

Karina Napier-Anderson
Portland
LD 1028

I'm a voting, Portland, ME resident who birthed my daughter at Northern Light Mercy Hospital in November of 2022.

Leaving the hospital with my baby and husband, 2-3 days after birthing, I cried as I departed. The attention to care, the support I received, and the expert advice I was given were invaluable.

My access to this care was not private. My insurance covered this expert care.

Feeling safe, secure, empowered, respected and properly guided to help me make birth-experience decisions that would impact my body and baby were critical to a positive birth.

The Northern Light Mercy Midwives were also key and irreplaceable participants in my experience. From the first days of tending to my pregnancy, to the completion of my daughter's birth, I can't emphasize enough that as a 39-year-old woman (at the time), I'd had many years to contemplate what I needed and what I expected of this process. And yet the resources from Mercy, their staff, and the midwives went above and beyond, giving me and informing me more than I could have fathomed.

Every woman, family, and newborn deserves this experience during one of the most awe-inspiring moments that we as a human race undertake. Understanding and furthering this experience for all is critical.

Thank you,
Karina Napier
99 Monument Street
Portland, ME 04101