

**SHASTA REGIONAL COMMUNITY FOUNDATION: MCCONNELL FUND  
LABOR & DELIVERY: IMPROVING COMFORT AND CARE, 2008-09  
FINAL WRITE-UP**

*The impending arrival of a baby can elicit feelings of hope and expectation, but also some anxiety in the labor and delivery process, especially for first time mothers. Women who come to Mayers Memorial to deliver their babies can now have even more confidence and control throughout this process. Grants and donations from three generous sources have transformed one sparsely furnished labor and delivery room into two remodeled and fully equipped rooms designed with the care and comfort of new mothers and their babies in mind.*

*The project began in 2007 when \$13,000 from The Driscoll's Charitable Fund allowed the OB Department to purchase a new Infant Warming System. This system allowed babies to stay close to their mothers after birth while still allowing Hospital staff to evaluate the infants and provide life-sustaining oxygen and radiant heat to babies when needed. A generous donation of two patient beds from Mercy Medical Center in 2008 began the process of furnishing a second labor and delivery room.*

*The transformation really took shape in 2009 with a generous \$5,000 grant from The Shasta Regional Community Foundation through the McConnell Fund. These funds were used to purchase two rocking chairs with footstools, two sleeper chairs that convert to beds for delivery coaches, fresh paint, a new bassinet, and blinds for the nursery.*

*The impact of this transformation goes well beyond aesthetics. The comfort of the mom during labor is a top priority so she can focus on the task at hand. Relaxation during labor reduces pain and tension, provides increased oxygen to mother and baby, decreases overall time, and conserves valuable energy needed for the final stages of labor. The new rocking chairs allow the laboring mom to sit during labor while still being monitored, making changes in position possible and improving her sense of control over the process. Following delivery, the rocking chairs also promote bonding between mother and baby, increase relaxation, and support breastfeeding. The sleeper chairs help birthing coaches relax so they can focus on supporting the woman in labor. As one OB patient recently noted, "It was great having a pull out couch for my sister to sleep on. I really needed her help in the night with the baby. Glad she was able to stay with me."*

*The money provided through each of these generous donors has not only improved the actual care to mothers and babies, but also supported the District's role as gateway to the best health care services in the rural Intermountain Region. These grant funds and donations are part of the collaborative efforts that enable Mayers Memorial Hospital District to truly provide whole life health services ... from the very beginning to the very end, and every moment in between.*