

On Location In Denver

What's New at the ACNM 59th Annual Meeting & Exhibition

Ever worn pajamas to a slumber party with a bunch of student midwives? Heard an award-winning diversity strategist explain how you can build a more inclusive community using the characters from *The Wizard of Oz*? Had your handwriting analyzed, or ducked into a photo booth with midwifery legend Kitty Ernst? Danced the night away with the stars of your profession and then sat in the audience the next day as they presented their groundbreaking original research? Now's your chance.

More Room to Breathe

You can really gain some perspective from this mile-high vantage point. We listened to your feedback and did some reflecting after Nashville, and this year we're emphasizing quality over quantity. We've eased the daily schedule to allow some much-needed down time between carefully vetted education sessions and workshops.

Fun, Fun, Fun!

Among the surprise special guest planned for the Opening General Session, the hilarious comedy troupe booked to perform at the A.C.N.M. Foundation Fundraiser, the Hazel Miller Band and photo booth at the Midwifery Celebration Party, the handwriting analyst centrally located in the Town Square/Internet Lounge in the Exhibit Hall, and the discounts we've arranged with local businesses, we're confident you'll find something to tickle your fancy. Prepare to have fun!

Brand New ACNM Resources

ACNM releases a slew of tools and resource packages throughout the year to support midwives in the trenches who work daily to improve the health

of women and babies, as well as advance midwifery nationally.

**Come Together.
Exchange Ideas.
Reach Higher.**

Don't miss a thing— check your registration bag for a flyer about some of the most impactful resources we released this year, how to use them, and where to find them.

Total Immersion

Now that you're here, you'll be able to plug into the heartbeat of our profession and our organization while you fulfill your continuing education requirements, get up to speed on the latest advancements in midwifery practice, and participate in important College governance business. We know your presence will help elevate our conversation. Thanks for joining us!

Check your inbox!

Get a little piece of *On Location* every morning. We'll be sending you an e-mail with the latest onsite news to keep you in the loop on the daily. We'll also give you the highlights from the day before, for those times when you can't be in 3 places at once!



Annual Meeting at Your Fingertips

Carry the Final Program in your pocket! The AM2014 mobile app includes everything you need to know about our meeting, plus several easy ways to customize your personal agenda and plan your schedule as well as receive instant updates and alerts. Go to <http://eventmobi.com/AM2014> on your mobile browser to instantly access your mobile event guide!



59th Annual Meeting & Exhibition

American College of Nurse-Midwives | Sheraton Denver | May 13-17, 2014

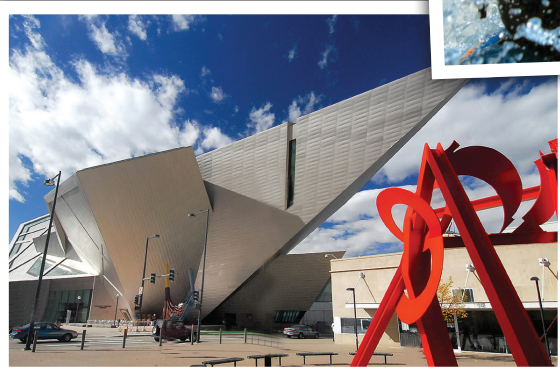
Around Denver

Rocky Mountain Empire

Exploration awaits! Your Local Program Committee offers you the definitive insider's guide to the best of the best in Colorful Colorado.

Things to See

Learn about the life and times of the “**Unsinkable**” **Molly Brown**, Titanic survivor and activist, in her restored Victorian home. Learn more about the museum at www.mollybrown.org.



Check out the **Denver Art Museum's** formidable collection of American Indian art, including pieces from over 100 Native American and First Nations tribes. Take a moment before you enter to appreciate the architecture of the buildings themselves— they're works of modern art in their own right. Plan your visit at www.denverartmuseum.org.

See the night sky through a different lens: the University of Denver's historic **Chamberlain Observatory's** telescope was first put to use in 1894. If the weather is clear, use www.denverastrology.org/chamberlin.html to plan your visit.

Catch some spectacular garden displays, including mostly flora native to Colorado, at the **Denver Botanic Gardens**. Check to see if they're offering outdoor evening yoga at www.botanicgardens.org.

Places to Go

Feeling outdoorsy? Within 30 minutes of Denver, you could be hiking, biking, rafting, kayaking, or zip-lining. Start out small: www.dayhikesnearthedenver.com.

Shop 'til you drop in downtown Denver, where the combination 16th Street Mall, Denver Pavilions, and Larimer Square is sure to offer something for everyone's taste. See the big picture at <http://16thstreetmalldenver.com>.

Or go local in the Cherry Creek shopping district. The 16-block **Cherry Creek North** is home to dozens of independently-owned boutiques and galleries. Figure out your game plan at <http://cherrycreeknorth.com>.

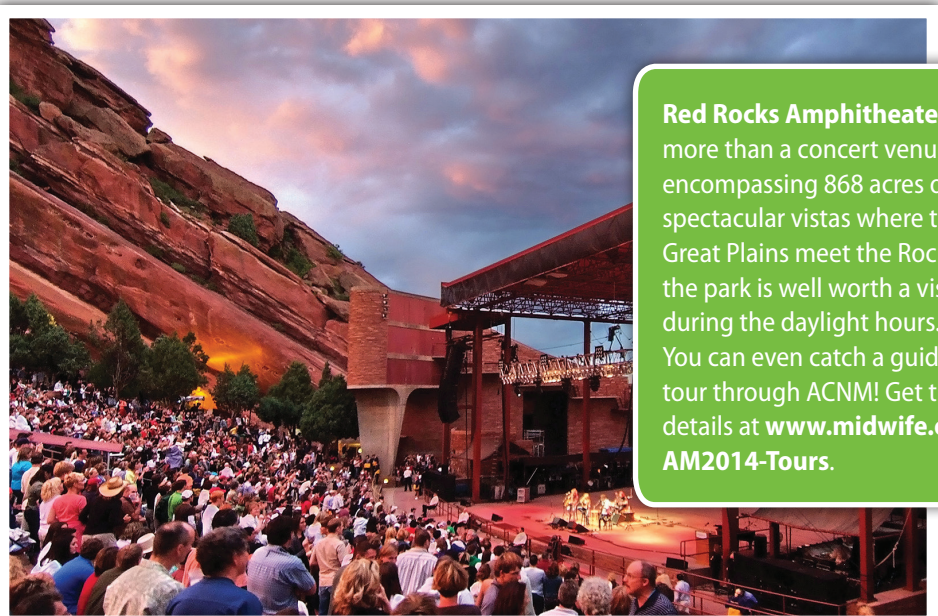
Excellent Dining

Relax into your meal at **twelverestaurant**, where the food is classic, refined American and the menu changes every month. See what's on for May at twelverestaurant.com.

Is **Rioja** the best restaurant in Denver? Decide for yourself, but Yelp, TripAdvisor, the James Beard Foundation, and Sunset

magazine are certainly all in agreement. While pricey, they feature a menu inspired by Mediterranean ingredients and influenced by local and seasonal products. Visit www.riojadenver.com to learn more.

For a simple and delicious meal that won't weigh you down, check out **TAG | RAW BAR**. The twist: as many of the ingredients as possible are served raw. Find out more about their healthful approach to food at tagrawbar.com.



Red Rocks Amphitheater is more than a concert venue: encompassing 868 acres of spectacular vistas where the Great Plains meet the Rockies, the park is well worth a visit during the daylight hours. You can even catch a guided tour through ACNM! Get the details at www.midwife.org/AM2014-Tours.

It's All Happening Here: Everything ACNM

If you need a little comfort and you're watching your budget, indulge in a bowl of everyone's favorite Vietnamese noodle soup at **Pho 79**. Pho, pronounced "fuh," is guaranteed to fill you up— view your options at www.pho79restaurant.com.

Go ahead and hit **Snooze** in the mornings— for breakfast and lunch! Customers are encouraged to customize meals, make up a new pancake, and/or dance to the music. Enter breakfast bliss at www.snoozeeatery.com.

For the Beer Lovers

You don't have to go very far to experience Denver's hometown craft brewing. **Rock Bottom Restaurant and Brewery** began in Denver and is located a hop, skip, and a jump away on the 16th Street Mall. Visit rockbottom.com for a preview.

If Bavarian-style beer gardens featuring ales and lagers made with locally-sourced ingredients are more your speed, check out **Denver Beer Co**: denverbeerco.com. The craft brewery also utilizes a hot water recycling system to conserve energy and donates spent grains to local farmers to reduce and reuse waste.

Drink in the hype at **Great Divide Brewing Co**, winner of 18 Great American Beer Festival medals, recipient of 5 World Beer Cup awards, 12th in Ratebeer.com's 2013 "Best Brewers in the World," Ratebeer.com's 2013 Top Brewer in Colorado, and 7th in Beer Advocate's 2010 "All-Time Top Brewers." Learn more at greatdivide.com.

Prost Brewing Company is the closest you can come to a little piece of Bavaria this side of the Atlantic. They brew solely German beers, all in accordance with the Reinheitsgebot, a law that requires all Bavarian beers be made only from 4 ingredients: barley, water, hops and yeast. Their brewing equipment is even sourced from a now-defunct Bavarian brewery. See what's on tap at prostbrewing.com.

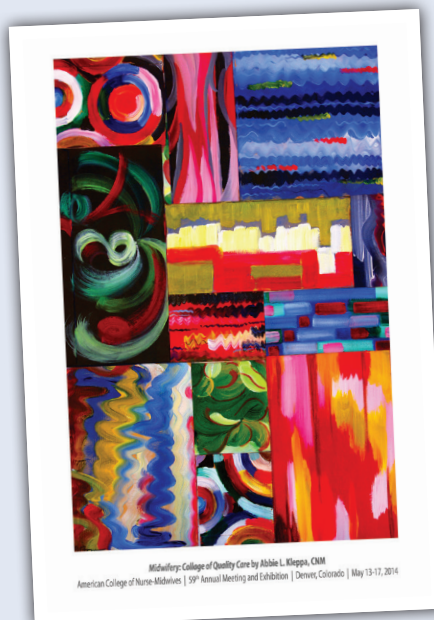
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Looking for the College's onsite presence? Look no further than the Everything ACNM booth in the Exhibit Hall, where 8 ACNM entities come together to give you the inside scoop on what's happening in the national office and beyond.

Stop in during Exhibit Hall open hours to check out tables from:

- ACNM Communications
- A.C.N.M. Foundation
- Diversification and Inclusion Task Force
- Department of Global Outreach
- Government Affairs Committee
- Midwives-Political Action Committee (Midwives-PAC)
- Midwives of Color Committee
- Preceptors

And don't forget to visit the ACNM Bookstore, where we'll be selling the ACNM- and midwifery-branded merchandise, handbooks, client materials, and other products available in ShopACNM.com as well as some special items for the Annual Meeting.



Midwifery: Collage of Quality Care by Abbie L. Kleppa, CNM
American College of Nurse-Midwives | 59th Annual Meeting and Exhibition | Denver, Colorado | May 13-17, 2014

Midwifery: Collage of Quality Care

Art prints of the winning entry to our first-ever Annual Meeting poster contest, by Abbie Kleppa, CNM, will be available in the ACNM Bookstore for \$10 each. All profits will benefit the Women's Bean Project!

www.womensbeanproject.com

Catch Your Breath: Practice Self-Care with our High Altitude Tips

At 5280 feet, the Mile High City has 17% less oxygen than sea level. High altitude has its benefits: our bodies use more calories and burn more fat. But for lowland travelers, high altitude can produce some unusual effects. Be on the lookout for:

- Dizziness
- Fatigue
- Headaches
- Sleep disturbance
- Nausea
- Shortness of breath



up you go, the more water you should drink. Consider limiting your alcohol and caffeine intake, as they are dehydrating.

Eat complex carbohydrate, low-fat meals (including whole grains, fruits, vegetables, and legumes), and decrease your salt intake.

Be sure to check with your health care provider first before exerting yourself at higher altitudes, especially if you use certain medications. The effects of some drugs, like tranquilizers, can be greatly increased at higher altitudes.

Finally, get plenty of good rest. You're here to relax, recharge, and enjoy yourself!

Ease Into It

There's a lot to see and do in Denver, but stay below 7000 feet and avoid strenuous exercise on your first day. Give your body time to adjust by moderating your physical activity.

Drink more water— up to 3 or 4 quarts per day. The air is drier and your body will dehydrate much more quickly, so you may want to carry a water bottle to sessions and around town. The higher

Rocky Mountain Empire

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Or go with a classic: **Wynkoop Brewing Company** was the first brewhouse opened in the now beer-rich, craft brew heaven that is Denver. Learn more about this local legend at www.wynkoop.com.

Escapes to Take

If you're a fan of malted barley, "hop" a train to Golden, CO, for a **Coors Brewery** tour. Ditch your baggage; this Rocky Mountain landmark, opened in 1873, only allows wallets. Start navigating at www.millercoors.com/Brewery-Tours/Golden-Brewery-Tour.aspx.

Had enough of Denver? Head up north— you can get to the equally laid-back and charismatic city of **Boulder** in less than an hour by bus. Prepare to be charmed at www.boulderdowntown.com/visit.



We're just in time to give locomotive and gold mine enthusiasts a thrill: the historic **Georgetown Loop Railroad** opens to visitors (and passengers) in the beginning of May. Plan your journey by steam at <http://georgetownlooprr.com>.

*For even more options, be sure to visit the **Local Committee Hospitality Booth**. Find someone wearing a blue columbine scarf, and ask that local committee member for a personal recommendation! If you have a smart phone, get started by scanning their QR code posters.*

This is the leadership position you've been looking for – **Director, Baystate Midwifery Education Program**

Baystate Medical Center, the Western Campus of Tufts University School of Medicine in western Massachusetts, seeks a strategic-thinking Director to provide leadership and oversight for our established Midwifery Education Program. The program is an autonomous post-baccalaureate certificate midwifery education program. It is located within the Department of Obstetrics and Gynecology in the Division of Midwifery and Community Health. The faculty is formally affiliated with Tufts University School of medicine. This program boasts a 100% pass on the first attempt at Board Certification by its graduates and enjoys a strong relationship with the Ob/Gyn practitioners at Baystate Medical Center.

This unique opportunity is for the person that is looking to blend the clinical with the educational leadership role. The Director will be part of a large, established clinical service while also directing the activities of the Education Program. The Director will be responsible for curriculum development, evaluation and revision, student selection and policy development.

Additional details are available at
ChooseBaystateHealth.org/ACNM/OL

Submit nominations directly to
Susan DeJoy, CNM, PhD, Chief of Midwifery,
c/o Lisa Scully, Senior Physician Recruiter

Baystate  Health

Lisa.Scully@baystatehealth.org