

Foot Prints



Quarterly Newsletter for Healthier Moms & Babies

Spring 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



Better Babies One
Baby
at a Time

HMB Celebrates 10 Years with Annual Luncheon

By Meg Distler and Kathy Roudebush

A fundraising luncheon honoring Healthier Moms and Babies' tenth anniversary will be held May 9 at the beautiful Fort Wayne Country Club at 12 noon. Themed "Nurturing Mothers, Nurturing Our Future, the luncheon celebrates Spring, new life, women helping women and healthy babies.

Tickets for this year's event are \$35. Because of generous underwriting by the Women and Children's Hospital of Parkview North, the entire ticket price will go towards the operations of Healthier Moms and Babies. If you are interested in hosting a table of 8, please call the office at 425-3348. An order form for tickets is available on page 3 of this newsletter.

The keynote speaker will be Dr Brenda O'Hara, the Chief Executive Officer of the Fort Wayne Medical Education Program, Healthier Moms and Babies' fiscal agent. Dr O'Hara is a staunch supporter of Healthier Moms and Babies.

Scheduled just days before Mother's Day, the luncheon is an excellent opportunity to invite one's mother, fellow mothers and friends to a special afternoon. Working women will appreciate the 12-1:30 schedule.

In addition, coupons are available to purchase hanging flower baskets from Broadview Florist and Greenhouse. The hanging baskets include a lovely variety of summer vining annual flowers and are wonderful for Mother's Day gifts or for yourself. Our proceeds from this sale will provide safety kits, including outlet covers, medicine droppers, cabinet locks and safety warning refrigerator magnets for our moms and babies. Coupons are available for \$20 from the Healthier Moms and Babies office or at the luncheon for the flower baskets. If you cannot attend the luncheon, you may still purchase flowers. An order form is on page 3 of this newsletter.

Our very resourceful and creative planning committee is chaired by Kathy Roudebush and includes Meg Distler, Alice Eshelman, Lynn Giant, Cindy Rasp, Stacey Manges and Terra Brantley.

The committee plans to attract 200 attendees to the Nurturing Mothers, Nurturing our Future and to raise \$10,000. We hope to see you there!



Judy Thomas, center, visits with Cheryl Kahn, left, and Dr. Mary Pat Veerkamp, right at last year's luncheon

Nurturing Mothers, Nurturing Our Future

Tuesday, May 9

12 noon

Fort Wayne Country Club

5221 Covington Rd

\$35 a person

order form on page 4

Flower Basket order

Form on page 3

Nurse's Corner

By
Louise Magoon

Pregnant women with no symptoms of diabetes can develop "gestational diabetes". Gestational diabetes occurs in 4-10% of all pregnancies, but as the national level of obesity rises, so will the incidence of gestational diabetes. Two of every three women who have gestational diabetes with one pregnancy will also have it with subsequent pregnancies.

Hormones that support the pregnancy may reduce the amount of mother's insulin. This causes the amount of sugar in the blood to rise to an abnormal level.

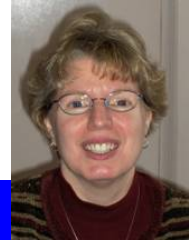
Gestational diabetes is dangerous for both the mother and the baby. High blood sugar can lead to excessive amounts of amniotic fluid. If the uterus becomes overextended, premature labor may occur. Babies of women who have uncontrolled gestational diabetes tend to be large, because the extra glucose crosses the placenta. This condition is called macrosomia. This can lead to long, difficult labors and can increase the need for Cesarean delivery. Women with high blood sugar levels are at higher risk for developing infections during pregnancy.

Gestational diabetes is treated by regular exercise and a careful diet plan. If these two interventions are not successful, insulin injections are required. Oral medications are not recommended during pregnancy. Pregnant women who develop gestational diabetes need careful monitoring and support to deal with this very serious health crisis.

Sources: www.diabetes.org & *What to Expect When You're Expecting*: Workman Publishing

Coordinator's

MESSAGE



How do you celebrate an anniversary? Of course, there is usually some sort of celebration. Last year my parents celebrated their fiftieth wedding anniversary, and what a great time our whole family had. It occurred to me then that there are three components of an anniversary—the celebration, the reminiscing and speculating about the future.

Well, Healthier Moms and Babies will celebrate an anniversary this spring. In April of 1996, Healthier Moms and Babies began. Marsha Wetzel (who along with Meg Distler wrote the original grant) and I developed the assessment tools we still use today. In that first week, we took the first several patients. Those mothers have children today who are turning 10 years old this year and are probably in fourth grade.

So we will celebrate our tenth anniversary. Because our spring luncheon was so well received last year, our very able event committee is planning a bigger and better Nurturing Mothers, Nurturing our Future luncheon this year. Details about this event are on the first page of this newsletter and an order form for tickets is on page 4.

In the last ten years, over 350 babies have been born to project mothers. In 2001, we were one of the first social service agencies to serve Spanish speakers with interpreters and offer our educational materials in Spanish. In 2003, we began offering group presentations to professionals and to potential patients on the causes of preterm labor and infant mortality. In 2003, we also narrowly averted closing. With the help of our Advisory Board and many of you, Healthier Moms and Babies is strong and serving the greatest number of patients in our history.

What do we foresee in the future? Later this year we hope to add another professional staff person and increase our caseload. As long as prematurity rates hover at one of every eight babies in Allen County, we have work to do. We want to reach more groups of childbearing women, teaching them the signs of preterm labor. We hope to reach out, at least indirectly, to work with refugee populations like our Burmese and Bantu Somalian neighbors. Because interpreters for these populations are at a premium, we expect to work with the primary agencies, giving them the health education these families need to have healthy babies.

We'd also like more people to know what we do. Please tell your friends about Healthier Moms and Babies. Invite them to our luncheon. Add them to our mailing list. Together we can all strive for "better babies, one baby at a time". See you on May 9!

 Sally Sedington, LSW
sedington@fwmep.edu

Double Success for Healthier Moms & Babies

In December of 2004, Healthier Moms and Babies received a voice mail message in Spanish that Sally Edington recognized as her former patient, Laura. From her limited understanding of Spanish, Sally surmised that Laura was pregnant and that she wanted to participate in Healthier Moms and Babies again.

Sally had seen Laura monthly beginning in January of 2003 with our interpreter Carmen. Laura and her husband Jose had lived in Fort Wayne since before the birth of their then two year old son Jose. Laura had not begun prenatal care with this pregnancy, so Sally helped Laura make those arrangements. At times, Laura didn't understand instructions about her labs, or the billing statements she received for her care. Her preliminary testing indicated she may have gestational diabetes, but later tests were negative.

Ashley Sophia was a healthy baby born in July 2003. During the next year, Sally and Carmen visited Laura's family monthly and discussed little Ashley's development and health as well as Laura's health. Laura's chief concern

was Ashley's disinterest in sleeping.

Sally worked with Laura to develop a routine and healthy sleep habits. When Ashley turned one year old and all the questions and concerns were resolved, Laura, Sally and Carmen said a sad adios.

During this pregnancy, Jose took the children with him to visit his gravely ill abuelo (grandfather). While there, he worked to secure the proper immigration papers. It took three months to get his paperwork, much longer than they planned. During that time, Laura had trouble paying their house payment and buying food. Sally referred her to community agencies for help with these things.

Baby Christopher was born in June at 7 lb 8 oz, the biggest baby Laura has had. He is the first baby she nursed successfully. Christopher has been growing well and Laura looks great after eight months of nursing.

Laura's understanding of English has improved considerably, and she sometimes responds to Sally's

questions even before Mary Helen, our current interpreter has repeated it in Spanish.

Laura says she appreciates learning what programs are available for her, and the information on infant development, especially when there was no one else she could ask. While her family was in Mexico, she appreciated having someone to talk to, and calling Sally when she had a question. "She was my angel," Laura said about her relationship with Sally.



*Christopher and Ashley
(picture courtesy of Celebrity Kids at Jefferson Point)*

Spring Flower Sale

**10 inch hanging flower baskets
any available color and variety**

**Purchase a coupon for
\$20 a basket**

**Redeem the coupon at
Broadview Florist and Greenhouse be-
tween 4/24 & 5/29/2006
5409 Winchester Rd**



Proceeds from the flower sale will fund safety kits for new mothers served by Healthier Moms & Babies

Flower Order Form

_____ Number of coupons ordered (\$20 per coupon)
_____ Total enclosed

_____ I will pick up my coupons at the luncheon
_____ Please mail my coupons

Name _____
Address, City, Zip _____
Phone _____

Please make checks payable to **Healthier Moms and Babies.**
Send order form to: **Lynn Giant**
1310 Westover Rd
Fort Wayne IN 46807

For questions, call Lynn at 456-1413



Better Babies One
Baby at a Time

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

Healthier Moms & Babies

Rooms 213—215 Plaza Office Building
700 Broadway
Fort Wayne IN 46802-1402

CHANGE SERVICE REQUESTED

Junior League Done in a Day Project



Kathy Roudebush, top left, and Danielle Allen, Bottom right, organize HMB supplies and donations

Healthier Moms & Babies would like to offer a sincere thank you to the Junior League for their help with organizing our office space. Through their program, Done in a Day, chairperson Danielle Allen and committee member Kathy Roudebush were able to organize books, baby things and educational materials. They donated shelves and plastic storage bins for our closets. We truly appreciate their time, hard work and organizational skills, and look forward to working with them again in the future.

**Nurturing Mothers - Nurturing our Future
Luncheon Order Form**

Name _____
Address _____

___ I am able to attend the May 9th Luncheon
My table captain is _____

___ I am unable to attend the luncheon, but would like to make a gift in the amount of:

___ \$175 to underwrite four months of case management by a nurse and/or social worker to a high risk pregnant woman;
___ \$100 which provides a translator for non-English speaking women in need of assistance
___ \$50 to initiate services or provide an infant layette;
___ \$25 to provide educational materials for each new mom.

Please make checks payable to **Healthier Moms & Babies**, Rooms 213-215, Plaza Office Building, 700 Broadway, Fort Wayne, IN 46802