



Week ending issue: March 27, 2015 – Issue #246

Policy

From the WIC Services Policy and Procedure Manual – 360.40 Outreach

Outreach activities are intended to help ensure that those individuals at greatest risk are aware of WIC services. Coordination of efforts with MH, CH, FP, Public Health Nursing, and EPSDT through county-level agreements to exchange referrals is required.

Thank you of the Week

"I really did not want to miss the opportunity to express my gratitude to the program and a particular WIC employee. When I went to WIC with my new baby I was at the brink of giving up breastfeeding. I had little support (only my husband's support but he couldn't really help) and as a first time mother- it felt like EVERYONE was against it. I didn't want to give in, but I was losing hope in actually being able to continue for a year. While having our check-up, the WIC staff gave me words of encouragement. Although she had no idea what I was feeling at the time- those words were an inspiration. I cannot even begin to explain how enlightened and empowered I felt afterwards. Those words and kindness took us through hurdles, ended arguments with those who disagreed and helped me become an advocate for breastfeeding. I am absolutely happy to say my son is 11.5 months old and is still a breastfed baby. This bond has been so precious and beautiful to me- I still get teary eyed when I think I almost stopped. I wanted to recognize the WIC staff for everything they have done. I am truly grateful to this program. Thank you for having such wonderful people in this program." -- WIC participant

**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

Reflective listening means letting the speaker know that you have been listening and this in turn helps you check your understanding of what is being said and the emotion that is behind it. You can do this by:

- Repeating or rephrasing what they said in similar words
- Paraphrasing or make a guess to the unspoken meaning of what they have said
- Paraphrase or emphasize the emotion through feelings statements

eWIC Update

Smartphone App

It has been approved to move forward with a Smartphone app project for participant use. One of the features of this app will allow participants to scan a product's UPC code and the app will indicate whether the product is an Iowa approved WIC product. The use of this app may help alleviate some issues participants sometimes encounter when checking out at the grocery store. More information about the app can be found at the following website: <http://www.ebtshopper.com/>.

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 (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
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- 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
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- 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 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	1 can	1/2016	Broadlawns	Kathy Flagg 515-263-5660
Calcilo XD	1 can	2/2017		
Pediasure 1.5 cal Vanilla	113 8-oz cans	6/1/2016	Broadlawns	Rose Logan 515-282-6717

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