



Baby Blues Connection

Helping Mothers and Families Since 1994

July 2010

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24 hour
information/message line
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Her Story: Chrissy Shaffer

Chrissy Shaffer experienced acute postpartum symptoms immediately after her son Marlow was born.

She was manic for two weeks, followed by a severe depressive crash. "Pendulum swung pretty hard," she says.

She also had PUPPS during pregnancy (Pruritic urticarial papules and plaques), a rash, which can spread over most of the body. After the child is born, it is supposed to go away. For Chrissy, it didn't and served to exacerbate her symptoms and caused her to visit the ER.

[Read Chrissy's story here](#)

Win a trip to the beach



Raffle tickets on sale September 7

We want you to "get-away" and stay at the beach!

Buy a raffle ticket(s) in support of Baby Blues Connection!

Tickets are one for \$10, three for \$25. Buy as many chances to win as you like!

Property donated by Marcia Kahn & Howard Rosenbaum and Kathy Scrutton: A-1 Rentals (BBC volunteer Rose Knee's mother)



BBC Provider: Audrianna Gurr

Editor: Angie Fitzpatrick

Volunteer Members

Adriana Azcarate-Ferbel
Alison Dohman
Amy Curtis
Andrea Meisgeier
Ann Obuchowski
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Brooke Noli
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Michell Wasson-Messer
Misty Menashe
Paula Wagenbach
Rachel Goldberg
Monday Cyphers
Rose Knee
Stacie Orr
Stephanie Sass
Susie Miyanaga
Tacey Jones
Tammy Graham
Thelma Vega

Volunteer highlights

Baby Blues Connection is a Portland based non-profit focused on supporting pregnant and postpartum moms with depression and anxiety, as well as helping the at risk children by strengthening the bond between mothers and their children at this vulnerable and critical time.

Our society creates an unrealistic expectation that all women will experience a trouble-free entry into motherhood. But the reality is that one in five women experiences some degree of PPD/A. Twenty percent of new mothers are experiencing isolation, despair, anxiety or exaggerated highs and lows right now.

Audrianna Gurr has personally experienced PPD/A and is passionate about helping new mothers in need. She is glad that word is getting out and that people are talking more about this treatable condition, which used to seem so invisible in our society.

“People are moving away from the extreme cases to understand that PPD/A is more than just a hormone shift. Many women experience a range of symptoms and really do need help,” Audriann Gurr.

In her private practice in downtown Portland, Audrianna works with new moms and couples. She counsels individuals, who are experiencing life changes, such as becoming a parent, and specializes in helping couples to cope with the changes in their relationship when they become parents. To find out more about her practice, visit her site here.

Calendar of Events

Mamma Palooza
Thursday, August 7th
10-5pm
Baby and Me PDX
Hillsboro Outlet
3207 NW Glencoe
Rd Hillsboro, OR
503-846-1402
More info here

Portland's Big Latch On!
Free event, Friday:
August 6th 10-12pm
Several Locations
around the Portland
Metro area.
More info here

Stitch and Knit.
Your little ones are
welcome.
Mother and Child
Clinic. Wednesdays:
10:30-12:30pm
1515 NE 41st Avenue
Portland, OR 97232
503-249-5801
More info here.

A baby girl was born to
Emily Chenoweth on
June 24th, 2010

Ramona Orr ended her
tenure with BBC.
Thank you for your
work and dedication!

Six new volunteers
were trained June 24th!
Welcome:
Michell Wasson-Messer
Mariko Clark
Meredith Caldwell
Christie Chapin
Cara Ponzini- Beck
Elsa Humara



New BBC Committees

Retention and Appreciation Committee:

The overall goal is to put in place automatic procedures that show appreciation in order to enhance connection to the organization and to retain members.

Strategic Planning Committee

We are working to define strategic goals for the next three years.

Outreach Education Committee

Strives to get the name (Baby Blues Connection), our mission, and our services offered out to as many people as possible while educating about postpartum depression and anxiety.

2010 Donors

\$5000 and up

Cedar Hills Hospital Women's Program

\$2500 and up

Marcia Kahn & Howard Rosenbaum,
Leila Salmon

\$1000 and up

Legacy Emanuel Children's Hospital
& Legacy Woman's Services, James
Rosenbaum & Sandra Lewis

\$500 and up

Command Management Services,
Providence Health & Systems, Dale
Oller, Sarah Oller Scott, Diane
Solomon

\$350 and up

2 Monkees, Raizie Axman, Gaby Donnell & Laurie Cox, Ann Howard & Perry Holbrook Howard, Bonnie Reagan, Sam Rosenbaum,

\$200 and up

Nicole Cirino, Cindi Berkovich-Parry & Seth Cohen Tad & Wendy Davis, Cindy Fontenot, Fromer Family, Kathy Kelley, Victoria Lane, Andrea Moore, Gloria Borg Olds, Oregon Pediatric Society, Glenda Peterson, Meg Poehler, Kathleen Raetz, , Colby Rauch, Linda Roffe, Jillian Romm, Lois Rosenbaum

\$100 and up

Sue Blindheim, Ellen Boggs, Mary & Henry Breithaupt, Anne Chapman, John Eskew, Joanna Hatfield, David Hess, Susanna Levin, Katie Miller, Harry Rinehart, Steven Rosenbaum, Candy Seigel, Kerri Smith, Zenana Spa and Wellness Center,

Under \$100

Judy Beaudette, Karin Calde, Lisa & Richard Coss, Carrie Cromwell, Kathy Danze, Annette Epifano, Krista Escobar, Nurit Fischer Tony & Jennifer Fuentes, Barbara Hein, Rita Hill, Elizabeth Joyce, Sharon Chatkupt Lee, Christina Lion, Sheri Louis, Susan Love, Scarlett Lynsky, Janet Martin, Allison Mudrick, Jane Payne, Ann Petrillo, Rachel Rosenbaum, Tara Querin, Lola Scobey, Ty & Joan Steinbach, Lynne Phillips-Werbel