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## MILK BANK RECEIVES GRANTS FROM THE HEINZ ENDOWMENTS, THE JACK BUNCHER FOUNDATION, and THE MAGEE FOUNDATION

Three Rivers Mothers' Milk Bank is honored and tremendously grateful to be the recipient of three generous grants this summer.

The first gift is a \$100,000 capacity building grant from the Heinz Endowments which will be distributed over two years. These funds have enabled the organization to increase the hours of two part-time employees to full-time to meet the increasing needs in the lab and to expand community outreach.

The Heinz Endowments, which is based in Pittsburgh, focuses its efforts on bettering the local community while finding solutions to challenges with a national scope. The assistance to the milk bank is part of the foundation's Children, Youth, & Families Program.

A gift of \$20,000 was received from the Jack Buncher Foundation to sustain operations during the organization's crucial startup year as the milk bank increases volumes to the level necessary for self-sustainability. The family run foundation has been bettering the lives of families in Western Pennsylvania for nearly a decade, carrying on the work of philanthropist and real estate developer Jack Buncher.

Magee-Womens Research Institute and Foundation provided the milk bank with \$10,000 of funding to further expand its mission. Magee-Women's Hospital and its clinicians have been active supporters of the organization since its beginning, and we are thankful for the continued support.

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## HMBANA DONOR MILK IS SAFE FROM THE ZIKA VIRUS

As Zika remains a growing issue in the United States we have received many questions regarding the safety of donor milk. Donor milk from all HMBANA related milk banks is deemed safe from the Zika virus.

The Zika virus is transmitted primarily via mosquito bite, but pending further research, person to person transmission cannot be ruled out. To date, breast milk has not been shown to transmit the virus. HMBANA donors are carefully screened for illnesses and risk factors so they are unlikely to be infected during the time period when they are expressing and donating milk.

Most importantly, Zika virus is inactivated by the [Holder Pasteurization process](#) used by all HMBANA banks. Zika virus is a member of the virus family Flaviviridae and the genus Flavivirus, transmitted by daytime-active Aedes mosquitoes. Studies conducted on other viruses within this family, such as hepatitis C, West Nile, and yellow fever virus definitively show that the virus is heat sensitive. Heat treatment, which inactivates viruses via denaturing or disassembly of proteins, is a widely-used viral inactivation method effective against both enveloped and non-enveloped viruses.



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## FROM OUR EXECUTIVE DIRECTOR

The milk bank has truly been a labor of love for the many clinicians, board members, facilities, foundations, volunteers, and donors that have given their time, money, and expertise over these past three years. From the birth of an idea to the operation of this amazing facility that already serves 13 NICUs in PA and NJ...none of this would be possible without the abundant generosity of those coming together with the common goal of bringing this lifesaving service to Pennsylvania.

When this project began, no hospital in Western Pennsylvania was using donor milk. Today, all level 3 NICUs in the region use donor milk, meaning that every significantly premature baby in Western Pennsylvania now has access to the powerful protection of an all human milk diet.

With an ample supply of donor milk now in the Mid-Atlantic region, hospitals with long standing donor milk programs are expanding their use to include even more infants.

Thank you for reading this inaugural issue of *An Ounce of News*. We look forward to sharing more news with you in the months and years to come.

Denise O'Connor, BS, IBCLC

***“Every significantly premature baby in Western Pennsylvania now has access to the powerful protection of an all human milk diet.”***

## NEW NAME, SAME LOOK.

We are pleased to announce that Three Rivers Mothers' Milk Bank will also operate under the name Mid-Atlantic Mothers' Milk Bank which better reflects what we do and who we serve. It is our hope that this small change will further enhance engagement within the communities we serve as all of us- clinicians, hospitals, donors, and the milk bank work together to ensure that the babies of PA, WV, and NJ have access to donor milk.

The logo and look of the milk bank will remain the same and the organization will continue to operate as Three Rivers Mothers' Milk Bank in Western PA.



## MEET OUR STAFF

### Danielle Gorman, RN, IBCLC, Donor Intake Coordinator

If you are one of our donors you probably already know Danielle and appreciate her kindness, knowledge, and wicked sense of humor. Danielle is one of the milk bank's two donor intake coordinators who work with donors through the screening process and donation period. She also helps out in the lab as needed.

Danielle's passion for women's health care issues prompted her to leave a business career nearly a decade ago and pursue a nursing degree and eventual certification as a lactation consultant. She has extensive experience working with pregnant women and newborns in both hospital and birth center settings.

Danielle lives in Dormont with her husband and two school aged sons. She is a lover of old homes, sewing, and gardening.

*“I am so fortunate to do the work I do, and I am grateful to our amazing donors who give us the ability to serve babies in need of breast milk”*



## AN OUNCE OF SUPPORT FOR GRIEVING FAMILIES

Between 5-10% of our donors are bereaved mothers who have experienced the death of their baby, usually in the NICU. Not only did this high number surprise us, but it brought to light the fact that many families in our regions are facing similar losses.

The Milk Bank now has a number of programs in place to support families, regardless of whether mother is a milk donor. Information can be found on our website [threeiversmilkbank.org](http://threeiversmilkbank.org) under "[Support](#)". Included on the site is a list of regional and web-based resources which will be audited quarterly to ensure accuracy.

Also included on the site is the pdf version of our lactation support booklet "Breast Milk and Bereaved Mothers" which provides information about discontinuing milk production, comfort measures, and donation. Bereaved mothers who would like to donate milk must complete and pass the milk bank's screening process but the minimum requirement of 150 ounces is waived.

Many bereaved mothers have expressed to us the desire to connect with other families who have gone through a similar experience. To meet this need, the milk bank hosts a monthly support meeting called Lost and Found- Finding Support after Infant Loss. The group meets in our classroom on the 4<sup>th</sup> Thursday of most months from 7:30pm-9pm. All adult family members: parents, grandparents, aunts/uncles, friends, are welcome. The group is the only infant loss group in the region that uses a certified therapy dog.

Our bereavement services are made possible by the volunteer efforts of board member Jan Mallak and donor Val Lee. Jan is a DONA certified doula with over 38 years of experience who has worked with many families who have experienced infant loss. Recently retired, Jan has been giving her time and expertise to several area ministries including the milk bank. Val was our very first donor, donating nearly 1,000 ounces in honor of her son, Ashton, who passed away last summer after a lengthy NICU stay. Val found the process of donation to be very healing and is dedicated to making sure that other grieving families have access to needed resources.



For babies  
working hard  
to thrive,  
donor milk is  
good medicine.



### A WARM WELCOME TO THE FACILITIES THAT WE SERVE

Children's Home of Pittsburgh  
Children's Hospital of Pittsburgh  
Conemaugh Health System  
Doylestown Hospital  
Magee-Women's Hospital  
Mercy Hospital  
Monmouth Medical Center  
PinnacleHealth  
St. Luke's University  
Health System  
St. Vincent's Hospital  
UPMC Hamot  
West Penn Hospital  
Women and Babies Lancaster

## lost and **Found**

**Lost & Found is a new support group for families who have experienced a pregnancy loss, whether it be miscarriage, stillbirth, or infant death.**

**Dates: Thursday, October 27, 2016  
Thursday, December 22, 2016**

**Time: 8-9:30pm**

**Place: Three Rivers Mothers' Milk Bank**



PLEASE CALL JAN MALLAK AT 412-973-3521 FOR MORE INFORMATION

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Interested in prescribing donor milk for your patients?  
Contact us at [orders@threeriversmilkbank.org](mailto:orders@threeriversmilkbank.org)  
[Click here for more clinician information](#)

Interested in becoming a donor?  
Contact us at [donate@threeriversmilkbank.org](mailto:donate@threeriversmilkbank.org)

Visit us at [threeriversmilkbank.org](http://threeriversmilkbank.org)

## CALENDAR OF EVENTS

### October

- 8 - The Midwife Center Breastfeeding Class 9:30am-noon \*
- 8 - Saturday Milk Donor Dropoff 12:30-1pm \*\*
- 14 & 15 - Doula Workshop \*\*\*
- 25 - La Leche League Pittsburgh East Meeting 10:30am
- 27 - Infant Loss Bereavement Group 7-8:30pm \*\*\*

### November

- 12 - The Midwife Center Breastfeeding Class 9:30am-noon\*
- 12 - Saturday Milk Donor Dropoff 12:30-1pm\*\*
- 29 - La Leche League Pittsburgh East Meeting 10:30am\*\*\*

### December

- 10 - The Midwife Center Breastfeeding Class 9:30am-noon\*
- 10 - Saturday Milk Donor Dropoff 12:30-1pm\*\*
- 27 - La Leche League Pittsburgh East Meeting 10:30am\*\*\*

\* Registration required. Please visit [midwifecenter.org](http://midwifecenter.org)

\*\* Approved donors only. Contact us to schedule your dropoff

\*\*\* Call Jan Mallak at 412-973-3521 for more information

