

THE PERINATAL PRESS

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

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GAP - Net 2007 Mini - Grants

Once again it is time to start planning for the very popular "General" and "Building Workplace Support for Lactating Women" 2007 Mini-Grants that are offered yearly by GAP-Net. As in the past, applications for both mini-grants will be available starting in July, with the application deadline in early-September. The project period for this mini-grant will be October 2007 through June 2008.

The General Mini-Grant priority areas will be significantly different for the 2007 application. In December GAP-Net Advisory Board members attended a retreat in which a new five-year strategic plan was developed. It was decided during the planning process that all GAP-Net activities for the next five-years would focus on Strategic Plan priority areas. As such, it became necessary to alter previous GAP-Net General Mini-Grant priority areas to reflect the new Strategic Plan.

Applications from community agencies must increase access to perinatal health by focusing specifically on one of the following three areas: 1.) Infant and Family Health; 2.) Adolescent Pregnancy Prevention; and 3.) Programs for Men. Examples of goals related to the three General Mini-Grant priority areas *could* include:

1.) Infant and Family Health:

- a.) Increase awareness of and resources for postpartum depression.
- b.) Increase collaboration between providers to enhance infant and family health.
- c.) Increase the level of awareness of infant mental health issues.

2.) Teen Pregnancy:

- a.) Develop an innovative approach to prevent adolescent pregnancy.
- b.) Increase adolescent peer education programs.
- c.) Develop an innovative curriculum that targets adolescent pregnancy.

3.) Programs for Men:

- a.) Increase parent education programs for men.
- b.) Increase access to information on the male's responsibility in preventing pregnancy, HIV and STI's.
- c.) Increase programs that address the male's role in preventing violence against women.

The above goals are only suggestions. Innovative project ideas that can be replicated will be given extra consideration.

For more information or to receive a mini-grant application please contact the GAP-Net offices at 761-0300 ext 219.

Conference Will Highlight New Approaches For Reducing Adolescent Pregnancy

Over some fifteen years GAP-Net has partnered with a variety of agencies to hold conferences on innovative approaches to reducing teen pregnancy. This year we have collaborated with a new, multi-county initiative, the Bi-County ACT for Youth Collaboration for Community Change. The initiative uses a framework of positive youth development to foster communities that support young people. The term "positive youth development", (PYD) describes an *approach* to developing programs for children and youth. This approach shifts the focus from problems and problem reduction to assets and strength-based means of improving health by enhancing opportunities and supports in communities for **all** youth and their families.

This exciting public health strategy will be highlighted at a conference *for teens and adults* titled "Drawing on Lessons Learned from Positive Youth Development; an Important Connection in Reducing Adolescent Pregnancy", which will be held Thursday, May 24th, 2007 at the Fort William Henry Conference Center in Lake George. Presenters will include, **Richard Kreipe, MD**, who has worked extensively in the field of Adolescent Medicine and is also the Principle Investigator at the University of Rochester in the NYS Department of Health Upstate Center for Excellence for Youth Development, and **Carol Stenger, M.Ed. & M.A.**, the Coordinator for Health Promotion at the University Counseling Center, University at Albany, S.U.N.Y. Ms. Stenger has studied cross-cultural sexuality in Europe and Russia and teaches a popular undergraduate human sexuality course at U. Albany. And **Teen View**, a teen theater peer education program, celebrating its 15th year (!) educating all of us on a variety of issues impacting teens. Please save the date, plan to attend and if possible, bring a teen. For further information on this offering contact: Amy Zanghi at: 518-761-0300, x219 or azanghi@medserv.net

The Passing of a Friend

Cynthia A. (Cyndi) Topnick, a long-time member of GAP-Net's consortia passed away Tuesday, January 23, 2007 at the CVPH Medical Center surrounded by family and friends.

Cyndi graduated from Pocono Mountain High School and received her Bachelor's degree in human resources from Scranton University at Scranton, Pa. Her professional legacy included the Crisis Center, Lothlorien Girl's Home, Champlain Valley Family Center and Northern Adirondack Planned Parenthood/Sexual Assault Services. Her contributions to education encompassed a variety of community organizations and schools in the tri-county area. Cyndi served on many boards and was especially proud of her service on the Plattsburgh City School Board.

As Northern Adirondack Planned Parenthood's Director of Education, Cyndi helped plan several of GAP-Net's

popular Teen Sexuality Conferences. In recent years, GAP-Net was fortunate to have Cyndi provide several smaller, targeted programs; one for parents which provided strategies for talking with their teens about sexual issues and another (held on a snowy January night in Lake Placid) for health educators. No matter the setting or audience, Cyndi was candid, engaging and the most natural of teachers.

In 2006, Cyndi was the recipient of the Elizabeth Heins Inspirational Cancer Survivorship Award. This honor affirmed her spirit and love of life. We at GAP-Net feel especially grateful to have known this remarkable North County colleague, teacher and friend.

(With excerpts from a Plattsburgh Press Republican obituary, 1/25/07)

Toys "R" Us Recalls "Elite Operations" Toy Sets Due to Lead and Laceration Hazards

Firm's Recall Hotline: (800) 869-7787
Consumer Product Safety Commission Hotline
(800) 638-2772

WASHINGTON, D.C. - The U.S. Consumer Product Safety Commission, in cooperation with the firm named below, today announced a voluntary recall of the following consumer product. Consumers should stop using recalled products immediately unless otherwise instructed.

Name of product: "Elite Operations" Toy Sets
Units: About 128,700 **Importer/Retailer:** Toys "R" Us Inc., of Wayne, N.J. **Manufacturer:** Toy Century Industrial Company Ltd., of Hong Kong **Sold at:** Toys "R" Us stores nationwide and toysrus.com from January 2006 through early February 2007 for between \$15 and \$30.

Hazard: These toys contain high levels of lead in the paint, which is toxic if ingested by young children and can cause adverse health effects. Also, the toys have sharp points, posing a laceration hazard.

Description: This recall involves three styles of "Elite Operations" brand toy sets. The military-style play sets contain light and sound vehicles, action figures and accessories. Models included in this recall are: Super Rigs Transport Vehicle (Item # 087286), Command Patrol Center (Item # 920625) and Troop Carrier (Item # 773967). The item numbers are located on the back of the packaging above the barcode. Toy sets sold prior to January 2006 are not included in this recall. No other "Elite Operations" brand toys are affected by this recall.

Do You or Someone You Know Need Health Insurance?

There is help for many of New York's 2.9 million people living without health insurance. New York State provides free or low-cost health insurance for children, teens and adults through the Child Health Plus, Medicaid and Family Health Plus programs. New York also has a special program for pregnant women called the Prenatal Care Assistance Program (PCAP).

Child Health Plus, Family Health Plus and Medicaid provide a wide range of important medical services including regular check-ups, hospital care, prescription drugs, eyeglasses, vaccinations, mental health services, emergency room care and much more.

If you want to find out if you may be eligible, talk to a facilitated enroller in your county. Facilitated Enrollers are available to screen eligibility, help complete the application and help you gather the documents you need to apply. To find an enroller in

Saratoga County - *Saratoga Care* at 518-580-2021. **Washington, Warren, Essex, Hamilton, Clinton or Franklin County** - *Upper Hudson Primary Care Consortium* toll-free 1-866-872-3740.

*For more information, call the children's Health Insurance Line at 1-800-698-4543 or the Family Health Plus Information Line at 1-877-934-7587.



Katrina Recovery, Part Two

An Interview with Patty Myhrberg

GAP-Net board member Patty Myhrberg and her husband first became involved with Katrina recovery work a year ago. Patty says it was such a rewarding experience they decided to join the group again when they returned for another week early this March. We asked Patty several questions about her experience and her answers follow.

What are some of the “signs of recovery” you’ve noticed in 2007, that weren’t apparent when you first worked in the area in 2006?

Last year we worked in the Gulf Port area of Mississippi, specifically Gautier and Pascagoula. Our travels took us through New Orleans and the Ninth Ward into the Gulf Port areas of Biloxi. These areas were devastated, not unlike a war zone. This year we revisited the Ninth Ward; although there remain many, many empty homes the debris that was piled 8-10 feet high, up and down every street has been removed. And every so often we saw people living in their homes in this deserted portion of the city. Another change was the absence of “blue tarps” that adorned almost every rooftop as we flew into the city.

Has your background as a nurse been important to your work on the Gulf Coast?

I was one of the token “nurses” for our team and as such had to treat a few of our members for such things as heat stroke and minor things like slivers, cuts and bruises. But, my background as a public health nurse and working in the community really helped me relate to the needs of some of the homeowners and their children. It was easy to talk to them, because that’s what I do on a daily basis at work.

Are you aware of health and human services which have not been restored to the area you’ve been working in?

I saw one hospital that was still not open and in ruins in New Orleans. This year we had a community meeting to discuss the ecological needs of the bayous and the community at large. This community is literally being washed away for many reasons; a primary reason being the control of the mighty Mississippi River by dams, which impact the delta regions of the bayous.

What are some “lessons learned” from your experiences?

We all hear, “why didn’t the government do something more?” and “how come they’re not helping?” Well, if you could see the damage! No one agency could ever make a dent in the recovery process that has affected the families of the Gulf Region. It will take many, many people, many years, if not a lifetime to restore the area from the damage. The other lesson is from the fairy tale with the little boy who cried “wolf.” We need to be prepared, and if someone warns us of upcoming dangers, even if that danger has never come to fruition in the past, we need to take heed. All the storm preparations, flu preparations and terrorist preparations, some day some of this work and planning, the logistical components of this will come in handy. Some of the people who lost their homes who I met, lost them not because of Katrina, but they said, because of Camille, which they were warned was one of the largest hurricanes they would have to encounter. They felt they survived with minimal damage and believed the forecast for Katrina would be no worse, so they stayed!

**ON THE CHEERS SIDE:
Newsweek Tobacco Ad-Free
Call 1-800-526-2595**

Newsweek Inc. is demonstrating its commitment to the health of its readers by Agreeing to provide tobacco Ad-Free Editions to subscribers who request it

**ON THE JEERS SIDE:
Camel No.9 promotion by RJ Reynolds
targets young women**

Visit The Southern Adirondacks Tobacco Free Coalition at www.tobaccofreeadironacks.org to find out the details of RJ Reynolds new product and massive marketing campaign designed to target young woman through magazine and point of purchase advertising, giveaways and events.

Agencies Working Together to Advance Regional Priorities

Collaboration has become a buzzword in the human services professions. The expectation is that if we cross system boundaries to create collaborative efforts we will improve people's resiliency and create a seamless continuum of care. As health and human services agencies network, they develop relationships, partnerships and share responsibility for the health of our communities. "We are very fortunate to have well-established networks that are collaborating on all levels of care," stated Vicky Wheaton-Saraceni, Director of the Adirondack Rural Health Network.

Networks such as the Greater Adirondack Perinatal Network and the Adirondack Rural Health Network provide a forum for community dialogue on health priorities. One of these priorities is the growing migrant population and providing culturally competent health care. These individuals face access barriers because of language, low pay, geographical isolation and a general lack of healthcare services.

To begin to address the language barrier, Annie Stewart and Suzanne DelSignore, Washington County Public Health Nurses, have made the commitment to attend 10 Saturday sessions of the BOCES continuing education program titled "Communicate Effectively with Your Spanish Speaking Patients." This program is for healthcare professionals interested in learning Spanish communication skills for real-life medical situations. The Adirondack Rural Health Network is providing financial assistance to Annie and Suzanne and look forward to hearing how they integrate their Spanish-speaking skills.

Upcoming Events



May 8th, 2007 GAP-Net will hold the second of its **Human Service Committee Meetings** in Lake Placid at the Comfort Inn from 9 am-12 noon. This meeting will have a similar agenda to the March 7th meeting, but will draw perinatal providers from Franklin, Clinton and Essex Counties. Further information is available by contacting Program Coordinator Jackie Avignon at javignon@medserv.net

May 15th, 2007 a March of Dimes Nurses Training titled "**Genetic Issues for Perinatal Nurses**" will be held at the Mirror Lake Inn, Lake Placid. Nurse Educator in Genetics, Pam Plumeau will present at the dinner-time training targeted to Registered Nurses and Certified Nurse Midwives. To receive a mailing regarding this event please contact Amy at: azanghi@medserv.net or (518) 761-0300 ext. 219. Registration must be completed by 4-16-07.

May 19th, 2007 a training for area childcare providers titled "Breastfed Babies Welcome Here!" will be held at the Child Care Coordinating Council (Plattsburgh.) Participants will learn how they can assist women as they return to work and continue breastfeeding and why breastfeeding is good for babies, mothers/families and our communities. To register call: 1-800-540-2273.

May 23rd 2007 to participate in Community Oral Health Planning at the Six Flags Great Escape Lodge in Lake George, NY from 8:30am-11am. For more information call Vicky Saraceni (518) 761-0300 Extension 210 or email at vwheaton@medserv.net

May 24th 2007 "**Positive Youth Development Conference; an Important Connection in Reducing Adolescent Pregnancy**" A Conference for Teens and Adults. Key note speakers Richard E. Kreipe, MD and Carol P. Stenger, M.Ed. & M.A. Fort William Henry Conference Ctr., Lake George, NY. To receive a registration brochure e-mail Amy Zanghi at: azanghi@medserv.net or (518) 761-0300 ext. 219.

June 1st, 2007 "Smoking and Pregnancy" Plattsburgh by Cathy Melvin Ph.D., MPH Director. Smoke Free Families is a national program supported by the Robert Wood Johnson Foundation working to discover the best ways to help pregnant smokers quit. For more information call: 561-4295 ext 3092 or 866-654-7820.

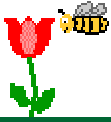
June 22nd & 29th, 2007 Janet Lomastro, IBCLC and Community Educator with Cornell Cooperative Extension (Jefferson County) will hold a series of breastfeeding trainings in Malone for Certified Lactation Counselors and other interested health and human service providers. Lactation community capacity building will be discussed within the scope of the trainings. For complete information call Janet at: (315)379-9192 or e-mail at: jl523@cornell.edu

Selected Statistical Indicators for Clinton, Essex, Franklin,
Hamilton, Saratoga, Warren and Washington Counties
For Calendar Year 2006
From the Statewide Perinatal Data System (SPDS)

| Statistical Indicators | Clinton | Essex | Franklin | Hamilton | Saratoga | Warren | Washington |
|--|---------|-------|----------|----------|----------|--------|------------|
| Total Deliveries* | 713 | 279 | 452 | 29 | 2,308 | 573 | 531 |
| Total Live Births* | 727 | 282 | 455 | 29 | 2,357 | 579 | 540 |
| Multiple Births (Set) | 15 | 3 | 3 | 0 | 48 | 6 | 9 |
| No Prenatal Care | 0.0% | 0.0% | 0.4% | 0.0% | 1.6% | 1.9% | 2.6% |
| Medicaid | 45.5% | 34.0% | 43.1% | 24.1% | 13.2% | 35.4% | 37.6% |
| Mother <17 Years Old (at delivery) | 1.5% | 0.0% | 0.7% | 0.0% | 0.4% | 0.9% | 0.9% |
| Mother > or = 35 Years Old (At delivery) | 11.1% | 12.1% | 9.5% | 10.3% | 21.8% | 15.5% | 11.9% |
| Obese Mother | 31.2% | 25.9% | 29.2% | 31.0% | 19.8% | 19.2% | 21.7% |
| Average Gestation Age at Delivery | 38.8 | 38.8 | 39.0 | 38.7 | 38.7 | 38.8 | 38.5 |
| Average Birth Weight | 3358 | 3400 | 3329 | 3270 | 3385 | 3389 | 3331 |
| Cesarean Births (Total) | 27.8% | 33.7% | 28.6% | 34.5% | 36.8% | 29.0% | 35.0% |
| Breastfeeding at Discharge** | 71.0% | 73.8% | 58.9% | 62.1% | 70.2% | 64.8% | 57.4% |
| Low Birth Weight (<2500 grams) | 5.4% | 5.0% | 8.1% | 0.0% | 6.7% | 6.7% | 7.2% |
| Premature (<37 weeks gestation) | 8.1% | 5.3% | 5.9% | 10.3% | 9.4% | 8.3% | 10.6% |

* Infants weighing > = 500 grams

** Based on how infant is actually being feed rather than mother's intent



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FREE VIDEOS-For The Asking!

Spring housecleaning at our offices has uncovered several VHS videos, which we'd be happy to send to you and/or your agency. The videos cover a wide range of perinatal topics including fathers supporting breastfeeding, comfort measures for childbirth and choosing not to smoke during pregnancy. There's even a copy of the Lennart Nilsson film, "The Miracle of Life." Call Jackie at 761-0300, ext. 217 for a complete list of available titles.

Breastfeeding News!

Peer Counselors are mothers in the community with personal breastfeeding experience who provide information and support to mothers. Washington County's WIC Program has recently welcomed six, new peer counselors to its "Breastfeeding Support Team." They live in a number of communities around the large, rural county and will work several hours each month at local WIC clinic sites. The mother-to-mother connection breastfeeding peer counselors provide can be very important. GAP-Net welcomes Janelle, Amy, Shayna, Lisa, Nikki and Kathleen to the breastfeeding-and perinatal community!

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Growing up Healthy Hotline

This toll-free hotline (1-800-522-5006) operates 24-hours/day, seven-days-a-week and provides information and referral for individuals, including teens, about pregnancy care services, family planning, health care, nutrition and other health and human services. Information is available in English, Spanish and many other languages.

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