



**Week ending issue: March 15, 2013 – Issue #171**

## **Policy**

### **From the WIC Certification Policy and Procedure Manual – Policy 215.30 – Terminations - Terminations for Categorical Ineligibility**

IWIN will automatically terminate participants for categorical ineligibility. Do not manually terminate participants for this reason. There is one situation, however when manual termination is appropriate - when a mother stops breastfeeding after 6 months postpartum. She is no longer categorically eligible. This change would be processed as a New Future termination.

Examples of categorical ineligibility includes the following:

- Breastfeeding 1 year postpartum
- Not breastfeeding 6 months postpartum
- Child's 5<sup>th</sup> birthday

The notice of categorical ineligibility must be issued at least 15 days before the certification end date. Follow the steps in the table below:

<b>Step</b>	<b>Action</b>
1	Click on the Print Term Notice button in the Termination group box.
2	If a pop-up error message appears regarding the termination notice date not meeting USDA regulatory guidelines, close the message.
3	Print a second copy of the notice.
4	Fill in the effective date on both copies as the date certification ends using a month/day/year format.
5	Check the appropriate termination reason on both copies.
6	Give one copy to the participant or parent/guardian.
7	File the second copy by the month the participant will be terminated.

## **Information**

### **WIC Income Guidelines**

Although the Federal Poverty Guidelines have been released for this year, last year we received guidance from the national office requiring states to wait for the WIC Income Guidelines to be released by the USDA before we are allowed to update our income guidelines. As of today we are still waiting for this policy guidance. Please continue to use the current income guidelines during the interim until you hear otherwise.

## **New Credential option for Registered Dietitians**

The Academy of Nutrition and Dietetics recently announced the allowance of the credential “registered dietitian nutritionist” (RDN) for any Registered Dietitian. Legal counsel determined that adding the optional RDN credential will not affect state licensure or other regulations. Its use is optional and up to each individual dietitian. The only requirement the Iowa WIC Program has is that a WIC dietitian must be licensed in the state of Iowa.

## **Iowa Early Learning Standards**

The Iowa Early Learning Standards is a document that has been developed through Early Childhood Iowa (ECI). It is a resource that focuses on the development of children birth to five years of age. The end of this newsletter contains more information about this document. The document can be accessed through the following website:

[http://www.state.ia.us/earlychildhood/files/resource\\_links/IELS\\_2012\\_final\\_1.31.13.pdf](http://www.state.ia.us/earlychildhood/files/resource_links/IELS_2012_final_1.31.13.pdf)

## **Healthy Lifestyles Conference**

Please see information at end of this newsletter for details on the Healthy Lifestyles Conference on April 3, 2013.

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

#### **2013**

- Maternal and Breastfeeding Core Workshops – March 27-28, 2013
- WHO Growth Chart Webinar for CPA’s – April 9, 2013 from 12:00 p.m. to 1 p.m. (attend one session – 4/9 or 4/23)
- WHO Growth Chart Webinar for CPA’s – April 23, 2013 from 8 a.m. to 9 a.m. (attend one session – 4/9 or 4/23)
- Contractor’s Meeting – August 20, 2013
- Infant and Child Core Workshop – August 29, 2013
- Communication and Rapport Building Workshop – October 29, 2013

#### **New Employee Training Go-to-Meeting**

- NETC Go-To-Meeting (All new staff) - April 11, 2013 from 8:30-11:30
- NETC Go-To-Meeting (Health Professional) – April 18, 2013 from 8:30-11:30
- NETC Go-To-Meeting (Support Staff) – April 25, 2013 from 8:30-11:30
- NETC Go-To-Meeting ( All new staff) – June 13, 2013 from 8:30-11:30
- NETC Go-To-Meeting (Health Professional)– June 20, 2013 from 8:30-11:30
- NETC Go-To-Meeting (Support Staff) – June 27, 2013 from 8:30-11:30
- NETC Go-To-Meeting (All new staff) – August 8, 2013 from 8:30-11:30
- NETC Go-To-Meeting (Health Professional) – August 15, 2013 from 8:30-11:30
- NETC Go-To-Meeting (Support Staff) – August 22, 2013 from 8:30-11:30
- NETC Go-To-Meeting ( All new staff) – October 10, 2013 from 8:30-11:30
- NETC Go-To-Meeting (Health Professional) – October 17, 2013 from 8:30-11:30
- NETC Go-To-Meeting (Support Staff) – October 24 from 8:30-11:30

## Available Formula

Product	Quantity	Expiration Date	Agency	Contact
Infant Neocate Chocolate Neocate Jr.	4 cans 3 cans	3/21/13 6/21/13	HACAP	Debby Hildebrand 319-393-3368
Pediasure Enteral, Vanilla (24 – 8 oz cans per case)	2 cases 2 case	3/2013 7/2013	Mid Iowa Community Action	Addie Brown 515-956-3312 ext. 103
EleCare Jr. Unflavored Portagen	1 containers – 14.1 oz 5 containers – 16 oz	8/2013 8/2013	New Opportunities	Sharon McDonald Williams 712-830-1329
EleCare Jr Vanilla	3 cans	8/2013	Upper DsM Opportunity	Janet DeLoughery 712-580-4269
KetoCal 4:1 ratio Powder	6 containers	8/29/13	Webster County Health Dept.	Kathy Josten 515-573-4107
Enfagrow Gentlease Toddler formula 24 ounce powder	1	11/01/13	Operation Threshold	Nancy Anderson 319-292-1827
Elecare Unflavored	8 containers 14.1 oz powdered	4/1/2014	Edgerton Women's Health	Jen Clasen 563-359-6635



### **What are the Iowa Early Learning Standards?**

The Iowa Early Learning Standards (IELS) describe what young children should know and be able to do throughout the first five years of life. The standards are organized in seven content areas that reflect the skills children need to develop to be ready for kindergarten:

- Physical well-being and motor development;
- Approaches to learning;
- Social and emotional development;
- Communication, language, and literacy;
- Mathematics and science;
- Creative arts; and
- Social studies.

### **Why are the Iowa Early Learning Standards important?**

From the moment of birth until a child enters kindergarten, there are approximately 2000 days. Research shows these 2000 days involve the most extraordinary and critical period of growth and development in a child's lifetime. When adults know what young children should be learning, they can create environments and provide experiences that support and nurture optimum physical, social, emotional, language, and cognitive development. The Iowa Early Learning Standards serve as a touch-point for developing and providing a variety of daily experiences in safe, nurturing, and stimulating environments that give *each* child the opportunity to succeed.



### **Who can use the Iowa Early Learning Standards?**

The Iowa Early Learning Standards are for everyone who loves, cares for, and educates young children:

- Families;
- Early Care and Education, Health, and Family Support Professionals;
- Instructors;
- Consultants;
- Legislators;
- Policymakers; and
- Community Members.



**“Every child, beginning at birth, will be healthy and successful.”**

## **What is the history of the Iowa Early Learning Standards?**

The Iowa Early Learning Standards (IELS) were first developed in 2006 in response to the federal requirements of the Good Start, Grow Smart Initiative. The 2012 revision of the Iowa Early Learning Standards was included as a priority in the Head Start Early Childhood Advisory Council federal grant, received by Iowa through the Early Childhood Iowa Office at the Iowa Department of Management. In 2011, a subcontract to facilitate this revision and other professional development work was granted to the Iowa Association for the Education of Young Children (Iowa AEYC). To make the review process happen, a widely diverse group of over fifty stakeholders across early learning, family support, health, and special needs was invited to be part of the planning, review, and revision writing team.

**For a copy of the Iowa Early Learning Standards:**

[http://www.state.ia.us/earlychildhood/files/resource\\_links/IELS\\_2012\\_final\\_1.31.13.pdf](http://www.state.ia.us/earlychildhood/files/resource_links/IELS_2012_final_1.31.13.pdf)

## **Who is Early Childhood Iowa?**

Early Childhood Iowa (ECI) is an alliance of stakeholders that includes all professionals in early care, health, and education roles serving children birth through age five in Iowa. The initiative's purpose is to be a catalyst for the continued development of a comprehensive, integrated early care, health, and education system. Recognizing the critical importance of the early years, ECI seeks to work, at both the state and local levels, to improve the efficiency and effectiveness of services provided to young children and their families. Early Childhood Iowa formally adopted the revised Iowa Early Learning Standards in January 2013 and encourages all those who work with, care for, and educate young children and their families to use the standards in their settings.

**For more information, contact:**

**Tammy Bormann**  
ECI Professional Development Coordinator  
[tammy@iowaaec.org](mailto:tammy@iowaaec.org)



## **What is different in the 2012 revision of the Iowa Early Learning Standards?**

The goal of the IELS Review Committee was to review and revise, as needed, the 2006 standards. Content and formatting changes in the 2012 Iowa Early Learning Standards are described below:

- A seventh content area, social studies, was added to describe the role of family, community, and culture in children's lives;
- Recent research has been added to the rationale for each standard;
- Research and resources used within the rationale are listed at the end of each standard;
- The role of a child's home language has been added to the communication, language, and literacy content area and additional benchmarks for preschool English language learners have been defined;
- To be inclusive of all those caring for, working with, or educating young children, the term "caregiver" has been changed to "adult";
- Additional examples of benchmarks and adult supports have been included to demonstrate the various settings and adults that children will interact with; and
- An alignment between the IELS and the Kindergarten to 12th Grade Iowa Core has been included to show that the knowledge and skills gained in the first five years prepares children for school.



# *Healthy Lifestyle Conference*

*Presented by  
Southeast Iowa Regional Coalition for Lifestyle Enhancement*

*April 3, 2013*

*Comfort Suites, Burlington, IA*

*8:00 am – 4:30 pm*



*Featured Speakers:  
Barbara Chamberlin, PhD  
Zonya Foco, RD, CHFI, CSP*

# Speakers



**Zonya Foco, RD, CHFI, CSP:** Zonya is an author, dietitian, TV host and national speaker. Zonya Foco is leading America in the fight against obesity, diabetes, cancer and heart disease through smart nutrition and fitness. She is the champion of the diet-downtrodden, a coach to the nutritionally challenged and a crusader with a common-sense approach to healthy eating.

Leading with her mantra, "The Power of One Good Habit," Zonya is teaching families across the country the hard facts of good nutrition, and showing them how to turn knowing into doing by mastering one core habit at a time until it becomes an invisible force that can turn the life they have into the life they want.

**Barbara Chamberlin, PhD:** Barbara Chamberlin is the Extension Instructional Design and Educational Media Specialist at New Mexico State University, where she develops educational games, interactive modules and other learning tools. As part of that work, she works in a variety of content areas, from food safety to child development to traditional classroom content.



The Wii, the iPad, and social networking have changed the way our clients think, eat, move, and learn. As an Extension Instructional Design Specialist, Dr. Chamberlin develops educational media, and conducts game research on a variety of topics. She'll share several examples of the ways technology changes the way we approach our work, as well as her approach in developing tools for nutrition and health education.

Central to her work is her belief in the role of extension to share university-based research to help people solve problems. She will share the ways she sees technology making a difference and changing the way we work with clientele.

# Breakout Session Speakers

Mark Wyatt is the executive director of the Iowa Bicycle Coalition, an organization he helped found after legislative proposals to ban bicycling in Iowa nearly 10 years ago. Mark is an avid cyclist completing over 10 RAGBRAIs, including one on a tandem bicycle. Mark is a cycling safety instructor certified by the League of American Bicyclists. He is adjunct faculty at the University of Iowa Department of Lifetime Leisure Skills. He is also on the board of directors for the Alliance for Bicycling and Walking. In addition, Mark still works part-time as a paramedic.

**Complete Streets – a Community Goal:** The idea behind Complete Streets is to plan, design, and maintain streets so they're safe for users of all ages and abilities, whether pedestrians, bicyclists, or public transportation users.

Amanda Miller and Angela Mitchell are consultants with the Iowa Department of Education, Bureau of Nutrition and Health Services. They have a great time working together to educate and promote healthy school lunches.

**Angela Mitchell, RN, BA**, has been a registered nurse for 25 years, seven of those as a school nurse. She received her BA from Luther College in nursing. **Amanda Miller, BA, MA**, has been a Family and Consumer Sciences teacher at West Des Moines Schools before coming to the Department of Education. Amanda received her BA in Food Science/Human Nutrition from Iowa State University, a BA in Family Consumer Sciences from Minnesota State, and her MA in Education Leadership and Policy Studies from Iowa State University.

**School Lunches – Are they Healthy?** Have you heard anything about school meals in the news? What's fact and what's fiction? Can school meals REALLY be part of a healthy lifestyle? This presentation will give an overview of the new school meal patterns and show how school meals are part of a healthy lifestyle. Participants will also learn ways to show support for school meals. There will also be time for questions and answers.

Peggy Martin, RD, MS is the state coordinator of Iowa State University Extension and Outreach's "Buy, Eat, Live Healthy" programs which serve over 60 counties in Iowa. She is also the team leader for the SpendSmart.EatSmart web page.

**Spend Smart. Eat Smart – a Personal Goal:** Families are struggling to put food on the table. At the same time the US is combating a national obesity crisis. The Spend Smart.Eat Smart (SSES) web site at (<http://www.extension.iastate.edu/foodsavings/>) is a one of a kind web site which combines nutrition and food buymanship information. The site includes short lessons, nutrition How To videos and recipes that are easy, low-cost and nutritious.



# Conference Agenda

Wednesday, April 3, 2013



- 8:00 – 8:45 a.m. Registration
- 8:45 – 9:00 a.m. Welcome and Introductions
- 9:00 – 10:30 a.m. “How to Make Nutrition Exciting, Fun and Inspiring”  
**Zonya Foco, RD, CHFI, CSP**
- 10:30 – 10:45 a.m. Beverage Break
- 10:45 – 12:15 p.m. “Pushing My Buttons: What the iPhone, Gaming, and Social Media Mean to Nutrition Education”  
**Barbara Chamberlin, PhD**
- 12:15 – 1:00 p.m. Lunch is provided
- 1:00 – 1:45 p.m. **Breakout Sessions:**
- Complete Streets – a Community Goal  
**Mark Wyatt, Executive Director, IA Bicycle Coalition**
- Spend Smart. Eat Smart – a Personal Goal  
**Peggy Martin, RD, MS**
- School Lunches – Are they Healthy?  
**Amanda Miller and Angela Mitchell**
- 2:00 – 2:45 p.m. **Breakout Sessions Repeated**
- 2:45 – 4:15 p.m. “Conviction over Convenience: Staying Healthy in a Culture that’s ANYTHING BUT!”  
**Zonya Foco, RD, CHFI, CSP**
- 4:15 p.m. Wrap Up and Door Prizes!!!

# Conference Goals

- ❖ Inform and update conference participants about current health issues regarding obesity.
- ❖ Increase public awareness of overweight issues that affect our health and lifestyles.
- ❖ Engage participants in learning about effective strategies for providing obesity prevention education.

## Conference Location

### Comfort Suites

1780 Stonegate Center Drive  
Highway 61 South, Burlington, Iowa

You may book accommodations at this hotel by calling them directly at 319-753-1300 or through their website at [www.comfortsuites.com](http://www.comfortsuites.com).  
Parking is free.

## Partners/Sponsors

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CARE YOU TRUST. COMPASSION YOU DESERVE.

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# General Information

## Conference Registration:

Registration includes lunch, beverage breaks and conference materials.

**Registration fee:** \$75 if postmarked by March 25, 2013  
After March 25, Registration is \$95  
Student Registration rate is \$25

**Cancellation Policy:** Cancellations must be received in writing by March 25, 2013 and are subject to a \$15 service fee. After March 25, substitutions will be accepted but no refunds will be given.

Please make your check payable to: SIRCLE Conference

Send your registration fees to:

**SIRCLE Conference**  
Community Action of Southeast Iowa  
Attention: Christine O'Brien  
2850 Mt. Pleasant Street - Suite 108  
Burlington, Iowa 52601  
FAX: 319-753-0687



## CEUs available for the following:

**Nurses:** .6 CEU hours pending approval through Southeastern Community College: Provider Number 24.

**Dietitians and other disciplines:** A Certificate of Attendance will be available for those needing CEU documentation.

*For More Information Contact:*

*Christine O'Brien at (319) 753-0193 or [christine.obrien@caofseia.org](mailto:christine.obrien@caofseia.org)*

# Healthy Lifestyles Conference Registration

Please use the form below to register for the Healthy Lifestyles Conference,  
to be held in Burlington, Iowa on Wednesday, April 3, 2013

Name: \_\_\_\_\_

Title: \_\_\_\_\_ RN License Number: \_\_\_\_\_

Organization: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ FAX: \_\_\_\_\_

E-Mail Address: \_\_\_\_\_

Please note any Special Needs (Dietary, Disability, Breast Feeding Room, etc.): \_\_\_\_\_

\_\_\_\_\_

## Conference Fees:

Early Bird Registration: Fee \$75 – (postmarked by March 25, 2013)

Registration: Fee \$95 after March 25, 2013

Student Registration: Fee \$25

**Check Enclosed** (*Make check payable to SIRCLE Conference*)

Amount \$ \_\_\_\_\_

Check # \_\_\_\_\_

PO # \_\_\_\_\_

**Send Check to: SIRCLE Conference**

Community Action of Southeast Iowa

Attention: Christine O'Brien

2850 Mt Pleasant Street - STE 108

Burlington, IA 52601

FAX: 319-753-0687

**Cancellation Policy:** Cancellations must be received in writing by March 25, 2013 and are subject to a \$15 service fee. After March 25, substitutions will be accepted but no refunds will be given.