

OLCA NEWS

Ohio Lactation Consultant Association



Visit our web site at www.Ohio-OLCA.org for updates, directions, member list, new and old newsletters and more!

The President's Corner

Hello OLCA Members,

I hope everyone is well and enjoying the summer. I'm writing to you from Lake County, one of Ohio's newest disaster areas! I'm dry but a friend of mine had to be evacuated by boat last Friday. Quite a week we've had here in North-East Ohio!

The ILCA Conference was very good. Some highlights were:

- The new United States Lactation Consultant Association (USLCA) was very present. The dues for this first year are \$36.00. You can mail your check for membership, made out to "USLCA", to: USLCA, 1500 Sunday Dr., Suite 102, Raleigh, NC 27607. Membership year 2007 onward, ILCA and USLCA dues will be bundled together. Invoices will be sent out in October of 2006 for 2007 membership. USLCA will focus on the needs of its members in the US, including but not limited to; collaboration with JCAHO, promoting the IBCLC credential, licensure, third-party reimbursement, discounted liability insurance. The vision is that IBCLC's are valued, recognized members of the health care team. Amy Spangler was a member of the formation team for USLCA. She will be our speaker at the September OLCA meeting.
- Emergency Preparedness Workshop emphasized the need to approach the Red Cross and first responders now before a disaster is upon us. I think OLCA can develop a universal strategy that will serve all Ohio regions. If you are interested in a leadership role please contact me.(My e-mail box is open again).
- Summary of the Ad Council's Breastfeeding Awareness Campaign: 27% of the population saw the ads. The number of women initiating breastfeeding in 04-05 rose 10%. Women who saw the ads were more likely to breastfeed exclusively for 6 mos. The 24/7 warm line is continuing. The line gets 250 calls a month. The breastfeeding web site has a 50% increased use, from 25 thousand to 50 thousand hits per month .

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WHO'S WHO IN OLCA

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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 8th

Board meeting in Columbus. Madonna will email all board members with the place and time.

September 9th, 2006

Member meeting/Continuing Education to be held at Mt. Carmel Medical Center, Columbus, Ohio.

For Directions and Information on Educational Session see page 13

Future Conferences and Grand Rounds

Tri-Sate Breastfeeding Advocates Conference with James McKenna, Barbara Warner, Karen Kerkoff Gromada, and Lisa Sandora. "Evidenced-based Practices: Infant sleep Controversies, Use of banked human milk in NICU, Reinforcing breastfeeding oral behaviors."
August 25th, 2006 Kings Island Resort and Conference Center Cincinnati, Ohio.

For more information contact:

Dee Keith, IBCLC at 513-724-3313 or email KEITHANDKIDS@FUSE.NET.

Mother's Milk in the NICU: Translating the Evidence into Best Practice. Conference with Paula Meier, RN, DNSc, FAAN.

November 1st, 2006, Sparrow Health Systems and the RNICU sponsoring. For more information contact Beth McLellan 517-364-2844 or email beth.mclellan@sparrow.org.

Drugs and Breastfeeding– Speaker Dr. Jack Newman

November 2, 2006– Physician Dinner Conference for Peds, OB's and Family Practice Doctors.

Pediatric Ground Rounds: Controversies in Breastfeeding

November 3, 2006 8 am to 9 am Conference room A,B,C. **No charge**

Nursing Conference on Basic Breastfeeding Issues-

November 3, 2006 8:30 am to 5 pm Target is staff nurses Cost not available at this time

All of the above at Hillcrest Hospital. For any more information contact Terri Hazen 440-312-5332

Breastfeeding: Hospital Support After Delivery: Evidence Based Guidelines.

Sponsored by Perinatal Region III Breastfeeding Education Consortium.

November 3, 2006 Blanchard Valley Regional Health Center in Findlay, Ohio

Congratulations To All of the Following!!

New OLCA Officers Elected 2006

President Elect: Donna Walls, RN, IBCLC

Vice President: Tracey Waller, RD/LD, IBCLC

South East Representative: Jean Cooper, RN, BSN, IBCLC

South West Representative: Susan Bash, RNC, MS, IBCLC

OLCA Grant Recipients, 2006

North East Region:

Diana Brook, BS, CLC with Ashtabula County WIC; Ashtabula, Ohio—Awarded \$400.

Funds will be used to purchase 12 copies of Dr. Hale's 2006 edition of Medications and Mothers' Milk 2006. These will be provided to 25 physicians in support of hundreds of breastfeeding mothers in Ash-tabula County, in Obstetrical, Pediatric and Family Care Offices.

Joy Kubit, RN, IBCLC Cleveland Clinic NICU: Cleveland, Ohio—Awarded \$400.

Funds will be used to support research into whether the use of acupuncture is an effective treatment for insufficient lactation in mothers of infants who are in the Neonatal Intensive Care Unit (NICU). This does require IRB, would be for 2 case studies which could in the future evolve into much larger research. There is already research in this area in a handful of foreign countries.

Terri Hazen, RN, IBCLC Hillcrest Hospital; Willoughby, Ohio—Awarded \$400.

Funds requested to help with the purchasing of a freestanding freezer to store donated milk for the Mothers Milk Bank of Ohio that is collected in North East Ohio.

South East Region:

Angie Cline, RN, CLC with Monroe County WIC; Woodsfield, Ohio—Awarded \$400.

Funds requested to purchase videos to assist in educating mothers both prenatally and in the first weeks after delivery, by providing information that will address common questions and concerns breastfeeding mothers have. **April Gloftelty, RN and Donna Parr WIC Director**

Kathleen Yeater Director of Belmont County Health Department WIC Program; Awarded \$400.

Funds requested to purchase A Medication Guide for Breastfeeding Moms by Dr. Hale and provide this book along with a few other items in a breastfeeding educational presentation over the lunch hour in 14 doctor's offices in the Belmont area. Funding for food is being solicited from other local sources.

Ellen Morin, BS, RN, IBCLC with Genesis Health Care System; Dresden, Ohio—Awarded \$400.

Funds requested to help purchase 15 copies of Dr. Hale's twelfth edition of Medications and Mothers' Milk,

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2006, through the hospital's bulk purchasing department. These books would be placed in local physicians offices during World Breastfeeding Week Aug. 1-7, during an educational offering. In return after the educational offering, these physicians are being asked to help gather statistics on breastfeeding continuation rates.

South West Region:

Lisa Oeters, RN, BSN, IBCLC Lactation Consultant with Bethesda North Hospital: Cincinnati—*Awarded \$400.* Funds requested to purchase 15 Medela pedal pumps that would be provided to mothers of lower socioeconomic status, who have premature or sick infants that they need to pump for to establish supply, but do not qualify for state or federal aid to help them purchase a reliable breast pump.

In November 2005 we awarded a Grant to:

Sheela Geraghty MD, MS, CLC with Cincinnati Children's Hospital; Cincinnati, Ohio (\$400)
Funds were requested to help defray the cost of printing and mailing out of postcards to 365 local physician offices, notifying them of an upcoming phone survey in Spring/early Summer 2006, r/t a needs assessment to determine what services pediatricians in the local area want and expect Children's Hospital to provide to breastfeeding mothers. The purpose of this project is to obtain information in a scientific manner regarding what lactation services or educational experiences Cincinnati Children's could provide to improve services to breastfeeding mothers and ultimately improve breastfeeding outcomes.

OLCA Scholarship Recipients, 2006

Heather Burrier, RN, BSN, CLC: Heather is employed as an OB nurse at Aultman Hospital Canton, Ohio working on the postpartum unit. Her nurse co-workers report that Heather goes out of her way to support mothers choosing to breastfeed. Heather knows that successful breastfeeding in the hospital is greatly influenced by educated hospital staff. Ms. Burrier plans to join OLCA and begin attending meetings and educational offerings. Her goal is to use the scholarship to help defray the costs associated with studying for and taking the IBCLC.

Sakia'Lynn Harris, Breastfeeding Peer Helper: Sakia'Lynn has been a breastfeeding peer helper at the Greene County WIC office since the inception of the peer program in 2004. However, Sakia'Lynn has been promoting breastfeeding in her community since 2001 when she and a few friends started the *Just Because* breastfeeding support group aimed at helping African American women to breastfeed. The group's mission is to provide support for each other and to raise their children together "village style" to build a strong sense of community and responsibility. Ms. Harris' goal is to open a full-service practice and outreach center that serves low-income women. She plans to use this scholarship to register for Linda Smith's IBCLC preparation course and to take the exam in July. The Green County WIC program supports Ms. Harris in this endeavor by supplying some of the reference materials and paying her salary while she is attending class.

Lisa Jeannette Snyder, RNC: Lisa is employed by Aultman Hospital as an obstetrics nurse. Lisa feels that with the redesigned lactation program at Aultman she will be able to provide improved care to breastfeeding mothers. Lisa has written letters to the Target Corporation and the *Today Show* to ask them to show breastfeeding in a more positive light. Lisa looks forward to increasing her credibility with her fellow employees as a breastfeeding advocate by studying for and taking the IBCLC exam in July. Lisa was awarded this scholarship in 2005 but due to unforeseen circumstances could not use it.

Minutes from Members' Meeting February 11, 2006

Meeting was called to order by Madam President Madonna Fasimpaur.

November Minutes were reviewed and accepted by membership on motion by Ann Twiggs. Following Corrections were noted. Dr. Anderson's first name is Craig not Greg. Total deposits were \$750.

Treasurer's Report: Joy Kubit reported.

- a. \$980.23 cents Income and \$1841.00 Expenses
- b. Balance as for period of March 1st to May 31st is \$15,292.51. Joy stated that she had a registrar report with record of all checks if any member wished to view it.
- c. Discussion of the Charles Schwab account followed. Joy noted that we are not making any profit off of it and we have to pay a \$30 charge. Also noted that Joy still can not access the account. Ann Twiggs name is still on it. After Discussion membership voted to move the money to a savings account.
- d. Ann Twiggs brought up concern about OLCA's tax status. She states that because we have a gross of over \$25,000 that we must file a tax report. This does not mean that we would have to pay taxes just that they require a report. Joy stated that we do file one form through the Auditors, but she will call and see if one needs to be filled before the end of our fiscal year.

Grants/ Scholarship Updates: Barb Scott

- a. 5 Grants have been received. Barb noted that the dates for when the grants were to be submitted is incorrect. Therefore she will accept grants up to March 1, 2006. The correct dates for Grants from now on will be: For Winter grants January 31 and for Summer grants July 31 of the current year.

Regional Reports: *Please see section on OLCA Representatives report (page 10).*

Position Papers- Madonna explained the need for OLCA to have position papers on women and pumping at work as some members have had experiences with moms who were not able to do so. Ann Twiggs stated that moms should notify their district representatives about their experiences. Mothers may also let her know about their problems pumping at work and she can forward them to Erica, Representative Clancy's aid. It was suggested that Representative Clancy's email address be put in the Newsletter. Madonna talked about having a Generic Petition made up that members would just have to sign and mail to their representatives. Much discussion took place with ideas expressed on the best way to do this. Madonna had a preference for hard copies of a template that could be land mailed over using email. Ann Twiggs offered to work on it, Tracy Wells will help and they will see if Pat Bucknell would also assist them.

Library Report- Charlotte Kister

New Totes and carrying case have been purchased. Charlotte states that we have some books and other resources that are old. Some has outdated information. Membership discussed the following possibilities.

1. Disposing of all resources over 5 years of age
2. Donating the books to library, Katrina victim or to a "sister" organization.

It was decided that a small committee would look at the materials and make recommendations to the membership.

Breastfest—Betsy Studer

Reminded members that rooms are suites. Question was asked as to if there are six people in a room can all get a free breakfast? Can the people who come for the conference on Friday but did not stay at the hotel eat breakfast?. Suggested putting on the registration that breakfast is included in the room fee and will not be provided to those who don't stay. Members expressed wish to have coffee and tea available in the morning. Denise suggested that the first break be scheduled just before the kitchen closes which will allow people to get their coffee, tea, fruit.

Barbara Morrison, will speak on Thursday 7-9pm on her study about interruptions to Breastfeeding

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Dyad on the First Postpartum Day. Dr. Christine Smillie will do three talks on Friday. Her talks will be on Baby-Led Latch (2 talks) and The right Brain Connection. Linda Smith was asked and accepted the invitation to talk on the Co-Sleeping Controversy the last session of the day on Friday. Betsy reminded members that board members get one half off registration and Conference chairpersons get free registration. Michelle Price offered to help at the registration table. Registration fees remain the same as last year's. Linda Smith will do the book store. Ann Twiggs volunteered to organize the workers. Linda stated that if anyone wanted to see any special book available to let her know.

Old Business:

Sister Organization: Madonna reports that ILCA has not responded as of this date. She does however have the name of an individual. Jean Whittaker lives in Maloawi South Africa. ILCA is to send her address to Madonna. Joy states that she did pay a "Sister Organization dues". Nancy has contact them at least three times. Madonna states that Ms. Whittaker has an email but she does not have frequent access to it. Madonna states she will try and contact her to see what her needs are.

New Certified LC's: Madonna has letter prepared for them we just are waiting for ILCA to send them. ILCA has to get permission first. She expects to receive the names soon.

Calendar's: Joy is heading it up. Working with doctor in Cleveland to obtain pictures.

Licensure Issue: Nancy states that ODH wants to take over all licensing in Ohio. There are some who want to do away with license for dieticians. Encouraged members to call their reps to ask them not to let this happened.

New Business:

Madonna states she will find a format for notifying political representatives on various issues. She will look at some of the ones that already exist so we are not reinventing that which is already available. It was suggested that we have links on our web site to access other organization's position statements.

Linda Smith has set up an OLCA Yahoo Group. Nancy will send an invitation to all members to join. That way all members can be notified quicker. Type in OLCA members@Yahoogroups.com, in subject line write "subscribe", hit return and further instructions will be given. No cost. Linda and Nancy will be the moderators.

Barbara Scott Barbara shared her experience of practicing as a lactation consult while she was in Honduras this year. States moms stay in the hospital about 12 hours after delivery. She was very surprised at how little help these moms had to breastfeed their infants and that they lacked good breast-feeding information.

Dee Keith shared her experience with refugees and the difficulties they had breastfeeding their babies when they came to this country.

Madonna asked for volunteers for the Maternal Child Health Grant to read over and see how breastfeeding could be used as one of the strategies. She would like to hear from the people who take them by March. Ann Twiggs says the new goal is to increase breastfeeding at six months.

Other bureaus in ODH will be looked at to see what they are doing to help promote breastfeeding. Betsy stated that someone she knows received a letter from homeland security regarding her getting Domperidone from New Zealand. The medicine was confiscated by our government.

Judy McCurdy requested reimbursement for purchasing a digital recorder that can be plugged into a computer and make audio files. The cost was approx. \$100. She would also like to purchase a microphone for the recorder at a cost of \$34. Members present approved both purchases.

Meeting was adjourned for lunch.

Respectfully submitted Judy McCurdy RN,IBCLC

OLCA secretary

Notes on OLCA Educational Session With Dee Keith February 11, 2006

OLCA thanks Dee for an informative session on the forming of an Ohio Breastfeeding Coalition.

The executive Committee for the Ohio Breastfeeding Coalition are:

Joy Naughton, CNM, IBCLC, Cleveland
Dee Keith, IBCLC, LLLI, South Eastern Ohio
Ann Twigg, RD, LD, IBCLC, Columbus
Anne Claudia Zubieta, PhD, Columbus
Christina Valentine, MD, MS, RD, Columbus
Georgia Morrow RN, IBCLC, Columbus area

This people attended the National Conference of State Breastfeeding Coalitions: *Building Community Capacity to Advance Child Health through Breastfeeding*, held in Alexandria, Virginia in January 2006. This Conference was facilitate by the United States Breastfeeding Committee with support financially from the Center for Disease Control and Prevention and the USDA.

The Coalition will be an organizations of organizations. It purpose to improve Ohio's health by working collaboratively to protect, promote and support breastfeeding. We will use the goals of the United States Breastfeeding Committee as guidelines for forming our own. A needs assessment in each region of the state will be done as the Coalition develops.

When forming an organization like this the following will have to be addressed: Goals and mission must be voted on, deciding who shall be a member organization, what will be the criteria used to admit a voting member to the coalition, Where do we get the funds to make this happen and what time frame. Tentatively the following are the vision, mission, objectives and aims.

Vision: improve the health of Ohio's families through the intervention of breastfeeding

Mission: to increase the initiation and duration of breastfeeding an human milk feeding in Ohio, by promoting, supporting designing and protecting interventional programs.

Objectives: 1) increase Ohio's breastfeeding rates to meet the Healthy People 2010 Goals for HHS; initiation = 75% at 6 months = 50%, at 12 months = 25%. 2) increase breastfeeding as a health care intervention and disease prevention. (as this relates to obesity, heart disease, diabetes and cancers, etc.).

Aims: to achieve vision, mission, and 2010 goals. To this end six overall aims will be incorporated into a working strategy to include interventions in the following areas.

1. Educational: professional, public sector, families
2. Clinical: perinatal, postnatal
3. Environment: schools, workplace, businesses, community, religious sector
4. Communication: local, regional, state wide
5. Resource/Recognition: in kind, non cash, grants, awards
6. Advocacy: family, legislative
7. Research support

The coalition will have Regional liaisons. A decision on which pattern to follow for the determining the regions has not yet been decided. Ohio will have regional liaisons to the executive committee. Members will share in the vision, mission, objectives and aims of the coalition. All proposed plans, projects and programs must be coordinated by regional liaisons and approved by executive committee. Liaisons will be responsible for incorporating members to the group with diverse backgrounds and communicate on a regular basis with executive committee with list serve, conference calls and meetings.

The next meetings will focus on who should be asked to join this coalition. Dee shared a sample of possible member representatives keeping in mind that these members should represent an organization that by design or interest can promote and support breastfeeding. The criteria for membership is important. The USBC has had many long discussions. The tentative proposal is that to become a voting member of the OhioBC, the organization must be a nonprofit organization that has a strong organizational dedication to or the potential ability to enhance breastfeeding promotion, protection, and support in Ohio. Breastfeeding promotion, protection, and support should be a major focus of the organization, but does not necessarily have to be the sole focus of the organization. Government agencies with an interest in health and/or women's and children's issues are also eligible to become non-voting members of OHIOBC.

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Each organization will appoint a representative and if they wish an alternate who will attend the meetings. Both of these individuals would be working members, with only one of them voting on issues.

For-profit organizations are not eligible for membership. Organizations whose primary objective is supporting infant formula or the marketing of products and services that replace breastfeeding are not eligible for membership in the OHIOBC. Individuals may be non-voting members by invitation of the Membership Committee if they have made or are making a contribution to the promotion, protection, and support of breastfeeding. Generally it is accepted that individuals members should make up not more than 10% of membership.

This Coalition will be able to accept donations.

The first step that the executive committee must do is to approve these goals and positions statements. The next goal is to appoint regional representatives. After that a needs assessment will be done.

This education session was very informative and important. The executive Committee is going to need lots of support. Dee did give some important web addresses for us.

For more information about individual membership to OHIOBC contact them at Ohiobreastfeeds@yahoogroups.com

To join their list serve send a message to Ohiobreastfeeds-suscribe@yahoogroups.com

Other useful information can be obtained at:

- <http://www.usbreastfeeding.org/index.html>
- <http://www.lalecheleague.org/LawBills.html>
- <http://www.cdc.gov/breastfeeding>
- <http://www.cdc.gov/nccdphp/dnpa/>
- <http://perfddata.hrsa.gov/mchb/mchreports/search/search.asp>
- www.4woman.gov
- <http://ctb.ku.edu>

Respectfully submitted
Judy McCurdy, OLCA secretary

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- ILCA Board of Directors Issues Forum this year was focused on the presentation and comments related to IBLCE considering a second, lesser credential for breastfeeding helpers.
- Dr. Patricia Martens presented a plenary session that made statistics actually understandable! Fabulous speaker, not to be missed if you have the opportunity.
- Dr. Stephen Buescher presented two plenary sessions on the biochemistry and anti-infective properties of human milk. Excellent presenter! Used humor and made the complexities of human milk very comprehensible.
- Upcoming ILCA Conferences;
- 2007- San Diego, California, USA
- 2008- Vienna, Austria
- 2008- Las Vegas, Nevada, USA
- 2009- Orlando, Florida, USA

I'm hoping any members that attended the ILCA Conference will be prepared to offer 2-5 minutes recap of the more interesting sessions you attended.

See You in Columbus September 9, 2006.

Madonna

Regional Representatives Reports February 11, 2006

Jean Cooper South East Representative. There are at least 4 active breastfeeding coalitions in the Southeast Region: Ohio Valley Breastfeeding Coalition, Breastfeeding Coalition of Tuscarawas County, Guernsey County Breastfeeding Coalition, and Athens Area Breastfeeding Advocacy Group.

OHIO VALLEY BREASTFEEDING COALITION: Contact—Co-chairs Jean Cooper, and Claire Shorts. The Coalition draws participants from the Ohio counties of Belmont, Harrison, Jefferson, and Monroe, and the WV counties of Ohio and Marshall. Active members include LCs and RNs from 4 area hospitals, WIC Breastfeeding Coordinators and Peer Counselors from each county, hospital dieticians, a midwife, and a physicians assistant (who is also a mother of 6 breastfed children.) We meet quarterly, with an average attendance of 15. Activities of 2005 included our annual presentation of the “Most Breastfeeding Friendly Employer” award and World Breastfeeding Week activities. We sponsor an annual Breastfeeding Awareness Walk at the local mall on the first Saturday in August for mothers, babies, children, and supportive adults. Generally there are about 50-60 participants who join in the walk carrying balloons and pushing strollers, led by older children carrying a banner. After the walk, there are refreshments and door prizes with lots of information and posters for people passing through the mall. On October 15, we held our seventh annual educational conference with Madonna Fasimpaur speaking on scorpions and brown bag lunches. The event was met with enthusiasm, as all appreciated Madonna’s energetic presentation. Plans for 2006 will incorporate a replay of most of 2005’s activities. We hope to expand the Employer Award nominations with better publicity for the winner, and continue with the WBW walk and its publicity. The fall conference is tentatively set for November 4, 2006 at East Ohio Regional Hospital. We hope to begin some Brown Bag type physician education visits, continue with our 50-50 raffle fundraiser, and update the seven year old Resource Guide for health care professionals.

BREASTFEEDING COALITION OF TUSCARAWAS COUNTY: Contact—Margaret Weber of Tuscarawas Co. WIC. This group meets monthly and includes a core group of WIC coordinator, WIC dietician, a private practice IBCLC, a breastfeeding advocate who is a court administrator, and a pediatrician. They have an advisory council made up of 2 doctors, an interested individual, and a pharmacist who runs their pump rental program. Their annual activities include a big display at the Help Me Grow Baby Shower and World Breastfeeding Week activities. They do media presentations and make gift bags for the local hospital to give to all breastfeeding mothers giving birth in August. Recently they put together a Resource Guide for Health Care Professionals with management tips and phone numbers. They anticipate similar activities in 2006, along with some special fundraising.

GUERNSEY COUNTY BREASTFEEDING COALITION: Contact—Evie Nicholson, Guernsey Co. WIC Coordinator. This is a small, loosely knit coalition of a hospital LC, the WIC coordinator, and occasionally a Help Me Grow nurse and a WIC dietician. They plan an annual tea during World Breastfeeding Week for pregnant and breastfeeding mothers and health care professionals.

ATHENS AREA BREASTFEEDING ADVOCACY GROUP: Contact—Susan Klingelhafer of Athens County WIC Program. The Athens area coalition is made up of representatives from WIC, LLLI, O’Bleness Hospital’s L.C., the Birth Circle, Ohio Univ. College of Medicine, Ohio University School of Consumer Science, and Ohio University Community Services. They meet 3 times a year and maintain regular email communication. Their primary mission is providing education and information to health care providers. Three times a year, they publish a breastfeeding education update for Ohio University medical students and

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graduates that includes general articles as well as articles from local physicians. In August they do several World Breastfeeding Week activities. The February issue of "Centerpiece," the magazine for Ohio University's WOUB Public Television and Radio, listed 2 programs about breastfeeding: Wednesday, 2/8 at 8:00, Health Vision presented "Human Milk" an exploration of the relationship between human milk and human health. Guest host Gordon Graham was joined by Darlene Berryman, a licensed dietitian and assistant professor of Human and Consumer Sciences, and Jackie Wolf, assistant professor of Social Medicine. (She is known to OLCA members particularly for her presentation at the 2004 Breastfest.)

On Wednesday February 15 at 8:00, Health Vision will present "Working with a Lactation Consultant." The write-up states: "Human milk affects health so profoundly that some doctors call it not just a food for babies, but also a beneficial medicine that can influence their health for life. This episode explores the importance of breastfeeding and how lactation consultants and the breastfeeding mothers' support group La Leche League, can ensure breastfeeding success. Joining the discussion is host Jackie Wolf, who has written extensively about how low breastfeeding rates affect public health in the United States. Michelle Biddlestone is a certified Lactation Consultant from O'Bleness Memorial Hospital and Lorraine Myers is a La Leche League Leader."

(Editorial comment from your Southeast Regional Rep: "Don't forget your annual contribution to public television, especially WOUB! It's more than purple dinosaurs!")

Michelle Price on the Northwest Region. Region III Perinatal Education Consortium will offer a breastfeeding conference on May 15, 2006 at St. Charles Mercy Hospital in Oregon, Ohio: Breastfeeding: Follow-up Support After Hospital Discharge. Speakers for the conference include: OLCA Past President Nancy Howe, OLCA secretary Judy McCurdy, as well as Melinda Leuck. The same speakers will also be at the Region III Perinatal Education Consortium breastfeeding conference on November 3, 2006 at Blanchard Valley Regional Health Center in Findlay, Ohio. The title of that conference is Breastfeeding: Hospital Support After Delivery: Evidence Based Guidelines.

Perinatal Region III Breastfeeding Educators' and Lactation consultants' Network will meet on May 16, 2006 at Bellevue Hospital in Bellevue, Ohio. Madonna will speak on 'Critical Thinking'. They will also meet on September 12, 2006 at St. Luke's Hospital in Maumee, Ohio. Topic: "Infant Feeding During Disasters." Speaker will be Nancy Howe.

Michelle is continuing the process of working on invitation letters to join OLCA (or learn more about OLCA) to send out to area breastfeeding support groups, le leche league groups, WIC offices, OB/Pediatric offices, and hospital breastfeeding educators, etc. asking for them to provide addresses of these above groups/offices, etc. Michelle has received several replies and is now working on an address list to make up mailing labels.

Michelle is looking for pictures to use in updating the Northwest region OLCA display board. At this point she has not received any.

It was noted that Lori Nester is making an effort to get the West Central Ohio BF Coalition started back up again. Progress is slow but she is trying. Lori will contact Michelle when a future meeting has been set. Anyone who would like to assist Lori in starting up the BF Coalition please contact her at nesterl@bluffton.edu or Michelle Price at michelleprice@chwchospital.com.

Area WIC programs report that there is an upcoming WIC Breastfeeding Coordinators conference in Columbus on May 2-3, 2006.

Thank you to members of the Northwest Region— your assistance has been greatly appreciated.

Northeast Region: Liz Mazeth representative: Liz unable at this time to attend meetings because of her husband's illness. Madonna reports that he was in the hospital for over 2 months –mostly in intensive care. He has been in rehab for a couple weeks now. Nola continues to meet regularly. Last speaker talked about

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Aroma Therapy which the members found interesting.

Southwest: Lynn Schwaberow representative– Trying to get the hospital to think about the Baby Friendly initiative. The Southwest Coalition continues to have regular meetings.

South Central: Deb Zwolinski representative– Central Ohio Breastfeeding Coalition met on Tuesday, January 17. Meeting was led by Ann Twiggs.

Discussion of article: "*Why do women stop breastfeeding? Findings from the Pregnancy Risk Assessment and Monitoring System*". Pediatrics, January 2006. This article was chosen because of the inclusion of Ohio mothers in the survey.

Ann Twiggs shared that all WIC projects in Ohio are currently receiving Baby Weigh Scales and will be instructed in their use. Back to Basics training will take place in March, 2006. Ann was attending the National Breastfeeding Coalition in Washington, DC on January 21-22 with other Ohio advocates.

Susan Purdy, of OSU hospital shared that they have initiated a breastfeeding committee and mandatory breastfeeding education for all nursing staff. On February 16, 2006, Dr. Valentine will present the use of human milk in the NICU for Grand Rounds.

Children's Hospital's Chris Smith has completed a Bachelor of Science Degree in Maternal Child Health with a focus in Human Lactation through the Union Institute. Congratulations, Chris! Children's Hospital will begin a study on the effects of DepoProvera on milk production in correlation to time of dosage given.

Diane Bates reported the Mothers Milk Bank of Central Ohio continues to receive and pasteurize donated milk. Milk depots are now operating Toledo and Madison, WI. Coming soon will be sites in Dayton, Cincinnati and Cleveland.

**** Notice ****

After September 1st, 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.

FYI

A source for Domperidone is www.globaldrug.tv. No prescription is required. The company is located in a small Pacific Island nation. Nancy Howe states that her daughter purchases Domperidone for gastroparesis through this company with her doctors guidance. She belongs to an online support group with many members who have had good experience in dealing with this company. Neither Nancy or OLCA endorse this company, but thought members would find this interesting.

Members wanted to know Senator Clancy's email address. It is sd08@mailr.sen.state.oh.us

Saturday September 9th, 2006

Teaching Without Preaching

Speaker: Amy Spangler, MN, RN, IBCLC

Location: Mt. Carmel Medical Center, Columbus, Ohio

Objectives

- 1) Participants will be able to identify the principles of adult learning.
- 2) Participants will be able to identify learning styles
- 3) Participants will be able to identify types of learners.

*IBLCE CERPs: No charge to OLCA members
\$10.00 charge to non-members*

Schedule:

9:45 am Arrival Time
10:00 am Business meeting
12:00 pm Sign in for CE credit
1:00 pm Educational 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.

Parking

There is an available parking lot on Saturday that is east of the medical staff building on Green Street. (Davis Street is only a pathway between buildings in this area. The Medical Staff Building entrance is south of the emergency vehicle entrance and north of the nursing school area. It is southwest from the parking garage and west of the Green Street outdoor parking area)

Directions to Mount Carmel

Mount Carmel West—793 State St., Columbus Ohio 43222—Located west of downtown Columbus, just north of I-70 and west of SR315.

From I-71 traveling south:

Take I-71 to I-70 west
Take Rich/Town St. exit 99C
Turn left on Town St.
Turn right on Green St.

From I-71 traveling north or I-70 traveling west:

Take Rich/Town St. exit 99C
Turn left on Town St.
Turn right on Green St.

From I-70 traveling east:

Take Broad St. exit 97 Turn left on Broad St., travel 1.5 miles then turn right on S. Davis

**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