



WE SERVE!

CALENDAR

Board Meeting: 6 p.m.
October 14, First Federal
Bank

SPEAKERS

Sept 24 "Moms at Work"
Jessica Maddox, RN

October 1 Ken Guidry, Red
River Waterway
Commission

October 8 Bob Carroll,
Southern Forest Heritage
Museum

October 15 Lions Forum

October 22 Jam Downs,
Rapides Parish District
Attorney

October 29 Dr. John
Barnett, LSU Ag Center

BIRTHDAYS

Chuck Mayeaux 9/25

Beverly Price 9/28

THE LIONS TALE

Alexandria Lions Club

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Alexandria, Louisiana 71309

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September 24, 2008

October is "Back to meetings" month at the Alexandria Lions Club. Club members with perfect attendance for the month of October will be eligible for a drawing for a \$50 gift certificate to Outback. Note the increased prize amount! We may do some additional monthly drawings in the future.

Lion Hank Smart has invited some terrific speakers for October. Club meetings are a great way to find out about our community. The Red River Waterway is an important economic engine for central Louisiana. Don't miss Ken Guidry on Wednesday.

Did you know that with a simple lock on the door and access to fridge space, your business could save \$1000 or more in health costs? Jessica Maddox, RN and Ary Deaton, RN told the club about the "Moms at Work" program of the Central Louisiana Breastfeeding Coalition. (disclaimer: your editor serves on the Board) They presented some fascinating statistics about the incredible savings in health costs that large companies have tracked when the company supports new moms breastfeeding their babies after they return to work. Not only do babies have fewer infections and antibiotic prescriptions, but the moms take off fewer days for doctor appointments. Productivity increases with better morale. And retention rates rise dramatically!

The Coalition is signing up businesses to be part of the Moms at work program. A number of large companies in our community are already on board, such as Roy O Martin, Capital One bank and both hospitals. Proctor and Gamble is about to join as well. **What does the company have to do?** The company makes a commitment to assist a new mom in finding a room with a lockable door (not a bathroom). Some companies have placed a chair in an unused broom closet. Others allow new moms to reserve a conference room for a half hour (can be a different room each day). Some managers allow their employees to use their office while they are out at meetings. The room needs a chair, a table, an electric outlet and a lockable door.



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The employee also needs access to fridge space (either in a break room or by purchase of a dorm fridge.) For a tiny investment, companies see huge returns. The space can be available to other employees during times the moms don't need it. Moms use their normal break times to pump. Some may need some flexibility and can start work early or leave late if additional time is needed. The most often a mom needs to pump is 3 times during the work day (morning, lunch and afternoon for 15-20 minutes) Some mothers only pump once per day. If the mom has a lockable office, she can continue to answer calls, etc. while pumping. Supervisors need to help other employees realize that if the new mom is at work more often since the baby isn't getting sick, the workload for all employees is more evenly distributed, even if the new mom takes a slightly longer break mid-morning.

Our speakers told us that many new mothers don't consider nursing their newborns because they assume that they can't continue when they return to work. Louisiana has one of the lowest rates of breastfeeding in the nation. But we are fortunate to be one of the states selected for a Federal pilot program to encourage new moms to breastfeed. The Coalition has a "moms on call" program to provide peer counseling to new mothers and both hospitals have lactation nurses.

If your company is interested in more information on "Moms at Work" contact the Coalition at 561-7805.

- We are in the midst of sales for our \$15,000 raffle. **Lion Susan** has the tickets. **Lion David Caplan** reminded everyone to SELL SELL SELL the 400 tickets. Grand prize is \$10,000 with 2nd place getting \$3,000 and 3rd place receiving \$2,000. This is a great opportunity for our Club to earn lots of money for our projects.
- The 2 Card draw is growing since no one can find the jokers!
- Our "Cash for Gas" raffle ticket sales started on the 27th at the SuperOne in Alexandria. Tickets are \$1 or 6 for \$5. The cash prize is \$2500 and we'll draw on Dec. 3.
- Lion Dave Perry missed the door prize (we've GOT to shuffle those cards!)