

**Consumers Supporting Midwifery Care
MINUTES FROM MEETING ON:
Monday October 20, 2008
1473 Brule Ave**

Present: Julia Driedger, Wendy H, Gina M, Stacy Ste. Marie

This meeting had low attendance and therefore much of the agenda was not able to be addressed.

IMPORTANT: *To all midwifery consumers!!!*****

My LIHN committee is considering the feasibility of a new birthing centre for Ottawa.

Anyone who has research on birth centre proposals, or ideas about birth centres for Ottawa should forward them to me asap.

In order to bring them to the LIHN meeting, I would need them by Monday noon (that's THIS Monday!).

**Thanks!
Sheila McIntyre**

1) Midwifery Practice Updates:

a) * FYI all (new midwifery practice):

Hello,

There is one more midwifery practice in the region. It's Leeds-Grenville Midwives.
51 King Street East Suite 201

Brockville, ON

K6V 1A8

Tel: (613) 345-6608 Fax: (613) 345-6613

Email: practice@leedsgrenvillmidwives.ca

Catchment Area:

Leeds Grenville

Hospitals:

Brockville General Hospital

Midwives:

Erin Croteau, Cory Tanguay, Tatiana Demishkevich

Could you please put this info on your site to let people know that three more midwives are ready to serve them in Brockville, Prescott, Kemptville, Merrickville, Smith Falls and around.

Thank you,
Tatiana Demishkevich, RM
for Leeds-Grenville Midwives

b) Midwifery Practice Updates:

MGO

MCO - intake status: no waiting lists, have 2 new midwives, can take clients as early as November due dates

OVM

PR- ***April, May, June need clients. Have a new registrant. 4 Midwives.***

MVM

StLVM

LGM

c) QCH - any updates? No.

OVM should be able to get stats on c-section rates there (Gina asked).

d) LHIN - Liz Darling, Celilne ect from group. LHIN looking at obstetrics finally. Not much to report.

by e-mail from Sheila McIntyre:

I just wanted to share a little bit about the LIHNs work I have been doing, and you may want to post this to the whole list in case anyone else would like an update. I am sorry that I missed the meeting yesterday, but with a long workday & long commute on Mondays/Wed/Fri, and very regular,

very long LIHN meetings right now, I am feeling a bit swamped.

The amazing news is that the LIHN committee is absolutely the most important work I have done on maternity care issues yet. This is actually the place where policy will be decided & money will be doled out. At the first meeting of the whole maternity care committee (65 people) I was invited to address the group as the sole consumer. To say that this group has the key decision makers is an understatement - the heads of OB, Neonate and Peds at EVERY hospital in our region, along with directors of maternity for all hospitals, anaesthesia, nursing, transport, newborn, midwifery, family docs, PICU, plus the ministry people are ALL there.

My subcommittee (21 people), which is responsible for the "taking care of moms & babies" part of the picture, includes the OB head of every hospital, midwives, head nurses, community care, anaesthesia, peds, family docs, etc. I am not name dropping here, but instead trying to share with you the amazing news that we are finally at the biggest table there is! AND number 4 of the 6 "deliverables" that our committee has is to consider the creation of a new birth center!!!

The workload is crazy, but it is very, very rewarding to think that the years of committee work I have already done may actually lead to something real this time...

I will keep you all posted, but please know that I am working hard to protect not just midwifery, but quality birth care in Ottawa...

ALSO - if any of you have opinions/plans/info about birth centers, now is the time to forward them to me. We are currently working on that & now is the time to share your ideas.

Sheila

e) **Barrie Midwives wish to establish a consumer group and would like to network with us** - any volunteers wishing to assist with this? can be by e-mail and/or phone...

Leslie and or Mary have volunteered.

2) **Info sessions** (Auramarina & Aaron)

a) **update on Sept. session**-not very well attended...maybe 2 couples other than the people presenting.

b) **next session reminder:**

19th Midwifery Information session

Wednesday December 3rd, 2008

7 - 8 pm

Ottawa Integrative Health Centre

<http://www.oihc.ca/>

1129 Carling Ave. (next to Civic Pharmacy corner of Holland)

NO REGISTRATION REQUIRED.

Children welcome.

**Light refreshments
Free parking**

MORE INFO: www.midwiferyconsumers.org/
Email: Acanas@magma.ca
Telephone: Auramarina or Aaron Sawyer at: 613-824-3598

c) request for paper/photocopies

suggestion to try:
St. Jude's Mission
Print & Copy Centre
935 Wellington St.
Ottawa K1Y 2X5
st_judesmission@yahoo.ca
613-482-9792

Aaron and I are starting to plan the October Midwifery Information session. Here are a few updates:

Aaron has called the "Ontario Association of Midwives" to request posters and promotional material. We can add this material to our existing messaging.

I have sent an email to the midwives to see who can volunteer for the October session.

I already have home birth and hospital birth volunteers to tell their story.

Now we just need to PROMOTE PROMOTE PROMOTE!!!

Also, just an update on the money. Mary gave me \$20 for the snacks. I also received \$30 from Sheila to pay the cost of the library in Barrhaven. I have \$10 left over because the snacks were \$15 and the room at the library was \$25. I will use the \$10 for the snacks for the next session. I will probably need another \$5 please.

* Leslie to send Auramarina a cheque for \$25 (\$5 for this info session, plus \$20 for the next info session beverages and snacks) - yet to do

d) board - *have yet to purchase, will do so the next time Leslie is in Westport*

3) Website (Mary & Mark):

Here is the website update:

a) Advertising section (banners) for people who wish to post/advertise for a nominal fee to the CSMC, via info@midwiferyconsumers.org; please check out our homepage: <http://www.midwiferyconsumers.org/englishindex.htm>

b) Please forward your birth stories to be included on the website!
(info@midwiferyconsumers.org)

c) we need to renew our domain name contract \$ - Mary has sent two e-mails so far, without a response...

d) have added a ton of media stuff, etc. - check it out on the website!!!

e) Sept. & Oct. minutes will be added shortly

*Leslie to renew webhosting by credit card and then be reimbursed once statement arrives - Done

f) anyone with web experience could contact me (Mary Beatty at mary.beatty@ocdsb.ca), as i am looking to modify the website

g) any feedback or suggestions to the website, please e-mail me directly:
mary.beatty@ocdsb.ca

4) Finances (Leslie)

Bank Account balance: \$898.18

Petty cash balance: \$18.02

Monthly \$4.95 banking fees begin this month (we have had an entire year with no fee banking, thanks to Dr. Kelly Norman (<http://www.backinbalancechiro.ca/>) putting us in touch with Derek O'Connell, Financial Advisor at the TDCanada Trust branch at 700 Eagleson in Kanata).

***** The long awaited BACN monthly e-mail and website listing for those of you that support and promote midwifery, as a means to generate revenue for the group, is now a GO!!!**

Sign up for one year at only \$20/yr!!!

Send payment (cheque made out to Consumers Supporting Midwifery Care) to:
CSMC
c/o Leslie Ashton
2159 Saunders Ave.
Ottawa, ON
K2A 0C9

All we need is your icon and homepage info. Your info will be included in a monthly BACN e-mail to the list (over 225 members), as well as on our homepage.

Please see our homepage for an example:
<http://www.midwiferyconsumers.org/englishindex.htm>

5) Fundraising:

*** Please purchase your onesies in time for the upcoming holiday season! Beat the rush!!! See our website for baby Lucy wearing her onesie! <http://www.midwiferyconsumers.org/englishindex.htm>**

a) Orgasmic Birth - contacts: Susan Martensen, Andrienne Prest

We are very fortunate in Ottawa to have a thriving and supportive birthing community. Since part of the funds raised from this film screening will be very generously donated to our group, we need as many volunteers as possible to help with this event.

Ways you can help: ticket sales, promotion, media, etc.

Please, please, please consider volunteering and supporting this incredible and important initiative! E-mail info@midwiferyconsumers.org if you can help in any way, or if you would like more information.

"Orgasmic Birth" is coming to Ottawa!

Mark the date and save it. You won't want to miss this.

Circulate this information widely throughout your networks

Where: St Paul's University Auditorium, Main Street, Ottawa
When: Friday December 5th at 7pm

Tickets will be \$10.

The screening of this groundbreaking film about the possibilities of birth will be a Fundraiser for the Ottawa Midwifery Consumer Group and Canadian Mothercraft Birth Companion Program.

There will be a panel discussion following the screening.
Representation to include a Midwife, Physician, Nurse, Doula and Consumer.

Watch for more information to be posted next week!!

Orgasmic Birth - brought to you by Birth and Beginnings. Information - call 613 721 1363.

Susan Martensen CD(DONA), PCD(DONA)
Birth and Beginnings
DONA Postpartum Doula Program Mentor and Trainer
DONA Birth Doula Trainer
DONA International Immediate Past President

Gina would like to have more presentations like this. Different publications (Ottawa Express, Capital Extra, event listings-giving enough lead time) ... movies, speaking engagements, maybe we can brainstorm different kinds of issues. ... Midwifery in Canada, USA. ... Movie possibility-Mother Baby Dance-baby led nursing.

Vaccination presentation from naturopath, doctor and public health at St Paul's. ... Thursday Oct 23, 2008, 7-9 pm.

b) t-shirts - *There is a store in Kemptville who is willing to sell them, but we won't get the \$ until they sell (Gina provided this information).*

c) coffee - Donna

fundraiser through Equator coffee in Almonte <http://www.equator.ca>

d) calendar - Donna & Stephanie

e) Buttons/pins-*Gina suggests 2"x3" button or something. Black & white Gina suggest the logo off the website or whatever the main image of the group is so that it is specific to this group. Gina said the image needs to be 300 DPI. Cost varies depending on amount produced. ... WE could charge \$2-4/pin. Gina needs feedback on this. SOmeone needs to provide artwork if it is a go ahead. She would also need to figure out the payment. Julia suggested that we could hold off until a venue such as the picnic where there are a large number of supporters who would buy the*

pins with little effort as opposed to trying to get them to stores and practices.

update:

Yes, progress is being made on the button idea. I found a company in Toronto that does buttons for a good price... they require a good copy of the logo to provide an accurate quote. I look forward to sharing the info and ideas at the meeting tonight. Here's the info & link so you can get an idea... (if the pics don't show up, it is all just copied and pasted from the website <http://www.artik.com/Buttons.html#3>).

My suggestion would be to do the rectangle or square shape with the CSMC logo. This would be ideal, to stick with the existing logo and name to get the reputation and exposure rather than to possibly dilute the "brand" with another slogan. I suggest getting in as high a quantity as possible in order to increase the amount of money we can make from this project. I believe we could easily sell these items for \$2 each, perhaps even \$3 or \$4.... If we got 1000 rectangular pins for example, the price would be \$0.67 each or \$670. For the square pins, 1000 would be \$0.50 each or \$500.

Bonus: I called the office and was informed that there is no set up charge for these pins... ie- the price per item is the whole price to be considered. I didn't ask specifically about the round pins, but can verify that it is the same.

Scroll to the bottom to see specs for submitting artwork.

Thanks,

Gina

<http://www.artik.com/Buttons.html#3>

6) E-mail question :

* Does anyone have experience with setting up an address book, for mass/group mailings, on Hoarde? ***Please contact Leslie at info@midwiferyconsumers.org if so.*** Thanks!

7) Feedback Committee- Kathleen & Donna-no updates

8) **Fact Sheet** - Gina has a few things to source from, but hasn't put it together. ***By the next meeting it will be emailed out at least in point form.***

9) **Next meeting reminder:**

November 17th--Prescott/Russell Midwives Office- EAST
2127 St. Joseph Boulevard, Orleans.

10) **Of Interest to our membership:**

a) Christy Swift, a longtime CSMC member who has recently moved to Florida, sent the following links to some articles she wrote about midwifery for an online magazine called Suite 101. She's "still fightin' the good fight down in Florida". Way to go Christy!!!

http://birthing-options.suite101.com/article.cfm/midwives_in_canada

http://birthing-options.suite101.com/article.cfm/five_reasons_to_have_a_homebirth

http://birthing-options.suite101.com/article.cfm/midwives_in_the_united_states

http://birthing-options.suite101.com/article.cfm/midwives_model_of_care

b) **Reminder!!!**

This is run by OVD. How do doulas look out for a person's well-being in less than perfect circumstances. This is a presentation by Julie Keon and Susan Martensen. ... ***Can we get this event on the website?***

The presentation "Welcome to Holland - The Journey of Two Doulas After an Unexpected Outcome" is of interest to Doulas, Midwives, Childbirth Educators and any professionals working with parents of children with special needs, as well as anyone working with pregnant/new parents.

If anyone would like the flyer sent as an attachment to post/forward to anyone who you believe might benefit from this informative and educational presentation, please let us know.

“Welcome to Holland~
The Journey of Two Doulas
After An Unexpected Outcome”

**An exploration of what a doula may experience
after an unexpected birth outcome and ways in which colleagues might support the doula
and themselves.**

Presented by:

Julie Keon & Susan Martensen

**(Presenters at the DONA International Conference
July 2008 in Vancouver, BC)**

Tuesday, November 18th 2008

Nepean Sportsplex Hall C

7:30-9:30pm (plan to arrive for 7:15pm)

SPACE IS LIMITED SO REGISTER TODAY!

RSVP by Friday, November 1st to:

Emmanuelle Goodier at 613-294-1070 or greatexpectations@sympatico.ca

Please Note: Although this is a “free” event, we request a donation of \$5 per person to cover cost of room/AV rental . Thank you!

c) The Fall 2008 edition of Ontario Midwife, the quarterly newsletter of the Association of Ontario Midwives is now available.

This issue includes information on:

- New support services for members
- Expanding clinic space
- Working with hospitals: scope of practice, collaboration and integration, and much more!

Ontario Midwife is also available to download from the AOM website at: <http://www.aom.on.ca/Communications/Newsletter.aspx>. If you have an idea for an article in future issues, please contact Joanna Zuk at comms@aom.on.ca. If there is someone in your community who might like to receive the newsletter, please forward their contact information to Jasmine Ferreira at cpadmin@aom.on.ca.

d) Alberta to pay mws

<http://www.cbc.ca/health/story/2008/10/16/alberta-midwives-costs.html>

Alberta delivers good news for midwives, expectant mothers

Last Updated: Thursday, October 16, 2008 | 1:30 PM ET

CBC News

After public pressure, the Alberta government announced it will cover the costs for expectant mothers who choose to deliver their babies using a midwife.

Starting April 1, 2009, midwifery will be added to the maternity services covered by the public health system in Alberta, the province said on Thursday. The average cost of using a midwife is about \$3,500.

The province is allocating \$4 million to the Alberta Health Services Board to implement midwifery services in the 2009-2010 fiscal year with the help of the Alberta Association of Midwives.

"This decision will provide better access and more choice for expectant women and will relieve pressure on doctors, nurses and hospitals," said Alberta Health and Wellness Minister Ron Liepert in a news release.

"Expanding the use of midwifery services will also help address the pressures on family physicians and obstetricians."

In May, midwives and their supporters held rallies across the province calling on Alberta to cover their services.

British Columbia, Saskatchewan, Manitoba, Ontario and Quebec already have midwifery legislation. Nova Scotia and New Brunswick are both moving toward regulation.

Expectant mothers can use midwives in hospitals, community birthing centres or their own homes.

But midwives in Alberta are scarce because they must complete a two-year licensing period and run a private practice. According to the Alberta Association of Midwives, there were 29 registered midwives in the province in 2006.