



Foot Prints



Quarterly Newsletter for Healthier Moms & Babies

Spring 2005

Healthier Moms & Babies Advisory Board Members

*Dr. Daniel Biehl
Northern Indiana Neonatal
Associates*

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

*Meg Distler
St. Joseph Community Health
Foundation*

*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
Clinic, Inc.*

*Eric Whicker
Fort Wayne Medical
Education Program*

*Kelly Zachrich
Super Shot*

Healthier Moms and Babies Sets Date for Mother's Day Luncheon

Healthier Moms and Babies' first fund-raising event will be a Mother's Day Luncheon on May 5 at the Foellinger Freimann Botanical Conservatory at noon. The theme, Nurturing Women-Nurturing Our Future, reflects our desire to provide quality services to high risk pregnant women to improve their odds of delivering healthy babies. This event is also an occasion to celebrate mothers, new life, and spring.

The event will include a box lunch and a short program featuring a video interview of a former patient and a brief explanation of Healthier Moms and Babies' services. The ticket price of \$30 includes a tour of the conservatory.

The Advisory Board formed an event subcommittee last fall. The concept of a Mother's Day Lunch was brainstormed by Meg Distler, Kathy Roudebush and Dr Julie Mendoza, the subcommittee members. Lynn Giant and Cindy Rasp joined Meg and Kathy on the event committee in February, working diligently on invitations, decorations, sponsors, table captains and the program.

In addition to the event itself, the committee invites anyone, particularly those who are unable to attend the luncheon, to

support Healthier Moms and Babies by contributing in honor of or in memory of a mother or nurturing woman.

To register for this event, please complete the form on page 2 of this newsletter. For more details, please call the Healthier Moms and Babies office at 425-3348.



From left to right: Meg Distler, Kathy Roudebush, Cindy Rasp, and Lynn Giant all gather to plan Mother's Day Luncheon



We are Expanding Services!

Healthier Moms and Babies workers have increased hours to accommodate a larger caseload of 48 families. Some of those slots have been filled, but as of press time, several openings remained.

Pregnant women who should be referred to Healthier Moms and Babies include those who are less than 30 weeks pregnant, have at least one medical or social risk factor or problem, and are low income.

Healthier Moms and Babies can also serve Spanish speaking pregnant women.

Physicians or social service agencies can tell potential patients about our service and then refer them to us. Pregnant women may also call us directly at 425-3348.

Nurturing Women - Nurturing Our Future

Thursday, May 5, 2005

12 Noon

Foellinger Freimann Botanical Conservatory

\$30 per person

See page 2 for reservations

Nurturing Women - Nurturing Our Future

Name: _____ Phone or Email: _____

_____ I am able to attend the May 5 Luncheon. Please reserve _____ seats for me.

_____ I would like to make a gift in the amount of \$ _____

_____ in honor of _____ in memory of this special mother/woman:

Please send her or the person listed below a note acknowledging this gift in her honor to this address:

Please make checks payable to Healthier Moms & Babies. Healthier Moms & Babies is a non-profit program of the Fort Wayne Medical Education Program

Reserve seats for you & your friends!



Coordinator's MESSAGE



The anticipation of your first child—do you recall it? Do you recall wondering how your life would change as you became responsible for a tiny baby? Do you recall wondering who your baby might resemble, what family characteristics would be perpetuated in your child? Do you recall wondering how labor could possibly feel?

But what if this time is disrupted by concerns about how you can provide for a baby, or if your relationship with the baby's father can withstand the baby's addition, or if you should make lifestyle changes to accommodate the pregnancy and baby? What if you have health concerns that complicate the pregnancy? While most of us are mainly thrilled and mildly terrified about our pregnancies, some women are mainly terrified and only mildly thrilled.

If this is the case, it's Healthier Moms and Babies' mission to reverse it, by offering information, guidance, tips, resources, hope. It's our job to address both the fears and the outcome. We've been doing this work quietly since April 1996. Now we think it's time to let the community know what we've been doing.

With the same anticipation we may feel about our first child, Healthier Moms and Babies is planning our first fundraiser, celebrating mothers and babies with a luncheon (see cover story). Like the family members and professionals who help pregnant women plan, cope and succeed, we have a great committee of board members and volunteers working on our first event. We invite you to celebrate healthy mothers and babies with us.

As Mother's Day approaches, I hope you'll think about the women in our community who need Healthier Moms and Babies' help. I hope you'll think about your mother and those who influenced you to be the person, and perhaps parent, you are today. I hope you'll think about the preventable problems that babies suffer when they are born too soon and what you can do to help.



*Sally Edington, LSW
Project Coordinator*

A Healthier Moms & Babies Story

Francisca Alonzo and her husband moved to Fort Wayne two years ago with their six month old daughter, Jennifer. Because all their family resided in Mexico and California, Francisca felt very alone when she found out she was expecting her second child. Not knowing where to turn, she was referred to Healthier Moms & Babies in February 2004. Louise Magoon, our project nurse, quickly connected the family to a variety of services that the family did not know were available. Because the family spoke Spanish as their primary language, it was often difficult for them to communicate their needs. Louise, who is bilingual, was happy that she was there to guide the family through getting the help they needed to maintain a happy and safe home. However, Louise's greatest moment came August 2004 when she was able to accompany Francisca to the hospital for her planned cesarean. While it was exciting anticipating a new life, Louise was really needed for translating purposes. Because of the language barriers, Francisca found it difficult to communicate her health concerns to the nurses and doctor who were in the delivery room.

Ultimately, Francisca was able to deliver a 6 pound, 5 ounce healthy daughter, named Yoselin. in August 2004. Louise reports that the family is all doing very well. Francisca and her family also enjoyed a very special Christmas after being adopted by The Fort Wayne Medical Education Program.

Though there were many barriers, including the language, the staff is encouraged to know that Yoselin is truly one of the many, "Better babies one baby at a time!"

From right to left:

*Louise Magoon,
(baby) Yoselin,
(mother) Francisca,
and (big sister)
Jennifer*

Nurse's Corner

Fetal Movement Counts

The first time a new mother feels the baby move inside of her is a thrilling moment. Fetal movement usually begins at 18 to 20 weeks of pregnancy and reaches a peak at 29 to 38 weeks. A growing fetus normally moves often inside the uterus. When a mother is busy she may not be aware of this movement. Movement is felt more often during quiet times. It is important for new mothers to be aware of this movement. A decrease in the baby's activity could be a sign that something is wrong.

Helpful hints on fetal movement:

- ⇒ Ask your doctor (1) the minimum number of fetal movements you should have and (2) in what length of time
- ⇒ Count fetal movements at about the same time each day
- ⇒ Call your doctor if there is a decrease in or absence of your baby's normal movement



For an information sheet on fetal movements, call 425-3348

Louise Magoon, RN, MSN - Project Nurse

HMB Welcomes Nursing Student

Elizabeth Kissinger is working with Healthier Moms & Babies through May. She currently is an IPFW nursing student who is pursuing her Bachelor's degree. Working with HMB helps Elizabeth fulfill her required Community Health Nursing clinical. She has enjoyed working in labor and delivery at Parkview Hospital for the past four years and looks forward to expanding her nursing knowledge while working with our staff and clients.

Right: Elizabeth is updating Healthier Moms and Babies' housing and shelter list.



Board Update!

Dr. Dan Biehl and **Kelly Zachrich** recently joined the Healthier Moms & Babies Advisory Board. We thank **Dr. Julie Mendoza**, who resigned at the end of the year for her service on the board.



*"Better Babies
One Baby at a Time"*

HEALTHIER MOMS AND BABIES

Plaza Office Building Rooms 213-215

700 Broadway

Fort Wayne IN 46802-1402

CHANGE SERVICE REQUESTED



Recent Donors

Donors

Louise Magoon	Brian O'Hara & Associates
Jeff & Mary Crawford	Brian & Brenda O'Hara
Tech Defenders	Mr. & Mrs. Richard Bugher
Dr. Heather Wolfe	Dr. Julie Mendoza
Dr. Bill Lewis	Dr. Gil Mendoza
Meg Distler in honor of Laura Smitson & Suzi Lundergan	

Mission Statement



Healthier Moms & Babies is a perinatal outreach project whose goal is to improve the outcome of pregnancy and reduce infant mortality by providing health education and case management to a risk families.

Briefs

The Advanced Sewing Class at Elmhurst High School recently donated 36 flannel gowns, and an assortment of other handmade items to the families of Healthier Moms & Babies on Valentine's Day

Health Cares Magazine honored Sally Edington, Healthier Moms & Babies Project Coordinator, as one of 10 **Health Cares Heroes** in the January issue. Dr. **Brenda O'Hara** nominated Sally for the award.

Retraction: *In By the Numbers in our last issue we said 27 babies had been born in 2004. In fact, 27 babies were born in the last quarter of 2003 & the first three quarters of 2004. Twenty babies were born in 2004. We regret the error. However, only one baby was admitted to the NICU between 10/01/2003—12/31/2004.*

Foot Prints Editor: Aisha LaRoche