



For Immediate Release

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***West Side Community Health Services Midwife Delivers
1,000th Baby at Regions Hospital in June:***

***To celebrate with former families and community members on
July 17 at East Side Family Clinic***

ST. PAUL, July 8, 2008 – Lisa Paredes, a certified nurse midwife who has been working at West Side Community Health Services (WSCHS) for 20 years, achieved an important milestone when she “caught” her 1,000th baby on June 4, 2008 at Regions Hospital. WSCHS is planning an open house on July 17, 2008 from 3:00-6:00pm at East Side Family Clinic in celebration of Lisa’s achievement. The families that Lisa has served over the years are invited to attend and participate in a group photo at 5:30pm. Many colleagues and community partners will also attend to in congratulations of Lisa’s accomplishments and the successful partnership between Regions Hospital and West Side Community Services. The event is open to the public.

Paredes began working at West Side Community Health Services (WSCHS) in 1987 doing home visits, and later became a health educator. In December 1994, she graduated from the University of Minnesota and returned to WSCHS as a certified nurse-midwife. Lisa was the first midwife at WSCHS, beginning in that position in January of 1995. Reflecting upon her career, Paredes said, "I became a midwife because I was very interested in public health, early childhood education, and parenting education. I had a wonderful mentor who supported and encouraged me to become a nurse-midwife." Paredes speaks Spanish and fulfills an important need for language appropriate care for Spanish speaking women in St. Paul and surrounding areas. In fact, of the 1,382 women seen for prenatal care by WSCHS in 2007, 63% were Latinas.

Lisa's first delivery was for a young woman from Liberia. Lisa remembers that they got very attached, and she had a lovely birth. On the occasion of her 1000th birth, Paredes remarked "I think back on that many babies and am amazed at what I've done in my career. 1,000 people born into my hands - it's enough to populate a medium sized town, for Pete's sake!"

Paredes has spent most of her career as a midwife seeing women at La Clinica on the West Side of Saint Paul. In 2006, she moved to the organization's East Side Family Clinic on Arcade Street. Over the years, Paredes has had many memorable births and been a part of the miracle with many families. Because she is so committed to her patients, many women request her care based on referrals from friends and family. She has enjoyed caring for a number of her own family members, and appreciates the trust of numerous coworkers for whom she has provided care.

Midwives provide pregnancy, birth, and postpartum care to families. They offer the full scope of family-centered maternity care services and specialize in caring for women and their infants who are at low-risk of complications. Certified Nurse-Midwives (CNM's) are registered nurses with an advanced education in midwifery and are certified by the American Midwifery Certification Board. The WSCHS Nurse Midwifery Program of 8 midwives emphasizes education and the involvement of the patient in her own care. WSCHS had 698 deliveries in 2007 at Regions Hospital.

WSCHS has been partnering with Regions Hospital for more than 30 years. In that time, WSCHS' prenatal program has grown to serve 40% of all OB services provided at Regions. In addition to her many deliveries at Regions over the years, Lisa Paredes has been instrumental as an advocate for breast feeding and played a key role in developing the lactation program at the Hospital. Paredes fondly remembers attending the last birth in the old labor and delivery unit in Regions hospital in 2000, as the new unit was opening. Her hardest but most rewarding birth, however, was her own - the birth of her son Charles Magno (Charlie) at Regions Hospital in 1997.

WSCHS is a federally-qualified Community Health Center that provides comprehensive health care and social services for over 35,000 patients each year in 18 locations throughout St. Paul including neighborhood clinics, public housing sites, homeless shelters, and public high schools. The mission of WSCHS is caring for the health of diverse communities. For 35 years WSCHS has responded to the medical, dental, and social service needs of the community. The organization is committed to a future in which everyone has access to health care.

The doctors, dentists, and other medical staff at WSCHS are deeply committed to caring for the health of the community. This is especially evident in the prenatal and other services that are provided to women. At WSCHS women can access a full array of services including family planning, pregnancy testing, prenatal care, family support, mental health counseling, nutrition services, HIV/STD screening and care, and more. And, specialized services are available for teens. Caring staff work in coordination to ensure healthy births, and healthy babies and families. For more information about the event, ongoing services, or to make an appointment, call 651-222-1816.

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