

Making breastfeeding or pumping work for you

August is National Breastfeeding Month

SPRINGFIELD -- It's a positive message that the community needs to hear: there are many benefits of breastfeeding for mother and baby, and there is support available to help you, even if you are a working parent.

August is the 13th Annual National Breastfeeding Month, sponsored by the U.S. Breastfeeding Committee, which celebrates mothers and lactating parents and works to protect, promote, and support breastfeeding and human milk feeding.

"In the past, breastfeeding was considered a lifestyle choice. But, as we've gained more knowledge over the years, we now realize that breastfeeding is medically important for the adequate health of an infant at birth and beyond," said Kimberly Congden, RN, MSN, IBCLC, program manager, Lactation Services and Parent Education at Baystate Medical Center.

The benefits of breastfeeding – considered the "gold standard" in infant nutrition – are many. Human milk is uniquely suited for infants, is easy to digest and contains many components that babies need in the early months of life. It protects infants from risks such as diarrhea, ear infections, upper respiratory infection, and other illnesses such as diabetes. Children who have been breastfed have less risk of becoming overweight or obese, even as adults, and breastfeeding has been shown to lower the risk of SIDS (sudden infant death syndrome).

According to Congden, the benefits to both children and their moth-

ers are many. "We consider colostrum, mother's first milk, as a baby's first immunization.

It boosts the immune system and protects the gut from many infections. Because breastfeeding benefits a baby's health, they are sick less and require fewer visits to the doctor, saving costs on medical care. Breastfeeding moms also have a lower risk of developing postpartum depression, as well as reproductive cancers later in life," said Congden.

The "gold standard" in infant nutrition is six months of exclusive mother's milk.

According to the American Academy of Pediatrics, breast milk alone is sufficient to support optimal growth and development for approximately the first 6 months after birth. For these very young infants, the AAP says that water, juice, and other foods are generally unnecessary. Even when babies enjoy discovering new tastes and textures, solid foods should not replace breastfeeding, but merely complement breast milk as the infant's main source of nutrients throughout the first year. Beyond one year, as the variety and volume of solid foods gradually increase, breast milk remains an ideal addition to the child's diet. The AAP concurs with the World Health Organization and recommends that breastfeeding continue for at least 2 years, and thereafter for as long as mother and baby desire.

Working can be considered a barrier to continuing on with breastfeeding, but laws are in place to protect mothers desiring to express milk in the workplace. According to the Institute for the Advancement of Breastfeeding & Lactation Education, mothers should start by letting their employer know of their

pumping or breastfeeding needs before going back to work. If the employer doesn't have a lactation program, share with the employer the laws that protect expression of milk in the workplace (PUMP for nursing mother's act.). Try to plan your pumping schedule before you go back to work and practice offering your baby a bottle, as it may take time for your nursing baby to accept a new way of feeding when you are not there to breastfeed.

Baystate Lactation Services is available for any questions, including when planning ahead for return to work. There is an advice line to any lactating parent regardless the age of the child and outpatient lactation services for assistance with breastfeeding or pumping at 413-794-5312.

To help prepare for childbirth and the possibility of breastfeeding, Baystate's Parent Education Department offers support classes prior to birth. At the Prenatal Breastfeeding Class, parents receive information on breastfeeding, including helpful tips and techniques. The Baby's Home! Now What? class is offered after baby is born and provides continued support, including information about returning to work, pumping techniques, and storage of breast milk. There is also a virtual Breastfeeding Questions & Answers Hour hosted on Zoom by a Baystate lactation consultant every Wednesday from 1-2 p.m. for any lactating parent. For more information, visit: <https://www.baystatehealth.org/Services/obgyn/support/Parent-Groups>.

For more information on Baystate Health, or to register for any of the above programs, visit baystatehealth.org/breastfeeding.

Fun Color Run/Walk to support local families affected by Childhood Cancer

AGAWAM — Griffin's Friends Children's Cancer Fund is inviting the public to participate in the first-ever Color for the Kids Run/Walk, aimed at providing essential support to local families impacted by cancer. For 25 years, Griffin's Friends has been helping local families who have a child receiving cancer care at Baystate Children's Hospital.

Griffin's Friends was founded in 1994 and is named after Griffin D. Kelleher, who died from cancer after just 14 months of life. Since then, the Kelleher family has honored his memory by helping other families battling childhood cancer.

The Griffin's Friends Color for the Kids Run/Walk is scheduled to take place on Saturday, Sept. 16, 2023, at Agawam High School. The event will kick off with a vibrant burst of color at 11 a.m., with registration and check-in starting at 10 a.m. Participants and non-runners are invited to stay after the race to enjoy music, food, and entertainment.

"Whether you run, walk, or are just looking for a fun family day, this event has what you're looking for. Plus, you are supporting a worthy cause in the community where the money directly helps local families in need," said Hampden County Sheriff Nick Cocchi, whose campaign committee is one of the event's sponsors. "The Griffin's Friends community has been a beacon of hope for families who find themselves in their toughest times for the past 29 years. I encourage everyone to participate, stop by or make a donation to help them continue to help others."

This unique experience is open to all age groups, offering a two-mile color-filled course that perfect for both runner and walkers. Each registration, priced at \$25 for students, and \$35 for adults, includes a commemorative T-shirt and protective sunglasses, ensuring participants look stylish while contributing to a worthy cause.

To secure your spot and be a part of this unforgettable day, register now at www.GriffinsFriends.com.

PUBLIC NOTICES

COMMONWEALTH OF MASSACHUSETTS THE TRIAL COURT HAMPDEN, Div. Probate & Family Court Dept. HD23E0037PP

To Amberly Matt of Hampden, in the County of Hampden, and to all other persons interested.

A petition has been presented to said Court by Jason W. Abeid of Indian Orchard, representing that they hold as tenants in common in an undivided part or share of land lying in Hampden in the County of Hampden, setting forth that they desire that all of said land may be sold at a private sale or public auction for not less than Four Hundred Seventy-Five Thousand (\$475,000.00) Dollars, and praying that partition may be made of all the land aforesaid according to law, and to that end that a commissioner be appointed to make such partition and be ordered to make sale and conveyance of all, or any part of said land which the Court finds cannot be advantageously divided either at private sale or public auction, and be ordered to distribute the net proceeds thereof after full adjudication of the equitable claims contained in said petition and supplemental memorandum filed with the Court.

If you desire to object thereto, you or your attorney, should file a written appearance in said Court at Springfield before ten o'clock in the forenoon on the **seventeenth day of October 2023**, the return day of this citation.

Witness, **BARBARA M. HYLAND**, Esquire, First Justice

of said Court, this 17th day of August 2023.

Rosemary A. Saccomani, Register
08/31, 09/07, 09/14/2023

Commonwealth of Massachusetts The Trial Court Probate and Family Court 50 State Street Springfield, MA 01103 Docket No. HD23P1784PM
In the matter of: Harry MacLeod Of: Wilbraham, MA RESPONDENT (Person to be Protected/ Minor)

CITATION GIVING NOTICE OF PETITION FOR APPOINTMENT OF CONSERVATOR OR OTHER PROTECTIVE ORDER PURSUANT TO G.L. c. 190B, §5-304 & §5-405

To the named Respondent and all other interested persons, a petition has been filed by **Baystate Wing Hospital** of Palmer, MA in the above captioned matter alleging that **Harry MacLeod** is in need of a Conservator or other protective order and requesting that **Nancy Godbout** of Granby, MA (or some other suitable person) be appointed as Conservator to serve **With Surety** on the bond.

The petition asks the court to determine that the Respondent is disabled, that a protective order or appointment of a Conservator is necessary, and that the proposed conservator is appropriate. The petition is on file with this court.

You have the right to object to this proceeding. If you wish to do so, you or your attorney must file a written appearance at this court on or before 10:00 a.m. on the return date of **09/20/2023**. This day is NOT a hearing date, but a deadline date by which you have to file the written appearance if you object to the petition. If you fail to file the written appearance by the return date, action may be taken in this matter without further notice to you. In addition to filing the written appearance, you or your attorney must file a written affidavit stating the specific facts and grounds of your objection within 30 days after the return date.

IMPORTANT NOTICE
The outcome of this proceeding may limit or completely take away the above-named person's right to make decisions about personal affairs or financial affairs or both. The above-named person has the right to ask for a lawyer. Anyone

may make this request on behalf of the above-named person. If the above-named person cannot afford a lawyer, one may be appointed at State expense.

Witness, Hon. **Barbara M. Hyland**, First Justice of this Court.

Date: August 23, 2023
Rosemary A. Saccomani
Register of Probate
08/31/2023

Commonwealth of Massachusetts The Trial Court Probate and Family Court Hampden Probate and Family Court 50 State Street Springfield, MA 01103 Docket No. HD23P1772GD
In the matter of: Harry MacLeod Of: Wilbraham, MA RESPONDENT Alleged Incapacitated Person

CITATION GIVING NOTICE OF PETITION FOR APPOINTMENT OF GUARDIAN FOR INCAPACITATED PERSON PURSUANT TO G.L. c. 190B, §5-304

To the named Respondent and all other interested persons, a petition has been filed by **Baystate Wing Hospital** of Palmer, MA in the above

captioned matter alleging that **Harry MacLeod** is in need of a Guardian and requesting that **Nancy Godbout** of Granby, MA (or some other suitable person) be appointed as Guardian to serve **Without Surety** on the bond.

The petition asks the court to determine that the Respondent is incapacitated, that the appointment of a Guardian is necessary, and that the proposed Guardian is appropriate. The petition is on file with this court and may contain a request for certain specific authority.

You have the right to object to this proceeding. If you wish to do so, you or your attorney must file a written appearance at this court on or before 10:00 a.m. on the return date of **09/20/2023**.

This day is NOT a hearing date, but a deadline date by which you have to file the written appearance if you object to the petition. If you fail to file the written appearance by the return date, action may be taken in this matter without further notice to you. In addition to filing the written appearance, you or your attorney must file a written affidavit stating the specific facts and grounds of your objection within 30

days after the return date.

IMPORTANT NOTICE
The outcome of this proceeding may limit or completely take away the above-named person's right to make decisions about personal affairs or financial affairs or both. The above-named person has the right to ask for a lawyer. Anyone may make this request on behalf of the above-named person. If the above-named person cannot afford a lawyer, one may be appointed at State expense.

WITNESS, Hon. **Barbara M. Hyland**, First Justice of this Court.

Date: August 22, 2023
Rosemary A. Saccomani
Register of Probate
08/31/2023

PUBLIC NOTICE
Pursuant to MA Gen. Law Ch.255, Sec. 39A as of September 8, 2023 the following motor vehicle will be for sale to satisfy a garage keepers lien:
E-Ton Moped
VIN: RFZ5BB0C95A003037
Color: Black
LKO: Unknown
R & S Assoc. Inc.
Wilbraham MA 01095
413-596-4374
08/24, 08/31, 09/07/2023