



Healthier
Moms and Babies
Nurturing New Beginnings

Annual Report 2020

Photo: Stacey Harting Photography

Healthier Moms and Babies mission is to prevent infant mortality and improve the outcome of pregnancy in Allen County.

A Letter from the Director

As I reflect on 2020, an anonymous quote comes to mind, “When something goes wrong in your life, just yell ‘Plot Twist’ and move on”. In the nonprofit world, we are always adapting to meet the needs of families we serve but we’ve never had a plot twist quite like 2020. The Healthier Moms and Babies team accepted the twist last March and adapted in incredible ways. We quickly shifted from providing home based services to telehealth to meet the growing needs of our families. We had moms, dads, and babies to serve who already had many challenges to overcome and now the

world added another challenge, COVID-19. And serve we did! Last year was another record-breaking year for Healthier Moms and Babies despite the global pandemic. Healthier Moms and Babies served nearly 1,000 women and men and welcomed 300 babies into the world during the year of COVID.

Not only did our team pivot and rise to the challenge, so did our families. I recognize how adaptable and resilient our families were even before COVID. I have always admired these moms and dads for their ability to overcome obstacles far greater than you and I can imagine. This knowledge drives us to do our best to help them navigate their course.

I can’t thank our Board of Directors, supporters, foundations, and the community enough for remaining flexible, engaged, and able to pivot to help us continue to serve. Cancelling our two biggest fundraisers was scary and challenging but our Board of Directors quickly stepped up to assist in making up for lost revenue.

To every single member of the Healthier Moms and Babies family who supported this work by becoming a monthly Caregifter or making a one-time donation, we thank you. To those who shared about our mission and the impact we’ve continued to make during COVID, we thank you. Your

support is not only helping families have healthy babies, but also helping to build a healthier community. You are truly “Nurturing New Beginnings”.

While we are not out of the woods yet with the challenges of the pandemic, I feel optimistic living in such a gracious community that will adapt, remain flexible and step up as we navigate life after COVID.

Cheers,

Paige Wilkins



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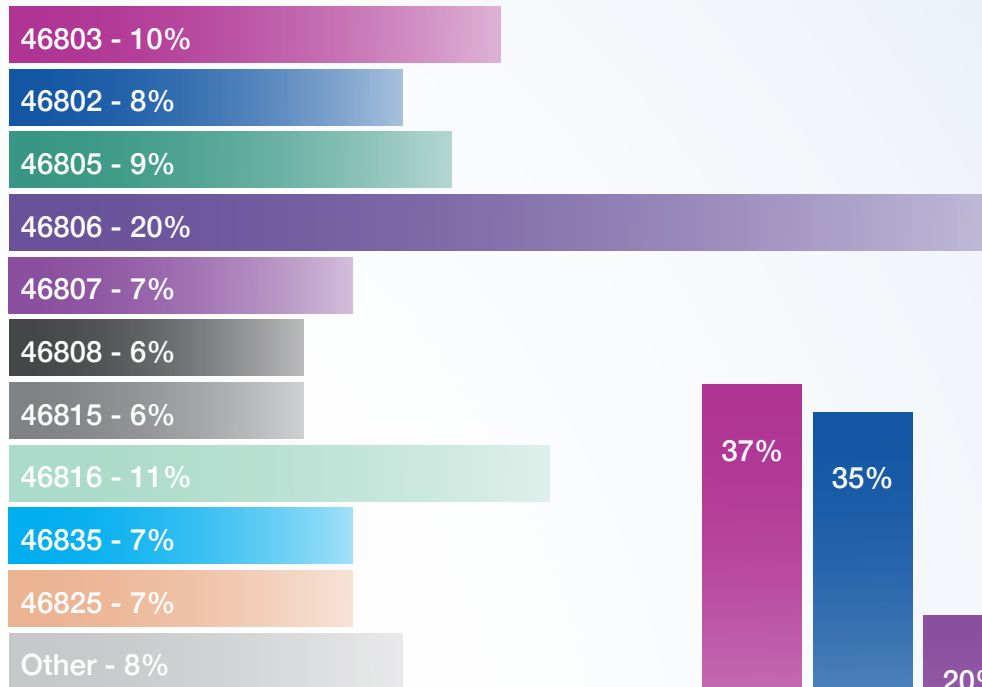
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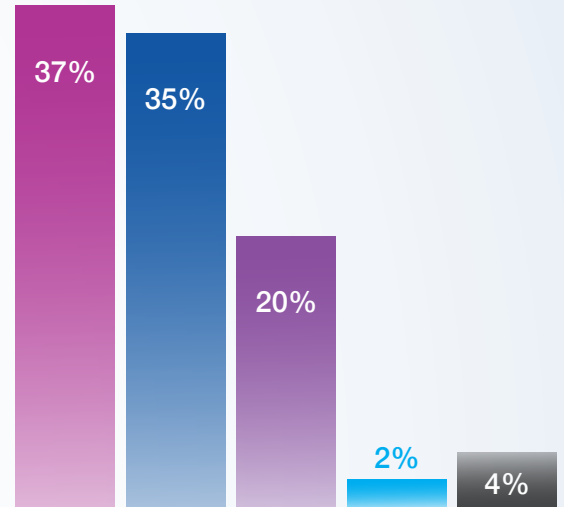
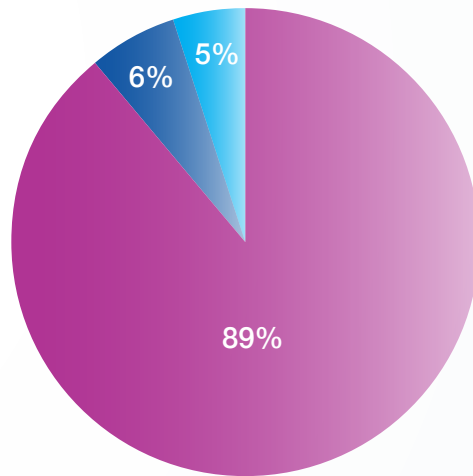


ZIP codes served



Expenses

- Direct Service
- Operations
- Fundraising



Income

- Federal Income
- Indiana Department of Health
- Foundations
- Event Income
- Contributions



	HMB	Allen County	State	National
Infants Deaths	1	38	602	21,647
Preterm Rate	6%	10%	10%	10%
Sleep Related Deaths	0	5	100	2,300
Low Birth Weight Babies	7%	9%	8%	8%

Healthy Start

Shanice

Our Healthy Start home visitation program matches experienced case managers with at-risk moms in Allen and Noble counties. Through bi-weekly and monthly education and personalized support, our case managers help our moms have successful pregnancies and support their babies until the baby turns 18 months old. In addition to education and support, we connect families to community resources even after they graduate.

Shanice enrolled in Healthy Start, interested in learning more about motherhood and gaining support in the area. She was very determined to breastfeed with this child. Her case manager was also a licensed lactation consultant—after Malik was born in late 2020, Shanice’s case manager worked with her to support her breastfeeding journey, offering education, encouragement, and supplies. Shanice is grateful for the continued help in the community.



“My favorite part of the program was learning things I didn’t know even as a parent of four children. I was able to learn something new.” - Shanice



**NATIONAL
HEALTHY START
ASSOCIATION**

Nurse Family Partnership

Jessica

Our Nurse Family Partnership home visitation program pairs registered nurses with high risk, first time moms. Their monthly and bimonthly visits begin prenatally and continue until baby turns two years old, monitoring prenatal, infant, and toddler milestones to support and educate mom.

With a history of complicated pregnancies and mental health disorders, Jessica was connected with her nurse home visitor. Throughout the visits, Jessica was eager to learn more so that she could make the best choices for her baby. While the education, like safe sleep information and car seat safety, were important, the extra support comes from the relationship with the home visitor. Jessica continues to meet with her home visitor as her baby Zoey continues to grow healthily. She will successfully graduate from the program in late 2021.



“It’s good to have the support and the education. I would have had her (baby) in the bed with me if I didn’t have safe sleep education.”- Jessica

DadUp

Richard

Our DadUp program incorporates evidence-based curriculum, one-on-one education, and group interaction to educate our community's dads and father figures. This fatherhood initiative aims to equip men with the knowledge and resources needed to be an active part of the pregnancy journey and beyond.

Through DadUp, Richard found support and encouragement in his biweekly group session. As a first-time father, Richard was grateful for the perspectives from a variety of different dads. After each session, Richard and his partner Breonna would talk about what he learned, and what they could do together, to create a strong and healthy family. Their son, August, was born in 2020. Richard is excited to watch his son grow and his family flourish.



“We not only learned about raising our son, but also about being better partners for each other, too.” - Richard

Own Your Journey

Dashyia

Our Own Your Journey program encourages women in all walks of life to prioritize their wellness so they can lead a successful and healthy life. The wellness program focuses on helping women become healthy mind, body, and spirit before having a baby. By “owning their journeys,” each group sets goals, celebrates accomplishments along the way and build each other up while holding each other accountable. Helping women and men become healthy before having a baby is one of the best interventions to prevent infant mortality and improve birth outcomes and a national best practice.

Dashyia quickly found motivation and support in her group. They discussed a range of topics important to overall wellness; Dashyia's favorite were the classes on nutrition and how to meal prep. After previously working with a nutritionist, she felt disconnected and discouraged. The leaders and fellow participants in Own Your Journey motivated and inspired Dashyia to make positive and lasting change. Now Dashyia is confident and adventurous with her diet, as well as intentional about her wellness and health.



“This class has brought about accountability, vulnerability, and motivation!! I'm super excited to keep going!” -Dashyia

Cribs for Kids

Marta Teresa



Our Cribs for Kids program provides safe sleep education to families. Unsafe sleep is one of the leading causes of infant mortality. Cribs for Kids provides education as well as a cribette if there is not already a safe place in the home for baby to sleep.

New to the area, Marta Teresa enrolled in our Healthy Start program. Coming from a different country, she had never learned about safe sleep or the importance of giving baby a separate, safe place to sleep. Her case manager was able to provide safe sleep education and a cribette before baby was born. Now that baby is born, Marta always puts baby to bed on her back, in a cribette, without any toys or blankets.



“I didn’t go to see a doctor with my boys and I had no idea about Safe Sleep, thank God nothing ever happened to my sons because nobody ever told me that they couldn’t sleep with me.” - Marta

Baby & Me - Tobacco Free

JennaLee



Our Baby & Me -Tobacco Free program works with pregnant moms and their families to promote a smoke-free life. Smoking while pregnant can lead to preterm birth, low birth weight, and developmental complications. Licensed facilitators encourage safe habits, offer support, and gift diaper and wipe vouchers to participants each month they are tobacco free.

Pregnant with twins, JennaLee enrolled in our Baby & Me -Tobacco Free program to stop smoking and stay quit. In addition to her home visiting education, JennaLee felt supported throughout her smoking cessation journey. Each month was a new goal met. JennaLee gave birth to two full term twin girls—an accomplishment that may not have been met if she had continued to smoke. As of April 8, 2021, JennaLee is 12 months tobacco free!



“It’s an amazing program with great support...Even the ones that do have families to help, it’s still nice to have some advice to take from outsiders in our lives.”- JennaLee

Donor Highlight

Dr. Emmary Butler

The success of our programs, our clients, and our neighbors is backed by the dedication of our donors. Dr. Emmary Butler is not only a valued donor, but also a community advocate and local OBGYN. She not only supports our mission but helps bring more women into our services by referring at-risk moms to our programs. As Allen County and all of Indiana work to reduce infant mortality, Dr. Butler believes in the outcomes of Healthier Moms and Babies: “Healthier Moms and Babies is a free service that helps bridge the disparity gap to combat this issue by providing education and care for populations in need.”

Since 2016, Dr. Butler has worked with pregnant moms in our community. As she strives to provide the best care for her patients, she is eager to spread the mission and support of Healthier Moms and Babies. To Dr. Butler, “Nurturing New Beginnings” means “helping families provide a solid foundation in order to support the development of their newborn.” This foundation can only come from a community that cares.



“I see the difference Healthier Moms and Babies makes in the community first hand in my office. Their efforts can only continue with the support of community.” - Dr. Butler





Program Results

Heathy Start



515 women served



216 babies born



3,702 home visits



93% of babies born with a healthy outcome

Nurse Family Partnership



281 women served



80 babies born



2,969 home visits completed



94% of babies born with a healthy outcome

Baby Me Tobacco Free



46 women served



56% quit smoking

Cribs for Kids



177 distributed



100% of families have a safe sleep environment for their baby



100% of families receive safe sleep education



70% of families are practicing a safe sleep environment

Dad Up



58 served

Own Your Journey



37 served



4 cohorts completed with **28** graduates



90% of women established a primary care provider



70% of women completed a wellness exam

Thank You to Our 2020 Foundations

AWS Foundation

Bowker Foundation

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English Bonter Mitchell Foundation

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Women's Health Advantage





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