



Communities Connected *for Kids*

Connections - 5/5/21



CCKids celebrated Child Abuse Prevention Month with a drive-through MANicure on April 23 at the new Children's Advocacy Center. About 20 people came by to support the movement, which helps spread the message that one in five children experience abuse by age 18. Here, CEO Carol DeLoach stops by for a quick prevention polish from Community Relations Director Christina Kaiser.

You Signed Up for 1K For 1Kid. Now What?

By Christina Kaiser
Community Relations Director

Port St. Lucie - I've received a lot of questions since we began promoting All Pro Dad's 1K For 1Kid

challenge earlier this week.

The challenge itself is simple: Sign up to complete 1K of any activity between now and May 21, and then complete that activity at your own pace by the end of the month. It's all part of our statewide celebration of National Foster Care Month, and our concerted efforts to raise awareness for foster care, particularly the men and women who open their hearts and homes to children in need.



But it might be a little too easy. Registration is literally a matter of entering your name and selecting your county. The rest is entirely personal; you can chose to jump rope, roller skate, swim, bike - whatever you want to do for 1K (or about half a mile).

People ask me, "But how do you raise money?" The answer, again, is simple: We don't. This is entirely about getting people moving and raising a little awareness for foster families while we do it. You can purchase a shirt when you register, but that's entirely optional, and there is not mark up on the shirts.

Other folks ask, "How do you know what activity I'm doing, and how do you track it?" To both questions, I say, "We don't."

Honestly, I don't blame you for wanting more direction (I'm just incredibly thankful for the interest and opportunity to talk about foster care - which is the point, right?). When I am at my busiest, I often tell those around me, "Just tell me what to do, and I'll do it."

So that is my gift to you good people reading my column, who have signed up for the 1K and are now wondering, "Now what?" Here is my answer:

Come to Woodstork Trail Park, 1957 SE Hillmore Drive, Port St. Lucie, anytime from 8 a.m. to 7 p.m., May 22 or May 23, and fulfill your chosen activity with us at an event we're calling, CCKThePark!

Communities Connected for Kids and the city of Port St. Lucie will lay out a 1K course at the park, which features a winding, tree-covered paved trail around a centrally located lake. The total trail is 1.27 miles for those who want to keep going even after completing their pledged 1K. The park also offers a passive fitness station and two observation/fishing decks extending out over the lake for you over achievers.

The course will be marked with educational signs that offer foster-care facts and contact information for anyone interested in learning more. We'll have a booth set up, and selfie stations where you can post pictures with our hashtag, #CCKThePark.

If you are interested in signing up your family, please register at [1Kfor1Kid](#). And, as always, please call, text or email me with any questions.



**Part of the
1K For 1Kid
Challenge**

**8 am -7 p.m.
May 22 and
May 23**

#CCKThe Park!

What: Any 1K activity of choice!

**Where: Woodstork Trail/Hillmore Lake
Park, 1957 SE Hillmore Drive, PSL**

**Why: To celebrate & raise awareness for
National Foster Care Month**

**Sign up for free at 1kfor1kid.info.
Then, just show up any time!**



May is a Good Month to Quit
In This Week's "In the Clinic"



By Lisa McBride, RN, BSN

Port St. Lucie - With all the fun and healthy activities planned for the Month of May, this is a good time to commit to the healthiest thing of all: Quit smoking.

Perhaps you already started your journey to better health last week, which was Tobacco Free Florida Week. If you want to go further, I have some free resources to help you get there at the end of this column.

Many of you have viewed the stop smoking TV ads, you know, the ones where people are pictured with the raspy voice, disfigured faces, maybe the one with the teenager sitting in a chair in the living room with oxygen. You may look at that and say, "Yeah, but they probably smoke a lot more than I do."

Let's take a look at what smoking does to your body after your first puff: First, wrapping your lips around to take a puff causes fine wrinkles -- the kind that non-smokers don't get. Next, the chemicals and smoke you inhale cause the lining of your nose and esophagus to become red and irritated, and you start to cough.

You get dry mouth and bad breath because you've killed off the good bacteria in your mouth. Your throat itches; your teeth, gums and lips discolor.

In 20minutes, your pulse and blood pressure rise as the nicotine enters your blood stream; your sense of smell is reduced, and your brain releases feel good chemicals which increase your urge to eat; the nicotine causes withdrawal reaction which increases your anxiety and makes you irritable.

In the next 48 hours, your sense of smell & taste returns to normal if you haven't smoked in that time; you may experience hearing loss as the oxygen has been depleted in your inner ear; the excess mucus in your lungs that the body made to protect your lungs from the inhaled smoke begins to shed... meaning a lot of coughing and spitting;

you may feel winded when walking up stairs or when doing any physical activity as your blood circulation-oxygen carrying system has been depleted also.

We have all heard and seen examples of what long term smoking and vaping does to our bodies, and it's not pretty. So think before you take that puff, and visit these sites for resources to help you stop today: [Tobacco Free Florida](#) and [Teen Smoke Free](#).

Interested in Fostering?

CONNECT with us online:
Register for an
information session.



No Fee. No Obligation.

Don't forget! We are now taking registration for anyone who wants to attend an informal Q&A about foster care. Just click the image or [link](#) to sign up for our inaugural info session, scheduled for 6 p.m., May 18.

CCKids Welcomes Magistrate to Board



St. Lucie West - Communities Connected for Kids welcomes its newest Board member, recently retired magistrate to the 19th Judicial Circuit, Kay Hammond.

Hammond, who attended her first CCKids Board meeting Tuesday, was one of the first three general magistrates appointed to serve the circuit, which covers the same four counties served by CCKids' community of care – Indian River, Martin, Okeechobee and St. Lucie counties. She held the position until she retired last May.

Her assignment throughout her tenure as magistrate included presiding over dependency cases, which include children and families served by CCKids and the foster-care system. She also presided over involuntary mental health commitments and involuntary substance abuse commitments.

“The most personally rewarding part of that service was dependency court, where I had the opportunity to interact with the children and sometimes witness miraculous transformations in their lives and the lives of their families,” Hammond said.

Hammond attended graduate school at Duke University and law school at the

University of Tennessee and Memphis State University, where she earned her Juris Doctor.

She practiced law in Memphis for five years, during which time she was employed as an attorney for the Department of Human Services, handling cases involving abused, abandoned and neglected children. She moved to Vero Beach in 1983, worked for the Public Defender's Office and later opened her own firm with partner Bruce J. Smith.

Representing parents in dependency cases was a substantial part of their practice at Hammond and Smith, P.A.

"Kay has an extensive knowledge of the dependency system and a heart for the children and families we serve," said CCKids Chief Executive Officer Carol Deloach. "We're very lucky to have her on our Board."
