



Regional Perinatal Consortium of
Monmouth and Ocean Counties

725 Airport Road, Suite 1C
Lakewood, NJ 08701

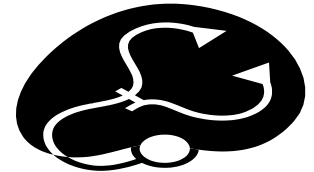
Mission Statement

The Regional Perinatal Consortium of Monmouth & Ocean Counties, Inc. is committed to improving the health of pregnant women & children in Monmouth and Ocean Counties. This shall be accomplished through the collaborative efforts of Regional Perinatal Centers, hospitals, health care providers, community organizations, governmental agencies, consumers & consumer advocacy organizations. To accomplish this, the Consortium will identify barriers to access to care & plan & coordinate prevention, education and clinical service programs.

Inside This Issue:

Meridian in Haiti	2
Text4baby	2
Sources on Information for Women & Girls	2
Continuing Education	3
Presentations on Safe Sleep for Your Baby	4
Perinatal Bereavement Support Groups	5
Targeted Postpartum Depression Services for the Latino Population	5
CUNA	6
Free Folic Acid	6
Getting to Know...	7

**FROM the DESK of Michael Graff, MD
RPCMOC President**



Free Infant Hearing Rescreening

Congenital hearing loss is the most common illness affecting our children. All newborns in NJ are required to have a hearing test before hospital discharge. One of the leading reasons for infants not being detected before 3 months of age with hearing loss is that they do not receive follow-up testing.

In collaboration with the NJ Department of Health & Senior Services, Office of Primary Care & Rural Health, the Early Hearing Detection & Intervention (EHDI) program has identified 3 NJ Federally Qualified Health Centers (FQHC's) that are willing to serve as sites for free infant hearing rescreening. Sites have been selected based on their current pediatric volume, the location of children currently identified as lost to follow-up, the FQHC's interest in participating, & the ability of the FQHC to provide a quiet physical space that will be conducive to hearing screening.

Ocean Health Initiatives (OHI) in Lakewood is one of 3 NJ FQHC's to receive funding. Families with infants that need to be rescreened will need to contact the OHI Call Center at (732)363-6655 for an appointment.

The primary goal of the provision of funds to OHI is to reduce the barrier to follow-up due to lack of insurance coverage. Grant funding stipulates that no infant should be turned away because of an inability to pay & that the families will be able to receive hearing rescreening at no charge. The FQHC will be able to bill Medicaid or other insurers for the screenings, as appropriate, to recoup their staffing costs for the services – but only with the agreement that the infant's family will not be responsible for any co-pay or unpaid portion of the bill.



Visit our website:
www.rpcmoc.com

REMINDER!

Please visit our website at www.rpcmoc.com to “sign up” to receive our quarterly newsletter via e-mail. Click on the “Newsletter Tab” & enter your information. For those who still prefer to receive a hard copy by mail, please contact Diane Melani at (732) 363-5400 x10 or e-mail her at dmelani@rpcmoc.com



Meridian Health Haiti Mission

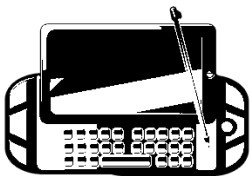
Kris Rovell, RPCMOC Executive Board Member & Treasurer, was among a team of ten Meridian Health physicians & nurses who recently returned from a week long mission to support earthquake relief efforts in Haiti. The team traveled as part of a partnership with the CRUDEM Foundation, an American non-profit organization that supports the Hospital Sacre Coeur in Milot, Haiti. Kris who is the Maternal Child Health Manager at Riverview Medical Center, provided a blog for friends & family while she was in Haiti. If you would like to read more visit www.krisinhaiti.blogspot.com



The following are two excerpts from Kris's blog: Do you have the materials & equipment to do your job? Well...that question will never be quite the same for those of us on this trip. It is unbelievable what a little ingenuity & persistence can do to make one thing work as something else & how we are all able to use our experience, knowledge & attitude to help one another work around what appears to be an impossible situation.

This group photo includes, from left to right: Sister Marilee (CRUDEM Mission), Mike Bleiman, MD (SOCH), Regina Foley, RN (VP of Nursing, OMC), Darline Innocent, RN (OMC), Kris Rovell, RN (Nurse Manager, RMC), Trish Wesch, RN (Nurse Manager, JSUMC), Dominick Grosso, MD, (RMC), Florence Germain, RN (RMC), Felix Fianko, MD (JSUMC) and Rose St. Fleur, MD (JSUMC). Missing from this group photo was Jean Pierre Marcanet (EMT/Security Guard JSUMC) who was on a helicopter run at the time.

It will be difficult for all of us to leave & not really know what happens to all of the patients with which we developed special relationships. It must be harder for them to have a rotating group of caregivers who need to learn their needs, wants & personalities week after week. Hopefully the team who follows us will contact us & update us on their progress. We have many pictures & many more stories (humorous, sad, memorable) to share with all of you upon our return. I think it is fair to say for all of us that we will not forget this week and the fortitude of the Haitian people.



Text4baby



The *National Healthy Mothers, Healthy Babies Coalition* is pleased to promote the launch of an exciting new mobile information service. **Text4baby** is an educational tool that provides pregnant women & new moms with information to help them care for their babies so that they can have the best possible start in life... using their cell phones!

Here's how it works:

- Women can sign up for the service by **texting BABY to 511411 (or BEBE for Spanish to the same number)**. Once signed up, they will receive free SMS text messages each week, timed to their due date or baby's date of birth.
- These messages focus on a variety of topics critical to maternal & child health: nutrition, mental health, birth defects prevention, oral health & safe sleep, seasonal flu & immunization. Text4baby messages also connect women to prenatal & infant care services.
- Of particular significance, text4baby is a **free service** for all subscribers & is the first ever free mobile health information service in the U.S. with great potential to reach an enormous audience.

Consider spreading the word about text4baby to your clients, congregants, program participants & patients. If you are interested in getting more involved with text4baby, there are posters & other promotional materials available for your outreach efforts. Please contact info@text4baby.org or (703) 837-7548 for more information.

CONTINUING EDUCATION

Save the Date

Major Psychiatric Illnesses During
Pregnancy & Postpartum
(Diagnoses, Treatments & Medications)

Sponsored by RPCMOC with grant support
from the New Jersey Department
of Health & Senior Services

Speaker: Michele Preminger, MD

Thursday, June 24, 2010
8:00am – 12:45pm
at
Ocean Medical Center

Registration info is available on our website
at www.rpcmoc.com

**Addiction, Mental Health & Domestic
Violence: Expanding the Scope of
Perinatal Services Through
Comprehensive Health Approach**

**Thursday, April 29, 2010,
8am — 3:45pm
at the Sheraton Eatontown**

Name (please print clearly)

Credentials

Agency or Hospital Affiliation

Home Street Address

City, State, Zip

Daytime phone

E-mail (required for PayPal & registration confirmation)

Payment Options:

- Credit card or electronic check for \$60.00
Mail or fax (732) 363-5554 completed registration
form to RPCMOC. An email invoice from PayPal will
be sent to your e-mail address.
- Check made payable to **RPCMOC for \$60.00 enclosed**
with completed registration form. No PO's or
vouchers will be accepted.
- Vegetarian lunch requested

Registration & fee deadline: April 21, 2010

Mailing address: *RPCMOC*
725 Airport Road, Suite 1C
Lakewood, NJ 08701

Continuing Education (check one):

Nursing LCADC/CADC Social Work CHES

Workshop Selection *Circle One for each Session*

Morning Breakout Session:

1st Choice: 2nd Choice:
A B C A B C

Afternoon Breakout Session:

1st Choice: 2nd Choice:
A B C A B C

For registration information, please contact Diane Melani at
(732) 363-5400 x10 or via e-mail at dmelani@rpcmoc.com.
For a complete copy of this conference brochure, please
visit our website at www.rpcmoc.com

The Annual Monmouth Ocean County Breastfeeding Consortium Conference



SAVE THE DATE

Dr. Nils Bergman
Kangaroo Mother Care
August 11, 2010

**For registration information,
visit njbreastfeeding.org**

Presentations on Safe Sleep for Your Baby

*What is the best sleep position for your baby? Back, Side or Tummy?
Is it safe to have those cute pillow-like bumpers in your baby's crib?*

Since its inception in 1994, the **Back to Sleep** campaign has focused on raising awareness among parents, healthcare providers, & caregivers about the importance of putting babies to sleep on their backs to reduce the risk of Sudden Infant Death Syndrome (SIDS). As more research is conducted on infant sleep position & SIDS, the campaign has modified their recommendations so that the most scientifically sound information is communicated to families and caregivers. The campaign now recommends removing pillow-like bumpers in the baby's sleep area & keeping items away from the baby's face.

RPCMOC is committed to increasing awareness of the Safe Sleep message & furthering awareness of SIDS risk reduction. Annette LaBarbera, Community Education Coordinator at RPCMOC, has received training as a Safe Sleep Educator & is available to provide education on creating a safe sleeping environment and the latest SIDS risk reduction information in an easy to understand & descriptive format. Presentations are targeted to parents, caregivers & service providers working with pregnant women & families.

For more information, or to schedule a presentation, please contact Annette at (732) 363-5400 x19 or via e-mail at alabarbera@rpcmoc.com



NICHD Offers Nurses For-credit Course on SIDS Risk Reduction

Sudden Infant Death Syndrome (SIDS) is one of the leading causes of infant death in the United States. Even though there's no known way to prevent SIDS completely, there are actions parents & caregivers can take to significantly reduce their babies' risk for SIDS.

Nurses play a critical role in communicating SIDS risk-reduction techniques, especially in hospital settings. To ensure that nurses have the most current & accurate information to communicate risk factors & answer parents' questions, the *Eunice Kennedy Shriver* National Institute of Child Health & Human Development (NICHD) has created a *Continuing Education Program on Sudden Infant Death Syndrome (SIDS) Risk Reduction*.

The program is currently available **free of charge**. Nurses who successfully complete the course will earn 1.1 contact hours of continuing education credit from the Maryland Nurses Association, which is accredited by the American Nurses Credentialing Center Commission on Accreditation as a continuing education provider.

Nurses can visit <http://www.nichd.nih.gov/sidsnursesce/> to download the online CE program or call 1(800) 505-CRIB (2742) to order a printed version.

Ongoing Perinatal Bereavement Support Groups in Monmouth & Ocean Counties



“Hands and Hearts” - Peer Support Group

Meeting place: Community Medical Center
Auditorium B

99 Route 37 West, Toms River

Meeting schedule: 8 -10pm, every 2nd Wednesday
of the month

Primary contact: Donna Jagger

Primary contact #: (732) 557-8037

Targeted attendees: Families who have experienced
any type of perinatal loss. (Parents, grandparents,
a supportive family member or friend
are welcome - not for children)

“Share Program”

Meeting place: Riverview Medical Center
Booker Conference Center

One Riverview Plaza, Red Bank

Meeting schedule: 7:30pm, every 2nd Tuesday
of the month

Primary contacts: Pam Rossano or Carroll Friscia

Primary contact #: (732) 530-2315

Targeted attendees: Support for families with any type of
perinatal loss including early miscarriage, SIDS, stillborn,
ectopic pregnancy and any infant loss

Targeted Postpartum Depression (PPD) Services for the Latino Population

For the past 19 months, PPD education & support has been provided at the Monmouth Family Health Center (MFHC) in Long Branch, targeting the Latino population. Together, Pat Vena MSW, LCSW from RPCMOC & Marti Eisner, MSW, LSW at the Monmouth Family Health Center, lead a bilingual PPD Support Group for women. For some, it is a principal source of mental health education & support because they are uninsured &/or undocumented.

Sessions always have an educational focus: what perinatal depression encompasses & how the condition can affect the mother-child relationship & the child's development. Mental health concepts are discussed specifically as they relate to the Latino community. Within the caring environment of the group, women feel safe to express feelings frustrations & to share triumphs over what can be a debilitating condition.

For more information about PPD Support Groups in Monmouth & Ocean Counties, contact Pat Vena at (732) 363-5400 x22.

RPCMOC & JSUMC Host Videotaping for a Korean Television Station

Congratulations to Pat Vena, MSW, LCSW & Linda Carroll RN, IBCLC for their award winning efforts with Postpartum Depression (PPD) Support Groups.

On January 7, 2010, Pat Vena from RPCMOC & Linda Carroll from JSUMC, hosted a videotaping for a Korean Television Station at JSUMC's New Mother's Group. The video is intended for use in Korea to inform mothers about Postpartum Depression & other general mother/infant concerns. Our hope is that by viewing this videotape, mothers in Korea will also gain an understanding of PPD and the value of “group support” from both professionals & other moms.

Winning Strategies, the marketing agency utilized by the New Jersey Department of Health & Senior Services PPD Initiative, contacted RPCMOC regarding the possibility of videotaping one of our PPD Support Groups.

For additional information concerning PPD and services in NJ visit: www.njspeakup.gov



Prenatal & Postpartum Services

The Children's Home Society of New Jersey (CHS of NJ), a non-profit organization that works to protect abused & neglected infants & children, started its next CUNA cycle on March 17th. **CUNA (meaning "cradle" in Spanish provides FREE linguistically & culturally appropriate prenatal & postnatal health education, parenting education and support services for Lakewood & Ocean County Latino mothers, fathers & their babies.** Services are provided in Spanish in a welcoming & supportive environment. This program is a partnership between The Children's Home Society of New Jersey, United Way of Ocean County, March of Dimes & The Ocean County CUNA Collaborative.

CHS of NJ was awarded the funding in an effort to increase positive birth outcomes for Latino infants with a focus on first time Latina mothers as well as women who have recently immigrated & are delivering for the first time in the United States. In addition, the program's objectives include enhancing effective parenting & healthy child development among Latino families; facilitating a social support network among Latina women to break isolation patters; reducing the incidence of depression; & minimizing inadequate use of the emergency rooms as a form of preventive care.

Services offered by CUNA include prenatal health education & support groups, linkages to healthcare services, prenatal nutrition classes, information & referrals, childbirth preparation classes, breastfeeding workshops, group baby showers, a Spanish language lactation help line (800) CHSOFNJ x170, & special tours to medical facilities (including tours of Kimball Medical Center's Mother-Infant Pavilion). Transportation & meals are provided during group sessions, which are held twice weekly for six weeks.

How can you help the CUNA program? Become a mentor or volunteer, become a donor or funder, explore academic internship opportunities, sponsor a baby shower, become part of CUNA's speaker's bureau, assist with referrals & outreach, become part of our CUNA Collaborative or coordinate a CUNA drive for funding of baby items.

For more information, or to offer your support, please contact Cordelia Hill, CUNA Coordinator, at (732) 674-7996 or chill@chsfnj.org.

Sources of Health Information for Your Patients from..... [womenshealth.gov](http://www.womenshealth.gov) & [girlshealth.gov](http://www.girlshealth.gov)

This site:

<http://www.womenshealth.gov/health-professionals-for-your-patients/index.cfm> has fact sheets & resources developed from current research with recommendations from the federal government & health professional organizations.

For young patients or their mothers, [girlshealth.gov](http://www.girlshealth.gov) is created to help girls (ages 10-16) learn about health, growing up, & issues they may face. It focuses on health topics that girls are concerned about and helps motivate them to choose healthy behaviors by using positive, supportive, & non-threatening messages.

Please share these resources with your patients — the information is free and can be easily downloaded.

K-Mart Partners with the March of Dimes FREE Folic Acid for Pregnant Women For a Limited Time ONLY

Kmart Pharmacy is committed to supporting the overall K-mart March of Dimes campaign & helping educate women about healthy pregnancies. As part of their efforts this year, Kmart pharmacies across the U.S. will provide one free month of folic acid to expectant mothers.

From **March 28th through May 1st**, customers can obtain folic acid when they fill their prescriptions at their local Kmart. Additionally, over-the-counter folic acid is available as part of this promotion. Limited quantities per store are available. Kmart and March of Dimes will both be promoting this effort through web, email & social media assets (blogs, Twitter and Facebook).



Get a free 1 month supply of Folic Acid at any Kmart Pharmacy.*

Kmart Pharmacy and the **March of Dimes** are teaming up to help **save baby's lives.** About 3,000 pregnancies in the U.S. are affected with neural tube (brain/spinal cord) defects each year. Up to 70% of those cases could be prevented if women consumed the proper amounts of Folic Acid before and continuing through pregnancy. Ask your local Kmart Pharmacist for additional information regarding this offer.

Folic Acid Benefits

Prevents birth defects:
Premature birth

Neural tube defects (NTDs)

Serious birth defects of the brain and spinal cord

May also protect the pregnant woman against cancer and stroke

reference: http://www.marchofdimes.com/professionals/19695_1151.asp

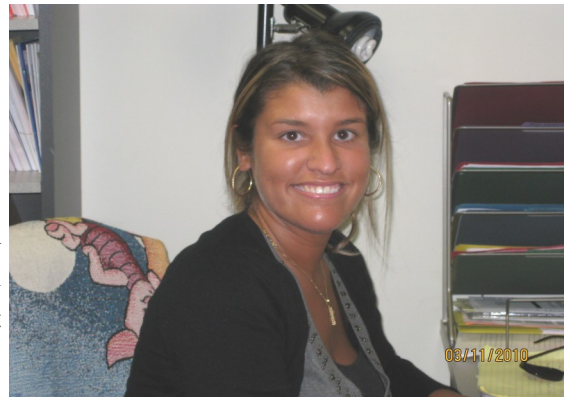
*with a valid prescription from your Doctor for folic acid (3/28-5/1)

Get to Know RPCMOC staff....

Yvelisse Gonzalez

Position title: Community Education & Support Services Specialist

Position responsibilities: Provides linkage & follow-up services for Spanish speaking mothers in the Postpartum Depression program. Provides education to women & men on preconception, prenatal & interconception health at various community agencies throughout Long Branch, Asbury Park & Neptune



Joined RPCMOC: October 18, 2006; **Length of service:** 3 1/2 years; **Education:** Masters in Social Work, Rutgers University

Personal interests: Reading, traveling & spending time with close friends & family

Get to Know RPCMOC Board Member.....

Margaret C. Fisher, MD

Current position: Medical Director, The Children's Hospital at Monmouth Medical Center

Board position: Vice President; **Joined RPCMOC Board:** As a replacement for Ann Winn in 2006 (I still miss her greatly)

Length of RPCMOC service: In 2002, I became involved with the Fetal Infant Mortality Review, first as a member & in 2004, as the Chair of the review group. I joined the Pediatric Performance Improvement Committee & have served as Co-Chair since 2005



Education: BA in chemistry from Susquehanna University in central Pennsylvania; MD from UCLA School of Medicine in Los Angeles. My pediatric residency & fellowship in pediatric infectious diseases were completed at St. Christopher's Hospital for Children in Philadelphia

Personal interests: Medical education, pediatric infectious diseases, mystery stories & the pleasure of spending time with a now 7 year old who just lost his first tooth

CONGRATULATIONS DR. FISHER! On March 20, 2010, Dr. Fisher was honored by the Greater Long Branch Chamber of Commerce's as the recipient of the Annual Louis G. Libutti Community Service Award

*Congratulations Anne Williams
Recipient of the Stigma Reduction Award!*

Anne Williams, RN, RPCMOC's Postpartum Depression Nurse Educator, has been named the recipient of the Stigma Reduction Award by the Ocean County Mental Health Awareness Committee. This award acknowledges her efforts to reduce the stigma and increase awareness as it relates to Postpartum Depression. A ceremony will take place on Thursday, May 6th at 5:30pm at Mancini Hall located in the Ocean County Library, 101 Washington Street, Toms River. This is a special Awards & Proclamation Ceremony dedicated to highlighting the many activities our community has cultivated in an effort to reduce stigma & increase awareness surrounding mental illness.

RPCMOC STAFF MEMBERS

Jennie Blakney, MAEd
Community Education Manager

Mariella Flores
Lead Coalition Coordinator

Yvelisse Gonzalez, MSW, LSW
Community Education & Support Services Specialist

Judith Johnson Jones, BSHS, CADC
Perinatal Risk Reduction Coordinator

Patricia Kaiser
Technical Training /Operations Asst./NJIS Recruiter & Trainer

Annette LaBarbera, BA
Community Education Coordinator

Claudia Major, BA
Office Assistant

Diane Melani
HR/Operations Assistant

Kathleen O'Keefe, RN, MA
Executive Director

Diana Robinson, MA
Administrative Services Manager

Melissa Strippoli, MBA
Bookkeeper

Mitchellene Egerton-Swann, RN, MSN
Professional Education Manager

Patricia Vena, MSW, LCSW
PPD Follow Up Coordinator

Anne Williams, RN, BSN
PPD Nurse Educator

BOARD OF TRUSTEES

As of September 16, 2009

Bahiyah Abdullah..... Girl Scouts of Jersey Shore

Adriana Agudelo..... Ocean-Monmouth Legal Services

Eileen Allen, MSN, RN..... S.A.N.E./Monmouth County Prosecutors Office

Mary Pat Angelini, MPA, CPS..... Prevention First

Louise Archetti, MSN, RNC..... Ocean County Health Department

Rachel Berger..... Yad Rachel

Michael Blatt..... Preferred Behavioral Health of NJ

Dianne Burdette, MS, RN..... The Children's Home Society of NJ

Linda Burmaster, RNC..... Southern Ocean County Hospital

Patricia Cash..... Interfaith Hospitality Network of Ocean County

Karen Dademo, RNC..... Ocean Medical Center

Margaret Fisher, MD..... **Vice President, RPCMOC, Inc.**
Monmouth Medical Center

Angie Gaeta..... Early Head Start/LEAP, Inc.

Michael Graft, MD..... **President, RPCMOC, Inc.**
Jersey Shore University Medical Center

Gabriele Hallbauer, RNC, BSN..... **Secretary, RPCMOC, Inc.**
CentraState Medical Center

Earl Jackman, DO..... Community Medical Center

Margo Kramer, MS..... JSAS HealthCare, Inc.

Kelly Mitchell..... Ocean County Department of Human Services

Mary A. Remhoff, RN, MSN..... VNA of Central Jersey

W. David Richardson, MPH..... Monmouth County Health Officers Association

Kristine Rovell, RN, MSN..... **Treasurer, RPCMOC, Inc.**
Riverview Medical Center

Lisa Schlesinger, RN..... Kimball Medical Center

Marta Silverberg..... Monmouth Family Health Center

Chedva Werblowsky..... Center for Health, Education, Medicine & Dentistry



*Regional Perinatal Consortium of
Monmouth and Ocean Counties*

**725 Airport Road, Suite 1C
Lakewood, NJ 08701**