



# WORLD'S GREATEST



Sponsored by Healthy Start Coalition of Bay, Franklin & Gulf Counties

**Thursday, April 10, 2025**  
**4:00PM CST - 6:00PM CST**  
**First United Methodist Church**  
**903 E. 4th Street, Panama City**  
**Please arrive by 4:00PM CST**

*If you are pregnant or have had a baby within the last six months, we invite you and your family to join us for this free community event!*

No RSVP or advanced registration is needed.



**healthystartbfg.com**  
**(800) 895-9506**

- Games (special game for dads)
- Community Resource Tables
- Tons of Door Prizes
- Giveaways
- Photo Booth



## World's Greatest Baby Shower

On April 10, 2025 Healthy Start will be holding its annual *World's Greatest Baby Shower* from 4-6 p.m. at First United Methodist Church located at 903 E. 4th Street in Panama City.

We invite all pregnant moms and dads, along with new moms and dads of babies less than 6 months old, to come out and join us for games, door prizes, community resources, giveaways and a photo booth!

## Happy Retirement, Suzy!



It is bittersweet to announce the retirement of Healthy Start Coalition's Associate Director, Suzy Nadler. For the past 16 years, Suzy has been an invaluable part of our team, dedicating her time, energy and passion to supporting families and making a lasting impact in our community.

Through many changes over the years, Suzy has remained a steady force, always bringing her expertise, and unwavering commitment to our mission and contributed immensely to the success of Healthy Start. Her leadership, kindness and commitment have been truly inspiring, and while we are sad to see her go, we are also excited for her as she embarks on this well-earned next chapter.

Fortunately, this isn't goodbye! Suzy will still be around the Coalition from time to time to lend a hand. However, as she steps into this well-earned retirement, we wish her nothing but joy, relaxation, and new adventures ahead!

## St Joe Community Foundation Grant for Safe Sleep Initiative



This year the Coalition was a grateful recipient of a St. Joe Community Foundation Grant. The grant is providing safe sleep Pack and Plays and educational awareness to the first responders/fire departments throughout the Bay County area.

In 2023 there were five preventable infant demises in Bay County due to unsafe sleep practices by caregivers. The goal of the grant is to provide direct on-site training and awareness to first responders regarding safe sleep practices and education.

Firemen/first responders are already providing informal education to the community they serve. This safe sleep awareness training will give them a format to start a conversation with the families about the importance of keeping their infants safe while sleeping.

## St Patrick's Day Punch Recipe

St. Patrick's Day is always a fun day to dress up in kelly green and try to catch a leprechaun. With St. Patrick's Day being on a Monday this year, it probably won't be a long night out with friends, but more of a fun time at home with the kids. But how do you make it festive and fun for the family?

How about making leprechaun traps or making green slime! Want to take the "Green" to the extreme? Wear a green shirt, eat only green foods (broccoli, lettuce, green beans, etc.) and try this delicious green punch that everyone in the family can drink! All you must do is combine all pre-chilled ingredients below in a punch bowl and serve it up in green cups. Enjoy!



- White Grape Juice
- Lemon-Lime Soda like Sprite or Sierra Mist
- Orange Juice
- Green Food Coloring
- Rainbow Sherbet
- Ice



# HCA Florida Gulf Coast NICU Reunion



HCA Florida Gulf Coast will be holding a special event celebrating the incredible journeys of their NICU graduates and their families. This year's reunion, hosted by Palo Alto Church of Christ, will be a vibrant and joyous carnival-themed celebration.

This heartwarming event brings together families who have experienced the challenges and triumphs of having a child in the Neonatal Intensive Care Unit (NICU). It is a chance for them to reconnect with the medical staff who cared for their little ones, share their stories, and celebrate the strength and resilience of these tiny fighters.

The reunion will be held Sunday, April 27, 2025 from 2-4 pm at Palo Alto Church of Christ in Panama City.

# Easter Handprint Bunnies

Easter is on April 20th, 2025 this year and we know that it can get very commercial with easter candy and gifts. What if you have a newborn? What can you do with your baby to make Easter special this year and so you have a keepsake for years to come? Try Handprint Easter Bunnies. Easypeasyandfun.com has some great ideas for kids of all ages, but these Handprint Easter Bunnies will be forever special.

All you must do is get a blank piece of paper (any color will do), some paint (any color will do) and a paint brush. Take baby's hand and paint their hand, excluding the thumb, with the paint. Gently push babies hand onto the paper. Draw a line between the first two fingers with the paint and the last two fingers to make the bunny ears. Use a marker or black paint and draw eyes, nose, whiskers and a smile. Use a pink or blue color to paint the inside of the ears. There you have it, a keepsake you can keep forever of your baby!



# Safety Warning!

CPSC warns consumers to immediately stop using Style Life Eleven Baby Loungers due to risk of serious injury or death from suffocation, fall and entrapment hazards; Violations of Federal Regulations for Infant Sleep Products.



# Upcoming EVENTS

- 3/6 T.E.A.M. Dad Graduation
- 3/13 Community Action Group (CAG) Meeting
- 3/17 St. Patrick's Day
- 3/25 FIMR Meeting
- 4/2 Community Services Awareness Fair (GCSC)
- 4/10 Healthy Start's World's Greatest Baby Shower
- 4/16 Circuit 14 CADR Virtual Summit
- 4/20 Easter
- 4/22 FIMR Meeting
- 4/29 Gulf Franklin Inter-Agency Meeting  
10AM CST/11AM EST
- 5/26 Memorial Day
- 5/27 FIMR Meeting

The Healthy Start Coalition of Bay, Franklin, and Gulf Counties is a private, non-profit maternal and child health organization dedicated to reducing Bay, Franklin, and Gulf Counties' infant mortality rate and improving the health of pregnant women.

The Healthy Start Coalition of Bay, Franklin, and Gulf Counties works with community organizations and individuals with a vested interest in maternal and child health to maximize community resources. We offer a variety of programs to meet the needs of women, children and families.

Visit Us Online!



[www.healthystartbfg.com](http://www.healthystartbfg.com)



## HEALTHY START SERVICE LOCATIONS

### BAY COUNTY

531 Jenks Ave. Suite C • Panama City, FL 32401  
850-215-1320

### ALL ABOUT WOMEN OBGYN

850-785-1517

### EMERALD COAST OBGYN

769-0338

### FRANKLIN COUNTY

139 12th Street • Apalachicola, FL 32320  
850-653-2111

### GULF COUNTY

2475 Garrison Ave. • Port St. Joe, FL 32456  
850-227-1276

### HEALTHY START COALITION

2101 Northside Drive, Unit 101  
Panama City, FL 32405  
850-872-4130

### HEALTHY START BOARD OF DIRECTORS

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