

MVNA CLUB 100/101 NEWSLETTER

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WHY WE HAVE CLUB 100/CLUB 101: Lucinda recently reported back to Club 100 about a little boy named Alejandro. She was asked to see him when he was 5 months old because he had pertussis and because he was only 8 pounds – he was failing to thrive! He had been a small baby at birth and then had been ill several times. The result was a baby that was irritable, hungry and wasn't giving very good clues as to when he was hungry. The mom had become very anxious over her babies inability to gain weight and as a result was tense and worried when she cared for her baby. Lucinda has worked with this mom and baby for 6 weeks and he is gaining steadily. At 6 months he is almost 12 pounds (still small but now on the growth curve) – he is chunky, happy, cries with gusto and eats with enthusiasm. Lucinda worked with the mom on feeding techniques, on relaxing when she fed the baby, on how to understand when the baby was hungry. She says that one of the ways Club 100 helped was with a baby bathtub. Bath time was extremely stressful for mom. She was bathing him in a rugged kitchen sink and it didn't feel safe and certainly not comfortable. Lucinda carefully taught mom how to bathe her baby in a soothing and safe way, using the baby bath tub. Mom was grateful, baby was happy at bath time and mom relaxed just a little more. Lucinda thinks this one small step was very important in teaching the mom how to relax and how to care for her baby. The sequelae of Failure to thrive can be serious developmental delay. Lucindas' assistance with this mom has been invaluable. She in turn thanks Club 100 for the assistance with the baby bathtub which was an important factor in dealing with an anxious mother.

Nurses Talk About Club 100:

- I don't know if I could do this job, if it weren't for Club 100. People are in such pain. To see this and just walk away would be too much to bear.
 - I wish you could see the expressions when we bring a gift to a family. A bottle of shampoo makes a big difference. You just don't know how important this is.
 - It is lifesaving: providing a safe place (portable crib) for a baby to sleep is the most important thing that we do
 - A gift from Club 100 helps me get in the door and stay in the door
 - It is difficult to form a bond with families that are extremely dysfunctional. A gift from Club 100 often changes the dynamics – they are more likely to accept my help and trust me.
 - The people we take care of are used to being treated like garbage; they are not used to being treated with respect. A gift from Club 100 lets them know that they are valued.
- Thanks to club 100 for saving my sanity

VOLUNTEER OPPORTUNITIES: 1. Be a **Lifeline** installer and assist older or disabled people who need a personal response device to be able to remain in their home.

2. Bring a friend and spend a couple of hours at MVNA **preparing packets of information** that go to daycare centers or schools.

3. Bring a friend and spend several hours in the **Club 100 store room shelving books** and straightening the clothing bins and shelves.

4. Staff a booth at the **Minnesota State Fair** for MVNA – get a free ticket and free parking – YEA!!!

Wish List for Club 100: Sleepers or sleep sacks for newborn babies; developmental toys for infants and small children; breast feeding pillows (we have a pattern for both the sleepers and the breast feeding pillows); diapers and gift cards for food.

Wish list for Club 101: Towels, bed linens, scales, FANS (IT IS HOT IN MANY OF THESE APARTMENTS!!!) and gift cards for food

Club 100/101 is a program, which personally connects Community Women with the MVNA Nurse who works directly with families in their homes to improve their health and move them toward self-sufficiency Call 612-617-4658 to participate or for other volunteer opportunities.