

## March of Dimes has a new look; WalkAmerica has a new name

We look a little different, but we're still the same organization dedicated to improving the health of babies.

This year the March of Dimes celebrates 70 years. To mark the occasion, the foundation recently unveiled a new logo.



Despite the new look, the March of Dimes mission remains the same. We're about babies—those born healthy and those who need help to survive and thrive. From pioneering genetic research, to promoting folic acid, to fighting for lifesaving newborn screening, and to finding the causes of premature birth, the March of Dimes continues to champion the needs of moms and babies.

Another change for the March of Dimes is the re-naming of our signature event from WalkAmerica to

March for Babies. It's a great change that makes it very clear exactly who we're walking for—all babies.

This April and May, the Greater Oregon Chapter is hosting 19 March for Babies events in communities throughout Oregon and Southwest Washington. Our goal is to raise \$1.38 million for programs to give all babies a healthier start.

You can be part of this inaugural event. Sign up for March for Babies at [www.marchforbabies.org](http://www.marchforbabies.org), form a team and make a commitment to raise \$200 or more to fund critical March of Dimes programs.

For more information on March for Babies, see page 4 and the enclosed contribution form. ■



*WalkAmerica is now March for Babies. Sign up now to be part of this inaugural event, and raise money to give all babies a healthier start.*

## Babies born a few weeks early still at risk

A new study shows that babies born just a few weeks premature are more likely to die than full-term babies.

Babies born just a few weeks premature are six times more likely to die during their first week of life than full-term babies, according to an analysis published in the *Journal of Pediatrics*.

“We have known from previous studies that late preterm infants have greater risk of certain problems like respiratory distress syndrome (RDS), feeding difficulties, temperature instability (hypothermia), jaundice and brain development. Now we have evidence that there is a greater risk of death among these babies,” said Dr. Jennifer L. Howse, president of the March of Dimes.

Through the Prematurity Campaign, the March of Dimes is working to prevent preterm birth through research, education and outreach programs.

Late preterm babies, those born at 34 to 36 weeks gestation (full term is birth at 37 completed weeks gestation), account for 71 percent of all premature births. The national preterm birth rate is 12.5 percent which means that more than 500,000 infants are born too soon each year. In 2005, the nation's annual societal cost (medical, educational, and lost productivity) from preterm birth was \$26.2 billion. The average first year medical costs were about 10 times greater for preterm than for term infants.

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*The March of Dimes is a national voluntary health agency whose mission is to improve the health of babies by preventing birth defects, premature birth and infant mortality. Founded in 1938, the March of Dimes funds programs of research, community services, education and advocacy to save babies and in 2003 launched a campaign to address the increasing rate of premature birth.*

## March of Dimes offers new curriculum for children

The Change for America's Babies program includes curriculum to teach kids about good health and volunteerism.

This school year, the March of Dimes is working with elementary schools to introduce a new curriculum for grades K through 5. The curriculum educates children about the importance of good health, diet and exercise and urges them to volunteer for charity – including participating in a coin drive that will help the March of Dimes give every baby a healthy start in life.

“These education materials teach young students the importance of taking care of themselves and of civic responsibility,” said Dr. Jennifer L. Howse, president of the March of Dimes. “It’s a great way to bring students together in the classroom, the school, and in their community, while teaching them about fun volunteer activities that make a difference in the lives of others.”

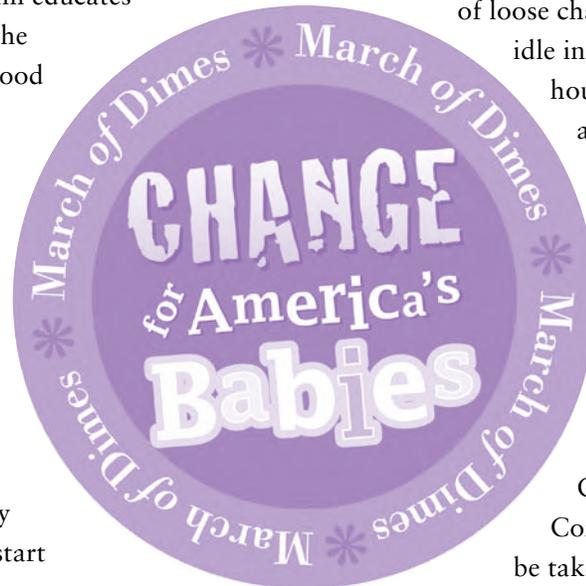
According to the UCLA/Higher Education Research Institute, youth who volunteer are more likely to do

well in school, graduate, vote and be philanthropic.

The new teacher-approved March of Dimes materials, “Change for America’s Babies,” convey age-appropriate health messages and follow national education standards.

Students are also asked to help raise funds for the March of Dimes by collecting coins. Giving spare change to the March of Dimes is a long tradition that stretches back to the founding of our organization in the 1930s by President Roosevelt, who asked every American to send a dime to the White House.

There’s about \$10.5 billion of loose change sitting idle in American households, according to estimates. To make it easy to donate coins, the March of Dimes has partnered with Coinstar®. Coins can be taken to any participating Coinstar®



Center or brought to any local March of Dimes office.

To download or order the curriculum for your school, find donation locations, or simply acquire more information on “Change for America’s Babies,” visit [www.marchofdimes.com/change](http://www.marchofdimes.com/change). Donations can also be made year-round by visiting the March of Dimes web site. ■

## Chapter elects new officers and honors volunteers

Michael O'Reilly named Chapter Chair, and three outstanding volunteers receive top honors at the Annual Meeting.

The Greater Oregon Chapter recently elected new officers to its Board of Directors, and honored James and Dawn Clabo of Hermiston and Gage Aker of Portland as the 2007 Volunteers of the Year.

Michael O'Reilly is the 2008 Chapter Chair, and comes to the position with four years of board service. O'Reilly is principal of Vista Capital Partners in Portland.

Additional board officers include Lisa Murphy of the Regence Group as vice chair, Sean Gay of Stoel Rives as secretary, Steve Philpott of Umpqua Holdings Corporation as treasurer, and Dr. Richard Lowensohn as chairman of the Program Services Committee.

The March of Dimes presented James and Dawn Clabo of Hermiston with the Volunteer of the Year Award for their service in Umatilla County. In 2007, the Clabos led the top WalkAmerica team in Hermiston and helped plan event logistics. They also organized a golf tournament, and were instrumental in the success of Jail & Bail events in Hermiston and Pendleton.

For the second straight year, the Youth of the Year Award went to Gage Aker, a senior at Wilson High School in Portland. As the leader of the Portland area Chain Reaction Youth Council, Gage has helped raise thousands of dollars for the March of Dimes and



*Michael O'Reilly will lead the Chapter Board of Directors in 2008.*



*James and Dawn Clabo of Hermiston received Volunteer of the Year honors for their outstanding work in Umatilla County.*



*Gage Aker (right), receives the Youth of the Year Award from Don Rainer, 2007 Chapter Chair.*

coordinated several community service projects.

Thank you to Dawn, James, Gage, and the Chapter Board for their outstanding service to the March of Dimes. ■

## Nominate an Oregon Woman of Achievement for the White Rose Award

The Greater Oregon Chapter is accepting applications for the 26th annual White Rose Award—"A Salute to Women of Achievement."

White Rose honorees are selected on the basis of volunteerism, professional excellence, commitment to improving the status of women in the region, and contributions to the community as a whole. Honorees must live or work in Oregon.

Award recipients will be recognized at the White Rose Luncheon in Portland, May 21, 2008, at the Marriott Hotel.

Nomination applications are available by calling (503) 222-9434, ext 20 in Portland or 1-800-811-0805 outside Portland. Applications must be returned by February 13 at 4 p.m.

Proceeds from the luncheon benefit the Greater Oregon Chapter and fund programs that save babies.





One day, all babies will be born healthy.  
But we have to walk to get there.



**Save the Date for March of Babies this April or May**

**Saturday, April 12:** The Gorge

**Saturday, April 26:** Portland, Clark County, Lane County, Salem, Central Oregon, Linn-Benton Counties, Cowlitz County, Klamath Falls, Pendleton, Hermiston, Josephine County, Douglas County, Central Coast

**Saturday, May 3:** Jackson County, North Coast

**Saturday, May 10:** Ontario, LaGrande, Baker City

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# Thinking about having a baby? Test your pre-pregnancy I.Q.

**True or False:** You start preparing for a healthy baby at your first prenatal care visit.

False. It's best to start preparing for your baby even before you become pregnant. By the time you have your first prenatal visit, your baby's vital organs are already forming. So it's important to visit your health care provider before you get pregnant to make sure you are as healthy as you can before you start trying to conceive.

**True or False:** It's dangerous to use street drugs when you're pregnant, but over-the-counter drugs are okay.

False. You should talk to your health care provider before you get pregnant about the safety of all prescription and nonprescription medications you take.

**True or False:** Working around dangerous chemicals before pregnancy can be harmful to your future baby's health.

True. Avoid toxic substances—such as lead (in paint, soil or water), pesticides, paint solvents, strong household cleaners and dry-cleaning fluid—at home and at work. They may make it more difficult to become pregnant and can harm the developing baby. Discuss any workplace exposure you are concerned about with your health care provider.

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## March of Dimes celebrates Prematurity Awareness Day

Activities including a baby shower for moms of preemies, pink and blue building lightings, Dining for Babies events, and more helped increase awareness to the growing crisis of premature birth in Oregon and Southwest Washington.

**I**magine having your baby so early you miss your own baby shower.

This is the reality for thousands of local moms who give birth weeks or months early, many times for no known reason. Because premature birth is a growing crisis, these tiny babies often suffer serious health problems and require critical care in a neonatal intensive care unit. In the past decade, Oregon's premature birth rate has risen 17 percent, and Washington's has increased 23 percent.

To celebrate these moms, the March of Dimes organized a baby shower in their honor on Prematurity Awareness Day, November 13. The event was hosted by Oba Restaurant and several moms from the Portland and Vancouver area attended.

Kimberly Sadler of Sandy enjoyed the event with her son Wade. Without warning her son Wade came six weeks before his due date. "I was not prepared at all for Wade's early arrival," she remembers. "While at work I began having a few contractions so I went to the doctor. Little did I know I would be having a baby in less than two hours." Wade spent two weeks in the Doernbecher



*Two-month-old Dommonik Lindley wears his "Every Baby Has A Story" T-shirt with mom Jessica at the Prematurity Awareness Day Baby Shower. Dommonik was born two months early and made it home just in time to attend the shower.*

Neonatal Care Center learning to breathe and feed on his own. Now he's at home and doing well.

Local businesses including Baby Star, Soft Star Shoes, Smarty Parents,

and Snuggle Bug contributed beautiful gifts, and additional support was provided by MedImmune.

Prematurity Awareness Day was also celebrated throughout the chapter with additional special events and activities.

Scanlon's in Bend and Antonio's in Klamath Falls participated in the first ever Dining for Babies events. The restaurants donated proceeds from every dinner served to the March of Dimes Prematurity Campaign.

The colors of the Prematurity Campaign were visible to millions of people as the Kaiser Permanente and Liberty Centre buildings in Portland were lit in pink and blue.

Families recently touched by premature birth with newborns still in critical care at the Doernbecher Neonatal Intensive Care Unit were treated to dinner hosted by the March of Dimes.

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Every baby has a story.  
Tell us yours.

The March of Dimes invites you to help us celebrate every baby — those born healthy and those who need our help to survive and thrive. Visit [marchofdimes.com/everybaby](http://marchofdimes.com/everybaby). Read stories and connect with other families. Together, we can raise awareness of premature birth and help give every baby a healthy start.

[www.marchofdimes.com/everybaby](http://www.marchofdimes.com/everybaby)

## Tee up for the March of Dimes Golf Classic

The 20th annual event is set for June 19 at Langdon Farms Golf Club.

Take a swing against premature birth and other threats to infant health at the 20th Annual March of Dimes Golf Classic, Thursday June 19, at Langdon Farms Golf Club in Aurora. Proceeds benefit the March of Dimes and programs to give all babies a healthier start.

This year's format is a double-shotgun, four-person scramble with tee times at 7:45 a.m. and 1:45 p.m.

The day includes breakfast or dinner depending on your tee time, lunch, refreshments along the course, tee prizes and more.

Reserve your spot by calling the March of Dimes at 503-222-9434, ext 21. For more information, visit [www.marchofdimes.com/oregon](http://www.marchofdimes.com/oregon). ■



Langdon Farms Golf Club in Aurora will be the site for the 20th annual March of Dimes Golf Classic.

## Signature Chefs of Portland cooks up fun

Guests at the March of Dimes Signature Chefs Auction enjoyed the specialties of the Northwest hottest chefs while bidding on unique food and travel packages. The 18<sup>th</sup> annual event held last September raised more than \$120,000 for March of Dimes programs.

The 2007 featured chefs included: Joshua Boyd of McCormick & Schmick's Harborside at the Marina, Michael Conklin of Lucy's Table, Crystal Corbin of The Stephanie Inn, Mark Cuneo of Fratelli Cucina, R. Paul Hyman of Wildfire Grill, Amy Jermain of Tondero, Dale Lee of Hudson's at the Heathman Lodge, Michael Macfarlane of El Gaucho, Tim Milojevich of Newmans at 988, B.J. Smith of Jo Rotisserie & Bar and Papa Haydn, Justin Smith of Papa Haydn, Jeff Usinowicz of Brasserie and Jack Yoss of Ten 01.

A special thank you to our Signature Wine Sponsor, Mt. Hood Beverage; Signature Spirit Sponsor, Indio Vodka; Wineglass Sponsor, WRG Design; and Silver Sponsors, Harry's Fresh Foods and Regence Blue Cross BlueShield of Oregon. ■

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The Regence Group is an Independent Licensee of the Blue Cross and Blue Shield Association

Harry's



Star Chef Michael Macfarlane of El Gaucho serves up lobster bisque at the Signature Chefs Auction of Portland.

## Pre-Pregnancy I.Q.

Continued from page 4

**True or False:** There's a lot of hype about vitamins, but all you really have to do is eat healthy food.

False. It is very important to take a multivitamin containing 400 micrograms of folic acid every day. Even if you eat a healthy diet—which you should if you're trying to get pregnant—it's still hard to get all the folic acid you need to help prevent certain birth defects. So make taking a vitamin with folic acid a daily habit. Many multivitamins available at your drug or grocery store contain 400 micrograms of folic acid, but check the label to be sure.

**True or False:** There's not much you can do before getting pregnant that could make a difference in your future baby's health.

False. There is a lot you can do before you get pregnant to help make your baby's future a bright one! Eating well, taking folic acid supplements, quitting bad habits like smoking and drinking—these are just a few things you can do. Start today and help your baby get the best possible start in life. ■

## Gifts in Memory of...

Gifts to the March of Dimes have been received in memory of the following...

- In memory of **Abigail Ann Nunez** from Margaret A. Paone.
- In memory of **Mitchell Cameron** from Brian Moon.
- In memory of **Helen Nollkamper** from Kathy Nitowski. ■

## Prematurity Awareness

*Continued from page 5*

In honor of Prematurity Awareness Month, the March of Dimes also launched its “Every Baby Has A Story” website and national bus tour. The website ([www.marchofdimes.com/everybaby](http://www.marchofdimes.com/everybaby)) allows parents to create a virtual scrapbook page in honor or in memory of their children born too soon or full term. They can also connect with other families around the country. In addition, an Every Baby Has A Story bus, complete with computers and recording equipment, toured the country. At stops along the way, parents could record special messages to celebrate their children.

The March of Dimes Prematurity Campaign includes research, education and public awareness programs to reduce the incidence of premature birth. Currently one in 10 babies in Oregon and Southwest Washington is born too soon. Premature birth is the leading cause of newborn death, and a major cause of serious lifelong health problems. For more information, visit [www.marchofdimes.com/oregon](http://www.marchofdimes.com/oregon). ■

## Hundreds “under arrest” for the March of Dimes

Otherwise law-abiding citizens throughout the Northwest were thrown in the slammer in an effort to help local babies.

During the March of Dimes Jail & Bail campaign, hundreds of “jailbirds” contributed their time and money and raised nearly \$300,000 for programs save babies from birth defects,

premature birth and other threats to infant health.

Temporary jails were set up in communities throughout the chapter, where judges imposed one-hour sentences for each offender. While “imprisoned,” the jailbirds called friends, family and co-workers to raise bail in the form of contributions to the March of Dimes.

Thank you to all of the volunteer drivers, bailiffs, judges and the hundreds of jailbirds for being good sports and making this event a success. ■

### 2007 \$1,000+ Jailbirds (based on amount pledged)

Rodney Aldrich	Debbie Fidler	Cindy Merrill
Stacey Atkins	Glena Gilmore	Marty Nelson
Jerry Brown	Linda Gould	Grace Patton
Diane Carter	Holly Guardino	April Potter
James Clabo	Claudia Henningson	Lamoine Savage
Mary Collister	Susan Johnson	Justin Smith
Frederick D. Cooke	Julie Kastl	Vicki Stoltenow
Jesse Dent	Mary Kligel	Deborah Sutton
Carole Flockerzie	Jon Kubu	Chris Thom
DeRose	Elise Leland	John Turner
Luke Dynes	George Luciani	Karen Variz
Tim Erwin	Michele McKay	Randy Wolven

## Late Preterm risks

*Continued from page 1*

But the financial costs pale in comparison to the devastating consequences shown in the study.

“This study adds to our growing knowledge of the increased medical complications and higher risk of infant death among late preterm infants compared with babies born full term,” said Joann Petrini, PhD. director of the March of Dimes Perinatal Data

Center and one of the study’s co-authors. “Babies born even just a few weeks too soon should be closely monitored.”

“Late preterm and full term infants have different risks for death in the first year of life and our study found the greatest disparity – a six-fold difference – in the first week of life,” said Kay M. Tomashek, MD, MPH, a researcher at the U.S. Centers for Disease Control and Prevention and the paper’s lead author. ■

# Calendar of Events

## February

TBA March for Babies Kickoff Events

## March

TBA Portland March for Babies  
Team Captain Luncheon

## April

12 March for Babies - The Gorge

26 March for Babies - All sites  
except otherwise noted

## May

3 March for Babies - Jackson  
County & North Coast

10 March for Babies - LaGrande,  
Baker City & Ontario

21 White Rose Luncheon  
*To honor Oregon's Women of  
Achievement*

## June

19 March of Dimes Golf Classic  
*Put together a foursome and join  
us at Langdon Farms Golf Club.*



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