

Foot Prints

Healthier Moms & Babies



Quarterly Newsletter

Summer 2009

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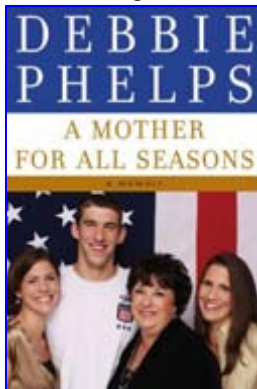
Kelly Zachrich
Super Shot, Inc.



**"Better babies
one baby at a time"**

HMB Luncheon Features Debbie Phelps

Healthier Moms and Babies will feature a nationally known speaker at its annual fundraising luncheon—Debbie Phelps.



Debbie Phelps's book

Debbie is hailed by the publisher of her book, "A Mother for All Seasons" as "the mother of modest means who raised the greatest Olympic champion of all time", Michael Phelps.

Please join us for this momentous occasion on Friday, August 28 at the Fort Wayne Country Club. Debbie Phelps will also receive the Healthier Moms and Babies second annual Inspiration Award. Registration will begin at 11:30, and the luncheon will begin at 12 noon. Tickets are \$65 each. To request an invitation, please call our office at 260 425 3348. Ticket ordering information will also be available at our website by July 1 at www.healthiermomsandbabies.org.

This Nurturing Mothers, Nurturing Our Future luncheon is Healthier Moms and Babies' major fundraising effort. Its success is more critical this year than ever, with increased demand for our services. Table sponsorships and event sponsorships are also available and help ensure the success of the luncheon. Please call the office for information about these opportunities.

The luncheon promises to be an inspirational event, as Debbie describes her journey as a single mother, raising three children while working full time, going to school and making it possible for her children to be involved in swimming. In addition, Debbie is a middle school principal who encourages her students to rise above their challenges and who believes in their unlimited potential. Who among us

was not touched by Olympic coverage of Michael searching for his mother in the crowd and giving her his flowers after a medal ceremony? (Picture below)

The Event Committee is thrilled to be able to honor Debbie Phelps, and feels her message of encouraging children to greatness is the face of obstacles will inspire our guests. More details will be available in email updates.

To receive email updates, email bgeiger@fwmeep.edu or call 260 425 3348.



If you go.....

Nurturing Mothers, Nurturing Our Future Luncheon

August 28, 2009 11:30 am

Fort Wayne Country Club

Ticket price \$65

Call 260 425 3348 or email

info@healthiermomsandbabies.org



2008 Annual Luncheon

H EALTH

C ORNER



You may have heard that the Institute of Medicine just issued new recommendation on prenatal weight gain for obese women. This was the first time since 1990 that they have revised their recommendations. The number of women this will effect in Indiana is surprising. Here is a brief synopsis of the problem. As always, there are additional resources at the end of the article.

What is the Institute of Medicine, which made these recommendations? Established in 1970 under the charter of the National Academy of Sciences, the Institute of Medicine provides independent, objective, evidence-based advice to policymakers, health professionals, the private sector, and the public. The mission of the Institute of Medicine embraces the health of people everywhere.

What criteria is used to determine ideal weight and obesity? The Institute of Medicine uses Body Mass Index (BMI). This is a commonly accepted tool, although it may be less accurate for athletes with much muscle mass. An online BMI calculator is available at <http://www.nhlbisupport.com/bmi/>. A BMI of less than 18.5 is considered underweight, 18.5 to 24.9 is normal, 25 to 29.9 is overweight, and 30 or over is obese.

How prevalent is obesity? The March of Dimes calculates that in Indiana, obesity among women of childbearing age between (18-44) is 20.8 to 30.7%. This would indicate that many women start their pregnancies as obese.*

What are the risks to obese pregnant women and their babies? The March of Dimes reports that hypertension and gestational diabetes associated with obesity may put a pregnant woman at risk for a preterm delivery.* Obese and overweight pregnant women are much more likely to experience preeclampsia.** A study in Sweden among morbidly obese women found a marked increase in the number of stillbirths and early neonatal deaths as well as babies who were large for gestational age.*

What are the Institute of Medicine's new recommendations? They have determined that obese women can deliver a healthy baby while gaining just 11-20 pounds during a pregnancy, and overweight women should gain 15-25. Of course, they prefer that obese women achieve their ideal body weight before they become pregnant.

Cont'd on page 4

A Message



from the

Director



The summer I was nine, our neighbor, Mrs. Collins approached my mother with an interesting request. Mrs. Collins was a teacher who was taking classes to become a school psychometrist. I was fascinated with her because she was one of the few mothers on our street who worked outside the home. For one of her classes that summer, she was required to administer IQ tests to children of various ages. There was a ready supply of children at our house, and my mother agreed that my three sisters and I could be tested.

When she returned to our house to give my mother the results, I listened in another room, out of sight but within earshot.

"All of your girls are above average", Mrs Collins told my mother, "but one of them is exceptionally bright".

"Really? Which one?," Mom wanted to know. Mrs. Collins had her answer ready. "I think it's better for you and the girls if I don't tell you. They will all do better academically if you encourage them each as if they were the one."

What a gift Mrs. Collins gave our family. My sisters are very bright women, and I don't think none of us far outshines the others. It's possible the test Mrs. Collins used back in the 60s was flawed, but I think it's more likely that we were all so encouraged by our parents with Mrs. Collin's promise that one was exceptional, that we all may have achieved more because of it.

As our event committee has worked to bring Debbie Phelps to town for our fundraising luncheon, I've been thinking about this concept of helping children achieve more that seemed possible for them. A single mother, working full time and going to school, helping a child with attention deficit disorder become the greatest Olympic Champion of all time—what a compelling story!

And this is the story you will hear from Debbie Phelps at our Nurturing Mothers, Nurturing our Future Luncheon on August 28 at the Fort Wayne Country Club, (as we've outlined on page 1). I hope you'll join us for this very special occasion, in a year when we take not a single penny for granted as we serve the many women calling our office for help.

So this summer and this year, let's concentrate on getting the best results we can with what we have in front us—the healthiest babies, the most talented children, the most successful luncheon.

Thank you so much for your support. See you on August 28!



Sally Sedington

sedington@fwmep.edu

Addy & Mackenzie

Back in the spring of 2007, a member of Director Sally Edington's church called Healthier Moms and Babies about her son's girlfriend. Jessica, who was due in September, was in the hospital with a urinary tract infection. She didn't have health insurance, and the doctor wanted her to go home on bedrest. She had been working two jobs; and at age 21, she had already purchased a small home. But her carefully crafted plan to pay her mortgage and bills was upended by the pregnancy and bedrest order. So services to Jessica began.

As the bills from the hospitalization came in, we learned that Jessica's application for Medicaid had stalled. Jessica said nurse Lori Cain "pushed the application along" with a few calls, and soon Jessica was eligible. Lori also gave Jessica information on how to manage bedrest and recognize the signs of preterm labor. In August, after Lori left Healthier Moms and Babies, nurse Louise Magoon took over. Addison Grace was born on September 11, at a healthy 8 pounds, 14 ounces.

Unfortunately, Jessica's recovery was tumultuous. She needed a D and C because of retained placenta. Then she developed a painful kidney stone which eventually required surgery. Jessica was concerned that her medical issues would thwart her ability to nurse Addy; but with Louise's suggestions and encouragement, she was able to "power through". Louise took our new nurse, Deb O'Bryan, along on a home visit to Jessica and Addy for training purposes.

When Louise noticed that Deb and Jessica related well to each other, Jessica was offered the option of transferring to Deb's caseload. And just in time, as the notices from collection agencies were beginning to mount from Jessica's postpartum procedures. Jessica's efforts to explain her Medicaid coverage to providers fell on deaf ears. Deb advocated for Jessica with six different medical providers, and Jessica was left with only one bill to pay.



In April, 2008, Jessica was shocked to learn she was pregnant again, just as she was ready to start full time work with health insurance in 90 days. Deb gave Jessica information on reapplying for Medicaid and starting her care at the clinic until she was covered. Jessica and Adam were married in June, and he enlisted in the Marines. During this time, Jessica consulted Deb when Addy experienced some unusual symptoms, which Deb recognized as worthy of medical attention.

While Adam was away for basic training, Jessica experienced another kidney stone. In addition, she could not receive a military allotment until Adam graduated. Because of her breech presentation,

Cont'd on page 4

HMB Advisory Board Adds New Members



Phil Tyndall, MD
Chair



Pam Brookshire
Vice Chair



Shannon Beaman
Secretary



Rob Patrick
Treasurer

The Healthier Moms and Babies Advisory Board has grown this year. Our newest members include: **Sakina Mourtada**, a nurse for the Southwest Allen County School Corporation and a native of Syria; **Heliana Montero** of Superior Essex and a native of Lima, Peru; **Renee Morrison**, Human Relations Manager of Donor Services of Indiana with previous board and banking experience; **Terri Tibbott**, CEO of Donor Services of Indiana, with a background in healthcare; and **Dr. Milan Za** of the Fort Wayne Medical Education Program and a native of Burma.

In addition, the officers for the 2009 are **Dr. Phil Tyndall**, chair; **Pam Brookshire**, vice chair; **Shannon Bearman**, secretary and **Rob Patrick**, treasurer. Our veteran board members include **Meg Distler**, Executive Director of St. Joseph Community Health Foundation, **Alice Eshelman**, CEO of Joseph Decuis, **Sr. Carole Langhauser** of St. Joseph Hospital, **Dr. Deborah McMahan**, Commissioner of the Fort Wayne/Allen County Health Department, **Kathy Roudebush**, attorney and community volunteer, **Eric Whicker**, CFO of Fort Wayne Medical Education Program and **Kelly Zachrich**, Executive Director of Super Shot. **Megan Carbaugh** is the Client Advisory Council representative to the board. This group has ably directed Healthier Moms and Babies with great ideas and vision. One of the Board's many endeavors this year will be to update the Strategic Plan.

For more information on Advisory Board members visit www.healthiermomsandbabies.org/aboutus



Heliana Montero
Superior Essex



Renee Morrison
Donor Services



Sakina Mourtada, RN
SWACSC



Terri Tibbott
Donor Services



Milan Za, MD
FW Med Ed



Healthier Moms & Babies

Medical Office Building Suite 316
700 Broadway
Fort Wayne IN 46802-1402

CHANGE SERVICE REQUESTED

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

Health Corner cont'd

The pregnancy weight gain recommendations for underweight and normal weight and overweight remain the same: 28-40 pounds for underweight women, 25-35 pounds for normal weight women.

* http://www.marchofdimes.com/files/MP_MaternalObesity040605.pdf

** <http://www.reuters.com/article/domesticNews/idUSTRE54R4QS20090528>

For more information, go to: <http://www.iom.edu/CMS/3788/48191/68004.aspx>

Book Donation

Ingram Books donated 50 copies of "What to Expect When You're Expecting" to Healthier Moms and Babies. Joanie Thorne, right, delivered the books on May 8. We greatly appreciate this wonderful resource which our pregnant moms love to receive.

Thanks, Ingram Books!



Addie & Mackenzie Cont'd

Mackenzie Suzanne was born by Cesarean Section on November 28 weighing 6 pounds, 11 ounces. Fortunately, Adam came home in time for the delivery. But as luck would have it, he was hospitalized with MRSA (the staph superbug) the day after Jessica and Mackenzie were discharged. Deb sprang into action, getting the family information on how to manage his contact with the children.

In April, the family moved to North Carolina where Adam was stationed. He has since been deployed to Iraq. She begins a job next week at a day care center, where she will be able to take the girls.

Jessica is a strong and resourceful young woman who would have gotten through the last two difficult years. But if there was any doubt that Healthier Moms and Babies provided assistance and eased the stress, it was erased when she referred to our service as "a godsend. I'm extremely thankful and grateful for all you've done for our family!"