



Sacopee Valley Birthing Services

www.sacopeemidwives.org

Serving women in southern Maine and eastern New Hampshire.

Brenda Surabian, AEMT, CPM • Lindsay Bushnell, CPM, NHCM • Jodie Kaufman, CNM, NP • Robin Doolittle Illian, CPM

sacopeemidwives@gmail.com 207.329.2111 Fax 207.591.4767

How our Practice Works

Welcome to Sacopee Valley Birthing Services! We are a group practice of four midwives; three Certified Professional Midwives (CPM) and one Certified Nurse Midwife (CNM). We love working together in this group model, and we think you will love it, too.

A group practice means that our clients benefit from our collective knowledge and experience, and have more than one midwife to oversee their care and get to know them. It also means you will always have a well-rested team of two at your birth, with at least one midwife that you know well. In the rare case of two births happening at once, you would still have a team of 2 midwives you know. For the midwives, it means that we can have certain days when we are on-call only for our families, which keeps us fresh and balanced to provide the best midwifery care possible.

We feel this group practice model offers a sustainable way to continue giving the quality midwifery care we love and being able to make the connections with our clients that make this work so rewarding, while balancing the needs of our own families as well. Striving for balance, we know all will benefit.

Who will I see for prenatal and postpartum visits? You will meet with one midwife per visit. Brenda, Lindsay and Robin each do two visit-days per week, and Jodie does one. We will be sure you get visits with all of us. We each have unique strengths, so even though you will only have 2 of us at your birth, we feel each visit is beneficial, even with the midwives who do not attend your labor.

Where are visits? Most of our appointments are office visits. We will primarily see you in the office that is closer to your home—Limington or in-town Portland. We may occasionally ask you to come to the further office if scheduling necessitates it. You will have two home visits around 35-37 weeks, and at least two of the four postpartum visits are at home.

Who will be at my birth? See below to see how our “call” works. The most likely scenario is that it will be Brenda plus one of Lindsay or Robin. Jodie is on-call 2 days per week as back up and also covers when Brenda is off.

Brenda is a full-time primary midwife, she is on-call 6 days per week (she is off for 24 hours/week starting 6pm Friday). She also takes occasional longer times off call. We will let you know if you are due during one of these times. When she is not caring for her grand-babies, Brenda also handles most of the email communication for the practice among other administrative tasks.

Lindsay is a part-time primary midwife, who is on-call half time. She is currently “on” every Monday-Tuesday and every other Friday-Sunday. On her off-call time she is mothering her two little ones and doing the bookkeeping and billing for our practice, among other things!

Robin is a part-time primary midwife, who is also on-call half time. She is currently “on” every Wednesday-Thursday and every other Friday-Sunday. Robin also communicates with clients regarding lab results, and does other administrative tasks including filing birth certificates. On her off-call days she is mothering her 2 school-aged kids and new baby.

Jodie, who is also a nurse-practitioner, is on-call every Friday and Saturday as back up and fill in primary or second midwife, as needed. She handles prescriptive needs of our clients in addition to offering well-woman care for our clients beyond the childbearing year. Jodie has her own full scope primary-care practice, Honey Bee Home Health, and is a full time mama to her own little one.

You can read more about each of the Sacopee Midwives in their bio’s on our website, www.sacopeemidwives.org and get more information about Jodie’s primary care practice at www.honeybeehomehealth.com.

Also, when considering our practice for your care, please read the other following documents; Informed Choice, Financial Agreement, Emergency Care Plan, and How to Reach the Midwife on Call to get a further idea of how our practice works. You can email us any time with questions! sacopeemidwives@gmail.com

We so appreciate your interest in our practice and wish you a happy, healthy pregnancy and birth.