

The Vermont Lactation Consultant
Association, Inc.

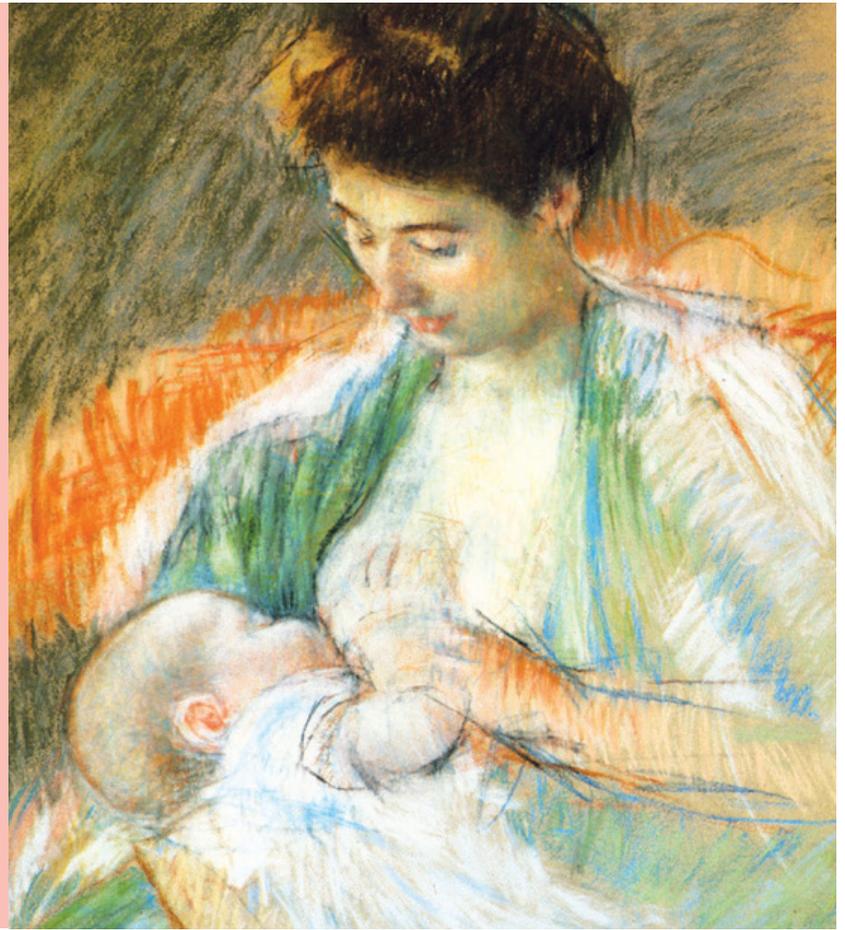
Presents Our 26th Annual

Professional Lactation Conference

May 9 & 10, 2019

HILTON HOTEL, BURLINGTON, VERMONT

This conference is intended for those working with pregnant and postpartum women and their families: lactation consultants, physicians, midwives, nurse practitioners, nurses, childbirth educators, doulas, La Leche League leaders, nutritionists, therapists, feeding specialists, and public health and WIC personnel.



FACULTY

Maya Bolman RN, BA, BSN, IBCLC

Maya Bolman was certified as IBCLC in 2001. She currently works as lactation consultant at Cleveland Clinic Hillcrest Hospital and Breastfeeding Medicine of Northeast Ohio. Maya is well known internationally for her work promoting hand expression and breast massage to breastfeeding mothers. She recognizes that teaching mothers these basic tools empowers them to work through breastfeeding challenges including engorgement, plugged ducts, separation from the infant, and milk supply concerns. She worked with Dr. Ann Witt to create an instructional video “The Basics of Breast Massage and Hand Expression” and conducts research on the effectiveness of Therapeutic Breast Massage in Lactation (TBML) both in the office and as a treatment at home for mothers.

Rachel Hess, MS

Rachel Hess is a CAPPA Trained Postpartum Doula. She supports new families in the greater Boston area as a postpartum doula and running parent support groups. She is a contributor to *Round the Circle*, with her piece “Supporting LGBTQ Families: Tips for Doulas.” She has presented on LGBTQ/T families for the Partners in Perinatal Health Conference and for the Boston Association of Childbirth Educators. She previously worked supporting new families at Isis Parenting and Mama and Me as an instructor and at ReadBoston as a literacy coach. In addition, she worked as a training coordinator for Samaritans, a suicide prevention non-profit. Rachel received her Master’s degree in Language and Literacy Studies from Wheelock College and her bachelor’s degree in African-American Studies with a minor in Gender and Women’s studies from Oberlin College. She lives in Jamaica Plain with her wife and two daughters.

Jessilyn Dolan, RN, CLD, CMT, CIMI, HBCE, CBBBE

Jessilyn Dolan has been working with children and birthing families for the last two decades. Jessilyn is a maternal child health nurse specializing in opioid and substance use and mental health disorders. Jessilyn was nurse manager at Lund for five years and now works for the University of Vermont in opioid research. She worked at several hospitals and birth centers as a labor and delivery and postpartum nurse and has been training labor doulas and nurses for ten years. Jessilyn is a Childbirth Educator, Infant Massage Instructor, Massage Therapist and AcuDetox Specialist. She previously owned and operated a Family Wellness Center and Yoga studio, teaching CPR, wellness and birth classes, and pre and post natal yoga. Jessilyn is a Cannabis nurse consultant and organic hemp farmer. She started the Vermont Cannabis nurses association to advocate for the safe medicinal use of Cannabis.

Dawn M. Kersula, MA, RN, IBCLC, FACCE

Dawn Kersula is a faculty member with Lactation Education Consultants, and recently retired after a long career as a perinatal specialist at Brattleboro Memorial Hospital in Brattleboro, VT. She received her masters degree in developmental psychology, with research on PTSD after birth and its effects on the transition to motherhood. Board certified by the IBLCE in 1992, she also continues as a Fellow of the American College of Childbirth Educators. A La Leche League Leader for over twenty years, she’s been a favorite speaker at Lamaze conferences, a founder and current president of VLCA, and spoke for PESI Healthcare for ten years. She is the mother of three breastfed children, and grandmother to two breastfed grandsons who also chose their own time to wean.

SAMPLING OF OBJECTIVES

Thursday

- Identify causes of and treatment options for acute breast pain.
- Describe how hand expression and therapeutic breast massage assist in management of engorgement, plugged ducts and mastitis and explain how to teach self-breast massage techniques to breastfeeding mothers.
- Describe the latest research on nipple blebs.
- Assist the person struggling with D-MER with making a plan that may include pharmacologic and/or non-pharmacologic strategies to deal with signs and symptoms.

Friday

- Discuss the importance of gender neutral language and develop a deeper understanding of the range of LGBTQ/T identities, families, terms, and potential needs during the perinatal period.
- Examine the structural, cultural, and interpersonal homophobia/transphobia oppression and how it affects LGBTQ/T families when accessing care in the perinatal period.
- Identify common struggles and mental health complexities for families with opiate addiction and ways we can support and advocate for these families to help ensure better outcomes and healthier relationships.
- Discuss the effect infant feeding decisions have on marketing and artificial formula use in resource-poor communities around the world.

Accommodations

The Hilton Hotel Burlington overlooks Lake Champlain. A limited number of rooms are reserved for conference participants at special rates: single/double occupancy, \$133. Please make your [reservations online](#) or by calling the Burlington Hilton Hotel reservation line at 800-445-8667 no later than April 7 for the special rate. Mention that you are attending the VLCA Conference. The hotel features an indoor pool, Jacuzzi, exercise equipment, a restaurant, and is a short walk to downtown Burlington. Web site: www.burlington.hilton.com. Please make roommate arrangements on your own and be prepared for variations in temperature in the conference rooms.

Directions

Hilton Hotel Burlington is located at 60 Battery Street in Burlington, Vermont. Take Interstate 89 to Exit 14 West. Follow signs to downtown Burlington on Rt. 2 West, toward the lake. When Rt. 2 (Main Street) intersects with Battery Street, turn right. The Hilton will be on the right. Free parking coupons will be available at the registration desk.

Accessibility / Special Needs

All conference facilities are accessible to people with disabilities. For facilities information, contact Tricia by April 5, 2019 at conference@vlca.org or write to:

VLCA Conference Facilities

PO Box 32, Starksboro, VT 05487

Infants

VLCA acknowledges and respects the need for mothers and babies to be together. Quiet babies in arms are welcome. We ask that those with babies sit near an exit door. Restless infants will require immediate attention as a courtesy to participants and for the comfort of the child.

Marketplace

The Marketplace offers outstanding exhibiting, sales, and networking opportunities to breastfeeding-friendly businesses. For exhibitor info, contact Vicki at marketplace@vlca.org or write to:

VLCA Conference Marketplace

PO Box 218, Hyde Park, VT 05655

SCHEDULE

No audio or videotaping allowed.

Thursday, May 9, 2019

Maya Bolman, RN, BA, BSN, IBCLC
Dawn M. Kersula, MA, RN, IBCLC, FACCE

7:30 a.m. - 4:15 p.m.

Lunch & Refreshments Included

7:30	Registration; Coffee, Tea and Muffins
8:00	Welcome
8:15	The Art of Breast Massage in Supporting Breastfeeding (Maya Bolman)
9:45	Coffee Break
10:00	HAND-ling the Pain: Therapeutic Breast Massage in Lactation: Research and Case Reviews (Maya Bolman)
11:30	Lunch
1:00	Therapeutic Breast Massage: Teaching, Demonstrating and Empowerment (Maya Bolman)
2:30	Dessert Break
2:45	D-MER: If breastfeeding is so great, why do I feel so bad? (Dawn Kersula)
4:15	Evaluation / CEU Awards

Friday, May 10, 2019

Rachel Hess, MS
Jessilyn Dolan, RN, CLD, CMT, CIMI, HBCE, CBBBE

Dawn M. Kersula, MA, RN, IBCLC, FACCE

7:30 a.m. - 4:15 p.m.

Lunch & Refreshments Included

7:30	Registration; Coffee, Tea and Muffins
8:00	Welcome
8:15	LGBTQ/T 101 and The Importance of Gender Neutral Language (Rachel Hess)
9:45	Coffee Break
10:00	Understanding Oppression and Creating Structural Change (Rachel Hess)
11:30	Lunch
1:00	You are not alone: Perinatal Addiction and Neonatal Abstinence (Jessilyn Dolan)
2:30	Dessert Break
2:45	Breastfeeding in Culture: What happened to the win? (Dawn Kersula)
4:15	Evaluation / CEU Awards

Continuing Education Credits

CME: CME will be awarded.

IBLCE: Application has been made for IBLCE CERP's recognition.

CNE: This continuing nursing education activity has been submitted to the Northeast Multistate Division, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

The Vermont Lactation Consultant Association, Inc. supports the World Health Organization International Code on the Marketing of Breastmilk Substitutes, and has requested that all exhibitors comply with the Code. This conference has not received funding from any manufacturer of artificial milk for babies.

Tuition Assistance

VLCA Conference Tuition Assistance

PO Box 32, Starksboro, VT 05487

VLCA Membership

Annual Dues: \$25

Join now! Save \$10 off registration.

Registration Information

Please read carefully and completely.

Pre-registration is required.

Phone registration is not accepted.

Early registration is strongly recommended.

Mail Registration Form to:

VLCA Conference

PO Box 32, Starksboro, VT 05487

For information, email Kathy at registration@vlca.org or call 802-453-3087 (10 a.m. – 5 p.m.)

Deadlines

Hotel Reservation – April 7, 2019

Early Registration – April 12

Final Registration – April 26

Payments

Make check payable to **VLCA Conference** and enclose with the registration form. (Check or money order in US funds only.)

For written confirmation, enclose a SASE with US postage.

Payments from Individuals

Registration form must be accompanied by payment.

Payments from Employers

Registration form must be received on or before the deadline.

Signed documentation by employer on letterhead stationery, verifying forthcoming payment, must be included with the registration form.

When you submit your registration form to your employer, email Kathy at registration@vlca.org to confirm registration and your choice of entrée, in the event your registration form does not reach us in time.

Payment must be received by April 6, 2018

Register early and confirm with your employer that registration was mailed.

Cancellations

Cancellations received by May 3, 2019 will receive a tuition refund less a \$60.00 fee per day. Cancellations must be received in writing. Refunds will be mailed after the conference.

No refunds given after the deadline or for “no-shows”.

VLCA is not responsible to refund registration if the speakers and/or content are changed due to circumstances beyond our control.

REGISTRATION FORM — Please PRINT or TYPE

Today's Date _____

Name _____

First (as it should appear on your name badge)

Last

Include up to two credentials _____

Address _____

Please specify: home address ____ or work address ____

City _____

State, Zip/Postal Code _____

Home Phone _____ Work Phone _____

Employer / City _____

Email Address _____

(home ____ or work ____)

Tuition

Tuition Includes: Program packet, lunch and refreshment breaks, and a continuing education certificate. We make every effort to have the latest, most-up-to-date handouts for participants.

IMPORTANT:

Check the day(s) you plan to attend:

____ Thursday, May 9 (Maya Bolman / Dawn Kersula)

____ Friday, May 10 (Rachel Hess / Jessilyn Dolan / Dawn Kersula)

Choose your buffet entrée:

Thursday:

____ Grilled Chicken Breast with Leek and Shiitake White Wine Sauce

____ Tofu and Eggplant Cannelloni with Fried Vermont Tofu

____ Grilled Chicken Caesar Salad

Friday:

____ Grilled Chicken Breast with Salsa Verde and Stuffed Poblano pepper

____ Brown Buttered Gnocchi with Spinach, Pine Nuts, Roasted Red

Peppers and Parmesan Cheese

____ Grilled Chicken Caesar Salad

Early Registration

Postmarked on or before 4/12/2019

2018 VLCA Member	Non-member	Physician (if CME credits desired)
1 Day \$190 _____	1 Day \$200 _____	1 Day \$280 _____
2 Days \$275 _____	2 Days \$285 _____	2 Days \$405 _____

Final Registration — Deadline 4/26/2019

Postmarked after 4/12/2019

2018 VLCA Member	Non-member	Physician (if CME credits desired)
1 Day \$200 _____	1 Day \$210 _____	1 Day \$290 _____
2 Days \$285 _____	2 Days \$295 _____	2 Days \$425 _____

Tuition (Thursday and/or Friday) \$ _____

VLCA Membership dues \$25 \$ _____

(Do not pay if attending at non-member rates)

Amount Enclosed \$ _____

Employer Amount to be paid by April 26, 2019 \$ _____

MAIL TO: VLCA Conference, PO Box 32, Starksboro, VT 05487

VLCA

PO Box 32
Starksboro, VT
05487

VLCA Conference Program Coordinator
Tricia Cassi, BSS, IBCLC

VLCA Conference Planning Committee

Kathleen M. Barrett, LLL
Katherine Bohne, MA, IBCLC
Dorothy M. Kress, AA
Mary Ingvoldstad, BSN, IBCLC
Dawn Kersula, MA, RN, IBCLC
Anya Koutras, MD, IBCLC
Vicki Rich, RN, IBCLC

Web site: www.vlca.org

Email: conference@vlca.org

Facebook: <https://www.facebook.com/groups/422675187793837/> — for current news and information.

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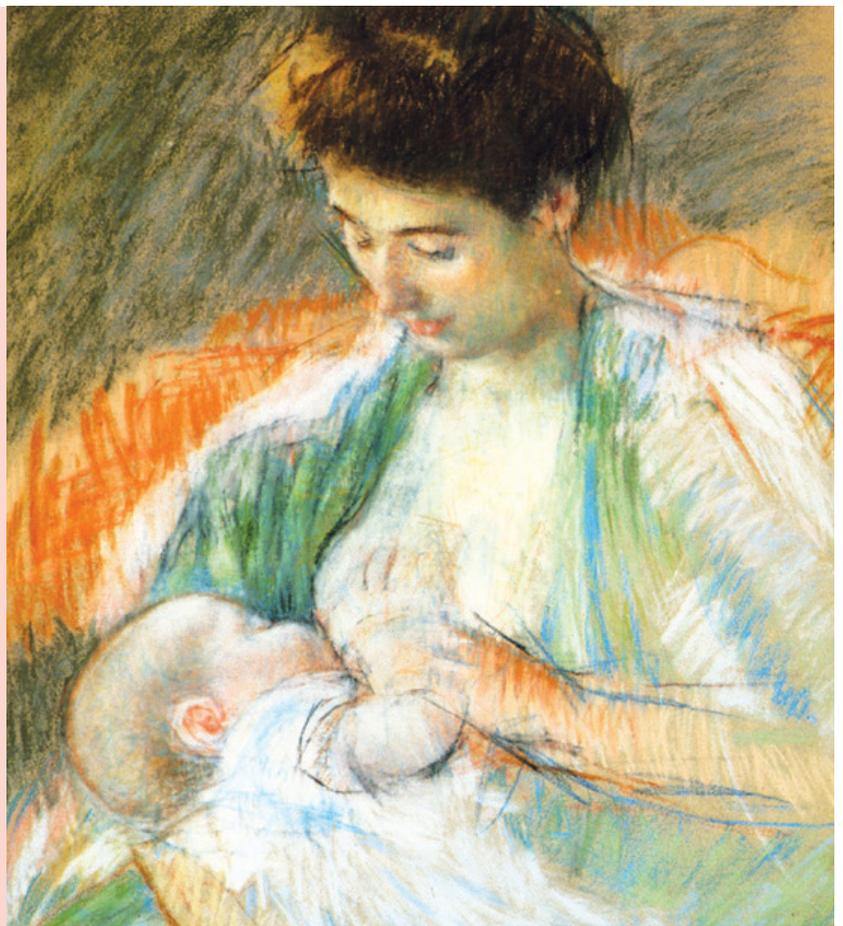
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Detail of "Mother Rose Nursing Her Child" by Mary Cassatt. Courtesy of Shelburne Museum, Shelburne, Vermont.