



**Week ending issue: October 3, 2014 – Issue #227**

### **Policy**

#### **From the WIC Services Policy and Procedure Manual – 330.50 Breast Pumps Issued Report**

<b>Description</b>	This report provides a count of the types of breast pumps issued.
<b>Data updated</b>	Monthly
<b>Parameters</b>	Local Agency, Date Range
<b>Records reported</b>	Count of breast pumps by type that have been issued during the selected time period
<b>Report columns</b>	Local Agency, Clinic, Pump Type, (#) Participants Issued
<b>Data sort order</b>	Local Agency, Clinic, Pump Type
<b>Totals available</b>	Pump type by State, Local Agency and Clinic
<b>Tips</b>	<ul style="list-style-type: none"> <li>• Use this report to monitor trends in types of pumps issued.</li> <li>• Use this report to monitor trends in total number of pumps issued.</li> <li>• Data is compiled monthly for breast pumps issued the previous month based on the Breast Pump Issued Date.</li> </ul>

### **Information**

#### **RTU Similac for Spit Up**

RTU Similac for Spit Up will be changing from a 20 kcal/oz to 19 kcal/oz formula on December 1<sup>st</sup>. Because of this change, medical documentation will be required for a participant to receive this formula. The special formula documentation box will now need to be filled out in IWIN for this formula.

#### **New Lesson in Wichealth.org**

A new oral health lesson: **Two Minutes Twice a Day for a Healthy Smile** was launched in wichealth.org on October 1st! You can find the lesson listed under the “Children Ages 1 – 5” tab. This lesson title has also been added to the nutrition education tab in IWIN.

## *Participant Centered Services*

### **Heart Buttons (what drives behavior)**

Reinvention- The number one heart button in WIC! People want a fresh start, they want to reinvent life and make it better for their kids.

## *Save the Date*

### **Communication and Rapport Workshop**

Please see the information for the Communication and Rapport Workshop on October 29, 2014 at the end of this Friday Facts.

## *WIC 40<sup>th</sup> Anniversary Trivia*

### **WIC 40<sup>th</sup> Anniversary Trivia Week #15**

**Note: Last call for local agencies to submit questions and be eligible for a prize drawing at the October 9 training, see details below. Deadline to submit is Oct 8 at noon**

Week #14 questions **with answers in bold** (questions and answers submitted by MATURA):

- Before IWIN, what was the name of the form that had to be filled out daily, recording every client that was seen and mailed to the state? **Batchform**
- What had to be done to every check prior to being issued? **Stamp dates 30 days from day of issuance.**
- How often were checks mailed to agencies prior to IWIN? **Two times per month – 1<sup>st</sup> cycle and 2<sup>nd</sup> cycle. Once checks were received, agencies had to then separate for each clinic.**

Week #15 questions

- Dried beans that includes a seasoning packet are allowed to be purchased with WIC checks? True or False.
- Which administration declared a war on poverty that eventually lead to the development of the WIC Program?
- What former WIC Director appeared on the Today Show during a WIC funding crisis?

### **Join the fun with Trivia**

Consider writing up a few trivia questions that would pertain to WIC in general or would be appropriate state wide and send them to Holly at [holly.szcodronski@idph.iowa.gov](mailto:holly.szcodronski@idph.iowa.gov) or fax to 515-281-4913. Each agency submitting questions will be put in a drawing with the winner to be announced at the WIC training on October 9<sup>th</sup>.

## *Find Us on Facebook*



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

## ***Dates to Remember***

### **2014**

- 2014 Iowa WIC Training – October 9

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

- 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**

- Communication and Rapport: October 29, 2014

## ***Available Formula***

<b>Product</b>	<b>Quantity</b>	<b>Expiration Date</b>	<b>Agency</b>	<b>Contact</b>
Elecare Jr. Unflavored Powdered	2 cans	11/1/2014	Mid Sioux Opportunity	Amy Kreber 712-786-3488
Powder Vanilla Ketocal 4:1	4 containers -11 oz	11/1/14	Webster County	Kathy Josten 515-573-4107
Boost Breeze	24 8-oz containers	11/19/14	Broadlawns	Rose Logan 515-282-6717
Pediasure Peptide 1.0 cal 8 oz RTU	6 case and 18 cans (162 cans)	12/2014	HACAP	Angela Munson 319-393-7811
Elecare Jr Unflavored Powder	2 case/6 cans each	12/2014	Mid Sioux Opportunity	Glenda Heyderhoff 712-786-3488
Elecare Jr. Unflavored Powdered	3 cases + 1 can	2/1/2015	Mid Sioux Opportunity	Amy Kreber 712-786-3488
Elecare Jr Unflavored Powder	3 cases/6 cans each	2/2015	Mid Sioux Opportunity	Glenda Heyderhoff 712-786-3488
Vanilla Pediasure 1.5 Calorie w/Fier	3 cases (24 cans/case)	2/2015	MICA	Sierra Meyer 515-232-9020 x105
Elecare Jr. Unflavored Powdered	2 cases + 2 cans	2/1/2015	Mid Sioux Opportunity	Amy Kreber 712-786-3488
Elecare Jr Unflavored Powder	2 cases/6 cans each plus 2 cans	5/2015	Mid Sioux Opportunity	Glenda Heyderhoff 712-786-3488

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
EleCare Jr. Unflavored, powder	2 cans, 14.1 oz	11/2015	Mid Sioux Opportunity	Glenda Heyderhoff 712-786-3488
EleCare Jr. Unflavored, powder	12 cans, 14.1 oz	11/2015	Siouxland	Allyson Woltman 712-279-6636

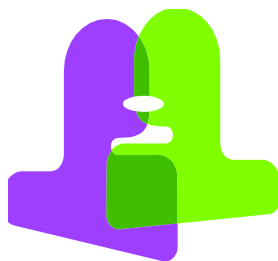
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Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish).

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## **Communication & Rapport Building Skills Workshop October 29, 2014**

A quality WIC nutrition assessment contains elements of both art and science to collect, evaluate and interpret the information provided by participants. Effective communication and rapport building skills foster a sense of trust and help build a relationship between participants and WIC staff. When participant-centered assessment and education techniques are used to encourage dialogue and feedback, quality information is collected for the assessment that contributes to individualized services addressing specific needs and interests. This interactive workshop for WIC nurses and dietitians will strengthen communication and rapport building skills.

### **Agenda**

- 8:15 Registration
- 8:30 Setting the Stage for Quality Nutrition Services- Nikki
- 8:45 Using Stages of Change in Nutrition Assessment-Kimberly
- 9:30 Stretch Break
- 9:45 OARS and 3-Step Counseling- Holly
- 10:30 Motivational Interviewing-Nikki
- 11:15 Emotion-Based Counseling-Kimberly
- 11:30 Rolling with Resistance and Jumping over Barriers- Kimberly
- 12:00 Lunch
- 1:00 Putting it All Together with PCE-Holly
- 1:30 Videos
- 1:45 Putting Everything to Work-Introduction-Kimberly
- 2:00 Activities (Break Included)
- 3:30 CEU's and Adjourn

### **Speakers**

Nikki Davenport RD, LD, Nutrition Services Coordinator, IDPH  
Kimberly Stanek, RD, LD, Community Health Consultant, IDPH  
Holly Szcodronski, RD,LD, Breastfeeding Services Coordinator, IDPH

This workshop is sponsored by the Iowa Department of Public Health (IDPH), WIC Program.

## Objectives

- Define rapport building and describe its use in nutrition assessment.
- Describe how to use the various approaches in nutrition assessment and education.
- Identify a participant's stage of change and suggest appropriate counseling strategies.
- Identify barriers to communication and develop strategies to overcome them.
- Demonstrate non-verbal communication techniques that result in positive communication.
- Suggest at least one way to use the assessment ruler in nutrition assessment and counseling.

## Location

The workshop will be held at the Ankeny campus of the Des Moines Area Community College. The workshops will be in Building 24- rooms 201 and 203. Parking is available at no charge. A map of the campus and directions to the campus are attached to this agenda.

## Registration

The registration fee for each workshop is \$40.00. This fee covers lunch, breaks and print materials. You may register by:

- Mail using the enclosed registration form or
- 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>  
(just type communication in the search box to find our workshop)

Space is limited to 45 participants. Pre-registration is required by October 22.

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

## Continuing Education

- 0.62 CEUs have been approved for nurses through Nursing Provider Number 22.
- Certificates of attendance will be provided to dietitians.

To receive a certificate of attendance, nurses and dietitians must attend the session in full.

## Breastfed Infants Welcome

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. Mothers are strongly encouraged to bring a support person along to provide baby care outside the meeting room.

## Questions?

If you have questions about registration, please call (515) 964-6353. For questions about the agenda, please call (800) 532-1579 and ask for Nikki.

## REGISTRATION

**Communication & Rapport Building Skills Workshop**  
**AHNE 993 CRN 19018**

October 29, 2014

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

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

\_\_\_\_\_

Agency: \_\_\_\_\_

How did you hear about this workshop?

Required for new WIC employee       Received information from MCH Agency

Daytime phone: \_\_\_\_\_

Social Security #: \_\_\_\_\_

Email address: \_\_\_\_\_

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

**Send this form and payment by October 21, 2014 to:**

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

# ANKENY CAMPUS

