

Foot Prints

Healthier Moms & Babies



Quarterly Newsletter

Fall 2006

Healthier Moms & Babies Advisory Board Members

Dr. Daniel Biehl
*Northern Indiana Neonatal
Associates*

Terra Brantley
Newschannel 15

Pam Brookshire
*(President) Community
Action of Northeast Indiana*

Meg Distler
*St. Joseph Community
Health Foundation*

Alice Eshelman
Joseph Decuis Restaurant

Sr. Carole Langhauser
St. Joseph Hospital

Dr. Deborah McMahan
*Fort Wayne—Allen County
Dept. Of Health*

Kathy Roudebush
Attorney

Rogelia Trevino
Wells Fargo Bank

Dr. Phil Tyndall
*Neighborhood Health
Clinics, Inc.*

Eric Whicker
*Fort Wayne Medical
Education Program*

Kelly Zachrich
Super Shot

Shannon Bearman
*Do It Best Corp.
(Board Intern)*



*"Better babies
one baby at a time"*

Board Approves Technology Grant

The Healthier Moms and Babies Advisory Board approved the implementation of a technology plan at its August meeting.

A technology committee was convened in February of this year to look at Healthier Moms and Babies' current use of technology, and to plans ways to increase our efficiency and ultimately serve more patients by improving our use of technology.

Members of our Technology Committee include Brian O'Hara, owner of Tech Defenders; Russ Neuman, Indiana Youth Institute Technology Consultant; Advisory Board members Eric Whicker, Sr. Carole Langhauser, Pam Brookshire and Kelly Zachrich. Staff members were Mary Crawford and Sally Edington. Russ did a great job of compiling an itemized list of equipment and writing the plan.

The plan includes purchasing new computers in 2007, and much better software for

mailing lists, donor records and newsletter publishing than what we're currently using.

Patients, donors and pregnant women in general would find a Healthier Moms and Babies website useful. Any pregnant woman could request services or download information on pregnancy. Donors could learn about our history, read an archive of newsletters and annual reports or even donate online. We'll never stop publishing a paper copy of our newsletter; but if some of you would rather receive it by email, we'll reduce printing and postage costs, making more of our dollars available for direct services.

Funding is needed to actualize this plan. If you'd like to see our technology plan or want to help us fund the plan, you can call our office or email Sally Edington, Project Coordinator at sedington@fwmp.edu.

2005 Infant Mortality

Data Released

(See page 2 for details)



Rachel and Aisha were able to spend a workday together, creating a smooth transition in our office. (Left to right—Rachel Foster and Aisha LaRoche)

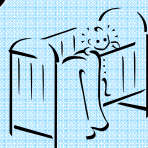
Good Bye, Aisha... Hello, Rachel!

It is with a heavy heart that we say goodbye to Aisha LaRoche as our office assistant. Aisha worked with us from August of 2004 to July of this year. As a work study student from IPFW, she filed, copied and kept us organized. Her greatest accomplishments while here included naming and designing our newsletter, laying out each edition and our first ever annual report. We'll really miss Aisha, and wish her the best of luck in her new position.

In the meantime, Rachel Foster comes to us from Taylor University. Entering her senior year there, she is a marketing and PR major. She came with an impressive portfolio of publications and has many ideas for new and updated materials for us.

To Aisha we say, "Goodbye, friend!" To Rachel, we say "Welcome Aboard!"

Infant Mortality Alert!



In this issue, we bring you this important information in place of our nurse's corner.

Recently, the Fort Wayne-Allen County Department of Health released its 2005 infant mortality statistics, and the results are alarming. Infant Mortality is defined as the number of infants who die before the 364th day of life.

In 2005, 42 babies died in our county, a 14% increase from 2004.

Even more disturbing is that the causes of these babies' deaths were preventable. The most common cause was prematurity, or babies born before the 37th week of pregnancy, followed by extreme prematurity, or deliveries before the 32nd week of pregnancy. Sudden Infant Death Syndrome was the third leading cause of death, and necrotizing enterocolitis was the fourth. This condition essentially eats away at the preterm baby's intestinal tract and is an emerging danger for preterm infants (that we will highlight in a future Nurse's Corner).

For several years now, the Indiana State Department of Health has noted a striking disparity between the outcomes of white and African American babies. With infant mortality on the rise, this disparity is not likely to have decreased. In 2003, 6.2 per 1,000 white babies in Allen County under one year died. Among African American babies in the same year in our county, 21.7 per 1,000 died.

Healthier Moms and Babies is determined to help educate our community about these preventable threats to Allen County babies and reduce these disparities. Please call our office if you would like someone to speak to your organization about the preventable causes of infant mortality. Your donations will help us to work with more mothers at risk for delivering a preterm baby or losing a baby to SIDS.

Coordinator's MESSAGE




For the last year or so, I've been looking at new sewing machines. I began quilting five years ago, when my youngest child got her driver's license (and I had considerably more free time in the evening!). Since then, I've made about a dozen quilts. I could keep making the same simple quilts I've been making with the machine I have. But there are techniques I want to learn that are impossible to do on my little Kenmore.

I made a list of features my new machine must have. Then there is the "it would be nice, but I could get along without it" list. And of course, there is the budget!

This whole process is very similar to two initiative Healthier Moms and Babies is working on right now. One is expanding our staff. We have three professional staff people who work with 58 families. We know there are so many more families who need our service, and more groups we could address if our staff was bigger. So we made our list of must-have characteristics and the "it would be nice, ..." list; and we're raising funds to add a new person. And as we think about expanding our staff, I realized we've never formally introduced you to our professional staff, which we've done on page 3.

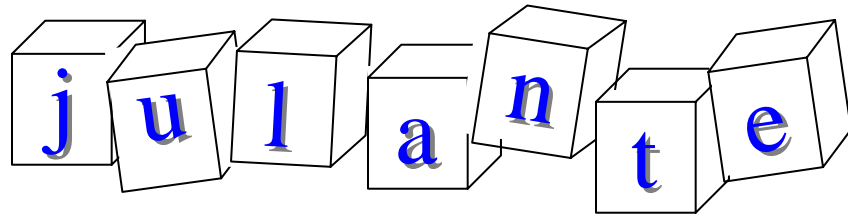
We also convened a Technology Committee last winter to help us make some short and long range plans to address our technology needs, which we've outlined on the first page of this newsletter.

I bought a new sewing machine recently. Now I'm ready to better myself as a quilter and use my quilting time more efficiently. That's what Healthier Moms and Babies will do as we expand our staff and put our technology plan in place. Please consider helping us with these efforts.



Sally Geringer, MSW

Oh Baby! HMB Feature Story



Coming into her senior year of high school, Ashley has many new responsibilities including taking care of her eight-month-old baby boy, Julante. Over the course of her pregnancy and up until Julante's one year birthday, Mary Crawford LSW, has worked alongside Ashley to ensure quality health for both Ashley and Julante.

Ashley states that the hardest experience of the pregnancy was the constant nausea and vomiting. However, Mary was able to educate Ashley on a healthy diet and nutrition to help ease her morning sickness. "Mary told me the right things to do and gave me lots of information during the pregnancy," Ashley comments.



(Picture courtesy of Celebrity Kids)

After Julante's birth, Mary has continued to equip Ashley and her family with much needed education on health concerns for both the mother and baby. During the Christmas season, Mary even delivered gifts to the family provided by the Christmas Bureau.

Julante is now able to walk, to pull up, and to manage a "half wave" when greeting people. He is even now saying a few words and making many happy sounds.

"I am really glad I'm working with Healthier Moms & Babies," Ashley concluded in her interview. With Julante singing in the background, Ashley's appreciation sincerely showed.

Meet the Professional Staff



Name: Mary Crawford

Hometown: Huntington, West Virginia

Moved to Ft. Wayne: 1980

Family Background: Husband, 3 children and 3 grandchildren. Her husband is the owner of Memcor, Inc. in Huntington, IN.

Education & Work Back-

ground: BA in Social Services, University of Pittsburgh. Experience working 3 years at Allen County Welfare Department (now DFR), 4 years at Neighborhood Health Clinic (NHC), and now in her 10th year at Healthier Moms and Babies.

Favorite part of working at HMB: "There's a sense of accomplishment. I love helping a woman in her earlier stages of pregnancy who may not know where to go for help or what to do, grow and mature into a well-prepared, confident mother." —*Mary*



Name: Louise Magoon

Hometown: Grand Rapids, Michigan

Moved to Ft. Wayne: 1984

Family Background: Husband and 2 kids. Daughter, 26 and Son, 21. Husband teaches Engineering at IPFW.

Education & Work Background: BS in General Studies, concentrations in Science and Spanish. Also, a BS in

Nursing and a Master's of Science in Nursing, specialty in parent-child nursing. Worked as Pediatric nurse and taught nursing in Michigan and Fort Wayne. Also, served as nurse at the U.S. Embassy in West Africa, then as a Health Education Coordinator at Matthew 25 for 5 years. Started at Healthier Moms and Babies in 2000.

Most memorable experience at HMB: "One year when I delivered Christmas Bureau gifts to a family on my caseload, I discovered the donations were from my son's drama class at Snider High School." —*Louise*



Better Babies One
Baby at a Time

Healthier Moms & Babies
Rooms 213–215 Plaza Office Building
700 Broadway
Fort Wayne IN 46802-1402

Presorted
Standard
US Postage
Paid
Ft. Wayne IN
Permit #324

CHANGE SERVICE REQUESTED

IN THE NEWS

A picture of Healthier Moms and Babies' Nurturing Mothers, Nurturing Our Future Luncheon committee appeared in the August issue of Fort Wayne Magazine. The picture can be found on page 19 in the Summit City Snapshot section. The caption states the luncheon raised \$10,000. Since then, all the sponsorship money has been received, and with the match from the St. Joseph Community Health Foundation, the updated total is \$18,000.

Sally Edington, Healthier Moms and Babies' Project Coordinator has been accepted into the 2007 class of Leadership Fort Wayne. Its mission is to provide leadership development for a diverse group of citizens to enable them to effectively serve their community. Sally's participation in Leadership Fort Wayne is generously sponsored by the St. Joseph Community Health Foundation. "I think this training will better prepare me to deepen Healthier Moms and Babies' reach into the community in the coming years," Sally said.

Shannon Bearman has been added to the Healthier Moms and Babies Advisory Board as a Board Intern from Leadership Fort Wayne. Shannon completed the Leadership training this spring. She is the Research and Development Manager at Do It Best Corporation. She has already proven to be an enthusiastic addition to our illustrious board!



*Shannon Bearman,
Board Intern*