



Week ending issue: March 13, 2015 – Issue # 244

Policy

From the WIC Services Policy and Procedure Manual – 340.40 Outreach- Documenting and Evaluating Outreach Efforts

Keep a log of outreach activities to document outreach efforts. Documentation may include:

- Date of contact,
- WIC staff making contact,
- Name of organization and contact person,
- Clientele served by this organization,
- Number of people reached, and
- Materials provided.

Keep a record of where clients found out about WIC to help evaluate which outreach activities are most effective. Methods include:

- Placing a record by each phone to ask those who call for information about WIC where they heard about it, and
- Surveying clients when they come in for their certification appointments.
- Recording in the “Referred to WIC by” field on the Contact/Address screen in the data system.

Note: The “Referred to WIC by” field in the data system can only be completed once. Although it can track trends of referrals to WIC, it will not indicate if returning participants are responding to a specific outreach campaign.

Information

The Iowa Department of Public Health is sponsoring a meeting with the Iowa Department of Human Services to review the recently released Medicaid managed care Request for Proposals.

DHS staff, including Director Chuck Palmer, will provide an overview of the vision and goals of Medicaid Modernization and the Iowa High Quality Healthcare Initiative RFP, which seek to improve the coordination and quality of care for physical health, behavioral health and long term services and supports statewide, while providing predictability and sustainability in Medicaid spending. Time will also be available for questions.

IDPH is extending an invitation to you to participate in this meeting on March 18, 2015 from 2:30-4:30. You may participate via webinar by registering at: <https://attendee.gotowebinar.com/register/6422655701580494593>.

If you would like to participate in person, we have reserved space that the State Historical Building, 600 East Locust Street, Des Moines, IA. Space is limited, if you plan to attend in person, please send a message to: Jennifer.caskey@idph.iowa.gov Parking is located in the ramp across the street on the corner of East Grand & Pennsylvania Ave.

Additional information on Medicaid Modernization and the RFP can be found at: <https://dhs.iowa.gov/ime/about/initiatives/MedicaidModernization> and http://bidopportunities.iowa.gov/?pgname=viewrfp&rfp_id=11140.

DHS has established the following link for stakeholder input: <mailto:MedicaidModernization@dhs.state.ia.us>

I hope you can attend this meeting to learn more about this important change in Iowa's approach to serving Medicaid enrollees.

Gerd Clabaugh
Director
Iowa Department of Public Health

Thank you of the Week

Here is a story of the terrific work and collaboration WIC does.

Yesterday I suggested to a family that they see the dental hygienist for their 2yr 3mo old, mother stated she needed to see a dentist also because her wisdom teeth are bothering her. The mother said she would just call CHC dental to schedule an appt. I recommended that they see MaryJo for the child and that MaryJo could then help schedule the appt for her. The family saw MaryJo and was able to send the Mother across the street immediately after the WIC appt to the dental clinic because the dentist had had an appointment cancel and the mom was able to be seen immediately. Xrays done and a referral to an oral surgeon made.

**We would love to hear from you! If you have a comment or story about how WIC has made a difference for you and your family we'd love to hear it! (We won't use your name!) Please send it to us in a pm and you could be featured in our next "Thank you of the Week" post!*

Participant Centered Services

Open-ended questions should be non-judgmental questions used to engage the participant and encourage a deeper conversation. They require more than just a "yes" or "no" answer and should be asked in a way that is open, inviting, and accepting. Aim for about 50% of your questions to be open-ended, this will thinking of the questions in IWIN as a guide or outline and rewording them. Try to have the participant do twice as much talking as you.

Save the Date

Maternal Nutrition Workshop & Breastfeeding Workshop

Please see the information for the Maternal Nutrition & Breastfeeding Workshops on March 24 & 25, 2015 at the end of this Friday Facts.

Find Us on Facebook



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

Dates to Remember

2015 ****note highlighted dates and topics indicate a change from the usual****

New Employee Training Go-To Meeting

- NETC Go-To-Meeting (Health Professional) – March 19, from 8:30-11:30
- NETC Go-To-Meeting (Support Staff) - March 26, from 8:30- 11:30

- NETC Go-To- Meeting (All New Staff) – May 14, from 8:30-11:30
- NETC Go-To-Meeting (Support Staff) – May 21, from 8:30-11:30
- NETC Go-To-Meeting (Health Professional) - May 28, from 8:30- 11:30
**** Please note changes in order of trainings for May

- NETC Go-To- Meeting (All New Staff) – July 9, from 8:30-11:30
- NETC Go-To-Meeting (Health Professional) – July 16, from 8:30-11:30
- NETC Go-To-Meeting (Support Staff) - July 23, from 8:30- 11:30

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

- NETC Go-To- Meeting (All New Staff) – November 12, from 8:30-11:30
- NETC Go-To-Meeting (Health Professional) – November 18, from 8:30-11:30
- NETC Go-To-Meeting (Support Staff) - November 19, from 8:30- 11:30
**Please note the dates in November.

Core Trainings

- Maternal Nutrition: March 24, 2015
- Breastfeeding Nutrition: March 25, 2015
- WIC Contractor In Person Meeting: August 25, 2015
- Infant/Child Nutrition: September 1, 2015
- Communication and Rapport: October 28, 2015

WIC Training

June 9, 2015 – 2015 Iowa WIC Training

Available Formula

Product	Quantity	Expiration Date	Agency	Contact
Neocate	8-9 Containers	6/2015	Operation Threshold	Sue Burnett 319-292-1827
Pediasure Peptide 1.0	16 containers	7/2015	NICAO	Janelle Pansegrau 641-423-5044 x35
Powdered Nutricia Neocate Infant DHA/ARA Amino Acid Based Infant Formula w/iron	5 cans	8/2015	North Iowa Community Action	Carla Miller 641-432-5044 X24
Powdered Pregestimil	5 cans	11/1/2015	Operation Threshold	Sue Burnett 319-292-1827
Similac PM 60/40 Calcilo XD	1 can 1 can	1/2016 2/2017	Broadlawns	Kathy Flagg 515-263-5660
Pediasure 1.5 cal Vanilla	113 8-oz cans	6/1/2016	Broadlawns	Rose Logan 515-282-6717

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Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish).

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General Information

Registration fee The registration fee for each workshop is \$40.00. This fee covers lunch, breaks and print materials. Lunch will be prepared and served by students in the culinary arts program in the Bistro or a local caterer.

Deadline Space is limited so pre-registration is required by March 16, 2015.

How to register You may register by:

- Mail using the enclosed registration form, or by
- Telephone by calling (515) 964-6800 or 1-800-342-0033 or
- Register online
at <https://ce.dmacctraining.com/dmacc2/public/store/search.do?navigator=courseCategories>

This event would only be cancelled due to natural or political catastrophes with notice provided to all registrants via phone and email.

Location Both workshops will be held at the Ankeny campus of the Des Moines Area Community College. The workshops will be in the “Oak Room” in the Conference Center (also referred to as Building 7).

Parking Parking is available at no charge. Use Lot E for easy access to the Conference Center. A map of the campus is enclosed for your reference.

Lodging Lodging is available in the Ankeny and Des Moines area. Call the hotel directly to negotiate a rate.

CEUs

- Each workshop has been approved for 6 contact hours.
- Continuing education units have been requested for registered nurses through Nursing Provider Number 22.
- Certificates of attendance will be provided to registered and licensed dietitians to document activities for their professional development portfolios.
- Professional License numbers are required for CEUs. Please bring this information with you on the day of the event.

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 (right) onto Highway 69 and move to the left lane.
4	Continue on Highway 69 to the first stoplight and turn west into the campus.
5	Watch for signs to the Conference Center.

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.

Meeting sponsors These workshops are sponsored by the Iowa WIC Program, Iowa Department of Public Health.

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

IF you have questions about...	THEN call...
registration	(515) 256-4908.
the agenda	1 (800) 532-1579 and ask for Nikki.

REGISTRATION

Maternal Nutrition Workshop Breastfeeding Workshop

March 24 and 25, 2015

Name: _____ Daytime phone: _____
Address: _____ Social Security #: _____
_____ Date of Birth: _____
_____ Agency: _____

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

- Both days
 March 24 only (Maternal) — NURS 983 CRN 28508-200 (6 contact hours)
 March 25 only (Breastfeeding) — NURS 984 CRN 28509-200 (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 16, 2015 to:

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

Breastfeeding Workshop

March 25, 2015

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

Maternal Nutrition Workshop

Tuesday, March 24, 2015

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
Nikki Davenport, RD, LD, WIC Nutrition Services Coordinator, Iowa Department of Public Health
Nicole Newman, RD, LD, Nutrition Consultant, Iowa Department of Public Health
Stephanie Trusty, R.N.C., BSN, Iowa Department of Public Health

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.

ANKENY CAMPUS

