

# FOOTNOTES

*Foothills Midwifery Newsletter*

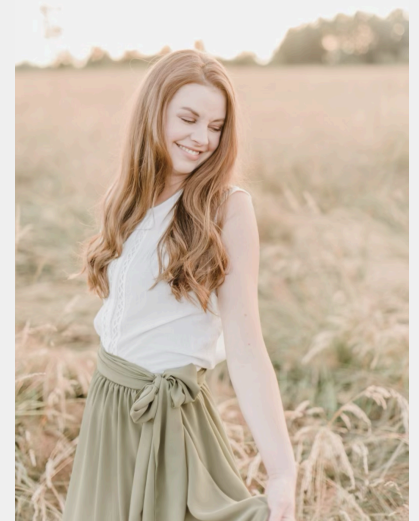
NOVEMBER BIRTH FLOWER: POPPY

November 2024

## News!

### Welcome, Midwife Aundrea (Andy)!

We're so lucky to be welcoming another midwife! Midwife Andy is a 3rd generation farmer raised in Enumclaw. She has small town roots and is a WSU alumni, with a crimson heart. Andy received her MSM Midwifery in 2021 from Bastyr University before becoming a full-time midwife. When she's not on call, she loves farming alongside her 4 children and husband in Roy, WA. You'll often see her around town supporting our local mom and pop shops, or sneaking away from cell service on rare occasions. She's passionate about and dedicated to midwifery sustainability and advancement and plays an active role in each legislative session, and she can't wait to meet you and your growing family!



### Thank you, Midwife Hannah!

We are so profoundly grateful to Hannah for dedicating the last year of her midwifery career to the Foothills community. Hannah started as a student at Foothills a few years ago and worked hard alongside Terah and Heidi, she has been a valuable piece of our puzzle for the last few years. This November, she will be taking a break from midwifery and moving home to Canada for a while before moving to her next adventure, with goals and aspirations to do mission birth work. We will all miss her so much!



# A Letter from Brooke

“Dear Foothills Wellness Clients,

I want to take a moment to express my heartfelt gratitude for allowing me to be part of your healthcare journey over the last several years. It’s been an honor to support you in person, and I look forward to continuing our work together in a new way.

Starting in January 2025, I will be transitioning to mostly virtual appointments, offering greater flexibility and convenience for many of you. For follow-up and problem-focused visits that don’t require an in-person exam, I’m here for you virtually, ready to support you just as thoroughly as before. You will be able to schedule on the Foothills site, just as you do now. When lab work is needed, I’ll guide you on the next steps, whether it will be obtained at the Birth Cottage or a LabCorp.

I will open up occasional in-person appointments for annual exams/pap smears as needed, roughly quarterly. If you’re due for a yearly exam or a pap smear, please send me a message through the portal and I’ll keep a list of everyone to contact as soon as I open up in-person slots. If you are due for an annual exam now, I still have open appointments in November and December so schedule soon.

Thank you for your understanding and being such a valued part of the Foothills community. I look forward to staying connected and providing you with the best care possible.

With appreciation,  
Brooke Bucci, CNM, ARNP

## *Birth Stories!*

### **BABY COLBY**

#### **What was the best part of your pregnancy?**

The support I received from my community! There is something fierce about community moms and the support and love they provide!

#### **What was the hardest part of your pregnancy?**

Going over 40 weeks! As a first time mom I knew I was likely to go over 40-weeks but I started to mentally struggle as my husband didn’t know when to take time off work without wasting days prior to our baby being born and I didn’t know when to stop working myself. I also felt a lot of pressure like I was doing something wrong the longer my pregnancy got. I’m sure the hormones didn’t do me any favors!

**(continued)**



### How did you know you were in labor?

The contractions! I had contractions that got shorter and stronger for 2.5 days before I gave birth!

### What will you remember the most about your birth?

Being so overwhelmingly grateful I chose to give birth outside of a hospital. Hannah as my midwife, Raelin as my doula and Amanda as my midwife assistant at Foothills gave me so much autonomy and support over my extremely long birthing process. Something special in the universe sent that team of women to be by my side.

### What were you thinking with that last push?

FINALLY! I had a very long labor and was absolutely exhausted by the time I got to pushing. I'm not sure where I pulled that energy from but he finally came!

## Births!

October 25 | Baby Girl | 7lb 10oz

October 21 | Baby Girl | 7lb 11oz

October 20 | Baby Girl | 8lb 0oz

October 17 | Baby Girl | 7lb 5oz

October 14 | Baby Boy | 7lb 12oz

October 10 | Baby Girl | 7lb 6oz

October 9 | Baby Boy | 7lb 6oz

October 7 | Baby Girl | 9lb 1oz

October 3 | Baby Boy

October 2 | Baby Boy | 7lb 8oz

## SUPPLEMENTS IN STOCK AT THE COTTAGE

Calm Magnesium

Thorne Prenatal Vitamins

Thorne Ferrasorb

Thorne Omega Plus

Thorne Rhodiola

Thorne Zinc

Thorne Vitamin D

Thorne Basic B

Thorne Choline

Maxi Milk

Dye Free Aspirin

Klaire Women's Probiotics

Klaire Infant Probiotics

Klaire Children's Probiotics

Gentle Birth

After-Pain Relief

LMNT electrolytes

Dye-free aspirin

### OUR TEAM

Midwife Terah: Clinical Director

Midwife Brooke: Wellness midwife who offers contraception visits, wellness visits, pap smears, gynecologic visits, etc.

Tina: Birth assistant

Midwife Hannah: Birth Midwife

Midwife Alex: Birth midwife

Midwife Amanda: Birth midwife

Midwife Andy: Birth Midwife

Midwife Tinneca: Home visit midwife

Leah: Senior student midwife assistant.

Raelin: Administrative Office Assistant.

Ilya: Ultrasound technologist

Thank you for reading!

Warmly, Midwife Terah

[PAST NEWSLETTERS LINK](#)