

OLCA NEWS

OLCA's Permanent Address : 6077 Far Hills Ave ., PMP#288 , Centerville, Ohio 45459-1923



Ohio Lactation Consultant Organization

www.ohio-OLCA.org

To Everything There Is A Season...

This is an unusual season to OLCA's history. Our President, Liz, has had some very difficult times, so please keep her in your thoughts and prayers, as those of us on the Board are doing. Please bear with us as we operate without her for awhile

Currently there is a groundswell of advocacy and information bubbling up! Locally, the Cleveland Clinic hospitals have "Banned the Bags" and are moving toward Baby Friendly Status as a system. Breastfeeding support is being monitored by mPINC and Joint Commission. Michele Obama is advocating for breastfeeding at a national level. After the Joint Commission listed exclusive breastfeeding as one of its Core Measures, Baby Friendly USA started receiving many more requests for information. Reports from Government agencies are citing Baby Friendly's 10 steps as an evidence based way to improve lactation care. This involves not only hospitals, but private practice, WIC and support groups, who provide what Step 10 asks for, community based support.

How do you stay on top, of all of this without getting overwhelmed? No one can do everything, but we can all do something. We all need to do some things in order to be recognized as professionals. Please consider joining ILCA. Please consider joining OLCA's Yahoo listserve.

It is so wonderful to see the fruit of our labors....more moms and babies enjoying all that breastfeeding is! Thank you for your role! *Terri Hazen, OLCA Secretary*

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Thoughts For a Moment..

- "Nobody will ever deprive the American People of the right to vote except the American people themselves, and the only way they could do this is by NOT voting" FDR
- Why isn't chocolate considered a vegetable, if chocolate comes from Cocoa Beans, and all beans are a vegetable?

Election of Officers 2010-2012 terms

In this newsletter is a ballot with nominations for the OLCA offices whose 2 year term starts this year. We apologize to the members of OLCA for being late. Members have two options for voting. OLCA understands that voting is a very private matter. If you wish to remain anonymous please either place a label over you name or use a black marker. You may cut out the ballot presented here in this newsletter. Complete it and mail it to Terri Hazen at the following address: **4799 Maple Street, Willoughby, Ohio 44094.** OR

Go to the following web address and cast your ballot by the Monkey Survey. Either way please cast a vote. Keep in mind that if Noreen Edwards and Deb Zwolinski are elected as President Elect and Treasurer. Their regional representative positions will be - come open. If you are interested in serving on the board in your region please talk to a board member as soon as possible. Survey Monkey address:

<http://www.surveymonkey.com/s/P25X87G>



OLCA Board and Members Thank Dee Keith

The OLCA Board would like to thank Dee Keith for her years of service to OLCA as Conference Coordinator. Conference Coordinators are truly unsung heroes and Dee brought us an impressive array of insightful, humorous and inspiring speakers over the years. She worked tire-

lessly to see that all the loose ends were transformed into the seamlessly run conferences which attracted over 200 Lactation Consultants annually. Her connections and years of experience with conference planning has helped OLCA members refine

their practice to achieve positive outcomes for countless breastfeeding babies and their mothers. We feel honored and privileged to have had your guidance and leadership. Thank You, Dee!!.

The OLCA Board

Board and Member Meetings

- Membership Meeting: September 11, 2010 @ 10am– Educational session @ 1pm followed by Discussion of 2011 Breastfest Conference.
- Board Meeting: November 5, 2010, starting at 3pm.
- Membership Meeting: November 6, 2010 @ 10am– Educational session @ 1 pm.
- Membership Meeting: February 5, 2011 @ 10am.
- OLCA Breastfest: March 18-19th, 2011.
- Board Meeting: June 10, 2011
- Membership meeting: June 11, 2011.

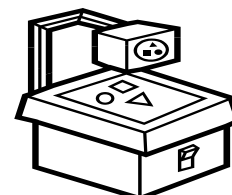


To Swaddle or Not to Swaddle

Come to our Educational Meeting September 11th, 2010 at 1pm and find out!. Mt. Carmel

Presentation by Linda Smith, BSE, FACCE, IBCLC, FILCA

Objective: To Explore Research base uses and misuses of Infant Swaddling.



OLCA Meeting Highlights with Updates from June 12, 2010 Member Meeting

Area Regional Reports:

Southwest:

Susan Bash reported that Mary Jo Rosenbauer (Dayton CMC) attended the Human Milk Banking Association of North America Conference in Boston in April, 2010. A fascinating topic was presented about a specific protein-fatty acid complex that conveys antibacterial properties in breast milk has been shown to kill bladder cancer cells in humans. The complex has killed over forty types of cancer in the lab, and it kill only cancerous cells. One of CMC's NICU RN's plans to sit for the LC exam.

From Olga W. Tamayo, LC, at the Center for Breastfeeding Medicine, Cincinnati Children's Hospital Medical Center plans to attend ILCA in July and plans to share a session with LC's from other Children's Hospitals throughout the country to discuss and share lactation issues.

From Robin Hirth, Mercy Fairfield Hospital Lactation Services will attend ILCA conference and do a research poster presentation, "The Butterball Turkey Effect Maternal IV Fluids and Infant Weight." Congratulations to Mercy Hospital Fairfield and Mercy Hospital Anderson for recertifying for BFHI for 5 more years. Robin offers to present her research to an OLCA meeting.

Lynne Schwaberow (LC from Southview Hospital, Dayton) announced Southview has opened an out patient lactation clinic. Miami Valley Hospital-3 LC's attending ILCA conference in San Antonio, Susan Bash, Donna Walls and Lisa Trefz. MVH is making plans for WBW, and WIC will have a table to provide information about their breastfeeding support program.

Linda Smith (BFLRC) has held two 45-hour Exam Prep Course's in Toledo and Dayton, Indianapolis and Omaha. The 2011 Exam Prep course will reflect changes and requirements for IBLCE candidates. BFLRC taught a 20 20 BFHI Step 2 course in Bluffton, OH jointly sponsored by Allen County Health Department, WIC Division, West Central OH Breastfeeding Coalition, and Bluffton University. The 3rd Edition of Comprehensive Lactation Consultant Exam Review is in press. Jones & Bartlett will begin shipping books on June 22. The best way to get a copy is directly from the publisher; www.jbpub.com. Linda will present a plenary session "Impact of Birthing Practices on Breastfeeding" on Sat., July 24th at ILCA. She will also host a study day and pool party for exam candidates, possibly on June 26th or July 10, if there is sufficient interest. Contact Linda if interested.

Central Ohio:

Esther Gillette reported that Franklin County WIC is starting a WIC peer program since all agencies have been mandated by ODH to have a peer program. Some staff will attend a state peer training program to assist with per training. They plan to have an activity for Breastfeeding Awareness Month working with local hospitals to promote baby friendly.

WIC started using the new Hygeia pump in addition to the Medela Personal Double pump for mother's returning to work/school for 24 or more hours/wk. Since Hygeia is multi-user pump, they hope to cut costs and avoid waste of pumps. Hygeia to be used for those mothers that may not appear as committed to breastfeeding as well as for some breastfeeding issues.

3. Donor milk is now provided at OSU in the special care nursery as well as in the other hospitals in the central Ohio area.

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Pressure to use donor milk was felt due to their necrotizing enterocolitis rate being at 10%. International Human Milk Bank Association meeting & Vermont Oxford Network NICUs have research which shows that donor milk decreases NEC rates. In Utah, you need consent to give formula in hospital.

4. Breastfeeding Coalition: BF awareness event is August 7 at Gooddale Park. Deb Zwolinski is helping to organize with activities for such as balloons, face painting, a magician at the zoo. Autumn Trombetta from Obesity Coalition at CPH reports that one of their goals is to focus on breastfeeding promotion. She will organize some children's activities to promote physical activity and healthy eating as part of the Obesity prevention initiative program. Dr. Jackson is going to speak and there will be children's activities afterwards. Major sponsors are Hygeia and Nationwide Children's Hospitals. BFC has a Facebook page! Received \$400 from OLCA grant for this event and future activities.

5. Bus signs were made into posters and distributed to 17 neighborhood health Centers along with a letter from OLCA and handout on promoting breastfeeding education in pre-natal care.

Northeast: Noreen Edwards reported last night and the following was read to the members.

1. Tri-County Breastfeeding Connections is planning to deliver laminated WHO growth charts, to our local Peds to hang in offices. TCBC is also developing a referral list and poster for all OB offices for breastfeeding support. TCBC's Annual Conference on 10/15/10 will feature Marsha Walker. Some books will be available. Approx 6.5 CE/Cerp's. will be provided. RD's will apply for their educational units. TCBC is working hard to encourage businesses to provide Lactation Rooms at three Humility of Mary Hospital.

2. NOLA will sponsor WBW Day at the Cleveland Zoo. NOLA is taking advantage of USLCA's Webinars, having viewed Liz Brooks' talk on Ethics. Maya Bolaman will speak at ILCA on her work in Russia and ongoing results of this trip.

2. Lakewood and Fairview Hospitals are on target to be assessed for Baby Friendly Certification before the end of 2010. All of the 6 Cleveland Clinic Hospitals are working together toward this goal, including Medina Hospital which recently joined Cleveland Clinic Health System. Several other Cleveland area hospitals are getting ready to begin the Baby Friendly Process.

3. Fairview Hospital is doing Translational Research with Susan Ludington and Barb Morris on Birth Kangaroo Care. Susan Ludington, Barb Morris and others certified 60 HCP's from around the country in Kangaroo Care at Case Western Reserve University in June.

Northwest: Mary Sauder (msauder@williams-net.com) gave us a progress report for OLCA Grant monies which were awarded to Sandusky County Health Department. 17 Nurture III Breast pumps kits, 2 motors and 2 bags were purchased and are being used to support mothers who do not qualify for the WIC program and do not have the financial means to purchase or rent a pump. They have used the entire \$400.00 grant. This program has been very successful helping moms who want to breastfeed while returning to work or school. The Sandusky County Breastfeeding Program gives one-to-one education as well as a substantial amount of written information in conjunction with the pumps. Excellent work!

Southeast: No report

Membership: Pat Bucknell reported that membership is approximately 250. We were not able to harvest the information, such as email addresses on Acteva, as had done in the past during registration for Breastfest. Please email Pat at pabucknell@juno.com if your email address has changed, so that you do not miss anything!

Treasurer: Laura Atkinson reports that OLCA is fiscally sound and budget was discussed. The Financial Committee will look into putting reserve funds into an interest bearing CD after the new Treasurer takes over. Breastfest-made a profit. Food expenses were over budget. More people attended than anticipated. Dee Keith, Conference Coordinator, has resigned from this position.

Legislation: The new HC law states that employers must provide a place to pump other than a bathroom but there isn't any plan in place to enforce it. If there are fewer than 50 people in a company then the company gets hardship exemption.

Dates of Future OLCA meetings were finalized.

Library: Mandy Jones: Procedures for lending and an online inventory have been placed on the website. Go to www.olca-ohio.org and click on "RESOURCES" to access. Email Mandy at ABBAROOO@msn.com. Items will be shipped and insured at OLCA's

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expense and you can return the item at a quarterly meeting for free! Or pay to have it shipped back, OLCA requires that you pay for shipping insurance as well. If you don't see what you're looking for please feel free to make a request for a purchase. Items can be checked out for 90 days and renewed if needed. If there is a waiting list for an item the renewal will not be granted. New books have been added to the library including:

- A. Jan Riordan's 4th edition of **Breastfeeding and Human Lactation w/Study Guide**
- B. Linda Smith's revised **The Impact of Birth Practices on Breastfeeding**
- C. Lisa Marasco's new book, **Making More Milk**
- D. Nancy Wight's new book **Breastfeeding in the NICU**
- E. Suzanne Colson's new book **Biological Nurturing**
- F. Hale and Hartman's **Textbook of Human Lactation w/Study Guide**
- G. Carol Wagner, **New Insights into Vitamin D**
- H. Stephen Buescher and Susan Hatcher's: **Breastfeeding and Diseases**
- I. On order is Linda Smith's: 3rd Edition, **Comprehensive Lactation Consultant Exam Review**

Nominations:

PLEASE VOTE VIA PAPER BALLOT IN OR BY SURVEY MONKEY AT:

<http://www.surveymonkey.com/s/P25X87G>.

New Business:

- The OLCA Board voted to increase the amount of money for the President to attend ILCA. She will attend all official ILCA. She will attend all official ILCA scheduled meetings. She or a designated representative, should attend any other spontaneous or Ad Hoc meetings that would impact ILCA, USLCA, or Ohio affiliate, and to report on those meetings. She will check out new speakers for OLCA Breastfest and see what new publications are out that we should gather for OLCA's Library.
- OLCA 2010/11 Budget was approved and accepted by membership.
- Breastfest 2011 will be run by committee. The date will be March 18-19, 2011. Tracy Waller will be registrar. Linda Smith and Donna Walls will work on abstracts and format. Denise Reville was asked to do exhibits. Lynne Schwaberow and Laura Atkinson will coordinate facilities. We will consider having a DVD or link to PowerPoint slides ahead of time rather than a syllabus. At this time we will not have a Conference Coordinator, but rather a committee. Deb Zwolinski cannot do the Bookstore this year, so we will be looking for a volunteer. Anyone need something like this for your Career Ladder? Most successful organizations have a topic around the same theme and this is under consideration. Possible Choices include BFHI and Women's Health and Public Health. Donna Walls, Linda Smith and Laura Atkinson can work on the Marketing aspect.
- The Board decided to join Ohio Breastfeeding Alliance.

Respectfully submitted,

Terri Hazen, OLCA secy. (Thanks to Mary Sauder for taking notes)



How To Join the OLCA Listserve

It is very simple to join the OLCA listserve. There are two ways.

1. Go to www.yahogroups.com

If you are a member of any Yahoo Group, insert <http://groups.yahoo.com/group/OLCA/members> and you can sign in and request to subscribe. Your

OLCA membership status will be checked and then you will be approved.

If you are not a member of a Yahoo group, register as a member. You will create a user name and a password. Then you can go to <http://groups.yahoo.com/group/OLCAmembers> and you can sign in and request to subscribe. Your OLCA membership

Send an ordinary email addressed to olcamembers@yahogroups.com and put SUBSCRIBE in the subject line. A nice addition is for the person to explain why she wants to subscribe-"I just paid my dues to OLCA and want to subscribe to this list." That helps in case the list monitors don't recognize the name.

This will keep you in contact with the larger world of lactation!!

OLCA Goes Green

At the June 2009 OLCA Membership meeting, the decision was made to GO GREEN! This newsletter will be the last that is mailed out to those who have not provided email addresses. If we do not have your current email address, please send it to Judy at Mccurdyjudy@LRBCG.com and pabucknell@juno.com. Please put Judy McCurdy, Newsletter Editor's email address in your address book on your email account. From this point on, all members will simply receive an email

That states that the newsletter has been posted to the OLCA website at www.ohio-olca.org. Then you can check the newsletter at your convenience.

This will help keep your email boxes from being jammed and keep our newsletter editor from having so many bounce backs due to huge emails.

Most professional organizations send their newsletters in this fashion so as of the next newsletter, we will be GO-

ING GREEN. If you absolutely do not have access to email, call Judy at 419-433-6598.

See you at the September 11, 2010 meeting In Columbus.

Terri Hazen, OLCA Secretary

Current Officers of OLCA These positions may change for some after election

President: Liz Maseth, RN, IBCLC

Vice President: To Be Filled

President Elect: To Be Filled for

Secretary: Terri Hazen, RN, IBCLC

Treasurer: Laura Atkinson, RN, IBCLC

South East Rep:
Susan Bash, RNC, MS, IBCLC

Central Rep:
Cindy Deering, RN, IBCLC

North West Rep: Mary Sauder-Tyler

North East Rep:
Noreen Edwards, BSN,RNC,IBCLC

Membership: Pat Bucknell, IBCLC

Legislative Liason:
Ann Twiggs, RD,LD, IBCLC

CERP Coordinator:
Lynne Castele, RN, MSN, IBCLC

Speaker Coordinator:
Lynne Schwaberow, RN,BSN,IBCLC

Officers Ballot for 2010

. Please vote! Again, the Survey Monkey address is
<http://www.surveymonkey.com/s/P25X87G>.

Nominee	Running for	Yes if you agree	No if you disagree	Write in Candidate
Noreen Edwards	Office of President Elect			
Jen Foster,	Office of Vice President			
Deb Zwolinski	Office of Treasurer			
	Office for South East Representative			
Susan Bash	Office for South West Representative 2nd term			

Directions To Mount Carmel Medical Center

Schedule

9:45 am Arrive
 10:00 am Business Meeting
 12:00 noon Sign in for Cerps
 1:00 pm Program
 3:15 pm End

Audience

Lactation Consultant, M.D.'s, RNs, LPN's, R.D.s, LL Leaders, and others who are helping mothers and infants achieve successful breastfeeding.

Address and Directions

Mount Carmel Medical Center
 Medical Staff Building
 2nd Floor Meeting Room
 111 Davis Street
 Columbus, Ohio 43222I

If you are traveling, I-71 south to I-70 West. Take Rich/Town St. Exit 99C. Turn Left on Town. Turn Rt. On Green Street.

If you are traveling, I-71 North or I-70 west follow above directions.

If you are traveling I-70 East. Take Broad Street exit 97. Turn left on

Broad Street. Travel 1.5 miles and Turn Right on South Davis.

Parking

East of medical staff building on Green Street. South of emergency vehicle entrance and North of Nursing school 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, LLL) _____

Place of Employment: _____

Preferred Mailing Address: _____

City: County: State: Zip: _____

Home Phone: _____

Work Phone: _____

Fax _____ Phone: _____ E-mail Address: _____

_____ Enclosed is my **\$35.00** 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