

OLCA NEWS

Ohio Lactation Consultant Association



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

The President's Corner

August 2009

We regret that OLCA has not had a newsletter for quite a while. Our website was hacked into and it took a great deal of time for our webmaster to try to "put things back in order". Then we found that the program used by the President, Newsletter Editor, & Membership was so outdated that it needed to be replaced (meaning more website work had to be done!). We are hoping 2010 will bring back some normalcy.

Dates to note:

Meetings: February 6, 2010 and June 12, 2010—Mt. Carmel West, Columbus

**Breastfest: March 26 & 27, 2010—Columbus Marriott NW, Dublin
Speakers TBA**

The above not is taken from an email Pat Bucknell sent out for those whose dues have expired. Remember that if you want your discount to attend the Breastfest in 2010 you need to be a member in good standing. Also remember that Dues are now \$35 Dollars a year as of January 2009.

The next OLCA Newsletter will be in January. If you are interested in serving on the OLCA board please call Liz Maseth, President at 216-577-8537; or email her at lizmaseth@yahoo.com

We need nominations for the following offices: President Elect, Vice President, Treasurer, South East and South West Representatives.

Judy McCurdy RN

Inside this issue:

<i>Officers and Representatives</i>	2
<i>Minutes of June 2009 Member Meeting</i>	3-5
<i>Summary of Educational Session</i>	6
<i>Breastfest Financial Report</i>	7
<i>USBC News</i>	8
<i>OLCA Meeting Dates Linda Smith Exam Prep. Course</i>	9
<i>November Educational Offering</i>	10

OLCA 's permanent address

**OLCA
6077 Far Hills Ave PMP#288
Centerville, Oh 45459-1923**

WHO's WHO IN OLCA

OLCA Officers

President

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216-577-8537; lizmaseth@yahoo.com

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North West:

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North East:

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OLCA Chairpersons

Conference Coordinator:

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Legislative Liaison:

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Librarian:**Membership Chairman:**

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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.

Summary of OLCA Membership Meeting ~June 13, 2009

Membership-Pat Bucknell - We have 330 members. While most renew at Breastfest, some members send in the application on the back of the newsletter. The application for membership was sent out with the previous fee for dues listed at \$25.00 instead of \$35.00. If you have sent the incorrect membership amount of \$25.00, please send the additional \$10.00. Those facilities with Clinical Ladders are encouraged to encourage OLCA membership, a bargain for staff and good publicity for OLCA.

Treasurer-Laura Atkinson - **Balance is \$14,837.42.** Long Term Providership fees for IBCLC increased from \$300-\$800 for 4 years. OLCA's CD's were cashed in. In this economy the CD does not benefit us. OLCA dues, sister dues for our group in Malawi and USLCA dues were paid. OLCA Board members will only be paid mileage one way.

NE-Noreen Edwards ~ NOLA will sponsor WBW day at the Zoo on August 3 with Cuyahoga County WIC employees. Columbiana County WIC will host their annual Picnic for WBW for their clients and LLL. Salvation Army will talk about disasters. Mahoning County WIC is sponsoring their first picnic for BF Moms. Tri County BF Connections had a successful conference featuring Thomas Hale. They are also making Chinese cookie boxes which consist of "fortunes" such as "A fortunate baby breastfeeds," and the logo from WABA and Tri County BF associates on the box of cookies. (FYI: \$383.00 cost/ 20 cookies in a box. Purchased 75 boxes.) Ohio Perinatal Quality Collaborative is working on a project at Akron Children's which will provide 2cc/kg colostrum to each baby, investigating at long term outcomes re: NEC, decreased length of stay and infection prevention, putting research from Vermont Oxford Network into practice which shows that even fragile kids to don't get severe infections with this intervention. Nancy Wight will speak on September 17 at Akron Children's on preemies, late preterms, use of donor milk, cardiac babies. Akron is prenatally promoting the giving of milk to help deal with grief in the event of a loss. Tri County BF Coalition will have Catherine Genna Watson, author of "Supporting Sucking Skills" speak on October 9. Next year Marsha Walker will speak on organizational tools. Perinatal Nursing Network Region 6 BF task force provided BF info and support at "Kids are No 1" Run. Madonna Fasimpaur will be offering her course again at Lakeland Community College beginning 9/26.

Central- Esther Gillette ~ Nationwide Hospital is sponsoring a BF Walk including speaker and considering using profits to start a Lactation Herb Garden. Cindy Deering is new rep.

SE- Jean Cooper ~ The annual Breastfeeding Awareness Walk at the Mall will be noon on 8-1-09 with door prizes, T-shirts, balloons, cake, and gifts. At the Walk, we will present awards to the most breastfeeding supportive employers, physicians, care providers, and BF advocates in the area. WIC offices of 5 counties, lactation support staff of 3 hospitals, and representatives of a local newspaper and community health organizations are involved in the planning and implementation of this annual event.

The annual **educational conference** sponsored the OVBC will be **November 7, 2009** at the Ohio Valley Medical Center in Wheeling WV. **Alison Hazelbaker** will present "**Breastfeeding Management at the Bedside**" covering topics such as: Hospital practices that promote successful breastfeeding; the adverse impact of epidural use on infant breastfeeding; the influence of intra-partum and postpartum procedures on bf; management options for the normal term infant in the early postpartum period; and the challenges of weight loss and supplementation orders in the compromised infant. For more information and a registration brochure, contact Jean Cooper @ 740-633-4294 or jcooper@ovrh.org.

Belmont County WIC is planning a "Mom's Night Out" event for WBW. Monroe County WIC is planning their annual Pool Party. Coshocton County WIC and Help Me Grow will celebrate Breastfeeding Awareness Month with a Community Baby Shower. Tuscarawas County will provide gift bags for breastfeeding mothers who deliver during Breastfeeding Awareness Month. The Athens WIC and advocacy group published their latest newsletter about breastfeeding multiples. They will present breastfeeding discharge bags to new mothers during BAM and give fruit gift baskets with BF information to area physicians during August.

SW- Susan Bash ~ Region II Perinatal Center Program Breastfeeding Services Directory (May 2009) was distributed at the May Miami Valley Breastfeeding Coalition Meeting. This directory is a resource for those working with mothers and babies. This directory provides resources for a 16 county area. Also enclosed are several pages suitable to provide information to mother on *Tips for Successful Pumping, Your Milk Supply, Is Baby Getting Enough* and others. It is published through a partial ODH grant fund. Organizers for this project were Mary Jo Rosenbauer, Georgette Hall with support from MaryAnn Swank (CMC). A copy is in OLCA library.

Best wishes for those who are sitting for the certification exam in July, including Michelle Gnagey (Southview Hospital, Dayton) and Teresa Petrosino (MVH, Dayton)!

WPAFB now has new crib cards that are "advertising free" thanks to Laura Atkinson's initiative. Jean Cotterman, MariJo Rosenbauer, Geneva Carnahan, Mary Shay, Linda Smith, Donna Walls, and Susan Bash plan to go to ILCA from our Southwest Region. Linda Smith will be presenting a session on *Global Status of the BFHI* and Donna Walls will present *Estrogen in the Environment*. Dr. Barbara Morrison presented a seminar on Kangaroo Care sponsored by TriCounty Breastfeeding Associates on May 1 at Bethesda North. Sylvia Houston presented *The Economic Benefits of KC* at Miami Valley Hospital May 12th and 13th. Dr. Nils Bergman also spent 3 days (5/27-29) at Cincinnati Children's sharing his knowledge about the importance of this care strategy. He also presented an all day seminar about KC at OSU in Columbus on June 1. Dr. Peter Hartman will be speaking June 12 on his research on *Initiation of Lactation: Secretory Differentiation and Secretory Activation* at Cincinnati Children's. Linda Smith will be meeting with Dayton/Montgomery County Health Commissioner and select staff on June 22 to advocate for including breastfeeding in the county's Strategic Plan to reduce obesity, disparities and other issues. Linda just finished the 2nd Edition of the Impact of Birth Practices on Breastfeeding, to be released ~ 10/01/09. She is now beginning work on the 3rd Edition of Comprehensive Lactation Consultant Exam Review. She is looking for contributions of photos and/or exam questions. If interested, email her lindaj@bflrc.com. Labor Day is deadline! Linda is also teaching a 20 hour BFHI-style course as part of the ICEA Convention in October 2009. The course meets objectives for BFHI Step 2 ("Train all staff"). TSBA and OBA are sponsoring Dr. Stephen Buescher and Lauri Nommsen-Rivers at Univ. of Cincinnati, August 21st. Also in the area, *Mamatoto Matema* is continuing their seminars to improve breastfeeding in African American women. Their 2nd seminar will occur June 20th. Phenomenal networking occurred on their May 30th seminar per Karen Gromada. This effort was partially funded through grant awarded from OLCA, 2009. For more information www.mamatotomatema

Library - Mandy Jones will assume Library responsibilities. Christina Smillie's new DVD is now available in the OLCA Library. OLCA will purchase additional copies of LC Review book for IBCLE exam by Linda Smith. OLCA will also purchase Jane Morton's DVD from Washington State Coalition, (Within Reach). Riordan's "BF and Human Lactation" is being updated. It is the 4th revision. Mandy will print Bibliography from Susan Luddington's talk on Kangaroo Care. OLCA members do not incur a fee to have supplies shipped to them, but do incur expenses to return them. Mandy will get list of available books onto the website.

OLCA Board Meetings are: September 18, 2009, November 6, 2009, and June 11, 2010

Speaker Coordinator-Lynne Schwaberow ~ Dates of OLCA Membership meetings

Sept 19-Effect of Estrogen on Environment

Nov 7 - Liz Maseth, Jen Foster, Pam Edenfield - Banning the Bags

Feb 6, 2010- Maya Bolman - outreach to Russia (will check)

June 12 , 2010-

Route 315 will be closed, so we will need to give new directions for meetings on website in Sept-Nov 2009. Each person must have IBCLC number in order to get CERPS. Social Security numbers are no longer allowed per IBCLC. Also, we must distribute certificates with names on them for IBCLC. There are no CEU's, just CERPS at membership meetings.

Budget-Laura Atkinson

The motion to approve the budget was passed unanimously.

Old Business

Breastfest 2010- will be March 26-27, 2010 at the Columbus Marriott. We will have use of ballroom and adjoining areas at no charge. Room Rate \$105.00. Food costs will increase. Concerns with Acteva program for registration discussed. Mandy will check with other similar programs for conference registration. The Breastfest Committee will have two chairs. Dee will be one chair. The group prefers format of the previous brochure for Breastfest, with better information, especially need email addresses. We discussed that speaker selection, needs to be done sooner, as well as publicity. Application process for presentations at Breastfest will be handled by the Breastfest committee, Tracy and Linda Smith will be on the committee. Conference Chairs to be instituted to find speakers and manage conference, poster presentations Liz encouraged us to move to next professional level, including poster presentations on what is being done around the state.

Bylaws- OLCA officer terms that will be up this year are: Vice President, Treasurer, South East and South West Representative. 2010 is also the year we elect a President Elect.

Newsletter-Newsletter distribution will be by email. It was emailed this time, since website was down. 200 were sent out. 30 were returned. Members need to have free Adobe to open newsletter. This will save printing and postage costs. Members should put Judy's email address in their email address book: Mccurdyjudy@LRBCG.com.

OLCA Media updates-Donna is working on updating the brochure. Website is having technical difficulties. Denny Smith is working on this. "CONTRIBUTE" a software program will allow Judy, Pat, and Liz to update info on website. The website will then be used to add conference information, library selections and also (**IMPORTANT!!**), cancellations of meetings i.e. due to weather.

Request: Please email Judy McCurdy with Perinatal Network coordinators in Ohio.

Submitted by

Terri Hazen, OLCA Secretary

Summary of OLCA EDUCATION TALK

June 13, 2009

Judy McCurdy, RN, IBCLC

Mothers, Babies, and Disasters

- Response Command Systems have been put into place for various agencies including Health Departments and Hospital.
 - Women death rates 3X times that of men in 2004 tsunami, as men were out in the fields and women were washing clothes. 20,000 killed in recent tsunamis. 56k pregnant women and 74,900 affected by Katrina
 - First responders bring order to chaos and triage, including thinking outside the box.. Tragedies bring out the best in people who want to help.
 - Lack of clean water, safe food, medicines, communication, and a means of staying warm and dry must be dealt with. Increased of vermin, waste products and illnesses.
 - Women more likely to die. Men are stronger. Women are gathering children. Women in refugee camps and stress can cause men to react violent. Rescuers may prey on those they are there to help.
 - Breastfeeding. Might be embarrassed to do in shelter.
 - Victims may not have enough meds, or know name of meds.
 - Women experience ongoing vulnerability to economic disaster.
 - How to help women
 - a. Safe shelters for women, children, families
 - b. Written understanding of roles for caring for women
 - c. Nutrition, Counseling
 - d. Establishing Pregnancy Registry to track outcomes
 - e. Equip teams for caring for Pregnant and Lactating Women
 - f. Provide for children as they are more vulnerable, physiologically and psychologically.
 - g. Screen caregivers for children's safety.
 - h. Policies to address acute needs prenatal, postpartum, bf, newborn care.
 - i. Important to try to keep families together.
 - j. AAP has Disaster preparedness resources on website.
 - k. Safe use of donations should be monitored.
 - l. Myths-
 - m. Women under stress cannot breastfeed
 - n. Must have well balanced meals
 - o. If baby is ill or has diarrhea, must stop breastfeeding
 - p. If a mom stops breastfeeding, she cannot go back.
 - q. To reduce danger of Artificial Feeding
 - r. Use easy to clean cups
 - s. Clean and safe preparation. Accurate measurement.
 - t. IBCLC's should try to get on county Disaster Boards
- Website for free Powerpoint Presentation on Breastfeeding in Disasters: <http://www.health-e-learning.com/component/content/article/9-news/107-free-presentation>

**Breastfest Financial Report
For year 2009
held at the Columbus Marriott Northwest**

PROFIT \$8,002.06

EXPENSES

Speakers' fees \$3,000.00
Speakers' hotel/airfare/meals \$442.99
Printing brochure \$970.49
Postage/supplies for brochure \$439.74
Handouts \$1,191.00
Marriott \$9,641.87
(Package includes: Meals/break- food
Room Rental/Exhibit Tables)
AV Equipment/Room Rental \$1,379.40
Other:
Hotel Rooms \$231.00
Recognitions/Supplies \$114.14
Speaker Gifts \$100.15
Registration Refunds \$450.00
Returned Check \$175.00
Acteva Activation Fee \$100.00

TOTAL EXPENSES \$18,235.78

INCOME

Registrations \$23,872.34
Exhibitors fees \$2,010.00
Barnes&Noble \$355.50

TOTAL INCOME \$26,237.84

*(Acteva Fees Total \$184.64
\$187.64 Credit Card Fee
\$0 Acteva Fee
Already deducted from income)

USBC news:

The next joint USBC / CDC Teleconference will be held October 13, 2010 from 2:00-3:30 pm. Contact Ann Twiggs for information on how to participate.

The US Breastfeeding Committee has been involved in many national health initiatives, including sending letters to the FDA Principal Deputy Commissioner on Advancing Child health and to the DHHS team developing Healthy People 2020 Topic Areas. The HP2020 Task Force is working with state breastfeeding coalitions and preparing testimony and talking points for public meetings in October and November 2010. In May, USBC sent a letter of support for Rep. Carolyn Maloney's Breastfeeding Promotion Act that was co-signed by 27 national and international organizations and 12 state breastfeeding coalitions. These and other documents are available on the newly redesigned USBC website <http://www.usbreastfeeding.org/>.

Plans are well underway for the *Third National Conference of State/Territory/Tribal Breastfeeding Coalitions* to be held in Arlington, VA, January 23-25, 2010 with the theme of "Empowering Coalitions: Power Tools for Change. Watch <http://www.usbreastfeeding.org/Coalitions/tabid/59/Default.aspx> for news.

The Centers for Disease Control and Prevention prepared interim guidance documents for H1N1 (swine) Flu. Watch www.cdc.gov/breastfeeding and www.flu.gov for updates. And check out the CDC Breastfeeding Report Card for 2009 at http://www.cdc.gov/breastfeeding/data/report_card.htm

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Bright Future Lactation Resource Centre, Ltd.
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ph 937-438-9458 / fax 937-438-3229

MARK YOUR CALENDAR !!!

Future OLCA meeting Dates and Educational Offerings

All member meetings will be held at Mount Carmel School of Nursing

Member Meetings:

- Sept 19, 2009-Effect of Estrogen on Environment
- Nov 7, 2009 - Liz Maseth, Jen Foster, Pam Edenfield - Banning the Bags
- Feb 6, 2010 - Maya Bolman - outreach to Russia (will check)
- June 12, 2010 -

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OLCA Board Meetings :

September 18, 2009,
November 6, 2009, and

OLCA Members Discount for 2010 BFLRC Exam Preparation Course

Bright Future Lactation Resource Centre is offering OLCA members two opportunities to take the 2010 Lactation Management / Exam Preparation Course at a discount. OLCA members who register before November 1st can take a 15% discount; registrations received before December 1st are eligible for 10% discount. The 2010 course will be held March 15-20, 2010 in Dayton, OH and is approved for 45 IBLCE CERPs. Contact Linda Smith lindaj@bflrc.com or phone 937-438-9458 or www.bflrc.com for more information.

Linda J. Smith, BSE, FACCE, IBCLC, FILCA
Bright Future Lactation Resource Centre, Ltd.
6540 Cedarview Ct, Dayton OH 45459
ph 937-438-9458 / fax 937-438-3229
www.BFLRC.com

The Effects of Environmental Estrogens on Milk Production and Supply

Donna Walls, RN, IBCLC, Master Herbalist

September 19, 2009

Objectives:

1. Identify the most common sources of environmental estrogens
2. Discuss hormonal changes and physical effects notes with exposures to environmental estrogens
3. Describe actions which can be taken to reduce these negative effects on lactation

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, 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**

*OLCA is a 501C(6) Corporation and membership may be deductible. Check with your tax advisor