



Week ending issue: June 24, 2016 – Issue #297

Policy

Policy from the WIC State Operations Policy and Procedure Policy 120.10 Outreach to Food Pantries

By July 1, 2016 an outreach plan will be developed by providing an informational webinar about the WIC Program to Food Bank of Iowa and its partnering agencies.

Results from an IWIN report for FY2013 showed that 26 families statewide were referred to WIC by food pantries. This same report for FY2014 showed even less families, (16) were referred by food pantries. In general, there are very few referrals from food pantries, and in the last two fiscal years we have seen a decline in the number of this type of referral. Increasing the knowledge food pantries have about the WIC Program will help their staff understand how the WIC Program can benefit many of the families they serve. This will increase the number of WIC referrals food pantries provide and should have a positive impact on participation. These families will also benefit from the additional services that WIC is able to provide.

The following activities are planned to meet the objective:

- By December 1, 2015 determine the contact information for the food pantries.
- By February 1, 2016 set the date for the webinar.
- By May 1, 2016 determine the content for the webinar, develop the presentation and develop an evaluation survey via Survey Monkey.
- By July 1, 2016 present the webinar.
- Within two weeks of the webinar, compile the evaluation results from the surveys.

Information

Participant Centered Services:

From Molly Kellogg **Counseling Tips for Nutrition Therapists Tip #166 Silence**

It's not easy for most of us to sit with silence. Like "dead air" on the radio, it just doesn't seem right. It may seem as if nothing is happening and time is wasted. When someone is considering or planning the process of change, silence is essential. **It allows space** for the internal work necessary for real shifts in attitudes and behaviors.

When silence is useful:

- After **open questions**. It may be tempting to follow up a question with examples or to expect a quick answer. A straightforward open question stated with the minimum of words is the most effective. It encourages the person to go inside and let the information or answer bubble to the surface. This process is not instant. Simple, closed questions can be answered easily and quickly. The best open questions settle in and require the person to synthesize various facts, memories and emotions. This takes time. Given time, the result will be profoundly useful. (See [Tip #60](#) for examples of powerful open questions.)
- After a **complex reflection** that gets the client's attention. These powerful reflections will naturally require much more time to take in than simple reflections. There may be some rearranging going on in the client's brain. Let it happen. (More on powerful reflections in [Tip #95](#).) Next month's Tip will explore how to make our reflections more complex.
- After a client has realized something important or has an **insight**. You don't have to do anything right away. First, allow it to sink in. Notice the client focusing inside. After a bit, when you see the client reconnect with you, you might reflect or affirm the insight.

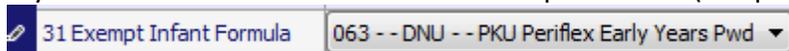
Thank you of the Week:

I just had a client give a compliment to the WIC staff over the phone. She said that she just loves the WIC program and how we are moving into the technology world (even though she's learning it as she goes). She is excited on how we are now doing things and just wanted to say, "How much she appreciates it and thank you". ~Marion County WIC Participant

eWIC Focus Update

Focus Fact

If you see a DNU next to a food in the drop down list (like pictured below) do not issue it.



We have learned there are times when we have to keep a subcat active to protect benefits that have already been issued. In this case PKU Periflex Early years has changed from subcat 063 to subcat 095, but because somebody out there already has the 063 issued to them, we have to keep it active until those benefits expire. In the meantime we don't want anyone else to be issued this particular subcat (clients needing this formula should be issued the 095 subcat) so we have implemented a DNU precursor. Once we reach the last day of benefits issued to participants we will be able to go in and deactivate it so it will no longer show up in your drop down list.

Find us on Facebook-

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



Training

Registration is now available for the Infant and Child Nutrition Workshop to be held at DMACC (Ankeny Location) on August 2nd. See the end of Friday Facts for Registration information. Registration is due July 28, 2016.

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: ***Please note the dates in 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

Dates to Remember-

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

Available Formula-

Product	Quantity	Expiration	Agency	Contact
Vivonex T.E.N.	60- 2.84 oz. packets	11/2016	State WIC Office	Nicole Newman 515-281-4545
Keto cal. 3:1, 11 oz. Unflavored powder	8 containers	9-4-16	HACAP	Angela Munson (319) 366-7632
Pediasure 1.0	1 case	11-16-16		
Ketocal 4:1 (vanilla)	1 case 2 cases	9-9-16 12-12-16		
Elecare	6 container powder 5 container powder	3-1-17 4-1-17		
Complete Amino Acid Mix	1 can	10-21-2017	Mid-Iowa Community Action	Sierra Steven (515) 232-9020, ext. 105
RTU Neosure	26 containers	9/1/17	Upper Des Moines Opportunity	Tammy Chapman, RD, LD (712) 859-3885 Ext. 110 tchapman@udmo.com

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, audiotope, 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](#), (AD- 3027) found online at: 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

This institution is an equal opportunity provider.

General Information

Registration fee The registration fee for the workshop is \$50.00. This fee covers lunch, breaks and print materials.

Deadline Space is limited so pre-registration is required by July 28, 2016.

How to register You may register by

- Mail using the enclosed registration form or
- Telephone by calling (515) 964-6800 or 1-800-342-0033 or

Online at
https://ce.dmacctraining.com/dmacc2/public/store/search.do?navigator=retrieveItem&item=VpPT4SmVLE4sTe5PvV3-9A**&coursetype=EVNT

To drop or withdraw your registration and receive a full refund, you must notify Registration at least 48 hours (two business days) before the start of class. DMACC registration 515-964-6800.

Location The workshop will be held at the Ankeny campus of the Des Moines Area Community College. The workshop will be in the Walnut Room of Building 7.

Parking Parking is available at no charge. A map of the campus is enclosed. Please notice the change in location. (See campus map.)

CEUs

- Certificates of attendance will be provided to dietitians.
- In order to receive a certificate attendance for files, CEUs must be requested.
- Continuing Education Contact Hours are approved by DMACC IBON #22
- 100% attendance is required to issue contact hours

Infants attending Mothers may bring quiet breastfeeding babies less than 6 months of age to the workshops. Due to the professional nature of the sessions, mothers are expected to care for their babies outside the meeting room when needed. It may be easiest to bring a support person along to provide baby care outside the meeting room.

Continued on next page

General Information, Continued

Directions from Interstate 35 Follow these directions if you will be traveling to Ankeny on Interstate 35.

Step	Action
1	Exit the interstate at Exit 90 and turn west onto Oralabor Road (also known as Highway 160). <u>Note:</u> This exit is marked for the community college.
2	Move to the right lane and continue on Oralabor Road to the intersection with Highway 69.
3	Turn north (or right) onto Highway 69 and move to the left lane.
4	Continue on Highway 69 to the first stoplights and turn west into the campus.
5	Watch for signs to the Conference Center/Building 7.

Directions from Interstate 80 Follow these directions if you will be traveling to Ankeny from Interstate 80.

Step	Action
1	Exit the interstate at Exit 136 and turn north onto Highway 69.
2	Move to the left lane and continue north on Highway 69 approximately three miles. At the intersection with Highway 160, you can see the campus across the intersection and to the left.
3	Continue north through the intersection. Turn west (left) at the next stoplight to enter the campus.
4	Watch for signs to the Conference Center/Building 7.

Meeting sponsors These workshops are sponsored by the

- Iowa WIC Program, Iowa Department of Public Health
- Des Moines Area Community College

Questions Use the table below to determine who to call with questions.

IF you have questions about...	THEN call...
registration	(515) 964-6800.
the agenda	1 (800) 532-1579 and ask for Nikki or Kimberly

REGISTRATION

Infant & Child Nutrition Workshop
NAHE 921-300 CRN 34967
Building 7 – Walnut Room
August 2, 2016

Name: _____ Daytime phone: _____
Address: _____ Social Security #: _____

Agency: _____

The registration fee is \$50 for the workshop. Please make checks payable to Des Moines Area Community College.

Temperature in this room may be variable, please bring a sweater. Please notice the location of the workshop- Building 7: Walnut Room.

If you would like a vegetarian meal please email Nikki Davenport at Nikki.davenport@idph.iowa.gov. (The meal may contain dairy products.)

Register online at

https://ce.dmacctraining.com/dmacc2/public/store/search.do?navigator=retrieveltem&item=VpPT4SmVLE4sTe5PvV3-9A**&coursetype=EVNT

or Send this form and payment by July 28, 2016 to:

Des Moines Area Community College
Registration Building 1
2006 Ankeny Blvd.
Ankeny, Iowa 50021

Infant-Child Nutrition Workshop- Building 7, Ankeny DMACC - Walnut Room

Tuesday, August 02, 2016

This workshop will help dietitians, nurses, and health educators answer parent's questions about food intake, growth, and oral health for infants and children.

Agenda

8:00 am to 8:15 am	Registration
8:15 am to 9:30 am	Feeding Your Infant and Child
9:30 am to 10:30 am	Milk Feedings for Infants
10:30 am to 10:45 am	Break
10:45 am to 12:00 pm	Working with Families with Special Health Care Needs
12:00 pm to 1:00 pm	Lunch
1:00 pm to 2:00 pm	Oral Health Recommendations Infancy through Childhood
2:00 pm to 2:15 pm	Break
2:15 pm to 3:15 pm	Underweight Infants and Children
3:15 pm to 4:15 pm	Overweight Infants and Children
4:15 pm	Adjourn

Speakers

Mary Kay Brinkman, RDH, BS Dental Consultant, Iowa Department of Public Health
Nikki Davenport, RD, LD, WIC Nutrition Services Coordinator, Iowa Department of Public Health
Kimberly Stanek, RD, LD, Nutrition Consultant, Iowa Department of Public Health
Stephany Brimeyer, MPH, RD, LD, Early Access Nutrition Coordinator, Child Health Specialty Clinics Coordinator

Objectives

After attending this workshop, you will be able to:

1. Describe current recommendations for feeding infants and children.
2. Describe stages of growth and nutrition needs for infants and young children.
3. Describe how stage of development relates to the introduction of solid foods.
4. List recommended practices for infant and child oral hygiene.
5. Discuss feeding and nutrition concerns for children with special health care needs.
6. Identify overweight and underweight children and suggest feeding guidelines.
7. Describe how stage of development relates to the introduction of solid foods.

ANKENY CAMPUS

