Corinne Eisenbraun, Saina Fan, Davorka Monti (ex-officio)

**Staff** *Outreach staff* (by years from longest to newest): Michelle Ryyanen, Melanie Duncan, Tammy Hamelin, Florena Richardson, Lisa Berezowski. New this year: Noreen Janzen and Ashley Loft-house. Left during the year: Erin Young and Nikki Black

*Years of service recognition* – Tammy Hamelin (5 years)

This year we lost Leona Settee, a former outreach worker to cancer. Leona was an original postnatal outreach worker who worked with us for 4 years. She will be dearly missed.

*Community Dietitians:* Tara Hawking-Kreller, Cheryl Oliveira and new this year Lisa Skromeda

*Program Coordinators:* Karen Deeley (prenatal & registered dietitian), Valeria Santermer (postnatal). Judy White, term postnatal coordinator

*Administrative:* Davorka Monti (Executive Director), Bev Friesen (Receptionist & Office Assistant), Mireille Noel (casual, data assistant). New this year Nancy Khrabchuk (Office & Data Manager). Left during the year: Gail Wylie and Luchie Ocampo

**Bookkeeper** Maryon Grant (fee for service)

**Partners in Program Delivery** *Winnipeg Regional Health Authority* – Public Health Nurses involved at **every** Healthy Start site. *Public Health Dietitians:* Rosemary, Lana, Lavonne. *Midwives:* Gina, Kelly, Becky, Dawn, Joan & Gordana

*Mount Carmel Clinic* – community health nurses Linda & Jan, dietitian Nina

*Wolseley Family Place* – Noelle, childcare coordinator and Nazrin, health educator

*Partners in Inner-City Integrated Prenatal Care* – research project Dr. M. Heaman now completed

*Business partners for our food coupons* -Safeway/Sobeys, Neechi Foods, Zeid’s Foodfare, Cantors Grocery

**Interpreters** Ahlam Jasim, Alice Ndanyuzwe, Alma Ramos, Birkity Mekonnen, Brekti Hagos, Dongxia Yang, Fahima Sharif, Filiz Guven, Genet Beka, Guoyan Wang, Halima Hanaf, Htooku Lerwah, Iftu Mohammed, Khadro Mohamed, Marie Madeleine Uwimbabzi, Mira Marion, Monica Amorim da Silva Gusmini, Nadia Yousofi, Nathalie Bibentyo, Olena Velynteichyk, Phyllis Pak, Rachana Lamichhane, Valentine Mukeshimana, Yordanos Asfaha

**Childminders at groups** Verna De Costa, Marjorie Miller, Kathy Shurvell, Sylvie Musobwa, Arfassa Bedasso, Gremma Dizon, Simarjit Kaur, Thelma Zapata, Sediqa Khawari, Dhelal Al-Dulaimi, Francine Ekyemba, Masoma Behsodi. Thanks to Magnus Eliason Recreation Centre and Wolseley Family Place for childminding

**Volunteers** *Food prep at groups:* Alyssa Hoadley, Amanda Schellenberg, Angelica Ariola, Charity Hanslit, Chase Butterfield, Crystelle Dupont, Emmy Moreno, Erika Kaufman, Hannah

Chan, Jeann Buenafe, Maimuna Yakubu, Maria Dubreuil, Mary O’Handley, Maureen Perlmutter, Michele Huynh, Rumbidzai Mundangep, Shalynn Van Solkema, Stephanie Tschetter, Tressa Alexiuk, William Zhang, Avi Brar, Halee Pachal, Harlie Poschenrieder, Jolene Hinchliffe, Karlee Maki, Shanice Huziak, Siwen Liu, Abby Makanjuola, Anat Knyazher, Angelica Ariola, Audrey Sauler, Dominique Chell, Erika Kaufman, Julia Dacosta, Xinyu Wu, WRHA volunteers at Knox

*Volunteer to help with resource development:* Sawanee Wickramasekara, Mihiri Witharana

**Students** *Dietetic Interns* (3 weeks): Megan Abs, Laura Dale, Kayla Kynoch

*Nursing students from Red River College:* four times during the year  
*Westgate Mennonite Collegiate students*

**Government Funders** Public Health Agency of Canada, **Canada Prenatal Nutrition Program**

Healthy Child Manitoba, **Healthy Baby**

**Multimedia & Design** Cyndi K Design; Darnell Collins of D Works Media for video and photography, Jodan Popowich for video; 6P Marketing for updating our website

**Community Groups & Individuals who have provided in-kind donations this year** Bed Bug Prevention Program – bed bug covers (Manitoba Government); Faith Lutheran Church congregation – 24 baby layettes; Lakewood Elementary School – students hand knitted 30 baby hats; Manitoba Prairie Quilters – canned food for participants, monetary contribution, beautiful handmade quilts for hundreds for families to cherish; Vivian Cameron – dozens of baby quilts; Thelma Whyne Project – over 100 new baby layettes; St Mary’s United Church – 40 crochet blankets, baby quilts; Cecile Muillar - blankets/quilts; Little Red Spirit – 250 books for babies/children; Blanketing Manitoba – 20 blankets for families & babies; Julie Dixon – 500 hand-knitted hats & scarves; Curling Bonspiel silver collection

**Grant** Public Health Agency of Canada grant enabled French translation of our breastfeeding posters and vitamin D drop hand-out and distribution (of both French & English resources) to 760 federal programs across Canada

**Donors** A very big thank you to all our donors. Donors via Canada Helps are so appreciated in addition to those who mail cheques

**Special thanks to** Ruth & Peter Diamant, Celia Rodd & Atul Sharma, Lauranne & Henry Matheson, Helen Quinn & Milt Sussman, Dave Wright and 2 anonymous donors

**Corporate Donors** Wawanesa, DataConstruct Inc, GEM Distributing, King’s Transfer, Red River Messenger

**Businesses that offer discounts, in-kind contributions** Safeway/Sobeys, C.W. Braun Computer Services, Meyers Drugs, Zeid’s Foodfare, DataConstruct Inc, City of Winnipeg, Hospital Connections, Ddrops, Pembrand, Quality Classroom, Warehouse One, Stonehaven Group

## What we do

- Pregnancy and parent & baby (up to 1 year) groups in 8 community facilities in Winnipeg
- Reach isolated, resilient families who want to learn about having and nurturing a healthy baby
- At each group our team consists of an outreach worker, registered dietitian, public/community health nurse, midwives (2 locations) and childminders for children aged 1 to 5
- Discuss topics that are practical and concrete
- Snacks and food demonstrations that are nutritious, low-cost and help families build cooking skills
- Practical support at groups: milk & egg coupons, prenatal vitamins and vitamin D drops for babies
- One-on-one support to families who need help connecting with other services



### **Healthy Start for Mom & Me is a charitable organization**

funded by the Canada Prenatal Nutrition Program (Public Health Agency of Canada) and Healthy Baby (Healthy Child Manitoba) and supported by other grants and donations

**DONATIONS are appreciated and tax-receiptable**

310-421 Mulvey Avenue East,  
Winnipeg, Manitoba  
R3L 0R6  
204.949.5350

