

**Head of the Table Ep 17 Anja Farin**

**Guest Interviewee, Malamadoe**

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LONG Hello, everybody. Welcome to the head of the table podcast. My name is Sheila Long and I will be your host for today's show. Everybody Welcome today to the Head Of The Table Podcast. My name's Sheila Long and I am your host Head Of The Table Podcast. We are in the throes of the Covid-19 pandemic here and instead of just sitting back and letting it take over our businesses. We've decided to take a different approach here at Malamadoe where we're talking about how our businesses need to shift and really meet the needs of our customers during this time. So I'm very honored today to have one of our Malamadoe members on as a guest. Her name's on Anja [sounds like] Faren.

FARIN Hi. It's actually Anja Farin. I was just going to ask - sorry I speak Spanish. I always mess it up.

LONG It's okay - Farin - so welcome today to our guests. Anja Farin. Welcome, Anja.

FARIN Thank you; good to be here.

LONG So tell me about type of work that you do.

FARIN So I am a midwife. I'm a certified professional Midwife CPM, and I'm also licensed in the State of Wisconsin and I practice in a home birth setting. My office is located at the Thiensville Health Alliance. I'm also an IBCLC which is the international gold standard and breastfeeding support. and I'm an RV - [sounds like] RVEEgo practitioner. Which is a type of body work or mind - abdominal therapy, which is useful for supporting pregnancy fertility painful periods, pelvic organ





everybody is stuck at home, right? That's a kind of also a good time to be more creative and to try and continue to educate people and serve people as best we can using the tools that we have available to us, and I'm really planning on actually being called into service because they're talking now about, you know, recruiting retired nurses and doctors - and even lay people and I would be willing actually to serve outside of the birthing world in the pandemic if we need that.

LONG Well, thank you so much. It's so nice to know that like somebody like you who like worries about us and as well as to like walk the walk with us would be there for us. So, I'm sure that gives a lot of people a lot of reassurance.

FARIN Yeah,

LONG But I hope that you don't have to do that because you are offering all these great services. I like - love how you're going to put it on line too.

FARIN Yes. I am. I'm working on some online classes and some some trainings I can do online for people.

LONG Yeah and the advice like that is huge. Yes even okay, you can't do the Bodywork, but maybe like maybe you could do some training with their partner or something. I don't know. It's always nice to - it's just you just have to really adapt and be creative like you were saying and just understand; it's about being a kind humanitarian. Right?

FARIN Exactly.



LONG                                yeah, it doesn't sound that exciting. I have the same thing. My dad actually - like demanded I study business. So I did a few majors but business was one and it is it's - It's really valuable. But then you there you are. You've been gone 11 years and you've learned it on your own to yeah, you pick it up.

FARIN                                Yeah. Yeah. Yes.

LONG                                Well clear showing I haven't I -

FARIN                                I'm lucky to be surrounded by people who are smart about those things and humble enough to know that that's not - that's not necessarily my gifted area - my area of content knowledge. So I do - I'm glad to you know work with people who are experts in that area, too.

LONG                                And that's - That's like really the key thing is the two words. You just said, you're lucky. There's so much luck in business. And then there's just being humble like being able to delegate being able to say I cannot do the finances. I have a wonderful person here who can help you and then I'm not trying to just control it all which is especially hard for women because we want everything to be perfect.

FARIN                                Yeah exactly.

LONG                                But in your field so many things aren't don't co - correctly right wouldn't like childbearing. So you're kind of used to Just like, you know letting go

FARIN                                right.

LONG                                All right. Well, I really wish you luck. I hope that all works out. So Mother's Day. This is coming up right

in May I know we're all focusing on Covid-19, but we do need to celebrate mom's because Mom's are pretty awesome. So, how can you tell a story about your mom that can Inspire others for Mother's Day?

FARIN

Oh, yeah. So my mom was widowed at 57 which now that I am 52 - feels really young and she was kind of a traditional, you know, mom of her era in the 1950s and had to learn all the things, you know how to manage her money and maintain her car and all of that and she did that and then quickly actually her health declined quite a lot and she became a dialysis patient which she was on dialysis for about 20 years before she died in 2016 and the average lifespan of a dialysis patient is 5 years.

LONG

Wow

FARIN

And so my mom I think really, you know muscled through some really tough times and took care of herself as best she could, and learned the new skills that she needed to learn and I think that's, you know, great role model and a great legacy to leave our family

LONG

and that's good and it sounds like you're kind of doing that too. You know, like maybe I don't know - I wasn't there - but maybe it helped you learn to take care of yourself too and like this whole field of these topics. You said like nothing can embarrass a midwife, you know, you're like, well, my mom had to be a widow and she had to learn to take care of herself for 20 years, and I don't know maybe that taught you something too.



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business going - 11 years that is.  
Awesome.

FARIN Yeah. Yeah. Thank you.

LONG All right. Well in which areas do you  
serve?

FARIN Oh, so I am in Milwaukee serving  
Milwaukee, Sheboygan and Oshkosh.  
Actually, I have a student midwife in  
Oshkosh. And so we're working on  
getting her the clinical experience  
that she needs and getting her set up  
there. So I'm still going to be heading  
up to the Fox Valley to help people out  
there too.

LONG Great. Well as a fellow person from the  
Fox Valley. I'm so glad glad to have a  
kindred spirit here. So lots of work  
all over southeast Wisconsin - right -  
A little bit of Northeast too all right  
so much.

FARIN Yeah.

LONG Thanks a lot. And thanks for being on  
our show.

FARIN Thanks, Sheila. I appreciate it.

FARIN bye-bye.

LONG Have a great day.

FARIN You too.

LONG Thanks to everybody for listening to  
the head of the table podcast. Please  
feel free to look for us wherever you  
find your podcast let your friends know  
as well. Thanks, everyone. [Ends]