



Week ending issue: January 9, 2015 – Issue #238

Policy

From the WIC Services Policy and Procedure Manual – 340.15 Ordering Print Materials

The state WIC office provides clinic, nutrition and health education materials free of charge to local WIC agencies. Some materials are stored at the Iowa Substance Abuse Information Center (ISAIC), others must be ordered quarterly through the Iowa Department of Public Health (IDPH).

Examples of materials to be ordered include nutrition education and breastfeeding promotion brochures, health and nutrition history cards, How to Use Your WIC Checks brochures, etc.

WIC materials stored at the ISAIC Clearinghouse must be ordered by using ISAIC Clearinghouse Online Ordering System. This is found at <http://www.drugfreeinfo.org/state/cart.php>. This website will be revised as materials are added or deleted from the available resources.

Agencies must fill out an order form provided by the State WIC office to receive materials that are not stored at the ISAIC Clearinghouse. The order form will be sent to local agencies quarterly.

Information

New CEU Opportunity

A free CEU opportunity has been posted to the web portal called “Developments in Protein’s Role in Promoting Lean Body Mass”.

Gain an understanding of the effects of timing and quality of protein intake on the building and maintenance of lean body mass, in this recorded webinar. You can obtain 1 CEU credit and it’s valid from now until Wednesday November 11, 2015.

CPA Opening

Broadlawns WIC Program has an immediate opening for a full-time WIC Professional/CPA. Will perform all certification functions – intake, anthropometric, health and diet histories, and nutrition education - for a diverse population. Current Iowa dietetic or Registered Nurse license required. RN must have a minimum of 6 months experience as a WIC CPA.

If you are a flexible person who likes variety in your work and expanding your skills, contact Cheryl VonBehren, WIC Program Director at 515-282-6704 or cvonbehren@broadlawns.org for more information.

Apply on line at <http://www.broadlawns.org/current-openings.cfm>. Only final applicants will be contacted. Post-offer pre-employment physical & drug screen required. Broadlawns Medical Center, 1801 Hickman Road, Des Moines, Iowa 50314. Broadlawns Medical Center is an Equal Opportunity Employer.

Participant Centered Services

What we do and say at the beginning of a session matters. We set the tone. We all know that at times our clients react to something we say and get resistant or argue with us. Nothing useful happens as long as this is occurring. People prefer freedom and choice. A natural response when it feels like freedom is being taken away is to resist, rebel even, and then do the opposite. To reduce resistance when following up with clients who had indicated they planned to make a change at their last contact with you it might help to suggest a range of progress they may have made, for example instead of saying “Last time we talked you indicated you wanted to get James off the bottle, is he off now?” say “last time you were here we talked about weaning James from the bottle, some parents find that they were not yet ready to wean their child and some parents have totally weaned by the time we get to follow up again, where would you say you are?” By following up this way you acknowledge that some people haven’t made changes and it makes it more comfortable for the client to own that (rather than getting defensive, changing the subject, or lying) and gives you a better chance to explore it further with them.

Thank you of the Week

“My first visit to WIC I met a WIC dietitian...She taught me about breastfeeding and encouraged me to take care of myself throughout my pregnancy...This is where my love for nutrition began! I didn’t even know such a career existed. The WIC dietitian’s encouragement and support even spurred me to enroll in school to learn more about nutrition. Once I graduated from college, I knew [WIC] is where I wanted to work. I wanted to make a difference in a young mom’s life, just as the WIC dietitian did for me.” – WIC Staff Member

**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!*

WIC 40th Anniversary Trivia

WIC 40th Anniversary Trivia Week #25 Answers

Week #25 questions with answers in Bold

- Can cash value vouchers (CVVs) be used to purchase fruit baskets? **No, fruit baskets are not allowed with CVVs.**
A grouping of fruit that could be purchased is if the store has taken various WIC approved fruits and set them on a foam or similar disposable tray and wrapped the fruit with plastic. The fruit needs to be wrapped by store personnel and cannot come off the salad bar nor can it contain nuts or other non-approved items.
- WIC uses many acronyms when talking to clients and among staff, can you name the following:
 - UPC, **Universal Product Code**
 - IWIN, **Iowa WIC Information Network**
 - OARS, **Open Ended Questions, Affirmation, Reflective Listening, Summarize (participant centered type of nutrition assessment)**

- VOC, **Verification of Certification**
- FMNP, **Farmer Market Nutrition Program**
- MIECHV, **Maternal, Infant and Early Childhood Home Visitation Program**
- Who wrote the recommendations that USDA based the newest WIC food package on? **Institute of Medicine (IOM)**

Hope you have enjoyed doing the trivia as much as the State WIC Office Staff have.

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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 (All New Staff) – January 15, from 8:30-11:30
- NETC Go-To-Meeting (Health Professional) – January 21, from 8:30-11:30
- NETC Go-To-Meeting (Support Staff) - January 22, from 8:30- 11:30
****Please note the dates in January.**
- NETC Go-To- Meeting (All New Staff) – March 12, from 8:30-11:30
- 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

- WIC Contractor Webinar: January 29, 2015
- 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

Available Formula

Product	Quantity	Expiration Date	Agency	Contact
Vanilla Pediasure 1.5 Calorie w/Fier	3 cases (24 cans/case)	2/2015	MICA	Sierra Meyer 515-232-9020 x105
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
Similac PM 60/40 Calcilo XD	1 can 1 can	1/2016 2/2017	Broadlawns	Kathy Flagg 515-263-5660

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