

This Week's Program: Adenike McDonald, MPH and Nanella "Doula Nan" Haynes

Friday, July 31, 2026



Friday, July 31, the Rotary Club of Atlanta West End is pleased to welcome **Adenike McDonald, MPH**, Project Coordinator for the Center of Excellence for Maternal Health Research (CORAL), and **Nanella "Doula Nan" Haynes**, Program Navigator with the Morehouse School of Medicine Center for Maternal Health Equity, as our program speakers.

Adenike is a **doctoral candidate in Epidemiology and Biostatistics at the University of Georgia** whose research focuses on maternal health equity, behavioral health, preconception care, and improving access to care across the reproductive life course. Through community-engaged research and evidence-based interventions, she works to reduce maternal morbidity and mortality while advancing equitable healthcare for women and families.

Joining her is Nanella "Doula Nan" Haynes, a maternal health professional, birth and postpartum doula, and founder of **Atlanta Holistic Births**. Through her work with Morehouse School of Medicine and direct support for families, she provides compassionate, culturally responsive care while helping parents navigate pregnancy, childbirth, postpartum recovery, and newborn

MEETINGS

July is Maternal and Child Health Month

- 7/31 Adenike McDonald, Ph.D(c), MPH (Project Coordinator) and Nanella Haynes (Program Navigator), Morehouse School of Medicine Center for Maternal Health Equity
- 8/7 Adrienne Langford, Georgia Student Finance Commission
- 8/14 General Meeting
- 8/21 Lobbyist Jay Morgan, JL Morgan Company Inc.
- 8/28 General Meeting

BIRTHDAYS

- 8/13 Elma McCutchen
- 8/17 Victoria Seals, PhD
- 8/19 Jared Evans

WEDDING ANNIVERSARIES

- 8/23 Richard Gerakitis (46)

ROTARY ONLINE

<https://atlantawestendrotary.org>
<https://rotary6900.org/>
<https://rotary.org/>

ROTARY CLUB OF ATLANTA WEST END

Fridays, 12:15 pm
 Georgia Tech Hotel & Conference Center*
 800 Spring St NW
 Atlanta, GA 30308

care.

Together, Adenike and Nanella combine research, education, and hands-on family support to advance maternal health equity throughout our communities. We look forward to learning how their collaborative work is helping create healthier beginnings and stronger futures for mothers, babies, and families across Georgia.

JOIN ONLINE: [Click Here](#) | Meeting ID: 874 0116 4307 | Passcode: Service | One tap mobile: +13052241968

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KeyWay Report: Della the Doula

Ms. Bee Long, AWER Director of Community Services, presented **Della the Doula** (Ms. Shardoyla Lenecrerot), an Atlanta native, graduate of **Booker T. Washington High School**, formerly working in information technology, as our speaker. While in IT she had conversations with others including her own mother who said she felt alone during her pregnancy and the delivery time. Shortly after hearing her mother and others telling of their feelings of aloneness and other lacks of support later in their pregnancies and delivery experiences, Della decided her calling was to do the work of a doula. She created Della the Doula in 2020.

Della is a birth and postpartum doula, childbirth educator, and womb reiki practitioner who has been serving the maternal wellness community for the past six years. Her professional training and certification through Madriella Doula Network only add to her dedication to helping people during one of the most important but also one of the most vulnerable times in their lives.

Through her practice, she is dedicated to reclaiming and preserving the legacy of Black birth work by providing holistic, culturally rooted care that honors birth as a sacred, transformative and safe experience. Della explained a doula as non-medical trained professional who provides continuous physical, emotional, and informational support to a person before, during, and after childbirth. Doulas present eight types of doula services and commit to upholding five facets of support, including emotional, physical, and informational support, partner reinforcement, and self-advocacy – which easily qualifies her as a holistic care provider to her clients. Her first job is to build rapport with the mother-to-be who, with the spouse, define the services and supports needed.

Della reported that obstetricians are increasing in their appreciation of the work of doulas especially considering the complexities of pregnancy and childbirth, and the need for emotional support, during both pre- and post- birth times, plus assisting in physical needs. Della noted that doulas can provide support the in the repositioning of babies in the womb in the breech position by doing exercises to effect position changes enabling a more normal and less difficult position for birth.

Overall, Della's goal is to empower and support birthing people in achieving their optimal outcomes, both physically and mentally. Her kindness, comfort, and active listening gifts and skills are invaluable during this and happy and vulnerable time. Her dedication to providing holistic care ensures that her clients receive the support they need in all aspects of their birth experience. Reach out to Della the Duola:

Agenda, Connections, & Four-Way Test

Meeting Agenda

1. Call to Order
2. Invocation & Pledge
3. Introduction of Guests
4. Tasse Trivia
5. DEI Moment
6. Announcements
7. Program/Speaker
8. The Four-Way Test
9. Adjournment

Sign up to be a program chair in the new Rotary Year here today!

A Little Dues, A Lot of Good

Supporting District 6900 starts with staying current on your district dues. Keeping your dues up to date ensures we can continue providing leadership development, youth programs, district events, club support, and the many resources that help our clubs thrive.

THE FOUR-WAY TEST of the things we think, say or do



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| <i>first</i> | <u>Is it the TRUTH?</u> |
| <i>second</i> | <u>Is it FAIR to all concerned?</u> |
| <i>third</i> | <u>Will it build GOOD WILL and BETTER FRIENDSHIPS?</u> |
| <i>fourth</i> | <u>Will it be BENEFICIAL to all concerned?</u> |