

Welcome Kaitlyn Dorman, CNM



We are pleased to announce that Kaitlyn Dorman has joined our practice as a Certified Nurse Midwife.

Kaitlyn (Kait) Dorman's path to midwifery demonstrates her passion for learning and commitment to a holistic approach to healthcare. Kait graduated from Mount Holyoke College with a major in Gender Studies and went on to earn an Accelerated Second Bachelor's degree in Nursing at the University of Massachusetts, Amherst, Summa Cum Laude. She earned a Master of Science in Nursing from Yale University School of Nursing and completed her senior year integration with BOGG, graduating as a CNM. Kait's cultural experiences have enriched her under-

standing of the complex nature of women's healthcare. She has spent time in the Netherlands studying sexuality, gender, and identity, and in the Dominican Republic where she provided nursing care and doula support to laboring women at a public hospital. Kait's Honors Thesis at UMASS focused on ways to overcome language barriers in childbirth and women's health. She is dedicated to the future of midwifery as a primary component of women's health.

Kait shared these thoughts on her practice of midwifery: "Caring for women throughout their lives, I hear their voices, respect their wishes, and uphold their autonomy and visions of health and wellness. I value education as a pathway for women to make informed

decisions. Incorporating a woman's individual history, values, and cultural diversity into her care offers a rewarding, empowering, and educational experience for both the patient and the midwife. I am honored to work with and learn from women and their families."

Dr. Howard Trietsch, BOGG's managing physician, commented that "Our midwifery practice has been a popular option for women in the Pioneer Valley since its beginning in 1996. With Kait joining our practice, we continue to offer high quality, personalized healthcare options to suit the individual needs of our patients. We are pleased to welcome Kait to BOGG."



Go Red EVERY day!

Every year in February we recognize Go Red For Women Day—a day that calls attention to the importance of heart health and the toll that heart disease takes on women. On February 7 people across the na-

tion will "Go Red" in many creative ways. Don't let this day come and go without a heightened awareness of what Go Red for Women means EVERY day—find out how you can Go Red EVERY day through your diet, exercise, and other

healthy habits. Visit www.goredforwomen.org for more information and ideas!

We're Serious About Wellness!

We are excited to share we have partnered with our insurance carrier to support health and wellness in the workplace! We look forward to hosting various healthy initiatives with our staff throughout the year and encourage you to do the same with your family, friends, and co-workers! Look for ways to support health and wellness at work

and at home—try things like forming a walking group at lunchtime, encouraging your kids to pick out healthy snacks with you at the grocery store, charting your daily fruit and vegetable consumption, gradually increasing your physical activity to a sustainable level, etc. Small changes in your lifestyle can add up to big rewards!

BMC Updates Labor and Delivery Visitor Policy

After months of careful consideration including discussions with patients & providers, Baystate Medical Center's Labor and Delivery Unit has modified their visitor policy during labor and delivery. Laboring patients are limited to one to three visitors at any one time; the changes are designed to support BMC's consistent model of high quality obstetric care. Post partum patients continue to have an open 24-hour visiting policy. We encourage our pregnant patients to take this into consideration when planning for their labor and hospital stay!