



AWHONN

CALIFORNIA

PROMOTING THE HEALTH OF
WOMEN AND NEWBORNS

Greetings from your Section Chair



Beth Stephens-Hennessy RNC-OB, EFM, MSN, CNS

I keep hearing people say: "finally we can get back to normal". What is "normal"? The definition of normal is "the usual, average, or typical state or condition". I would have to say that being a Perinatal nurse was never "normal". Every patient is different, every day our assigned patients are different, and if they were the same, the progression of the patient's condition and needs are different. The staff/providers that we work with may be different day to day. What I think we should say is: "we learned so much from the COVID experience, the way I care for my patients is enhanced."

An example of our enhanced experience is with the AWHONN Chapter Meetings and Conferences. We all learned to ZOOM. In the future, we may still utilize this methodology. We realized that we could reach more of you this way. Conferences may utilize a hybrid of in person and ZOOM.

Shared experiences contribute to this enhancement. Networking at meetings and conferences is valuable. We are planning to have our California AWHONN conference in person February 11-13, 2022 in San Jose. I can't wait to see you there and hear your stories and experiences related to dealing with COVID.

Greetings from your NEW Secretary/Treasurer

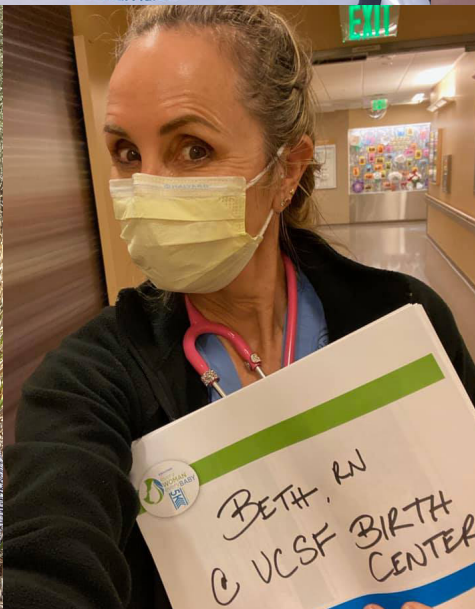


Marinda du Toit, BCUR, RNC-OB, C-EFM, IBCLC

What a great experience serving as your STT has been so far! During this short time, I got to meet almost all of the Chapter Leadership and I learned so much about the great things all of you do daily. My goal is to help you have all the tools and resources to continue to further the mission of AWHONN within your communities. I am looking forward to seeing you in person at our National Convention, as well as in San Jose at our CA Conference in February 2022. Keep up the great work!

AWHONN California 5K

1st Row Left to Right: Marinda Du Toit, Sharon Dey-Layne, Meghan Mullen
2nd Row Left to Right: Becca Licha & Kathy Vanetti, Beth, Katrina Johnson
3rd Row Left to Right: Judy Oliver, Becca Licha (last two pictures)



Legislative Update

Tracy Weeber, MN, CNS, RNC-OB, C-EFM, C-ONQS
Amy Scott MSN, WHNP-BC, RNC-OB, C-EFM
Coordinators

Our goals for this year are to expand members' knowledge of the advocacy process and the legislation that impacts our patients both statewide and federally.

AWHONN 2021 Federal Legislative and Policy Agenda

AWHONN represents the interests of 350,000 nurses working in women's health, obstetric, and neonatal nursing across the United States. The items listed in the link represent AWHONN's legislative and policy priorities for 2021. Please [CLICK HERE](#) to learn more.

[CLICK HERE](#) to find your Representatives and Senators

The screenshot shows the CONGRESS.GOV website. At the top, there are links for "Advanced Searches" and "Browse". Below the header, there is a search bar with "Current Congress" and "Examples: hr5, sres9, 'health care'". To the right of the search bar are links for "Search Tools", "Support", and "Sign In". Below the search bar, there are links for "Legislation", "Congressional Record", "Committees", and "Members". The main content area is divided into several sections: "Most-Viewed Bills" with links to S.475, H.R.1319, and H.R.1; "Current Legislative Activities" for the 117th Congress (2021-2022); "House of Representatives" and "Senate" sections with "Not in Session Video Archive" and "Next Meeting" information; "Recent" section with links to "Yesterday in Congress", "Bill Texts", "Committee Schedule", "Floor Calendars", "Committee Reports", and "Roll Call Votes"; and a "Contact Your Member" section with a search bar and links to "Representatives" and "Senators".

Take a Closer Look



Federal Level 117th Congress

- SB 411 (Durbin) Momma's Act introduced 2/24/2021 is in Senate Finance Committee: Bill proposes to improve Federal efforts with respect to the prevention of maternal mortality. [MORE HERE](#)
- H.R. 958 (Underwood)/S. 796 (Duckworth) Protecting Moms Who Served Act of 2021: Requires coordination of maternal care between VA and non-VA services.
 - On 5/12/21 U.S. House passed this bill by voice vote. The broad bipartisan support bodes well for this bill getting a vote in the Senate.
- H.R. 1195 (Courtney) Workplace Violence Prevention for Health Care and Social Service Workers Act.
- H.R. 959 (Underwood)/S. 346 (Booker) Black Maternal Health Momnibus Act of 2021 introduced 2/22/2021 is currently in committee and proposes to end preventable maternal mortality and severe maternal mortality in the US and close disparities in maternal health outcomes. [MORE HERE](#)
- H.R. 1620 (Jackson Lee) Violence Against Women Reauthorization Act of 2021.

State of California

- SB 65 (Skinner) Maternal Care and Services – CA's Momnibus Bill: Modeled after the Federal Momnibus Bill to close the racial and socioeconomic maternal health disparities gap.
- AB 935 (Maienschein) Mothers and Children Mental Health Support Act of 2021: On hold until 2022.
- SB 464 (Mitchell) California Dignity in Pregnancy and Childbirth Act: At minimum, perinatal units should have begun to implement an evidence-based implicit bias education and mitigation program as of 1/1/20.

Medi-Cal Postpartum 12 month Extension included in the Governor's Budget (May Revision) - Extension will be for Five Years (the length of the authorized State Plan Amendment for Medi-Cal)

- Five-Year Medi-Cal Eligibility Extension for Postpartum Individuals-The American Rescue Plan Act of 2021 allows states to receive a federal funding if they extend Medi-Cal eligibility from 60 days to 12 months for most postpartum individuals, effective April 1, 2022 for up to five years. The May Revision includes \$90.5 million (\$45.3 million General Fund) in 2021-22 and \$362.2 million (\$181.1 million General Fund) annually between 2022-23 and 2027-28 to implement the extension.

Doula Benefit-The May Revision includes \$403,000 (\$152,000 General Fund) in 2021-22 and approximately \$4.4 million (\$1.7 million General Fund) annually at full implementation to add doula services as a covered benefit in the Medi-Cal program, effective January 1, 2022.

Implicit Bias and Birth Equity Trainings

The following key trainings are available to help hospital's meet California Senate Bill 464's Implicit Bias and Birth Equity Training Requirement:

Diversity Science

"Dignity in Childbirth and Pregnancy" course available for free online for 1 Continuing Education Unit

March of Dimes

"Breaking Through Bias in Maternity Care" course available to purchase online for 1 Continuing Nurse Education or Continuing Medical Education Unit

Office of Minority Health (US Department of Health and Human Services)

"Culturally and Linguistically Appropriate Services (CLAS) in Maternal Health Care" available for free online for 2 Continuing Education Units

From the Membership Coordinators

Laura Senn, MSN
Uwanda Purnell, MSM, RNC-OB, C-EFM

Last year, in Jan 2020, AWHONN California leadership team set a goal to increase membership by 5%.

- Started 2020 with= 2694 members
- Goal was = 2829 members (5% increase/ 134 new members)
- Ended 2020 with = 2992 members (11% increase/ 298 new members)

Thank you for all your hard work- We exceed our goal!!

Welcome to all of our New & Renewing Members!! We appreciate your participation in the leading national nursing organization that is dedicated to promoting the health of women and newborns.

Below is the current number of active members per each Chapter, plus the total number of births and hospitals in each chapter. **Currently- There are 6 northern chapters, 8 southern chapters.**

N1- Chico Chapter (includes Shasta, Siskiyou, Humboldt, Lassen, Del Norte, Mendocino, Tehama, Lake, Plumas and Butte counties). Total births= 7692; Total hospitals= 17; Total members= 112.

N2- Sacramento Chapter (includes Yolo, El Dorado, Placer, Nevada, Yuba and Sacramento counties) Total births= 13800; Total hospitals= 16; Total members= 267.

N3- SF & North Bay Chapter (includes Marin, Sonoma, Napa and San Francisco counties) Total births= 9760; Total hospitals= 13; Total members= 184.

N4- San Joaquin Chapter (includes Amador, Tuolumne, Stanislaus, Merced, Madera, Mono and San Joaquin counties) Total births= 6200; Total hospitals= 15; Total members= 130.

N5- East Bay Chapter (includes Alameda, Solano and Contra Costa counties) Total births= 29,430; Total hospitals= 18; Total members= 328

N6- South Bay/ San Jose (includes Santa Clara, Santa Cruz and San Mateo counties) Total births= 22,180; Total hospitals= 16; Total members= 324

S1- San Diego Chapter (includes San Diego and Imperial counties). Total births= 34,725; Total hospitals= 15; Total members= 291

S2- Inland Empire Chapter (includes Riverside and San Bernardino counties). Total births= 42,450; Total hospitals= 27; Total members= 374

S3- Orange Chapter (includes only Orange county) Total births= 34,368; Total hospitals= 17; Total members= 260

S4- South Bay-/Long Beach Chapter (includes south & coastal part of Los Angeles county)

S5- LA Valley Chapter (includes northern and eastern part of Los Angeles county)

S4 & S5 together- Total births= 100,675; Total hospitals= 54; Total members= 527

S6- Santa Barbara / Ventura Chapter (includes Santa Barbara & Ventura counties) Total births= 12,160; Total hospitals= 7; Total members= 133

S7- Central Valley Chapter (includes Kern, Tulare, Kings, Fresno and Inyo counties) Total births= 32,234; Total hospitals= 15; Total members= 186

S8- Salinas/ Monterey Chapter (includes San Luis Obispo, Monterey and San Benito counties) Total births= 7167; Total hospitals= 8; Total members= 95

[2021 CA Chapter Boundaries & Statistics](#)

[2021 CA Chapter Boundaries Map](#)

Santa Barbara Chapter

Rebecca Licha, RNC-OB
Chapter Coordinator

Synopsis of the Symposium on Fostering Cultural Respect

Held April 24, 2021

Virtually over Zoom 9:30AM – 3:00PM

The Santa Barbara/Ventura County Chapter and the LA Valley chapter held there is Symposium on Fostering Cultural Respect as a virtual webinar. With the Zoom platform, we had AWHONN members from 8 different states join us! LaShea Haynes spoke on obstetrical racism, disparate care and OB hemorrhage. Dr Sayida Peprah and Nayeli Corona-Zitney presented on inter-generational trauma respectively for the African American and Latinx communities. Former Chapter Coordinator and thriving Certified Nurse Midwife, Paris Bury detailed the history of midwifery and its collusion with anti-black actions of the era. We ended our day of learning with our own Katrina Johnson, Chapter Coordinator of the LA Valley chapter. She brought the message of how to make things better with simple changes to show greater respect by like using their name instead of room number, being mindful of body language and being eye-to-eye instead of towering over patients. The event was generously sponsored by Rapid fFN.

HOMEWORK

Complete your cultural script worksheet and identify how elements of your cultural script impact your communications, interactions and possibly care of your patients.

CULTURAL SCRIPTS

- Personal Experiences
 - Adverse Childhood Experiences/Trauma
 - Popular vs. Unpopular
 - Family status
- Training & Education
 - Level/Type of Education
 - Work Experience/ Organizational Role
 - Military Experience
- Societal Positioning
 - Religion/Spirituality
 - Culture/Language
 - Historical/ Transgenerational Trauma
- Personal Characteristics
 - Gender Identity
 - Age
 - Racial/Ethnic Identity
 - Sexual Orientation

Other factors include: Travel experiences, Geographic location, Learning Style, Communication style, Introvert/Extrovert.

Developed by Dr. Sayida Peprah, 2020. Indicated from This Culture Worksheet: City of Passions. Content Review: Rapid Organization & Training Center, Inc.

Keep the focus on racism

NORMALIZE THE CONVERSATION ABOUT RACE

Introductions

- Please tell us your name
- Question: When did you first notice your own race?

FUNCTIONS OF WHITE SOLIDARITY

- Protects White Advantage
- Obscures the presence of racism
- Keeps White allies silent

Starting the Conversation: Practice Naming the Elephant in the Room*

Use these prompts to break the silence and start the conversation of naming racism:

- Can I run something by you that I noticed?
- I'm nervous/scared/uncomfortable to say this...and/but...
- This is what I understand you to be saying... Is that accurate?
- Can you help me understand...?

*Adapted from Anika (2019) & Robin (2019)'s Silence Breakers tool, and Dorie King's Equity Conversations Feedback Process

Health Equity Animated: Equity vs. Equality - YouTube

PTSD CONNECTED TO PREMATURE BIRTHS IN BLACK WOMEN

2005-2008 research study included 839 women (41% African-American)

Study found that women with PTSD, who suffered abuse during childhood, were more likely to have premature babies and give birth to babies who weighed less.

Study also found that African-American women are 4x more likely than white women to remain affected by PTSD at the time of pregnancy, thus impacting maternal health outcomes.

Diversity Uplifts, Inc.

Orange County Chapter
Sue Stone, MSN, RN, PHN, RNC-OB, C-EFM
Chapter Coordinator

The Orange County Chapter welcomed the New Year virtually with our first meeting in mid-January. Our guest speaker from 2020 Mom discussed maternal mental health disorders, an overview of legislation, and resources available to patients and nurses.



THE NURTURED NURSE

Our second meeting was held at the end of March and the topic focused on the importance and benefits of self-care. Our speaker from The Nurtured Nurse lead us through a guided meditation, followed by discussing the value of making time to prioritize ourselves and create a personal self-care plan. Attendees won awesome gifts such as essential oil kits, diffusers, and healing lotions. Our virtual event was attended by members and guests from California as well as nursing students from Arizona and Florida.



Our chapter covers one of the smallest areas within California, but we are fortunate to have about 260 members within our county. We would like to extend a warm welcome to our new and returning members and encourage everyone to join our Facebook page to stay up to date with events. We welcome any ideas for speakers and events and hope to host our first in-person event in the fall.

Best wishes to our graduating students and nurses pursuing further education!

Sincerely, Sue Stone, Shelley Burgoon and Toni Lopez
 OC Chapter Team

[AWHONN California - Orange County Chapter | Facebook](#)



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