

OLCA NEWS

Ohio Lactation Consultant Association



President's Corner

Visit our web site at www.Ohio-OLCA.org for updates, directions, member list, new and old newsletters and more!

I am watching snowflakes gently floating to the ground around our lamppost and thinking, "isn't this suppose to be March and exactly when is Spring coming?" I sure hope that "in like a lion and out like a lamb" will be true this year. We have had quite a winter haven't we? I am so happy that the weather was decent for Breastfest! We had excellent attendance and a really exciting program. I am looking forward to reviewing the evaluations. There were several changes in the way we do Breastfest this year. Major changes were scheduling it in February and having it on a Thursday and Friday. I would like to hear from you about these changes. There are some other diverse issues I need to cover in this newsletter.

OLCA is in need of a new loudspeaker and recording system for our member meetings. The system we are using now, unfortunately, did not work well for Jean Cotterman's talk. The loudspeaker malfunctioned. Also, we make cassette recordings of the educational sessions to keep in our library for member use. Cassettes are fast becoming obsolete (Does anyone remember 45's and LP's—how about 78's?). I am told that cassette players are no longer an option on new cars. For these reasons we are looking for a new speaker system with wireless mike that will record CD's. However, I have almost no knowledge of this type of equipment. If you, or anyone you know, can offer advise please contact me. We may be wishing for technology that doesn't exist yet, but we don't want to invest in something that will soon be obsolete. Oh, we also want something reasonably priced!

We are all hoping for action in the Ohio Legislature this year. Senator Patricia Clancy has introduced SB 41, a law stating that a mother may breastfeed anywhere a mother has a right to be. This has also been introduced in the House as HB 30. I testified before the Senate Health Committee, as did the Ohio Council of Churches and the Civil Rights Commission. Many others also testified. There was no opposition testimony. Future hearings are expected and there has been some opposition expressed by members of the business community, but not opposition testimony yet.

This is a good time to contact your local Senators and Representatives. They need to know why this bill is important. They need to know that Ohio mothers have been harassed for discreetly breastfeeding in public, specifically in their constituency. They need to know why breastfeeding is important. They need to know that bottle-feeding is not an acceptable option. Please, if you have never contacted a politician before, do so now. You can easily find your local Senator or Representative in your phone book, from your local League of Women Voters, from your local newspaper or from the Ohio Government Website. Ohio mothers need our help to get this law passed.

See you at the April meeting!
Nancy A. Howe

OLCA NEWS

March 2005

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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

April 9th, 2005

Mt. Carmel Medical School
Columbus , Ohio

June 18th, 2005

Location to be announced

OLCA Board Meeting

June 17th, 2005

Location to be announced

La Leche League of Ohio

**Annual Breastfeeding and Parenting
Conference**

Learning the Language of Lactation

April 29-30, 2005

**Cleveland Airport Marriott
Cleveland, Ohio.**

Info: www.lllofohioconf.org/

***DONA Approved*
Birth Doula Workshop
April 8-9, 2005**

**Pre-workshop Training:
Introduction to Childbirth and Starting a
Doula Network
April 7, 2005**

**Location: St. Luke Hospital West
7380 Turfway Road
Florence, Ky. 41042**

**Contact Information:
Vicki Sanders
502-836-4663**

vickisanders@bellsouth.net

REMINDER!!

**If you have any library items out that need to be returned
please bring them with you to next member meeting.**

Congratulations to the following 2005 Award Winners

Most Outstanding OLCA Member of the Year

Judy McCurdy, RN, IBCLC. The award was presented to Mrs. McCurdy in recognition of service she provides to OLCA and Ohio breastfeeding mothers and babies. Mrs. McCurdy has quietly prepared the association newsletter and organized the exhibits for Breastfest for several years. She has recently served on the OLCA Board as Northwest Regional Representative. She participates in Ohio and Northwest Ohio seminars and education projects. Mrs. McCurdy is the breastfeeding coordinator for the Eri-Huron WIC Project. She is currently participating in the Ohio WIC Breastfeeding Peer Helper Pilot Project, in addition to her regular duties.

Outstanding OLCA Volunteer

Denny Smith. The award was presented to Mr. Smith in recognition of the invaluable service he provides as OLCA Webmaster. The OLCA website would not exist if it were not for Mr. Smith. Mr. Smith created our website and selflessly lends his talents to maintaining and improving this new media. Mr. Smith's efforts are important in helping OLCA achieve its mission to help improve the health of Ohio's families.

Most Breastfeeding Supportive WIC Employee

Ann Twiggs, RD/LD, IBCLC. The award was presented to Mrs. Twiggs in recognition of service she provides in promoting, supporting and protecting breastfeeding mothers and babies in the WIC program and Ohio in general. Mrs. Twiggs achievements include the establishment of a breast pump program for Ohio WIC, the creation of a breastfeeding section in the WIC Nutrition Advisory Committee, and the creation of a full time Ohio WIC Breastfeeding Coordinator Position. She is currently working on the Ohio WIC Breastfeeding Peer Helper Pilot Project.

Most Breastfeeding Supportive Ohio Media

1230 AM Progressive Talk Radio. The award was presented to the radio station for airing the National Breastfeeding Awareness Campaign's radio ad promoting exclusive breastfeeding for the first six months of a baby's life. This radio station is helping families become aware of the importance of breastfeeding by airing the breastfeeding ads.

Most Breastfeeding Supportive Business

Cardinal Health. The award was presented to Cardinal Health for the support and encouragement the company offers their breastfeeding employees. According to Amy Cashman who nominated Cardinal Health, the company provides appropriate, convenient and secure Mother's Rooms at both their Dublin offices. Cardinal Health is recognizing the benefit of supporting their breastfeeding employees. Mothers who breastfeed their babies miss less work because their babies are healthier. Employers see lower insurance costs due to healthier families. Companies like Cardinal Health are working to protect the health of our youngest and future Ohio citizens.

Most Breastfeeding Supportive Public Official

Senator Patricia Clancy. The award was presented to Senator Clancy for her efforts to enact House Bill 554 (now HB30) and Senate Bill 41. Both bills will protect a baby's right to eat. While it is not illegal for a mother to breastfeed her baby anywhere, many Ohio mothers have been harassed for doing so in public places. Senator Clancy's efforts will help Ohio mothers avoid harassment for feeding their babies. At this time 34 states have legislation to protect a baby's right to breastfeed. Senator Clancy is working to assure that Ohio is not the last state to protect this right.

Most Breastfeeding Supportive Health Professional

Cheryl Fielden. The award was presented to Ms. Fielden for her unflagging support of the Baby Friendly Hospital initiative. Ms. Fielden is Director of The Birthplace at Greene Memorial Hospital in Xenia, OH. She supports total family involvement in the birth and breastfeeding experience. Ms. Fielden's efforts are helping Ohioans return to a breastfeeding culture.

Most Breastfeeding Supportive Physician

Nebiat Tafari, M.D. The award was presented to Dr. Tafari for his work with medical residents and the newborn nurseries at MetroHealth Medical Center. Dr. Tafari has integrated lactation education into the pediatric residency to give understanding of the importance of breastfeeding to new pediatricians. Dr. Tafari has worked with World Health Organization and National Institute of Health programs related to public health needs, especially the importance of breastfeeding. He has authored over 37 publications and written several chapters for books on world health needs.

Most Breastfeeding Supportive Practice

Dr. Varsha Gharpure. The award was presented to Dr. Gharpure for her promotion of breastfeeding in her practice and community. Dr. Gharpure displays breastfeeding promotion posters in her office and encourages her patients to breastfeed. She approaches breastfeeding as the normal way to feed a baby. Examples of her breastfeeding promotion in the community are talking on a radio program and providing breastfeeding information to her peers. Physicians like Dr. Gharpure are working to protect the health of our youngest and future Ohio citizens.

Congratulations To The Following New IBCLC's in Ohio

Michelle Louise Carlson
Kathleen Emrock
Michele Joan Faehnle
Athena Farmer
Susan Lynne Glowacki
Brooke Michele Hickey
Wendy C. Hildebrandt
Sheryl A. Hurley
Charlotte Faye Kister
Shirley Renee Leaser
Melanie Ann Lowery
Jennifer Diane Lozier
Teresa Anne McGill
Kerri Dawn Pennington
Lynn Ann Peteritis
Diane Joy Price
Regina Ravine
Terri Ellen Rutz
Elizabeth Sediak
Sherry-Lyn Snitcher
Krista Napier Tyra
Alexandria Weiss
Bonita Michelle Yagiela

OLCA would like to invite all new IBCLCs and those already certified to join us in our efforts to protect, promote and support breastfeeding in the State of Ohio. Membership in OLCA provides IBCLC's an avenue to actively support breastfeeding so we may continue to be a voice for the breastfeeding mothers and babies in the state of Ohio.

2005 OLCA Scholarship Recipients

Miriam Mandel, MD

Miriam is a pediatrician in the Lake County area of Ohio currently on maternity leave and breastfeeding her new baby. Her weekly support meetings have increased her interest in promoting breastfeeding, especially to middle class families. She feels the need to increase her knowledge of lactation to better promote and support breastfeeding when she returns to her practice. She plans to study for and take the IBCLC exam in July.

Heather Snyder, Fairfield County WIC Breastfeeding Peer Helper

Since being hired as a breastfeeding peer, Heather has contributed much to the breastfeeding promotion and support program at Fairfield County WIC. She has used her artistic skills to design and paint a breastfeeding mural, updated several forms and the teaching curriculum. She desires to increase her knowledge about lactation by attending the weeklong CLC training. Fairfield County WIC will support her by providing paid leave and travel expenses to attend the training.

Angela Wentz, Fairfield County WIC Breastfeeding Peer Helper

Angela is also a WIC breastfeeding peer helper with the Fairfield County WIC program. She teaches a monthly breastfeeding class and has inspired much confidence from WIC participants. Her passion for breastfeeding has resulted in several moving poems about breastfeeding. She has appeared on local television and contributed to WBW activities. She also is planning to attend the weeklong CLC training and receives support from her employer in the form of paid leave and travel expenses.

Carlyn Marie Davis, DT, CLC

Carlyn has been employed as a dietitian by the Columbus Children's Hospital WIC program for 5 and ½ years. Carlyn is interested in studying for and taking the IBCLC exam in July. As an IBCLC Carlyn feels that her credibility can increase confidence in the advice and support she offers to WIC participants. Her ultimate goal is to return to our culture to a breastfeeding society. The Columbus Children's Hospital WIC program is unable to provide any financial assistance in her desire to become an IBCLC.

Heather A. Kreareas, RN, BSN

Heather has been employed on the OB Unit at Aultman Hospital in Canton, Ohio for almost 5 years. Aultman Hospital is planning to remodel their lactation program and this provides an opportunity to offer better care for breastfeeding mothers and training to other staff. Heather recently took her support for breastfeeding to the public by organizing a "nurse-in" at the local Starbucks. Aultman Hospital is not able to provide any financial support for Heathers expenses toward studying for and taking the IBCLC exam in July.

Lisa Jeannette Snyder, RNC

Lisa is also employed by Aultman Hospital as an obstetrics nurse. She continues to nurse her 15-month-old child. Lisa feels that with the redesigned lactation program at Aultman she will be able to provide improved care to breastfeeding mothers. Lisa has written letters to the Target Corporation and the *Today Show* to ask them to show breastfeeding in a more positive light. Lisa looks forward to increasing her credibility with her fellow employees as a breastfeeding advocate by studying for and taking the IBCLC exam in July.

Laurie DeVivo, Ashtabula County WIC Breastfeeding Peer Helper

Laurie is requesting financial assistance in order to attend various breastfeeding workshops and conferences. While living in Germany, Laurie experienced a culture that supports breastfeeding. Laurie has joined the Ashtabula breastfeeding task force and has attended the NOLA meetings. She is active in the breastfeeding program at Ashtabula WIC by participating in community outreach as well as providing direct breastfeeding support to WIC participants. She is excited about the opportunity to increase her knowledge of lactation issues. Ashtabula County WIC supports her training by providing paid leave and travel costs.

Scholarship applications reviewed by Ann Twiggs, RD, LD, IBCLC – 7, \$500 scholarships funded

Breastfeeding at Cincinnati Children's Hospital Medical Center

Sheela Geraghty, MD,MS
Research Instructor of Pediatrics

Saturday April 9, 2005

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
See below for directions

Audience:

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

Objectives:

Participants will be able to:

1. Describe the coordination of lactation clinical services, education and research at Cincinnati Children's Hospital Medical Center.
2. Discuss the study done by Dr. Geraghty of the feeding behaviors of mothers of singletons and multiples (twins & triplets).
3. Describe the differences between a Clinical Human Milk Bank and a Research Human Milk Bank.

IBLCE CERPs: No charge to OLCA members
\$10.00 charge to non-members

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, LLL) _____

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

2005 OLCA Nomination of Officers

Please mark your choice on the lines provided. If you wish to put a write-in candidate please contact that person to make sure they would accept the office. When you have completed the ballot mail it to the OLCA Secretary at the address below. This ballot is for active OLCA members only.

Mail by April 5th, 2005

For the office of Secretary:

_____ Judy McCurdy, RN, IBCLC

_____ Write In Candidate

For the office of Treasurer:

_____ Joy Kubit, RN, BSN, IBCLC

_____ Write In Candidate

For the office of Northwest Representative:

_____ Michelle Price, RD, LD, IBCLC

_____ Write In Candidate

For the office of Northeast Representative:

_____ Liz Lewis, RN, BSN, IBCLC

_____ Write In Candidate

For the office of Central Representative:

_____ Deb Zwolinski, RN, IBCLC

_____ Write In Candidate

**Mail Ballot by April 5th to:
Denise Reville RN, IBCLC
8120 Olde Eight Road
Northfield, Ohio 44067**