

WIC MICHIGAN WIC NEWS

Inside This Issue

LA Highlights 2
 Breastfeeding Corner 3
 Spring Wellness 4-5
 CCS / MWA Update 6
 State Updates 7
 Upcoming Events 8

Special Supplemental Nutrition Program
for Women, Infants, and Children

May/June 2019

Nutrition Month Fun!

We know that all of you work hard to provide amazing client centered services, along with individualized nutrition education and counseling. We hope you also took a moment to celebrate the important work you do by celebrating Nutrition Month.

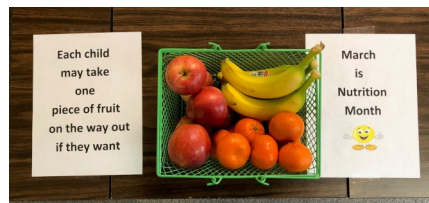


Here at the State office, we celebrated Nutrition Month and Registered Dietitian Day with an oatmeal and fruit bar. We had some local agency staff in the office for our Nutrition Education Advisory Team (NEAT) meeting and ISD Training, so they were able to join our fun!



Saginaw County Health Department

The WIC office ran a food drive for the whole health department. They collected 7 boxes of food, as well as cash donations, which were donated to the Old Town Christian Outreach Center, a local food bank.



Branch-Hillsdale-St Joseph Community Health Agency

Mary Mercurio, Coordinator, shares that each WIC clinic in her local agency provided a fruit basket in support of National Nutrition Month. The fruit was donated by WIC staff and Hillsdale Market House. Mary also shares that the children at Preschool Connect were very excited to visit the WIC booth to receive a piece of fruit.



We are so glad the bulletin board kits (pictured left) were well-received!

We plan to order these by request next year, so every clinic that wants one may have one.



Local Agency Highlights

“When growing up with my two brothers, our mother said many times that WIC made a BIG difference and we could not have made it without the support from WIC! WIC helped to provide us with the food that would not be possible otherwise. When our mother recently passed away, she asked us to donate and give back to WIC - since WIC had helped us so much!”

– WIC participant, Michigan, via NWA



Community First Health Centers

Community First Health Centers announces the retirement of WIC CPA and RN, Cindy Kendziuk.

After devoting her career to helping mothers and babies, Cindy came to WIC in 2007 when she helped establish the Community First Health Centers WIC Program. Through the years she has exhibited her commitment to the WIC community by helping countless women establish and continue breastfeeding, while mentoring our Peer Counselors. She was also instrumental in developing engaging and inclusive classes for infant feeding and Project Fresh. Cindy is a true team player who is always willing to work the extra hours needed to meet the needs of our clients. We will truly miss her (and her awesome scheduling abilities) when she leaves us to head up north with her husband and son this summer. We hope you have a “Sweet” retirement, Cindy!



Kalamazoo County Health & Community Services

MDHHS Director Robert Gordon visited a WIC clinic in Kalamazoo in early April. WIC staff gave him a clinic tour and familiarized him with the clinic flow and appointment process. State and local level successes were shared. Also discussed were clinic and client challenges, including caseload decline, transportation barriers, and shopping concerns.

Director Gordon was receptive to the conversation and brought a lot of WIC knowledge to the table.

DHD #10

Jessica Miller, of the Crawford County WIC Program, created a fantastic bulletin board display to celebrate St. Patrick's Day!



Detroit Department of Health & Wellness Promotion

Cidni Renwick, Promotion and Retention Coordinator for Detroit Health Department, shares a photo of five year old WIC graduates in their superhero capes.



Breastfeeding Corner

IBCLC Recognition

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

Monroe County Health Department

Susan Kandes, RN for WIC and MIHP



Peer Success

Submitted By: Gretchen Balmer, Washtenaw County WIC Program

A first-time mother, who had committed to exclusively breastfeed, came in with her two-week-old baby. The baby had latched in the hospital, but by day three, mom was discouraged and experienced bleeding nipples. As a result, mom switched to pumping and supplementation. After pumping about 3 times a day, she noticed that her breastmilk supply was diminishing.

I spoke with her about protecting her milk supply as the first order of business, then offered to try and help baby latch comfortably. I then asked her to sit reclined in the chair in our office, feet up, laid back. I encouraged her to uncover baby's hands, take her and baby's shirts off, place baby on her chest, and just watch to see what baby would do.

After following these instructions, the baby almost immediately started rooting and bobbing her head, just as you would expect a baby to do right after birth. Baby found the nipple and latched on in literally less than two minutes. The latch looked deep and Mom reported that it was painless. Baby stayed latched for a good 20 minutes, unlatched and moved to the middle of mom's chest, where she fell asleep.

The mom was amazed and delighted that all she had done the whole time was make sure that baby didn't roll off of her. She had received loads of instruction and advice from hospital lactation consultants that had not proven successful.

Mom said to me, "This whole time, the baby just knew what to do!"

It was a beautiful testament to the idea that the best way to support successful breastfeeding is often just to encourage a mother to trust herself and her baby, offer confidence in her ability within a safe and relaxed environment, and to get out of the way. Mom left feeling empowered, with a renewed commitment to do the work to increase her supply so that her baby can breastfeed exclusively. They're going to spend the weekend nursing, snuggling and watching Netflix. Yay!

"The greatest joy is nursing one's own baby. The second greatest is helping another woman nurse hers."

~ Norma Woolf Ritter





The Mediterranean Diet on a Budget!

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



The Mediterranean diet is a dietary pattern that originates from the countries by the Mediterranean Sea, such as Spain and Italy. It is not a strict diet, but acts as a general guideline. The Mediterranean diet has been linked to remarkable health outcomes, such as longer lifespan and decreased risk for diseases such as type 2 diabetes and heart disease.

The Mediterranean diet contains mostly plant-based foods. This includes vegetables, fruits, and whole grains. Other essential foods in this diet include, nuts, beans, legumes, and seeds. A staple source of fat in the Mediterranean diet is olive oil. Fish are eaten often in this diet as they contain high amounts of omega-3 that help with heart health. Sources include salmon, tuna, sardines, clams, and mussels. The use of herbs and spices, instead of salt, to season dishes is common. Eggs, cheese, and yogurt are consumed in moderate amounts. Additionally, eggs can be used as a protein source to replace meat in dishes. Desserts and red meat are consumed in moderation. Finally, water is the main beverage in this diet pattern as this helps with overall health and energy levels.

Below are some tips on how you can follow this diet on a budget:

- * Load up on canned beans, peas, and lentils. Choose low sodium options and rinse them before cooking to remove additional salt.
- * Focus on fruits and vegetables. Buying seasonal produce may help save money too!
- * Purchase plain nuts in bulk. Nuts can make a great snack throughout the day.
- * Buy seafood frozen, canned, or in pouches, especially if you don't plan to cook it immediately.
- * Purchase canned vegetables with no salt added.
- * Buy eggs as a protein source and think of meat as a treat.
- * Use sales in your favor and stock up on frozen and canned items, such as fruit and fish.
- * Drink water! Limit soda, sports drinks, and flavored coffee drinks.
- * Shop store brand, as this is usually the cheapest option.
- * Plan meals and snacks ahead of time. This prevents splurging on items when you're at the grocery store.

There are many websites that include budget-friendly Mediterranean diet recipes. Check out the following websites for some recipe inspiration:

<http://www.eatingwell.com/recipes/19753/cuisines-regions/mediterranean/quick-easy/>

<http://dish.allrecipes.com/top-recipes-budget-friendly-mediterranean-diet/>



The general guidelines of the Mediterranean diet make it an easy one to follow. Incorporating the Mediterranean diet into your life can be easily achieved and does not have to be expensive. Use the tips mentioned above to engage in healthy eating habits that can lead to positive health outcomes including a longer lifespan and decreased risk of developing type 2 diabetes and heart disease.

References:

The Mediterranean diet - a practical guide to shopping, menu ideas, and recipes. Today's Dietitian Website. <https://www.todaysdietitian.com/newarchives/050112p30.shtml>. Published May 2012. Accessed January 2019.

Why the Mediterranean diet is so good for heart health. Harvard Health Website.

<https://www.health.harvard.edu/heart-health/why-the-mediterranean-diet-is-so-good-for-your-heart>. Published May 2013. Accessed January 2019.

Mediterranean eating on a budget. Penn State Extension Website.

<https://extension.psu.edu/mediterranean-eating-on-a-budget>. Updated January 18, 2019. Accessed January 30, 2019.

Focus on Wellness

Breast and Cervical Cancer Screening and Healthy Lifestyle Services for Low-Income Women

BREAST AND CERVICAL CANCER CONTROL NAVIGATION PROGRAM (BCCNP)

The BCCNP provides free breast and cervical cancer screening services to low-income women. This may include follow-up care and cancer treatment, if needed.

- Low-income women 21-64 years old are eligible.
- Uninsured and underinsured women can be helped by the program.

For more information about the BCCNP, please call toll free 1-844-I-GOT-SCR (446-8727) or visit www.michigancancer.org/bcccp.

WISEWOMAN

The Well-Integrated Screening and Evaluation for Women Across the Nation (WISEWOMAN) Program helps low-income women understand their chronic disease risk factors and make healthy lifestyle choices with a focus on nutrition, physical activity, medication adherence, and smoking cessation.

- Low-income women 40-64 years old are eligible.
- Uninsured or insured can be helped by the program.

For more information about WISEWOMAN, please call toll free 1-844-I-GOT-SCR (446-8727) or visit www.MiWISEWOMAN.org.

Meditation for Spring Cleaning the Mind

Sit comfortably in an upright position, either in a chair with your legs uncrossed and your feet flat on the ground, or in *Sukanasa* on a cushion.

Close your eyes and begin to take slow, deep breaths in through your nose and out through your mouth.

Next, bring to mind any thoughts, ideas, or beliefs that have become stagnant, non-serving, or irrelevant.

One by one, or all at once, see if you can connect to what their original purpose was. Do they have a reason for still existing? Is there something further to explore or is the energy ready to be dissolved and returned to its purest form?

When you come to the realization that it's time to let go of mind clutter—much in the same way you would give away an old jacket that you never wear anymore—thank it for having served its purpose and take in any learning or wisdom it has to impart.

Next, imagine seeing it dissolve like a morning layer of fog as the sun shines through, or visualize erasing it from a chalkboard to reveal a fresh, clean slate.

Once you've cleared away that which no longer needs to occupy your mind, spend some time connecting to the open space you have created in your internal world. The space that you've cultivated doesn't mean the mind is now empty. Rather, see it as being filled with the element of space, which represents pure potentiality.

Thorp, Tris. Spring Cleaning: Meditation to Tidy Up the Mind [Web Page]. Retrieved from <https://chopra.com/articles/spring-cleaning-meditation-to-tidy-up-the-mind>.

Highlight on Client Centered Services

Monica Smith, MA, LPC, RD

I recently flew from Michigan to North Carolina. I spent more time than I would have liked in multiple airports. I began to watch people, really noticing their interactions. I specifically focused on interactions where one individual held power – like a ticket agent or Transportation Security Administration officer, and individuals who were powerless in these interactions – like passengers. It became very clear, very quickly which interactions were client centered and which were not.

I couldn't help it, I went into experiential research mode. What was working? What seemed to escalate tense situations? How did those in power manage difficult or upset passengers? What diffused tense interactions? I began to search for the most client centered airport employee, based on the body language and tone of the customer.

The award goes to a young TSA officer in the Greenville Spartanburg airport. It was busy, spring break travelers (think Myrtle Beach and Hilton Head), long lines. This man was skillful. He greeted every traveler, smiling, good energy. He presented himself as if he loved *servicing* the public. His body language was confident but not cocky. Directions were given, over and over, with no sign of irritation. He was able to use humor when travelers were selected for a full search of their luggage and person. "You're going to love me when I tell you that you have won the TSA lottery." Then he became more professional and explained: "You have done nothing wrong, there is nothing suspicious. When this light goes on, *we* are required to check the next passenger. *We* appreciate your cooperation." Then he explained what would happen, where to go, and thanked the passenger again for his patience and good humor "as *we* try our best to keep everyone safe." The passenger was smiling and nodding. Other passengers were calm, the line kept moving. The TSA officer kept smiling.

A potentially tense, even humiliating environment was transformed into what felt like a kind and respectful experience. What works?

- ◆ Eye contact
- ◆ Upbeat, positive tone, downplay of power
- ◆ Confident body language with a smile
- ◆ Anticipatory guidance
- ◆ Humor

Looks like CCS to me.

• CLIENT CENTERED SERVICES •

MWA Update

The MWA Board Members would like to thank Director Christina Herring and the MDHHS WIC Division for the stipend allowing two MWA Board Members' attendance at NWA conferences this year. The MWA Board voted and decided attendance would be offered to the MWA Chair and Chair Elect.

Becky Ginbey, current MWA Chair, attended the April NWA Education and Training Conference in Baltimore. Additionally, Becky attended a full day Pre-Conference Workshop on WIC Participant Retention Strategies and is happy to share lessons learned with the PRWG, State of Michigan staff and Local WIC Agencies.

Tracie Bolton, Chair Elect, will attend the September NWA Technology, Program Integrity and Vendor Management, Education and Networking Conference in Oklahoma City.

Thanks,
Becky and MWA

State Updates - E-Notice Recap

#2019-26: USDA Approved MI-WIC Policies

See E-Notice for a summary of updates to MI-WIC policy chapters 2, 5, & 8.

#2019-30: Post Bran Flakes No Longer WIC Eligible

The Post Bran Flakes image appears on p. 11 of the current Michigan WIC Food Guide, however a reduction in the iron content has rendered the product WIC ineligible.

#2019-31: New WIC Fraud & Abuse Posters

The posters, which are available in English, Spanish, and Arabic, were mailed to each local agency. They may also be downloaded and printed here:

https://www.michigan.gov/mdhhs/0,5885,7-339-71547_4910_17116---.00.html.

#2019-32: Laboratory Updates - HemoCue Hb 301 Logs and Laboratory Manual Revisions

See E-Notice and attachments for updated lab logs and specific implementation changes.

#2019-35: FY 2018 WIC Food Costs

E-Notice attachments detail the food dollars spent by WIC participants for Fiscal Year 2018.

#2019-37: Updated Zika Travel Guidance

See E-Notice and attachments for CDC information related to the risk of Zika virus infection in women who are pregnant or planning to become pregnant.

#2019-39: CPA Guidance Documents and Returned Formula Q & A

See E-Notice and attachments for specific information on infant formula and food package assignment, minimizing unused/returned formula, and accessing special formulas.

#2019-41: Breastfeeding Updates

See E-Notice for information on trauma-informed care, IBCLC certification, BF initiation rates, state staff updates, and upcoming BF events.

#2019-42: Breastfeeding Rate and Duration and Deduplicated Report for CY 2018 Report

Report may be accessed here: http://www.michigan.gov/mdhhs/0,5885,7-339-71547_4910_60308_60309_60416-275924--,00.html.

#2019-43: WIC Division Funding Methodology

See attachment for explanation of the WIC funding formula.

#2019-44: WIC Consultant Assignment Listing

See E-Notice for updated contact information and local agency assignments for state WIC staff.

Children's Protective Services Releases the Michigan Online Reporting System for Mandated Reporters

Michigan Department of Health and Human Services (MDHHS) recently released the Michigan Online Reporting System for mandated reporters to submit non-emergency complaints of suspected child abuse and neglect. The benefits of submitting a complaint via the Michigan Online Reporting System include:

- Submit a complaint 24/7 from anywhere with internet access
- Save the reporter information so future reports are more quickly completed
- Avoid phone wait time
- Upload photos and documents with the complaint
- Save in-progress complaints and resume later
- View recently submitted complaints
- Receive an automatic email receipt that the complaint was received
- Skip completing the DHS-3200



Find more information regarding the Michigan Online Reporting System at www.michigan.gov/mandatedreporter.

Visit <https://www.youtube.com/watch?v=hzoCLJ6e9Xw&feature=youtu.be> for a video tutorial.

Michigan Department of Health and
Human Services, WIC Division
Lewis Cass Building
320 S. Walnut St.
Lansing, MI 48913

Questions/Comments
E-mail: JacksonW6@michigan.gov



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UPCOMING EVENTS/TRAININGS/WORKGROUPS*

May

1-2: BF Basics - Boyne Falls
1-2: Clerical Training - Detroit
14-15: BF Basics - Farmington Hills
16: BF Basics for Clerks & Techs -
Farmington Hills
17: Promotion & Retention
Workgroup - Detroit
23: MI-WIC Release 8.2 - Webcast

June

4: Anthro Training - Saginaw
5: Lab Training - Saginaw
6: MI-WIC Equipment Inventory Review - Webcast
11-12: BF Basics - Grand Rapids
12: BF Workgroup - MPH
13: BF Basics for Clerks & Techs - Grand Rapids
13: Nutrition Education Workgroup - MPH
19: Advanced CPA Training - Mt. Pleasant
20: Formula Update 2019 - Webcast
26-27: CPA Training - Marquette

July

16: Anthro Training - Iron Mountain
17: Lab Training - Iron Mountain
19: Promotion & Retention Workgroup
- Traverse City
23: Lab Training - Mt. Pleasant
24: Anthro Training - Mt. Pleasant
31: Advanced CPA Training - Detroit

* Training dates and locations are often adjusted.
Please be sure to verify training information on
the MPH Events website, as this list may not
reflect the final schedule.

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 Jackson at JacksonW6@michigan.gov with any content you would like to see in an upcoming issue!

Visit MPH's website at events.mphi.org to sign up for trainings!

This institution is an equal opportunity provider.