



Week ending issue: Mach 7, 2014 – Issue #204

Policy

From the WIC Certification Policy and Procedure Manual – 235.08 Postpartum (Up to 6 months)

Introduction

This food package is called Food Package VI in the federal regulations. It is issued up to 6 months postpartum to the following two groups of women:

- Postpartum women who are not breastfeeding
- Breastfeeding women whose infants receive more than half of the WIC formula food package appropriate for the infant's age.

Note: A breastfeeding woman whose infant is 6 months or older and who receives more than half of the WIC formula food package will not receive a food package for herself. However, she will continue to be an Active participant.

Contents

Food Category	Amount
Juice, single strength	96oz.
Milk, fluid	16 qt.
Breakfast cereal	36 oz.
Cheese	N/A
Eggs	1 dozen
Fruits and vegetables	\$10.00
Whole wheat bread or whole grain options	N/A
Fish (canned)	N/A
Legumes, dry	1 lb.
Peanut butter	OR 18 oz.

Note: These women will receive FIs for 1% low fat or fat-free skim milk.

Information

Alert: Gerber Good Start Gentle

Gerber Good Start Gentle is active in IWIN but should not be issued (even with medical documentation). This formula was approved for one specific client with a very specific need. Thank you for your help with this!

Maternal and Breastfeeding Workshops

The Maternal and Breastfeeding Workshops are scheduled for March 25 and 26, 2014. Be sure to complete your registrations and send them to DMACC no later than March 14th. Registration information is attached.

Resources

Affordable Care Act

Attached to this week's Friday Facts are two resource documents for the Affordable Care Act (ACA). The one-page document is one you might like to share with participants.

Dates to Remember

2014

- 2014 Iowa WIC Training – October 9

New Employee Training Go-to-Meeting

- NETC Go-To-Meeting (All new staff) – March 13, from 8:30-11:30
- NETC Go-To-Meeting (Health Professional) – March 20 , from 8:30-11:30
- NETC Go-To-Meeting (Support Staff) – March 27, from 8:30-11:30

- NETC Go-To-Meeting (All new staff) – May 8, from 8:30-11:30
- NETC Go-To-Meeting (Support Staff) – May 15, from 8:30-11:30
- NETC Go-To-Meeting (Health Professional) – May 22, from 8:30-11:30
- ****** Please note changes in order of trainings for May**

- NETC Go-To-Meeting (All new staff) – July 10, from 8:30-11:30
- NETC Go-To-Meeting (Health Professional) – July 17, from 8:30-11:30
- NETC Go-To-Meeting (Support Staff) – July 24, from 8:30-11:30

- NETC Go-To-Meeting (All new staff) – September 11, from 8:30-11:30
- NETC Go-To-Meeting (Health Professional) – September 18 , from 8:30-11:30
- NETC Go-To-Meeting (Support Staff) – September 25, from 8:30-11:30
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- NETC Go-To-Meeting (All new staff) – November 6, from 8:30-11:30
- NETC Go-To-Meeting (Health Professional) – November 13, from 8:30-11:30
- NETC Go-To-Meeting (Support Staff) – November 20, from 8:30-11:30

Core Trainings

- Maternal: March 25, 2014
- Breastfeeding: March 26, 2014
- Infant/Child: August 28, 2014
- Communication and Rapport: October 29, 2014

Contractor's Meetings

- August 26 - 10:00 a.m. - 3:00 p.m.

Available Formula

Product	Quantity	Expiration Date	Agency	Contact
Similac Go and Grow	5 cans	5/2014	Edgerton Women's Health Center	Deb Dodson 563-359-6635
Peptamen Junior	6 cases/24 - 8.45 - oz	6/2014	Mid Sioux Opportunity	Glenda Heyderhoff 712-786-3488
Pregestimil	1 can (16 oz) Powder 10 cans (16 oz) Powder	7/2014 9/2014	Upper Des Moines Opportunity	Tammy Chapman 712-859-3885 Ext. 110
Duocal	1 can – 14 oz	4/2016	Mid-Sioux Opportunity	Glenda Heyderhoff 712-786-3417
Elecare Jr Vanilla Powder	4 can 1 can	9/2014 10/2014	Mid Sioux Opportunity	Glenda Heyderhoff 712-786-3488
Elecare Jr Unflavored Powder	1 case/6 cans each	1/2015	Mid Sioux Opportunity	Glenda Heyderhoff 712-786-3488
Elecare Jr Unflavored Powder	2 cases/6 cans each	2/2015	Mid Sioux Opportunity	Glenda Heyderhoff 712-786-3488
Elecare Jr Unflavored Powder	2 cases/6 cans each	5/2015	Mid Sioux Opportunity	Glenda Heyderhoff 712-786-3488
Duocal Powder	2 cans 1 can	8/2015 6/2015	Mid Sioux Opportunity	Glenda Heyderhoff 712-786-3488

Maternal Nutrition Workshop

Tuesday, March 25, 2014

Pregnant women have many questions about diet and weight gain. This workshop will help dietitians, nurses and health educators answer these questions and promote sound eating practices.

Agenda

8:15am to 8:45am	Registration
8:45am to 10:00am	Fetal Growth and Development: Impact of Alcohol, Tobacco and Other Drugs
10:00 am to 10:30 am	Meeting the Nutritional Requirements of Pregnancy
10:30am to 10:45am	Break
10:45am to 11:30am	Meeting the Nutritional Requirements of Pregnancy (continued)
11:30am to 12:30pm	Lunch
12:30pm to 1:00pm	Weight Gain During Pregnancy
1:00pm to 1:45pm	Hot Topics: Gestational Diabetes and Maternal Depression
1:45pm to 2:00pm	Break
2:00pm to 3:00pm	Oral Health and Pregnancy
3:00pm to 3:45pm	Nutrition Counseling and Other Food Substances: Non-Nutritive Sweeteners, Fat Replacers, Caffeine and Herbal Supplements
3:45pm to 4:15pm	Cultural Issues and Practices in Pregnancy
4:15pm	Adjourn

Speakers

Mary Kay Brinkman, RDH, Dental Consultant, Iowa Department of Public Health
Patricia Hildebrand, MS, RD, LD, WIC Nutrition Services Coordinator, Iowa Department of Public Health
Nikki Davenport, RD, LD, Nutrition Consultant, Iowa Department of Public Health
Denise Wheeler, RN, ARNP, Certified Nurse Midwife, Certified Childbirth Education Specialist, IDPH

Objectives

After attending the workshop, you will be able to:

1. Describe the stages of fetal development and the risks associated with substance use and abuse.
2. Discuss the nutrient requirements of pregnancy.
3. Recommend appropriate weight gain patterns.
4. Identify potential impact of gestational diabetes and maternal depression on pregnancy outcome and maternal health.
5. Discuss appropriate oral health care during pregnancy.
6. Describe the guidelines for counseling pregnant women on the use of other food substances.
7. Discuss the role culture may play in health practices during pregnancy.

Breastfeeding Workshop

March 26, 2014

Health professionals play an important role in supporting breastfeeding. This workshop will provide dietitians, nurses, and health educators with current information about breastfeeding.

- 8:00 Registration
- 8:30 Welcome and Introductions
- 8:45 How WIC Support Breastfeeding
- 9:15 Communicating with WIC Families
- 10:00 Break
- 10:15 Barriers to Breastfeeding
- 10:45 Encourage Exclusive Breastfeeding
- 11:15 Promote Breastfeeding During Pregnancy
- 11:45 Lunch
- 12:45 Provide Support to New Mothers (Birth to One Month)
- 1:30 Helping Mothers Continue Breastfeeding (One Month to 12 Months)
- 2:15 Break
- 2:30 When Mom and Baby are Separated
- 3:15 Solutions for Breastfeeding Problems
- 3:45 Summary and Evaluation

Speakers

Jane Stockton, RN, CLC	Holly Szcodronski, RD, LD, CBE
Breastfeeding Peer Counselor Program Manager	Breastfeeding Promotion Coordinator
Iowa Department of Public Health	Iowa Department of Public Health
Bureau of Nutrition & Health Promotion	Bureau of Nutrition& Health Promotion

Objectives

Training attendees will be able to identify:

- How breastfeeding benefits infants and mothers.
- Own personal beliefs and attitudes about breastfeeding.
- Rapport building techniques that establish a positive relationship with pregnant and breastfeeding women
- Common myths and misconceptions about breastfeeding.
- Factors that impact milk production and the breastfeeding relationship.
- Breastfeeding anticipatory guidance for pregnant women, especially during the third trimesters.
- Appropriate breastfeeding messages for mothers and infants during the early postpartum period.
- Common issues that arise when breastfeeding an older infant.
- How a mother can maintain milk production when she is separated from her baby.

REGISTRATION

Maternal Nutrition Workshop Breastfeeding Workshop

March 25 and 26, 2014

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

Date of Birth: _____

Agency: _____

I am registering for the following workshop(s) (*please check one*):

_____ Both days
_____ March 25 only (Maternal) — NURS 983 CRN 28489-200 (6 contact hours)
_____ March 26 only (Breastfeeding) — NURS 984 CRN 28488-200 (6 contact hours)

The registration fee is \$40 for each workshop. Please make checks payable to
Des Moines Area Community College.

Send this form and payment by March 14, 2014 to:

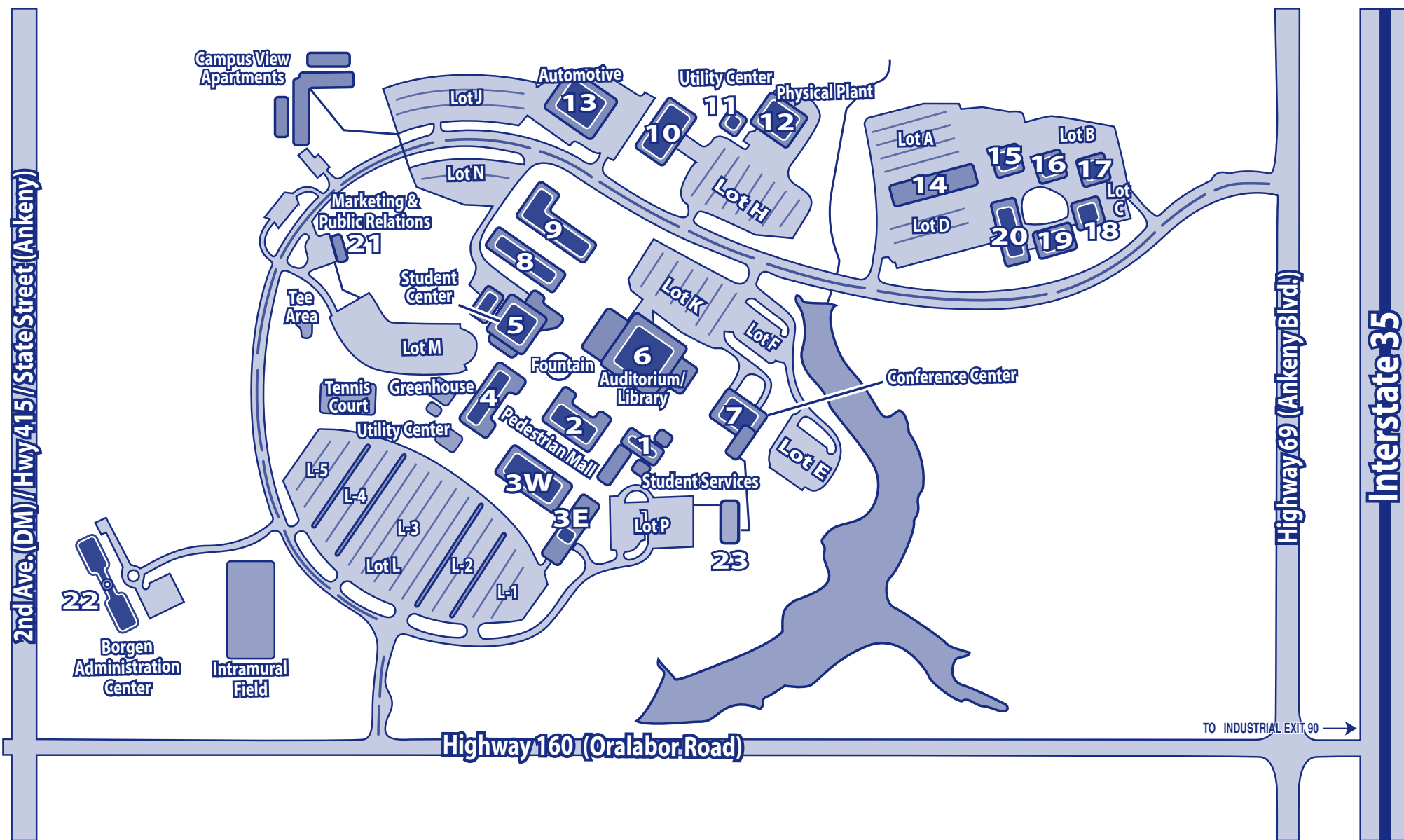
Des Moines Area Community College
Registration Building 1
2006 Ankeny Blvd.
Ankeny, Iowa 50023



DMACC

DES MOINES AREA
COMMUNITY COLLEGE

Ankeny Campus



Get Covered: A One-Page Guide to the Health Insurance Marketplace

Here's a quick look at the most important things to know about the Health Insurance Marketplace.

- **The Marketplace helps uninsured people find health coverage.**
- **When you fill out the Marketplace application we'll tell you if you qualify for:**
 - **Private insurance plans.** We'll tell you whether you qualify for lower costs based on your household size and income. If you don't qualify for lower costs, you can still use the Marketplace to buy insurance at the standard price. Plans cover essential health benefits, pre-existing conditions, and preventive care.
 - **Medicaid and the Children's Health Insurance Program (CHIP).** These programs provide coverage to millions of families with limited income. If it looks like you qualify, we'll share information with your state agency and they'll contact you. Many but not all states are expanding Medicaid in 2014 to cover more people.
- **No matter what state you live in, you can use the Marketplace.** Some states operate their own Marketplace. In some states, the Marketplace is run by the Federal government.
- **Most people must have health coverage in 2014 or pay a fee.** If you don't have coverage in 2014, you'll have to pay a penalty of \$95 per adult, \$47.50 per child, or 1% of your income (whichever is higher). The fee increases every year. Some people may qualify for an exemption from this fee.
- **You're considered covered** if you have Medicare, Medicaid, CHIP, any job-based plan, any plan you bought yourself, COBRA, retiree coverage, TRICARE, VA health coverage, or some other kinds of health coverage.
- **If you're eligible for job-based insurance, you can consider switching to a Marketplace plan.** But you won't qualify for lower costs based on your income unless the job-based insurance is unaffordable or doesn't meet minimum requirements. You also may lose any contribution your employer makes to your premiums.
- **Marketplace open enrollment for 2014 ends March 31, 2014.** If you missed the deadline, the next open enrollment will begin in the fall of 2014, but the exact dates are still being decided.
- **If you have a qualifying life event** (like moving to a new state, getting married, having a child, or losing health coverage), you can get a special enrollment period. This means you can enroll in or change your plan outside open enrollment.
- **Ready to apply and enroll, or have questions?**
 - Visit **HealthCare.gov**
 - Call the Health Insurance Marketplace call center at 1-800-318-2596, 24 hours a day, 7 days a week. TTY users should call 1-855-889-4325.



Helping Spread the Word about Health Insurance (see attachment for one-page guide)

Sharing Information about Health Care Insurance and the ACA

The deadline for the open enrollment for health insurance is March 31st, 2014! The good news is that there are extensive local resources throughout Region 8 (Utah, Colorado, Montana, Wyoming, North and South Dakota) to help people understand what the ACA means for them, specifically how they can obtain affordable health insurance coverage; what types of financial assistance, for example, tax credits and cost sharing arrangements are available and if they qualify for waivers/other special provisions. (Note: members of federally recognized Tribes are not subject to the March 31 enrollment deadline.)

What can you do to help with the last push for ACA?

In the next 4 weeks, sharing this information with your networks in each of the states is critical. Also, ask them to share with their networks. Please consider convening a teleconference call and/or enlisting your affiliates (especially those who work directly with clients) to remind and alert clients to the health care insurance programs and the **March 31, 2014 deadline**. There will be a penalty (with some exceptions) for those who do not have health insurance.

What important information should you convey?

First, attached to this email is a one-pager! Feel free to make copies and distribute. Next, share the availability of local “hands-on” or telephone help for clients to understand their options. The national website is working and provides great consumer information (it’s not just for enrollment). Direct them to www.healthcare.gov and the easy-to-find button for identifying **local** help. To find local help, they can go directly to: <https://localhelp.healthcare.gov/>. There is also a toll free telephone number to call: 800-318-2596

Most community health centers have specialists who can provide help—regardless of whether your client uses the community health center or not. These “helpers” are called CACs or certified assistant counselors. There are also other helpers for ACA called “navigators.” Regardless of the name, they can help (in person or by telephone. ***Some people have complex situations—rather than try to figure it out—refer them to an expert! ND and Colorado expanded Medicaid, providing coverage to those up to 100-138% of poverty level.***

What are quick references that I can provide clients? Attached to the email is an easy-to-understand one pager! Each state has a calendar of education and enrollment events held in public places, i.e. libraries, recreation centers, others—check out:

Colorado: Connect for Health at <http://connectforhealthco.com/> or call 855-752-6749

Montana: Montana Commissioner of Securities and Insurance at <http://montanahealthanswers.com/events/>

North Dakota: Community Health Care Association of the Dakotas at http://www.communityhealthcare.net/events/event_list.asp

South Dakota: Community Health Care Association of the Dakotas at http://www.communityhealthcare.net/events/event_list.asp

Utah: Take Care Utah at <http://www.takecareutah.org/> or call 211

Wyoming: Enroll Wyoming at <https://211wyoming.communityos.org/cms/calendar> or call 211

Thank you! If you have questions, please feel free to contact us (elsa.ramirez@hhs.gov)