

Sep 2021  
Vol 1 Issue 4

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## Holy Cross Hospital Silver Spring Opens a Newly Expanded L&D Triage

Holy Cross Hospital in Silver Spring, MD opened a newly renovated and expanded OB Triage unit on June 13, 2021. The new area has 11 triage bays, a dedicated MFTI room and is staffed by 3-4 RNs. The unit sees an average of 800 patients each month. At Holy Cross Hospital and Holy Cross Germantown Hospital, there is an obstetric clinic to provide prenatal, delivery, and postnatal care to underserved pregnant women in Montgomery County. Providing care at both hospitals provides women services geographically convenient to their homes since many have transportation challenges.



Gayle Kaplan and Anita Morales in the newly expanded triage.

### Meet our AWHONN MD Leaders from Holy Cross Silver Spring

#### **Anita Morales RN, C-EFM, AWHONN Maryland Section Social Media**

**Coordinator and Webmaster**, has been a nurse for 25 years at Holy Cross Hospital. She worked on the antepartum unit for 3 years before transferring to labor & delivery. She currently is a day shift charge nurse and safety nurse. Anita is chair of the Resource Council and a member of the Maternal Child Shared Governance Committee. She joined AWHONN early in her career and is enjoying her current role as Social Media Coordinator and Webmaster.

**Gayle Kaplan BSN, RN, C-EFM, Holy Cross Hospital Liaison for AWHONN Maryland Section**, has been an RN for 34 years. She has worked in Labor and Delivery at Holy Cross Hospital Silver Spring for almost 7 years. She is a member of the hospital's Maternal Child Shared Governance Committee. Her nursing career started in the Army Nurse Corps where she served for 10 years in total. In her second year of nursing she was sent to Hawaii for 4 months for the military's obstetrics course and has worked in all areas of women's health. It was during her military service that she was first introduced to AWHONN in the Armed Forces District. She enjoys precepting new nurses and sharing her passion for maternal/child nursing.



## Contact Us

### Facebook

<https://www.facebook.com/groups/AWHONNMarylandSection/>

### AWHONN Website

<https://www.facebook.com/groups/AWHONNMarylandSection/>

### Section Email

[awhonnmd@gmail.com](mailto:awhonnmd@gmail.com)

### Section Leaders

**Stacey Iobst**  
Section Chair

**Amy Brown**  
Secretary/Treasurer

**Anita Morales**  
Webmaster/Social Media Coordinator

**Stacia Moreno**  
Student Coordinator

**Beth Audet**  
Legislative Coordinator

### Chapter Coordinators

**Shannon Riley** | Anne Arundel

**Jaimi Hall** | Eastern Shore

**Mitchelle Griffiths** | Prince George

**Joy Schucker** | N. Baltimore

**Malissa DaGraca &**

**Judith Coombs-Haylett** | S. Baltimore

**Toni Boyd** | Southern MD

**Sherrie Burkholder** | Western MD

## Every Woman Every Baby 5K Fun Run/Walk

**When:** Anytime during  
Perinatal Nurses Week,  
October 10 -16

**Where:** Wherever you are!

**Race Bib:** A printable race

**How to Participate Online:** Share your progress with  
us on social media by sharing photos with your race  
bib, fitness tracker, etc. using #EWEB5K.

**Registration Fee:** \$25 per person

**Register now:** <https://bit.ly/3kR7Xsc>



## Free CNEs for AWHONN Members

Did you know that AWHONN members have access to a library of free CNEs and Webinars? To access them, go to [www.awhonn.org](http://www.awhonn.org) and log in with your member credentials. Then go to *Education* → *Free to Members*. Here are just a few of the many offerings!

- Anaphylactoid Syndrome of Pregnancy
- A Project to Increase Nurses' Comfort in Offering Bedpans
- Educating Parents on Vitamin K Prophylaxis for Newborns
- Low-Carbohydrate Diet With Intermittent Fasting
- Sleep Promotion for Preterm Infants in the NICU



# AWHONN Legislative Efforts

## H.R. 3110—the Providing Urgent Maternal Protections (PUMP) for Nursing Mothers Act

The US House is scheduled to vote on this legislation this week. This bill would extend currently required break times for nursing mothers to an additional 9 million workers. This bill would accomplish the following:

- Extend protections to cover exempt (salaried) employees as well as other categories of employees currently exempted from protections, such as teachers.
- Provide employers clarity on when pumping time must be paid and when it may be unpaid. The bill would leave in place existing law protecting many salaried workers from having their pay docked and clarifies that employers must pay an hourly employee for any time spent pumping if the employee is also working.
- Ensure that nursing mothers have access to remedies that are available for other violations of the Fair Labor Standards Act.

[Take action! Support the PUMP for Nursing Mothers Act!](#)

## November Journal Club

Our **South Baltimore Chapter Coordinators, Malissa da Graca and Judith Coombs-Haylett** will be hosting a journal club on November 11 at 7pm. We will be discussing an article from Nursing in Women's Health Magazine (NWH), published in 2021, and titled "Experiences of Pregnant Women with Obesity".

Join Zoom Meeting

<https://bit.ly/3uA2CbU>

Meeting ID: 835 2378 5220

Passcode: 953787



## AWHONN Annual Convention and Maryland Section Spring Conference

Out of an abundance of caution, AWHONN headquarters decided to move the annual convention to a virtual format. The conference will be held October 10-13. It's not too late to register! <https://www.awhonnc convention.org/>

The Maryland Section will no longer be hosting a reception during the annual convention, but **stay tuned for information coming soon about our spring conference in 2022!**



## Student Spotlight

**Melanie Deitrich** is from Nottingham, MD. She is currently attending nursing school at York College of Pennsylvania and will graduate with her BSN in May, 2022. During her freshman year of high school she had spinal fusion surgery for scoliosis and was cared for by some amazing nurses and nurse practitioners. Her interest in women's health grew when her sister had a baby. When she heard about the maternal health crisis and increasing rate of maternal mortality, Melanie knew maternity care nursing was her calling! She wants to be a Labor & Delivery RN and plans to obtain higher education of at least a masters degree in nursing. She might like to become a Women's Health Nurse Practitioner, but who knows where the world of nursing will take her!



AWHONN MD is hosting our inaugural diaper drive to benefit the families in DC, Maryland, and Virginia served by the DC Diaper Bank. This year, diaper need is at an all-time high due to the pandemic, lost jobs, and financial strain. We are so happy to host our virtual diaper drive to continue helping the families we serve as nurses and as a community. Help us meet our goal of raising \$1,000 in 2021!

Donate through our link here:  
<https://maryland.awhonn.org/events/>

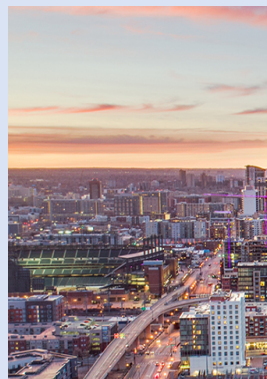
## AWHONN MD Leadership Opportunities

Would you like to work with a fabulous team of nurses to strengthen our AWHONN MD Section? We are currently seeking volunteers for the following positions. If you are interested please contact us at [awhonnmd@gmail.com](mailto:awhonnmd@gmail.com)

- Education Coordinator
- Montgomery County Chapter Coordinator
- Membership Coordinator
- Hospital Liaisons

The **2022 AWHONN Convention** will take place in Aurora, Colorado from June 25<sup>th</sup> to June 29<sup>th</sup>. Proposals are now being accepted from nurses at all levels to present at the conference. Presentations in the following areas will be accepted: education, research, practice, and leadership. All submissions must be completed no later than 11:59 pm (Eastern time) on **Wednesday, October 20, 2021**; Notifications of the Convention Program Committee selections will be emailed to submitters in January 2022.

Submission portal: <https://bit.ly/3APZACI>



CALL FOR PROPOSALS  
**2022 AWHONN  
CONVENTION**

JUNE 25-29 • AURORA, CO



## Welcome to All New Members Since July 2021!!

Karen Chapolini  
Maggie Alaoui  
Mala Ramdial  
Jennifer Halstead Michelle De La Cruz  
Caryn Zolotorow Kathryn Leder  
China Yates Deanna Dustin  
Jessica Genrich Amy Domby  
Natalie Menseck Irish Anne Cabrera Amanda Kiernan  
Alyssa Irons Colleen Kinney Nicole Morrison  
Maria-Fernanda Mazariegos Ibitubo Ukwu  
Ariana Tran Jodi Foxwell  
Kiersten Tancos Nerissa Malloy  
Lindsey Maranto  
Suzanne Johnson Genevieve Sogn  
Jennifer Offutt  
Emily Gutowski  
Sharneyia Hinton Khadeejah Hasan

## Maryland Section 25<sup>th</sup> to 29<sup>th</sup> Anniversaries



Eleanor Ayd  
Cynthia Card  
Jacalyn McCready  
Deborah Baer  
Michele Bruno  
Patricia McCartney  
Catharine Treanor  
Angella Olden

Fay Rycyna  
Lynn Arenson  
Cathy Gibson  
Beverly Johnson  
Nalini Cherian  
Lisa Otterstrom  
Tracy Keith  
Karen Peddicord



*Thank you for  
your commitment  
and dedication!*