



Birth Care

*A Midwifery Birth & Women's Health Care Center
Health Care by Women, for Women of all Ages*

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Our First Baby in the new Birth Center, Born on Monday May 8th, 2006. Pictured: Cathy Saunders, RN, Jane Hearren & Maribeth Diver, Nurse-Midwives, holding baby Brendon Horst, son of Leonard & Susan Horst. All 9 of the Horst's children are Birth Care babies!!

Calendar of Events

**March 30, 2007- Fundraising dinner gala at
Willow Valley Palm Court, Lancaster, PA
See Page 6**

**June 1, 2007 – Chicken BBQ
Small item auction
Hoffman Building, Quarryville, PA
See Page 6**

**June 2, 2007 – Annual Benefit Auction –
Hoffman Building, Quarryville, PA
See Page 6**

**Sept. 22, 2007 – Outdoor Benefit Concert (and
food) – Intercourse Park along Rte 340.
See Page 3**

On the Web: www.birthcaremidwives.com

Baby Boom!

By Maribeth Diver, CNM

2006 was a wonderful year for Birth Care. We opened our new facility May 5, 2006 and showed record growth for our practice. Since 2003, we have increased the number of babies we have welcomed in a year by almost 60%. We attribute this growth to the commitment of our Birth Care families, to the quality care given by our midwives and to the success of our new center in Georgetown. In 2006 we welcomed 227 babies into the world. That compares to 163 births in 2005. A real baby boom!

For the first time in several years, our families chose to deliver their babies at the Birth Center more often than at home. We offer all three birthing options (birth center, home, and hospital) so that every woman can choose for herself where she feels most safe and comfortable. But we really enjoy celebrating new birthdays in our beautiful new birth rooms with the relaxing Jacuzzi tubs.

Continued on page 4

Birth Care and Valerie Peery, CNM Join Practices

On January 1, 2007 Valerie Peery, CNM merged her midwifery practice with Birth Care. This merger benefits Valerie's clients, as they will now have 3 midwives on call. It benefits Birth Care as the birth center was looking for a third midwife to replace Jane Hearren, CNM who left in September to join a hospital-based practice.

Valerie is not new to Birth Care. She first worked at Birth Care as a nurse in 1994, then as a midwifery student, and finally as a nurse-midwife from 1997-2001. From 2001-2006 she had a private home birth practice in Gordonville, PA. Birth Care will continue to offer midwifery care through Valerie's former office at 4042A Ridge Road.

Valerie joins nurse-midwives Maribeth Diver and Jill Earl in offering home, birth center, and hospital births, as well as gynecological care.

♥♥♥

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Elizabeth Everett

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Birth Care Midwife Bios



Maribeth Diver, CNM: I live only 3 miles from the birth center, and have 2 dogs- a lab named TJ and a beagle named Tobey. I was born in Ohio, spent childhood in the mountains of Colorado, and at age 9 I moved to the Seattle area until I went to college. I also spent two years having a great adventure in Laos, a poor country in SE Asia. I worked as a labor and delivery nurse for 8 years before becoming a midwife in 2001. My experience in the hospital is what led me to focus primarily on out-of-hospital (birth center or home birth). I truly believe that healthy, low-risk women are better off outside of the hospital. At Birth Care I really appreciate that we offer all three options so that every woman can give birth where she feels most safe and comfortable. I believe that each pregnancy and birth offers a woman, her family, and her midwife a special lesson that is unique each and every time. It is such a privilege to help families welcome new babies to their lives. I truly consider it more than a job, it's a vocation, a calling, and I am lucky to share this journey with you.



Valerie Peery, CNM I had all my six children at home, five boys and a girl. I have worked as a labor and delivery nurse and as a well baby nursery nurse, where many women were high risk. From 1994 to 2001, I worked for Birth Care in Quarryville part-time. For the past several years, I have had my own CNM business, doing home birth and attending births at Ephrata hospital. January 1 I merged my practice with Birth Care. I continue to attend births at Ephrata Hospital, at home, and now at our beautiful new birth center. I love working with Maribeth and Jill, and I appreciate Birth Care doing the administrative side of the practice, a part I never enjoyed. My husband Chuck and I have been together for 37 years, and we have six wonderful grown children, three of them married, and four wonderful grandchildren. We live in Paradise and raise Border Collies dogs for fun.



Jill Earl, CNM: I am a wife and mother of six grown children, and I had the privilege of delivering my first grandson in October of 2004. My husband and I live in New Providence. I love working for Birth Care! I have been involved in home birth since 1978. I trained as a childbirth educator and later trained as a midwife apprentice in Bellflower, California and earned a midwifery degree in New York. I specialize in herbal and homeopathic treatments, and am learning more all the time. At birth Care, I care for women with fertility issues, menopausal issues as well as normal physicals and prenatal care. I don't do as many deliveries as Maribeth and Valerie. It is a wonderful privilege to be here working with wonderful people. I hope to meet you soon.



Director and Founder Receive Recognition

Birth Care is proud to announce that Cathy Saunders, RN, AD, Director of Birth Care and Rita Rhoads, MPH, CRNP, CNM, founder of Birth Care were recently recognized for their pioneer work in the birth center movement in the United States. They received their certificates of recognition at the annual meeting of the American Association of Birth Centers in Valley Forge, PA., September 2006.

Birth Care was founded March 1978 as the first freestanding birth center in Pennsylvania and one of the first in the nation. There are now 5 freestanding licensed birth centers in PA and over 100 throughout the United States.



Birth Care is the only licensed birth center in Lancaster, Chester, or York Counties and is also accredited nationally by the Commission for the Accreditation of Birth Centers.



Midwives in Pennsylvania

By Jill Earl, CNM

Midwifery has a long history in Pennsylvania. Certified Nurse Midwives have been recognized in this Commonwealth since 1929. There are 317 midwives licensed in Pennsylvania. To become a Certified Nurse Midwife, you must complete a four year Bachelor's Degree, often in Nursing, as well as a two to four year course of study in Midwifery, and sit for a certifying exam. Only if you pass that exam can you call yourself a Certified Nurse Midwife (CNM). Approximately 80% of PA CNMs have Masters Degrees. Many PA midwives have hospital experience, sometimes as nurses. To practice legally we must have a collaboration agreement with a physician, which ensures we can get help for our clients when they need more medical care. All Birth Care midwives are CNM's, licensed, and experienced.

Some more interesting facts about midwives in Pennsylvania:

- Certified nurse-midwives in Pennsylvania attend 9.4% of all vaginal births in the state (2004 Vital Statistics).
- CNM's delivered 12.5% of all rural county babies. CNM's attend 30% or more of the births in 12 rural counties including Lancaster County.
- Lancaster County, which only had 4.8% of total live births in Pennsylvania, accounted for 32.4% of all live births in the

Our Mission

Birth Care & Family Health Services is a non-profit, life-affirming birth and women's health care center that specializes in the care of women throughout the life cycle. Our mission is to provide safe and sensitive midwifery care to families within our diverse community. Birth Care has a special ministry to provide care without discrimination for families of all social, religious, ethnic and economic backgrounds.

Birth Care offers comprehensive health care for women by exclusively female providers. We believe that successful health care is a partnership between each woman and her caregivers, and that health encompasses emotional and spiritual well-being together with physical health. Birth Care has a strong focus on wellness counseling, health education, and the use of herbal and other natural therapies.

We promote family-centered childbirth and respect a woman's right to control her birth experience.

We believe in the health of pregnancy and in every woman's power to give birth naturally with minimal intervention. We support each woman in her choice of birth setting and attend deliveries in our freestanding birth center, in homes and at Ephrata Community Hospital. We welcome babies with gentle and loving hands.

In addition to caring for childbearing families, our certified nurse midwives offer annual gynecological exams, family planning and fertility counseling and childbirth education.



Helpful Herbs for New Moms

By Maribeth Diver, CNM

• **Nettle** (*Urtica dioica*). The herb is used to treat anemia and weakness and to stabilize blood sugar. It's especially called for if you're feeling stressed or physically or emotionally drained. Dose: 1 to 3 cups tea daily. Prepare by steeping 1/2 ounce dried herb per 2 cups boiling water for 30 minutes.

Stress and Tension Relievers:

• **Catnip** (*Nepeta cataria*). This herb's gentle but reliable relaxing qualities make it an appropriate nerve relaxer for new mothers, and these qualities are imparted to the baby, helping reduce colic and fussiness. Dose: 1 to 4 cups tea or 1/2 to 1 teaspoon tincture three to four times daily. Prepare by steeping 1 tablespoon dried herb in 1 cup boiling water for 10 minutes.

• **Chamomile** (*Matricaria recutita*). This herb relaxes the mother, and through the breast milk, provides gentle relaxation to the baby. Taken by the mother, it also can help allay milk colic symptoms in the baby. Dose: same as catnip



Breast-milk Promoters:

• **Blessed thistle** (*Cnicus benedictus*). This herb has a long history in promoting breast milk in new mothers. This herb is bitter, so take a tincture rather than a tea. Dose: 1/2 teaspoon tincture three times daily.

• **Dandelion leaf** (*Taraxacum officinale*). Much like nettle, this is a highly nutritive green plant, rich in trace minerals and iron. Dose: 1 teaspoon tincture twice daily.

• **Fennel** (*Foeniculum vulgare*). Another herb classically listed among those that promote breast milk, fennel has a mild, pleasant taste. Dose: 1 to 2 cups tea daily. To prepare, steep 1 teaspoon seeds in 1 cup boiling water for 10 minutes.

• **Fenugreek** (*Trigonella foenum-graecum*). This herb has long been used to encourage milk production and can be amazingly effective. Dose: Same as fennel for tea, or for capsules: 3 capsules 3 times day for 3 days, then 3 per day.



Baby Boom...

...continued from page 1

We remain proud of our good outcomes and practice statistics, as a safe birth is always our priority. In 2006 the women we attended in labor had only a 4% cesarean section ("C" section) rate - this is really fantastic! For women planning to give birth at home or in the birth center, only 6.5% were transferred to the hospital for medical reasons. This is lower than the national average for birth centers, and shows how healthy our ladies are, and how patient and skilled our midwives can be.

Birth Care families also had two sets of twins in 2006! Though the set of boys were born early and delivered by our doctors, our full-term set of girls were welcomed by both our midwives in the hospital. Jane caught the first baby and I caught the second, so that we could share in the experience together!

This growth allows us to bring our natural and gentle midwifery care to more families in our community. But we want everyone to know that it will not make our Birth Care service any less personal. There are three midwives to help you personalize your birth experience. We will make sure that all our ladies know each midwife well and feel comfortable with her.

We thank our Birth Care families for such a wonderful year and sharing so many precious little babies with us!



Rh Negative: What does this mean for me and my babies?

Compiled by Susan Farrell, CNM and Maribeth Diver, CNM

What is the Rh factor? Your red blood cells (RBCs) have many characteristics. Each person has Type A, B, AB, or O blood. Another characteristic is the Rh (or D) factor, an inherited protein found on the RBC surface. Most people have this factor and are called Rh positive (Rh +). About 13% of people in the U.S. lack the Rh factor and are considered Rh negative (Rh -). Their own health is not affected in any way. It is just as normal to be Rh negative as Rh positive.

A⁺
B⁻
O⁻

So what's the issue? If you are Rh - and baby's father is Rh +, your baby may be Rh +. During pregnancy and/or birth, your baby's blood may mix into your bloodstream. Since red blood cells with the Rh factor are foreign to your system if you are Rh -, your body tries to fight the baby's RBC's off by producing antibodies against them (like you would fight off an infection with antibodies). This is called sensitization; you then produce these antibodies throughout your life. Sensitization doesn't hurt you, but it may affect the health of all of your babies. Problems rarely occur in a 1st pregnancy because you probably aren't sensitized.

If you become sensitized, in future pregnancies, your Rh antibodies can cross the placenta, attack, and destroy a baby's Rh+ blood cells. This may cause a disease called hemolytic disease of the newborn (HDN). Each subsequent baby is at greater risk for more severe disease and can damage the baby.

Can hemolytic disease of the newborn be prevented? Yes! HDN due to Rh incompatibility once affected about 20,000 babies in the U.S. each year. But since 1968 a medication is available to prevent sensitization in 95% of women. The incidence of HDN has declined dramatically, but about 4,000 infants each year still get HDN because not all women who need the medicine receive it.



How is it prevented? An injection of a purified blood product called Rh immune globulin (Rhlg or Rhogam) is given to Rh - women during pregnancy and after the birth of an Rh + baby. This injection contains antibodies to the Rh factor that quickly attach to and help destroy Rh + fetal cells in your bloodstream. As a result, your body does not produce antibodies against the Rh + fetal blood cells because these cells are removed before your body responds to them. Thus sensitization does not occur.

When is Rhogam given? The most common time for your baby's blood to mix into yours is at birth. We will take some of your baby's umbilical cord blood to see if he or she has the Rh factor. If the baby doesn't (is Rh -), you don't need Rhogam. If your baby is Rh + and certain other tests are normal, Rhogam will be given to you within 72 hours.

Mixing may also occur with a miscarriage, vaginal bleeding at any point during pregnancy, any kind of trauma to the belly (falling on abdomen, being kicked by cow, car or buggy accident, etc), external cephalic version (turning a breech), amniocentesis, or other tests. Rhogam needs to be given within 72 hours of these. Protection lasts only about 12 weeks, so Rhogam must be repeated with each pregnancy.

Be certain to call your midwife in case of any of these events! It is also the standard of care in the U.S. to give Rhogam at about 28 weeks of pregnancy. This is because there is no safe or easy way to determine your baby's blood type before birth. If your baby is Rh negative, a small percentage of women can become "silently" sensitized before birth (an event happens without anyone knowing and without any of the risk factors above).



Midwives in Pennsylvania

Continued from page 3

state delivered outside of a hospital and 33% of hospital births were done by CNM's. These statistics do not include the work of nurse-midwives giving annual GYN care (breast and GYN cancer screening) health visits. C section and low birth weights are lower for women that have been cared for by CNM's.

Nurse Midwives have years of education and experience that make their care responsible and safe. They listen to the women and families they serve, and make sure your wishes are respected. They work hard to keep your right to birth at home safe and get you the treatments you need when things get complicated. Always be sure that the midwife you ask to be with you for your births is educated and licensed, and works with area health care providers so you can be safe and well cared for. At Birth Care, you can be certain that is the way we care for you. ♥♥♥



Childbirth Classes

At Birth Care...We offer a childbirth class intensive here at the center, taught by doula and childbirth instructor Shannon McDonnell. Childbirth basics are covered during the three hour, one time class. If you feel you have a lot of questions, a longer series may serve you best. This class is specifically tailored for natural birth and out of hospital birth. Schedules posted in the birth center or call Shannon at (717) 858-0180.

Bradley Method...The Bradley method is a very thorough childbirth preparation program. We highly recommend it for couples willing to invest the time. The class is typically one night a week for 12 weeks. Locally, you can call Rhonda & Rick Peterman-Stiver at (717) 823-6431 to schedule.

♥♥♥

Dinner Gala March 30

Birth Care's fundraising dinner gala will be held Friday March 30 at Willow Valley. Ticket prices are on the Ad on page 8. Reservations are required.

In addition to a guest speaker, our own midwife, Valerie Peery will be the soloist and Birth Care "baby" Jess Good will provide the background music during the silent auction and reception starting at 6:00PM.

Gift certificates offered for auction include: one week at a 4-bedroom condo in the Caribbean, one week timeshare anywhere in the world, a weekend in the Poconos, as well as local fine crafts and arts. Additional donations for the auction are welcome. ♥♥♥

Auction June 1 and 2 - Donations Needed!

The 15th Annual Birth Care Benefit Auction is rapidly approaching. We need two things from our clients and the surrounding community - volunteers...and...donations! We certainly thank the many area businesses and clients who have supported us over the preceding years. Without all of you, our new building would not have been possible, the facility that our patients just love! We have a mortgage to pay off.

In addition we have a fund that helps to offset our operating expenses since our prices are well below that charged in hospitals. We also offer alternative payment options for those in crisis situations. Many of our clients are self-pay, without insurance benefits. As a non-profit we try to serve all clients.

How you can help: donate new or very lightly used kitchen items, tools, wallhangings, furniture, gift certificates. make up gift baskets, Large items can be accepted on consignment such as quilts, new fine furniture, etc, although donations are preferred. Money also can be donated. Donations are tax-deductible. You can also offer your time. Please call!

♥♥♥

1st Fundraising Concert... With Food!

For the first time ever, the Birth Care fundraising committee is sponsoring a picnic supper/concert to assist in raising money to help pay the mortgage on our brand new birth center facility and to replenish the fund we use to help care for crisis pregnancies.

The event is being spearheaded by patient and former staff, Jenelle Weaver. Assisting her are Board members Elizabeth Everett and Glenda Weaver, and patients Jenny Zimmerman and Mandy Reeder. Main entertainment is provided by professional singer, Kathy Smoker, who is a Birth Care client. Volunteers are needed for food prep and ticket sales. Call Birth Care to help.



Birth Care is collecting ink cartridges and cell phones to turn in for money. Please bring yours, place in boxes near desk. Effort coordinated by client, Jenny Zimmerman.

1st Fundraising Concert... With Food!

Saturday Sept. 22, 2007

Intercourse Park - along Route 340, Intercourse, PA

Picnic Food 5:00PM



Concert 7:00PM
With
Kathy Smoker and Breakthrough.
Other Professional Christian Entertainment



Concert Tickets:
\$15.00/each; \$40.00 per family (children through age 18; ages 5 and under free.

Food priced separately. Takeout available.

Buy Your Tickets in Advance! And get \$1.00 coupon to use toward food.
Call Birth Care 717-786-4010



----- Cut and Mail to Birth Care -----

Let me know what I can volunteer my time to do

My Special Skills _____

I want to donate items for the March dinner gala silent auction _____

I want to donate items for the annual June auction _____

I want to help with fundraising dinners and/or concert

I want to help with the annual benefit auction

I want to donate money – actual donation can be divided in monthly amounts over one year

\$30,000 - \$100,000 (fill in blank for amount): _____ \$25,000: _____

\$15,000: _____ \$10,000: _____ \$5,000: _____ \$1,000 - \$2,500: _____

\$25.00 - \$999.00: _____ (amount) _____ (amount)

One time donation _____ . Monthly amounts of _____ for 12 mons.

Please remove me from your mailing list.

Name _____ Phone _____

Address _____ Email _____

Birth Care
P.O. Box 152
Bart, PA 17503

NON-PROFIT
ORGANIZATION
U.S. POSTAGE
PAID
Permit #89
Quarryville, PA

2nd Annual Dinner Gala
Friday March 30, 2007

Willow Valley Palm Court

Reception & Silent Auction - 6pm
Dinner & Entertainment to Follow

Speaker:

Susan Stapleton, CNM
Founder Reading Birth Center
Past President AABC

Tickets: \$50/each
Table Sponsor: \$400/table of 8
RSVP March 15, 2007

1st Annual Chicken BBQ Dinner

Friday Eve, June 1, 2007

4:00 – 7:00 PM

Eat in...or...Take-Out

Auction: 6:30 – 8:30PM

Crafts, small furniture, gift certificates

Hoffman Bldg, Solanco Fairgrounds
Rte 472, Quarryville, PA

Birth Care and Family Health Services

15th Annual

BENEFIT AUCTION

Saturday June 2, 2007

Hoffman Building, Rte 472, Quarryville, Pa.

Free donuts and coffee at 8:00-8:30 am.

Auction begins at 8:30 am.

1st Annual Chicken BBQ, Preview and Evening Auction

June 1 – see Ad on left bottom.



Mark your calendar!

Items include Amish Quilts, PA Dutch crafts, oak furniture, household items, tools, toys, plants, lawn equipment, mini-barns and a swing set.

Free Children's Activities

To Donate Call: 717-786-4010

Email: birthcare@birthcaremidwives.com

Selected items will be listed on website:

www.birthcaremidwives.com

Volunteers Needed! Donations Needed!