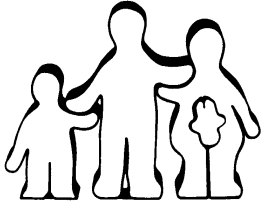


THE PERINATAL PRESS



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.

Winter 2011

Supporting Families for Over Twenty Years

Issue #65

Enhancing the Health Care Community's Response to Domestic Violence:

The Rural Project Grant

By Jeanne Noordsy

Domestic Violence Project of Warren & Washington Counties, a program of Catholic Charities.

Seven counties in the Northeastern New York Region are currently making resources available to assist health care providers in screening for and responding to domestic violence.

Through a grant designed to help rural communities further improve their response to domestic violence, the NY State Coalition Against Domestic Violence, along with the licensed domestic violence victim services programs in Clinton, Essex, Franklin, Saratoga, St. Lawrence, Warren and Washington Counties, are reaching out to area doctor's offices, rural clinics and hospitals to offer tools and resources. These tools include a "Quick Reference Guide", simple steps for routinely screening patients for domestic violence, information on where to refer those affected by domestic violence, and other tips for doctors and nurses.

The grant partners are also offering free training sessions for health care providers interested in learning more about what they can do in the course of a typical health care interaction.

Helpful items, such as buttons health care providers can wear, that read **"Is someone hurting you?...You can talk to me about it"**, a laminated mini-guide that can be worn on a lanyard, posters,

palm cards, and various other aids are also being provided free of charge (items vary by community).

The goals of the project include increasing the rate of identification of domestic violence and the successful referral of those identified to services that can help. In addition, the project seeks to stimulate the implementation of strategies that prevent domestic violence, via the activities of Coordinated Community Response teams.

To learn more about the project and how it can help your medical practice or other health-related organization, use the following link www.gap-net.org to access a list of participating victim service agencies in area counties. Funding for the project, which continues through September 30, 2011, is provided through a federal grant from the Office on Violence Against Women.

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Six Months Later: WAIT House's Transitional Living Program

In the spring 2010 issue of **The Perinatal Press**, we published an article on the opening of WAIT House's Transitional Living Program. Now some six months later, we've checked in with one of the program's case managers to see how the program is running in helping meet the needs of homeless teens facing the additional challenges of pregnancy and parenting.

The current residents of the program include three moms and four children; two of whom are toddlers and two are twin infants born this November. Residents enter the program by completing an application, obtaining references and taking part in an interview process with a Review Panel which includes program case managers and representatives from Community Maternity Services, Public Health and the Office of Community Services. Case Manager Katelyn Phelps describes the community panel members as very knowledgeable in their respective fields and says they're both able to address questions with the girls as well as provide insight to the case managers. Once a teen is accepted into the program, they will spend up to a year in the Transitional Living portion of WAIT House and each will follow their own daily schedule. A typical day might involve meeting with providers such as Early Head Start, who provide targeted curriculums for different aged children

(Continued on page 4)

GAP-Net Funds Mini-Grants

GAP-Net offers two mini grant programs: "General Mini Grants" and "Supporting Lactation in the Workplace."

"General Mini Grants" are for implementation of programs and services that address selected maternal and child priority areas.

The "Supporting Lactation in the Workplace" grant provides funds to agencies and businesses to promote policy and environmental system changes that support lactation in the workplace. In today's society, businesses have come to realize the important benefits derived from implementing a "Lactation Program" such as increasing employee loyalty, enhancing morale and job satisfaction, improving corporate image and reducing healthcare costs. The return on investment is invaluable to the employer, the employee and ultimately, the baby.

The following recipients were awarded GAP-Net Mini Grants for the following programs:

- Clinton County Public Health will collaborate with **Clinton Community College** to create a lactation space at the newly renovated Student Services Center on campus. The Center will provide a dedicated location to be used for breastfeeding moms to express their milk or feed their babies comfortably in

(Continued on page 5)

Introducing Heather Jones New Advisory Board Member

We are pleased to welcome Heather Jones as a new addition to the GAP-Net Board as a Consumer Advocate.

Heather is a busy, stay-at-home Mom who lives in Warrensburg with her husband and 5 children (1 daughter and 4 sons; ages 2 to 15). Heather and her husband have their own carpet cleaning business, *Steam America*. Heather grew up in California, where she worked as a CNA in a nursing home prior to moving to New York 17 years ago.

Heather has been recruited to join the Board because of her previous involvement in WIC, as a peer counselor, her encounter with March of Dimes after a pre-term delivery, and by her personal experiences and challenges with raising her own children. Heather has first-hand knowledge and experience in dealing with the demands of being a parent of special needs children and pre-term births. Two of her children are "special needs," and one child was born approximately 4 weeks premature. She feels strongly about the consequences that proper prenatal care and breastfeeding have on the overall health and well-being of the baby and the mother/child bond.

Heather also has a strong opinion about the importance of women having a good birth plan, knowledge of birthing choices, and the right to exercise those choices. She has personally experienced one birth at home using the services of a midwife, and four hospital births, three of which were water labor/



births. She said that she "believes that a pleasant birth experience translates into a positive parenting experience because it builds confidence going into parenthood." It also helps to relieve stress that can create health issues for both mother and child.

Heather has enjoyed the many experiences and rewards, as well as challenges, of being a Mom, and would love to share her knowledge and experiences with others. She is honored to be an advocate for parents with special needs children, women having birth choices, and be a voice for GAP-Net and the parents of this area.

How Physical and Emotional Abuse Effects Pregnancy: What Can You Do!

By New York State Office for the Prevention of Domestic Violence

Pregnancy is supposed to be a time of joy and celebration. However, studies suggest that as many as 25% of women may be emotionally and physically abused during this time. Abuse during pregnancy is a very serious threat to both maternal and child health. The prevalence of physical abuse (5% - 6%) is similar to that reported from many other countries of the world including the US. It is estimated that abuse affects as many as 324,000 pregnant

Six Months Later: WAIT House's Transitional Living Program

continued

(Continued from page 2)

and their parent or Community Maternity Services and Public Health Nursing Services, who provide perinatal education on topics ranging from childbirth education to infant care. WAIT House has collaborative agreements with each of these agencies, and they all provide services at WAIT House, which eliminates many transportation issues. Residents also receive regular prenatal care, work with tutors, explore further education options, look for work, pick up and clean their living spaces, cook their own meals for themselves and their children and visit with family and friends. Working on short and longer term goal plans helps residents develop more autonomy. Katelyn gives insight into this process recounting that one resident was put on bed rest with a pregnancy complication and had to temporarily withdraw from school.

Currently working with a tutor, she is exploring returning to school in the spring.

The staff of the Transitional Living Program have been adapting to the residents and their needs. They've addressed changes as they see them and continue to look for ways to keep improving in all areas of the program. They've brought in outside agencies to address various topics such as budgeting and healthy relationships. They've learned there are some inevitable adjustments that children entering the program with their teenage mother must make to living in a house with others. And though each resident follows her own track, Katelyn has observed the positive act of girls helping each other. For further information about WAIT House and its Transitional Living Program, go to www.hycwaithouse.org and GAP-Net will continue to report periodically on this unique program.

How Physical and Emotional Abuse Effects Pregnancy: What Can You Do!

(Continued from page 3)

women each year and may be more common than other conditions for which pregnant women are routinely screened.

Abuse during pregnancy can directly (blunt trauma to the abdomen) and indirectly affect the mortality and morbidity of both the infant and the mother. It also interacts with many other health and economic risk factors and can emerge as a chronic and ongoing problem for the mother and the child. Abuse during this time can result in many complications. Abdominal trauma can cause placental abruption leading to fetal loss, early onset of labor and delivery of a low-birth weight (LBW) or preterm infant. Low birth

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GAP-Net Funds Mini-Grants

(Continued from page 2)

a private setting. The "Supporting Lactation in the Workplace" award consists of one Medela hospital grade breast pump. The lactation room should be completed by February 2011.

- **Hudson Headwaters Health Network** has received a "Supporting Lactation in the Workplace" award which consists of four (4) hospital grade Medela breast pumps. The company's goal is to provide a comfortable, safe, clean, and private location in each of its four largest worksites for its female lactating employees to express breastmilk or breastfeed their infants. It is anticipated that approximately 10 employees will utilize this benefit within the next year.

- **Franklin County Public Health** has received a partial "Supporting Lactation in the Workplace" award which consists of one small refrigerator for storing breastmilk and one Medela hospital grade breast pump. The agency is modifying an existing lactation room to provide a safe, private and relaxed home-like environment for its employees, 2 of which are anticipated going on maternity leave at the end of this year.

- **Planned Parenthood Mohawk Hudson, Inc.** has been awarded a General Mini-Grant to implement a teen sex education outreach and information project using text-only cell phones. The goal is to provide teens with timely text message answers to questions about sexual health in an effort to prevent teen pregnancy, delay onset of sexual activity, and avoid sexually transmitted infections. Target audience is middle school and high school, ages 13 - 18, in Essex, Hamilton, Saratoga, Warren and Washington Counties.

- **Glens Falls Obstetrics and Gynecology Center, P.C.** has been awarded a General Mini-Grant to launch a pilot study of group/prenatal care which will be used to support the establishment of a Centering Pregnancy Program. The goal is to provide prenatal and parental education and support, as well as perinatal mental health, through group obstetric care. Group meetings once or twice a month for an hour and a half will replace the typical 10 minute office visit, providing adequate time to review and discuss topics such as pregnancy, nutrition, exercise, labor and delivery, breastfeeding, newborn care, postpartum depression, and many other areas. Group visits for perinatal care have had positive results for decreasing pregnancy complications such as preterm delivery, low birth weight, general stress and postpartum depression. This pilot represents the first endeavor at "centering" in our catchment area and may, with time, give rise to other practices adopting the centering model.

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.

How Physical and Emotional Abuse Effects Pregnancy: What Can You Do!

(Continued from page 4)

weight has been associated with developmental delays in infants and children. Abuse can also result in fetal fractures, rupture of the mother's uterus, maternal hemorrhage, uterine contractions, premature rupture of membranes and infection. Physical abuse during pregnancy has also been associated with reproductive health problems such as sexually transmitted diseases including HIV and urinary tract infections. Recent studies suggest that abuse can also impact brain development in the last trimester of pregnancy affecting areas of the brain responsible for ethical and moral reasoning.

Aside from the impact on the developing fetus, continued victimization can also lead to the exacerbation of chronic illness such as hypertension, diabetes or asthma in the mother. These can have negative effects on the fetus. Intermediate risks include elevated stress, increased isolation, and inadequate access to prenatal care, which can lead to depression and inadequate nutrition.

Psychological stresses caused by abuse have been associated with depression, increased smoking, and increased use of prescription drugs and antidepressants. It should be noted that for some women, the pregnancy is itself a form of abuse: in that it was the result of sexual assault, marital rape or the

woman's inability to negotiate contraceptive usage. Studies show that for women in these circumstances, abuse can increase fourfold.

Abuse either in a past or current relationship, particularly sexual abuse, has been shown to have effects on laboring women. An abuser may control her access to an epidural, pain medication or other interventions. He may demand that doctors restore his partner's vagina to the pre-birth state. For women with a history of sexual abuse, labor and delivery can be difficult. Increasing pain, repeated pelvic and genital exams can lead to a number of adverse physical and emotional responses. It can play a role in inadequate fetal descent and prolonged second stage labor.

Although homicide is the second leading cause of traumatic death for pregnant and recently pregnant women in the US, accounting for 31% of maternal injury deaths, the good news is that health care providers *can* make a difference. Many women have an ongoing relationship with their providers during pregnancy and well baby visits; this creates a window of opportunity for identifying patients experiencing abuse even if it is for the first time. On an average women are seen for 12 – 13 prenatal visits which provide a unique space for developing trust with the provider which may lead to disclosure about the abuse. For the woman, the desire for be a good parent and to protect her child can be a powerful motivator for change.

(Continued on page 7)

How Physical and Emotional Abuse Effects Pregnancy:

What Can You Do!

continued

Abuse in general and in particular during pregnancy demands complex solutions. It is not a disease or a syndrome. Rather it is a risk factor for many other kinds of short and long term health problems. Health care providers can make a difference. The act of compassionate screening that offers information and support can be a key intervention that can help. The steps in screening are summarized in RADAR – **R**outinely screen; **A**sk directly; **D**ocument your findings; **A**ssess patient safety and **R**evue options and provide referrals. Screenings should occur at the first prenatal visit as well as at least once per trimester and during post partum period. There are many abuse assessment screens available as are resources within communities.

In the end, it is important to remember that health care providers are one part of the solution. The provider's role is to understand the issue, identify patients and perform limited interventions. You do not have to do it all. Working together in a coordinated community response that includes members of the criminal justice system and domestic violence advocates can bring about solutions.

Two Decades of Quilting, Crocheting and Knitting Leads to Friendship and Giving to the Community....

The “Over-the-Edge Quilters and Crocheters” group began in a humble way. Carol Flynn, a VFW Ladies Auxiliary member in Warrensburg, decided to help patients at the Veteran’s Hospital in Albany by making quilts, afghans and throws. The six month project became a 21-year endeavor and labor of love and giving.

The initial group of ten women grew into more than twenty hardworking volunteers from Warrensburg, Stony Creek, Chestertown, Bolton Landing and Athol. Eventually, the group became so large, and the projects so varied, that meeting space became an issue. The group relocated from a member’s home to the Warrensburg VFW and later set up shop at the First Presbyterian Church in Warrensburg, which is their present meeting location. The group meets faithfully on Wednesdays to quilt, knit, crochet and of course share in friendship.

To date, the group of ladies have donated over 7,000 quilts, afghans, blankets and mittens to the needy, primarily through community service organizations. Past recipients of these donations have included: the Veteran’s Administration in Albany, the Snuggery at Glens Falls Hospital, North Country Ministry in North Creek and Warrensburg, Double H Hole-In–the Woods in Lake Luzerne, Adirondack Medical Center

Two Decades of Quilting . . .

(Continued from page 7)

in Saranac Lake, Saranac Lake Skating Academy, and WAIT House and the Domestic Violence Projects both of which are located in Glens Falls.

This outstanding group of volunteers does not assist just those in NYS, however. They have stretched over seas. One member of the group received word via a community organizer in Florida that the soldiers in Afghanistan and Iraqi were in need of helmet liners to keep warm. The group mobilized and have knitted and shipped over 250 helmet liners for the men and women serving our country.

These giving ladies also have our furry friends in mind by making blankets for animal shelters in our area. The Purrs and Claws Feline and Rescue and Adoption Organization in Lake George has been the recipient of many small blankets that keep cats warm and comfortable until they are adopted.

Most recently the group has been working on baby items for the Greater Adirondack Perinatal Network, a NYS Department of Health grant which is sponsored by the Upper Hudson Primary Care Consortium, the sister organization of Hudson Headwaters Health Network. The Greater Adirondack Perinatal Network (GAP-Net), which services residents in Clinton, Essex, Franklin, Hamilton,

Warren, Washington and Saratoga counties, works to increase the health of mothers, babies and families in rural communities. The lovely handmade items will be given out during “Community Baby Showers” and further distributed through various programs offered to young teen mothers in our communities.

Two women in particular deserve a special thanks for their tireless devotion to creating baby blankets for GAP-Net. Using donated yarn both Jean and Mary, who live at the “Country-Side Home”, produce anywhere from 15-25 baby layettes a month for the program.

“Over-the-Edge” welcomes donations of all sorts. They could especially utilize donations of yarn and gift cards from Wal-Mart or local fabric stores.

If anyone has questions or would like to offer a donation, please call Carol Flynn at 623-3530. If anyone is interested in joining the group, please call Martina Skea at 361-8781.



The “Over-the-Edge” ladies enjoy a working holiday lunch.

Perinatal Data System

Statistical Summary Report as of 1/1/10 – 9/30/10

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*	12,375	5,365	2,955	2,407	1,648
Total Live Births*	12,587	5,504	2,983	2,440	1,660
1st Trimester Prenatal Care	70.8%	71.9%	74.1%	65.4%	69.2%
Late/No Parental Care	1.6%	2.9%	0.3%	1.0%	0.6%
Medicaid / No Insurance	43.6%	38.2%	45.3%	47.8%	52.0%
Mother < 17 years Old (at delivery)	0.9%	0.9%	0.8%	1.0%	0.9%
Mother > or = 35 Years Old (at delivery)	15.1%	17.8%	13.2%	15.2%	9.6%
Induction of Labor (medicinal)	17.8%	16.7%	19.7%	16.7%	19.1%
Augmentation of Labor	30.0%	26.2%	34.6%	31.6%	32.0%
Cesarean Births (Total)	32.8%	35.1%	30.7%	29.0%	34.4%
Primary Cesarean	19.2%	20.9%	17.1%	16.2%	21.6%
Births Repeat	13.6%	14.2%	13.7%	12.8%	12.8%
# of attempted VBACS	288	132	41	101	14
VBAC - Successful based on attempts**	62.3%	64.4%	65.9%	63.4%	42.9%
Breastfeeding @ Discharge	72.3%	73.7%	74.5%	74.7%	60.9%
General Anesthesia for C/S	6.1%	5.6%	7.6%	3.5%	8.2%
Multiple Births (Sets)	211	136	29	34	12
Very Low Birth Weight (500 - 1499)	1.2%	2.4%	0.4%	0.3%	0.2%
Low Birth Weight (1500 - 2499)	5.9%	8.3%	3.7%	4.3%	4.3%
Premature (<37 weeks gestation)	8.5%	13.0%	5.4%	4.4%	4.9%
Infant Received NICU Care in House****	5.3%	12.1%	0.0%	0.0%	0.0%
In-Hospital Deaths	0.2%	0.3%	0.1%	0.0%	0.1%

* 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 - call 518-897-2361, Glens Falls Hospital - go to 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 to 7:30 pm call for information Wash. Co. 518-746-2400 Warren Co. 518-761-6580

Free Training Available on Family Planning Benefit Program and other Public Health Insurance Programs for information contact Stephanie at 518-374-5353 ext 287 Planned Parenthood Mohawk Hudson

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 - 8:00 p.m., The Pilates Studio, 233 Milton Ave., Ballston Spa, \$12 per class, contact Julie Divencenzo at 518-306-5654, registration required.

Calendar of Events

January 2011

January 12

Networking Session: *Regionalization of Perinatal Health in NYS*, Cathy LaMay, Program Director, Greater Adirondack Perinatal Network, presents, 11:30 a.m. - 1:00 p.m., Government Center's Meeting Room, Plattsburgh, NY, Free, bring brown bag lunch and any information you would like to share with the group about your agency or workplace. For information and RSVP, contact Sharon Steen at ssteen@medserv.net

January 19

Networking Session: *Perinatal Legislation in NYS: What's New for Families in the State?*, Warren County Municipal Center, Lake George, Conference Room 6-103, 11:30 a.m. - 1:00 p.m., Free, bring brown bag lunch, presentation by Aisha M. Tator, State Director of Public Affairs for NY Chapter of March of Dimes, For information/RSVP, contact Sharon Steen at ssteen@medserv.net

January 24

Parenting Workshop: *The Incredible Years*, Northern Adirondack Elementary School (5572 Route 11, Ellenburg Depot), starting Monday, January 24th, 10 am - 12 noon, learn why the early years of a child's life are so important, child care provided, for information, call Child Care Coordinating Council of the North Country, 518-561-4999 or www.cccnc.org



February 2011

February 2, 2011

Networking Session: *How Physical and Emotional Abuse Effects Pregnancy*, Joan Faxon and Jeanne Noordsy co-present, Warren County Municipal Center, Room 6-103, 11:30 a.m. - 1:00 p.m., Free, bring brown bag lunch, beverage and dessert provided, for Information/RSVP, contact Sharon Steen at ssteen@medserv.net or 518-761-0300 ext 31253

February 28 - March 4

Lactation Counselor Certificate Training Program (CLC): Albany, NY, Program trains and assesses competency about insight into patients' and clients' problems with a strong focus on counseling skills. For information, Call (508) 888-8044 or email: info@healthychildren.cc or www.healthychildren.cc

March 2011

March 2011

Networking Session: *Teachable Moments During Office Visits*, Ruth Simmons, CNM presents, further info and date TBA. (More information to follow at the GAP-Net website)

March 24

Conference: Cultural Competence - Working with Women and Families of Caribbean Descent, LaSalle School, Hanner Chapel Cultural Center, 391 Western Ave., Albany, Program Fee TBA, For registration or information contact Amanda Mulhern at 518-426-1153 or amanda@communitycradle.org

April 2011

April 6

Networking Session: *Promoting and Supporting Midwifery in Our Communities*, Warren County Municipal Center, Room 6-103, 3:00 pm - 4:30 pm, Kathy Kernan, Vicky Wirth and McKenzie Jones co-present, further info TBA. (More information to follow at the GAP-Net website)

April 14

The Role of Religious Institutions in Promoting Family Health, 11:30 to 1:30, 255 Orange St., Albany, brown bag lunch and networking session, Free. For registration or information contact Amanda Mulhern at 518-426-1153 or amanda@communitycradle.org

April 14 and 15

18th Annual Professional Lactation Conference, Burlington, Vermont. This year's faculty includes Kathleen Kendall-Tackett, Ph.D., IBCLC and Nancy Wight, MD, IBCLC, FABM, FAAP. Check the Vermont Lactation Consultant Association's website for further information and registration form at www.vlca.org

May 2011

May 2011

Networking Session: *Lessons Learned from Workplaces that Offer Lactation Rooms to Their Employees*, Plattsburgh, further info and date TBA. (More information to follow at the GAP-Net website)

May 2011

Conference: *Eating Disorders and Pregnancy: Affects and Outcomes*, Glens Falls area, further info and date TBA. (More information to follow at the GAP-Net website)

Calendar Con't.

May 5

How to Have a Happy Mother's Day: Improving Family Communications to Help Teens Make Healthier Choices, 11:30 to 1:30, 255 Orange St., Albany, brown bag lunch and networking session, Free. For registration or information contact Amanda Mulhern at 518-426-1153 or amanda@communitycradle.org

May 19

Conference: So We're Culturally Competent Now What - Changing Institutional Culture, A program for Managers and Supervisors, LaSalle School, Hanner Chapel Cultural Center, 391 Western Ave., Albany, Program Fee TBA, For registration or information contact Amanda Mulhern at 518-426-1153 or amanda@communitycradle.org

May 23 - 27

Lactation Counselor Certificate Training Program (CLC): Queensbury, NY, Program trains and assesses competency about insight into patients' and clients' problems with a strong focus on counseling skills. For information, Call (508) 888-8044 or email: info@healthychildren.cc or www.healthychildren.cc

June 2010

June 9 - 10

NYS Perinatal Association Annual Conference: Twenty Five Years in Perinatal Health: Looking Back, Moving Forward, Crowne Plaza, Albany, NY, Watch website for early registration, www.nysperinatal.org, Full conference brochure available in spring. For more information, call NYSPA at (877) 268-5072.

For additional perinatal information from across the state, visit the new and improved

GAP-Net Advisory Board:

Robert Virostek, MD, Chair*
Patty Hunt, RN, BSN, Vice Chair*
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Sister Mary Brady
Lynda Glenn, RDH
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Cathy Moses
Patty Myhrberg, PHN
Michelle Pinedo
Heather Jones
Harriet Rubenstein, LCSW
Dan Stec
*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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