

Foot Prints

Healthier Moms & Babies



Quarterly Newsletter

Spring 2007

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"Better babies
one baby at a time"

2007 LUNCHEON RIGHT AROUND THE CORNER

Mark your calendars for Healthier Moms and Babies' third annual fundraising luncheon to be held May 3 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 \$40. We are hoping to again secure sponsorships so that 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 Deborah McMahan, the Commissioner of the Fort Wayne-Allen County Department of health. Dr. McMahan is also a member of the Healthier Moms and Babies Advisory Board and a staunch advocate for reducing infant mortality.

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.



Sponsorships are available at the Platinum (\$4000), Gold (\$2000), Silver (\$1000) and Bronze (\$500) level. An array of benefits and recognitions are available for sponsors which defrays the cost of the luncheon. For more information on the sponsor benefits, contact the Healthier Moms and Babies office at 425 3348 or Kathy Roudebush at 672-3939.

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

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!



Nurturing Mothers, Nurturing Our Future

When: Thursday, May 3 at noon

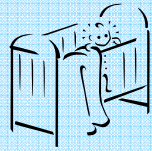
Where: Fort Wayne Country Club

5221 Covington Rd

Cost: \$40

(see order form on page 4)

HEALTH CORNER



Recently, you may have noticed billboards and bus huts with the theme, "Something's not right". February was Postpartum Depression Awareness month, so let's review this serious but treatable condition.

Many new mothers experience the baby blues—feeling overwhelmed, sad, nervous or angry and often characterized by crying. This hormonal response begins shortly after birth and may last about two weeks.

Postpartum depression can begin anytime during the first year of the baby's life, and may even begin in pregnancy. When it persists for a month or more, as it does for about 10% of mothers, it's time to get help. With medication and talk therapy, postpartum depression can be treated. Women who experience these symptoms should contact their doctor for help in securing treatment:

- Crying, anxiousness, sadness, loneliness
- Hopelessness, feeling overwhelmed or guilty
- Lack of energy
- Loss or change in appetite
- Headaches
- Sleeping problems
- Rapid mood swings
- Repetitive angry or frightening thoughts
- Thoughts of hurting self or baby

Postpartum depression can affect all a mother's relationships, but can be particularly troublesome for her baby. Some mothers will have trouble caring for, interacting with or bonding with the baby.

Highly publicized cases such as Andrea Yates, the Texas mother who killed all her children in a postpartum period, are examples of postpartum psychosis. This dangerous condition occurs in only one of every thousand new mothers.

(Continued on page 4)

Coordinator's MESSAGE




I sing in the choir at my church. Fortunately, prospective choir members don't have to audition at my church, or I may not have made it! I don't have a trained voice or a very broad range. What I have is a "filler voice".

We usually learn one new song for each Sunday and are accompanied by the organ. Rarely have we embarrassed ourselves; more often, members of the congregation complement us after church. But there are some special occasions when we sing with other choirs, and the sound is outstanding. And when we have other instrumentalists, like a brass quartet, some strings, woodwinds or maybe even some percussion, the result can't even compare with our usual Sunday experience. It's electrifying, and it's great to be a part of it with my modest voice.

Like the choir and organ, Healthier Moms and Babies and our Advisory Board combine efforts to provide our service of improving the outcome of pregnancy and reducing infant mortality in our community. Our donors and collaborators enhance this service, much like additional choirs who improve the sound. With the third annual Mother's Day luncheon approaching (see page 1 and 4), we have the opportunity to enlist sponsors, to make new friends, and perhaps even recruit volunteers. In the choir analogy, this is like bringing in the orchestra for the ultimate music experience.

In this issue of Footprints, we've included our 2006 annual report. In addition to our accomplishments and financial data, you'll see all the people who have supported Healthier Moms and Babies during 2006—the people who improve our sound.

As my church choir works on the "Halleluiah Chorus," the Healthier Moms and Babies staff works with our high risk low income pregnant women and the event committee works on the luncheon. Please consider how you might be a part of helping us achieve our mission. Can you attend the luncheon, bring some friends, sponsor a table or help sponsor the event? Even if you consider yourself a "filler voice", you can still help us have an outstanding event, and deliver "better babies, one baby at a time"!

 Sally Gough



Baby Maya, daughter of Healthier Moms & Babies' client Brittany, is now a healthy eight months old and nearly able to walk. Brittany credits Maya's good health to not only her doctor but to HMB as well. "Healthier Moms & Babies was able to answer the kind of questions my doctor couldn't help me with," Brittany recalls. "If I was struggling with changing Maya's diaper because she squirmed too much, I could call Healthier Moms & Babies and they could quickly help me with my problem."

Community Foundation Funds Technology Plan

The Community Foundation of Greater Fort Wayne has provided Healthier Moms and Babies a grant of \$14,369 to fund the project's technology plan. The funding was received in January, and new computers have recently arrived in our offices!

In the months ahead, Healthier Moms and Babies will be purchasing dictating equipment, donor and publishing software, will be developing a website along with the capabilities to receive donations online and send out our newsletter by email to those who prefer an electronic copy.

Putting these plans in place should create greater efficiency in our office and allow more time for direct services to families in need. On behalf of the staff and advisory board, Healthier Moms and Babies greatly appreciates the support of the Community Foundation of Greater Fort Wayne for helping us implement our technology plan.

If you would like to receive future issues of this newsletter by email, contact sedington@fwmeep.edu. Emailed newsletters will save Healthier Moms and Babies about 92 cents in printing and postage per copy.

BIRTH ANNOUNCEMENT

Our patients always tell the Healthier Moms and Babies staff about their deliveries, but for the first time we have a report from a current employee! Our administrative assistant, Rachel Foster and Kevin Woods welcomed a son on January 25, 2007. Kevin Anton Woods, Jr. weighed in at five pounds, nine ounces and is growing like a weed!

The staff provided Rachel with nearly daily doses of health education. Information coming into the office on SIDS, preterm losses and other infant maladies was disconcerting for Rachel. "My mom lives in Florida so it was very convenient to go to work every day and have three educated moms help me through my pregnancy, answer all my questions, and tell me all of their mommy stories," Rachel recalls. "Thank you, Sally, Mary, and Louise!"



Baby K.J. born January 25, 2007



Healthier Moms & Babies

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

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CHANGE SERVICE REQUESTED



Mrs. Monette King's sewing class at Elmhurst High School showed the bibs, towels, and blankets they made and donated to HMB.

(Continued from page 2)

In Fort Wayne, a postpartum depression hotline has been activated at 260 425 3113. There is also a Postpartum Depression Support Group. Call 460 435 7069 for details on the group.

In addition, mothers suffering from Postpartum Depression should seek out supportive people and ask for help caring for the baby. Exercising, journaling, and sleep can help. A balanced diet and lots of fluids are necessary to recover from childbirth under any circumstances.

For more information on this problem, contact the local sources noted above as well as Postpartum Support International at www.postpartum.net or 800 944 4773 or the Indiana Perinatal Network at www.somethingsnotright.org

Luncheon Order Form

Name _____

Address _____

_____ I am able to attend the May 3rd Luncheon.

Please seat me with _____

_____ I am unable to attend the luncheon but would

like to make a gift in the amount of _____

_____ Tickets

x _____ \$40

TOTAL