

OLCA NEWS

Ohio Lactation Consultant Association



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

The President's Corner

August 2007

First-HOPE YOU ARE ENJOYING THE SUMMER!

As always, the breastfeeding community in Ohio is busy and as always, working very hard at promoting, protecting and supporting breastfeeding. Meetings are continuing as we work toward the formation of the Ohio Breastfeeding Coalition. I have very high hopes for this group to be a powerful force and look forward as OLCA forges a working relationship with the coalition.

We are diligently working on creating a web site that is able to be what the Lactation Consultants of Ohio are looking for. We are currently revising the scholarship and grant application forms and they will be available on the web site. We are also looking into the capability of having information and registration for the annual conference available on the web site. New pages with information on current research links and educational opportunities both on-line and on-site in Ohio should be up and running soon.

The OLCA members Yahoo discussion group is growing and becoming more active everyday. This is a great way to get information out to all members quickly and cost-efficiently. If you have not signed up for the discussion group, you can easily do so at <http://groups.yahoo.com/group/OLCAmembers/join>.

Don't forget to mark your calendars for the next OLCA members meeting and educational offering on Saturday, September 15th at Mt. Carmel Hospital in Columbus.

Have a safe and healthy summer,
Donna Walls, RN, IBCLC
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

September 15th, 2007

Milk, Soy Protein Intolerance

November 9th, Board Meeting

November 10th, 2007, Member Meeting

Education session not set as of newsletter printing

2008: February 9th Membership Meeting

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

Tri-County Breastfeeding Connections

presents our 6th Annual Breastfeeding Conference with Diane Wiessinger,

September 28, 2007 8-4:30

CERP's and CEU's available. It will be at the Holiday Inn in Boardman, Ohio 44512.

A block of rooms are set aside. The cost of the conference is \$85. For further information email Lorie_Knorr@HMIS.org and she can fax a registration slip to you.

Registration is preferred before Sept 14th.

NORTHEAST OHIO LACTATION ASSOCIATION CELEBRATED WORLD BREASTFEEDING WEEK IN AUGUST AT THE ZOO

The Northeast Ohio Lactation Association celebrated World Breastfeeding Week in August with activities designed to promote the importance of mother's milk as the "Gold Standard" of infant feeding. This family event was held at the Cleveland Metroparks Zoo on Monday, August 6, 2007 from 10 am to 4 pm in the Palava Hut Pavilion.

They had amazing sponsors for this event including:

Leading Lady , Cleveland Clinic Children's Hospital, EMH Regional Medical Center, University Hospitals Rainbow Babies & Children, University Hospitals MacDonald Women's, Cuyahoga County WIC Program, Hollister, La Leche Leage of Northeast Ohio, Medela, Marymount Hospital, Dr. Ann Witt , and many, many more individual contributors!

Congratulations to Nancy Derian RN, IBCLC who was a recipient of the Nursing Excellence Award for Women's Health at Grant Medical Center during Nurse's Week celebrations, May 6th - 11th 2007. Nancy also teaches prenatal breastfeeding classes and works as a contingent Lactation Consultant at the Elizabeth Blackwell Center at Riverside.

Greetings fellow OLCA members!

I wanted to take a moment of your precious time to introduce myself to you and update you on what I have been doing for OLCA since you elected me. I am Tracey Waller, your vice president. In my personal life, my husband and I are raising two wonderful daughters (I'm not partial, really!). Gabby is 7 and breastfed until 4 months shy of her third birthday, and Gretchen, who will be 3 in October and still nursing once per day, and hopefully planning to wean soon!

I was the Nutrition Education Coordinator of the Montgomery County WIC program in Dayton, Ohio, until recently when I became the director of the program and serve primarily as a registered dietitian. I have the pleasure of doing lactation for "fun". It is not my job, but my passion. I get to work with our very qualified breastfeeding office and set breastfeeding policy related to our staff and our WIC participants. Babies born to all WIC employees over the last 8-plus years have all been exclusively breastfed for at least a year, and many beyond that. We are fortunate to have such good support from supervisors and coworkers to make breastfeeding and working happen for our employees.

For OLCA, I started out as the registrar for Breastfest 2006. I liked it so much (and I didn't mess it up badly enough) that I did it again in 2007. If you recognize my name, that is probably why!

As vice president, I coordinate all grant and scholarship applications that come in and work with the board to make approvals. We awarded grants for many ambitious projects this year, and I am looking forward to seeing the recipients efforts come to fruition. We have already had one scholarship recipient submit her paperwork for reimbursement- Ohio has another new and very smart CLC!

Big news: I will be removing and updating all forms from the website over the next few months. It is my goal to make the application process more user friendly for you, and easier for me to collect your information. The new forms will be ready before the new grant cycle starts this fall. Do not plan to submit any future applications on the current forms. I will continue to update you on my progress through the website and the OLCA members yahoo group. On that note, check out our web site. We are working diligently to give it a much needed face lift. Many thanks to Denny Smith for his guidance as our webmaster for training me and others on how to make the improvements you will be seeing.

We have also had many OLCA members sign on to the OLCA member's yahoo group. Any member can post questions, comments, research articles, items of interest, upcoming conferences, appeals for ideas, and you can even toot your own horn when you have one of those "a-ha" moments and want to bask in your glory with people you know will "get" where you are coming from. Not everyone out there has such a fine appreciation for the little success in lactation that we have- but I don't know why! I personally think that we are a little too quiet when it comes to saying "Hey world! Look what we did! See this success! We did it!" The failures we encounter will seem so much smaller when we celebrate successes with one another. Having said that, let's get posting!!!

Tracy Waller, OLCA Vice President

OHIO LACTATION CONSULTANT ASSOCIATION

Meeting Minutes June 9, 2007

Opening:

The regular meeting of the Ohio Lactation Consultant Association was called to order at 10:12 on June 9, 2007 in Mt. Carmel Medical Building by Donna Walls, President.

Present: Donna Walls, Susan Bash, Pat Bucknell, Laura Atkinson, Joy Kubit, Tracey Waller, Linda Barrett, Georgette Hall, Lynne Castele, Dee Keith, Chris Smith, Deb Zwolinski, Linda Smith

A. Agenda

The agenda, SE and SW area representative, treasurer reports, and minutes of November 10, 2006 meeting were distributed.

B. Approval of Minutes

The minutes of the previous meeting were unanimously approved as distributed after correction of Dr. Dierker's name. No other corrections or additions. Motion: Pat Bucknell, second: Susan Bash.

C. Treasurer's Report

Treasurer's Report: Joy Kubit, Laura Atkinson (incoming treasurer) Upcoming major purchases required in audio visual: laptop computer, AV equipment for presentations, projector, etc. Hotel bill for Breastfest '07 outstanding, estimated between \$13,000.00-15,000.00. Chase banking statement current as of 4/30/07. Presentation of 2007-2008 budget. Motion to accept new budget: Lynne Castele, second: Joy Kubit.

Addendum: Increase library expenses to \$1000.00 for purchases to update current library inventory.

Motion to accept: Linda Smith; Second: Tracey.

D. New Business

Library Report: Include in upcoming newsletters: Plea for items borrowed to be returned so that duplicates are not purchased. Response to: Linda Barrett, Librarian. Intend to add library inventory to website in future.

Breastfest Summation: Betsy Studer absent. Joy reiterates hotel bill is outstanding. 210 attendees. 120 renewed or joined OLCA at this time. Evaluations reflected concerns about facility (old, only one elevator to basement for vendors), location (unsafe), food (poor quality, not enough). Motion to increase registration fees up to \$25.00 next year. Motion: Lynne Castele, second: Linda Smith.

Grants and scholarship report and requested changes, Tracey Waller, VP and Grant/Scholarship Co-coordinator. Ten grants awarded, 7 scholarships. 5 scholarships have not been requested for reimbursement to date. For future reference, ALL applications are to be sent to Tracey (any VP, during her term) DIRECTLY. Tracey will "tweak" the forms to make them more user/printer friendly. Donna will change website to reflect appropriate dates of application. Deadline for 2008 applications will be January 31. Different application dates stemmed from early Breastfest in 2005 (Feb. date, required applications to be in by Dec.)

Regional Representative Reports:

SE See report following minutes.

SW Susan Bash, See report following minutes. News of site visit at Southview Hospital anticipated July 9th, for their Breastfeeding Friendly Hospital application.

Central: Deb Zwolinski

Ohio Breastfeeding Coalition will meet Tuesday, June 12, 2007 at the Ohio Department of Health. (Dee Keith presented lengthy chronology of events since \$600.00 start up grant from OLCA and initial meeting in January 2006, to the Board, Friday June 8, 2007).

CDC State Breastfeeding Coalition teleconference, Tuesday, June 12, 2007 2:00-3:30p.m.
Welcome Baby World Breastfeeding Week Event at the Elizabeth Blackwell Center at Riverside Methodist Hospital, Wednesday, August 1, 2007. 4:00-8:00 p.m.
La Leche League of Ohio Conference, October 19-20, 2007 Dublin Marriott, Dublin, Ohio.
Addendum by Esther Gillette: WIC will sponsor The Health Children CLC Training in October 2007. Registration is limited to 20 individuals. You must register through the Health Children Website. Esther also brought Breastfeeding Awareness buttons for the membership.
NW No report

E. Old Business

Licensure Updates: Madonna Fasimpur – absent.
Yahoo Discussion Group – Tracey Waller- Directions tested several times for accuracy. Linda Smith owns/operates, happy to add facilitators. Open to membership. Would like to see used for increased electronic communication of upcoming events, requests for information, sharing of research projects/data.
Pump Procurement – Medicaid has switched to Anthem Medicaid. Franklin County mothers are covered; Mr. Don Miller has assured Esther Gillette.

F. New Business

Web site update: Donna Walls meeting with Denny on Friday, June 15, 2007 to review/revise website, familiarize with Contribute. Linda Smith stated the “webmaster does not do content”, that must come from OLCA. Donna will address “error” message with Denny. Several attempts made to update personal information to go to Pat Bucknell, have met with error message.

Coalition Update: Dee Keith. Dee presented lengthy chronological list of events and accomplishments of the Ohio Breastfeeding Coalition Steering Committee since January 2006. United States Breastfeeding Coalition meeting invitations should be going out end of June. All states will be invited, plenary speakers are being sought.

Policy change: Donna Walls. Expansion of Board to include all committee members. Executive board will remain the voting body for the organization. Linda Smith suggested checking with OLCA attorney regarding whether this is an administrative vs. bylaw change. Donna will do so. Donna feels this is an important recognition of longstanding volunteer committee persons, who present reports to the board.

Meeting Dates:

2007: November 9th, Board Meeting. November 10th Membership Meeting

2008: February 9th Membership Meeting

April: Breastfest Date and location as yet to be determined.

June 10th

September 13th

November 8th

CERP offerings: Lynne Castele – CERP forms cannot be handed out before the end of any educational program. Please do not ask the CERP co-coordinator to do so.

Adjournment:

Meeting was adjourned at 12:10p.m. by Donna Walls, second: Pat Bucknell. The next general meeting will be at 10:00 a.m. on September 15th, 2007 in Columbus.

Minutes submitted by: Deb Zwolinski

Judy McCurdy

Southwest Area Report, May 2007-Susan C. Bash,RNC,MS,IBCLC,CCE

“Achieving a Correctly Fitting Breastshield and Nipple Shield Use: A Hands on Approach” seminar was presented through the Rush University College of Nursing and funded through Medela at Miami Valley Hospital on April 18th.

TriHealth Lactation Consultants presented Breastfeeding Issues in Today’s Society: Maternal and Infant Issues Affecting Milk Production featuring Diana West and Martha K. Grodrian on Saturday, May 19th at TriHealth Bethesda North, Cincinnati. The topics that were beautifully covered were Managing Low Milk Production, Breastfeeding After Maternal Breast Surgeries, Mother, Metabolism and Milk and Targeting the Treatment to the Cause: Infant Issues. Also, the 3rd revised edition of *Mothering Multiples* by Karen Kerkhoff Gromada (Cincinnati’s own) was unveiled. It was an exciting day.

Miami Valley Breastfeeding Coalition is meeting every month at the Drew Health Center. It provides an opportunity for lactation consultants, WIC peer counselors to share resources and continuum of care issues. Many of our members attended a Pregnancy Fair at Fairfield Commons Mall to inform our community about Lactation Services in our region. It was an awesome venue!

Southview Hospital has had a conference call on May 15th with Baby Friendly. Their site visit will be held in early July. This is so exciting! Hopefully more local hospitals will follow their example very soon.

The Greene County Breastfeeding Task Force met on May 8th. The purpose of this task force is for different agencies to discuss issues relating to breastfeeding. They meet every other month. Members are from the Greene County Combined Health District, GRADS program (They have a huge community Sling Project), lactation consultants, breastfeeding peer helpers, and from WIC. Greene Memorial Hospital (Xenia) is setting up their assessment with the Baby Friendly organization. It usually takes about 2 months to schedule.

South East Area Report– Jean Cooper

The Southeast Region is happy to report that \$3000 in OLCA grant and scholarship money is coming to our area. Five of the 10 grant recipients for 2007 and 2 of the 6 scholarship recipients are from the southeast region.

The Birthing Centre at Coshocton County Memorial Hospital has purchased 100 bags to replace Ross formula bags given to breastfeeding mothers. They have filled the bags with breastfeeding supplies and over 80 have been distributed to grateful new mothers.

Tuscarawas County WIC will purchase a Lactina pump as soon as it is on sale for WIC. They will then have a good electric pump to loan to clients who are unable to rent one due to new insurance/Medicaid restrictions.

Belmont County, Monroe County, and Coshocton Co. WIC offices will do their grant projects in

(Continued on page 8)

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August in connection with World Breastfeeding Week/Month.

The Ohio Valley Breastfeeding Coalition is planning their 9th Annual Fall Conference—Managing Breastfeeding Challenges-- for November 3, 2007. Karen Gromada will speak on (1) “Maternal History of Sexual Abuse: Implications for Breastfeeding;” (2) Facilitating Breastfeeding in the Near-term Newborn;” and (3) “Breastfeeding Problem Solving: A Solution Oriented Approach.” Contact Jean Cooper (740-633-4294) for more information or if you’d like to be on our mailing list.

OLCA Yahoo Groups Wants You! For details see website.

News from the US Breastfeeding Committee

1. Teleconference Series on Breastfeeding co-sponsored by CDC Division of Nutrition and Physical Activity & United States Breastfeeding Committee (USBC). The purpose is to bring together state breastfeeding coalitions for networking and collaborating on issues of national significance. Teleconferences are held every two months (in even numbered months) on the second Tuesday of the month, 2:00-3:30 p.m. Eastern Time. Each state coalition is provided with one call-in telephone line. Each state coordinates participation through a joint meeting location or through conferencing in calls from around the state, in order to maximize the number of coalition members that can participate. For 60 minutes the topic is presented with time for questions, then 30 facilitated minutes are for networking on any topic. The calls are recorded, and handouts are available from USBC’s web site area for coalitions. Dr. Elizabeth Conrey and Ann Twiggs have arranged a meeting room and call-in service for Ohio through the Ohio Department of Health. To participate in person or to call in, contact Beth econrey@odh.ohio.gov for more information.
 - Oct 10, 06: Building Lactation Support: CDC’s Healthier Worksite Initiative
 - Dec 12, 06: Garnering Support for a Statewide Breastfeeding Coalition: The Oregon Experience
 - Feb13, 07: Ban the Bags: A National Campaign to Rid Hospitals of Formula Company Discharge Bags
 - Apr 10, 07: Breastfeeding in Georgia: A Logical Endeavor
 - Jun 12, 07: CDC’s Breastfeeding Report Card - United States, 2007
 - Aug 14, 07: a state model or topic
 - Oct 9, 07: a national program or topic
 - Dec 11, 07: a state model or topic
2. USBC’s 2008 Second National Conference of State Breastfeeding Coalitions will be held in Arlington, Virginia on January 26-28, 2008. Plenary sessions will address Barriers to 6 months of Exclusive Breastfeeding; Media Training and Lobbying guidelines; and *Moms Rising*. A *Call for Abstracts* was issued in late May for the breakout sessions; there will also be Table Topics, Poster sessions, and progress reports from the 2006 National Conference. USBC is anticipating funding three delegates per state: the state WIC Breastfeeding Coordinator, a delegate from the health professional sector, and a delegate from non-governmental or consumer sector. Additional participants may be able to attend at their own expense.
3. USBC is nearly ready to launch a new web site for state breastfeeding coalitions, designed for the purpose of increased communication and networking among state and territory-wide coalitions. Notice will be circulated when this occurs!

For more information, contact Linda Smith, USBC Recording Secretary and Leadership Team Liaison for Coalition Activities, lindaj@bflrc.com or 937-438-9458.

OLCA Continuing Education and Member Meeting

September 15th, 2007

Cooking for MSPI-Milk and Soy Protein Intolerance

Guest Speaker: Jane E. Wise

Author of MSPI Cookbook

Objectives:

- 1. Identify the 9 most common food allergens.**
- 2. Understand the differences between MSPI and Lactose Intolerance.**
- 3. What does the FALCPA bill stand for and what it means for those individuals with food allergies and intolerances.**

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