

Starting Strong

brought to you by



A program for pregnant women and families

January 2017

GETTING STARTED:

If you're pregnant or a new mom, Starting Strong may be just what you're looking for!

New Expanded Services for Families with children up to 4 years old! Spanish-speaking staff on site the first Tuesday and third Thursday of each month during store hours!

Call any time to join and enjoy the friendship, guidance, classes and free voucher-earning opportunities through Starting Strong. We work with you to support and reward healthy actions for you and your baby. Dad's are welcome at our store too!

Where: Starting Strong store, 702 W. Main St., Medford, across the street from Rogue Valley Family YMCA

For information:

startingstrong@jacksoncareconnect.org
or call 541-494-1004

Starting Strong Store hours:

9 a.m. to 3 p.m., Tuesday; noon to 6 p.m., Thursday

Dads are welcome at our store, too!



Breastfeeding and Lactation Support

Our certified lactation counselor can work with new moms one-on-one to answer questions, provide guidance, find resources and solve challenges. Learn proper latch techniques! Drop in during store hours for assistance and information.

Ongoing Weekly Starting Strong Mom's Groups

Build a village of support. Pregnant women and new moms are invited to attend our free, weekly groups for ongoing encouragement and education. Learn how to soothe and bond with your baby with infant massage and share your questions and concerns with other moms. Older siblings are welcome in classes!

Pregnant Moms and Moms with young children ages 0 – 4: Thursdays, 10 a.m. to 12:00 p.m. – Drop-in's welcome!

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Thinking About Quitting Smoking?

Quitting smoking isn't easy - but it's easier with the right help. You'll get the options, resources and medication support to quit for good – ALL FREE!

Jackson Care Connect is offering "Freedom From Smoking" in eight sessions over seven weeks. Medication prescribed by your provider is covered for Jackson Care Connect members. This class is open to the public – non-members should check if their own insurance covers medications.



Clinics meet on Thursdays from 6 p.m. to 8 p.m., beginning: January 5, 2017

Location: Starting Strong store, 702 W. Main St., Medford



For information:

startingstrong@jacksoncareconnect.org or call 541-494-1004 to register.

Have your baby immunized – Earn up to \$70 in merchandise vouchers.



Complete your child's vaccinations by age 2 and earn merchandise! Ask your provider or our Starting Strong staff for more details!

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It's easy to earn FREE baby and toddler products. More health activities qualify you – More products are available!

- Gift cards
- Educational toys
- Oral health supplies
- Potty training items

Wellness Programs for JCC Members at the YMCA

YMCA Programs Available in Medford and Ashland for Jackson Care Connect Members.

YMCA scholarships

As a Jackson Care Connect member, you can join the Medford or Ashland YMCA at a lower cost. Includes use of the whole facility.

12 Weeks to a Healthier New You!*

***Free for Jackson Care Connect members with a referral from your provider. Check for next program start dates.**

If you need to lose 50 pounds or more and think of yourself as out of shape, this program is for you. It includes support, education, exercise and encouragement.

Jr. Wellness Program* – Medford only

***Free for Jackson Care Connect members with a referral from your provider. Check for next program start dates.**

A wellness program for kids ages 9 to 14. This comprehensive program focuses on

increasing physical activity and developing healthy nutrition habits for overweight and obese youth.

Introductory Nutrition Workshop – Medford only

Free for Jackson Care Connect members

Learn how to make better food choices for yourself and your family. Upcoming program dates: December 20, January 24, February 28, March 28, April 25 and May 23 – 6 to 7 p.m.



Ashland Contact:

Member Services Desk,
Membership@ashlandymca.org or info@ashlandymca.org,
541-482-9622

Medford Contacts:

Rhiannon Oropallo,
membership coordinator,
541-772-6295, ext. 102,
roropallo@rvymca.org

Tammy Miller,
wellness supervisor
541-772-6295 x106,
wellness@rvymca.org



Jackson Care Connect Mobile App

We're excited to offer a free mobile app for our members. You can enter handy info such as your Member ID number and phone numbers for Customer Service and doctors, and personal info like medications and allergies.

Members will find:

- Symptom Care Guides to help assess any medical issue and decide whether to go to the doctor, go to urgent care or call 911.
- Directions to the nearest urgent care or hospital emergency department, if they need one.



- Parent Advice Messages that answer the most common questions parents ask doctors about their children's behavior and wellness.

It's easy to get the app. To download your FREE mobile app today use these links:

Android:

<https://play.google.com/store/apps/details?id=info.selfcare.CareOregonJCCconnect>

Apple:

<https://appsto.re/us/qp9neb.i>

Or, search for JCCconnect in the app store.



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For Families with Young Children

Kid Time full-year scholarships available now!

For Jackson Care Connect members, \$32 (a \$95 value) for a family of four gets you unlimited access to the museum and all of the classes that the children's learning center offers: story time, toddler art, Lego master builder, play expert, yoga and stories for kids, little tykes exercise, music.



Pick up your Kid Time scholarship application at the Starting Strong store.

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