

## Three new donation drop-off depots open in the Philadelphia area

Mid-Atlantic Mothers' Milk Bank celebrated World Breastfeeding Week 2018 in a big way by opening three depots in the Philadelphia area. Even better, the milk bank was able to partner with two fantastic nonprofit organizations that share our passion for improving breastfeeding rates and supporting nursing mothers.

**LifeCycle Womancare** in Bryn Mawr is a freestanding birth center and so much more.



LifeCycle Woman Care. (L-R) Theresa Kaskey, Interim Executive Director; Karen Fulton, Reimbursement Coordinator; Chakia Brown, Office Manager; Patty Siegrist, IBCLC; Melinda, MAMMB approved donor and first to do a drop off at LWC; Selena Shuman, Operations Manager; Pam Brechbiel, Finance Director; Nikki Graham, Education and Lactation Coordinator.

The organization's team of Certified Nurse-Midwives, Nurse Practitioners, and Registered Nurses serve the needs of women throughout the lifecycle and believe that quality healthcare is a collaboration between provider and client. The birth center recently expanded its wonderful lactation services to include

women who are not birth clients of the center.

**The Breastfeeding Resource Center** is hosting depots at both its Abington and Wayne locations. Known as an innovator and leader in breastfeeding support, the organization provides an extensive number of services for new and expectant mothers, including classes and support groups, along with one-on-one consultations with lactation consultants (IBCLCs).

In addition to providing a convenient option for local approved donors, the depots are a visible part of the community which helps spread the word about the importance of donor milk.

### Did you know?

For 80% of women, the left breast is larger than the right, but the right breast makes more milk. There is no correlation between this fact and hand dominance.



Breast Feeding Resource Center. (L-R) Janice McPhelin, IBCLC; Colette Acker, IBCLC; Sarah Yantek, donor; Denise O'Connor, BS, IBCLC.

# Milk Bank to offer drug testing and macronutrient analysis

Through generous gifts from the Henry L. Hillman Foundation and UPMC, the milk bank has added several pieces of equipment to increase capacity and enhance services. Among these purchases were a microplate reader to perform in-lab drug testing and a Miris Human Milk Analyzer.



Microplate Reader.

Since mid-September, all donor milk pools are tested for a panel of ten drugs. Mid-Atlantic Mothers' Milk Bank is one-of-only-three nonprofit milk banks in the U.S. – the others are in Colorado and Texas – to drug test milk. We are happy to be able to offer this added reassurance for our facilities.

Macronutrient analysis is another long-awaited service in the region. Quantifying calorie, protein, fat and lactose content will allow NICUs to make informed fortification decisions and allow the milk bank to pool milk for specific targets. To date, there are no FDA approved macronutrient analyzers for human milk on the market. Sweden-based Miris is in the midst of an FDA application for its unit which has been used in hundreds of hospitals throughout Europe.

Milk bank staff members have completed training on the use of the Miris Unit and begun to analyze samples. The Miris unit is currently for investigational use only and the milk bank has an IRB and policies in place that are compliant with this designation. Over the next few weeks, the milk bank will begin to label certain batches with nutritional content values.

Until there is an FDA approved unit, the information printed on these labels will be from an independent nutritional analysis lab. The information derived from the Miris unit will be for internal investigational use only.



Miris Human Milk Analyzer.

If you have any questions regarding the milk bank's macronutrient analysis procedure, please contact Denise O'Connor at 412-281-4400 ext. 101.

## Milk Bank receives County Breastfeeding Friendly Workplace Award



Each year during National Breastfeeding Month, the Allegheny County Health Department's WIC Program recognizes local organizations that promote breastfeeding success. Mid-Atlantic Mothers' Milk Bank is honored to be one of the recipients of this year's awards. Our organization was nominated by Donor Screener and Lactation Consultant Hope Logghe who has pumped, nursed and cared for her baby, Luca, at the milk bank since returning from maternity leave. We love having a baby around the office!

# A big welcome to new staff members



**SaraVins Bobish, BA, JD**  
BUSINESS MANAGER

Sara began her career as a labor and employment attorney and then worked as an editor at a legal publishing company. After giving birth to her two children, she focused on community volunteering. She served as the co-leader of the International Cesarean Awareness Network of Southwestern PA for three years, where she helped to support, educate, and advocate for mothers.

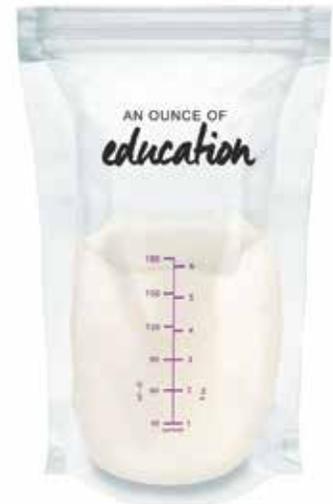
Sara earned a Juris Doctor from The George Washington University in Washington, DC. She loves her adopted city of Pittsburgh and is very happy to be part of the amazing milk bank team. She enjoys reading and cooking, and she lives with her family in Highland Park.



**Kit Stookey**  
PULSE FELLOW

Kit is working with Mid-Atlantic Mothers' Milk Bank through the PULSE Pittsburgh Program, an organization that matches recent graduates with local nonprofits for a year of service and learning. As the PULSE Fellow, Kit assists with the day-to-day operations of the milk bank and is working to develop a robust volunteer program. Additionally, Kit seeks to de-mystify the process of milk donation by producing informational podcasts and videos.

Kit graduated from St. Olaf College with a degree in English and Women's and Gender Studies with a concentration in Media Studies. She is excited to share the importance of milk banking to the world. Kit spends her free time devouring books, relearning how to ride a bike, and participating in LGBTQ advocacy.



## **An Ounce of Education:** *A mini-conference for breastfeeding support professionals*

Join us for a morning of learning on November 17 at UPMC Children's Hospital of Pittsburgh. Our first annual mini conference is intended for lactation consultants, nurses and other breastfeeding support professionals. Registration is \$50 and parking is free. Application for CERPS and CEs have been submitted to the International Board of Lactation Consultant Examiners and The PA State Board of Nursing. For more information and online registration, visit [midatlanticmilkbank.org](http://midatlanticmilkbank.org).

### **Did you know?**

Breastmilk contains a high concentration of Human Milk Oligosaccharides (HMOs). While these sugars are not digestible by humans, they are the perfect food for beneficial Bifidobacterium! Since HMOs are so important for the formation of a healthy microbiome, all HMBANA milk banks use a gentle pasteurization method (Holder Pasteurization) to help protect them.

## STAFF

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Founder and Executive Director

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Director of Donor Milk Program

**Cyndy Verardi, BS, CLC**  
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Donor Screener

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