



Birth Care

Newsletter: Winter 2007-08

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

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Birth Care: 30 Years !! ...of Service to the Community. Dr. Grace Kaiser Guest Speaker.

Birth Care, founded March 1978 as the first out-of-hospital birth center in Pennsylvania and one of the first in the nation, completes 30 years of service to the community March 2008! Many birth centers have come and gone during the three decades, but due to the dedication of our staff and support from the community, we are not just alive, but thriving. We have grown from our "stable" birth rate for years of 144/year to 227 births in 2006, and 295 births in 2007. We moved in May 2006 from Dry Wells Road, Quarryville, to a beautiful new building with Jacuzzi tubs in the birth rooms in Georgetown, PA.

We have grown from one nurse-midwife (Rita Rhoads); one receptionist/birth assistant (Winona Bontrager) and one medical director (Dr. Robert Kemp), to 3 full-time and 2 part-time practitioners as well as a contracted nurse practitioner;

Continued on page 4

Angela Sprunger, CNM Joins Birth Care as Newest Nurse- Midwife

In October 2007 Angela Sprunger, CNM joined Birth Care as a full-time nurse-midwife. Angela is an experienced midwife who practiced in Lancaster city. She also has worked as a missionary in various countries. See her bio on page 2.

Our other two full-time nurse-midwives continue to be Maribeth Diver, CNM and Valerie Peery, CNM. Jill Earl, CNM is now back in school working toward her nurse practitioner certification, but does continue to see gynecological and infertility patients on Mondays. Rita Rhoads, CNM, CRNP, the founder of Birth Care, is sometimes seen in the office helping as needed.



The Next Generation.....

Kathy Hill gave birth to Natasha November 1980 at the birth center. Natasha was the first to start our "next generation" when she gave birth to Jessiah (R) November 1996. Zola (L) was born August 2006.

See article page 5.

2008 Calendar of Events

**Tues. April 8, 2008 – 6PM - Fundraising Dinner
Gala at Willow Valley Palm Court, Lancaster, PA**
Speakers: Dr. Grace Kaiser; Dawn Waltman
See Pages 4 & 10

**Wed. April 30, 2008 – Community Health Fair –
page 9**

Fri. June 6, 2008 – Rib & Chicken BBQ
Small item auction
Hoffman Building, Quarryville, PA
See Page 6 & 10

Sat. June 7, 2008 – Annual Benefit Auction –
Hoffman Building, Quarryville, PA
See Page 6 & 10

****Health Meetings – see programs page 9****

On the Web: www.birthcaremidwives.com

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Rita M. Rhoads Reed
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Donna Good
Sarah DiFilippo

Birth Care Staff Bios

In the last issues we spotlighted Maribeth Diver, CNM & Valerie Peery, CNM – full time nurse-midwives and Jill Earl, CNM – infertility and gynecological care. In this issue we feature Angela Sprunger CNM , Catherine Saunders RN, AD and. Donna Good, LPN.



Angela Sprunger, CNM joined Birth Care October 2007 as a staff nurse-midwife.. Prior to joining Birth Care she worked as a nurse-midwife for Ob/Gyn of Lancaster and delivered at Women & Babies. Her life has been very interesting as she has spent years abroad with her husband of 21 years, Mark, and her 4 sons ages 18, 16 and twins age 13. Angela and

Mark have worked with MCC in several countries. Some of her duties have included working in a prenatal clinic in Bangladesh; 2 years in the Congo providing prenatal and gyn care and also working in a clinic for homeless boys. In Burkina Faso, W. Africa, she worked in a health ministry and in an AIDS clinic. Her midwifery degree is from Philadelphia University, her RN from Emory University in GA and her BA in biology ifrom Agnes Scott College in GA. We welcome Angela to Birth Care!



Catherine Saunders, RN, AD - Birth Care is my second home! I am a Registered Nurse and the birth center's Director of Nursing. I have been happily serving Birth Care clients since 1985. I became a nurse as a result of a wonderful birthing experience at Birth Care. I love to work on cars and am a pretty fair mechanic. During our (much younger) racing days, I helped my husband install

a transmission two days before the birth of our daughter. I love gardening and camping in the wilds of Virginia! My husband Alan, & I live on a farmette in Little Britain with our youngest daughter Rachel and our dog CoCo as well as an unending mish mash of other animals. Our nest is not empty yet! Our son Christopher, and his wife Mandy, have two children. Our daughter Sarah, and her husband Kyle, have one daughter. All of my beautiful grandchildren are Birth Care babies!!!! I love gently welcoming another generation of my family and yours, into the world with Birth Care!



Donna Good, LPN – joined Birth Care as a staff nurse in 1987. She is married to her husband, Dana, for 22 years and lives on a dairy farm near Lancaster. She states she likes the warm, friendly, caring atmosphere at the birth center, so much so that she has had all f our of her children at Birth Care. She has three daughtere ages 19, 17, and 14, and one son age 7.

Her hobbies include gardening, interior decorating, reading, and walking. She lives in an 1850's farmhouse and renovates/ redecorates one room each year. Her decorating skills have also been used at Birth Care. When you look at the decorating schemes - they are a result of Donna's efforts along with Glenda Weaver (board member). Since Donna has been with us for 20 years, we are sure many of you have met her.

2007 a Banner Year for Birth Care

by Maribeth Diver, CNM

We welcomed more babies in 2007 than ever before in the history of Birth Care - 295 little ones! Thank you to all of our wonderful families for sharing your precious birth days with us! In 2007 more women also chose to deliver at the birth center than in past years, owing in part to the pretty, private birth rooms and relaxing Jacuzzi tubs. Almost all of our ladies enjoyed the tubs during labor, while plenty of moms also chose waterbirth. Women report that waterbirths are less painful and share that they would never go back to a "land birth" again!



Because of the tremendous growth of 2007, we found ourselves overwhelmed in the months of summer and early fall. So that the Birth Care midwives could attend our births, we had helper midwives assist us in the office (thanks to Rita Rhoads, CNM and Susan Farrell, CNM!). We do want to apologize to our ladies –

Continued on page 6



Free Pap Smears, Mammograms For Women over 40

By Rita Rhoads, CNM, CRNP

Birth Care is part of the federal Healthy Woman 50+ Program which offers free Pap smears, clinical breast exams and mammograms to women who do not have health insurance and meet income guidelines. Recently this program has been expanded to include women ages 40 – 50.

How often should you have an exam? If you have a history of an abnormal Pap smear, breast exam or mammogram, or are at risk of breast or cervical cancer, you should have one every year. If you have had three normal Pap smears and no abnormal ones, the government recommends you can wait three years. However many women prefer an exam every year, and the program will pay for it annually. If you are not yet 40 years old, you can still qualify if you have cancer risk factors. If you are younger, you still need your exams and Birth Care offers affordable services.

To find out if you qualify for this program simply contact Birth Care. Our offices usually have more slots available than we fill each year. This program is paid for with your tax dollars. Just as you drive on the roads paid for with your tax dollars, so you can avail yourselves of this important cancer screening program. We have slots available. Call Birth Care to fill one of them.



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.



Birth Care 30 Years!! Dr. Kaiser Speaker....

...continued from page 1

an executive director, director of nursing, six other nurses, four secretaries, three ancillary personnel and a full Board of Directors. We have three physician practices with whom we work closely. Our midwives not only deliver at the birth center and at home, but have hospital privileges at two Lancaster County hospitals.

A fundraising dinner gala is held every Spring to raise funds for this non-profit community health care facility. This year, Thursday April 8, it will also be a celebration of our 30-year anniversary. The featured speaker will be Dr. Grace Kaiser, a physician who formerly practiced in Lancaster County, and is now retired in Arizona. Dr. Kaiser, the author of "Dr. Frau" and "Detour" will relate some of her home birth stories. It was with Dr. Kaiser, that Rita Rhoads, founder of Birth Care, first attended a home birth in 1973 while a student nurse.

In addition the Birth Care "family" will be represented by client Dawn Waltman who has delivered all of her children through the services of the birth center. She has written "A Rose in Heaven" and "In a Heartbeat". A moving speaker, she will speak from her heart about what Birth Care means to her.

The evening begins at 6PM with a silent auction and hors d'oeuvres. Usual offerings at the silent auction are a vacation at a beach house in the Caribbean, weekend at a house in the Poconos, artwork, quilted wall

hangings, and specialty baskets. This year Mary Ann Griffis of Heart of Lancaster Hospital has handcrafted silver jewelry which she is donating on behalf of HOL.

We will accept any appropriate items for the silent auction. Please contact us if you have an item or a gift certificate for a vacation that you can donate.

A sell-out crowd is expected, so reserve your place early by calling Birth Care or mailing your money with a note.

Table sponsors are also needed at \$400/table. You then can invite others to attend as your guests. An opportunity will be given for them to make a donation to Birth Care at the end of the evening, and of course they can purchase items at the silent auction.

All of our fundraising events help Birth Care to contain our costs as we offer affordable care at reduced costs to our many uninsured clients.

Come celebrate our 30th Anniversary with us!



SAVE THE DATE!!!

30th Anniversary

Birth Care Dinner Gala at Willow Valley Palm Court

Tuesday April 8, 2008

To raise funds for the community healthcare & birth facility

**Reception and Silent Auction Begin at 6:00PM
Entertainment and Dinner follow**

Keynote Speaker: Dr. Grace Kaiser

**Retired doctor from Lancaster County, PA
Author of "Dr. Frau" & "Detour"**

**And... talking about her experiences at Birth Care
Dawn Waltman**

Author of "A Rose in Heaven" & "In a Heartbeat"

Hosts:

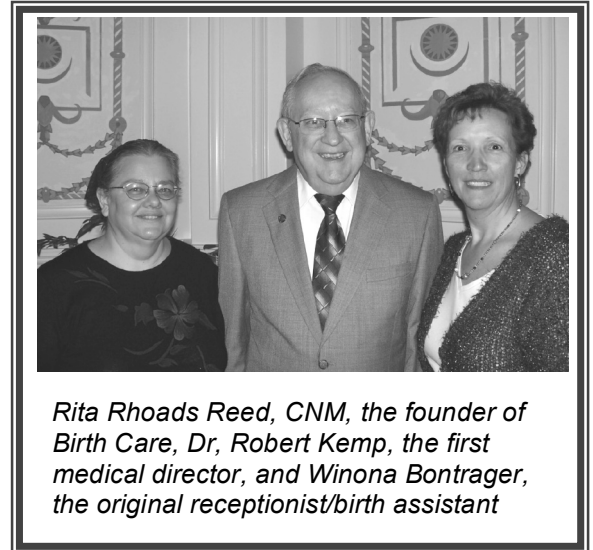
**Ephrata Community Hospital
Grace Family Health
Heart of Lancaster Hospital
Martin Appliance - Quarryville**

**Tickets are \$50 per person; \$400 per table
Reserve your seat now! RSVP deadline March 15.
717-786-4010.**

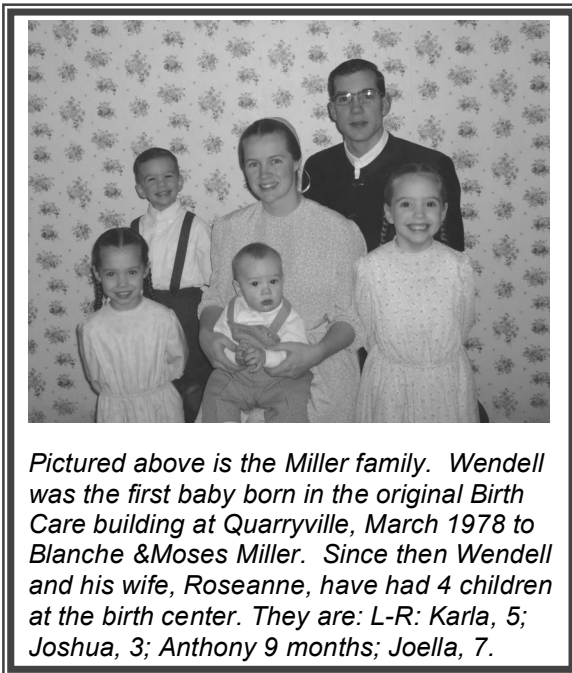
The "Generations" of Birth Care

By Rita Rhoads, CNM, CRNP

March 1978 the first birth center in PA opened on Dry Wells Road, Quarryville, PA. The founding nurse-midwife, Rita Rhoads, age 24, was from the area. Her first receptionist/ birth assistant was Winona "Winnie" Bontrager, age 20, who moved to the area to take the job. Dr. Robert Kemp, a family practitioner from Willow Street, was the first medical director. Today, Rita is still with the birth center doing quality assurance, Winona owns the Lancaster School of Massage, and Dr. Kemp is retired. Several nurse-midwives, many nurses, and a few medical directors have come and gone. The current midwives are Maribeth Diver, Valerie Peery, and Angela Sprunger. Jill Earl provides gyn care. Dr. Jacqueline Goldberg is the current medical director. The medical directors longest-serving were Aichele & Frey Family Practice



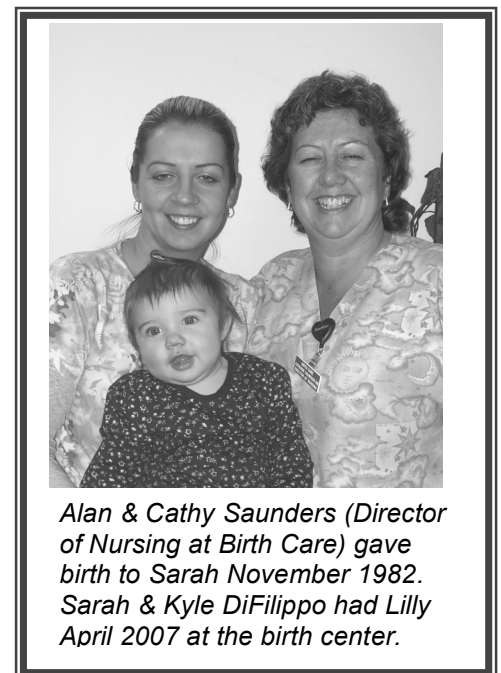
Rita Rhoads Reed, CNM, the founder of Birth Care, Dr, Robert Kemp, the first medical director, and Winona Bontrager, the original receptionist/birth assistant



Pictured above is the Miller family. Wendell was the first baby born in the original Birth Care building at Quarryville, March 1978 to Blanche & Moses Miller. Since then Wendell and his wife, Roseanne, have had 4 children at the birth center. They are: L-R: Karla, 5; Joshua, 3; Anthony 9 months; Joella, 7.

Birth Care has delivered almost 4000 babies since March of 1978. Number 4000 will probably occur in April. The first baby, Wendell Miller, born to Moses and Blanche Miller now has had four babies with Birth Care. (Picture on left). Natasha Hill, born November 1980 to Kathy and Rick Hill at the birth center was the first baby to start our second generation when she gave birth to Jessiah in November 1996. (Picture on page 1.) We have had dozens of "babies" who have grown up to have their own children born with our midwives assisting. Even our nurses who delivered with us are now seeing their grandchildren delivered into the caring hands of our staff.

See bottom right.



Alan & Cathy Saunders (Director of Nursing at Birth Care) gave birth to Sarah November 1982. Sarah & Kyle DiFilippo had Lilly April 2007 at the birth center.

- Some interesting facts:
- *Woman coming the furthest to deliver – from Egypt! She had her first with Birth Care and wanted to return.
 - 2nd runnerup – North Dakota, 3rd runnerup - Florida.
 - *Woman with the most babies delivered by Birth Care: 11 babies!
 - 2nd runnerup – 10 babies assisted into this world by our midwives.
 - *Woman with the most babies, although we only began with number 8 – total 14 children (the first 12 were all girls).
 - *Woman with the most babies at one time – quadruplets! Born at the hospital, but the midwife was in attendance.
 - *Woman with the most grandchildren delivered by Birth Care: now that is quite the contest! If you have more than 30 grandchildren delivered by us you could let us know! Because we know of woman with at least that many assisted into the world by Birth Care.



Continued from page 3.....**2007 a Banner Year for Birth Care**

especially those that go to the Ridge Road office – for the confusion during that time. We are now nicely settled in with Valerie, Maribeth and Angela providing prenatal and delivery care, and Jill providing well woman and gynecological care. With three birth nurse-midwives, you are assured to always get a well rested, patient and happy midwife when your time comes.

We also now offer birth at Heart of Lancaster Hospital, in Lititz. Our consultants there are Doctors Goldberg and Livingston, who are women, and are wonderfully gentle and kind. HOL offers competitive self-pay package deals. We still enjoy our relationship with Ephrata Hospital, and greatly appreciate their top of the line NICU on the rare occasions we need it. While the majority of our practice is focused on birth center or home births, we are proud to offer all options so that every woman can choose where she feels most comfortable.

Jill Earl graduates from nurse practitioner school in May, and Birth Care hopes to add family care to our services. Watch for those dates by Fall. In addition, Rita Rhoads, who is a nurse practitioner, has been renting space to see lyme disease clients.

May 2008 be as blessed a year for us and all our precious Birth Care babies! ♥♥♥

Childbirth Classes

At Birth Care...We offer a childbirth class intensive here at the center, taught by childbirth instructor Jennifer Lehman. Childbirth basics are covered during three two-hour classes. This class is specifically tailored for natural birth and out of hospital birth. Schedules posted in the birth center. Call Jen at 717-426-4920 or pickup a registration form at Birth Care.

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.



Birth Care is collecting ink cartridges and cell phones to turn in for money. Please bring yours, and place in the box in the entry-way. Effort coordinated by client, Jenny Zimmerman.



Birth Care thanks Jenny Zimmerman and Mandy Reeder for the fundraiser they coordinated selling candles for the holidays. Good work ladies!

Auction June 6 and 7 - Donations Needed!

The 16th Annual Birth Care Benefit Auction will be here soon!.. 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. New committee members in 2007 were Daniel and Hannah Stoltzfus, Stevie and Sylvia Stoltzfoos, and Jake and Rebecca King.

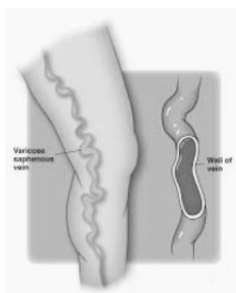
The 1st annual Friday eve BBQ and auction went well in 2007 and many wished the auctioneers would have continued much later... so this year they will!! If you are planning for your special item to be available on Saturday, do not count on it! Some choice items and gift certificates will be sold Friday eve. AND.....we are adding BBQ Rib Dinners on Friday eve!!! Get your tickets for either chicken or rib dinners ahead of time to guarantee your meal. A limited number will be sold.

Each year we replenish 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 can you 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!



Oh, Those Troublesome Veins!

By Maribeth Diver, CNM



Compression is the most important part of living with bad varicose veins. Quality compression maternity pantyhose should be worn daily. Knee and thigh high stockings may actually do more harm than good (though thigh-high IS better than nothing). There is a glue you can buy to hold up thigh-high stockings. Also make sure to have your legs elevated when you put your support hose on. If elevated, you trap the blood OUT of your veins, if your legs are down when you put them on, you trap more blood IN your veins and may make them worse. Your midwives can help you to get quality stockings if you need them. Also remember to change positions frequently and elevate your legs regularly.

In your diet, get plenty of fiber and water. Try to eat lots of blueberries, cherries, strawberries and other red and blue fruits. These fruits contain anthocyanidins which help strengthen the walls of the veins. Cook with garlic, onions, ginger and capsicum (peppers of all variety) to help prevent blood clots. Potatoes are also excellent, especially with the skin left on. Get plenty of citrus fruits, leaving on the pith. You can also buy antioxidant supplements if you do not eat enough fruits/berries for vein healing.

Herbs that may help: Because formulations vary, take the amount as directed on bottle: Vitamin E, Vitamin C, Horse Chestnut, Butcher's Broom and Hesperidin. Witch hazel, may be applied externally to your veins in a cream or ointment. Butcher's Broom may be applied as a cream by anyone but, women with high blood pressure should not take it internally.

We like to say, varicose veins are a badge of motherhood: wear them with pride! If you want them surgically fixed, it can be done. Note that varicose vein evaluations will be done by a doctor at our Health Fair on April 30 at the Bart Fire Co.



Homebirth is NOT in danger in Lancaster County!

There have been rumors spreading that the right to choose homebirth may be in jeopardy. This is not true! Certified nurse-midwives (CNMs) offer safe, legal, and quality care in all settings: at home, in birth centers and in hospitals. Birth Care is proud of the strong history of nurse-midwifery in Lancaster County and throughout Pennsylvania. We want everyone to know that by choosing a nurse-midwife, your right to choose to give birth where you feel most comfortable will always be protected.



The term "midwife" reflects a philosophy of care which is more personal than obstetrics and more focused on wellness, health and the whole family. However, there are different types of midwives:

Certified Nurse-Midwife: A CNM is a midwife who first completed a four year nursing program and gained experience as a nurse, typically in labor and delivery. She then went on to complete graduate school for two or more years, often including a Masters Degree, in the specialty of nurse-midwifery. CNMs care for women throughout the life span: not just prenatal care and catching babies, but also full-scope women's health care and well baby care through four weeks of life. CNMs are licensed in all states. Licensure assures that

**FREE
Healthy Child, Safe Child Program
for Amish and Mennonite
farm parents and their children**

Free well child checks for newborns through school-aged children while parents participate in a farm and home safety program.



Well child checks are recommended at the following ages: 2 days, 2 weeks, 2 months, 4 months, 6 months, 9 months, 12 months, 15 months, 18 months, 24 months, and then annually.

Morning and early afternoon appointments are available at the following sites:

- * * Bird In Hand Fire Station, Bird In Hand
- * * **Birth Care, Georgetown office**
- * * Living Stones Fellowship, Wakefield
- * * Robert Fulton Fire Company, Wakefield
- * * Ronks Fire Company, Ronks
- * * White Horse Fire Company, White Horse

Due to a limited number of seats in each session, please call well in advance of the date to register:

Call Judy Monk (717) 529-2816 between 8 a.m. and 12 noon.

Made possible through the efforts of Kay Moyer with the Penn State Extension Office and Taunia Ceresini with Grace Family Health Care



Sister's Day!

**Farm & Home Safety Program
Amish & Mennonite Women**

Includes but not limited to:

- * * Farm Safety information & First On the Scene information
- * * Home Safety information including Chemical & Pesticide Exposure
- * * How to create a Farm Emergency Plan
- * * How to create a Home & Farm Fire Plan
- * * How to create your family's "Farm Safety Rules"
- * * "What Would You Do" books for parents to teach children safety
- * * First Aid and CPR information booklet
- * * Farm Safety information and notebook provided
- * * 10 -12 women, sisters, neighbors meet in local homes or the birth center

Call to schedule a Sister's Day or find out the dates for one at Birth Care. Kay Moyer, RN and Penn State Extension Educator:

717-394-6851 or 717-665-6219.

Farm Safety activities will be provided for children who attend with their mother.

Continued from page 7..... *Homebirth is NOT in danger in Lancaster County!*

midwives completed midwifery schools, passed tests to show competency and continue their education each year to stay current. Nurse-midwives have the right to order lab tests and medication and to administer oxygen, IVs drips, and the like. They also must have good relationships with back-up physicians who can provide high-risk care when needed.

Direct Entry-Midwife: DEMs are not required to first be nurses, and are not required to complete any formal schooling. There are excellent direct-entry midwifery programs available, or some DEMs prefer to self-study or to train as a midwife through apprenticeship. They may or may not be able to order lab tests or medications, and to carry oxygen, etc. They may or may not be required to have collaboration with a physician. DEMs are licensed in most states, which assures quality and sets standards, so that not just anyone can call herself a midwife. DEMs are not currently licensed in Pennsylvania. Only homebirth attended by a DEM is in jeopardy because right now the practice of it is not within the PA law.

Please have confidence that Nurse-Midwives are respected and legal and your right to choose where to welcome your baby born is safe.



___ Let me know what I can volunteer my time to do
___ My Special Skills _____
___ I want to donate items for the April dinner gala silent auction _____
___ I want to donate items for the annual June auction _____

___ Send me flyers on the health meetings
___ 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
\$1,000 - \$2,500 (fill in blank for amount): _____ \$500-\$999: _____
\$250 - \$499: _____ \$100 - \$249.00: _____ (amount) \$50 _____ \$25 _____
One time donation _____ . Monthly amounts of _____ for 12 mons.
___ Please remove me from your mailing list.

Name _____ Phone _____
Address _____ Email _____

Birth Care is a 501(C)3 Corporation. Donations are tax deductible.



Cut Above Coupon and Mail to Birth Care

Community Health Fair

Co-Sponsored by Birth Care & Heart of Lancaster Hospital

Wed . April 30 – 9AM – 3PM
Admission Free

**Exhibitors - products, services
Health Screening**

**Location: Bart Fire Company
Rear Bldg**

Furnace Rd, Quarryville
In the Village of Georgetown



**Health Screens Available
Free:**

Blood pressure
Blood sugar (diabetes)
Varicose vein and Hernia screens

Small fee:
Cholesterol
Antioxidant Levels
Bone Density Scans



**Take a free tour of Lancaster County's
only freestanding licensed Birth Center,
just a few blocks from the Fire Co. Open
9-3 for tours.**

**To reserve a table for your health related
exhibit or for information:
Birth Care at 717-786-4010 or email
birthcare@birthcaremidwives.com
Or Call Rita Rhoads Reed at 717-468-7491
To Write: Birth Care, PO Box 152, Bart, PA 17503**

Women's & Family Health Meetings

COST: \$10.00

Limited Seating. Reserve Your Seat.

Location: Birth Care

Upstairs Meeting Room
1138 Georgetown Rd.



9:00 - 9:30am - Registration & Antioxidant Scanning
9:30 am - 11:30am - Speakers
**11:30am - 12:30pm - Bring your own lunch. Drinks
provided. Eat lunch, mingle with the midwives. ask your
questions. Visit the display tables.**
Ask questions, visit exhibitors, test your antioxidant level (your
ability to resist illness, slow aging).

Dates:

Wed. Feb 20 - topics: 9:00AM *Weight loss – you can do
it! & *Keep up your energy! - Natural energy boosters..

Wed. April 2 - topics: 9:00AM *More on menopause –
what is happening to you? Help yourself naturally

Sat. May 10 - topics: 9:00AM *Avoid the killers: heart
disease, diabetes. cancer...or recover. Lower cholesterol.
& *Did you lose that weight? Weight and illness.

2:00-4:00PM – Update on Lyme Disease

Wed. July 15 - topics: 9:00AM *Bio-identical hormones
in menopause & Antiaging for your skin:. *Wrinkle relief.
Handheld "wrinkle remover" *Tips on acne..

Wed. Oct. 6 - topics: 9:00AM Raw foods, juicing. Boost
your health. Antioxidants – your own personal healers.
Also....Nutrition and pregnancy – avoiding problems.

**To reserve a seat: Birth Care at 717-786-4010 or email
birthcare@birthcaremidwives.com
Or Call Rita Rhoads Reed at 717-468-7491
To Write: Birth Care, PO Box 152, Bart, PA 17503**

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

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

3rd Annual Dinner Gala
30 year Anniversary!
Tuesday April 8, 2008 – 6PM

Willow Valley Palm Court
Reception & Silent Auction - 6pm
Dinner & Speakers to Follow

Speakers:
Dr. Grace Kaiser
Birth Care client - Dawn Waltman
Reservations Required -See Ad Page 4

2nd Annual
Ribs & Chicken BBQ Dinner
Friday Eve, June 6, 2008
4:00 – 7:00 PM
Eat in...or...Take-Out – Get your ticket!

Auction: 6:30PM – ?
Crafts, small furniture, gift certificates

Hoffman Bldg, Solanco Fairgrounds
Rte 472, Quarryville, PA

Birth Care and Family Health Services
16th Annual
BENEFIT AUCTION

Saturday June 7, 2008
Hoffman Building, Rte 472, Quarryville, Pa.
Free donuts and coffee at 8:00-8:30 am.
Auction begins at 8:30 am.
2nd Annual Ribs/Chicken BBQ, Preveiw & Evening
Auction *June 6* – 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!