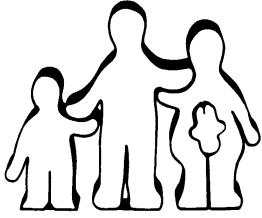


THE PERINATAL PRESS



The mission of the Greater Adirondack Perinatal Network is to promote comprehensive perinatal health care by providing education, information and referral services to individuals, families and professionals.

Spring 2011

Supporting Families for Over Twenty Years

Issue #66

Making Breastfeeding Work at Work

Jocelyn Blanchard is a new, breastfeeding mother and is also the Outreach Coordinator for the Southern Adirondack Independent Living Center (SAIL) in Queensbury, New York. While she was pregnant, Jocelyn attended a lactation class and “took out every book the library had on breastfeeding”. She knew about her right to breastfeed and began discussing what her needs would be with her supervisor prior to her maternity leave. The agency does not currently have a lactation policy, but Jocelyn was told that she could do what she needed provided that she was completing her work and it was not effecting the work environment of others.

Following the birth of her son, Jeremy, Jocelyn returned to her workplace for the first time at three days postpartum. She completed her payroll form and introduced the baby to her co-workers. Beginning the second week postpartum, she continued to go to work and complete maintenance tasks and worked part-time, slowly going from three to 30 hours a week over the first

seven weeks. During that timeframe, Jocelyn kept her newborn with her at work, feeding him on demand to build her milk supply. Beginning at eight weeks, Jocelyn increased her hours to full-time, often bringing her baby to work. Discussing how this works in practice Jocelyn says, “Jeremy has play equipment I keep in my office (pack and play, walker, bouncy chair) and miscellaneous toys and a diaper bag. He is at work with me Monday, Wednesday and Friday while his father is at work (after 2:30 p.m.)”. Some weeks Jeremy is there only a couple of hours and other weeks it’s considerably more. While at work with her, Jeremy plays by himself much of the time. One

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Making Breastfeeding Work at Work

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of his favorite activities is coming along as Jocelyn walks around her office to pick up paperwork for later data entry; Jeremy gets passed around and has fun interacting with some of Jocelyn's 20 co-workers.

When he is not at work with her, Jeremy receives breastmilk Jocelyn has pumped and when he is at work and wants to nurse, she shuts her office door and often simply lays him on her desk, continuing to type as he feeds. When Jocelyn pumps breastmilk at work, she stores it in a cooler in the common refrigerator and usually cleans her pump pieces in the kitchen. Jocelyn uses a small purse with a clean diaper to carry the components of her breastpump kit to and from the kitchen, so she will not have to explain suction cup-looking devices, if she is stopped by a consumer en route.

Jocelyn's work is admittedly varied. She travels to any of the 15 counties the



Jocelyn Blanchard with her son, Jeremy

agency's grants affect. She represents the center in public places, organizes presentations and collaborates with other community members to educate the public about issues concerning individuals with disabilities. Jocelyn exemplifies an informed consumer, who took the time to communicate with her employer about her desire to breastfeed her child. Her employer has shown flexibility, allowing her to have Jeremy with her during some of her work time and in return has benefited from having an employee who returned quickly to work following childbirth. Another co-worker, with a child about two months younger than Jeremy, prefers to pump in the small, (staff use only) kitchen of SAIL's satellite office where she works, cleaning and storing her pump accessories there.

Exclusive breastfeeding benefits mothers and children alike. Recognition of this important health fact, and the reality that many breastfeeding mothers return quickly to work, has led to the passage of recent labor laws at the state and federal levels which emphasize the importance of establishing lactation support in the workplace. GAP-Net has provided mini-grants as well as technical support for this purpose for six years. More information about GAP-Net's mini-grants is available at: www.GAP-Net.org.

<p style="text-align: center;">Outreach Opportunities</p>	<p style="text-align: center;">Annual New York State Perinatal Association Conference</p>
<p>Enrollment services will come to you! If you would like to have a Facilitated Enroller come to your facility, i.e., school, company, health center, etc. to give a presentation, please feel free to contact us at 1-866-708-2912 (Queensbury) or 1-866-872-3740 (Plattsburgh).</p>	<p>The premier perinatal conference for medical and health/human service providers will be held on June 9 and 10, 2011 at the Crowne Plaza Hotel in Albany, New York. Conference co-providers include: Our Lady of Lourdes Memorial Hospital, Binghamton NY; Association of Perinatal Networks of New York (APN); Association of Regional Perinatal Programs and Networks (ARPPN); the American Academy of Pediatrics; and the March of Dimes New York Chapter.</p>
<p style="text-align: center;">New Community Health Advocate Program Coordinator</p>	<p>This conference entitled <i>“Twenty-Five Years of Perinatal Health: Looking Back, Moving Forward”</i> will focus on past success in perinatal health as well as advancements to be achieved in the future. Objectives for this conference will include:</p> <ul style="list-style-type: none"> • Strategies to reduce elective deliveries less than 39 weeks gestation. • Updates on the effects of health care reform on perinatal health in NYS. • Recent guidelines for care of the late preterm infant in the well-baby nursery. • The use of the AHRQ Hospital Patient Culture Survey to measure improvement. • Understanding perinatal mood and anxiety disorders and the impact on pregnancy and birth outcomes as it relates to the health of the woman and her family. • A novel regional approach of creating a social health marketing campaign. <p style="text-align: right;"><i>(Continued on page 6)</i></p>
<p>There is an exciting new program now offered to the community through Upper Hudson Primary Care Consortium called Community Health Advocates program. The Community Health Advocate for Warren, Washington, Essex, Clinton, Hamilton and Franklin Counties is Erika Walker. In her role as an Advocate, she is able to counsel consumers individually on health insurance and health care access issues. These issues can include: finding affordable health coverage; arranging for a doctor’s appointment; obtaining a referral or prior authorization to access care; assisting with disputing/negotiating a bill; participating in a fair hearing or grievance; locating health care providers; and finding prescription coverage. Erika also provides community education/presentations which will educate consumers and advocates about different health insurance systems. This program is open to all community members whether they are already insured or have no coverage at all. To contact Erika, call (518) 761-0300 ext. 31252 or email her at ewalker@medserv.net.</p>	

GAP-Net Advisory Board Member Biography: Christine Langworthy

I live in Warrensburg with my husband and two children (Megan, 4 and Jacob, 21 months). I grew up in Scotia, New York, and I have always worked in the field of Health and Human Services.

While working for Catholic Charities and the Healthy Schenectady Families Program in 2002, I was briefly introduced to Sister Mary Brady. It would not be until 2009 that our paths would cross again!

In 2004 my husband and I built a house in Warrensburg, and we relocated up north from the Schenectady area. I had my first child in December, 2006 and was a stay at home mom. My son arrived in August of 2009.

In 2009, there was a publication in a local newspaper announcing the opening of the Warrensburg Outreach Center. I wrote a letter to Brother James Posluszny expressing my interest in becoming involved with the

North Country Ministry. To my surprise, I was contacted by Sister Mary Brady and was asked if I would



Christine Langworthy with her children:
Megan, 4 years, and Jacob, 21 months.

be interested in interning with her to become the next Baby's Place Director.

The rest is history. I came to work for the Ministry in February 2010 with my son, Jacob, snuggled in a sling. My love and area of study revolves around parenting education and fostering healthy relationships between moms and babies. What better way to express the importance of the mother/child bond than to arrive at work wearing my baby!

Sister Mary was very proactive in introducing me to everyone she felt was important and shared a common interest in the work that we do. My introduction to GAP-Net's programming, staff, and its network of consortium members, provided an important connection for me. Ever since I started with North Country Ministries, I have been in-training with Sister Mary to become the next director after she retired. I have learned from her that the connections that are made and the information shared are so important that I naturally wanted to stay in touch and be involved. Consequently, I became involved with GAP-Net as an advisory board member.

As I prepare to succeed Sister Mary Brady, I am aware that I have very big

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Weigh Your Baby at WIC

By Sally Hutchings

Peer Counselor Coordinator

The Washington County WIC Program has just introduced a new baby weigh station! This is for WIC participants to bring their babies in to be weighed. They have a special scale that allows Mom to weigh baby, nurse him, and then weigh him again to see how much milk was transferred. It is a helpful tool for a breastfeeding woman who is concerned about how much milk her baby is getting, her baby's weight gain, or her milk supply. She will also receive breastfeeding help as needed from Nikki Shaw, WIC Peer Counselor, Cindy Henderson, Breastfeeding Coordinator and other WIC staff members. Many times, a mother will start using formula due to a perceived low milk supply. By using the baby weigh station at WIC, she may have the confidence to continue exclusive breastfeeding. The station may also help with early identification of breastfeeding issues. Parents using formula may also come in to weigh their babies.

WIC Peer Counselor, Nikki, has this to say, "Starting a breastfeeding weigh station has been a great idea. I love knowing that moms have a safe, clean place to take their babies when they feel that they may need help. Since its introduction, our baby weigh station has been a great success! Many moms have chosen to take advantage of this wonderful tool. A barrier for some breastfeeding moms can be the need to know that they are giving

their babies enough to eat. The use of the scale is a great way to boost confidence, and to encourage mothers to breastfeed longer. I really enjoy working with moms to reach their goals and to enjoy a successful breastfeeding experience".

The baby weigh-in is scheduled for Tuesdays from 11:00 a.m. to 12:00 p.m. at the Washington County WIC office, Hudson Falls. Other times are available by request.



Left, Nikki Shaw, CLC, WIC Peer Counselor; Right, mother, Brittany Kill, and baby Killien

Growing Up Healthy Hotline

The NYS Department of Health operates the Growing Up Healthy Hotline, which provides information about health care, nutrition and other health and human services. The hotline provides information and referral 24 hours/day, seven days a week in English and Spanish and other languages. Anyone can contact the Hotline by calling:

**1-800-522-5006 or through
TTY access at 1-800-655-1789**

All calls are confidential. An operator will help identify the services needed and provide information on how to locate a provider in your area.

Christine Langworthy Bio

(con't from page 4)

shoes to fill. I will never be able to replace her; I only hope to make her proud of the job that I perform and continue to learn from her lessons and her strength.

My new position is Director of the Baby's Place. I am also a parent educator and case worker for the program.

The Baby's Place welcomes parents and caregivers of small children ages newborn through age three. We help with baby clothing, car seats, furnishings and other baby necessities. Casework and ongoing parental support are also available. The Baby's Place offers a playground for babies and toddlers whose moms and caregivers meet there three times a month. All assistance is free and confidential for North Country residents.

For more information about the Baby's Place, please call 518-623-2829 or visit the website at www.ncmadk.org/warrensburgcenter.dsp

Annual New York State Perinatal Association Conference

(con't from page 3)

- Prioritization of issues and developing NYSPA's future agenda to improve MCH.

Continuing nursing education credits will be available to those that qualify. For more information, or to register for the conference, please call 877-268-5072.

Sister Mary Retires

Congratulations!!!

To Sr. Mary Brady, R.S.C.J.
on her retirement from
North Country Ministries.

Sr. Mary was founding member of
the Ministry in 1992 and "birthed"
the Baby's Place in 2002.

Thank you for your many years of
service to the community and as a
GAP-Net Advisory Board Member!

Perinatal Data System

Statistical Summary Report for period 1/1/11 - 3/31/11

Indicator	<i>Region</i>	<i>Cohort I 1500+ Deliveries</i>	<i>Cohort II 750-1499 Deliveries</i>	<i>Cohort III 500-749 Deliveries</i>	<i>Cohort IV 0-499 Deliveries</i>
Total Deliveries*	3,941	1,708	1,113	712	408
Total Live Births*	4,028	1,769	1,124	719	416
1st Trimester Prenatal Care	67.5%	66.9%	69.3%	67.1%	65.4%
Late/No Parental Care	2.2%	4.4%	0.3%	1.1%	0.2%
Medicaid / No Insurance	47.2%	39.9%	44.3%	60.3%	63.0%
Mother < 17 years Old (at delivery)	0.6%	0.4%	0.8%	0.6%	0.7%
Mother > or = 35 Years Old (at delivery)	14.3%	17.7%	13.7%	10.5%	7.8%
Induction of Labor (medicinal)	18.5%	18.4%	17.3%	18.1%	22.5%
Augmentation of Labor	26.3%	20.4%	34.0%	25.7%	31.4%
Cesarean Births (Total)	34.7%	37.3%	33.6%	30.2%	34.6%
Primary Cesarean Births	20.4%	22.1%	20.6%	16.3%	19.5%
Repeat Cesarean Births	14.3%	15.1%	13.1%	13.9%	15.1%
# of attempted VBACS	81	42	15	22	2
VBAC - Successful based on attempts**	71.6%	78.6%	60.0%	68.2%	50.0%
Breastfeeding @ Discharge	75.5%	78.2%	79.5%	70.6%	62.1%
General Anesthesia for C/S	6.4%	6.7%	5.3%	6.0%	9.0%
Multiple Births (Sets)	85	59	11	7	8
Very Low Birth Weight (500 - 1499)	1.2%	2.1%	0.4%	0.3%	1.0%
Low Birth Weight (1500 - 2499)	6.1%	9.0%	3.7%	4.5%	3.1%
Premature (<37 weeks gestation)	9.2%	14.1%	5.1%	5.0%	6.3%
Infant Received NICU Care in House****	5.7%	12.9%	0.0%	0.4%	0.0%
In-Hospital Deaths	0.2%	0.4%	0.2%	0.1%	0.0%

* Infants weighing >=500 grams

** VBAC percentage successful = Number successful / Number Attempted

*** Numbers are based on how infant is being fed rather than mother's intent

**** Numbers are based on NICU admission rather than NICU care

Cohort Groups

Cohort I consists of Albany Medical Center , Ellis/Bellevue Woman's Center and St. Peter's Hospital

Cohort II consists of Bassett Healthcare, Champlain Valley Physician's Hospital, Glens Falls Hospital and Saratoga Hospital

Cohort III consists of Benedictine Hospital/Kingston Hospital, Catskill Regional Medical Center, Northern Dutchess Hospital, St. Mary's Hospital (Amsterdam) and Seton Health System (St. Mary's-Troy)

Cohort IV consists of A.O. Fox, Adirondack Medical Center, Columbia Memorial Hospital, Nathan Littauer Hospital , Samaritan Hospital and Alice Hyde Medical Center



Find expanded event listings and descriptions at our website: www.gap-net.org

On Going Classes

Monthly pre and post-natal classes available through:

Adirondack Medical Center - For Information, Call 518-897-2361;. Glens Falls Hospital – visit www.glensfallshospital.org/snuggery or call 518-926-1000, Saratoga Hospital call 518-580-2450, and at Warren County Health Services call 518-761-6580. Alice Hyde Medical Center - Breastfeeding Mothers Support group call 518-481-2247.

Parenting classes available through:

Saratoga Springs Public Library Parenting Programs call 518-584-1198.

Cornell Cooperative Extension- Saratoga Co. call 518-885-8995,

Warren Co. call 518-623-3291, Washington Co. call 518-746-2560, Also available-"Just in Time Parenting" a free on-line newsletter, to sign up go to www.extension.org and choose parenting Child Care Coordinating Council of the North Country, Plattsburgh call 518-561-4999.

Other Programs:

Warren/Washington Public Health Services HIV/STD Clinic: Free Walk in Clinic every Tuesday Night from 6:00 to 7:30 p.m., call for information Wash. Co. 518-746-2400 Warren Co. 518-761-6580.

Saratoga Hospital: Prenatal Yoga (New!): Prepare your body and mind for the wonderful experience of birth with prenatal yoga. It keeps you limber, tones your muscles, and improves your balance and circulation. Join us Wednesday evenings beginning January 5, 2011, 6:45 to 8:00 p.m., The Pilates Studio, 233 Milton Ave., Ballston Spa, \$12 per class, contact Julie Divencenzo at 518-306-5654, registration required.

Free Training Available on Family Planning Benefit Program and other Public Health Insurance Programs for more information contact Sue at 518-374-5353 ext 229 with Planned Parenthood Mohawk Hudson. All materials and trainings are free through 2011.

Calendar of Events

May 2011

May 26

Putting the Pieces Together: Community Strategies to Reduce Obesity, a day long conference presented by the Adirondack Rural Health Network and the Health Promotion Center of Glens Falls Hospital, Keynote Speaker Mark Fenton, Queensbury Hotel, Glens Falls, NY, for more information, contact pruhm@medserv.net .

**May 26**

Conference: *Eating Disorders and Pregnancy: Effects and Outcomes*, Crandall Library, Glens Falls, NY, 11:00 a.m. to 2:00 p.m., includes light buffet lunch. Carolyn Hodges Chaffee, MSRD, Director of the Sol Stone Center in Elmira, NY will present an overview of eating disorders, including their prevalence and treatment. Nicholas Kulbida, MD, Hospitalist at Bellevue Women's Center/Ellis Medicine in Niskayuna, will present on how eating disorders affect fertility and pregnancy and the risks for both mother and child. This session is a joint partnership with the Adirondack Rural Nealth Network. RSVP/ registration information, contact Sharon Steen at ssteen@medserv.net.

June 2011**June 4**

Empty Arms, Shattered Dreams: Caring for Families During and After Perinatal Loss. NYSNA Headquarters, 11 Cornell Road, Latham, NY, 9:00 a.m. to 3:00 p.m., 5 contact hours, featured speaker/author Sherokee Isle, \$79 in advance, \$89 at door, light lunch and refreshments included. For information, contact 518-654-2411 or mgmosca@msn.com.

June 6

Basic Fetal Monitoring: Clinical Applications Programs. Albany Medical Center's Center for Learning and Development, 58 Hackett Blvd., Albany, 8:00 a.m. to 4:30 p.m., Registration fee \$65, 7.1 Nursing Contact Hours, for further information contact Nancy Strazzeri at 518-262-0885 or StrazzN@mail.amc.edu.

June 9 - 10

NYS Perinatal Association Annual Conference: *Twenty Five Years in Perinatal Health: Looking Back, Moving Forward*, Crowne Plaza, Albany, NY, For more information, call NYSPA at (877) 268-5072 or www.nysperinatal.org.

June 13

Annual Breastfeeding Conference - Kangaroo Mother Care: A Day with Nils Bergman, MD. Mount St. Alphonsus Retreat Center, 1001 Broadway (Rt. 9W), Esopus, NY, 8:00 a.m. to 4:45 p.m., continuing education - 6.0 contact hours, \$100 per person, includes continental breakfast, lunch buffet, afternoon snack, syllabus, CERP and contact hour certificate. For information, call 845-384-8000.

Calendar Con't.

June 14

A History of Neonatal Resuscitation: From Pinching, Electrocutation and Raven's Beaks to NRP. Program presented by NENY Regional Perinatal Center Regional Perinatal Forum and Albany Medical Center, 10:30 a.m. to 12:30 p.m., Italian American Community Center, Albany, NY, CME/CE Accreditation, NO FEE, includes lunch. For registration information, contact Nancy Strazzeri at 518-262-0885.

For additional perinatal information from across the state, visit the new and improved **Association of Perinatal Networks'** website at www.associationofperinatalnetworks.org.

GAP-Net Advisory Board:

Robert Virostek, MD, Chair*
Patty Hunt, RN, BSN, Vice Chair*
Portia Allie-Turco, MS, NCC
Sister Mary Brady
Lynda Glenn, RDH
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Patty Myhrberg, PHN
Michelle Pinedo
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*Medical Advisory Board Member

Do You or Someone You Know Need Health Insurance? We're Here to Help.

It is Upper Hudson Enrollment Service's goal to help you find insurance or other assistance so that you can get the healthcare you need. There are programs like Child Health Plus, Family Health Plus and Medicaid that are health insurance we can help you obtain. We will help you find the right program, assist in enrollment and help with the required forms.

We want you to get the healthcare you and your family need. Child Health Plus, Family Health Plus and Medicaid cover a wide variety of healthcare services including regular check-ups, hospital care, prescription drugs, eyeglasses, vaccinations, mental health services, emergency room care and much more.

To find out if you or your family member is eligible please contact *Upper Hudson Enrollment Services*. If you live in Clinton, Essex or Franklin Counties please call 1-866-872-3740, in Warren, Washington or Hamilton Counties call 1-866-708-2912 ext. 31502 and in Saratoga County call 518-580-2021 for *Saratoga Care*.

For more information about the Children's Health Insurance call toll free:
1-877-KIDS-NOW

The Greater Adirondack Perinatal Network is funded through a grant from the NYS Department of Health, Division of Family Health, Bureau of Maternal & Child Health.

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