

From The President: Hello OLCA!

I'm very proud to be representing professional lactation consultants in Ohio. Ours is a diverse membership. Not all members are IBCLC, but all members are devoted to promoting, protecting and supporting breastfeeding. Today I want to give you the "State of the State" report that I presented to the board at the June board meeting.

To date we have 225 members. Among these numbers we count dietitians, doctors, nurses, La Leche League Leaders, educators, gym teachers, and peer counselors. Financially we've never been in better shape. Socially we have been a nudge force in passing breastfeeding legislation to protect the rights of breastfeeding women and babies in Ohio. In June Nancy Howe and I met with Dr. Schor at The Ohio Department of Health. He supports the breastfeeding relationship and has agreed to help OLCA find key players in an effort to get across-the-board reimbursement for lactation care and services in Ohio. My thought on this is we will most likely have to work toward state licensure for IBCLC's in Ohio. This will take participation on every member's part. In the past this participation has been lacking. I am your president and I'm here to tell all members, a leader cannot effectively lead those who will not follow or participate. Everyone must help!

The OLCA Scholarships and Grants will continue as always. Please apply for these tools. They are your membership dollars coming back to you. They provide opportunities and seed money for education, projects and research right here in Ohio. Remember that you can apply all year. We have six scholarships and every region is awarded one grant. If no one in your region applies, the money will go to another region. Look around. What's on your wish list for breastfeeding education or projects where you work? Apply now.

Currently Ohio has no statewide breastfeeding coalition. I am looking for a volunteer or suggestions for an experienced individual to chair this entity. OLCA is taking a sponsorship role in launching the coalition. OLCA will have a delegate member on the coalition. The OLCA board has generously voted a special grant for start up costs. If you have any suggestions, please write or call me. We needed a chair two months ago. That's how critical this request is. Please give this your highest consideration.

The board has also recognized a need for increasing our revenue streams. OLCA will be producing a 2006 calendar. Stay tuned for more. OLCA has needed a publicist for awhile now. The generous public relations person that originally offered has had some life changing events and will not be able to serve us for long. However she is willing to work with the next volunteer. If you or one of your clients could fill this need, please call or write to me.

So you can see that we're an active organization. We will continue to forge partnerships with ODH and Ohio AAP. The new coalition needs to start meeting by October, This will be an important step in the reality that breastfeeding support is everyone's job, not just lactation consultants, peer counselors or La Leche League.

Linda Smith has prepared a fabulous ethical presentation for us. I know that means driving! Get a couple of ladies in the car and get on over to Dayton. Heaven knows Linda has put some miles on her car for OLCA and its members over the years! So now you can give support, get CERPS and enjoy the company of your friends too. See you in Dayton!

Madonna Fasimpaur, IBCLC, RLC
OLCA President

August 2005

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Notice **

After September first, 2005 OLCA will charge a \$25 per certificate fee to replace IBLCE certificates.

Attendee must also have signed the sign-in sheet so the CERP Coordinator has proof of person's attendance at said event.

WHO's WHO IN OLCA

OLCA Officers

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Central:

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North East:

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OLCA NEWS is the newsletter of the Ohio Lactation Consultant Association. Opinions expressed by the authors of articles summarized, quoted, or printed in full in the OLCA NEWS represents the opinions of those authors, and do not necessarily reflect the official policy of OLCA.

Meeting Dates

Member and Educational Meetings

September 10th, 2005 : Southview Hospital
1997 Miamisburg-Centerville Rd
Dayton, Ohio
In the cafeteria classroom. Come in the main
hospital entrance, not maternity.

November 19th, 2005: Place to be announced

February 11th, 2006: Place to be announced

OLCA Board Meeting

November 18th, 2005: Place to be announced

2006 OLCA Breastfest

April 27th & 28th, 2006: Embassy Suites Hotel, Dublin Ohio
Mark your calendars now!!

Tri-County Breastfeeding Connections

presents

**“Birth and Breastfeeding: Infant Issues to
Legal Issues”**

Speaker: Linda Smith, BSE, IBCLC

Date: October 21, 2005

Place: Holiday Inn 7410 South Ave.
Boardman, Ohio

Contact: Pamela Edenfield: 330-884-2908

REMINDER!!

**OLCA is in need of a librarian. If you are interested please
contact the OLCA president or one of the officers.**

**If you have any library items that need to be returned please
bring them with you to the next member meeting.**

Minutes Board Meeting June 17th, 2005

The OLCA Board meeting was held at the Embassy Suites Hotel, 5100 Upper Metro Place, Dublin Ohio. Outgoing and incoming officers were present.

The meeting was called to order by President Nancy Howe at 7 pm. The secretary's minutes were reviewed. Corrections were made. Minutes were accepted with corrections by the board members on motions by Madonna Fasimpaur and Judy McCurdy.

Treasurer's report: A summary of the fiscal year (June 1st 2004-May 31st ,2005) was given as follows: Expenses totaled \$30,744.62. Our current balance is \$24,332.97 plus \$1,955.36 from our investment. Esther Gillett explained the budget line items to the board members. The treasurer's report was accepted by all present on motions by Judy McCurdy and Ann Twiggs.

Old Business:

Report on Grant given to Linda Smith in March 2004

Linda had received grant money from OLCA to help her develop a brochure about co-sleeping. Nancy read a report on the status of her project. The first draft was completed in December 2004 and sent for review. The second draft is coming slowly do to the complicity of the issue. She remains committed to producing two products— a patient education piece and a professional piece. One of the problems she has encountered is that SIDS groups seem unwilling to differentiate between any of the following: SIDS and smothering, SIDS and entrapment, breastfeeding moms and other moms, mothers who smoke from mothers who don't and sober people from those not sober. A study done in England demonstrates that by 6 weeks, breastfeeding moms are tired of getting up at night to feed their babies. They either begin supplementing, start more rigid schedules or take their babies to bed.

The U.S. Breastfeeding Committee is submitting a research question to the Agency for Healthcare Research and Quality for consideration in the hopes that they will conduct a large review of the data. If the USBC's question is chosen they will then have a say in who participates in the research.

The passing of Senate Bill 41-Breastfeeding in public . Governor Taft signed the bill on June 14th. It will become law of the land 90 days after the signing. Madonna and Nancy reported that they spent a day at the State Capitol Building. They visited the office of Senator Patricia Clancy and other legislators to thank them for their support of the bill. Senator Clancy and her office were sent white roses from OLCA to thank her for the work she put into helping this bill pass. A Thank You note from her was received and read.

The Regional Representatives gave reports on events and meetings that took place in their districts.
(See members meeting minutes)

The Breastfest Report

Report given by Betsy Studer as follows:

The 2005 conference expenses were \$18,658.08. Income generated was \$27,088.19. Our profit this year was \$8,430.73 which was up from the 2004 conference. A written break down of the expenses and income were compiled by Esther and given to board members. Everyone agreed that it was a good conference. The increase in revenue was due to increased in numbers attending, \$10 increase in registration fee and reduced speaker fees. The change to a Thursday-Friday instead of a Friday-Saturday may have helped increase attendance. Evaluations were very positive. The biggest negatives were the noise next door and not enough food.

The 2006 Conference: The board discussed possible locations for the 2006 conference. After reviewing and discussing the pros and cons a motion was made and passed that we contract with the Embassy Suites Hotel in Dublin for April 27th and 28th, 2006. The rooms are doubles, triples and quad suites. Cost ranges from \$105 to \$120 per night . A hot breakfast buffet is included in the price.

Past Board Recognition: Nancy officially turned over the meeting to the new board officers. Madonna was presented with an engraved gavel to use in her new position. Nancy then thanked all of the members who contributed their time and talents to making her presidency a success. Each of the officers that served during her time were presented with a very lovely pewter pin of a mom and a nursing baby with her thanks for their service. OLCA thanks Nancy for leading us forward. Providing farsighted leadership and for all the time and effort she put into her presidency. We know she will be a big support to the new board officers in her position as Past President. The new board officers were then introduced as follows:

Madonna Fasimpaur– President

Joy Kubit– Treasurer

Judy McCurdy– secretary

Michelle Price– Northwest Representative

Deb Zwolinski—Central Representative

Liz Maseth (was Lewis)— Northeast Representative (was unable to attend)

New Business: Madam President Madonna gave a “State of the State Address”. She gave each officer a written description of her job, her goals for the organization in the next two years, and the direction that she hopes OLCA to take as a leader in Ohio in promoting and supporting breastfeeding in Ohio. Madonna and Nancy met with Dr. David Schor at the Ohio Department of Health. Highlights from their discussion follows.

1. Formation of a state wide Breastfeeding Coalition. OLCA would help start one and provide seed money. Dr. Schor gave his approval for such a group. Madonna asks that if OLCA members know of someone who would be a good candidate for being on such a group they should contact her. The board voted on motions by Nancy and Denise that OLCA provide a grant in the amount of \$400 to be used for seed money for the State Wide Breastfeeding Coalition.
2. Having an IBCLC either on the Maternal Licensing board or at least having input about the job position and questions that the licensing board could ask when they inspect the maternity units of hospitals. Dr. Schor was willing to help them make contact with those on the board.
3. Goal of having the IBCLC credential recognized for Medicaid reimbursement.

The job of the area representatives was discussed. Madonna’s goal for the them is to have them visit a networking meeting in their **area** at least twice a year, to update the OLCA web site with reports of any events such as conferences or meetings that are being held in their area and for them to receive mileage reimbursement when they travel as an OLCA representative to these meetings. Madonna will meet with the area representatives the night before the next members meeting in September.

Jobs within OLCA: Madonna stated that she has asked Erica Renner to be OLCA’s publicist and she has agreed. Discussion of the publicist’s job description followed. The following openings need to be filled: Librarian, Professional Liaison, Coordinator for World Breastfeeding Week activities and possibly a retail person to manage revenue if OLCA decides to sell products for income.

OLCA Web Site: The board discussed purchasing and using the Contribute Program to enhance our web site and make it more user friendly. Lynne Schwaberow and Denise Reville made a motion that OLCA purchase the Contribute Program and cover cost of upgrading members computer if needed. Discussion followed, the motion passed. The members who will need access to the Web site are: Membership Chairman, President, all five Area Representatives, Newsletter editor, Conference Coordinator, and Web Master.

Brainstorming and Prioritizing: The board members looked at goal setting for the next two to five years for OLCA. Everyone gave their input into different areas such as potential ideas for generating revenue, who should be on the coalition when formed, ideas on reimbursement, and world breastfeeding week ideas. Many ideas were presented and discussed. The board then voted on motion for adjournment.

Respectfully,
Judy McCurdy, Secretary

Minutes From Members Meeting June 18th, 2005

Meeting was called to order by President Madonna Fasimpaur. Madonna thanked Nancy Howe, Past President for the engraved OLCA gravel. Madam President stated the importance of starting and ending meetings on time and promised to do her part in following that goal.

Members Present: Madonna Fasimpaur, Lynn Castele, Pat Bucknell, Lynne Schwaberow, Judy McCurdy, Michelle Price, Deb Zwolinski, Nancy Derian, Denise Reville, Barbara Scott, Nancy Howe, Betsy Studer.

Minutes of April 9th, 2005 meeting were reviewed by members. It was noted that I 71 had been closed unexpectedly causing some members to either not make the meeting or arrive very late. Madam President thanked Deb Zwolinski for taking the minutes during the meeting. The minutes were reviewed by members and approved as written on motions by Pat Bucknell and Lynn Castele.

Treasurer Report: Joy Kubit is the new treasurer. She was at the board meeting last night but was unable to attend today. A copy of the treasurer's report and Breastfest Financial Report were given to members for review. Members voted to accept the written report. Summary of the report is as follows:

OLCA currently has a balance of \$24,332.97 plus \$1,955.36 from our investment.

We had expenses that totaled \$30,744.62 from June 1, 2004 to May 31, 2005.

The income from the Breastfest before expenses was \$27,000.

Expenses for the Breastfest was \$18,000.

Profit from the Breastfest was \$8,430.73.

Lynn Castile asked if the new treasurer would consider using another format for the members treasurer's report. Madonna said that Joy may do so after she has had a chance to work with and look at the present system.

Representative Reports: Madonna explained that the representatives job will be more focused and that they are the base of OLCA. She explained their expanded job responsibilities as given in the OLCA board meeting.

North East: Pat Bucknell gave report. States Barbara Morrison from Case Western Reserve spoke on a couple of studies she has done. One study was about the number of interruptions a breastfeeding mom has when in the hospital. The study was done at three hospitals one large, one medium and one small. It was found that moms have an average of 52 interruptions in a 12 hour period during the day. Noted that mom, dad and baby only had 21 minutes to be by themselves to bond. She also did a study on Kangaroo Care at Grant Hospital in Columbus. The study compared kangaroo care versus baby warmers. Stated that babies seemed to warm better and had better peripheral circulation when Kangaroo Care was used.

North West: Nancy Howe gave the report. Nancy and Judy both spoke at a Toledo Perinatal seminar in March. This seminar provided basic breastfeeding information and was aimed at doctors' offices, new hospital employees, home health and help me grow nurses. There were 15 people present. Georgia Morrow spoke at a Toledo Breastfeeding Network Meeting about the Columbus Milk Bank. It was noted that there are two freezers available in the Toledo area to store milk until it can be transport to Columbus. One is at St. Vincent's Hospital and the other is at the Toledo Hospital.

Central: Deb Zwolinski reported. The LLL league helped get the Milk Bank ready for service. The milk bank has a freezer, crematocrit machine, secretary and a tech person. They are now open for business. Reminded all that a script is needed and Medicaid does pay for it. Noted that Indiana has also opened a milk bank. Nancy Mohrbacher, IBCLC, editor of the Breastfeeding Answer book, presented at a conference about pump technology and support for moms who are exclusively pumping their milk to give to their babies in a bottle.

South West: Lynn Schwaberow reported. The south west is trying to get a coalition together in the Dayton area. The Tri-State coalition is trying to become an affiliate of ILCA.

South East: There was no report available.

Committee Reports:

Breastfest: Betsy Studer reported that the 2005 conference costs were \$18,658.08. It generated an income of \$27,088.19. Our profit this year was \$8,430.73 which was up from the 2004 conference. The increase in revenue was due to increased attendance, increased conference fee and reduced speaker fees. The change to a Thursday-Friday instead of a Friday-Saturday may have also helped. There were 254 registrants and 23 exhibitors. Lynne Castele passed out a compilation of the evaluations for members to see. Discussion followed on some of the comments. The evaluations were very positive. The biggest negatives were the noise in the next room and quantity of food at breakfast and the evening snack. Reported on Board meeting motions that next year's conference to be held at the Embassy Suites in Dublin. Members expressed satisfaction with the choice.

Lynne Castele talked about her concerns on how we presently are handling the people who only come for part of the conference. She would like to see attendees names typed on the certificates to be given out at the conference instead of giving blank ones. It was agreed that we would discuss this issue further at the next OLCA board meeting. A second concern was replacing lost certificates. If a person calls her for a replacement certificate and she does not have proof that they signed in at the conference she can not issue them one. She also recommended that we check with IBLCE to see if we could charge a fee for replacement certificates. Members present asked her if she would look into it. A motion was made by Pat B. and seconded by Nancy H. if IBLCE says it is ok, we would start charging a fee of \$25 for any replacement certificate issued. We will plan on this starting in September if we get the ok from IBLCE. Judy will put a notice in the newsletter. Motion was passed by members.

Legislation: The passing of senate bill 41 was praised by the membership. Madonna gave a brief report on her and Nancy's visit to the capital building as well as their visit with Dr. Schor. The thank you from Senator Clancy for the flowers was read. Members were encouraged to write thank you notes to their state representatives for supporting the bill.

New Business:

Madonna gave an overview of the goals for the next two years to members. She encouraged members to apply for grants and scholarships available. She has a goal of OLCA being more visible. Discussed the publicist's job. She cautioned the membership that the only people she wants to be in contact with the publicist is herself as president and the area representatives. Some concerns of members about who would verify the information before it is published was discussed. Increasing of revenue by selling items like pens, pins, calendars, cards was also discussed. Members thought that was a good idea.

The meeting was adjourned at 12 pm for lunch with educational session to follow.

Respectfully
Judy McCurdy, Secretary

OLCA would like to invite all new IBCLCs and those already certified to join us in our efforts to protect, promote and support breastfeeding in the State of Ohio. Membership in OLCA provides IBCLC's an avenue to actively support breastfeeding so we may continue to be a voice for the breastfeeding mothers and babies in the state of Ohio.

Grief Recovery-So Many Changes, So Much to Learn

Presented to OLCA by Lois Hall, certified Grief Recovery Specialist

OLCA would like to thank Lois Hall for her presentation. It was great information and went right to the heart. Lois works for ODH full time, but stated that educating people about grief recovery is her passion. She is certified to teach a 12 step grief recovery program. The following are some of the high points of her presentation. We would recommend that if any who were not present have an opportunity, do go and listen to her.

Grief: the normal natural response to loss or change. Every one grieves. It is the result of mixed or conflicting emotions and is always about what is incomplete. Another way of saying it is when your head and heart do not agree. Grief is about loss of hopes, dreams and or expectations.

We learn to grieve through our culture. We are taught to ignore intuition which causes missed opportunities, we focus on intellect which can decrease our trust of intuition and our emotions. We learn to bury or deny our emotions. Grief can turn to anger when it is not resolved.

Some myths and misinformation:

1. Platitudes are statements that are often said but do not really help to resolve the grief. Examples are: "Don't feel bad", "It just takes time", "Be strong", "You need privacy", "Keep busy".
2. The person who is grieving may tell everyone that she "is fine" but fine may mean **F**eelings **I**nside **N**ot **E**xpressed. People use the statement "How are you feeling" more as a greeting than a real interest.

What can help a person recover from grief?

1. A new awareness that new tools are needed. Avoid platitudes.
2. Listening is very important and then affirming that person.
3. Do not judge or analyze
4. Do not try and "fix it".
5. Do not minimize or compare a persons feelings.
6. Recognize STERBs: Short Term Energy Relieving Behavior.
 - a. Comfort foods, drugs, cigarettes, work, shopping etc.
 - b. They work for a short time, but if a person's grief is not resolved the STERBs will become less effective as time goes by.

Linda ended by giving those present some resources for more information about grief recovery.

One a web site: www.grief.net

Anyone interested in going through training may contact her at lhall@eachmatters.com or call her at 614-890-2225

Judy McCurdy

Ethical Issues for Lactation Consultant Practice

Speaker: Linda J. Smith, BSE, FACCE, IBCLC

Schedule

9:45 am Arrival Time
10:00 am Business meeting
12:00 pm Sign in for CE credit
1:00 pm Program
3:15 pm End

Audience

Lactation Consultants, MDs, RNs, LPNs, RDs, LL Leaders, and others who are helping mothers and infants achieve successful breastfeeding.
See below for directions

Location

Southview Hospital
1997 Miamisburg-Centerville Rd.
Dayton, Ohio

Meeting to be held in the Cafeteria Classroom.

Come in Main Hospital entrance, **not maternity**

Directions

Objectives

Participants will be able to:

1. Describe legal issues for LC practice
2. Discuss ethical issues in LC practice
3. Discuss ethics related to intellectual property
4. Discuss public protection issues in lactation care

IBLCE CERPs:

No charge to OLCA members
\$10.00 charge to non-members

From East: Take I-70 west to I-675 south. Get off at Rt. 725 exit, (ramp continues to second traffic light). Turn right on Rt. 725, turn right into Southview as next traffic light.

From North: Take I-75 south to I-675 north. Get off at Rt. 725. Turn left, go over I-675. Turn right at second traffic light into Southview (first light is the south exit from I 675).

From South: Take I-75 north to I-675 north. Get off at Rt. 725. Turn left, go over I-675. Turn right at second traffic light into Southview (first light is the south exit from I-675).

**Pat Bucknell, IBCLC
OLCA Membership Chair
204 James Circle
Avon Lake, OH 44012**

OLCA NEWS

Time to renew if box is marked



Ohio Lactation Consultant Association Membership Form (use for ADDRESS CHANGES too)

Name: _____ Title (e.g. IBCLC, RD/LD, RN, LLLL) _____

Place of Employment: _____

Preferred Mailing Address: _____

City: _____ County: _____ State: _____ Zip: _____

Home Phone: _____ Work Phone: _____

Fax Phone: _____ E-mail Address: _____

_____ Enclosed is my \$25.00 check to O.L.C.A. for membership* _____ Address change only

_____ Do not include my name on mailing lists provided to external organizations.

**Mail to: Pat Bucknell, IBCLC
OLCA Membership Chair
204 James Circle
Avon Lake, OH 44012**

*OLCA is a 501C(6) Corporation and membership may be deductible. Check with your tax advisor