



Volume 2, Issue 2

Spring, 2017

**BREASTFEEDING CLASSES NOW OFFERED**

Beginning in May Three Rivers Mothers' Milk Bank will be hosting monthly prenatal breastfeeding classes...with a twist. Designed to accommodate busy schedules, the 2 hour Dine and Learn class will be offered in the evening and will include a catered dinner.

Donor Intake Coordinator and Lactation Consultant Danielle Gorman, BS,RN,IBCLC, will integrate a variety of teaching methods as she covers topics including: establishing supply, latch, overcoming difficulties, medications, combining nursing and working, and finding local support. For those who are interested, a milk bank tour will be provided immediately before the class and Danielle will be available after class for private questions. The cost of the class is \$60 for a mother and one support partner (father, friend, relative) and registration is available online on our [website](#).

The milk bank is excited to offer this additional prenatal education option to our region's families and plans to offer more programming to support



**BREASTFEEDING BASICS  
DINE & LEARN  
prenatal class**

**2017 Dates**

- Tuesday, May 23
- Wednesday, June 21
- Tuesday, July 18
- Wednesday, August 23
- Tuesday, September 19
- Wednesday, October 18
- Tuesday, November 21
- Wednesday, December 13

\$60 per couple (Mom and her support partner) includes a catered dinner

Recommended to be taken between 32 and 36 weeks of pregnancy

Online Registration is available at [threeiversmilkbank.org/support/classes-programs/](http://threeiversmilkbank.org/support/classes-programs/)



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Last year, the milk bank provided over \$35,000 of free care to medically fragile babies! None of this would be possible without our generous supporters.

We are pleased to announce that donations may now be made online on our website.

Mid-Atlantic/Three Rivers Mothers' Milk Bank is a 501(c)(3) non-profit corporation.



## THANK YOU FOR YOUR SERVICE

A beloved neonatologist, a professor, and an accountant. It took a lot of varied skill sets to build this Milk Bank! We would like to thank three of our special founding board members for their service as they complete their terms and leave the board.

Neonatologist **Alan Lantzy, M.D.**, has dedicated his career to serving medically fragile babies and their families at West Penn Hospital. Dr. Lantzy has been a vocal advocate for donor milk use and was instrumental in developing this Milk Bank.

**Jennifer Padden Elliot, Pharm.D.**, associate professor at the School of Pharmacy of Duquesne University, has served as our Secretary since our founding and has been an invaluable resource.

**Jim Padden, CPA**, manager at D'Anniballe & Company, expertly navigated us through the financial challenges faced by all startup nonprofits. We were lucky to have his guidance during these crucial years. Yes, it was a family affair—Jim is the father of Jennifer.

All three of these board members generously gave their time and expertise to make this Milk Bank a reality and we are forever grateful.

*Thank You!*

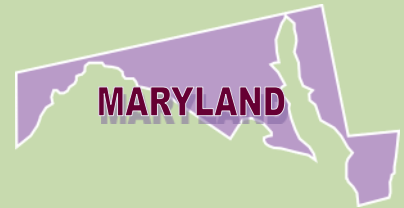
## BOARD MEMBER SPOTLIGHT

Jan Mallak has been in the “baby business” for over 37 years. She is a certified childbirth educator, advanced certified birth doula, doula trainer/mentor and author of the book *"Doulas' Guide to Birthing Your Way."* Jan also founded and ran "Heart & Hands," a successful doula service here in Pittsburgh for over 20 years.

She has served as Treasurer of the board since our founding and created the Milk Bank's bereavement support group called Lost & Found. She facilitates the meetings for families who have experienced pregnancy loss either through miscarriage, stillbirth, or infant death. The group, which meets monthly, is the only infant loss group that utilizes a therapy dog...Jan's Yellow Lab, Registered Therapy Dog, LiLi.

Jan got involved in the Milk Bank as she neared retirement for a very important reason - to save babies' lives. Having spent nearly four decades helping families to prepare for their baby's arrival, it was a perfect fit.

Jan and her husband Frank have two adult children and are spending their retirement years serving the community and having a blast with their grandson.



## MILK BANK ISSUED A MARYLAND LICENSE

Mid-Atlantic/Three Rivers Mothers' Milk Bank has just received a Maryland tissue banking license. Maryland is one of only three states in the country that regulates and licenses milk banks. Having this license allows the milk bank to accept donations from Maryland milk donors and to distribute banked pasteurized donor milk to the hospitals and outpatients within the state.



***“Providing this exquisite form of nutrition to babies with special needs is a continuation of a life-long passion for serving the young families of our region.” - Jan***

## DONOR MILK USE BEYOND THE NICU: MOTHER BABY UNITS

The use of donor milk is evolving and growing in our region! Several hospitals in Pennsylvania have expanded or are planning to expand the use of donor milk to include their Mother Baby Units.

It is well documented that the introduction of donor milk into a neonatal intensive care unit (NICU) results in an overall increase (sometimes quite dramatic!) in exclusive maternal breastfeeding rates upon discharge. Hospitals in our three state region have witnessed this phenomenon in their own NICUs so the expansion of donor milk to well babies who require supplementation is a natural extension of their institutions' support of breastfeeding.

For a variety of reasons, some healthy infants may require a small amount of supplement in the early days after birth. We refer to this short term use as "bridge milk" as it is a bridge to success while mother and baby work hard on building a milk supply and latching well. The use of donor milk for medically necessary supplementation in Mother Baby Units is commonplace in states with long standing milk banks.

In the Mother Baby Unit the availability of donor milk sends a powerful message about the importance of breastfeeding. Easily digestible donor milk maintains a breastfed baby feeding pattern and respects a mother's wishes to avoid the risks of formula while she overcomes initial difficulties.

If you are interested in finding out more about donor milk for your nursery or well baby unit, please contact Denise O'Connor at [doconnor@threeriversmilkbank.org](mailto:doconnor@threeriversmilkbank.org) to receive a packet of information including patient educational materials and sample protocols and consent forms.

If you are a parent and the hospital that you are delivering at does not have a donor milk program, the option of privately paying for donor milk and bring it into the unit usually exists. A prescription is required. Please contact [orders@threeriversmilkbank.org](mailto:orders@threeriversmilkbank.org) for more information



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***“In the Mother Baby Unit, the availability of donor milk sends a powerful message about the importance of breastfeeding. Easily digestible donor milk maintains a breastfed baby feeding pattern and respects a mother’s wishes to avoid the risks of formula while she overcomes initial difficulties”***

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## DONORS WITH SPECIAL DIETS ARE NEEDED

The milk bank frequently has requests for milk from donors with no soy and/or low or dairy free diets. As a result, we are always actively recruiting such donors.

Infants who require this special milk have significant GI and allergy issues, often not diagnosed until well past the newborn period.

A low dairy diet is defined as occasional incidental consumption of dairy through baked goods but no direct consumption of milk, cheese, yogurt, or ice cream.

Soy free diets are challenging due to how many foods contain soy. As a result, these donors are often following such a diet due to the health issues of themselves or their baby.

If you or someone you know is a nursing mother who follows one of these diets and is interested in finding out more about donation, please contact us at [donate@threeriversmilkbank.org](mailto:donate@threeriversmilkbank.org).



## Staff

**Denise O'Connor, BS, IBCLC**, Executive Director

**Cyndy Verardi, BS**, Lab Manager

**Margaret DeLair, RN**, Donor Intake Coordinator

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

## Board of Directors

**Stephanie Ardell, MD**  
Neonatologist, Lancaster General

**Mackenzie Baird, Esq.**  
Associate, Buchanan, Ingersoll, and Rooney

**Kelley L. Baumgartel, RN, BSN, PhD**  
University of Pittsburgh, School of Nursing

**Debra Bogen, MD, Medical Director**  
University of Pittsburgh Medical School

**Beverly Curtis, MSN, PNP-BC, IBCLC**  
Pediatric Nurse Practitioner, Keystone Health

**Jessica Devido, MSN, Ph.D**  
University of Pittsburgh

**Josette Fitzgibbons Vice President**  
Mainstreets/Elm Street Coordinator, URA

**Kelly Kennedy, CRPC**  
Financial Planner, FamilyWealth Management Group

**Nicholas Kennedy**  
Private Wealth Advisor, FamilyWealth Management Group

**Jen Kloesz, MD**  
Director, NICU Magee–Women’s Hospital

**Pamela Koerner, Pharm.D**  
Asst. Professor, Duquesne University

**Jan Mallak, CCE-CD-CPD Treasurer**  
Executive Director, “Heart & Hands” Doula Service

**Amber McCann, IBCLC**  
Marketing Coordinator, ILCA

**Nora Curley Peace, Esq., President**  
Peace Consulting

**Jeff Sarabok**  
Senior Manager, Central Admissions, UPMC

## Medical Advisory Board

**Abeer Azzuqa, MD**  
Neonatologist, Magee-Women’s Hospital

**Nancy Brent, MD**,  
Pediatrician (retired)

**Beverly Brozanski, MD**  
Director, NICU, Children’s Hospital of Pittsburgh

**Kim Costello, DO**  
Director, NICU, St. Luke’s Health Network

**Kathy Donahue, MSN, RNC-OB, IBCLC**  
Director, Maternal-Child Services Doylestown Hospital

**Nilima Karamchandani, MD**  
Director, NICU West Penn Hospital (retired)

**Judith Martin, MD**,  
Infectious Diseases, Children’s Hospital of Pittsburgh

**Melissa Riley, MD**  
Assoc. Director, NICU, Children’s Hospital of Pittsburgh

**Margaret Wasser, RN, IBCLC**



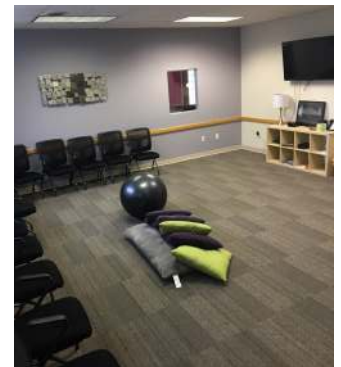
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Interested in prescribing donor milk for your patients?  
Contact us at [orders@threeriversmilkbank.org](mailto:orders@threeriversmilkbank.org)

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

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

Looking for a space to host a class, seminar, or meeting? Our classroom might be the place! The room can accommodate 20-25 people, seated. Handicap accessible, and both street and lot parking are available. For more information, please contact us at [info@threeriversmilkbank.org](mailto:info@threeriversmilkbank.org)



## CALENDAR OF EVENTS

### April

- 25 - La Leche League Pittsburgh East Meeting 9:30am
- 27 - Infant Loss Bereavement Group 7-8:30pm \*\*

### May

- 23 - Breastfeeding Basics Dine & Learn Prenatal Class\*
- 25 - Infant Loss Bereavement Group 7-8:30pm \*\*
- 30 - La Leche League Pittsburgh East Meeting 9:30am

### June

- 21- Breastfeeding Basics Dine & Learn Prenatal Class\*
- 22 - Infant Loss Bereavement Group 7-8:30pm \*\*
- 27 - La Leche League Pittsburgh East Meeting 9:30am

\* Registration required. Please visit [threeriversmilkbank.org](http://threeriversmilkbank.org).  
\*\* Call Jan Mallak at 412-973-3521 for more information