

OLCA NEWS

Ohio Lactation Consultant Association



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

The President's Corner

October 2008

Inside this issue:

October, 2008

Welcome Fall!

As the beautiful Fall season begins, don't forget to take a few minutes to relax and take in the beauty of Ohio's changing seasons.

First, a big Congratulations to all the management and staff at Southview Maternity Center for becoming Baby Friendly. Southview is the first hospital in Dayton, the third in Ohio and the 67th in the United States to be designated Baby Friendly. As part of the staff at Southview, I can honestly say it is an honor to proudly protect, support and promote breastfeeding. There are many hospitals considering beginning the process of becoming Baby Friendly and OLCA would like to encourage any and all hospitals and birth centers to continue. It would be great to have Ohio be the first state to be all Baby Friendly!

If you are considering becoming Baby friendly, don't miss the November 8th general meeting and CERP offering which will be "The Road to Becoming a Baby Friendly Hospital".

With all the news about financial concerns, OLCA is no exception. Like most small organizations and businesses we are closely reviewing our finances and we are announcing a small increase in our annual dues, which will be increased to \$35. We are looking at ways of reducing costs as well as increasing revenue, but remain committed to keeping Breastfest registration as affordable as possible.

Ohio also provides us with a wealth of educational opportunities this fall. Please check the OLCA website regularly for local and regional workshops and seminars.

And if you have any information on a continuing education event, please send the information to "contact us" and it will be listed in the Resources section of the website.

We also have the ILCA 2008 conference session recordings. If you are interested, please send a request to "contact us" to reach Linda Barrett, Librarian.

Donna Walls, RN, IBCLC
OLCA President

Who's Who in OLCA 2

Meeting Dates 7

Minutes of September 13 Member Meeting 3-6

Educational Session 7



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

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OLCA Member Minutes

September 13th, 2008

Meeting Called to Order at 10:15 am by President Elect Liz Maseth. Madame President Donna Walls was unable to attend.

Members introduced themselves and exchanged information about themselves. Present were: Susan Bash, Lynne Schwaberow, Liz Maseth, Nancy Howe, Judy McCurdy, Laura Atkinson, Ann Twiggs, Esther Gillett, Nora Ellis, Lynne Castele, Georgia Morrow, Debra Zwolinski, Linda Smith, Teresa Mitchell.

Previous minutes were read. On motion by Nancy Howe and Ann Twiggs members voted to approve the minutes. With one correction — Lynne Castele was not at the previous meeting. Judy apologized for the error.

Membership Committee Report- Pat Bucknell was absent

- * Judy gave report on the member post card vote regarding OLCA newsletters received by email or regular post. 213 postcards were returned. 129 want email. 84 want regular post.
- * Annual dues amount was discussed. Members present agreed that we should increase the Dues amount. Discussion took place as to the amount. On motions by Susan Bash, seconded by Ann Twiggs members voted to raise the Dues from \$25 a year to \$35 a year.

Treasurer Report

- * Checking account balance was \$12,113.57. That was the money that was in our C.D.
- * Membership had an open discussion regarding normal expenses for board members. Nancy noted that meals and rooms have always been provided. Meals were usually very simple such as pizza or sandwiches.
- * Treasurer's Report was approved by vote of members on motions by Susan Bash and Deb Zwolinski. Report was from June 1st, 2008 to August 31, 2008.

Legislation Report- Ann Twiggs

Ann stated that there is a committee of nurse managers, CEO's, L.C.'s, looking at issues regarding maternity practices through out the state. Maternity licensing will soon be a thing of the past and a standard of practice will be established.

Area Representatives Reports

South West: Susan Bash— Susan asked that OLCA preview the 2 set DVD called "Breastfeeding Best Practice" from Injoy Inc and ILCA. for client use. The cost of the first disk is \$159.00. Esther states that she has it and shows the first two sessions and the last one. The second disk is for nurses, practitioners and Lactation Consultants. It costs \$259.00. No decision was made at this time .

HURRAH!! Southview is the 3rd BFHI hospital in the State of Ohio and 56th in the country. Everyone hopes that the whole city will follow suit.

(Continued on page 4)

Dayton area LLL will be hosting Greg Notestin, DDS on September 25th at the Corinth Presbyterian Church, Corinth Blvd.. He will be discussing Ankyloglossia. The presentation is open to the public. Dr. Notestine is a Dayton area dentist and author of *The Importance of the Identification of Ankyloglossia as a Cause of Breastfeeding Problems*, published in the Journal of Human Lactation.

Central Report— Debra Zwolinski

Their Coalition has a help line for moms returning to work and school. New center at River side had an open house on August 2nd. The next coalition meeting will be October 21, 2008. La Leche League is having a Conference at the Dublin Marriott Hotel on October 17th and 18th.

The Mothers Milk Bank distributed 22,000 ounces last month. Over 740 mothers have donated their milk. The hospital had looked at closing the milk bank for financial reasons but because of all the donor moms that they have and the support from the community the Hospital decided not close the bank. Georgia noted that 198 people have donated money to the milk bank. Meg County donated \$208 that they raised through a craft fair. The milk bank is going to need new equipment. Moms who would like to use banked milk are being turned away because of not having enough milk to give out. They want to encourage moms to use their own milk before requesting banked milk. It is noted that it is an opportunity to provide interventions to help encourage breastfeeding.

The Central Ohio Breastfeeding Coalition and LLL raised money to buy T Shirts, and held a walk during World Breastfeeding Week. 123 people showed up. Through the WIC program they will use receiving blankets provided by State WIC. Melissa took the blankets and hand outs to OSU to talk to the residents about swaddling. They also talked to the residents of Riverside.

North East Report—Liz Maseth

NOLA had their annual Zoo Event. Liz noted that over 2500 people attended the Zoo that day. WIC had a very large presence there.

Akron Children's showcased for WBW using the color of the rings. Other activities were: a Proclamation by the Mayor of Akron, a News paper article, attendance at the Akron Zoo on August 2nd, and collecting 140 dollars for the Milk Bank. Jen Foster from Akron City and Liz are going to replicate the Telephone Survey on Hospital Discharge packs. They hope the survey can be expanded to State wide. It does need to go before the review board first.

North West Report— Michelle Price

Upcoming meeting/educational offerings in the Northwest Area:

Topic: Unknown at this time

Speaker: Unknown at this time

Date: Tuesday, November 11, 2008 12:00 - 3:30 p.m.

Location: St. Charles Mercy Hospital Oregon, Ohio

To register contact: Kim Rosin at 419-291-4645 or e-mail kim.rosin@promedica.org

(Continued on page 5)

(Continued from page 4)

Future Perinatal Region III Lactation Consultant and Breastfeeding Educator Meetings:

(all meetings will take place at St. Charles Mercy Hospital)

March 3, 2009

September 15, 2009

November 17, 2009

Future Perinatal Region III Education Consortium Conferences:

May 1, 2009

October 14, 2009

South East Report—Jean Cooper

Like the rest of Ohio, the Southeast Region celebrated World Breastfeeding Week and Breastfeeding Awareness month with walks, publicity, activities for breastfeeding mothers, and education for professionals and the public.

Belmont County WIC sponsored a “Mom’s Night Out” and used grant money from OLCA to give away baby slings to those who attended. They were pleased that women from outside the WIC community participated, and there was a “standing room only” crowd to hear the talk on Baby-Wearing and enjoy the prizes and refreshments.

The Ohio Valley Breastfeeding Coalition held their annual Breastfeeding Awareness Walk at the local Mall with a total of 133 participants (including babies and children). There were many door prizes, and face-painting and other activities for children. During the festivities, the annual awards for the most Breastfeeding Supportive Employers were given to 4 area businesses. The Coalition will present its annual educational conference: Managing Breastfeeding Challenges, with Linda Smith, on November 1, 2008. There will be 3.75 contact hours and CERPs (including 1 E-CERP) for this half-day program. Contact Jean Cooper 740-633-4294 or 740-310-2868 for more information or check the OLCA website.

Monroe County WIC used OLCA grant money to run radio ads throughout the month of August publicizing the importance of breastfeeding. They also sponsored a Breastfeeding Luau for breastfeeding mothers including a picnic, put-put golf, swimming and other fun activities at a local lake.

Athens County WIC and La Leche League of Athens pooled their resources to purchase a copy of Tom Hale’s Medications and Mothers’ Milk to present to the pharmacies in their area. Each book was accompanied by a letter from a prominent local physician introducing the book and explaining its importance in serving the breastfeeding population. They also ran ads extolling the virtues of breastfeeding in local papers for 4 days a week during the month of August. This coalition will be participating in the **Breastfeeding Challenge for North America**—to see how many breastfeeding couplets they can gather in one place on October 11.

Tuscarawas County WIC made 75 special gift bags for new breastfeeding mothers delivering during August. Each bag included Amy Spangler’s book Breastfeeding: Keep it Simple, a sports water bottle, WIC blanket, and other information. They also had publicity in local papers and a public service announcement on the radio for a week.

Genesis Hospital in Zanesville concentrated on staff education during Breastfeeding Awareness Month. They had special activities and games for the OB staff, and presented a class for the pediatric dept. for 1 CEU on jaundice and engorgement.

Coshocton County Hospital used OLCA grant money to continue their Ban the Bag project, providing gift bags full of goodies that easily surpass anything the formula companies can offer. This activity is receiving good support and serves as a working model for any hospital wanting to rid their department of formula diaper bags.

Coshocton County WIC collaborated with the local Help Me Grow program to sponsor a baby shower for all new mothers. They expected 50, but had 150 participants who all got fed and received nice door prizes. They had 2 radio spots and 6 free PSAs during the week, and letters to the editor. The Coshocton Campus of COTC received the most Breastfeeding-Supportive award for their lactation room.

Now we hope that all these efforts will reap big rewards for the new babies and mothers in our region.

Providership—Lynne Castele

OLCA's providership expires at the end of November. Lynne noted that she has a new phone number not the one that is in the newsletter. Judy will change to correct number. She notes that sometimes emails go to her spam and she does not get them. So if you do not get a response about cerps call her. She stated that we are in compliance but she needs to send in the paper work, but that it takes them a very long time to formally approve. Lynne's cell phone number is 330-416-9932 if you are unable to get her at her home number.

Breastfest 2009:

Dates are March 20 and March 21 (a Friday-Saturday)

Discussion by members on the best way to find speakers and how to make decisions as to whom to have. Linda Smith suggested that we have people send in abstracts for OLCA to look at. This is a different process than placing all the responsibility onto one person. A committee could be formed to review those abstracts and make recommendations to the Board/membership. Members present thought that sounded like a good way to go with.

By Laws

Donna and Liz will put together an ad hoc committee to rewrite the by laws. Liz states she has copies of by laws from USLCA and ILCA. Linda recommends having a lawyer to review of the non profit law. We can go the United Way for help. Members thought that was a good idea and passed a motion by Linda Smith and Nancy Howe that we do that.

USBC

Linda noted that the USBC has mini grants from the CDC (\$500 to \$3000) for Registered Coalitions. Use an Abstract process.

Meeting adjourned on motion by Linda Smith and Judy McCurdy @ 12:05 p.m.

Respectfully submitted
Judy McCurdy RN,IBCLC
OLCA Secretary

September 13th Educational Session

“Human Milk for Human Health”

presented by Dr. Christina Valentine M.D., M.S.,R.D.

Medical Director, Neonatal Nutrition and Lactation Section of Neonatology
Nationwide Children's Hospital, Columbus, Ohio

OLCA would like to thank Dr. Valentine for an interesting and informative presentation. The importance of providing information to moms to allow them to make an informed choice was discussed. The rationales of why human milk should be given to human babies was presented. The Donor Milk Process at the Mothers Milk Bank of Ohio was reviewed. Dr. Valentine gave many references and information regarding the composition of human milk and how it is so unique. All who attended found the information interesting and relevant.

Again Thank You Dr. Valentine.

OLCA Education November 8, 2008

WHO Baby-Friendly Hospital Initiative: Global Progress

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

Objective: Discuss current status of BFHI around the world, including WHO and UNICEF's role

The Road to Becoming a Baby Friendly Hospital

Presenter: Donna Walls, RN, BSN, CPCE, IBCLC
Herbalist & Certified Aromatherapist

Objective: Support evidence-based practices which assist health care facilities reach the Healthy People 2010 goals and provide education and care protocols to

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 Colum-
bus, 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)

Board Meeting November 7, 2008—Location to be announced

**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