



Bureau of Nutrition & Health Promotion  
1-800-532-1579

*Week ending issue: February 5, 2016 – Issue # 281*

## *Policy*

### **From the WIC Services Policy and Procedure Manual – 380.60**

#### **Clinic Environment – Learning Environment**

Follow these suggestions to create a positive environment for nutrition education:

- Allow the participant to speak honestly by providing privacy for interviews.
- Lessen barriers between you and the participant and promote rapport by:
  - Maintaining eye contact and focusing on the participant and not on the computer,
  - Shifting visual obstacles, such as computers, monitors, and large desk accessories to the side so they are not physical barriers between staff and participants,
  - Sitting beside the participant.

Make use of waiting time between stations by providing a variety of nutrition education materials throughout the clinic, including posters, bulletin boards, educational displays, and newsletters.

Follow the goals from the National WIC Association's (NWA's) National Breastfeeding Strategic Plan and steps from the NWA's Six Steps to Achieve Breastfeeding Goals for WIC Clinics.

The goals in the NWA National Breastfeeding Strategic Plan include the following:

- Promote and support exclusive breastfeeding for all mothers,
- All WIC staff members are knowledgeable and skilled in breastfeeding promotion and support,
- WIC is recognized as a community resource for breastfeeding promotion and support, and
- NWA and WIC agencies advocate for the development and implementation of local, state, and federal policies and procedures that protect, support, and promote breastfeeding.

The NWA's Six Steps to Achieve Breastfeeding Goals for WIC clinics include:

- Step 1: Present exclusive breastfeeding as the norm for all mothers and babies,
- Step 2: Provide an appropriate breastfeeding friendly environment,
- Step 3: Ensure access to competently trained breastfeeding staff at each WIC clinic,

- Step 4: Develop procedures to accommodate breastfeeding mothers and babies,
- Step 5: Mentor and train all staff to become competent breastfeeding advocates and/or counselors, and

*Step 6: Support exclusive breastfeeding through assessment, evaluation, and assistance.*

The NWA's National Breastfeeding Strategic Plan and Six Steps to Achieve Breastfeeding Goals for WIC Clinics can be found at <http://www.nwica.org/?q=advocacy/d11>.

## **Information**

### **Dietician position:**

An exciting, full-time career opportunity is available for the right person as a dietician (licensed or registered) with MATURA's WIC program. Flexible hours, generous benefit package including IPERS, competitive salary, amazing co-workers. Resumes and applications should be directed to Karla Hynes, MATURA Action Corporation, 207B N Elm, Creston, Iowa 50801, by 4:00 p.m., February 12, 2016. E.O.E.

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**WANTED: Registered Dietician, licensed in the State of Iowa for WIC/Maternal Child Health Programs.** Professional experience in public health services, and maternal/child nutrition preferred. 40 hours per week with hours varying according to clinic schedule. Local travel to clinic sites required at least two days per week. Eligible for benefits, including IPERS. **Position is open until filled.** 1-800-859-2025. An Equal Opportunity Employer.

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### **CEU Opportunity for Dietitians**

See the registration brochure at the end of this Friday Facts for the Iowa Dietetics in Health Care Communities Spring Conference.

## **Participant Centered Services:**

### **Practicing for the move to Focus:**

When working with a Pregnant mom instead of asking the close ended questions like "Are you having any problems with Nausea, Vomiting, Diarrhea, or Constipation?" try asking questions like "How is your pregnancy going?" or "How are you feeling this week?" and then use your skills to listen and assess for things like the discomforts of pregnancy, prenatal care, previous pregnancies, etc.

## **Thank you of the Week:**

### *Find us on Facebook-*

<https://www.facebook.com/IowaWIC>



### *Training*

#### ***Educational Opportunity (CEU)***

The Nutrition Services Branch in collaboration with UNC – Chapel Hill is pleased to announce that Module 1: Nutrition Assessment of the Pediatric Nutrition Course (PNC) will be offered again in 2016. This is an online, faculty guided, self-paced course of about 25 hours to be completed between January 19, 2016 and March 28, 2016. The goal of this course is to provide nutritionists with the knowledge and skills needed to improve the nutritional health of the pediatric population. Module 1 is designed to improve knowledge and skills specifically in the area of nutrition assessment. It is ideal for new employees in public health nutrition, nutritionists who are new to pediatrics and those who want to broaden their pediatric knowledge base.

Module 1 Nutrition Assessment consists of the following six topics:

- Unit 1: Anthropometrics
- Unit 2: Biochemical
- Unit 3: Clinical
- Unit 4: Food and Nutrition History
- Unit 5: Eco Social Factors
- Unit 6: Psychosocial Factors

This course has been approved by the Commission on Dietetic Registration – Academy of Nutrition and Dietetics for 19 CPEUs - Level 1 for Registered Dietitians (RDs), Registered Dietitian Nutritionists (RDNs), Nutrition and Dietetics Technicians, Registered (NDTRs) and Dietetic Technicians, Registered (DTRs). For all others, 2.0 Continuing Education Units will be awarded from the Friday Center for Continuing Education at the University of North Carolina at Chapel Hill.

**Fees:** The course fee is \$50 for public health nutrition personnel in North Carolina Local Health Agencies and pediatric nutritionists in Children’s Developmental Services Agencies (CDSAs). The course fee is \$100 for all other applicants, including those who reside outside

of the State of North Carolina. Enrollment is limited, and participants will be taken on a first-come, first-serve basis.

An orientation webinar is scheduled for Tuesday, January 12, 2016 from 11 am – 12 pm with fully enrolled students to provide an overview and demonstration of the online course. This live orientation webinar will be recorded for those who are unable to attend.

March: No NETC this month
May: No NETC this month
July: NETC Webinar (All new staff) – July 14, from 8:30-11:30 NETC Webinar (Health Professional) – July 21, from 8:30-11:30 NETC Webinar (Support Staff) – July 28, from 8:30-11:30
September: NETC Webinar (All new staff) – September 15, from 8:30-11:30 NETC Webinar (Health Professional) – September 22, from 8:30-11:30 NETC Webinar (Support Staff) – September 29, from 8:30-11:30
November: NETC Webinar (All new staff) – November 10, from 8:30-11:30 NETC Webinar (Health Professional) – November 16, from 8:30-11:30 NETC Webinar (Support Staff) – November 17, from 8:30-11:30 <b>***Please note the dates in November***</b>

### ***Dates to Remember-***

- Infant/Child Workshop- August 2, 2016
- WIC Contractor Meeting- August 30, 2016
- Communication and Rapport Workshop- October 26, 2016

Note: Due to state-wide rollout of eWIC the Breastfeeding and Maternal Core Workshops will not be held this year. Instead, CPA/Non CPA Health Professionals hired between March 2015 and March 2016 and any other CPA/Non CPA Health Professional who hasn't yet attended one (or both) of these workshops must complete the designated substitute module(s) found under Core Training Workshops on the Personnel section of the Training page on the WIC Web Portal. Before beginning the module(s) please see the "Preamble to the 2016 Breastfeeding and Prenatal & Postpartum Nutrition Modules" (also located on the web portal) for more information before starting the module(s).

### **Available Formula-**

<b>Product</b>	<b>Quantity</b>	<b>Expiration Date</b>	<b>Agency</b>	<b>Contact</b>
Vivonex T.E.N.	60- 2.84 oz packets	11/2016	State WIC Office	Nicole Newman 515-281-4545
Nutramigen Toddler with Enflora LGG	20 - 12.6 oz Container	2/1/2016	Mid-Sioux Opportunity	Holly Svitak 712-786-3476
Peptamen Junior 1.5 Cal	114 - 250 ml containers	3 - 6/2016	HACAP	Angela Munson 319-366-7632
Enfaport	17 - 6 packs of 6 oz containers	4/1/16	HACAP	Angela Munson 319-366-7632
Powder Infant EleCare Amino Acid Based Infant Formula with Iron	5 - 14.1 oz cans	3/2017	North Iowa Community Action	Janelle Pansegrau 641-423-5044 x35
Complete Amino Acid Mix	1 can	10/21/2017	Mid-Iowa Community Action	Sierra Steven 515-232-9020, ext. 105

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](http://www.ascr.usda.gov/complaint_filing_cust.html), (AD-3027) found online at: [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), and at any USDA office, or

write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

(1) Mail: U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410;

(2) Fax: (202) 690-7442; or

(3) Email: [program.intake@usda.gov](mailto:program.intake@usda.gov)

This institution is an equal opportunity provider.

**Brenda Richardson,  
MA, RDN, LD, CD, FAND**

has more than thirty years of proven success in directing multi-million dollar foodservice and nutrition operations. She is a national lecturer as well as an author and contributing author of many professional books and publications. She also serves on state and national offices in the Academy of Nutrition and Dietetics. Many health care facilities that have been cited with serious and immediate jeopardy deficiencies have utilized Brenda's expertise to achieve and sustain positive nutritional outcomes. She currently serves on the Academy of Nutrition and Dietetics (AND) CMS Work Group, and the Academy Positions Committee, and is Immediate Past-Chair of the Board of Directors for the Academy Political Action Committee (ANDPAC).

**Cindy Keith, RN, BS, CDP**

graduated with a bachelor's degree in nursing from Pennsylvania State University and received her Certified Dementia Practitioner certification in 2005. She has several years of experience working, coordinating and managed the health care of dementia residents. Currently she serves as a consult for M.I.N.D. in Memory Care, where she provides consultations, trainings and seminars on dementia. She is considered an expert in this field.

**Sandra Frahm, RD, LD**

graduated from Iowa State University with a bachelor's degree in Food and Nutrition/Dietetics through the Coordinated Undergraduate Program. Her work experience includes the provision of clinical nutrition care, inpatient and outpatient education, and counseling and food service management through employment in acute hospitals, at the Iowa Veterans Home, and as a consultant dietitian. In January 2011 she joined the Department of Inspections and Appeals as a Health Facilities Surveyor.

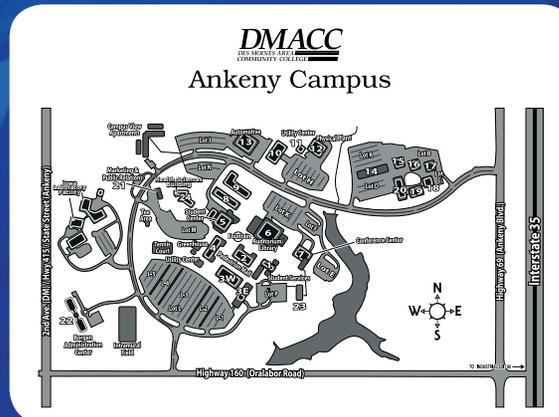
**A block of rooms have been reserved for Thursday, April 7, at the hotels listed below.**

**HAMPTON INN & SUITES**

515-261-4400  
6210 SE Convenience Blvd, Ankeny, IA 50021  
\$124 plus tax  
*Please reserve by March 24, 2016*

**COURTYARD BY MARRIOTT ANKENY**

515-422-5555  
2405 SE 201 SE Creekview Dr., Ankeny, IA 50021  
\$109 plus tax  
*Please reserve by March 24, 2016*



For a printable map, please visit [www.dmacc.edu/ankeny/maps](http://www.dmacc.edu/ankeny/maps)



Find DMACC on:

800-362-2127 | [www.DMACC.edu](http://www.DMACC.edu)

**NONDISCRIMINATION POLICY** Des Moines Area Community College shall not engage in or allow discrimination covered by law. This includes harassment based on race, color, national origin, creed, religion, gender, sexual orientation, gender identity, age, disability and genetic information. Veteran status in educational programs, activities, employment practices or admission procedures is also included to the extent covered by law. Individuals who believe they have been discriminated against may file a complaint through the College Discrimination Complaint Procedure. Complaint forms may be obtained from any of the counselors/advisors or from the Provost's Office. Persons who wish additional information or assistance may contact the Section 504/ADA Coordinator, 515-964-6857; the Title IX/Gender Equity Officer, 515-964-6850; or the EEO/AA Officer, Human Resources, Ankeny Campus, Bldg. 1, 515-964-6301.

For more information about DMACC graduation rates, the median debt of students who completed the program, and other important information, please visit our website at [www.dmacc.edu/gainfulemployment](http://www.dmacc.edu/gainfulemployment).

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# 2016 Iowa Dietetics IN HEALTH CARE COMMUNITIES



## ANNUAL SPRING MEETING

Expanding Knowledge and Sharpening Skills

**FRIDAY, APRIL 8, 2016**

DMACC Ankeny Campus  
FFA Enrichment Center  
1055 SW Prairie Trail Parkway  
Ankeny, Iowa 50023

[www.ce.dmacctraining.com](http://www.ce.dmacctraining.com)  
515-964-6800



# IOWA DIETETICS IN HEALTH CARE COMMUNITIES

Expanding Knowledge & Sharpening Skills

FFA Enrichment Center—DMACC, Ankeny, IA

**Iowa Dietetics in Health Care Communities presents their 2016 Spring Conference, “Expanding Knowledge & Sharpening Skills.” It is designed to allow consulting dietitians to expand their expertise in providing nutritional care to persons in Assisted Living Long-Term Care Facilities, Hospice and Small Hospitals.**

## PROGRAM OBJECTIVES

After attending, participants will be able to:

- ▶ Understand The Impact Act and nutrition related to Quality Measures and Outcomes.
- ▶ Recognize current “Best Practices” with Food, Nutrition and Dining.
- ▶ Articulate differences in the most common types of dementia and how they present in the brain.
- ▶ Describe the negative effects of dehydration, malnutrition, and weight loss in elders with dementia and recommend tips for how to avoid these diagnoses.
- ▶ Discuss end of life nutrition and the option of feeding tubes.
- ▶ Evaluate value of advising for MIND, Mediterranean or DASH diets.
- ▶ Discover “Top Ten” citations and recent CMS regulation changes.
- ▶ Explore the survey process.

## SCHEDULE OF EVENTS:

**Friday, April 8, 2016**

- 7:15–8:00 a.m. Registration and Breakfast**
- 8:00–8:15 a.m. Open Remarks**  
**Renee Greiner, RD, LD**  
 Chair, Iowa Dietetics in Health Care Communities
- 8:15–10:00 a.m. Nutrition “Hot Topics” for the Present and the Future, Part I**  
**Brenda Richardson, MA, RDN, LD, CD, FAND**
- 10:00-10:45 a.m. Vendors Exhibits, Exhibit Hall**
- 10:45 a.m.-12:00 p.m. Nutrition “Hot Topics” for the Present and the Future, Part II**  
**Brenda Richardson, MA, RDN, LD, CD, FAND**
- 12:00-1:00 p.m. Lunch/Vendor Exhibits**
- 1:00-3:00 p.m. Information to Aid Dietitians in the Care of Elders with Dementia**  
**Cindy Keith, RN, BS, CDP**  
 M.I.N.D. in Memory Care
- 3:00-3:15 p.m. Break**
- 3:15-4:15 p.m. Survey Process and Regulatory Compliance**  
**Sandra Frahm, RD, LD**  
 Iowa Department of Inspections and Appeals
- 4:15-4:30 p.m. Closing & Door Prizes**  
**Renee Greiner, RD, LD**  
 Chair, Iowa Dietetics in Health Care Communities

## Registration Form

DMACC requires complete and legible participant information in order to keep accurate records for attendance verification and state reporting purposes.

PLEASE PRINT.

Amount: \$ \_\_\_\_\_  
 Check: # \_\_\_\_\_  
 Cash: \$ \_\_\_\_\_  
 By: \_\_\_\_\_

\_\_\_\_\_  
 Social Security Number

\_\_\_\_\_  
 Name (First) (Middle Initial) (Last)

\_\_\_\_\_  
 Home Address

\_\_\_\_\_  
 City State ZIP

\_\_\_\_\_  
 Home Phone

\_\_\_\_\_  
 Work Phone

\_\_\_\_\_  
 Email Address

Birth Date \_\_\_\_/\_\_\_\_/\_\_\_\_

Resident of Iowa:  Yes  No U.S. Citizen:  Yes  No

Sex:  Male  Female

Ethnic Info: Are you Hispanic/Latino:  Yes  No

American Indian or Alaskan Native  Asian

Black or African American

Native Hawaiian or Pacific Islander

White

## EARLY REGISTRATION DEADLINE:

**Friday, March 18, 2016**

IDHCC Member Dietitian	\$85.00
Certified Dietary Managers & Food Service Supervisors	\$95.00
Non-Member Dietitian	\$135.00
Nursing/Administrators	\$135.00
Student/Retiree	\$35.00

**Registration must be received by March 18, 2016 or \$30 late fee will apply.**

## REGISTRATION

Mail your registration form with your check payable to:  
 DMACC, Attn: Continuing Education, 1111 E. Army Post Rd., Suite 2004,  
 Des Moines, IA 50315

Phone: 515-256-4911 — be prepared to give credit card information

Online: [ce.dmacctraining.com](http://ce.dmacctraining.com)

Cancellations must notify DMACC Continuing Education before March 31, 2016.

No refunds will be given after April 1, 2016

Professional CEUs—6.0 hours have been requested for CDMs, Food Service Supervisors & Nursing Home Administrators, and Nurses.

## Course Name: 2016 Iowa Dietetics in Health Care Communities

Class Begins 4/8/2016 Course: HCAD 991

### Please Check One:

- |  |           |              |       |
|--|-----------|--------------|-------|
| <input type="checkbox"/> IDHCC Member Dietitian                                | CRN 29157 | HCAD 991 202 | \$85  |
| <input type="checkbox"/> Certified Dietary Managers & Food Service Supervisors | CRN 29155 | HCAD 991 202 | \$95  |
| <input type="checkbox"/> Non-Member Dietitian                                  | CRN 29156 | HCAD 991 203 | \$135 |
| <input type="checkbox"/> Nursing/Administrators                                | CRN 29157 | HCAD 991 201 | \$135 |
| <input type="checkbox"/> Student/Retiree                                       | CRN 29159 | HCAD 991 205 | \$35  |

Registration must be received by March 18. After that, a \$30 late registration fee will be applied.