

# Foot Prints



Quarterly Newsletter for Healthier Moms & Babies

Summer 2006

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Newschannel 15

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Super Shot



Better Babies One  
Baby  
at a Time

## St. Joseph Community Health Foundation Announces Matching Grant at Luncheon

An exciting announcement was made during our Nurturing Mothers, Nurturing Our Future Luncheon on May 9. The St. Joseph Community Health Foundation will award a \$15,000 grant to Healthier Moms and Babies by matching donations from individuals and businesses with two dollars for every one dollar donated, beginning at the luncheon! Over \$3,100 was collected at the luncheon, all of which will be matched.

The Fort Wayne Country Club dining room was decorated in a baby shower theme, with diaper bags stuffed full of baby items as the centerpiece for each table. Because all these items were donated to Healthier Moms and Babies, including the diaper bags, it will all be distributed to project mothers.

Dr Brenda O'Hara delivered a touching keynote address, describing Healthier Moms and Babies as part of a vital safety net for those living in poverty. She described the need many have for mentors and support systems, citing her own journey through medical school and her family practice residency as a single mother. She thanked her mother, Joan Harris, who was present at the luncheon, for helping care for her young son during those years. She compared the support and mentoring she received in medical school to the support and mentoring that high risk families receive from Healthier Moms and Babies.

Terra Brantley concluded the program with a video featuring two Healthier Moms and Babies families. Both mothers expresses appreciation for HMB services. The video included footage of their children, who now

range in age from 4 months to five years old.

As our Media Sponsor, WANE TV ran public announcements about the luncheon, and Terra produced the video.

The Women and Children's Hospital of Parkview North and Women's Health Advantage were the corporate sponsors for the event. Because of this support, all the ticket sales and donations benefited Healthier Moms and Babies. In addition, Vera Bradley donated six diaper bags, and Celebrity Kids Portrait Studio donated pictures of project babies for the event.

Approximately 135 people attended the luncheon. Although the final accounting was incomplete at press time, it appears the luncheon generated about \$10,000 for Healthier Moms and Babies.

## HMB Luncheon Committee



Back row left—right: Stacey Manges, Alice Eshelman, Kathy Roudebush, Terra Brantley, Lynn Giant Front Row Left—Right: Cindy Rasp and Meg Distler

Thank  
You!

## Nurses Corner

By Louise Magoon, RN, MSN

SIDS and positional asphyxia continue to be the most common cause of death in infants aged one month to one year in the United States. The National Institute of Child Health and Human Development offers the following definition of sudden infant death syndrome (SIDS): The sudden death of an infant under 1 year of age that remains unexplained after a thorough case investigation, including an autopsy, examination of the death scene, and a review of clinical history. Researchers believe babies who succumb to true SIDS may have subtle, undetectable problems, including immature development of the central nervous system, difficulties with temperature regulation, and problems with the immune system which make an infant susceptible to viruses. (The respiratory syncytial virus (RSV) is especially known for causing episodes of apnea.)

Stomach sleeping has also been linked to infant deaths and has been given the name of positional asphyxia. Positional asphyxia occurs when a healthy infant dies from lack of oxygen and death could have been prevented in a safer environment. An infant sleeping in a prone position is predisposed to rebreathing expired air which is carbon dioxide-rich and oxygen-poor. If the infant is surrounded by pillows, bumper pads, bedding, a soft mattress, or co-sleeping the danger increases.

In 1992, health professionals started the Back-to-Sleep campaign. Since that time there has been a significant reduction in the number of SIDS and positional asphyxia deaths. The Back-to-Sleep campaign recommends that babies sleep in their own beds with nothing in the crib, no pillows, toys, or crib bumpers. Babies should not be too warm and should only use a light blanket which covers them no higher than under the arms, chest level. No one should be allowed to smoke anywhere inside the house.

Recent research published in Pediatrics (November, 2005) suggested that using a pacifier at both nap and bed times can reduce the incidence of SIDS.

***Babies Should Sleep on Their Backs!***



## Coordinator's

### MESSAGE



**F**or several years now, my husband has been collecting reproduction advertising signs from the early 20<sup>th</sup> century. Fortunately, he agreed to my suggestion to hang them in the stairwell to our basement—the least conspicuous spot in our home.

A couple of times on my way to the basement, the advertising claims and slogans have stopped me in my tracks. “Drink a bite to eat at ten, two and four—Dr Pepper. “Refreshing and healthful”—Pepsi. “Stepping stones to health”—Hershey’s chocolate syrup. And “More energy, more nutrition, more flavor”—Sunbeam white bread.


Clearly what we’ve learned about nutrition in the last few years would refute these claims. How similar this is, I think, to recommendations on infant care. The recommendations for infant feeding are drastically different today from when I was a baby. But in no area are the differences more profound and far reaching than in the area of a baby’s sleep environment.

Research into Sudden Infant Death Syndrome has resulted in the recommendations noted in this issue’s Nurse’s Corner. In fact, in the last few years, Sudden Infant Death Syndrome has been divided into two categories, true SIDS and positional asphyxia—those infant deaths that may have been prevented by a safer sleep environment.

Anyone who cares for a baby while s/he sleeps should, for the baby’s safety, know these recommendations. As part of our outreach efforts, we’re willing to present in-depth information on this topic to groups who are interested.

Also in this issue is the wrap-up of our very successful and enjoyable luncheon, and exciting news of the St Joseph Community Health Foundation’s offer to match donations by an individual or business, up to \$15,000. There’s never been a better time to donate!

Thank you again for celebrating our 10 year anniversary with us, and for contributing to the life-saving work of Healthier Moms and Babies!

 *Sally Sedington MSN*  
sedington@fwmepeu

**Better Babies Make Happy Families!** Over the last ten years, we've worked with some families for more than one pregnancy. Most women have many of the same risk factors during the subsequent pregnancy as they did during the first pregnancy. Spacing pregnancies less than 1 year apart presents another risk for mom, a fact included in postpartum education by HMB staff.

Healthier Moms and Babies also helps families after delivery deal with sibling rivalry and infant safety issues. What a joy it is to see happy families grow!



## *Luncheon Donors* Healthier Moms & Babies gratefully acknowledges these donors. Thank You!

### Event Sponsors:

WANE TV  
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### In-Kind Donations:

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### Luncheon Donors:

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CHANGE SERVICE REQUESTED

## HMB Receives Computer Support



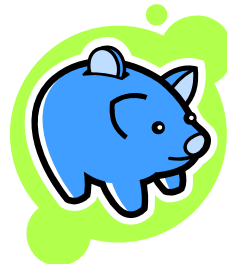
*Russ Neuman, an IYI Tech Wizard, upgraded all HMB computers with new software and memory.*

Russ Neuman, a technology consultant from Indiana Youth Institute, Inc. has been visiting HMB the last several weeks upgrading our computers. He has installed more memory, anti-virus software, and several other computer upgrades. With his help, the computers are running more efficiently. We are now able to complete tasks, including putting together the quarterly newsletter, in record time! Russ is also writing our technology plan. The Indiana Youth Institute provides consultants to youth serving agencies at a considerable discount.

## You Can Make a Difference!



*Dr. O'Hara speaks at the 2006 luncheon about the much needed support & mentoring that high risk families receive from HMB.*



**Give now and St. Joe Community Health Foundation will match your donation with \$2 for every dollar you give!**

Foot Prints Editor: Aisha R. LaRoche