



ROANOKE PREGNANCY & POSTPARTUM

Resource Summit

"BUILD YOUR COMMUNITY THROUGH MOM UNITY"

Saturday, October 17, 2020
womensresourcesummit.org

Summit Resource Guide & Conference Program

Meet Our Team

We are made of a diverse group of women who are passionate about our local community. As moms, we understand the stressors daily life has to offer.

You don't have to do it alone.

Get to know our team and how we each can help you.



Jaclyn Nunziato, MD, MS

Executive Director



Emily McCorkle

Director of Operations & Events



Jen Cliff, RN, BSN, RMT

Director of Communications & Media



Julia Basso, PhD, CYT

Director of Research & Media



Kim Butterfield, MPH

Director of Community Outreach



Amy Foutz, DPT

Director of Education & Support



Kim Whiter, MS Ed

Director of Fundraising & Development

Special Thanks

The Resource Summit would not have been possible without the dedication and love of many talented individuals. For that, we thank them & recognize their incredible contributions to this work.

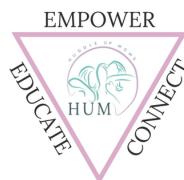
Kimmie Chernichky, DC, CACCP
Chernichky Family Chiropractic

Kris Conrad, DNP, CNM
LewisGale Physicians Midwifery

Tara Daystar CPM, Childbirth Educator
Ancient Roots Midwifery & Doula Care LLC

Katherine Havener, IBCLC
Star Lactation

Julie Satterwhite
B.R.E.A.S.T.Roanoke



www.huddleupmoms.org

ROANOKE PREGNANCY & POSTPARTUM

Resource Summit

Mini Interviews | Pre-Recorded

Meet your community providers - individuals passionate about taking care of you during your pregnancy and postpartum journey. Enjoy these interviews to learn more about building your support team and the services each of them provides. This content is available October 12th through 17th.

Children Services:

Emily Amerson -- Easterseals UCP of NC & VA

Jill Lucas Drakeford -- Carilion Children's Safe Kids

Health and Fitness:

Whitney Batchelor- CrossFit Unwritten

Jay Ezelle -- IDLife and Brickhouse Health & Fitness

Midwives:

Holly Borkert, CNM -- Carilion Clinic

Kris Conrad, DNP, CNM -- LewisGale Physicians Midwifery

Karen Winstead, RN, CNM, MSN -- New Life Birth Center

Doulas:

Tara Daystar -- Ancient Roots Midwifery & Doula Care, LLC

Shalene Massie & Kimberly Reese -- Rhythm of Birth

Erin Nuckols -- Lunar Elm

Colleen Smith -- Mighty Mamas Doula Services

Anna Ree Whestel Rucker -- MomaRee's Doula Service

Community Providers:

Kimmie Chernichky, DC, CACCP -- Chernichky Family Chiropractic

Jenna Montana -- Cultivate Wellness

Daryl Rich, DC, CSCS -- CORE Chiropractic and Wellness

ROANOKE PREGNANCY & POSTPARTUM

Resource Summit

Mini Interviews | continued

Meet your community providers - individuals passionate about taking care of you during your pregnancy and postpartum journey. Enjoy these interviews to learn more about building your support team and the services each of them provides. This content is available October 12th through 17th.

OBGyns:

David Gregory, MD -- Carilion Clinic Family Medicine

Jennifer Wells, MD -- Carilion Clinic Psychiatry & Behavioral Medicine

Harris Wexler, DO -- LewisGale Physicians OBGYN

Kimberly Simcox, DO -- Carilion Clinic OBGYN

Lactation Providers:

Kendra Carroll, RN, IBCLC -- Carilion Clinic

Dominique Gallo, IBCLC -- Gallo Birth Services

Katherine Havener, IBCLC -- Star Lactation

Julie Satterwhite -- B.R.E.A.S.T.Roanoke

Erin VandeLinde, IBCLC -- La Leche League

Community Partners

Kendall Ireland -- Healthy Families (Children's Trust)

Elizabeth Farnsworth -- Photographer (Birth & Doula)

Early Identification, Intervention, and Busy Beats

Presenter: Emily Amerson, Easterseals UCP of NC & VA

Mini Birthing Workshop

Presenter: Kimmie Chernichky, Chernichky Family Chiropractic

Navigating the NICU: What New Parents Can Expect When Dealing with the Unexpected

Presenter: Dominique Gallo, Gallo Birth Services

What's Healthy for Pregnancy is Healthy for Life & Family

Presenter: David Gregory, MD, Carilion Clinic Family Medicine

The Doula's Role & Pain vs. Suffering Mindset in Labor

Presenters: Shalene Massie & Kimberly Reese, Rhythm of Birth

Blue Ridge Autism & Achievement Center (BRAAC) -- BRAAC QA

Presenter: Teri Nance, St. Vincent's Home, Inc.

Diversity, Inclusion and Equality in Childbirth: How Doulas are Making a Difference?

Presenter: The Roanoke Doula Collective

The 411 of the 4th Trimester

Presenter: Jaclyn Nunziato, MD, Carilion Clinic

Exercise & Pregnancy

Presenter: Daryl Rich, [Core] Chiropractic and Wellness

Osteopathic Treatment for Infants and Children

Presenter: Hope Tobey, DO, VCOM Sports and Osteopathic Medicine

Busting Myths That May Affect Your Breastfeeding Success

Presenter: Erin VandeLinde, La Leche League

How Hypnosis Works in Pregnancy, Childbirth, and Postpartum

Presenter: Anna Ree Whetsel Rucker, MomaRee's Doula Services

Wading Into Waterbirth

Presenter: Karen Winstead, New Life Birth Center

ROANOKE PREGNANCY & POSTPARTUM

Resource Summit

Live Workshops via Zoom

Saturday, October 17 | 9:00am - 10:00am

Mindfulness in Childbirth and Beyond

Presenter: Rebecca White, CNM, LewisGale Physicians Midwifery

Navigating the Postpartum: Thriving - Not Just Surviving

Presenter: Tara Daystar, Ancient Roots Midwifery & Doula Care, LLC

Coffee Q&A: Lactation Support Specialists

Providers: Kendra Carroll, Dominique Gallo, and Erin VandeLinde

Coffee Q&A: Community Providers

Providers: Jay Ezelle & Dr. Kimmie Chernichky

Saturday, October 17 | 10:00am - 11:00am

How to Be Successful Going Back to Work While Breastfeeding

Presenter: Vicki Snyder, SNM, SWHNP, IBCLC, BSN, RN, SBD

Mindset Over Motivation & the Importance of Right

Nutrition, Proper Rest and Supplements

Presenter: Jay Ezelle, Health, Wellness and Fitness Coach, IDLife and Brickhouse

Coffee Q&A: Doulas

Providers: Tara Daystar, Kimberly Reese, Erin Nuckols, Colleen Smith, Anna Ree Whetsel Rucker, and Roanoke Doula Collective

ROANOKE PREGNANCY & POSTPARTUM

Resource Summit

Live Workshops via Zoom

Saturday, October 17 | 11:00am - 12:00pm

Childhood Car Seat Safety

Presenter: Jill Lucas Drakeford, Carilion Community Health & Outreach

Coffee Q&A: Midwives

Providers: Holly Borkert, Rebecca White, Karen and Winstead

Coffee Q&A: Physicians

Dr. Jaclyn Nunziato, Dr. Kimberly Simcox, Dr. Jennifer Wells & Dr. David Gregory

Saturday, October 17 | 12:00pm - 1:00pm

Prenatal Meditative Yoga Session

Presenter: Erin Nuckols, 200-RYT, MPH, Lunar Elm

Diabetes in Pregnancy

Presenter: Dr. Allison Durica, MD, Carilion Clinic Maternal Fetal Medicine

ROANOKE PREGNANCY & POSTPARTUM

Resource Summit

Live Workshops via Zoom

Saturday, October 17 | 1:00pm - 2:00pm

Beyond Self Care: Understanding Maternal Mental Health

Presenter: Mandolin Restivo & Mara Watts, PostPartum Support Virginia

Maternal Mental Health: The Facts About Mental Illness in Pregnancy and Beyond

Presenter: Dr. Jennifer Wells, MD Carilion Clinic Psychiatry & Behavioral Medicine

Labor of Love: Managing Pregnancy & Substance Use Disorders

Presenter: Dr. Kimberly Simcox, DO OBGYN

Providers and Community Partners

Emily Amerson

Early Intervention Program Manager
Easterseals UCP of NC & VA



Workshop Topic:

Early Identification, Intervention, and Busy Beats



emily.amerson@eastersealsucp.com
eastersealsucp.com
540-588-3341
@esucpnc
@eastersealsucp

Whitney Batchelor

Pregnancy and Postpartum Athleticism Coach
Empowered Moms - CrossFit Unwritten



Coffee Q&A - 10:00 am

Maternal Education



info@crossfitunwritten.com
crossfitunwritten.com/empowered-mom-series
540-404-4924
@Crossfitunwritten

Holly Borkert, CNM

Carilion Clinic



Coffee Q&A - 11:00 am

Midwife



hborkert@carilionclinic.org
carilionclinic.org/providers/holly-e-borkert-cnm
540-731-4578

Kendra Carroll, RN, IBCLC

Carilion Clinic



Coffee Q&A - 9:00 am

Lactation



540-855-1073

Kimmie Chernichky, DC, CACCP

Certified Pediatric and Prenatal Chiropractor
Chernichky Family Chiropractic



Workshop Topic:

Mini Birthing Workshop

Coffee Q&A - 9:00 am

Community Provider



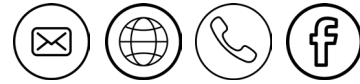
drkimmie@cfchirova.com
cfchirova.com
540-591-3535
@bocochoiro

Providers and Community Partners

Kris Conrad, DNP, CNM
Certified Nurse-Midwife
LewisGale Physicians Midwifery



Interview Available Online

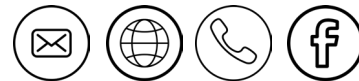


kristin.conrad@hcahealthcare.com
lewisgale-physicians-midwifery.business.site
540-772-3650
@LGPMidwifery

Tara Daystar
Certified Professional Midwife, Professional
Doula, Breastfeeding Specialist, Trauma
Informed Care Provider, Certified Hypnobirthing
Educator The Le Claire Method
Ancient Roots Midwifery & Doula Care, LLC



Workshop Topic:
Navigating the Postpartum:
Thriving not just Surviving
Coffee Q&A - 10:00 am
Doulas



tara.daystar@gmail.com
rootsmidwifery.com
540-285-0067
@Doulaflloyd

Allison Durica, MD
Carilion Clinic Maternal Fetal Medicine



Workshop Topic: **Coffee Q&A - 11:00 am**
Diabetes in Pregnancy OBGYNs



Ardurica@carilionclinic.org
carilionclinic.org/specialties/maternal-fetal-medicine
540-985-9985

Jay Ezelle
Health, Wellness and Fitness Coach
IDLife and Brickhouse Health and Fitness

Workshop Topic:
Mindset over motivation and the importance of
right nutrition, proper rest and supplements.
Coffee Q&A - 9:00 am
Community Providers



jay@brickhousehealthandfitness.com
jayandjoyezelle.idlife.com
803-404-8989
@jayezele



Providers and Community Partners

Elizabeth Farnsworth
Birth Doula + Photographer
Beth Farnsworth - Photographer + Doula



Beth Farnsworth
photographer & doula

Interview Available Online



info@elizabethfarnsworthphotography.com
BethFarnsworth.com
207-251-2057
@BethFarnsworthPhotoDoula

Dominique Gallo
Lactation Consultant, IBCLC
Gallo Birth Services



Workshop Topic:

Navigating the NICU What New Parents Can Expect when Dealing with the Unexpected

Coffee Q&A - 9:00 am
Lactation



Dominique@DominiqueDoula.com
DominiqueDoula.com
757-598-2507
@gallobirthservices
@dominique_ibclc

Ranessa Gibson, PT, DPT
Doctor of Physical Therapy (DPT)
Urogynecology and Pelvic Floor Disorders Clinic
Carilion Clinic



Coffee Q&A - 9:00 am
Community Provider



rjggibson2@carilionclinic.org
carilionclinic.org/locations/carilion-clinic-urogynecology-roanoke
540-985-4099

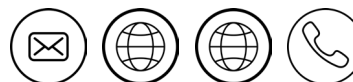
David Gregory, M.D.
MD, FAAFP, Associate Professor, VTSOM
Carilion Clinic Roanoke Salem Family Medicine
(RSFM-1) & Southeast Family Medicine Clinics
(SEFM-2)



Workshop Topic:

What's Good In Pregnancy is Good For Family Throughout Life

Coffee Q&A - 9:00 am
OBGYNs



cmbutt@carilionclinic.org (Caroline Butt - Practice Manager)
carilionclinic.org/locations/carilion-clinic-family-medicine-roanoke-salem
carilionclinic.org/locations/carilion-clinic-family-medicine-southeast
540-562-5700

Providers and Community Partners

Katherine Havener, IBCLC
Star Lactation



Workshop Topic:

Be Prepared: How to Get Off to a Great Start
Breastfeeding

Coffee Q&A - 9:00 am
Lactation



kchavener@att.net

starlactation.com

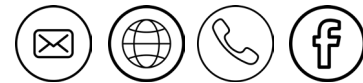
540-926-4111

@starlactationroanoke

@starlactation

@katherinechavener

Vicki Honer
Owner, Educator
Lactation Connection



vicki.honer@gmail.com

sites.google.com/site/vickihoner

540-774-7202

Lactation Connection (Roanoke)

Kendall Ireland
Family Resource Specialist
Healthy Families (Children's Trust)

Interview Available Online



kendall.ireland@roact.org

roact.org/programs/healthy-families

Healthy Families Roanoke



Providers and Community Partners

Jill Lucas Drakeford
Carilion Children's Safe Kids Coordinator
Carilion Community Health & Outreach

Workshop Topic:
Childhood Car Seat
Safety

Workshop Topic:
Safe Sleep for Children



jalucas@carilionclinic.org
carilionclinic.org
540-981-8075
@CarilionChildrens

Shalene Massie and Kimberly Reese
Doula & Childbirth Educator
Rhythm of Birth

Workshop Topic:
"Doulas & Pain vs. Suffering Mindset in Labor"
Workshop. Understanding the mindset to help
cope with the mental & physical intensity of labor.
Coffee Q&A - 10:00 am
Doulas



info@rhythmofbirth.com
rhythmofbirth.com
@doulashalene
@doularhythmofbirth

Jenna Montana, DC, MS, IFMCP
Functional Medicine Practitioner,
Certified Acupuncturist
Cultivate Wellness

Interview Available Online



jennamontanadc@gmail.com
cultivatewellnessva.com
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@cultivatewellnessva
@ dr.jennamontana

Teri Nance
Development Team/Event Planner
*St Vincents Home, Inc. DBA: Blue Ridge Autism
and Achievement Center (BRAAC)*

Workshop Topic:
BRAAC Josh Leonard Documentary; BRAAC QA



teri.nance@svhservices.org
svhservices.org
540-366-7399
@SVHservices
@braacva



Providers and Community Partners

Erin Nuckols
200-RYT, MPH
Lunar Elm

Workshop Topic:
Prenatal Meditative
Yoga Session

Coffee Q&A - 10:00 am
Douglas



en@lunarelm.com
lunarelm.com
970-218-8013
@lunar_elm_wellness
@lunar_elm_wellness

Jaclyn Nunziato, MD
MD, MS OBGYN Assistant Professor
at VTC/Carilion
OBGYN Carilion

Workshop Topic:
The B's of Postpartum-
When its NOT normal!!

Coffee Q&A - 11:00 am
OBGYNs



CARILION CLINIC



jnunz24.hum@gmail.com
huddleupmoms.org

**Mandolin Restivo, MA and
Mara Watts, LPC, MA, M.ED.**
Director of Support and Development/Director
of Outreach and Education
PostPartum Support Virginia

Workshop Topic:
Beyond Self Care: Understanding Maternal
Mental Health



mrestivo@postpartumva.org
mwatts@postpartumva.org
postpartumva.org
703-829-7152
@postpartumsupportva

Postpartum Support Virginia
Hope and help for new mothers

Daryl Rich, DC, CSCS
Chiropractor; Clinical Director
[Core] Chiropractic and Wellness

Workshop Topic:
Exercise for the Pregnant & Postpartum Woman
Coffee Q&A - 9:00 am
Community Provider

[CORE]

CHIROPRACTIC AND WELLNESS



DrRich@CoreRoanoke.com
CoreRoanoke.com
540-344-1055
@CoreRoanoke

Julie Satterwhite
Director of Media and Marketing
B.R.E.A.S.T.Roanoke

Interview Available Online



breastroanoke@gmail.com
breastroanoke.org
@breastroanoke

Providers and Community Partners

Corey Sheppard, DDS

Pediatric Dentist, Board Certified, Diplomate,
American Board of Pediatric Dentistry. Fellow of
the American Academy of Pediatric Dentistry
Roanoke Pediatric Dentistry



Workshop Topic:

Early Childhood Caries and Tight Oral Frenums



roanokekidsteeth@gmail.com
roanokepediatricdentistry.com
540-563-1660

Kimberly Simcox, DO

Physician
Carilion Clinic



Workshop Topic:

Labor of Love: Managing Pregnancy and
Substance Use Disorders

Coffee Q&A - 11:00 am
OBGYNs



kpsimcox@carilionclinic.org
carilionclinic.org/carilion-womens-emerald-program
540-389-5174

Colleen Smith

Birth Doula
Mighty Mamas Doula Services



Mighty Mamas
DOULA SERVICES

Coffee Q&A - 10:00 am
Doulas



mightymamasdoula@gmail.com
mightymamasdoulaservices.com
540-339-7576
@mightymamasdoulaservices
@mightymamasdoulaservicesva

Victoria Snyder

SNM, SWHNP, IBCLC, BSN, RN, SBD

Workshop Topic:

How to Be Successful Going Back to Work While
Breastfeeding



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757-615-1073
facebook.com/vicki.snyder.7

Providers and Community Partners

Hope Tobey, DO
Physician
VCOM Sports And Osteopathic Medicine (VSOM)



Workshop Topic:
Osteopathic Treatment for Infants and Children



htobey@vt.vcom.edu
osteopathicsports.com
540-232-8405

Erin VandeLinde, IBCLC
La Leche League Leader
La Leche League



Workshop Topic: Breastfeeding Myths/
Invite to LLL
Coffee Q&A - 9:00 am
Lactation



Erin@myvillageconnect.com
540-526-6180
@LLLRoanoke

Jennifer Wells, MD
Perinatal Psychiatrist
Carilion Clinic



Workshop Topic:
Maternal Mental Health: The facts About Mental
Illness in Pregnancy and Beyond
Coffee Q&A - 11:00 am
OBGYNs



carilionclinic.org/specialties/psychiatry-behavioral-
medicine
540-981-8025

Harris Wexler, DO
Physician
LewisGale Physicians



Interview Available Online



lewisgale.com/physicians/profile/Harris-M-Wexler-DO
540-772-5900

Anna Ree Whetsel Rucker
Professional Doula & Certified HypnoBirthing®
Childbirth Educator
MomaRee's Doula Services



Workshop Topic: How Hypnosis works
in Pregnancy, Birth and
Postpartum
Coffee Q&A - 10:00 am
Doulas



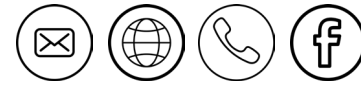
birthwithmomaree@gmail.com
MomaReeDoula.com
540-320-5660
@MomaRees.Doula.Services
@momaree.doula
@MomaRee_Doula

Providers and Community Partners

Rebecca White, CNM
Certified Nurse-Midwife
Lewis Gale Physicians Midwifery

Workshop Topic:
Mindfulness in
Childbirth and Beyond

Coffee Q&A - 11:00 am
Midwives

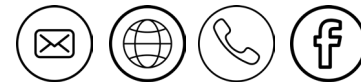


Rebecca.White5@hcahealthcare.com
lewisgale-physicians-midwifery.business.site/
540-772-3650
@LGPMidwifery

Karen Winstead, RN, CNM, MSN
Midwife
New Life Birth Center

Workshop Topic:
Water Births and Birth
Centers

Coffee Q&A - 11:00 am
Midwives



Kawinstead@me.com
Newlifebirthcenter.org
540-482-0505
New Life Birth Center

Roanoke Doula Collective
Certified, Professional Doulas, IBCLC, Lactation
Specialist, Hypnobirthing Educators, Placenta
Encapsulator, Prenatal Yoga Teacher and Award
Winning Birth Photographer

Workshop Topic:
Diversity, Inclusion and Equality in Childbirth:
How Doulas are Making a Difference
Coffee Q&A - 10:00 am
Doulas



info@roanokedoulacollective.com
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@RoanokeDoulaCollective
@roanokedoulacollective

Build Your Community Through Mom Unity

Who do you want as part of your community? Create your lists below of who to follow up with.

Pregnancy Care

Postpartum

Maternal Health

Additional Community Partners

Thank You Sponsors!



Star  *Lactation*

EXPERT LACTATION
CARE

STARLACTATION.COM

540-926-4111

SOME INSURANCE PLANS ACCEPTED

John Harding, MD