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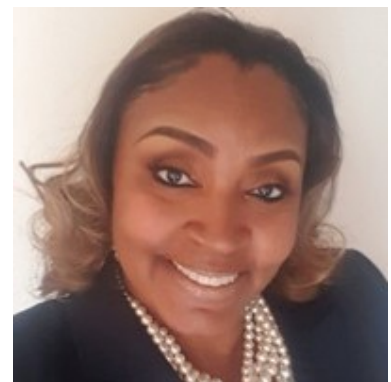
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Special Supplemental Nutrition Program  
for Women, Infants, and Children

**March/April 2019**

### DIRECTOR UPDATE

I would like to thank you for your dedication and commitment to serving our WIC clients through the first quarter of this year. We are off to a great start and continue to show success with our Integrated Service Delivery project. We currently have over 4,500 qualified appointments confirmed across the state from this project. In February, we rolled out new updates to our system to ensure more accurate reporting.



We have received USDA approval of our revised nutrition education policies, MI-WIC screen changes, and returned/unused infant formula guidelines. We will continue to provide client centered service resources in various forms and make changes when possible to help make your day-to-day operations more seamless.

Our Vendor Relations unit has been working on renewing our vendor contracts and enrolling new vendors. They have been working hard to update the process and add additional webcasts and virtual trainings. The vendor unit will be hosting its annual conference this fall and will be extending an invitation to partners.

We were able to remain focused on assisting Michigan's women, infants and children throughout the partial government shutdown. I thank everyone for your continued commitment to serving the many Michigan families who rely on the WIC program.

I am excited for what we will accomplish this year. WIC will continue to achieve great things. I ask that you keep up the good work and I thank you for all that you do for WIC!

I look forward to visiting you soon!

Christina M. Herring  
WIC Director



*"Let food be thy medicine and medicine be thy food." - Hippocrates*

# Local Agency Highlights

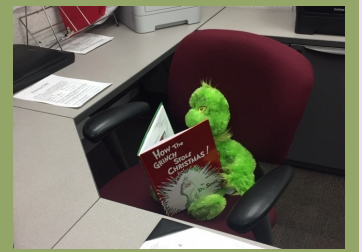
## ST. CLAIR

This lucky WIC mother of 5 won the St. Clair County Health Department WIC Christmas giveaway for a gently used bike!



## SAGINAW

Saginaw WIC outfitted their clinic with some amazing decorations this past holiday season! SCHD has an annual decorating contest, which WIC won in 2017. Their Grinch theme made them the first repeat winner!



*"Always try to be a little kinder than is necessary." – J.M. Barrie*

## Local Agency Tour

Branch - Hillsdale - St. Joseph Community Health Agency



The November Promotion and Retention Workgroup meeting was hosted by Branch - Hillsdale - St. Joseph WIC. Mary Mercurio was recently welcomed to the WIC Coordinator position. Upon arrival at the clinic, clients enter a spacious and child-friendly waiting room. A prominent bulletin board catches the eye with safe sleep information. Lab spaces and CPA rooms are attractive and well-organized. Breastfeeding rooms feature decorative screens for client privacy.

# Breastfeeding Corner

## **Marji Cyrul, State Breastfeeding Coordinator**

WIC Breastfeeding professionals from Oakland and Macomb counties attended a meeting of Maternal Newborn Nurse Professionals on Friday, February 1st, at Troy Beaumont Hospital. The breastfeeding peers shared information on how WIC staff support the families in their communities.

The key messages shared were:

- \* Refer everyone to WIC, even if you aren't certain of their eligibility.
- \* Peers are highly qualified and have experience supporting breastfeeding families.
- \* Peers have more time to spend with clients.
- \* Classes offered at WIC clinics help prepare families for their baby's first feeding.
- \* Support groups at WIC are available to all community members.

The WIC staff present were Kirsten Sonnevile-Douglass (Senior BF Peer/IBCLC) and Theresa Welt (BF coordinator) from OLSHA, and Samantha Mohan (Lactation Specialist) from Macomb. The group of around 25 nurse professionals was thrilled to hear about the great services WIC breastfeeding staff offers their patients!

If you're looking for outreach materials to share with your community partners, please email Marji at [CyrulM@michigan.gov](mailto:CyrulM@michigan.gov) for a copy of the "Coffective Tools Available to Michigan WIC Agencies" document.



## **IBCLC Recognition**

Congratulations to our WIC staff who have recently passed their IBCLC exams!

### **Detroit**

*Ora Rosenfeld*

*Micia Eddins*

### **Ingham**

*Carrie Allgaier*

### **Kent**

*Brie Carlson*

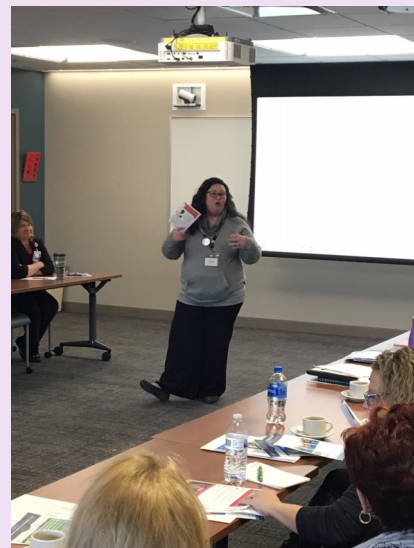
*Casey Wunderink*

### **Lapeer**

*Melissa Pearl Merlo*

### **Oakland**

*Kirsten Sonnevile - Douglass*



*"Breastfeeding is a mother's gift to herself, her baby, and the earth."*

*- Pamela K. Wiggins*

## **Peer Success**

**Submitted By: Rachel Whitehead-Hall, CAA**

A client called about pumps and asked how we can help her get one. Her pump broke and her goal is to breastfeed for a year. Her son was only 5 months old. She was going to have surgery the following week and didn't want to lose her milk supply. I told her we could give her a personal pump. She was excited and came in to get the pump. I called to check on her after surgery and she was thrilled to be able to send milk home with her husband. She recently came in to get a shirt for breastfeeding 6 months exclusively. She again thanked me and told me she didn't know where her journey would be if it hadn't been for my help.



# March is National

## Note from Tara

### Your State Agency Nutrition Education Lead

Happy National Nutrition Month! We're hoping you have all come up with lots of ways to celebrate at your local agencies.

**This year's theme focuses on the importance of making informed food choices, as well as developing sound eating and physical activity habits.**

Phew ~ just reading that is overwhelming! Yet, just as we encourage our clients, we can also take small steps toward positive behavior changes. Maybe that's a lunchtime walk today, then another the next day. Maybe you bring an apple and peanut butter snack to work instead of a candy bar. Commit to small goals, and those may snowball into a stronger and healthier you!

For some other quick and easy ideas, check out [Nutrition 101](#) for ways to add more fruits and vegetables into your day! There's never been a better day to start.

Huge shout-out to long-time WIC Dietitian Meryl Smith of District Health Department #10 on her upcoming retirement in April! She's been an invaluable member of our Nutrition Education Advisory Team since its inception, and has been a tireless advocate for improved nutrition and health outcomes for WIC clients statewide. Thank you for all your work Meryl ~ best wishes on a retirement filled with much adventure!

 Academy of Nutrition and Dietetics

**NATIONAL  
NUTRITION MONTH®**  
MARCH 2019

[www.eatright.org](http://www.eatright.org)  
#NationalNutritionMonth

*Meryl has been an instrumental part of our WIC, MCH and agency teams over the past 23 years. Her leadership, nutritional expertise and community engagement skills have contributed to regional, state and national recognition and appreciation of our WIC program and agency.*

--Anne Bianchi, DHD10 WIC Coordinator

*Meryl has been an incredible asset to Michigan WIC's Nutrition Education Advisory Team. I look to Meryl for her level head, gentle leadership, and great sense of humor. Her ideas and thoughtful perspective will be greatly missed. Best wishes on the next adventure, Meryl!*

--Tara Fischer, State Nutrition Consultant

*I have been working for WIC for a little over a year and have been working directly with Meryl for the past 4 months. She has always been so patient, caring, understanding and helpful with the many aspects of my position and the training I needed to move forward. She will be missed not only for her great work ethic and attention to detail, but really her down-to-earth personality and ability to laugh through the craziness that can sometimes accompany many intelligent women in one organization. She is a great leader and person whom will be greatly missed for all of her wonderful qualities. Meryl will be incredibly hard to replace in my book.*

--Lonny Jorgensen, WIC Clerk/Lab Tech



*Meryl is very approachable and down-to-earth and has a good understanding of all those WIC rules and regulations ~ of which there are many! She is a great asset to the WIC program in Michigan and will be missed.*

--Libby Hrabonz, Oakland County WIC

*Meryl has always been very supportive and active in Michigan WIC projects and programming. She has volunteered for various workgroups, and DHD10 has always been willing to participate in special projects or be pilot sites for various initiatives. Meryl has been a present and positive force behind many of the program improvements we've seen in Michigan WIC over the past several years.*

--Amy Thompson, State WIC Policy Coordinator

*Meryl has been an engaged leader who is very passionate for all our WIC clients and WIC team players. She is never too busy to answer questions, fill a food package or work as a CPA. We always felt as if we worked with Meryl and not for Meryl. She epitomizes teamwork and all the goals of WIC services. She will be truly missed and never forgotten.*

--Cindy and Tracy, Manistee WIC



**"True healthcare reform starts in your kitchen, not in Washington." ~Anonymous**

# Nutrition Month!

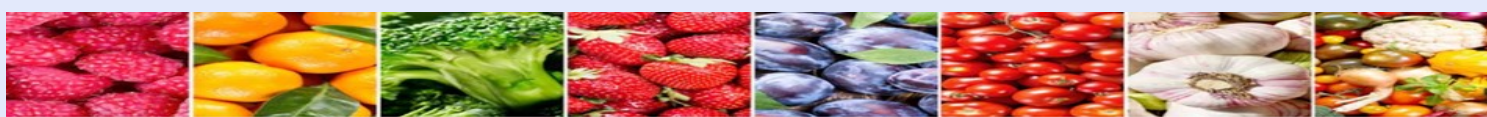
## Nutrition 101

### Ways to Incorporate More Fruits & Vegetables Into Your Diet


**Priyanka Santhanakrishnan, B.S., GVSU Clinical Dietetics Intern**

Eating a diet rich in fruits and vegetables has many health benefits. Fruits and vegetables contain essential nutrients, including vitamin C, vitamin A, folate, dietary fiber, and potassium. Additionally, fruits and vegetables are low in calories, sodium, fat, and do not contain cholesterol. Consuming fruits and vegetables, in addition to a healthy diet, can lead to a decreased risk of obesity, heart disease, type 2 diabetes, and cancer.

Using the following strategies can be a simple way to ensure you are reaching the recommended intake of 2 cups of fruits and 2 1/2 cups of vegetables a day.



Incorporate fruit into your breakfast by adding it to your cereal or yogurt	Make salsa with tomatoes, onions, garlic and cilantro (or try fruits, such as peaches or mango, for a sweet note)	Make a vegetable stir fry with vegetables you have in your fridge or freezer
Blend vegetables, such as spinach or bell peppers, into pasta sauce	Make a smoothie with milk and fresh or frozen fruit, such as berries or bananas	Choose steamed fresh or frozen vegetables as a side dish
Drink a glass of 100% fruit or vegetable juice	Add veggies, such as peppers, tomatoes, onions, spinach, or broccoli, into an omelet	Replace your traditional hamburger with a portobello or black bean burger
Grill vegetable or fruit kabobs during barbeques as a fresh side dish	Use green peppers, mushrooms, olives, or onions as pizza toppings	When you're craving something crunchy, snack on some baby carrots or celery sticks
Enjoy baby carrots or bell peppers with hummus as an afternoon snack	Substitute veggies for the pasta or noodles in soups	Add apples, mandarin oranges, or strawberries to your salad
Have a bowl of frozen fruit when you're craving something cold on a hot day	Pack dried fruits, such as apricots or raisins, for an on-the-go snack	Use squash or zucchini to make "noodles" for vegetable spaghetti



Increasing your fruit and vegetable intake does not have to be difficult! Use some of these strategies when preparing meals to see just how easy it can be to add fruits and vegetables to your diet.

Share these ideas with clients to help them increase their fruit and vegetable intakes as well!

#### References:

USDA <https://www.choosemyplate.gov/fruit>

Academy of Nutrition and Dietetics <https://www.eatright.org/food/resources/national-nutrition-month/nnm-handouts-and-tipsheets-for-families-and-communities>

American Heart Association <https://www.heart.org/en/healthy-living/healthy-eating/add-color/how-to-eat-more-fruits-and-vegetables>

# Highlight on Client Centered Services

**Monica Smith, MA, LPC, RD**

When we feel safe and connected, we can listen and consider change. When we feel heard, we feel appreciated. Non-Violent Communication (NVC) is a communication technique, much like Motivational Interviewing, but it focuses solely on objective observation, stating feelings, needs, and making requests. This short article highlights the foundation of NVC by drawing our attention to how we can contribute to a more peaceful relationship with each other and our participants by utilizing mindful communication. These are interesting concepts to think about. Feel free to email me at [iamrd@sbcglobal.net](mailto:iamrd@sbcglobal.net) with questions or comments!

## *10 Things We Can Do to Contribute to Internal, Interpersonal, and Organizational Peace*

1. Spend some time each day quietly reflecting on how you would like to relate to yourself and others.
2. Remember that all human beings have the same needs.
3. Check your intention to see if you are as interested in others getting their needs met as you are in meeting your own needs.
4. When asking someone to do something, check first to see if it is request or a demand.
5. Instead of saying what you DON'T want someone to do, say what you DO want the person to do.
6. Instead of saying what or how you want someone to BE, say what action you would like the person to take.
7. Before agreeing or disagreeing with anyone's opinions, try to tune in to what the person is feeling and needing.
8. Instead of saying "No," say what need of yours prevents you from saying "Yes."
9. If you are upset, think about what need of yours is not being met, and consider what you could do to meet that need instead of thinking about what's wrong with others or yourself.
10. Instead of praising someone who did something you like, express gratitude by telling the person what need of yours or theirs the action met.

2001, revised 2004 Gary Baran & CNVC. The right to freely duplicate this document is hereby granted.

## Michigan WIC Association (MWA) Update

December 2018 election results are as follows:

2019-2020 Chair: Beckey Ginbey

2019-2020 Chair Elect: Tracie Bolton

2019-2020 Treasurer: Lynn Kuligowski

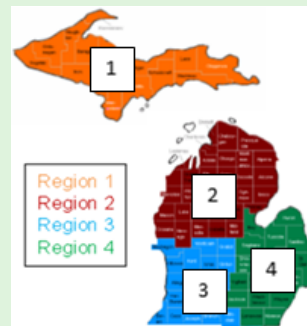
2019 Secretary: Lisa Banks

Region 1 Rep: Vacant\*\*

Region 2 Rep: Anne Bianchi

Region 3 Rep: Ronnie Pearson

Region 4 Rep: Martha Brooks



\*\*MWA is still seeking a Region 1 Representative (U.P.)! We would really like someone from the U.P. to be an active board member, as the needs/concerns are very unique to that area. We plan to hold a 1-hour conference call on the first Wednesday of each month in 2019.

**Required participation and tasks are minimal.**

Conference calls are informative and fun! Please e-mail Beckey Ginbey at [ginbeyb@washtenaw.org](mailto:ginbeyb@washtenaw.org) if you'd like to fill the Region 1 Representative position.

*"The doctor of the future will no longer treat the human frame with drugs, but rather will cure and prevent disease with nutrition."*

*~Thomas Edison*

# State Updates - E-Notice Recap

## **#2018-183: HemoCue Analyzer Delivery and Transition Guidance**

Please see E-Notice and attachments for detailed information on HemoCue controls and training.

## **#2018-185: Food Guide Updates Insert**

The Food Guide Updates insert should now be shared with clients. Please see E-Notice attachment for egg criteria FAQs.

## **#2018-186: WIC Staff Announcements**

Dionne Moore-Smith has assumed the role of Breastfeeding Peer Counselor Coordinator, and Gloria Zunker has assumed the role of Training Evaluation and Compliance Unit Manager at the state WIC office.

## **#2019-01: 2019 MI-WIC Release Schedule**

Release 8.2 is scheduled for 6/8/19 and Release 8.3 is scheduled for 10/12/19.

## **#2019-10: National Nutrition Month® (NNM) 2019**

This year's theme focuses on the importance of making informed food choices and developing sound eating and physical activity habits. Registered Dietitian Nutritionist Day will be celebrated on Wednesday, March 13, 2019. Please see E-Notice attachments for additional information and resources.

## **#2019-11: Unused/Returned Formula**

Please continue to accept returned formula according to current policy, and discard or destroy the formula in lieu of reissuing or donating, per the recommendation of USDA. In an effort to minimize the quantity of unused/returned formula, please ensure your WIC staff are educating clients on benefit redemption considerations.

## **#2019-12: Breastfeeding Update**

Please see E-Notice attachments for information on BF training and staff resources. Contact Marji at [CyruLM@michigan.gov](mailto:CyruLM@michigan.gov) to learn more about the development of some short videos highlighting usage of the Collective counseling sheets.

## **#2019-13: Promotion & Retention Workgroup**

The next PRWG meeting will take place May 17th at ACC/DHD. Please see E-Notice attachments for a recap of the January meeting and additional materials. Contact Whitney McFadden at [McFaddenW@michigan.gov](mailto:McFaddenW@michigan.gov) with questions or feedback.

## **#2019-17: Breast Pump and Specialty Item Orders**

There is potential for a delay to the spring Statewide Breast Pump and Specialty Items order. Please request pumps and accessories on an immediate need basis only, as State inventory is low. Contact Hanna Thelen at [thelenh1@michigan.gov](mailto:thelenh1@michigan.gov) with questions or concerns.

## **#2019-19: HemoCue Transition**

Please see E-Notice and attachment for information on CLIA certification, laboratory validation and disposal of the HemoCue 201+ analyzers.

## **#2019-22: WIC 2019 Training & Educational Conference Canceled**

Due to lasting effects of the partial government shutdown, the WIC Conference scheduled for March 12-13 in Grand Rapids has been canceled.

## **#2019-23: Revised WIC Consultant Assignments**

Please see E-Notice attachments for revised consultant assignments, organization chart, and Program Area Lead (PAL) reference.

## **#2019-24: Lansing ISD Training**

Two ISD trainings are available on March 13th at 320 S. Walnut in Lansing. A Webex meeting will be available to allow staff to join remotely. Please contact Kristina Ressler at [ResslerK@michigan.gov](mailto:ResslerK@michigan.gov) with questions.

## **WIC Policy Corner**

**Amy Thompson, RD, WIC Policy Coordinator**

*Update to Policy 8.05: Returned Formula and Re-Issuance of Benefits*

Many of you are aware that we adopted a new policy regarding returned/unused formula. If you have not had the opportunity to read the revised policy, please refer to E-Notice 2019-26: USDA Approved MI-WIC Policies (Chapters 2, 5, 8), or the policy available via the WIC Providers link on the MDHHS WIC Division website ([www.michigan.gov/wic](http://www.michigan.gov/wic)).

You can also view the Coordinator Webcast from February 21<sup>st</sup>, 2019, archived on the MPHI training website, for a complete review of this and other recent policy revisions.

Please feel free to contact me if you have any additional questions.

Phone: 517-335-0031

Email: [ThompsonA13@Michigan.gov](mailto:ThompsonA13@Michigan.gov)



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PLEASE  
PLACE  
STAMP  
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## **UPCOMING EVENTS/TRAININGS/WORKGROUPS**

### **March**

7: MI-WIC Equipment Inventory  
Review - Webcast  
13: ISD Training - Lansing  
14: Anthro Training - Grand Rapids  
14: Lab Training - Grand Rapids  
19: BF Coordinator Training - MPHI  
20: Milk Expression Training - MPHI  
20-21: CPA Training - Bay City

### **April**

9-10: BF Basics - Petoskey  
10-11: CPA Training - Detroit  
17-18: Clerical Training - Grand Rapids

### **May**

1-2: Clerical Training - Detroit  
14-15: BF Basics - Detroit  
16: BF Basics for Clerks and Techs - Detroit  
17: PRWG - Detroit  
23: MI-WIC Release 8.2 - Webcast

### **We Need You!**

Our local agencies are the driving force behind the WIC News and we need your stories, team-building ideas, staff shout-outs, innovative Client Centered Service ideas, and anything else you are interested in sharing. Please email Whitney McFadden at [McFaddenW@michigan.gov](mailto:McFaddenW@michigan.gov) with any content you would like to see in an upcoming issue!

**Visit MPHI's website at [events.mphi.org](http://events.mphi.org) to sign up for trainings!**