



Birth Care

Health Care by Women, for Women of all Ages

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Newsletter: Winter 2005-06

New Beginnings! Birth Care Opens New Center

Birth Care has exciting news to share. We will be opening a new clinic and birth center at 1138 Georgetown Road (Route 896), in the village of Bart. Though the walls of our old location have welcomed thousands of babies, it is time for an updated health facility with beautiful new birth rooms. The expanded services we hope to offer will provide increased support to our clients and to the community we serve.

Construction is scheduled to be completed for an early spring 2006 opening. WE NEED YOUR HELP! Resources of all kinds are needed – please contribute.

- **Funds** – the money raised over the years paid for the down payment but we still need funds for construction. The strict building codes for healthcare facilities make the project expensive. Individuals and companies - BE PERMANENTLY RECOGNIZED IN THE NEW BIRTHCENTER by donating at the levels suggested below! In addition you will receive a full page ad in our annual auction brochure and the right to hang a banner at the auction.
- **Materials** – donations of materials and furnishings - see below.
- **Skilled volunteers** – we need assistance with interior painting, finish carpentry, landscaping and decorating. We would also greatly appreciate motivated volunteers to help with fundraising activities.

Donor Levels

\$30,000 - \$100,000 – Name will be displayed on the entrance as a Platinum Donor to the Birth Center

\$25,000 – Name will be displayed on a plaque for a Birth Room

\$15,000 – Name will be displayed on a plaque in the lobby

\$10,000 – Name will be displayed on a plaque for the Exam Room, or Community Room

\$5,000 – Name will be displayed on a plaque in the Waiting Room

\$1000-\$2,500 – Name will be on a brick in the walkway

Items Needed

- ♥Furniture for birth rooms, community meeting room, administrative offices, waiting room, etc. Kitchen appliances, supplies, ice maker.
- ♥New computers/computer system. High-volume copy machine. Office management software.
- ♥Good quality artwork for walls that fits decorating scheme.
- ♥Quilts for birthing beds, call for color scheme/size.
- ♥Volunteers to assist with fundraisers. ♥♥♥



North side of new Birth Center

More Births, Low Transfer Rate

In 2005 we welcomed 165 Birth Care babies, a 15% increase compared to the previous year. Every year we are growing and are proud to serve our special families.

We have excellent outcome statistics. Very few of our clients needed to be transferred to a doctor, and only 2% of women planning birth center or home births were transferred to the hospital in labor.

At 3%, our practice cesarean section rate is lower than average for midwives, and much lower than hospital rates (25% or more).



Calendar of Events

March 31, 2006- Dinner gala at Willow Valley Palm Court

April 2006 – New Birth Center open

June 3, 2006 – Annual Benefit Auction

Fall 2006 – Dinner/Concert

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.



From the Midwives

Maribeth Diver, CNM & Jane Hearren, CNM

Your Birth Care midwives are very happy about the opening of our new Birth Center next spring. We are especially excited about the **deep whirlpool tubs in the birth rooms**. Most women really love to labor in water, or even give birth in the tub. Though it surprises some people, waterbirth is very safe and popular! Here is a list of some of the many benefits to using a deep tub for labor and / or for the birth of your baby:

- Comfort and mobility. The mother has much greater ease and freedom to move spontaneously and to change position, which really helps to bring the baby down.
- Less pressure on the abdomen. Water promotes more effective contractions and better blood circulation, resulting in more oxygen for the uterine muscles. This means less pain for the mother and more oxygen for the baby.
- Helps mother to conserve her energy. Immersion in water supports the mother's weight so that all her energy can be used to cope with the labor.
- Promotes deeper relaxation. As a woman relaxes in water most find that labor is often quicker and easier.
- Water relaxes the pelvic floor muscles. We believe there is less tearing when babies are born in water.
- Water helps lessen pain and anxiety and lowers blood pressure.
- Easier breathing. Moisture in the air makes it easier to breathe.
- Gentle birth for baby. Babies born in the water are usually very peaceful. It is a very gentle transition for baby. Peaceful birth makes for peaceful babies! ♥♥♥



Whirlpool tub installation in new birth center

Notable Quote

"The culture of childbirth in our society is important for all of us because the way we give birth is not only a medical matter... It is a matter of our deepest values, of the quality of relationships between humans, and of the kind of society in which we want to live - and which we create for those who come after us."
~Sheila Kitzinger

Recommended Reading for a Rainy Day...

"Can You Count the Many Children?: A Missionary Woman's Journey"
By Sara Viola Miller
"House Calls and Hitching Posts" By Dorcas Sharp Hoover

**Bio-identical
Hormone therapy**

By Jill Earl, CNM

Bio-identical hormones are one of the safest and most effective ways to treat hormone imbalances. They are useful for women who are having trouble getting pregnant as well as for women who have irregular cycles. Bio-identical hormones are also helpful for those who have symptoms such as moodiness, sore breasts, hair growth or loss, or "flooding" with menses. Progesterone and estrogen are two vital hormones to the life and well-being of every woman. If a woman does not have adequate levels, she will have difficulty getting pregnant.

Birth Care offers testing and evaluation of hormone levels, and treatment with hormones that are the same molecule that your body makes.

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The Evidence... Birth Centers are Safe
By Maren Ketcham, Administrator and Maribeth Diver, CNM

The World Health Organization states "It has never been scientifically proven that the hospital is a safer place... for a woman who has had an uncomplicated pregnancy... to have her baby. Studies of planned (out of hospital) births of women who have had uncomplicated pregnancies have shown sickness and death rates for mother and baby **equal to or better than** hospital birth statistics. The National Birth Center Study, published in the New England Journal of Medicine December 1989 (and in which Birth Care was a participant), demonstrates low complication rates, comparable with those of low risk women giving birth in-hospital.

Benefits of the Birth Center

The birth center is private, relaxing, and home-like. Women can have the attention of their husband or partner and the one-on-one care of an experienced, trained, licensed midwife and nurse. The center welcomes other family members and friends if a couple so desires. Midwives are specialists in normal birth. They focus more on women and babies, and less on technology. They protect your rights to have your birth your way. Birth centers are a place where birth is celebrated as a major life transition rather than a medical event. Breastfeeding and bonding give babies the very best start possible, and they experience a peaceful welcome to the world.

Birth centers are free from routine or unnecessary procedures, such as continuous monitoring, episiotomies and routine IV's. Emergency equipment and medications are available in rare case of need, and there is close collaboration with local obstetricians and pediatricians. Compared to hospitals, there is less risk of infection and medical errors and are less expensive.

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

I want to help with the new Birth Center
 Let me know what I can volunteer my time to do
 My Special Skills _____
 I want to donate items
 Items I am especially interested in donating _____

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: _____ (amount) \$15,000: _____ \$10,000: _____
 \$5,000: _____ \$1,000 - \$2,500: _____ \$25.00 - \$999.00: _____
 One time donation _____ . Monthly amounts of _____ for 12 mons.
 Please remove me from your mailing list.
 Name _____ Address _____
 Phone _____ Email _____

Birth Centers are Safe...

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The birth center is a place of wellness, not illness! Birth is a health , normal life process and welcoming babies at a birth center is a truly special family event.

Please support us in the important work of supporting healthy mothers and babies!



Bio-Identical Hormones...

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That is why they are called bio-identical, identical to the ones made by a woman's body. Because they are the same, there are no side effects as there are with the synthetic hormones. Call Birth Care today for a consult or testing.



Birth Care Receives Hearing Screening Equipment

Birth Care is the recipient of Hearing Screening Equipment courtesy of the Pennsylvania Department of Health. This makes it possible for the birth center to offer hearing screens to ALL newborns as required by State law. It is important for babies with hearing difficulties to receive care prior to 6 months old. Schedule your baby for this test in its first weeks of life. ♥♥♥

Birth Care
1180 Dry Wells Rd.
Quarryville, PA 17566

Birth Care and Family Health Services

***14th Annual
BENEFIT AUCTION***

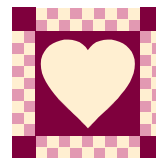
Saturday June 3, 2006

Hoffman Building, Rte 472, Quarryville, Pa.

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

Auction begins at 8:30 am.

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 are usually included.

Free Children's Activities

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To Donate Call: 717-786-4010

Email: birthcare@birthcaremidwives.com

Selected items will be listed on website:

www.birthcaremidwives.com

Volunteers Needed!

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