



# Firman Community Services Healthy Moms, Healthy Babies



Chicago Family Case Management Program

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## CFCM Celebrates Black History Month

Americans have recognized black history annually since 1926, first as "Negro History Week" and later as "Black History Month." What you might not know is that black history had barely begun to be studied-or even documented-when the tradition originated. Although blacks have been in America at least as far back as colonial times, it was not until the 20th century that they gained a respectable presence in the history books.

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### Special points of interest:

- ✓ February- American Heart Month
- ✓ National Children's Dental Health Month
- ✓ February 5, 2010- Give Kids a Smile Day
- ✓ February 7-13, 2010- Burn Awareness Week
- ✓ February 14-20, 2010- Children of Alcoholics Week



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## Inspirational Quote

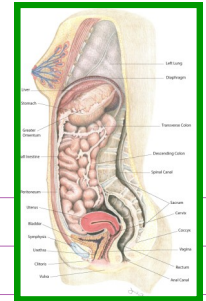
Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness, that most frightens us. Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people won't feel insecure around you. We are all meant to shine as children do. It's not just in some of us; it is in everyone. And as we let our own lights shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others.

**Nelson Mandela**

## Your Growing Body & Baby

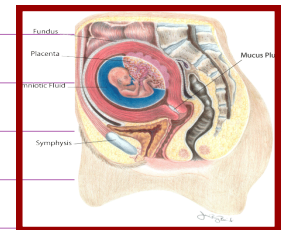
### Pre-Pregnancy

If you could look into your body before you are pregnant, you would see that most of the space in the abdomen is taken up by the large and small intestine. There is no real separation between the pelvic and abdominal cavities. The chest cavity, containing the heart and lungs, is separated from the abdominal cavity by a large muscle, the diaphragm.



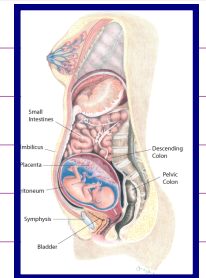
### 12 Weeks

At 12 weeks pregnant, the placenta is much larger and now produces the endocrine secretions, or hormones, needed to sustain the pregnancy. The uterus is the size of a grapefruit that completely fills the pelvis and rises up into the abdominal cavity. By this week, the baby has fingernails and toenails and can open and close the fingers. Even though the baby starts to move its hands, legs, and head, you will not feel any movement yet. The baby is now about 3 inches long and weighs about 1 ounce.



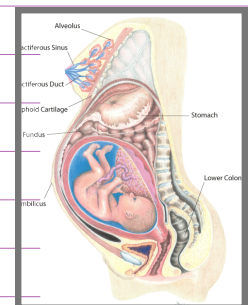
### 20 Weeks

By the 20th week of pregnancy, the uterus can be felt at the level of your bellybutton (umbilicus). It began rising into the abdominal cavity soon after the beginning of the 12th week, when the baby and uterus were outgrowing the pelvic cavity as a comfortable abiding place. As a result, the pelvic colon and small intestines are crowded upward and backward. The ascending and descending colon, because of their close attachments to the back of the abdominal wall, maintain their usual positions.



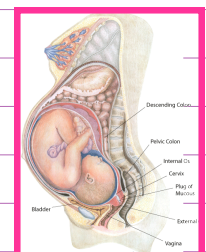
### 28 Weeks

By your 28th week of pregnancy, your baby is about 16 inches long and weighs 3-1/2 to 4 pounds. The skin is wrinkled but will become less so as more subcutaneous fat, the layer of fat just under the skin, is laid down in the next few weeks. Fine downy hair, called lanugo, and a waxy white protective substance covering the skin, called vernix, are present on the baby's body. The baby's eyes are open. The eyebrows and eyelashes were formed in the fourth month. The baby sucks its thumb and its taste buds have developed. The baby kicks, stretches, and moves frequently in the uterus. These movements, which are readily observable to others, are often keenly felt by the mother.



### 36-40 Weeks

Common discomforts you may experience during the last weeks of pregnancy are frequent urination, increased constipation, edema (water retention), and aching of the legs and vulva, as well as varicose veins in the vulva, rectum, and legs. These can be explained by several factors, including the position of the uterus, the pressure of the baby's head, the loss of muscle tone, the increased vascularity of the tissues, and the added volume of blood distending the vessels in the pelvic cavity, perineal region, and lower extremities.



## The History of Black History

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We owe the celebration of Black History Month, and more importantly, the study of black history, to Dr. Carter G. Woodson. Born to parents who were former slaves, he spent his childhood working in the Kentucky coal mines and enrolled in high school at the age of twenty. He graduated within two years and later went on to earn a Ph.D. from Harvard. The scholar was disturbed to find in his studies that history books largely ignored the black American population-and when blacks did figure into the picture, it was generally in

ways that reflected the inferior social position they were assigned at the time.

Woodson, always one to act on his ambitions, decided to take on the challenge of writing black Americans into the nation's history. He established the Association for the Study of Negro Life and History (now called the Association for the Study of Afro-American Life and History) in 1915, and a year later founded the widely respected Journal of Negro History. In 1926, he launched Negro History Week as an initiative to bring national at-

tention to the contributions of black people throughout American history.



Dr. Carter G. Woodson

Woodson chose the second week of February for Negro History Week because it marks the birthdays of two men who greatly influenced the black American population, Frederick Douglass and Abraham Lincoln.

## Latina Corner

### Salud reproductiva

Observatorio de Salud y Mujer

El término "salud reproductiva" se define como un estado general de bienestar físico, mental y social en todos los aspectos relacionados con el sistema reproductivo y con sus funciones y procesos. Se reconoce que la salud reproductiva es un derecho humano y parte del derecho a la salud:

- tener una satisfactoria y segura vida sexual
- capacidad y libertad para reproducirse
- libertad para decidir

- tener acceso a métodos seguros y eficaces de planificación familiar

La salud reproductiva abarca muchos aspectos, desde las condiciones en que se producen los partos

y embarazos, las interrupciones de éstos y las enfermedades de transmisión sexual, hasta cuestiones como los abusos, la explotación y el tráfico con fines sexuales o la violencia, por poner algunos ejemplos.



### Diabetes

Observatorio de Salud y Mujer, Sociedad Española de Hipertensión

La diabetes es una enfermedad frecuente que se caracteriza por producir un exceso de glucosa en la sangre. La glucosa es un azúcar de utilidad para las células del cuerpo, como fuente de energía para llevar a cabo procesos vitales. Para que la glucosa, que circula por la sangre y que obtenemos de los alimentos, pueda ser utilizada por las células, se necesita la ayuda de una sustancia llamada insulina, producida por un órgano llamado páncreas.



**The Family Case Management Program (FCM)** is a statewide program that helps income eligible clients (a pregnant woman, infant, or young child) to obtain the health care services and other assistance they may need to have a healthy pregnancy and to promote the child's healthy development.

The goals of the Family Case Management Program are to:

- Provide access to primary health care;
- Identify and resolve service barriers;
- Provide health education to all eligible clients; and,
- Reduce infant mortality and morbidity.

## Firman Community Services

### Chicago Family Case Management

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**“Healthy Moms,  
Healthy Babies**



# Recipe of the Month

## Green Sauce Enchiladas



**Ingredients:** \*1 tablespoon butter, \*1 cup white rice, \*1 (14.5 ounce) can chicken broth, \*3 boneless chicken breast halves, boiled and cubed, \*1 pound Monterey Jack Cheese, \*1 (11 ounce) can sweet corn, drained, \*1 (24 ounce) jar green enchilada sauce, \*24 (6 inch) corn tortillas

### Directions:

- In a large skillet, sauté rice with butter or margarine. Add chicken broth and simmer over low heat for 15 to 20 minutes, or until rice is cooked and tender. Let cool.
- Preheat oven to 350 degrees F (175 degrees C)
- Cube 3/4 pound of the cheese; shred the remaining 1/4 pound cheese and set aside. Combine chicken, 3/4 pound cubed cheese, corn, cooled rice and 1/4 cup sauce in a large bowl. Mix together. Warm tortillas in the microwave for 2 minutes and spread another 1/4 cup sauce in the bottom of a 9 x 13 inch baking dish.
- Place a little of the chicken mixture on each tortilla and roll up. Place filled tortillas (as many as will fit) in the baking dish. Sprinkle with 1/4 pound shredded cheese and top with any remaining sauce, pouring evenly over all. (Freeze remaining tortillas for future green sauce enchiladas!)
- Bake at 350 degrees F (175 degrees C) for 30 minutes.

