

Maine State Breastfeeding Coalition

ANNUAL MEETING MINUTES

Meeting date | time 4/30/2020 | 4:00 – 5:00 PM | Meeting location *meeting conducted remotely*

Meeting called by MSBC Steering Committee

Type of meeting Annual Meeting

Facilitator Kara Kaikini

Note taker Donna Ellis

Timekeeper

Attending remotely: Jennifer Viger, Amanda Powell, Kelley Bowden, Sarah Gabrielson, Jessica Rosenthal, Reanna Plourde, Kara Kaikini, Cindy Goding, Donna DeMarsh, Amy Goode, Nicole Hart, Katherine Lary, Tina Duquette, Ashley Olen, Verna Pierre, Samantha Blanchard, Mary Bloch, Lyndsay Mitsopoulos, Cynthia Cohen, Ruth Burke, Donna Ellis

AGENDA TOPICS

Agenda topic *Welcome* | Presenter *Kara K.*

- Kara welcomed all attending
- Agenda reviewed
- Introductions made

Agenda topic *Year to Date Update* | Presenter *Kara K.*

- Vision and Mission reviewed
- MSBC Year in Review (for more detail please refer to Kara's slides)
 - 501c3 non-profit
 - Tax-exempt
 - Bylaws
 - Board of Directors (7-9)
 - Building awareness and engagement
 - Bi-monthly meetings
 - Newsletters
 - Social media presence
 - Events
 - Meetings
 - Full Coalition meetings (February, April, June, August, October, December)
 - Deeper Dialogue topics (listing of past topics in Kara's slides)
 - Meeting presentations/topics (listing of past topics in Kara's slides)

- Board Meetings (January, March, May, July, September, November)
- Our Reach
 - Meeting Attendance: average 18, including remote attendees (up from 15 in 2018)
 - Email listserv: 348 email subscribers (up from 260 in May 2019)
 - Social Media:
 - Facebook: 679 Page Likes (up from 491 in May 2019)
 - Instagram: 311 Followers
 - Twitter: if anyone is willing to assist with an MSBC Twitter presence, please contact the MSBC at mainebreastfeeds@gmail.com
- Advocacy Efforts
 - **LD 1410: An Act to Create Paid Family and Medical Leave Benefits**
 - **LD 1938: Donor Breastmilk Reimbursement**
 - **USBC Learning & Sign-On Opportunities**
 - **Northern New England Advocacy & Legislation Conference Advocacy Day**
- Workplace Policy
 - MSBC was asked this past winter by [Maine CDC](#) to create a breastfeeding policy builder for part of the Healthy Us Scorecard- a program with MCD Health. Any employer in Maine can fill this out and receive guidance on how to better the health of their worksites and employers! Amanda Powell worked with them and added great info. Check it here: "The Healthy Us Scorecard is an easy-to-use, online tool designed to promote healthy living." <https://www.healthyusscorecard.org/>
- United States Breastfeeding Coalition annual conference
 - Two MSBC members attended the past two conferences
 - A great deal of information and insight is exchanged
- Networking/Events
 - **Conference table presence:**
 - MCH Substance Exposed Infant Conference (May 2019)
 - BEST Connection Conference (May, Sept 2019)
 - Let's Go National Obesity Conference (Sept 2019)
 - PQC4ME Symposium (Oct 2019)
 - **Other Events**
 - Pumpspotting's visit from Barb (May 2019)
 - Mabel Wadsworth Center and Maine Family Planning's Summer Justice Series: "What About the Babies!? Pregnancy and Parenting at the Intersections of Poverty and Substance Use" (Aug 2019)
 - The Mosaic of Motherhood: An Evening of Stories (May 10, 2019) – a celebration of mothers (on Mother's Day weekend) by honoring their experiences and resiliency, while empowering them through the art and wisdom of shared voices.
 - World Breastfeeding Week Family Picnic & Latch On (Portland, August 2019)
 - Board Member Retreat (September 23, 2019)
 - Meal Train for Kelli (October 20, 2019 to January 20, 2019)
- Financial Update for the period 4/1/2019-3/31/2020 presented by Sarah G.
 - Total Revenues: \$3,809.51
 - Expenses: \$2,413.76
 - Net Total: \$1,395.75
- What is Next?
 - Strategic Planning

- We have brainstormed areas of work
- Future Coalition Meetings
 - June 4, 2020
 - Deeper Dialogue: Journal Club - PTSD & Trauma after Birth & Postpartum/Breastfeeding
 - Meeting Topic: Trauma-Informed Care Part II (Dory Hacker, LCSW)
 - August 6, 2020 (WORLD BREASTFEEDING WEEK)
 - Deeper Dialogue & Meeting Topic: Cultural/Family Beliefs About Breastfeeding
 - Q&A with Hibo Omer from the New Mainer's Health Initiative, and other panel members
 - October 1, 2020
 - Deeper Dialogue: Supporting Infant Feeding Skills with Whole Body Therapies (OMT, PT, etc.)
 - Meeting Topic: Inclusive Language (Sarah Kneeland-Campbell, La Leche League Leader of Greater Bangor/Brewer)
 - December 3, 2020
 - Deeper Dialogue: Disaster Preparedness in Maine
 - Meeting Topic: Disaster Preparedness (Joe Chappell, Director-Cumberland County Emergency Management Agency)
- Rescheduled Conferences/Events
 - BEST conference: Sept 17 & 18
 - Maine AAP conference: Sept 26 & 27
 - MCH Substance Exposed Infant conference: Sept 29 & 30
 - MSBC's Mosaic of Motherhood Storytelling Event, One Longfellow Square: Oct 17th (TBD)
- Farewell, best wishes and Thank You to Board Member Kelley Bowden
- New Board Member Welcome and Introduction
 - Jessica Rosenthal
 - Brooke Barron
 - Nicole Hart
 - Amy VanHaren

Agenda topic *Connecting the Dots* | **Presenter** *Amanda P.*

- Amanda requested thoughts about things the MSBC could do to support participants
- Cynthia Cohen of Mothers' Milk Bank Northeast mentioned
 - There is always a need for breast milk donors
 - One of the present challenges to those willing to donate expressed milk is accessibility to blood drawing/testing.
 - It would be helpful if there was a practice where prospective donors could have lab work drawn and processed as hospitals are limiting access at this time due to COVID-19.
 - It could also be helpful if there is a practice or health professional who could draw requested labs and send to the Rhode Island laboratory used by the Mother's Milk Bank Northeast.
- Amanda also requested thoughts on how the MSBC could encourage more breastfeeding individuals to attend meetings

- Katherine Lary suggested:
 - WIC breastfeeding peer counselors receive information about the MSBC
 - Tina Duquette suggested polling peer counselors to discover information needed, but indicated any information about breastfeeding would be helpful.
 - Peer counselors could provide insight to the MSBC
 - Tina and Katherine discussed the possibility of gathering the 11 peer counselors together, annually or even quarterly.
 - Workplace support for employees such as those working in fast food locations and convenience stores.
- Samantha Blanchard expressed a need for awareness of the MSBC within the general public and a need to celebrate mothers who breastfeed and workplaces supporting breastfeeding.
- Amanda commented that as we are doing so much remotely, this would be a good time to work with the peer counselors and develop these ideas raised.
- Cynthia Cohen mentioned that as a result of COVID-19 LC's have been furloughed or moved to another responsibility within the hospital, leaving a void where hospital lactation support once existed.
- Ashley Olen recommended presenting testimonials (videos, handouts, zoom recordings) of positive breastfeeding experiences in Maine workplace support. Then post to social media.
- Kelley Bowden suggested case presentations during coalition meetings – de identify and talk about a challenging case, brainstorming with each other to help find solutions or support for the situation.
- Kara and Amanda encouraged individuals to keep their ideas coming by email. The ideas do not need to stop when the meeting ends.

Agenda topic Wrap Up | Presenter Kara K.

- Next MSBC Full Coalition Meeting – June 4, 2020
- Breastfeeding Week – August 6, 2020
- Conclusion - Meeting ended at 5:00 PM
- Respectfully submitted May 3, 2020 by:
Donna Ellis RN, MSN, IBCLC, ANLC
MSBC Secretary