



CHOICE WORDS

Center for Humane Options In Childbirth Experiences

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Meet Your Midwives

Nina McIndoe, CPM



I have been involved in birthwork since the birth of my first child in Oct of 1970.

In 1971 I became a La Leche League leader in the Clintonville area and started supporting moms in their hospital births. There was an agreement with the only natural childbirth supportive doc in town that women would come from out of town to give birth with him and be released in 24 hours to my home for postpartum recovery. I really loved doing this; it was so much fun.

In the summer of 1976, I chose to give birth to my 3rd child at home. My previously supportive doc was no longer delivering babies and I could not find anyone who could assure me the birth I wanted in the hospital.

I chose to give birth at home because I felt it was the safest option for my baby and me. While searching for information on home birth, I found other families in the area who had made the same choice. In November of 1976, my husband and I joined with 5 other couples to found the Center for Humane Options in Childbirth Experiences. Midwives were scarce in those days, and we were asked by families to share our experience as homebirth mothers. I began attending births in 1977 as an apprentice in order to serve families who desired a home birth. In January of 1978 I became a primary midwife with CHOICE. Since then I have attended about 725 births.

Over the years I have served on the CHOICE Board of Directors, taught CHOICE Childbirth Education Classes, and served as the CHOICE Statistics Chair. In 1997 I became a Certified Professional Midwife through the North American Registry of Midwives. In 2002 I was appointed as the Membership Chair for the Midwives Alliance of North America, a position I hold to this day. I also currently serve as the treasurer of Ohio Midwives Alliance.

I have four grown children and 5 grandchildren ranging in age from 2 to 17 years. I love spending time with them and watching them grow.

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Abby J. Kinne, CPM
Nina McIndoe, CPM
Audra Phillips, CPM
Jill Schroer, CPM

Doulas:

Rachel McCloskey
Amy Wakeling

Interns:

Tanya Collins
Amy Wakeling

Apprentices:

Rachel McCloskey

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I am passionate about protecting the process of natural birth and defending the rights of birthing families to have the kind of birth that will support and encourage family bonding and unity. I believe that babies, during gestation, and during and after birth, have feelings and emotions, understand language and intention, and form lasting memories of their experiences. I am dedicated to making these experiences as gentle and loving as possible.

Rachel McCloskey, New CHOICE Apprentice

We are happy to introduce Rachel McCloskey, our new apprentice midwife!

CHOICE takes care in selecting apprentices. We have to be a good fit for one another and be able to see the long term benefits for all involved. We have spent a year and a half with Rachel both as a volunteer and as a Birth Doula, and she is a great fit for CHOICE! Rachel brings her passion for supporting families into her birthwork, and we are excited to have her join us as an Apprentice Midwife.



Rachel has four children, ages six to thirteen. In 2001, she earned a BFA in ceramics with a minor in Women's Studies from the Ohio State University. She loves knitting, gardening, and the occasional home and auto repair project. Other hobbies include reading, playing guitar and singing with whomever is willing. Above all, she is passionate about supporting women and families in having gentle, empowered births.

Before Rachel gave birth to her first child, she read every book she could get her hands on that affirmed a women's ability to birth naturally, with no drugs or intervention. Determined to have a beautiful homebirth-like experience, but with no money to pay for a homebirth, she found a local Certified Nurse Midwife to be her care provider and birthed her first child in the hospital.

In between her first and second pregnancy Rachel had a miscarriage. Her unresolved grief and fear of another miscarriage led her to local polarity practitioner, Suzanne Roberts, for support in resolving her sense of loss and to allow her to bond with her growing fetus. The work she did during this pregnancy was life changing and inspired Rachel to complete a three-year training program to become a Bonding Before Birth Facilitator.

Rachel understands the value of good labor support. Birthing Rowan at home with the support of the CHOICE Midwives and a Doula was an amazing, transformative experience. Through this experience, she deepened her understanding of the importance of well-supported birthing. It led her to train as a Birth Doula and a Bonding before Birth Facilitator, so she could offer women and families the kind of support she had received.

We love having Rachel as a CHOICE Doula and see her passion and commitment to the empowerment of women and families. She has found her calling. We hope you will help us welcome her in her new role as Apprentice Midwife.

Parent Support Group News

The CHOICE Parent Support Group meets every Tuesday from 11 a.m. to 2 p.m.

On the first and third Tuesdays of each month, the meeting is centered on a scheduled discussion topic. Recent topics have included: our favorite parenting books, Voluntary Simplicity (living with less income and more time for the things that matter), working from home, Attachment Parenting, helping friends plan gentle births, Postpartum Depression, Home Schooling, and the very well attended Infant Massage workshop, led by massage therapist and midwife Jill Schroer.



2002 Parent Support Group Picnic

On Tuesdays when no speaker is scheduled, the group meets to play, share stories, and focus on helping and encouraging expectant mothers and new parents. Sign up to receive e-mails about upcoming meetings at http://groups.yahoo.com/group/choice_parentsupport/



Mothership Fund Update

This year, the CHOICE Parent Support Group began a new project to help more moms experience the kind of wonderful birth experiences we hear about at every meeting. The Mothership Fund will provide a \$500 award that can be used toward any CHOICE services, whether for a homebirth, doula, or childbirth education.

Donations from Parent Support Group members, together with our first fundraiser, bring us to about half of our first \$500 mothership award. Please consider supporting this fund with a year-end donation or a gift on the anniversary of your child's birth. Checks can be sent to the CHOICE office with Mothership Fund in the memo line.

Vegan Bake Sale

The Parent Support Group's first fundraiser for the new Mothership Fund was held August 22 on the old CHOICE front lawn. The day before, several members of the group got together to bake granola, cookies, cupcakes and lemon squares, and a few others brought items they baked at home. The result was an impressive variety of cruelty-free goodies that attracted dozens of shoppers from the Clintonville farmers market across the street. The Mothership Fund was helped along by \$110 in bake sale receipts, and everyone who participated had a good time baking, sitting under a shady tree on a beautiful Saturday morning, and, of course, enjoying the leftovers.

Upcoming Workshops

The Parent Support Group has planned workshops and presentations for the rest of the year. Below is a list of what is planned:

Tuesday, November 3rd

Food Allergies and Breastfeeding
Speaker Liesel Kautz
Liesel will discuss elimination diets and other heroics.

Tuesday, November 17th

Self-Hypnosis for Birth & Parenting
Speaker Sharon Gourlay
Sharon is a Certified Clinical Hypnotherapist who teaches HypnoBirthing and self-hypnosis for relaxation and gentle parenting.
www.sacredbeginning.com

Tuesday, December 1st

Crafty Tuesdays at Sprout Soup
Speaker Alissa DeRouchie
Let's join Sprout Soup owner and CHOICE momma, Alissa DeRouchie for her Tuesday craft project. Meet at Sprout Sout, 4310 N. High St.

Tuesday, January 5th

Acupuncture, Nutrition and Wellness
Speaker Chris Aul, Acupuncturist

Tuesday, January 19th

Placental Encapsulation
Speaker Amy Wakeling, Intern

Tuesday, February 2nd

Holistic Parenting
Speaker Jen Villanueva-Henkle
Parenting Educator

Tuesday, February 16th

Herbs and Natural Baby Care
Speaker Jill Schroer, CPM

Tuesday, March 2nd

Make your own pocket diapers
Speaker Lindsey and Kate

Tuesday, March 16th

Talking to your child about sex & death
Speaker Tanya Rable-Collins, DEM

Upcoming Events

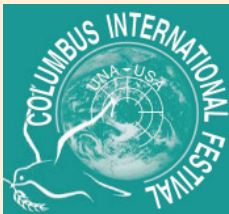
CHOICE is in all the places you want to be!

You visited our booths at Comfest last summer and the Hot Times festival in September. Recently, we saw many of you at the School for the Blind's band fundraiser at the House of Bounce October 3rd. We've even got a Facebook page and are setting up a Twitter account!

We take our duties to educate and inform the public about the benefits of natural birthing, breastfeeding & bonding seriously. We know how empowering and transformative a good birth experience can be. (You know it, too!) We want that experience for every family, so we do as much outreach as we can. Please help us by telling your story wherever and whenever you can, and feel free to invite us to speak at your club, class, or meeting. We love to talk about what we do, and why we do it!

Our next event is the Columbus International Festival, November 7 & 8, at Veterans Memorial, 300 W. Broad St. Columbus, OH. Our booth is in the health care section of the festival, a part of the UN's millennium goal to "improve maternal health" Come see our displays about midwives around the world and let us see how your family is growing!

Columbus 54th International Festival November 7th and 8th



CHOICE will again have a booth at the Columbus International Festival sponsored by the Columbus Chapter of the United Nations Association. This year's event will be held on the weekend of November 7th and 8th, 2009 at Veteran's Memorial in downtown Columbus.

For more than 50 years, Columbus has celebrated its diverse ethnic heritage at the annual Columbus International Festival. The Festival features music, dance, and food from a variety of cultures--from Polish to African to Irish to German--as well as information from UNESCO and other international and domestic organizations on how to make the world a better place to live.

Each year, approximately 175-200 booths representing nearly 75 cultures offer arts, crafts, entertainment and food. Two performance stages offer continuous entertainment throughout the festival, and a children's area offers international arts, crafts and demonstrations for youths of all ages. New this year are ethnic culinary exhibits where attendees can watch and learn. The festival will also compile recipes from their vendors and other reputable ethnic chefs in Columbus and these cookbooks will be for sale at the festival.

CHOICE will participate in the Health Fair section of the Festival. Our display will focus on the differences



in childbirth around the world. We will have samples of herbs midwives use in a variety of cultures available for touching and smelling - a big hit with the kids!

The Columbus International Festival will be open Saturday from 10am to 10pm and Sunday from 11am to 6pm. Admission is \$7 for adults, \$5 for seniors (62+) and students, and \$2 for children 6-12.



CHOICE Christmas Party Saturday, December 12th

CHOICE will again have a potluck holiday party...only this year it will be held at our new office! For those of you who have not seen our new office space, this is your opportunity!

This is an Open House event that will be held from 5:00 p.m. to 7:00 p.m. so drop in during those hours to see us.

Please bring a dish to share. CHOICE will provide beverages, cups, plates and tableware.

Our new office is at 5721 North High Street in Worthington. It is three miles north of our old office and on the west side of High Street between Selby and Southington.

MARK YOUR CALENDAR!



Birth Stories

Our Perfect Birth

By Mary and Joshua Hunt

On February 20th, Joshua and I found out that a miracle was about to happen in our lives. We discovered that we were pregnant with our first child.

From the moment we found this out, I knew the kind of birth I wanted. This is because I had the privilege of being introduced to home birth by my aunt, who had two children at home with the aid of CHOICE and her two midwives, Abby and Kelley. After witnessing how beautiful home birth could be, my mother chose to have her final two children at home with Abby and Kelley's assistance.

Being a part of these wonderful births, convinced me that there was no other way I would want to birth my children. This being said, Joshua and I also chose to have a home birth with Abby and Kelley as our midwives. We counted the days to every prenatal visit, excited to see Abby and Kelley and to hear about the progress our baby was making.

During one of our prenatal visits, we were told that there would be a midwifery conference that Kelley would be attending around the time of our due date. Knowing that it was possible that I would go into labor while she was away, Joshua and I were fortunate enough to have Amy, an intern at CHOICE included in our prenatal visits. Amy would be at our birth even if Kelley were in town, but in the event that she would be unable to attend, Amy was to play a much bigger part in our birth, taking Kelley's place as our second midwife.

Our due date was established as the 15th of October, but we were told not to hold our breath, most first time mothers deliver late. Sure enough the due date came and went without a single contraction, but on the evening of Thursday, the 22nd, I started feeling

contractions that were bearable but only 3 to 5 minutes apart and lasting just over 30 seconds each.

Because of what Joshua and I learned at birth class, I knew that I needed to alert one of our midwives. Unfortunately, Kelley was out of town at the midwifery convention, so after charting the contractions for an hour, I called Abby. She told me to go back to bed and try to rest between contractions and to look for a pattern of them becoming longer, stronger and closer together.

I slept in spurts through the night and was amazed when the next day came



and my contractions had stopped. Convinced, never-the-less, that we would have the baby soon, Joshua filled the birth tub.

Abby called to check in on me and upon learning that the contractions had stopped, told me that they were probably just Braxton-Hicks.

Somewhat disappointed, Joshua and I decided to make the best of our day. We went out for breakfast and then to the library to rent movies to occupy my mind and ease my impatience.

Later that evening, around 6, the contractions returned, still 3 to 5 minutes apart and lasting about 45 seconds each, only this time, the contractions were much more intense. I spent an hour charting and breathing through the contractions before calling Abby again. When I called Abby, she said she would have Amy come check me (Amy lives much closer to us).

When Amy arrived at 8, she discovered that I was 4 cm. dilated and 90% effaced. Knowing I was in early labor, she offered to stay, but not wanting to seem like a paranoid first time mother, and knowing that early labor usually lasted for quite some time, I sent her home, only to call her and Abby back an hour later.

Abby and Amy arrived around 10 and we decided that I might labor more comfortably in the birth tub. I labored in the tub for hours with Joshua, Abby and Amy coaching me on breathing and relaxing. I labored through transition and started to push in the tub, but felt I wasn't making enough progress to continue pushing there for very long.

Amy suggested pushing on the toilet, a place where most mothers feel it is easier to push. After pushing on the toilet for a short time, I moved to the bed where I had Abby break my water. After breaking my water, Abby told me to try pushing on the bed, lying on my side and within a very short amount of time, our baby was born.

Joshua helped catch her and bring her to my chest. I looked down and saw our perfectly pink, beautiful daughter, Henrietta Sophie. She was a mere 6 pounds 1 ounce and 19 inches long. After I birthed the placenta, Abby and Amy left the room and gave Joshua and I time alone with our new baby. She was wide-awake and so clam.

Our perfect birth had happened, we had a healthy happy baby and all in the comfort of our own home, all thanks to CHOICE and our loving, supportive midwives.

Welcome to Our New Babies and Congratulations, Families!



July 2009

4th..... Candace and Matt Bauer	Lily	7 lbs. 14 oz.
4th..... Kirsten and Andy Keusal	Luke Richard	9 lbs. 4 oz.
10th..... Kathleen and Jeremy Martin	Kinsley Therese	8 lbs. 5 oz.
14th..... Maravic and Chris Doseck	Benjamin Noel	7 lbs. 14 oz.
14th..... Tamara Strickland and David Doyle	Elliot Rain Sophia	7 lbs. 10 oz.
16th..... Kate and Ben Tietje	Daniel Benjamin	7 lbs. 5 oz.
26th..... Jeseo Evangelista and Andy Brannin	Oscar Littleton	9 lbs.
29th..... Heather and Kevin Ready	Addison Kay	8 lbs. 1.5 oz.

August 2009

1st..... Malinda Susulila and Marc Dean	Simone	lbs. oz.
3rd Rebecca and Timothy Wilkens	Eleanor Jean	9 lbs. 1.6 oz.
4th..... Laura Simbulan and Nick Beldean	Estelle	6 lbs. 3 oz.
5th..... Tamara Hamilton and Deon Pollard	Dyami Khnum Kito	9 lbs. 4 oz.
5th..... Colby and Michael Storck	Rose Francesca	7 lbs. 8 oz.
5th..... Jessica and Andy Tranel	Jacob	7 lbs. 11 oz.
11th..... April Williams	Lilah Adele	4 lbs. 15 oz.
11th..... April Williams	Loren Christopher	5 lbs. 1 oz.
19th..... Emily and Wyatt McLain	Anna Celeste	7 lbs. 8 oz.
23rd Bill and Heather Hennell	William Nathaniel	8 lbs. 15 oz.
26th..... Erica and Eric Sanchez	Paloma	6 lbs. 14 oz.
26th..... Erica and Shawn Sullenberger	Katherine	7 lbs. 14 oz.
26th..... Tricia and Charles Laux	Charlie	7 lbs. 6 oz.
29th..... Joann and Phil Rodgers	Emma Elizabeth	7 lbs. 13 oz.
30th..... Casey Cheesman & Kevin Candela	Logan Thomas	7 lbs. 8 oz.

September 2009

2nd..... Alice and Jim Speegle	Cyrus	9 lbs. 2 oz.
2nd..... Dani Morrison and Denni Hale	Ivy Zola	8 lbs. 13 oz.
15th..... Holly and Trevor Blake	Evie Marie	6 lbs. 11 oz.
23rd Amy and Rick Smith	Bryn Emily	6 lbs. 11 oz.
26th..... Katy and Brice Ross	Sebastian	8 lbs. 8 oz.
26th..... Abby Lechner and David Hoppe	Adelaide Elise	7 lbs. 14 oz.

October 2009

2nd..... Heather Odenweller/Dave Weissman	Miles Asher	8 lbs. 13 oz.
10th..... Sarah Dominguez and Andy Tobias	Andres Edel	7 lbs. 8 oz.
16th..... Joy and Shawn Dorsten	Claire Marie	6 lbs. 11 oz.
19th..... Claire and Tony Brock	Julian Anthony	7 lbs. 14 oz.
20th..... Cynthia Colen and Tim Browning	Ruby Grace	7 lbs. 11 oz.
20th..... Cecelia and Joshua Evilsizor	Sol	6 lbs. 13 oz.
21st..... Sarah and Anson Clement	Ivan Daniel	6 lbs. 14 oz.
24th..... Mary and Joshua Hunt	Henrietta Sophie	6 lbs. 1 oz.
25th..... Megan and Jerry Durham	Claire Alora	7 lbs. 2 oz.
29th..... Rachel and Nathan Laing	Sylvia Margaret	8 lbs. 6 oz.

The Herb Garden

by Jill Schroer, CPM, Herbalist

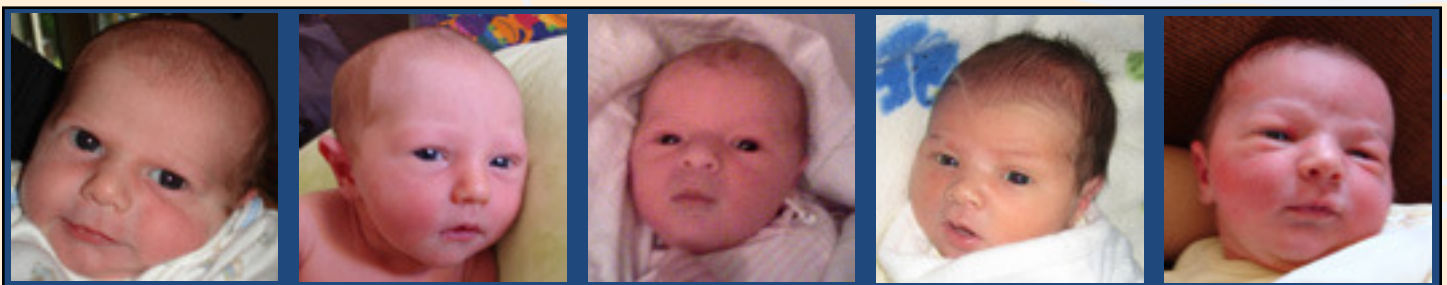
Introducing... The Postpartum Herbal Bath!!!

We are adding the option of an herbal bath for our homebirth clients! Many of you have experienced the refreshing and invigorating feeling of a shower 1-2 hours postpartum. Now you will have the option of a shower or an herbal bath, prepared for you by your midwives.



This soothing blend contains comfrey, nettles, uva ursi, yarrow, witch hazel, garlic, and sea salt: herbs traditionally used to speed healing, tighten tissues, and prevent infection.

Happy Birthing!



Recent Events

Annual CHOICE Picnic

The Annual CHOICE Picnic was held on Saturday, July 25th at Blendon Woods Metro Park in the Shadblow Shelter.

This was a great opportunity to reconnect with your midwives, show off your exceptional babies and children and meet other like-minded families...not to mention that it was a lot of fun!

Moving Day at CHOICE

August 22nd was the big day at the CHOICE Office. After weeks of packing and cleaning out old files the day was finally here.



We started out about 10am moving everything from the old office over to the new office... luckily only 3 miles up the street! With all the hard work from our volunteers everything went as smoothly as possible.

We would like to say thanks to all of our volunteers. We could not do this without all of you!

Edward Fournier
Ben Tietje
Stephen Crosby
Eric Hernandez
Trevor Blake
Tyler Phillips-Bond
Dave Weissman

Please feel free to stop by and see the new space. CHOICE is open on Tuesdays and Wednesdays from 11-4 and 6-9pm.



Just a reminder we still have the resource room and the lending library open to the public!

2nd Annual Fundraiser

The 2nd Annual CHOICE Fundraiser was a great success. Our event was held at the Park of Roses at the Shelter House on October 10th. We started out the evening with 3 of our midwives being called to a birth!



We enjoyed an Italian Buffet Dinner from Villa Nova and a few dishes and dessert from Cakeflower Vegan Bakery.

Ty Phillips-Bond, Rain Maxwell and Sadie Stock started off the evening with some great acoustic music. We then had the Shazzbots spice up the evening with some rock and roll kid style music.

To end the evening we were honored to have Firelight and Evocation Middle

Eastern and Neotribal Dancers perform bellydancing for us.



We had some really great items donated to our silent auction which was a huge success and much fun.

We would like to say thanks to the following people for their donation to our silent auction:

- Wooligans by Ann Anderson
- Cover to Cover certificate donated by Becky Wagner, CNM
- Hypnobirthing books from Sharon Gourlay
- Landscape design by Shannon Brewster
- Handmade scarf from Mary Ann Roberts
- Set of mom and baby socks by Nina McIndoe
- Handknitted gloves by Tanya Rable-Collins
- Gift certificates from Northstar Cafe
- 1 year organic lawn care from Elfiner Landscape
- Massage gift certificate from Aimee Romans
- Handmade Buckeye hats from Kelly Dillon
- Dog boarding gift certificate from There is no place like home
- Gift certificates from Holistic Acupuncture
- Gift certificate from The Inn at Darby Glen
- Handmade cell phone monsters by Rachel McCloskey
- Handmade earrings by Kelley Daniel
- Handblown glass goddess glass by Rex Eggen
- Ultrasound gift certificate from Ultrasona
- Massage gift certificate from Mary Jo Marraffa
- Yoga gift certificate from Abby Dorn
- Handmade pillows from Joannah Shinault Designs

- Gift basket from Green Magic
- Computer service gift certificate from Pat Collins
- Childrens' photoshoot gift certificate from Aline Vamada

If you have any ideas for our next fundraiser feel free to email us or call the CHOICE Office.

Hot Times Festival

The Hot Times Festival was held on September 11th - 13th. This was our second year attending the Hot Times Festival.



We handed out information on CHOICE and gave away lots of free books. We also had the pleasure of listening to some great local music.

CHOICE kids Forest, Naia and Sasha enjoyed making a paper mural.



We also had lots of people sign up for legislative updates. If you would like to get involved and like to receive legislative updates please send your

email address to www.choicemidwives@aol.com and we can add you to the list.



Check us out at the Hot Times Festival in 2010!

Community Relations



CHOICE is a member of Community Shares of Mid Ohio, a coalition that does workplace payroll contribution fundraising for its 50 local member agencies. We are really excited about our membership in Community Shares because it offers more ways for you to support our work throughout the year by making a payroll contribution pledge. (You may be more familiar with making payroll deductions through United Way; Community Shares acts in a similar manner, but has some important differences.)

What makes CSMO different? It is a fundraising federation that targets services and programs that are low priority for funding through the United Way but which also contribute to the community's quality of life such as environmental groups, education funds, statewide coalitions which provide networking avenues, human rights groups and...US! United Way establishes priorities among health and human

service programs and funds, deciding the amount of funds its member organizations will receive and restricting the other types of fundraising those organizations can do throughout the year. Community Shares, however, is governed by representatives from each of its member agencies and allows you, the donor, to designate and prioritize where your money will go. CSMO also encourages its member agencies to focus on education, prevention and service to the community, raising awareness of the root causes of social and economic problems.

Currently, Community Shares is featured in workplace charitable campaigns for anyone who works for the state of Ohio, the city of Columbus, the city of Dublin, Ohio State University, Dennison University, Columbus Public Schools, Hilliard City Schools, South Western City Schools, Upper Arlington City Schools, Westerville City Schools, Worthington City Schools, Columbus Metropolitan Libraries, AFSCME, COSI Columbus, OCSEA, Ohio Historical Society, WWHO CW. If you work for any of those groups, please consider making CHOICE one of the groups you support when you are making your yearly pledge.

And, if Community Shares isn't featured in your workplace campaign, you can advocate to get it included in the future. Contact Tanya Rable-Collins, our CSMO representative, or visit the Community Shares website <http://www.communityshares.net> to get more information.

Legislative Action

by *Audra Phillips*

Write to your Ohio legislators today to let them know that you want them to support future legislation to license Certified Professional Midwives (CPM).

To look up your senator and representative, go to <http://www.legislature.state.oh.us>. A personal note to your legislator is an effective way to communicate and request their support.

To learn more about midwifery legislation check out, www.ohiomidwives.org and www.safebirthohio.org.

Thanks for your help!