



# OLCA's 30th Annual Breastfest Conference April 8 ~ 9, 2022

## Pearls of Wisdom ~ Learning Forward

Columbus Marriott Northwest ~ Dublin, Ohio

### Friday, April 8: Conference

- 4:00 - 5:00 pm Conference Registration: Exhibits open  
 4:45 - 6:00 Dinner (included in registration)  
 6:00 - 6:15 OLCA President's Welcome: *Jennifer Foster*  
 6:15 - 7:45 Panel Discussion - AMEN: All Moms Empowered to Nurse: How YOU Can Empower Your Families!  
 7:45 - 8:00 Break  
 8:00 - 9:00 Keynote Address: Whispers from Our Hills, Hollers, and Hometowns: The Role of Generational Wisdom in Learning Forward, *Joni Gray*

### Saturday, April 9: Conference

- 7:00-8:00 am Sign In for **Conference**  
 Continental Breakfast (included in registration)  
 Exhibits Open, Poster Presentations by Authors  
 8:00-8:15 OLCA President's Address: *Jennifer Foster*  
 8:15-9:45 What is the State of the Science on Antenatal Milk Expression, *Diane Spatz*  
 9:45-10:15 Break; Exhibits open  
 10:15-11:45 The Impact of Multiple Freeze/Thaw Cycles on the Nutritional and Bacterial Content of Human Milk, *Hope Lima*  
 11:45-12:00 Lunch set-up; Exhibits open  
 12:00-12:45 Lunch (included in registration)  
 12:45-1:30 Awards, Grants, Scholarships: *Amber Clary*  
 1:30-3:00 Changing the Current Prenatal Paradigm to Improve Lactation Outcomes, *Diane Spatz*  
 3:00-3:30 Break; Exhibits open (last chance)  
 3:30-5:00 Provider Perceptions of IBCLCs in Primary Care Settings, *Hope Lima*  
 5:00-5:15 Questions and Answers; Evaluations

### Poster Session

OLCA supports and encourages research, innovation, and creative implementation of Best Practices in Breastfeeding and Human Lactation. Posters will be linked on the conference website. For information or to submit a poster: [breastfestposters@ohio-olca.org](mailto:breastfestposters@ohio-olca.org)

This conference may provide up to 26.5 IBLCE CERPS. Application has been made for Nursing Contact Hours.

For CERP and CEU information contact: **Mary Ann Blatz**  
[ceu-cerp@ohio-olca.org](mailto:ceu-cerp@ohio-olca.org)

A link for the conference handouts will be posted on the conference website ONLY.

For more information, including hotel rates and deadlines, please point your browser to:

[WWW.OHIO-OLCA.org/Breastfest2022](http://WWW.OHIO-OLCA.org/Breastfest2022)

### Tuition

- |                                                  |       |
|--------------------------------------------------|-------|
| 1. Member Price - Full Conference                | \$275 |
| 2. Non-member Price - Full Conference            | \$350 |
| 3. Member Price - Pre-recorded Sessions ONLY     | \$175 |
| 4. Non-member Price - Pre-recorded Sessions ONLY | \$250 |

To Register, go to: [www.ohio-olca.org/breastfest2022](http://www.ohio-olca.org/breastfest2022)

## On-Demand Presentations

- Supporting Exclusively Pumping Families as a Lactation Professional** - Erica Campbell  
**Back to Sleep and Prone to Play to Improve Breastfeeding Outcomes** - Colleen Jesberger  
**Breastfeeding Support in the Community - How YOU Can Do It! The AMEN Story - All Moms Empowered to Nurse** - Julie Ware and Dominique Love  
**Before the Letdown - Dysphoric Milk Ejection Reflex** - Alia Macrina-Heise  
**Creating an Antenatal Colostrum Collection Program** - Annabelle Mackenzie\*  
**Breastfeeding Beyond Six Months: Lessons Learned from a Thriving Support Group** - Holly Meyer  
**The Impact of Birthing Practices on Breastfeeding** - Linda Smith  
**Changes in the WHO-UNICEF Baby-Friendly Hospital Initiative and the Competency Verification Toolkit** - Linda Smith  
**Lactation in the Workplace: Legal Rights & Obligations, Inclusion and Best Practices** - Latha Srinivasan  
**Breastfeeding in the Pandemic: Mothers' Experiences and Emerging Research** - Sarah Turner  
**Breastfeeding and Post-Perinatal Deaths in the US** - Julie Ware  
**Medications and Mothers' Minds** - Marie Zahorick  
**Breastfeeding and Prevention of Chronic Disease: A Review of the Current Evidence** - Hope Lima  
**The Nutritional, Immunological, and Bacteriological Differences Between Pasteurized Human Milk Products** - Hope Lima  
**Elimination Diets: What Are They and When Should a Nursing Mother Try One** - Hope Lima  
**The Role of Donor Milk in the Provision of Parent's Own Milk** - Diane Spatz  
**Helping Families to Create Breastfeeding Support Teams** - Diane Spatz  
 \* This session will not be eligible for Lactation CERPs, only Nursing CEUs.

### COVID Cancellation Policy

- ◆ Refunds will not be given. However, if you are unable to attend, audio recordings of the live sessions will be made available after the conference, OR you may transfer your registration to another person. Please check the OLCA website for up-to-date information regarding COVID updates and in-person attendance.
- ◆ In the event OLCA is unable to hold the in-person conference due to COVID-19 or other extenuating circumstances, the conference will be held virtually, and all in-person registrations will be honored for the virtual conference.
- ◆ OLCA reserves the right to substitute speakers and/or topics without prior notification.

*\*\*\*Please see the conference website for up-to-date information regarding COVID policy for in-person attendance at OLCA events.\*\*\**

The above sessions will be available for on-demand viewing from Saturday, April 8, 2022, until May 31, 2022.

The in-person portion of the conference will not be available as recorded sessions.

Should COVID rates increase to the point of cancellation of in-person attendance, the conference will be live-streamed on April 8-9, 2022.

### Hotel Information

**Columbus Marriott Northwest, 5605 Blazer Parkway, Dublin, Ohio 43017**

Make reservations by March 18, 2022, for conference room rate of \$117 (plus tax). There are a limited number of rooms available at this rate. Additional rooms may be made available at a non-conference rate. For online reservations: Book your group rate:

Ohio Lactation Consultants

<https://www.marriott.com/event-reservations/reservation-link.mi?id=1634827051095&key=GRP&app=resvlink>