

Hospital's lactation program wins high marks

Local moms Krista Hicks, Jessica Barrett and Kathryn Olson agree: They might have given up on breastfeeding if they hadn't gotten help.

While breastfeeding may seem like a natural function, the three first-time moms all had problems develop after giving birth at Columbia Memorial Hospital.

With the help of the hospital's Lactation Program and Family Birthing Center staff, each woman had success.

The lactation program recently received the International Board Certified Lactation Consultant Care Award for the fourth two-year term. The award honors hospitals and other birthing facilities with dedicated lactation support programs.

Olson's daughter was born six weeks early and lacked the muscle tone to draw enough milk. Being so small, she also had trouble staying awake to nurse.

Within 24 hours of her birth, lactation consultants Laura Brown and Kelsey Betts were offering support, Olson said. "In the months following her birth, we saw them at least once a week, and we worked with



Kathryn Olson credits Columbia Memorial Hospital's Lactation Program with the positive outcome she had in breastfeeding her daughter.

Courtesy CMH

my baby to help her learn to nurse more efficiently. They gave me a sense of stability and hope during a very difficult time."

Olson's daughter is now 6 months old. While Olson pumps most of her milk because she's back at work, she nurses "10 times better," Olson said.

Barrett's daughter had similar problems.

From weight check appointments and help with pumping to the development of a nursing routine, the lactation program gave her the advice and support she needed.

"My second (baby) was much easier to nurse from the get-go, and I think we could have struggled through it," Barrett said, "but with the support of the Lactation

Department, it was a much easier journey."

With the stress of being a new mom, the hospital's "clean, warm and quiet" lactation room offered a sense of relaxation.

Hicks echoed Barrett's thoughts.

The routine was time consuming, and "at times, a downright pain in the butt," she said. But it was worth it because her daughter quickly regained a lost pound and had more success nursing.

"For every issue, Laura was there for me, even without an appointment," Hicks said. "She would call me and talk me through what I needed to do to remedy whatever ailment I had at the time. Day or night, she was there to help."

Officer successfully talks down suicidal man

A Warrenton man was arrested after an early morning argument turned violent.

Police first were called to a residence in the 500 block of Northwest Cedar Court for a domestic dispute about 4:30 a.m. July 24.

The parties agreed to separate, but the man returned an hour later.

Again, police were called and the male agreed to leave after speaking with officers.

But the man returned again about 10:30 a.m. and, at

some point, the couple physically struggled over a cell phone when he saw her texting someone.

The wife received an injury to the arm.

She was holding one of their young children at the time, according to a probable cause declaration written by Officer Aaron Berndt.

The wife called police and reported he had a gun, was threatening suicide and was leaving in a red truck.

When Berndt arrived, the

husband was driving toward him.

He backed up and got out of the truck with a gun to his head, the officer wrote.

"I negotiated with him for approximately seven minutes to put the gun down. Eventually, he did and I took him into custody for a police officer mental hold," Berndt wrote.

Derek Alan Cleveland, 34, of Warrenton was booked at Clatsop County Jail on suspicion of felony assault.

State offers free class for caregivers

A free class for those who take care of older adults is set for 8:30 a.m. to 1 p.m. Monday, Aug. 6, in the meeting room at Comfort Suites, 3420 Leif Erickson Drive, Astoria.

"Communicating with Adults Without Dementia" is presented by Oregon Care Partners, a caregiver training organization funded by the state.

The course is designed to

State may repeal boathouse titling law

Oregon State Marine Board seeks written public testimony to repeal a state administrative rule on issuance and duplicate fees relating to floating home and boathouse title and plate fees.

Repeal of the rule will ensure consistency with state

help those who care for the elderly communicate with them more effectively. It will provide strategies for dealing with challenging behaviors such as anger and withdrawing.

It's open to individuals, family members, professional caregivers, social workers and those in public safety fields.

To register, go online to oregoncarepartners.com.

statutes following a legislative.

Written testimony can be submitted to osmb.rulemaking@oregon.gov or to Administrative rules coordinator, Oregon State Marine Board, 435 Commercial St. NE, Salem OR 97301.



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