

Foot Prints

H e a l t h i e r M o m s & B a b i e s



Quarterly Newsletter

Summer 2008

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Kelly Zachrich
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"Better babies
one baby at a time"

4th Annual Fundraising Luncheon a Great Success!

This was the break-out year for the Fourth Annual Nurturing Mothers, Nurturing Our Future luncheon, held on May 1 at the Fort Wayne Country Club. There were 100 more guests at this luncheon than last year, and the luncheon grossed over \$20,000.

The Bishop Luers High School Chamber Ensemble sang a moving choral invocation before the meal. Marganelle Henry, mother of Fort Wayne Mayor Tom Henry, received the first annual Inspiration Award. Mrs. Henry, the mother of three sets of twins among her 17 children, noted in accepting her award that even though Healthier Moms and Babies' motto is "better babies, one baby at a time", two at a time had worked out fine for her!

Mayor Henry gave a touching speech about the values his parents and particularly his mother had infused into him and his siblings. Sr. Carole Langhauser, Healthier Moms and Babies Board Chair and member of the Poor Handmaids of Jesus Christ, announced the St. Joseph Community Health Foundation (sponsored by her order) dollar for dollar matching grant for donations up to \$15,000.

Healthier Moms and Babies social worker Mary Crawford was also honored at the luncheon for her 12 years of service. The day of the luncheon was Mary's last day of work before her well earned retirement.

The luncheon was underwritten by WANE TV, Parkview Women's and Children's Hospital and Vera Bradley, Inc at the Platinum level, Women's Health Advantage at the gold level, Do It Best at the Silver level and PHP at the bronze level.

Cindy Rasp was the chairperson of the event committee, whose other members included Shannon Bearman, Meg Distler, Laura Dwire, Alice Eshelman, Lynn Giant

and Kathy Roudebush.

Healthier Moms and Babies thanks everyone involved in this most successful luncheon!

See pages 3-4 for a complete wrap-up of the luncheon, including pictures and donors.



From left to right: Mayor Tom Henry, his wife Cindy, his father Jerry, Sr., his mother, Marganelle, his nephew Joe Henry, friend and HMB board member Dr. Phil Tindall, Becky Henry and Jerry Henry, Jr.

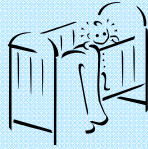
Photo by Janelle Roberts of Happinest Studios

United Way Campaign Encouraging Early Prenatal Care

Public Service Announcements encouraging pregnant women to begin prenatal care as soon as possible are scheduled to air on WANE TV during June. The "Right From The Start" PSAs will encourage women who can't afford prenatal care to call 2-1-1 for more information.

This initiative was a collaborative effort with representatives from the United Way of Allen County, Neighborhood Health Clinic, Parkview Hospital, Lutheran Health Network and Healthier Moms and Babies. More information is available at wane.com.

HEALTH CORNER



MEDICAL INTERVENTIONS TO TREAT PRETERM LABOR

Dr. Thomas Wheeler, Maternal Fetal Medicine Specialist at Women's Health Advantage explains to us what doctors do to forestall a preterm delivery and why it's important to report symptoms early.

1. *What are the most common symptoms you see in pregnant women who experience preterm labor? And can you address how these symptoms may vary in intensity from woman to woman?*

The most common symptoms seen in pregnant patients with preterm labor are a sense of increased pelvic pressure or an increase in vaginal discharge, periodic tightening of the abdomen and scant vaginal bleeding. Sometimes it's just a sense that "something isn't right". Patients rarely manifest all four complaints. Some patients have documented contractions for weeks on end and never dilate their cervix. Others present with advance cervical dilation despite minimal warning.

2. *Please describe the medical interventions women can expect if they experience preterm labor.*

Medical interventions for preterm labor tend to be more aggressive at lower gestational ages. Patients are routinely hospitalized for short periods and put at bed rest. They often receive tocolytics (drugs to reduce contractions) either through an IV or by mouth. No tocolytic has a particularly strong track record and some have bothersome side effects. Antibiotics are generally not helpful for prolonging pregnancy but corticosteroids injections are proven to be helpful. Two courses given 24 hours apart are routinely offered to gestations less than 34 weeks.

3. *What symptoms of preterm labor do you tell women to report to you?*

Persistent pelvic pressure and a change in vaginal discharge are most predictive of preterm labor in our practice. We always offer every patient with these concerns an opportunity to be evaluated. The far majority of calls are "false alarms", but we get surprised several times a year.

4. *When a woman is experiencing preterm labor, what kind of timeline is needed to forestall delivery with medical interventions and/or to prepare the baby for a preterm delivery?*

The efficacy of tocolytics is debatable but they have no chance of meaningful success with advanced cervical dilation. Corticosteroids require a 48 hour window for optimum improvement. In theory, early intervention can prevent the door from being "kicked in" and improve our chances of a favorable outcome.

Thank you, Dr. Wheeler!

A Message from the Director



In the last few years, Spring has taken on its own rhythm in our office. We're abuzz with activity culminating in the luncheon, where we meet so many long-time supporters and new friends.

This year was especially exciting, where at Alice Eshelman's suggestion, we instituted the first annual Healthier Moms and Babies' Inspiration award and asked the Mayor to speak. How delightful it was to have two tables full of the Henry family at the luncheon and to award the Mayor's mother, Marge Henry, the Inspiration Award. Equally as thrilling was the new sponsors and tables captains who with their guests and the Henrys added a new dimension to this growing event. No effort on our part seems adequate in thanking the many people—the committee, the sponsors, all the attendees—who helped to make our luncheon an overwhelming success.

And yet for our staff, it was a bittersweet day. May 1 was also social worker Mary Crawford's last day before her retirement.

Twelve years ago, when Healthier Moms and Babies was ready to expand, I was beyond excited when Mary, my former co-worker at Three Rivers Clinic was added to the staff. Mary brought with her an extensive knowledge of pregnancy and infant care. Her familiarity with other social service providers was so vast that she seemed to be able to direct families to almost everything they needed. When they had trouble securing what they needed, she interceded on their behalf with the finesse of a politician and the tenacity of a pit bull with a mailman's ankle in its jaw.


But most importantly, the mothers on her caseload trusted her, learned from her and appreciated her. How rewarding it was to see some of them at the luncheon at her table, honoring her for her service to them.

Mary's able replacement began on March 31 and brings a unique set of skills and abilities to our staff. You can meet Aisha on page 5.

But in the meantime, what we all realize is that Mary was much more than a co-worker—she was a friend, and we miss her already. I'm reminded a little poem from my teenage years:

*They come, they go; they seldom know
What they do, but they do change you.*

sedington@fwmecp.edu

 Sally Gering, Director

Healthier Moms and Babies Thanks These Generous Sponsors:

Platinum Sponsors



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Do it Best Corp.

Silver Sponsor

Bronze Sponsor



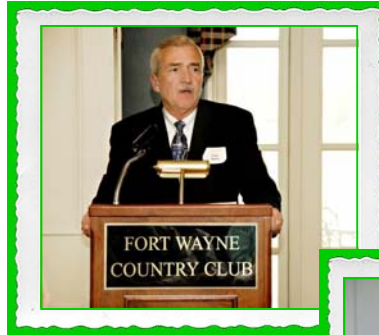
TABLE SPONSORS:

- Community Action of Northeast Indiana
- Fort Wayne Medical Education Program
- Tech Defenders
- Ned and Sally Edington
- Dr. Deborah McMahan
- Dr. Phillip Tyndall
- Kelly Zachrich
- Baker and Daniels

AND ALSO: Margaret Distler for revising the invitations; Terra Brantley of WANE TV for the video production; Do It Best Corporation for program printing; Allen County Christmas Bureau for funding pregnancy education books; and the Friendly Fox for accommodating our committee meetings.

EVENT COMMITTEE:

- | | |
|-------------------------|-----------------|
| Cindy Rasp, Chairperson | Sally Edington |
| Shannon Bearman | Alice Eshelman |
| Meg Distler | Lynn Giant |
| Laura Dwire | Kathy Roudebush |



Mayor Tom Henry delivers the keynote address
Photo by Janelle Roberts of Happinest Studios



Mary Crawford's Table
Mary was honored for her retirement from HMB



Sr Carol Langhauser, HMB board chair announcing St. Joseph Community Health Foundation matching grant
Photo by Janelle Roberts of Happinest Studios



Bishop Luers Chamber Ensemble singing the invocation
Photo by Janelle Roberts of Happinest Studios



HMB staff from left to right: Louise Magoon, Sally Edington, Mary Crawford, Aisha Hicks, Deb O'Bryan, Brenda Geiger



Women's Health Advantage Table

Nurturing Mothers, Nurturing Our Future

Luncheon Donors

Diane Airgood
Anonymous
Libby Ash
Sarah Baldus
Joanne Bauman
Gloria Baumgartner
Shannon Bearman
Sharon Beck
Marsha Bergman
Lisa Boyer
Terra Brantley
Pam Brookshire
Judith Buesching
Peg Bugher
Angie Buss
Leslie Byrne
Pat Campbell
Linda Clauss
Judith Collins
Mary Cornwell
Mary Crawford
Rosie Darnell
Linda Delong
Dr. Bob & Sue Dettmer
Kim Dietz
Amy Dimberio
Margaret Disler
Laura Dwire
Marilyn Dwire
Nancy Dwire
Dot Easterly
Joyce Eberly
Margaret Eberly
Ned & Sally Edington
Libby Edington
Phebe Edington
Lisa Effinger
Amanda Elliott
Tammy Erck
Alice Eshelman
Hillary Evans
Wanda Fitzgerald
Nancy Flennery
Trish Fox
Elaine Fremion
Brenda Geiger
Mary (Weezie) Gettelfinger
Laurie Giant
Lynn Giant
Mary Glowaski
Marcia Haaff
Polly Hagedorn

Dede Hall
Nancy Hankee
Joan Harris
Sherri Hart
Sally Johnson Hartman
Connie Heflin
Charlie & Ann Heiny
Kurt Henry
Paula Henry-Bentley
Tony & Susan Henry
Aisha Hicks
Steve Hoffman
Robin Holley
LeAnn Hostetler
Kathleen Jackson
Donna Jones
Dianne Knight
Shelby Lamm
Kelli Lee
Martha Lemert
Paul T Linn
Amy Litchin
Louise Magoon
Joan Marcuciuilli
Anne Martin
Norine Martin
Delane Marynowski
Dr. Michael Mastrangelo
Ann McAlexander
Agnes McArdle
April McCampbell
Sandra McGill
Sharon McLaughlin
Deborah McMahan MD
Sue Merz
Anne Mettler
Meg Mettler
Laura Michael
Anne Miller
Sherri Miller
Susan Miller
Cheryl Milligan
Stephanie Moen
Lisa Momper
Kathi Murphy
Susan Mutton
Gary Nackers
Russ Neuman
Yvonne Niccum
Helen Nill
Eleanor Ochoa

Dot O'Neil
Laura Ottenweller
Susan Owen
Lanessa Parker
Fran Pasalich
Rob Patrick
John & Susie Peirce
Debby Penar
Melinda Perry
Lynne Pollifrone
Cynthia Rasp
Sarah Reincke
Arlene Reynolds
Kathy Roesler
Phyllis Ronner
Kathy Roudebush
Shari Roy
Fry Schindler
Jeanette Schouweiler
Amanda Senger
Paul & Kitty Shanahan
Tammy Shephard
Eunice Shoaff
Fern Short
Dorie Sitco
Hazel Sitko
Betsy Slagle
Marianne Stanley
Ruth Stone
Sue Stone
Barbara Streicher
Kathi Stroncsek
Margaret Sturm
Delores Tomusk
Teresa Tracey
Robin Tribett
Dr. Phil Tyndall
United Way
Laurie Van Drake
Kelli Vaughan
Alina Velaquez
Theresa Walker
Monica Weigand
Virginia Whitlock
Jan Wilhelm
Paige Wilkins
Sonya Witte
Sue Wolpert
Deniece Woodson
Kelly Wright
Kelly Zachrich

Joan Zeiger
Kellie Zink

In Honor Of...

Marganelle Henry
*-by Jane Avery
Vickie Boxberger
Chris & Carolyn Henry
Jessica Henry
Jerry Henry, Jr.
Matthew & Anne Henry*

Mary Alice Newton
-by Dr. Mary Pat Veerkamp

Betty Neidermeyer
-by Angela Chester

Dr. Brenda O'Hara
-by Mary Hartzell

Cindy Rasp
-by Julie & Mark Pope

Constance Richey
-by Alice Kopfer

Kelly Zachrich
*-by Pat Opper
Michele Kadenko-
Monirian
Judy & Marty Thomas*

In Memory Of...

Gary Andorfer
-by Cindy & Greg Wirtner

Kathleen Carsten
-by Angela O'Neill

Jack DeHaven
-by Laura T. Wilson

My Mom, Janet J. Leeper
-by Rhonda L. Leeper

Paul Michael Navarro
*-by Andrea & Ramon
Navarro*

May 1, 2008

Former HMB Baby Wins Young Authors Contest

To say that Anita's current pregnancy was unexpected is an understatement. When she found out, she called the person who had helped her through two previous pregnancies, Louise Magoon, one of Healthier Moms and Babies' nurses.

When Anita was pregnant with her second child at age 20, her cousin suggested she call Healthier Moms and Babies. Shania, who was a year old, when Louise first met Anita, is now 9 years old and finishing the third grade. Her younger sister, Ariana, just finished first grade, and little brother Trayden is in kindergarten.

Louise recalls that when she first met Anita, she was unemployed. She now works as a teacher's aide at a Fort Wayne Community School middle school. Her children are thriving. Shania (pronounced sha NYE a) reads at the fifth grade level and received a pass plus on her ISTEP tests. She loves to write stories and was even chosen as a winner in the Young Author Contest in her school as a first grader. Ariana is one of the top readers in her class. Even Trayden, in spite of some learning problems, is beginning to read.

Anita credits her children's interest and ability to read to the steady supply of children's books Louise brought the family from the Literacy Alliance during those early years. Louise credits Anita with reading those books over and over to her children.



Left to right: Shania, Anita and Ariana pose at the Literacy Alliance where they were featured in a newsletter story.

Picture courtesy of the Literacy Alliance

As Louise has worked with Anita during this current pregnancy, it has been rewarding to her to see Shania and Ariana thrive in their school environment. "I'm sure Shania will go to college," she says. "I've been planting that seed for years!"

HMB Staff Welcomes Aisha Hicks

The Healthier Moms and Babies first met Aisha Hicks a year ago. We were quite impressed with her experience and were thrilled that she is bilingual in Spanish. Happily, she is now a part of our staff. Welcome Aisha!

Name: Aisha-Amina Hicks

Hometown: Santa Barbara, CA

Moved to Fort Wayne: Summer of 2000

Family Background: Husband, 2 children (boy and girl), and due end of June with 3rd child. Aisha's Life Partner, Mario, is employed with Pepsi Americas.

Education and Work Experience: Bachelors Degree in Social Work from the University of St. Francis. Aisha has an extensive history of working with teens in reproductive health care in Santa Barbara, CA and Washington, D.C. as well as in management of a local Independent Living Program for adolescent girls and their babies.

Favorite Part of Working at HMB: "It is beautiful to work with people who are 100% invested in their jobs. It is evident in their daily work that they take pride in and have great respect for the influences they have in the lives of local mothers and their children. I too have always taken pride in my work and respected the relationships I have



built with others, in particular teens and women who are in need of positive and nonjudgmental support, education, and advocacy. To be able to help a mother through the struggles that often occur when carrying a child and realize and accept the beauty in preparing, delivering, and caring for a healthy baby is truly a privilege."

"A baby is God's way of saying the world should go on."



Healthier Moms & Babies

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CHANGE SERVICE REQUESTED

Visit us on the web at:
www.healthiermomsandbabies.org

USF Students Flesh Out Bedrest Brigade

When Healthier Moms and Babies decided to start a volunteer program to deliver meals to our clients on bedrest, the idea for the **Bedrest Brigade** was born. Implementing it was more difficult, as we began thinking about liability issues, and screening and training volunteers.

Board member Dr. Deborah McMahan suggested we contact the nursing department at the University of St. Francis and let the students help flesh out the program. Professor Delynn Lamott, moderator of honor nursing students, pulled together a group of eight students, six of whom are pictured at right.

These students met with the Healthier Moms and Babies staff and Board member and attorney Kathy Roudebush, consulted with other volunteers agencies and food delivery services to look at their screenings and trainings. As a result of their efforts, a complete set of protocols is in now in place.

We thank these thorough and energetic students for helping us mobilize the **Bedrest Brigade**. If you are interested in delivering a meal to a pregnant woman on bedrest, please call 260-425-3348 or email us at info@healthiermomsandbabies.org.



Left to right are Rachel Pankop, Abby Bigelow, Jessica Gervais, Joel Durnell, Abby Skinner and Lyndsy Schroeder. Missing from the picture are Jennie Hager and Jillian Howell.