



# Providence Milwaukie Foundation

Donors to the Mother and Baby Clinic at Providence Milwaukie Hospital helped Gabriel Dwyer and his mother, Julia, overcome challenges learning to breastfeed.

# Mother and Baby Clinic provides support

Born into a once-in-a-hundred-year pandemic, 7-month-old Gabriel is off to a fast start. “He’s moving quicker through babyhood than we would like him to,” said his mother Julia Dwyer.

Gabriel’s progress did not always come smoothly. “He had a tough time when he was born,” said Julia. “I didn’t even get to meet him for 24 hours after giving birth. Then

he went to the hospital for jaundice. We didn’t get a good start on breastfeeding.”

To overcome that rough start, Julia turned to the Mother and Baby Clinic at Providence Milwaukie Hospital. Thanks to your generosity, the clinic helps ensure that newborns benefit from breastfeeding and overcome issues like jaundice and weight loss. For moms, the clinic cares for high blood pressure, breast issues, and postpartum depression. The clinic has remained open every day during the pandemic, even creating a no-contact site for families uncomfortable entering the hospital.

Clinic nurses helped Gabriel and Julia learn to breastfeed. They also diagnosed and ensured Gabriel received treatment for a condition that can lead to difficulty breastfeeding and eating solid foods.

“They helped with so many issues. Without those visits, I think I would have stopped breastfeeding,” said Julia.

Donor support is critical to helping moms and babies like Julia and Gabriel. “It allows us to make care available to families close to home,” said Jill Christensen M.D., clinic medical director. “Evening hours, weekend hours, everything we can to make it convenient for moms and babies to get the care they need.”

Julia is grateful for the clinic’s support during the pandemic. “Especially now that I’m vaccinated, it’s great being able to provide him with my own antibodies,” she said. “I know he’s getting them. My milk is tailored right for him.”

## 2020 Highlights

### Birth simulation model

Thanks to your support, the doctors in the Family Medicine Residency Program have a new training model that simulates the birth process, including complications for the mother and baby. “Delivering babies is an exciting part of doing full spectrum family medicine,” said Justin Osborn, M.D. “It can also be a high-risk emergency setting, and being well trained on handling these emergencies is critical for the safety of the mother and infant.” Having the ability to run hands-on simulation drills gives the residents the confidence to handle emergency situations that may occur.

### Community Teaching Kitchen adapts programs to COVID-19

When COVID-19 hit, classes at the Community Teaching Kitchen were canceled. Registered dietitians conducted nutrition visits by phone, and the Family Market (healthy food pantry) remained open with access expanded to include patients, volunteers and Providence employees in need.



“In April, we began taking phone orders for pre-packed food boxes with curbside pick-up,” said Heidi Davis, MSW, Community Teaching Kitchen manager. “We also partnered with Ride Connection to do home deliveries of food boxes.” Because of you, the Community Teaching Kitchen distributed more than 75,500 pounds of food, and 488 people had food delivered to their door.

## 2020 total dollars raised by fund

- Area of Greatest Need | 5%
- Behavioral Health | 2%
- Cancer Care | 2%
- Community Teaching Kitchen | 59%
- Family Medicine Residency | 28%
- Other Funds | 4%

