

# OLCA NEWS

Ohio Lactation Consultant Association



Visit our web site at [www.Ohio-OLCA.org](http://www.Ohio-OLCA.org)

## The President's Corner

January 2008

### HAPPY NEW YEAR!!!!

With the holidays over, it's time to look forward to the goals and activities for OLCA in 2008. Our policies and procedures are in process of revision and should be ready to present to the membership soon. Much thanks to all the board members for helping with this task. If you are interested in applying for an OLCA grant or scholarship, now is the time! Look for details on the OLCA web site- [www.Ohio-OLCA.org](http://www.Ohio-OLCA.org).

OLCA has a new permanent address! In the past the official address has been the home address of the president. You can imagine the problems with this ever changing address, so we now have a permanent address:

**OLCA**  
**6077 Far Hills Ave. PMB# 288**  
**Centerville, Ohio 45459-1923**

In previous surveys, OLCA members asked for more information on educational offerings in or near Ohio. You can help by notifying members, either through the Yahoo discussion group or sending information (date, place, contact person/web/email) to the president on the "contact us" button and I will post on the web site.

Our next OLCA meeting is February 9<sup>th</sup>, 10:00am in Columbus at Mt. Carmel Hospital, Medical Office Building, 2<sup>nd</sup> floor. We will also have our quarterly CERP offering at 1:00pm until 3:00pm. We are always on the look out for speakers for these offerings. If you have a request or a suggestion, notify Lynne Schwaberow at [lynne.schwaberow@khnetwork.org](mailto:lynne.schwaberow@khnetwork.org).

We are also looking for anyone interested in leadership positions in OLCA. This is your opportunity to help set the course for our organization and help promote, protect and support breastfeeding in Ohio. The time commitment is small and the benefits are big! If you would like more information, please contact me at [daswalls@aol.com](mailto:daswalls@aol.com).

Don't forget to mark your calendars for the OLCA Annual Conference at the Dublin Marriott, on Friday, April 18<sup>th</sup> and Saturday, April 19<sup>th</sup>. Our speakers are Ina May Gaskin, CPM and Mishawn Purnell O,Neal.  
Donna Walls, RN, IBCLC

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# WHO'S WHO IN OLCA

## OLCA Officers

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## Area Representatives

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**South West:**

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Debra Zwolinski, RN, IBCLC  
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**North West:**

Michelle Price, RD, LD, IBCLC  
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**North East:**

Liz Maseth, RN, BSN, IBCLC  
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## OLCA Chairpersons

**Conference Coordinator:**

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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**

#### **2008: February 9<sup>th</sup> Membership Meeting**

Mt. Carmel Medical Building. Business Meeting 10 a.m. to 12 Noon  
Education session starts at 1 p.m.

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### **The Ohio Lactation Consultant Association Annual Breastfest in Columbus at the Dublin, Ohio. Marriott On April 18 & 19th, 2008**

#### **Mishawn Purnel O'Neal will be speaking on**

1. Strategies for Improving Breastfeeding Outcomes in Diverse Cultures
2. How Generational and/or Cultural Differences Influence Maternity and Breastfeeding Care

#### **Ina May Gaskin will speak on**

1. The Impact of Birthing Practices on Breastfeeding
  2. Sustaining Women's, Inner Wisdom in Birth & Breastfeeding & 3rd yet undecided topic,
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### **January Special-**

Course Discount for OLCA Members registering in January

The Lactation Management / Exam Preparation Course offered by Bright Future Lactation Resource Center (Linda Smith) is the longest-running course of its kind and the first to be based on the IBLCE Exam Blueprint. OLCA members who register in January are eligible for either of two discounts: (1) 25% discount for any OLCA member who is recertifying in 2008, or (2) 50% discount off the OLCA member's tuition if accompanied by a fully-paid registration for another person. Contact Linda Smith for details: 937-438-9458

## Summary of Minutes from November 9th, 2008 Board Meeting



Meeting started at 2:45 pm by Madam President Donna Walls

Following Members were present: Donna Walls, Tracey Waller, Michelle Price, Lynne Schwaberow, Linda Barrett, Susan Bash, Jean Cooper, Pat Bucknell, Debra Zwolinski, Laura Atkinson, Dee Keith

### Treasurer's Report:

- \* Balance \$11,646.59 in checking.
- \* CD balance \$10,298.83. Savings account closed.
- \* Bill for \$2091.80 for new lap top computer purchased by Lynn Schawberow.
- \* Final \$8715.41 final profit from breastfest 2007.
- \* Budget for 2008 discussed.

Lynn Schwaberow purchased a computer, LCD projector and MP3 recorder as requested. Lynn will also be looking into the cost for a new microphone and speakers.

### Committee Reports:

#### Membership:

Membership at 288. Noted that people often join OLCA at breastfest time because of the savings. Pat noted that  $\frac{1}{4}$  to  $\frac{1}{3}$  of members do not have a email address to contact them. The only way to notify them of need to renew is by checking their newsletter. Pat tries to keep list on WEB site updated now. **Reminder that L.C.'s who are first time certifiers can receive one year membership to OLCA for free.** Anyone who knows of first timers can give Pat their name. Noted that due to privacy issues Donna can no longer get names from IBCLCE or ILCA.

#### YaHoo Group :

Donna very pleased with it. New Page on WEB for local coalition/ taskforce . WEB page also has page for conferences now.

Dee Keith reported on Tristate Breastfeeding Advocates. States that The Co Sleep Issue is huge. She attended an infant death summit which focused on SIDS plus infant deaths occurring more with moms with no prenatal care and preterms. Typical response is that moms and baby should not sleep together verses risk factors such as preterm, no prenatal care. Issue of tobacco is a major piece. Dee noted that there is a Web site called Resolve Infant Sleep controversy safely (RISCS). Expecting to see in depth report about Hamilton County Infant Mortality rate. 13.9 per thousand twice national average. Expecting report around Thanksgiving. Nancy Kohen from green county is trying to bring research articles and talk about issues in their community and working together with other professionals in the community.

#### Library UpDate:

New: Depression in New Mothers, The New Core Curriculum, tapes from 2007 IICA Conference, Mothering your nursing toddler, Health Foods for the Whole Family, and Your Baby Knows How to Latch on (DVD) . Also The Culinary Guide for MSPI. Discussed some other possibilities for in the future. Linda Barrett has weeded out some of the old materials. CD from UNICEF on Latch on can be order from UNICEF.org/ or Breastcrawl.org. It is 8 minutes long. Article is also on it. It was made to tell health care workers in India how to initiate skin to skin. You can order more than one. Supported by UNICEF India.

Donna has written a book called Natural Families Healthy Home- More Natural way of life a greener way to life.

#### Speakers for future meetings. Lynn Schwaberow:

Tomorrow is on skin to skin and early intervention in breastfeeding. Dianne Simpson is from the UK. February is Shela Kippley 45 minutes of Eco. Breastfeeding and basic fertility awareness. In June Lisa Sandora to speak on Oral Anatomy. Rooms at Mt. Carmel reserved for all of them.

Donna notes that we are back on ILCA affiliate list

Conference UP DATE: Ina Mae Gaskin main speaker. Dennis Reville will be exhibit coordinator. Need for organizing what jobs will be needed for breastfest and who will fill the positions. Tracy Waller will be the registrar.

OLCA address: Donna To go to UPS store in Columbus and set up a forwarding mailing service.

WEB: site Tracy asked about having a member area. Discussion followed on things that we could do with the web site. Who we should link to was discussed. It was decided that we would not put private links on the WEB site.

USLCA reimbursement. Encourage members to go fill out the survey. Diana West designed the survey and hopefully we will get information that will help us. Pat feels that it will be state by state and not nationally.

New Officer Slate: Donna States Madonna is looking for people. Need nominations done by January. Tracy Waller states she would be willing to stay as vice president. Susan states she would stay on as South East Rep.

Scholarships: Tracy- Scholarship form is done. Grant form needs a little bit more work. Award form will need to be redone. New rules— from November 1st to February 28th is the time to apply for any of the three. You must be a member to get a grant but not a scholarship. Scholarship are given out as reimbursements. Need to readdress the requirements for the scholarship money.

Pat Bucknell: Reminded board that ILCA has a group rate for renewal of memberships. Linda has form for discount. Save \$11 if you go as a group.

Meeting Adjourned

Judy McCurdy, Secretary

## Area Representative Reports

**Jean Cooper: South East-** Annual conference with Karen Gromada with their coalition. 55 people attended. Talked on Sexual Abuse issue, breastfeeding the near term newborn, and Solution oriented approach to breastfeeding problems. Southview Hospital had their baby friendly visit. Approved with recommendations. Went pretty well. Donna states there were a few surprises. They will invite them back after they address the citations. Hopefully in January. They were very strict about the babies being in the nursery. No baby can be in the nursery for more than one hour in 24 – formula and breastfeeding. All babies must be skin to skin. Pacifiers dispute. Charting needs to be tweaked to address some of the concerns such as a mom has been educated about pacifiers but she still chooses to use it.

**Debra Zwolinski: Central-** Breastfeeding support group at Elizabeth Blackwell Center . In Columbus perinatal region six conference. Georgette in Texas for the HUBANA Conference. La Leche League conference will be October 17<sup>th</sup> an 18<sup>th</sup>. It will be the 50<sup>th</sup> year. The Elizabeth Blackwell staff learned to use a Crematocrit machine. Initiation rate for breastfeeding is 86% at Elizabeth Blackwell. New Dublin hospital will open in January as a community hospital. No L.C. ODH recommends L.C. availability but does not mandate. LLL conference next year October 16 and 17. At Marriott in Dublin.

Excited about giving mom tools to take back to pediatricians. A 5x7 card to keep records. Moms can also have their milk tested for calories, fat content. Noted that all their mothers milk is 30% caloric content.

**Pat Bucknell for Liz Maseth North East-** Pat states that all the hospitals in Cleveland are considering going Baby Friendly. Summit county Perinatal network is working on Physicians handouts. Maternal child nursing journal article on skin to skin was a pilot study done at Grant. Next September 2008 St. Elizabeth in Youngstown will have Jack

## Representative Reports Continued

**Susan Bash: South West**—WEB site for RISCS@yahoo.com Greater Miami Valley Breastfeeding Coalition meet on monthly basis involved with the safe sleep controversy in the community. In the RPs, CEM and RD . Very proud of that. No doctors attended however but did ask Jean to attend OB meeting and talk about the conference. Karen was very good- sexual abuse, near term infant and problem solving strategies. South view had their visit from BFHI people and did very well. They will have approval with some changes needed. After changes made they will notify BFHI for a repeat visit.

There is an educational opportunity focused on a bedside nurse course for Certification for Early Lactation Care Specialist. Its focus is learning how to help in the early postpartum period. Through “advanced birthing concepts” birthsource.com

**Michelle Price: North West**—Recent Meetings/education offerings in the Northwest Area:

The Perinatal Region III Lactation Consultant and Breastfeeding Educator Meeting. Speakers Debby Schymanski, IBCLC and Janice Ball, IBCLC presented the topic *“Ethical Responsibilities of the Lactation Consultant”* on September 18th, 2007 at St. Rita’s Medical Center in Lima.

Perinatal Region III education Consortium Conference. Speakers: Donna Adelsperger, Med, RN, Bonnie Gahn MSN, MA, RNC, Donna Walls, RN,BSN,IBCLC, Master Herbalist, Sue Sanford, RN, OB Manager and Sandy Jensen, CNP, OB Manager presented the topic *“Finding the Balance: Happy Mom– Health Baby” and Herbs and Essential Oil Use in Pregnancy, Birth, and Lactation*. This was at St. Luke’s Hospital in Maumee on September 20, 2007.

Perinatal Region III Education Consortium Conference: Michelle Price, RD, LD, IBCLC, RLC, Connie Powell, RN,IBCLC, RLC, and Melinda Leuck, RN, IBCLC,RLC presented the topic: *“Breastfeeding: Hospital Support After Delivery: Evidence-Based Guidelines: “* on October 18, 2007 at the Fulton County Health Center in Wauseon.

**Upcoming meeting/educational offerings in the Northwest Area:**

Perinatal Region III Lactation Consultant and Breastfeeding Educator Meeting. November 15th, 2007 at the Erie County Health Department in Sandusky. The topic will be *“Women and Infants in Disasters: the special risks and vulnerabilities of women during and after a disaster occurrence.”*

Perinatal Region III Education Consortium Conference: Topic: *“Follow-up Support After Hospital Discharge.”* Speakers to be determined. Date: Tuesday, May 13, 2008 at St. Charles Mercy Hospital, Oregon, Ohio. 8:00 am—4:00 pm. To register contact: Kim Rosin at 419-291-4645.

**Summary of Education Session November 10th, 2007**  
**“Early Initiation of Breastfeeding in the LDR**  
**Speaker: Diana Simpson, BSN,RN,IBCLC**

This session was very interesting and OLCA thanks Diana for sharing with us. The project that Diana shared with us began as a practice improvement initiative. Their intention was to review charts to identify issues that interfered with early initiation of breastfeeding and then develop a plan to improve the early initiation of breastfeeding. The main 2 goals for the project were to 1. Develop strategies to reduce barriers to the Early Initiation of breastfeeding in the LDR and 2. Design an interventional protocol for the Early Initiation of breastfeeding in the LDR and evaluate its effectiveness.

Barriers that were shared were poor documentation, the baby being removed from the mother during the quiet-alert phase, the administration of medication, and poor use of resources such as the hospital lactation specialist or consultant.

Some of the protocols that were revised from their work was the timing of giving the Vitamin K and Erythromycin in Labor and delivery area, Allowing the infant to remain with the mother during the quiet-alert period and allowing infants born by C-section to bond with its mother in the PACU.

There was a great deal of work put into the data collection, developing a collection tool, getting approval from their Internal Review Board, interviewing the moms. The demographics were Primigravidas; 57 Multiparas (mean of 2 pregnancies), 19 of the mothers were Spanish-speaking and special accommodations were made to include them in the research. 40 of the mothers had previous breastfeeding experience. 56% of the mothers who did not breastfeed in the LDR were Multiparas.

The results of were that 66% of the breastfeeding mothers initiated breastfeeding in the LDR. 84% of the infants with mothers who breastfed in the LDR had easy latch-on. 18 of the mothers did not breastfeed in the LDR for reasons like the infant was not stable, the delivery was more complicated, maternal infection and also cultural preference. Mothers who had breastfed before were more likely to have babies who successfully latched-on and also felt more prepared to breastfeed after discharge. Some of the following things were gleaned from the survey:

Being able to breastfeed in the LDR significantly influenced feeling successful about breastfeeding more than having breastfed before.

Breastfeeding in the LDR decreased supplementation with formula in the Post Partum Unit. Mothers who supplemented with formula did so for the following reasons: nighttime, MD ordered, cultural preference, infant hypoglycemia, RN provided supplement, mother had Tubal Ligation, Mother felt baby was hungry.

88% of mothers felt more prepared for discharge.

There were more results that Diana shared with us. We thought it was a very informative talk and much that could be taken back to our own hospitals. Research and studies like this will be so helpful in helping Lactation Consultants facilitate changes in hospital policies and environment that put barriers up that effect breastfeeding mothers and babies.

Submitted by Judy McCurdy RN,IBCLC

## Summary Minutes From November 10th, 2008 Membership Minutes

Meeting started at 10 a.m. by Madam President Donna Walls.

**Minutes:** Approved with corrections on motions from Nancy Howe and Michelle Price.

Treasurer's Report:

Balance (See Board Meeting Minutes)

Treasurer noted that our CD will mature January 13, 2008. Discussed rolling over the CD vs. putting in savings.

Treasure states there are all types of options. Donna instructed her to look at other options and get back to her with the information. Donna will then inform the other Board Members.

Linda Barrett states that there is a new ruling about Non Profit groups. Treasurer will check with the auditor. Breastfest Profit (See Board Meeting Minutes)

Discussed having an Organization Credit card. No decision made at this time. Debra Z. noted that we need stringent policies in place before we start using a credit card.

Membership: Members are to contact Pat if any corrections are to be made on information. Current list available on request but not sent to everyone. We do sell the list. Decided it was not up to us to decide if it goes to WHO approved conferences. Members felt that we are not charging enough (currently 5 cents per name). They do have a choice between various data bases usually it is the membership one. Currently we give it to LLL if we get one in return from them. Also with TCBA. Along with the list a letter stating that it is to be used only one time. They are to sign letter and send their payment back. Pat will look into what other organizations charge for labels. Members will look at their own organizations to see how they handle the printing and selling of their labels. Pat keeps the names of those members who do not want their name shared out of the lists that she sends out. Members were told that there are still some OLCA pins available for \$3 a piece.

*Representative Reports (see Page 6)*

**Coalitions:** Donna reiterated that OLCA as a group is neutral with no official representative at this time.

**Legislation:** Ann stated she thought OLCA should have a legislature day where mothers and members visit and talk to their representatives. IBCLC Day is in March. Breastfeeding should be at top of the pyramid says Nancy.

**Library Update** Linda—see board meeting Discussed how to make MP3 disks from regular discs. Linda will check about how to convert MP3. States she is planning on adding more books.

Tracy: Tweaked current Grant and Scholarship forms. New year RFP process from November 1<sup>st</sup> to February 28<sup>th</sup>, 2008. Grant can not buy OLCA Trinkets or Food. Grants \$400 and Scholarship \$500. Must be an OLCA member for Grant but not for Scholarship. 10 grants and 6 scholarship will be awarded.

Members discussed getting a Gift from OLCA to give to Mt. Carmel for their generosity in giving us meeting space at no cost. It was suggest that an Art picture or art work would be nice. Nancy made a motion that was Second by Tracy to purchase an art piece at a cost of up to \$500. Motion passed. Nancy and Ann will look for something appropriate.

WEB site: Donna told members about the updates to the site. (See Board Meeting)

3<sup>rd</sup> party Reimbursement need to do survey online by the USCLC.

Group Membership: If anyone wants to save a little on their ILCA membership make a check to OLCA for \$135 dollars and send to the OLCA treasurer with white form by December 1<sup>st</sup>, 2007.

53 WIC peers In Ohio now according to Ann Twiggs.

Nominations: President Elect is still needed

12:10 Motion to adjourn by Georgett and Tracy

Respectfully submitted, Judy McCurdy Secretary

# OLCA Education February 9, 2008

## *Natural Family Planning: Eco-Breastfeeding and Fertility Awareness with Special Emphasis on the Breastfeeding Mother.*

**Speaker: Sheila Matgen Kippley, BS**

### **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)

## News From the United States Breastfeeding Committee (USBC)

- USBC's Second National Conference of State Breastfeeding Coalitions "*Strength through Diversity: Advancing Breastfeeding Advocacy*" will be held in Arlington VA on Jan 25-27, 2008. USBC is expecting ~350 participants from all 50 states, several US Territories, and the Indian Nations plus delegates from USBC Member Organizations and government agencies. The emphasis of the NCSBC is on building/enhancing skills in developing effective coalitions, sharing the latest information on best practices and research, and networking. More information about the NCSBC is at [www.usbreastfeeding.org/State-Coalitions/2008-NCSBC/index.html](http://www.usbreastfeeding.org/State-Coalitions/2008-NCSBC/index.html)
- USBC's *Directory of State Breastfeeding Coalitions* and *Coalitions Electronic Forum* are well underway. To be Registered with USBC, the state coalition must meet USBC's Criteria for state coalitions based on the Innocenti Declaration and other global and national policies: (1) leadership and membership must be multisectoral and include, at a minimum, representatives from relevant government departments, non-governmental organizations including consumer (parents) groups, and health professional associations; (2) be free of commercial influence and other conflicts of interest and adhere to the International Code of Marketing of Breast-milk Substitutes ("the Code"); (3) its mission and activities are consistent with the USBC Strategic Plan and other US policies; (4) has state-wide representation and conducts operations or activities of state-wide scope; and (5) holds regular meetings that are publicized state-wide to diverse potential stakeholders who are welcome to attend and participate. Several state coalitions have expanded or revised their membership policies and activities based on USBC's guidelines. Ohio and 4 other states are not yet registered. More information is at [www.usbreastfeeding.org/State-Coalitions/coalitions-directory.html](http://www.usbreastfeeding.org/State-Coalitions/coalitions-directory.html).
- The National Business Group on Health released their *Maternal And Child Health Toolkit*. USBC contributed recommendations on breastfeeding. "Lactation consultants credentialed by the International Board of Lactation Consultant Examiners (IBCLCs) are approved for the provision of breastfeeding counseling, training, and support." For more information see [www.businessgrouphealth.org/healthtopics/maternalchild/investing](http://www.businessgrouphealth.org/healthtopics/maternalchild/investing).
- The second year of the CDC/USBC Teleconference Project has begun. The purpose of the Teleconferences is to bring together state breastfeeding coalitions for networking and collaborating on issues of national significance. The next Teleconference is February 12, 2008 from 2 pm to 3:30 pm. Ohio Department of Health is facilitating Ohio's participation in the Teleconferences. To participate at ODH or by calling in to ODH's conference line from other locations, contact Beth Conrey [econrey@odh.ohio.gov](mailto:econrey@odh.ohio.gov) or Ann Twiggs [Ann.Twiggs@odh.ohio.gov](mailto:Ann.Twiggs@odh.ohio.gov). More information including handouts of previous calls can be found at [www.usbreastfeeding.org/State-Coalitions/CDC-Calls/index.html](http://www.usbreastfeeding.org/State-Coalitions/CDC-Calls/index.html)

Watch for USBC's launch of its new web site – coming soon! [www.usbreastfeeding.org](http://www.usbreastfeeding.org)

Respectfully submitted by Linda J. Smith, USBC Board of Directors.

OLCA Officer Ballot for 2008

Please mark your choice for the following offices. If you choose to insert a write in candidate please make sure that person is in agreement. After marking the ballot please mail to the following address:

Judy McCurdy, OLCA Secretary  
7903 Frailey Rd  
Vermilion, Ohio 44089

President Elect

Liz Maseth \_\_\_\_\_

Write In \_\_\_\_\_

Vice President

Tracy Waller \_\_\_\_\_

Write In \_\_\_\_\_

South East Regional Representative

Jean Cooper \_\_\_\_\_

Write In \_\_\_\_\_

South West Regional Representative

Susan Bash \_\_\_\_\_

Write In \_\_\_\_\_



**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