

OLCA NEWS

Ohio Lactation Consultant Association



Visit our web site at www.Ohio-OLCA.org

The President's Corner

May 2007

Dear OLCA,

What an honor to be taking the helm of such a great organization, I look forward to working with many of you as we move forward on our goal of "promoting, supporting and protecting breastfeeding".

I have been asked to let you know a little about myself, so here goes. I have been a Lactation Consultant for 20 years (ouch- I have to take that test again in July!). I am also an RN, and have worked in maternity for 33 years. I am currently working as a clinical LC in 2 area hospitals- one of which will become our area's first Baby Friendly hospital by this June. I am also and Herbalist, with a Diploma Degree in Herbal Sciences, and a certified Aromatherapist with a private practice in natural and herbal medicines in Dayton. I am a wife, mother of 3, and grandmother of 4 with the 5th one on the way in August. One of my greatest joys in life was being a part of my daughter's birth experience and watching her breastfeed her daughter this past year. It is so gratifying to see your deepest held beliefs blossom into the next generation.

Some exciting things on the horizon as we keep moving OLCA forward: we will be updating the web site soon, revitalizing the Yahoo discussion group- we need to have a faster, more effective means of "talking" with each other regularly, committees will focus on licensure issues, and making more educational opportunities available for LC's in Ohio. OLCA members have many talents, and we need your energy to help forge partnerships with others in Ohio all with the goal of helping Ohio mothers to breastfeed.

Our next meeting is Saturday, June 9th at 10 am, Mt Carmel Hospital. I would love to see you there as we set the course for the next 2 years. Our afternoon educational offering will be Karen Gromada, please stay to hear this her wisdom!! Also, mark your calendars for the next meetings with educational offerings- September 8th and November 10th.

Donna Walls, RN, IBCLC
OLCA President

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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

June 9th, 2007

Karen Gromada—Continuation of “Multiples”

September 15th, 2007

Milk, Soy Protein Intolerance

November 10th, 2007

Education session not set as of newsletter printing

All meetings will be held at Mount Carmel School of Nursing unless otherwise posted on Web site in Presidents Message site.

Coalition Meeting

The Ohio Breastfeeding Coalition will conduct an organizing meeting at the Ohio Department of Health on Tuesday, June 12, 2007 from 9 - 4:30.

We will listen to the CDC conference call from 2-3:30 PM.

Please e-mail Ann Twiggs at ann.twiggs@odh.ohio.gov for more information.

Summary of February 10th, 2007 Member Meeting Minutes

Call to Order—Madam President called the meeting to order at 10:10 am. At Mount Carmel School of Nursing. The following members were present. Madonna Fasimpaur, Donna Walls Susan Bash, Joy Kubit, Pat Bucknell, Liz Maseth, Nancy Howe, Judy McCurdy, Linda Barrett, Georgette Hall, Ann Twiggs, Tracy S., Deborah Zwokinski, Lynn Schwaberow, Michelle Price, Carolyn Zara, Denise Reville, Cheryl Frazer, Karen Gromade, Melissa Strecklen,

Minutes: Judy read the minutes from the newsletter as there were no copies available for the membership. There was one correction regarding cost of calendars- the figure of \$200 was in error. The minutes were approved with that correction on motions by Ann Twiggs and Pat Bucknell.

Treasurer's Report: Income from December 1st, 2006 to February 26th, 2007 was \$1414.52. Expenses from that same period were \$1,229.17. Balance as of this meeting is \$17,024.17. Treasurer's report was accepted by members on motions by Judy McCurdy and Pat Bucknell.

Scholarship/Grant Update: Tracy Waller reported that she extended the deadline to March 1st so it would match what was on the web site. At this time she has 5 requests for Grant monies and 5 requests for scholarships. After the dead line the applications will go to the board members for reviewing and approving. It was noted that we are able to award up to 7 scholarships and 10 grants for the year. Ann Twiggs offered to help Tracy with the scholarships.

Membership: Pat states there is no new report at this time.

Library Report: Linda Barrett states she is updating the inventory list. Is concerned that she is not sure how many copies of some of the material there are. Recommended that she contact the previous librarian and then just go from there. Madonna request that she form an ad hoc committee to help her weed out the outdated materials and to make recommendations of materials we need.

Nominations of Officers: Voting forms have been sent out to members in the newsletter. Judy reports that so far 4 have been returned. Members were asked for directions regarding the North west Rep. position. It was not placed on the ballot as Michelle had requested that we try and find another person to fill the position. No one had any suggestions and after some discussion Michelle stated that she would stay on for one more term. Joy Kubit announced that she would be unable to continue another term as Treasurer as she and her husband are going to retire in 2008 and she would not be available. No one had any suggestions for a replacement at this time.

Breastfest: Betsey reported that the Breastfest will be held April 26th and 27th, at the Midwest Hotel and Conference Center, Columbus, Ohio. The hotel is one exit south of the exit for the Marriott (where we use to have the Breastfest). The hotel is charging \$79.00 for single or double rate. Reservations need to be made on or before April 12th, 2007. The key note speaker is Brian Palmer, DDS who will talk about 1) Infant Caries and Tight Frenums and 2) Breathing, sleeping and breastfeeding-3 keys to total health. The second speaker is Liz Brooks and we are going to ask her to give two talks on various aspects of Ethics. So if you need CEU's/ CERPS on Ethics this will be great!

Fees remain the same as last year. \$100 for OLCA Member, \$125 for non members who wish to join or those who want to rejoin (at time of payment for conference), and \$150 for non members. Deb Z. will check with Barnes and Nobles to see if they can do the book store for us this year. The brochure for the conference will be mailed before March 1st. Any one interested in exhibiting please contact Denise Reville. Tracy Waller agreed to be Registrar this year.

Regional Representative Reports:

North West: Michelle states it has been quiet this winter. She has been receiving e-mails from other area members regarding breastfeeding CQI. If any members currently work with CQI...please share examples to help others get CQI started at their places of employment. E-mail Michelle at michelleprice@chwchospital.com to provide fur-

ther information. We all know our breastfeeding assistance and support makes a tremendous impact. Help us show other members how to document it! Respectfully Michelle Price

North East: Joy Kubit reports that she is picking up Banked Human Milk to be used by the Cleveland Clinic. This is a first and a big step forward. Everyone offered congratulations.

South East: Jean Cooper sent in the following report as she was unable to attend the meeting:---- The OLCA grant recipients in the southeast region have completed their projects or have purchased the materials for on-going education projects. Belmont County WIC and the Ohio Valley Breastfeeding Coalition have prepared their educational packets for distribution to physicians' offices. Several Coalition members have agreed to make these visits and are in the process of arranging appointments and present copies of Medications and Mothers' Milk along with a laminated triage card and other breastfeeding education.

The Genesis Lactation Program in Zanesville is also in the process of visiting physicians' offices and presenting Medications and Mothers' Milk with information on breastmilk storage and a questionnaire designed to obtain information on breastfeeding longevity in the area.

The Tuscarawas County Breastfeeding Coalition reports that they are having problems with the new Ohio Medicaid system and the pharmacies that had been providing rental pumps. One pharmacy can no longer rent pumps to Medicaid recipients. As a result, Tuscarawas Co. WIC is applying for an OLCA grant to purchase another loaner pump to help meet the needs in this under-served community.

The Athens area Advocacy Group continues to meet and produce their informative quarterly newsletter.

They now operate a 24-hour breastfeeding support line and have started a breastfeeding class at the office of an OB-GYN.

South West: Susan Bash reported that the Ohio Breastfeeding Coalition will be having a teleconference at 2pm on February 13th. Marsh Walker will be talking to the group who participate. She also reported that Ruth Lawrence presented a one hour talk at the Miami Valley Hospital. Ann Twiggs reports that the Coalition is not going as well as people would like at this time for a variety of reasons. Members expressed hope that it will become a viable coalition and that community members will be found and invited to join.

Central: Deb Z. gave the report: Deb states that the Coalition is still active with 5-6 people attending regularly for meetings. She reports that Ohio Health has a new hospital in Dublin and rumors are that they will have an OB unit. The lactation people have not been contacted about this at this time.

Old Business:

Madonna asked members to start thinking about the Maternal Child Health 2008 Block Grant. Now is the time to start thinking of ways that breastfeeding can be incorporated as strategies to meet their goals.

Calendars: Joy and Pat reported that 270 calendars were sold. When we have received all the monies for them we should have a profit of about \$1000 dollars. Discussion about future calendars took place. Judy showed a picture that her peer had taken for a future calendar and stated that she had 4 pictures so far. It was decided that we would not do a calendar for Breastfest at this time. It was not decided when we would do the next one for sure. Some members liked the idea of producing breastfeeding posters. No final decision was made at this time.

Licensure- Madonna noted that legislators will not support reimbursement just for its own sake. Cases of harm to mothers/babies to demonstrate need to protect public with licensure of IBCLC's must be proven. Pat Bucknell reported that she is on the ILCA committee for reimbursement. Carolyn Zara reported how she goes about receiving reimbursement and gave information to members regarding the new HMO's. She noted that the state of Ohio is divided into 4 sections and each section has 3 HMOs. IBCLC need to know who they are and what they will or will not cover as they are all different even within the same section. Each section has a Manager of Health Care and this is the person whom complaints and concerns should be directed to. The members thanked Carolyn for her input into how the system of HMO's work. There is a lot of work ahead for IBCLC's to advocate for moms and their babies who need pumps to support breastfeeding.

Policy and Procedures Manual: Liz Masith reported that she has not received any calls regarding the manual. She requests that anyone who would like to share policies that they already have call her at 216-577-8537. Also call if you would like to help put a P & P manual together.

Meeting dates for the next three member meetings were selected. They will all be at Mt. Carmel in Columbus. The next meeting will be June 9th, the one after that on September 8th, and the November 10th, 2007. Lynn S. is finding speakers for these meetings.

Meeting was adjourned at 12:30 pm for lunch and preparation for speaker.

Respectfully submitted,
Judy McCurdy. RN, IBCLC
OLCA secretary

Congratulations to Nancy Howe Outstanding OLCA Member of the Year 2007



Nancy has been a faithful and productive member of OLCA and a supporter of breastfeeding in the state of Ohio. She served OLCA as President and Past President. She is not one to blow her own horn but we twisted her arm for a little information about herself. So here it is

Nancy was a breastfed baby, growing up in Seattle, Washington. She met her husband-to-be in Junior High, but thought he had cooties until High School. They both went to the University of Washington and married during their Senior year. They continued on to graduate school at Iowa State University and from there crossed the country a few times as her husband changed careers or was transferred. Nancy started out as a Home Economics Teacher and morphed into a Dietitian, through luck, guidance and being in the right place at the right time. As a Dietitian, she was Chief Clinical Dietitian at Whittier Hospital in California and a Diabetic Educator in Pennsylvania and Indiana. When she and her husband moved to Tiffin, OH in 1994 she changed career paths and sought employment with WIC as Nutrition Education Specialist and Breastfeeding Coordinator. Eventually, becoming Director of Seneca County WIC.

Both her children were born in California where she was able to get paid maternity leave for 10 weeks with one and 5 months with the second. Both girls were breastfed for over a year.

Nancy states that she has enjoyed being active in OLCA and the northwest Ohio perinatal group. She was especially thrilled to be OLCA's representative to the Australia ILCA meeting when she was President. She said it was thrilling to meet lactation specialists from all over the world and "those memories will be with me forever."

OLCA Scholarships 2007

Melissa Courts, BS, Breastfeeding Peer Helper

Melissa has worked as a peer helper at the Montgomery County WC office since the inception of the peer program in 2004. She has breastfed her own children and aspires to become an IBCLC. She notes the lack of African American breastfeeding experts and hopes to fill a need within that community. Melissa's coworkers and supervisors are impressed by her ability to meet mothers "where they are" and tailoring education and advice from their perspective. Melissa plans to take the IBCLC exam in July and intends to use the scholarship to take preparatory classes.

Jenny Doan, LPN

Jenny has worked as an LPN on the maternity floor of Mercy Medical Center in Canton, OH for eight years assisting the lactation consultants in providing breastfeeding support. Personal experience of sore, cracked nipples, not enough milk and other issues has helped Jenny empathize with new moms attempting breastfeeding for the first time. Jenny wished to increase her knowledge of the art of breastfeeding so she can gain confidence and expertise. She will use the scholarship to attend the Certified Lactation Counselor (CLC) course.

Mary Sauder Tyler, MPH

Mary is a recent MPH graduate with an emphasis on nutrition and has breastfed all three of her children. She currently works for the Sauder Manufacturing Company in Archbold, OH as a project coordinator where her passion for breastfeeding led her to work with her employer to set up pumping rooms at two plant locations. While interning at the Fulton County WIC office as part of her MPH studies, she created a 15-month calendar that addresses ways to overcome breastfeeding obstacles. Mary aspires to become an IBCLC and plans to use her scholarship to pursue lactation education.

Kristy Williams, Breastfeeding Peer Helper

Kristy has worked as a peer helper at the Green County WIC office since the inception of the peer program in 2004. She is dedicated to promoting and supporting breastfeeding among the low-income clients. In the course of her employment as a peer helper Kristy makes home and hospital visits, monitors an after hours phone line, teaches breastfeeding classes and counsels mothers and their families. Her ultimate goal is to become an IBCLC. She plans to use the OLCA scholarship to take the CLC course.

Rebecca Ann Williamson, RN

Rebecca is a casual, part time labor and delivery nurse at East Ohio Regional Hospital in Martins Ferry, OH. She nursed both her children for over a year and plans to nurse her expected son for two or more years. Working with the lactation consultant at EOHR as sparked a desire to become an IBCLC. As a casual employee she is not eligible for educational benefits and has attended classes, including Breastfest, at her own expense. Rebecca plans to use her scholarship to pay to attend the CLC course as a step toward becoming an IBCLC.

Christina Yontz, RNC

Christina is a registered, nurse certified in inpatient obstetrical nursing with over fourteen years experience working with breastfeeding mothers. For the past two years she has been working PRN in the Lactation Department of Genesis Healthcare System in Zanesville, OH as well as in the NICU. She breastfed her own four children and was inspired by that amazing experience to help other mothers breastfeed successfully. She plans to use the scholarship to take the IBCLC review course in preparation for sitting the 2007 exam.

*****CONGRATULATIONS TO THE RECIPIENTS*****

OLCA 2007 Grant Application Recipients

Key Contact	Affiliation	Summary of Need
Barnett, Halle	NE Region of LLL	Fund 800 Breastfeeding warm line
Cline, Angela	Monroe County WIC	Purchase radio air time during BAM in local area
Flores, Jessica	Coshocton County WIC	Purchase 13 baby slings for WIC mothers for Bam Baby Fair
Gartner, Sally	Coshocton County Memorial Hospital	Purchase hospital Breastfeeding discharge bags
Nester, Lori	Allen County WIC	Purchase books and videos for lending library
Schulin, Tina	Lorain County BF Coalition	Purchase "Physician's BF Triage Tool" from ILCA to distribute to local MD offices
Smith, Chris	Columbus Children's Hospital	Fund clinical study to compare effectiveness of usual LC services versus one-to-one peer helper support.
Walls, Donna	Southview Maternity Center	Purchase framed prints supporting BF in hospital areas for BFHI
Weber, Margaret	Tuscarawas County WIC	Purchase Lactina Pump for loaning to WIC mothers
Shorts, Claire	Belmont County WIC	Purchase Tee shirts for BAM walk

Congratulations to all grant recipients!!

The OLCA Library

OLCA's Library is ready and waiting to lend you breastfeeding related books, tapes, CDs, video tapes and periodicals. The Library is available at our member business and continuing education meetings. Since the Library is extensive – and quite heavy – I am planning to leave older tapes, books and periodicals at home. If you would like to borrow any item please let me know and I will be sure to have it at the next OLCA meeting.

We are in the process of going through the library's materials, planning to remove and store some of the older items, replace older editions with revised copies and add newer titles. The Library inventory is too extensive to be included in this newsletter so plans are in the works to possibly put it up on our web site. In the mean time please make any recommendations you might have for future additions to our Library.

There are library loans dating back quite some time. Please be sure to return the borrowed materials at our June 9th meeting. If you need to keep them a bit longer or would like to arrange for their return in another way please contact me at JBarr48030@aol.com or 937-439-2031.

I look forward to serving as your OLCA Librarian!
Linda Barrett, IBCLC

OLCA Yahoo Group Wants YOU!!

Become a member of the Ohio Lactation Consultant Association's **FREE** yahoo group today!! **"OLCAmembers"** at **yahoo groups** is waiting for you! Join your fellow OLCA members in networking and connecting. Future OLCA meeting dates and topics will also be communicated here as well as the newsletter and website. Join with these easy steps:

Two forms of membership:

Basic email only- if you use an email address other than a yahoo account, you will be able to receive and send email from any internet email address. You will not have access to additional information on the *yahoogroups.com* website.

Upgraded list serve using a Yahoo account- if you have a yahoo account or wish to set up a free yahoo account for the purposes of this list serve, you will have access to all features including list serve emails, access to the archives, photo links, etc.

How to sign up- three easy ways

If you currently have a yahoo account:

1. Go to the join home page <http://groups.yahoo.com/group/OLCAmembers/join>
2. log in to your yahoo account
3. Follow the "Join this Group" instructions
4. You will receive a confirmation email to the address you provide
5. Go back to the home page to access the group site

If you do not have a yahoo account to want to get one for the upgraded list serve options:

1. Go to the join home page <http://groups.yahoo.com/group/OLCAmembers>
2. Click the blue "Join This Group" button
3. Click on the blue text that says "Sign Up"
4. Complete the "Create your yahoo ID page" and click "I Agree"
5. Print out the confirmation page for your files
6. Click on the "Continue" bar to take you to the "Join this Group" page
7. Follow the "Join This Group" instructions
8. You will receive a confirmation email to the address you provide
9. Go back to the home page to access the group site

If you do not have or want a yahoo account:

1. Send an email to the following address: OLCAmembers-subscribe@yahoogroups.com
2. You will receive a confirmation email- follow step #2 in the email
3. Reply back to the email by clicking reply in your email program and "send" the email (do not go to the website link to confirm)

How to send an email to the group list serve:

Saturday June 9th, 2007

Karen Kerkhoff Gromada, MSN, RN, IBCLC

Speaking on:

“BREASTFEEDING MULTIPLES” -Part II

Location: Mount Carmel West, Columbus, Ohio

Objectives:

1. Cite the literature associated with maternal decision-making to initiation and continue to breastfeed multiple-birth children.
2. Describe interventions for initiating breastfeeding with multiple-birth neonates.
3. Identify common breastfeeding issues unique to multiple-birth infants and develop realistic plans of care.

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

Location:

Mt. Carmel Medical Center
Medical Staff Building
Second Floor Meeting Room
111 Davis Street
Columbus, Ohio

Audience:

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

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

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)

**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