

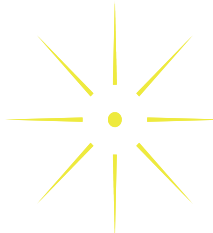
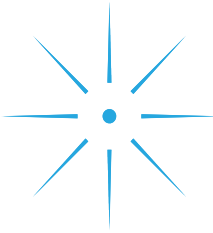
# Real Moms of Syracuse



Are you looking for somewhere to connect with other moms? If the answer is yes, then Real Moms of Syracuse for you! Real Moms of Syracuse is a group of pregnant women, new moms, babies and toddlers that meets once a month. We provide snacks, prizes, fun activities for the little ones and a chance for moms to relax, make new friends, and connect with Healthy Start.

**Come out and join us on September 10th, October 8th, and November 12th at 1:00 p.m. in Southwest Community Center’s Power Room.**

For more information or for help with transportation, call 247-4441 or 424-0009.



## August is National Immunization Awareness Month



During National Immunization Awareness Month, get the pertussis vaccine to keep your baby safe! Pertussis, or whooping cough, can be a very serious disease, especially for infants. Older kids or adults may have pertussis without even knowing it and they can spread it to babies. Protect your baby! Make sure she and everyone around her has had their pertussis shot. If you are pregnant, ask about getting a pertussis shot during your pregnancy. For more information, talk with your health care provider or call the Onondaga County Health Department at 435-2000.

# Keep Your Baby Cool in the Summer Heat



Infants and young children are sensitive to the effects of extreme heat, and must rely on other people to keep them cool and hydrated.

- Never leave infants or children in a parked car.
- Dress infants and children in loose, lightweight, light-colored clothing.
- Seek medical care immediately if your child has symptoms of heat-related illness.

### Remember

NEVER leave infants or children in a parked car, even if the windows are open.



**Onondaga County Health Department**  
**Upcoming Rabies Shot Clinics**

**Thursday, August 7<sup>th</sup>**  
5:00-7:00 pm  
Village of Minoa DPW  
100 Kalin Drive, Minoa

**Tuesday, September 9<sup>th</sup>**  
5:00-7:00 pm  
S.P.C.A.  
5878 East Molloy Rd.  
Mattydale

**Thursday, September 18<sup>th</sup>**  
5:00-7:00 pm  
Marcellus Fire Department  
4242 Slate Hill Rd.  
Marcellus

**New York State Public Health Law requires that all puppies and kittens get their first rabies shot at three months of age. They also need to get a booster shot at one year old and then again every three years. Ferrets must get a shot every year.**

**Please keep your pets on a leash or in a carrier and keep them close to you. Bring your pet's past rabies shot records.**

*A voluntary donation per family is appreciated.*

**For more information call Animal Disease Control**  
**435-3165**

Onondaga County Health Department  
[www.ongov.net/health](http://www.ongov.net/health) • [facebook.com/ongovhealth](https://www.facebook.com/ongovhealth)

## Healthy Recipe

### Summer Breeze Smoothie

#### Ingredients:

- 1 cup plain, nonfat yogurt
- 6 medium strawberries
- 1 cup pineapple crushed, canned juice
- 1 medium banana
- 1 teaspoon vanilla extract
- 4 ice cubes



#### Directions:

1. Place all ingredients in blender and puree until smooth.
2. Serve in frosted glass. Enjoy!



# Resources



Text4baby provides free text messages 3 times a week with information to help you through your pregnancy and baby’s first year. To sign up: text BABY (BEBE para Espanol) to 511411 or visit [www.text4baby.org](http://www.text4baby.org).

Call 435-2000  
[www.onhealthyfamilies.com](http://www.onhealthyfamilies.com)  
[facebook.com/healthyfamiliesonondaga](https://facebook.com/healthyfamiliesonondaga)

Syracuse Healthy Start is on Twitter! Follow us @SYRHealthyStart or on Facebook for the latest updates.



[facebook.com/healthyfamiliesonondaga](https://facebook.com/healthyfamiliesonondaga)



[@SYRHealthyStart](https://twitter.com/SYRHealthyStart)

Onondaga County Health Department  
501 East Fayette Street  
Syracuse, NY 13202

# Healthy Start News

Celebrating Over 15 Years of Syracuse Healthy Start

Volume 8, Issue 3 ■ Summer 2014

## Join us for the 4th Annual Syracuse Stroll: Baby Buggy Walk in the Park



September 13, 2014 • Kirk Park • 10:30 a.m.



### Summer 2014

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Syracuse Healthy Start Newsletter is not intended to replace the services of a physician. Information is provided for informational purposes only and is not a substitute for professional medical advice.

Onondaga County Health Department

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Syracuse Healthy Start promotes healthy pregnancies and healthy babies through community partnerships, community referrals, health education, case management, and home visitation. Funding for Healthy Start is provided by Health Resources and Services Administration.