



WIC NEWS

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Special Supplemental Nutrition Program
for Women, Infants, and Children

May/June 2017

Michigan WIC Director Update -

On Thursday, March 16, 2017, the President released his FY 2018 Budget Blueprint. The Budget Blueprint, also known as the “skinny budget,” includes top-level funding requests and some basic economic projections, though far less information and detail than the previous administrations. The administration’s full budget is expected to be released in mid-May.

In this Budget Blueprint, WIC does not seem to be targeted by the cut to the Department of Agriculture spending. The budget outline specifically notes to:

“Provide \$6.2 billion to serve all projected participants in the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC). WIC provides grants to States for supplemental foods, health care referrals, and nutrition education for low-income pregnant and postpartum women, infants, and children who are at nutritional risk.”

On Wednesday, March 29, 2017, the State WIC Office hosted a conference call with our WIC Local Agency Coordinators to provide a budget update and noted that that we will be available to help address and clarify future concerns on funding if and as they may arise. The benefits and value of the WIC Program are well documented and it is at times like these that we appreciate the special studies and data that proves ‘WIC Does Make a Difference!’

Please know that we truly value and appreciate the work you do every day to serve all those in need of WIC services. Keep up the Great Work!

Thank YOU for ALL YOU do for WIC!

Sincerely,

Stan Bien



Upcoming Events/ Trainings/Work Groups

May

11 BF Clinical Skills Webcast

11 MI-WIC Release 7.7 (stop
using MI-WIC after 5pm 5/10)

16-17 CPA– Marquette

18 Record Review– Marquette

23 Adv. CPA– Big Rapids

25 Adv. CPA– Lansing

26 PRWG– Gaylord (HDNW)

29 Memorial Day

June

7–8 Clerical– Mackinaw City

13–14 Breastfeeding Basics–
Escanaba

13 Adv. CPA– Detroit

14 Record Review– Lansing

15 Formula Webcast

21 Lab– Muskegon

22 Anthro– Muskegon

28 Adv. CPA– Mackinaw City

July

4 Independence Day

11 CCS Mentor Workshop II–
Lansing

12 CCS Mentor Workshop II–
Grand Rapids

12-13 CPA– Battle Creek

21 PRWG– Port Huron

25 CCS Mentor Workshop II–
Gaylord

27 CCS Mentor Workshop II–
Marquette

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

MWA Updates

Greetings from your Michigan WIC Association Executive Board! We hope you enjoyed the Michigan WIC Conference and had the opportunity to meet with your MWA Regional Representative. We are all looking forward to working together to create an organization that will:

- Provide a statewide resource network and collaborative that promotes teamwork, communication and guidance on Michigan WIC policies, procedures and best practices with state and local agency staff working in WIC.
- Advocate for changes and improvements to the Michigan WIC Program with MDHHS on behalf of Michigan's local agencies, staff and clients.
- In cooperation with MDHHS WIC, provide and/or link local agencies and staff with meaningful professional development opportunities and trainings that promote best practices and continuous improvement in the quality and efficiency of WIC program service delivery.

In the coming year we will continue to work towards these goals and keep you updated on events that impact WIC, both locally and nationally. Watch this newsletter for additional information and future membership opportunities.

For news and resources from the National WIC Association, visit: www.nwica.org.



State Updates– E-Notice Recap

#2017-19: Mead Johnson Product Changes - Time Sensitive

Please share this information immediately with your staff. Mead Johnson has informed us that Enfamil Infant 32 oz RTF and Gentlease 32 oz RTF are being discontinued after May 1, 2017. *****Refer to E-Notice for Additional Information and Attachments*****

#2017-21: Resource Tools for Educators – Immigration

In our current immigration enforcement environment, it can be helpful for WIC staff and clients to have access to relevant resources. Attached in the E-notice is, “Preparing Your Family for Immigration Enforcement” in both English and Spanish. This guide may help staff better understand a client's situation, and can be shared with WIC clients when applicable.

This information was developed by the Michigan Immigration Rights Center (MIRC) and shared with WIC by the Michigan Department of Civil Rights and the Interagency Migrant Services Council. It includes information on: Your rights, immigrations services, important forms, and important numbers.

*****E-Notice includes attachments and additional resources*****

#2017-28: Medicaid Outreach in WIC

WIC has confirmed with the Medicaid Program that MSA Bulletin 05-29, originally effective July 1, 2005, remains in effect at this time. A link to the bulletin is provided below, and includes an attachment describing allowable activity categories and descriptions.

http://www.michigan.gov/documents/MSA_05-29_126413_7.pdf

If you have questions regarding WIC services required by the WIC Program, these are detailed in the WIC policy manual, available online at Michigan.gov/WIC (WIC Providers/MI-WIC Policy Manual and Other Manuals/Michigan MI-WIC Policy Manual). Relevant polices may include the following:

2.06 Adjunct Income Eligibility, 6.01 Outreach, and 6.02 Referrals

*****Refer to E-Notice for Additional Information ****

State Updates— E-Notice Recap

#2017-29: WIC Project FRESH Webcast

The WIC Project FRESH Webcast is available for viewing. This pre-recorded webcast has been posted to the MPH events webcast website. If there are any questions or concerns, please contact the WIC Project FRESH team, all contact information is located on the final slide of the webcast.

#2017-31: Recruitment and Retention Campaign Update from NWA

Please see E-Notice for a NWA Recruitment and Retention Campaign Update from Hanna Shultz. In addition, if you have not yet received the new branding documents or have any questions, please contact Stacey at lavertysl@michigan.gov.

#2017-32: Nutrition Care Manual - NEW PASSWORD

Please distribute immediately to all RDs and CPAs:

Attached to the E-Notice you will find the revised guidance for the Academy of Nutrition and Dietetics Nutrition Care Manual and Pediatric Care Manual. The E-notice includes the current username and new password.

*****Refer to E-Notice for Additional Information, Username and Password, and Attachments*****

#2017-34: Income Card Form DCH-0322

The 2016-2017 Income Card Form DCH-0322 is now available and can be ordered through E-forms.

#2017-35: Fair Hearing Policy Clarification

E-notice includes when a client is to be offered a Fair Hearing and procedures involving Client Compliance letters.

*****Please see E-Notice for Important Information*****

#2017-38 & 47 CCS Initiative – 2017 Overview, Including Save the Date Information, Registration Link and Volunteer Opportunities

*****Additional details on page 4 of this newsletter*****

2017-40: MILogin User Interface Changes effective on 4-2-2017

We have been informed by our State's IT office that the MILogin User Interface is changing and will be implemented in production on 4/2/2017. This change will impact the look and feel of MILogin. There are no changes to screen functions, user roles, or permissions. There are also no changes to the MI-WIC application.

Attached to the E-Notice you will find a presentation developed by our State's IT office which provides screen shots showing upcoming changes. *****Refer to E-Notice for Additional Information and Attachments*****

#2017-42: WIC Welcomes You Poster in 8 ½ x 11 Size

*****Please see Attachments in E-Notice*****

#2017-44: Destruction of WIC Records

*****Please see E-Notice for Detailed Instructions*****

#2017-45: WIC Observation Tools

Two 2017 WIC Observation tools have been updated (from previous 2015 revision). The revised versions are attached and also available on the Michigan WIC website (WIC Providers/Management Evaluation Tools/ME Tools Package). Below is the direct link.

http://www.michigan.gov/mdhhs/0,5885,7-339-71547_4910_19205_21312-256470--,00.html

These tools include the "Clerk Tech Observation Tool" and the "CPA Observation Tool." They are shortened versions of what you would find in the Certification Tool used for observing staff during an ME. These are also good tools to use for observing individual staff during for your Annual Review.

#2017-46: Project FRESH lesson live in wichealth.org ~ English and Spanish

The Project FRESH lesson in wichealth.org is now available for clients to complete, and is available in English AND Spanish. As a reminder, the NE topic of 'wichealth – WIC Project FRESH – PF' will populate when clients complete the wichealth.org lesson (title: "Get FRESH at the Farmer's Market" or "Encuentre frutas y verduras FRESCAS en el Mercado de agricultores!"). Upon completion of the online lesson module, clients are eligible to receive their WIC Project FRESH benefits. **Please share this information with all staff in your clinics.**

#2017-48: WIC Formula Product Changes

*****Please refer to E-Notice for changes to Mead Johnson's Enfamil and Nutramigen products, as well as Abbott's Pediasure products*****



Nutrition 101



Why is it Beneficial to Eat a Variety of Colors?

By Paige Olhlhof, GVSU Clinical Dietetic Intern

When it comes to color in your diet, diversity is best. The USDA recommends five or more servings of fruits and vegetables daily, although even when this recommendation is met we may still be falling short when it comes to color variety. Each fruit and vegetable contains its own unique combination of vitamins, minerals, fiber, and phytochemicals that work together to provide health benefits. Phytochemicals are the plant compounds within fruits and vegetables responsible for their distinct, vibrant colors – although it is important to note that some are colorless. Thousands of these beneficial plant compounds have been identified and determined to have a positive effect on health. A few of the currently identified health benefits include counteraction of free radical formation in the body (free radicals can damage cells and increase disease risk), decreased cancer and chronic disease risk, and immune support. Further benefits are likely to surface as research continues to emerge on compounds within foods, how they work together, and their potential health benefits.

Whether you're choosing red, purple, or anything in between, each color group offers your body a multitude of valuable phytochemicals. No single color group is assigned to a specific phytonutrient, nor is one group superior to another – all colors provide benefits and a variety of phytonutrients. A few of the more well-known identified phytochemicals include lycopene found in red fruits and vegetables such as tomatoes, and beta-carotene in orange items such as sweet potatoes. As a rule of thumb, aim to include a rainbow of fruits and vegetables to ensure you are getting the full spectrum of nutrients, ultimately increasing the health benefits of a balanced diet.

Source: U.S. Department of Health and Human Services and U.S. Department of Agriculture. 2015–2020 Dietary Guidelines for Americans. 8th Edition. December 2015. Available at <http://health.gov/dietaryguidelines/2015/guidelines/>.

CCS Central: Save the Date and Volunteers Needed

CCS Mentor Enrichment Workshop: Save the Date

- Target Audience: Coordinators and staff who attended last year's CCS Mentor Skills Training, and any staff taking on the role of 'local agency CCS mentor' within their agency.
- If you didn't attend last year, there will be some "homework" to do before the workshop to get the most out of the workshop.
- Register here: <https://events.mphi.org/wic-ccs-mentor-enrichment-workshop/>

Available Dates...
Lansing– Tuesday, July 11
Grand Rapids– Wednesday, July 12
Gaylord– Tuesday, July 25
Marquette– Thursday, July 27
Detroit– Tuesday, August 15



- If you need a refresher on Michigan WIC's CCS Mentor Initiative, please watch this webinar: <https://events.mphi.org/wic-ccs-mentor-enrichment-workshop/>.

On-Site Coaching: Volunteers Needed

- CCS Mentor On-site Coaching: **Would your clinic be willing to host Altarum mentors and have staff participate?** We are looking in the following areas:
Grand Rapids area- Thursday, July 13th
Upper Peninsula area- Friday, July 28th
SE Michigan area- Wednesday, August 16th

CCS Mentor Videos: Volunteers Needed

- **Looking for 2-3 CPA or RD volunteers who are willing to be video-recorded while counseling a client.** A mentor from Altarum will observe the session, and then conduct a mentoring session afterward, which will also be recorded. These videos will provide a valuable resource to others as they develop their mentoring skills and style.
Location TBD– Thursday, August 17th

CCS Skills Webinar Series: Survey Coming Soon

- We will be offering 6 different webinars on CCS topics in the coming months. Webinars will be facilitated by Altarum staff, and offered live at 2 different dates/times. Webinars will also be archived to reach the broadest audience possible. Keep an eye out for a survey on webinar topics coming soon!

Breastfeeding Updates

Breastfeeding Clinical Skills Webcast – May 11, 2017

This live webcast will be conducted by Alice Christensen, RN, IBCLC and Heidi Maki, IBCLC. Some parts are prerecorded and will include Alice and a breastfeeding dyad. The target audience is WIC CPA staff and is an attempt to reach those CPAs who did **not** participate in the 2016 Clinical Skills Training. While this is a condensed version of the 2016 training, it will still focus on breastfeeding history taking, assessment and putting together and implementing a feeding plan and follow-up. For those CPAs who cannot watch this webcast, it will be made available via the MPH archive. This training is not appropriate for Peer Counselors (PC). It addresses skills and situations outside of the Peer's Scope of Practice. *WIC Manager's may not authorize paid time for PCs to view this webcast.*

Breastfeeding E-Notice Recap

#2017-26: “Why Breastfeeding?” for Pediatric Offices

The following webinar is perfect for helping you discuss breastfeeding with your local pediatricians. Dr. Schreck is a great presenter. You are encouraged to share this webinar link with your local pediatricians. It is made available at no charge due to financial support from MDHHS and the Indiana Perinatal Network. http://www.indianaperinatal.org/?page=BF_Webinars

#2017-37: WIC Statewide Coffective Update Webinar Recording & Prenatal Education Platform

E-Notice includes updates on our progress with engaging hospitals, next steps for WIC, and a new tool to help with educating families in your prenatal classes.

Coeffective TTT Prenatal Platform: <https://www.youtube.com/watch?v=VKtueRE7SSc&feature=youtu.be>

Coeffective Michigan WIC Thoughts to Action 5: <https://www.youtube.com/watch?v=5zo7uTtWK4w&feature=youtu.be>

[v=5zo7uTtWK4w&feature=youtu.be](https://www.youtube.com/watch?v=5zo7uTtWK4w&feature=youtu.be)

Please see E-notice with educational attachments

#2017-39: Biannual Breastfeeding Report

Attached to the E-notice you will find the electronic version of the Biannual Breastfeeding Rate and Duration Report. A copy of this report will be placed on the WIC website for your reference. Please share this report with your staff including the Breastfeeding Coordinators. Also, please note this is a point-in-time ad hoc report run on March 13, 2017. This report provides the breastfeeding duration and initiation rates for all local agencies.



LA BREASTFEEDING PEER COUNSELOR HIGHLIGHT

Submitted by: Tracie Bolton, Ingham County Health Department

The Ingham County WIC program utilizes two part-time Peer Counselors (1 FTE) to provide breastfeeding support to approximately 1,500 pregnant and breastfeeding WIC clients each month. Both PCs were previous WIC clients, who are currently experiencing their breastfeeding journeys which have included a few challenges, but many positive moments and wonderful memories.

Stacy Carstensen came to us from Mid-Michigan District Health Department when her family moved to Eaton Rapids. Her breastfeeding journey began with Macy who is now seven. Her journey continued with Brant who is now four and continues today with Leah who is already 15 months!

Natosha Sage-EL joined ICHD this year. She brings with her many community connections and is currently nursing her sons Hugh at two years of age and Cullen at 14 months!

Currently, the Ingham County PCs provide clinic-based, in-person consultation, telephone support, and breastfeeding classes at ICHD, as well as collaborate with other community organizations to facilitate breastfeeding support groups. In order to support their work, the peer counselors have access to two Certified Lactation Specialists (CLSs) and two International Board Certified Lactation Consultants (IBCLCs), who are able to provide on-site consultation and technical assistance in the Ingham County WIC office.

In 2016 our six-week breastfeeding duration increased from 39% to 52%. I believe this is in large part due to the great work and passion of our peer counselors.

- We have implemented an individual education program with our peer counselors providing clients with a breastfeeding tool (i.e. breast pads, breast milk popsicle maker, infant feeding set, teeth cleaning kit, cup) along with an educational message related to common reasons for weaning at 1, 3, 6, 9, and 12 months.
- We have also begun enrolling WIC participants at our largest birthing hospital. When the IBCLC or CLS enrolls the client, they schedule a peer counselor call back within 48 hours. The peer makes that initial phone contact and continues to follow the client at regular intervals or more frequently as needed.
- Our peers display a bulletin board in our lobby featuring a breastfeeding mom of the month. Moms have the opportunity to fill out a short 3 question survey. Our breastfeeding team then selects one to feature. As interest builds, we may consider expanding this effort.
- Our peer counselors were also very involved in our recent partnership with Healthy Start in the development and implementation of the Get Real About Breastfeeding (GRAB) campaign. The campaign involved images and stories of local moms (including our peer counselors) to reach the goal of normalizing breastfeeding.



Spring Cleaning

Spring is here and that means spring cleaning is here too! Isn't it nice to work in a clean area? Here are 5 benefits on why it is important to have a clean and organized office.

1. Higher productivity and accuracy
2. Fewer injuries
3. Lower absenteeism
4. Accurate supply inventories
5. Proper document storage and retention

Who knew there were so many benefits to being more organized at work? Cleaning and organizing can be stressful to even think about. Here are a few tips to help kick-off your spring cleaning.

- **Clean all surfaces:** Use a microfiber cloth and disinfecting cleaner to wipe down all of your hard surfaces, including desks, chairs, tables, and shelves. Electronics are just as important. Your phone, keyboard, and mouse are high germ zones. You should also clean off your printer, fax machine, computer screens, and other electronic surfaces with an appropriate cloth or cleaner.
- **Declutter:** Clean out your filing cabinet and get rid of old papers (and any other unnecessary items) that have been lying around your workspace. Be sure to shred paperwork containing confidential or sensitive information.
- **Organize:** Spring cleaning provides the perfect time to create a filing system that helps reduce workspace clutter. Choose a system that works for you, whether it's paper trays, baskets, or another method that you'll stick with.
- **Tackle the junk drawer:** Take this task one drawer at a time and toss or recycle anything you no longer need. Continue by organizing the items you're planning to keep.
- **Virtual organization:** Spring cleaning your workspace isn't just about disinfecting and filing. Use this opportunity to organize your computer documents and emails so you can find needed files without a cluttered desktop or inbox.

Does your office spring clean? Do you have any tips or tricks? Let us know!

Source: <http://oe-md.com/news/workspace-spring-cleaning/> & <http://www.staples.com/sbd/cre/tech-services/explore-tips-and-advice/tech-articles/5-reasons-why-you-need-spring-cleaning-and-organization-at-your-office.html>

CAULIFLOWER PIZZA CRUST RECIPE SUBMITTED BY ANNE BIANCHI, DHD10

Ingredients

- 1 very large or two small cauliflower heads
- 2 tablespoons coconut flour
- ½ cup mozzarella cheese, plus more for topping
- 2 large eggs
- ¼ teaspoon unrefined sea salt
- ½ teaspoon onion powder
- pizza sauce
- your choice of toppings

Directions

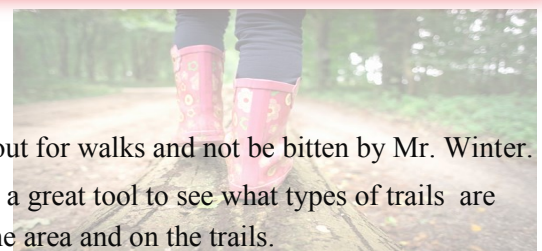
- Place a large baking sheet in the oven and preheat to 450F.
- Remove stem from cauliflower and break florets into small/medium pieces.
- Grind cauliflower in food processor until the texture resembles small pieces of rice.
- Measure out 2½ cups of cauliflower "rice" and place it in a bowl.
- Sprinkle salt, onion powder, coconut flour and cheese over the cauliflower. Add eggs and stir until the ingredients are thoroughly mixed.
- Form mixture into a ball and press into the shape of a pizza crust on parchment paper. The crust should be 11-12 inches wide.
- Slide heated baking sheet under the parchment paper and place crust in the oven. Bake for about 25 minutes. The crust should develop some golden-brown flecks when it's ready for the addition of toppings.
- Add toppings and bake for an additional 8-10 minutes.



SPRING WELLNESS

Spring is in the air and like many of you know, it is refreshing to be able to go out for walks and not be bitten by Mr. Winter.

Trailsmichigan.com makes it easy to find trails in your area. This website is a great tool to see what types of trails are located throughout Michigan. It even lists attractions in the area and on the trails.



Whether you like to walk, run, bike, rollerblade, or all of the above, there is something for everyone! Check it out!

TEAMWORK MAKES THE DREAM WORK

SUBMITTED BY MACOMB COUNTY WIC STAFF



Jane Hanson: The hand print wall was a team building exercise that involved all staff, including our BFPCs and our immunization nurses. We included our first names and years of WIC service. Many chose to include a favorite symbol that means something special to them. This not only unites us as a team but it is very visible to our clients when they check in. It adds a lot of color to an otherwise beige wall!



Martha Brooks: Pictured are Macomb County's Community Health Technicians. I would like to acknowledge their tremendous teamwork during the successful implementation of lead screening into our WIC process. They showed courage and a "can-do" attitude. I really thought it would be too difficult and too time-consuming, but they embraced it with gusto. We are now 4 months in and ready to expand to our other sites. It was also a great example of continuous process improvement, as we were able to work through the P-D-S-A cycle together in a very meaningful way. They are amazing WICsters!

*"Individually we are one drop,
together we are an ocean"*
- Unknown

LOCAL CLINIC TOUR

In March, the Promotion and Retention Work Group had the pleasure of touring the Jackson County WIC Clinic.

Their WIC clinic is set up and functions as a POD system. This means clients stay in one room for the whole appointment. They have 7 rooms: 2 larger rooms for bigger families, and 5 smaller rooms. The staff use a flagging system to communicate to one another. For example, when the client is ready for benefits, the CPA will put the red flag out so the clerk/tech will know what to do. To allow further communication, the flagging system also has Velcro attached so staff can let each other know if other services are needed. For example, short cert, breastfeeding support, new client, etc.

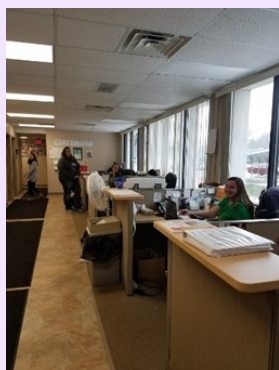
The staff also have an internal outreach team that discuss ways to bring more clients into their clinic and keep them coming in. Some neat ideas they have come up with include setting out a treasure chest filled with little trinkets for the kids to enjoy, handing out free fruits to clients and offering unique incentives to clients.

It was great experiencing Jackson County WIC Clinic! Thank you to Stefanie and all the WIC staff for giving us a tour!



Flagging System

WIC Staff



Breastfeeding Room

Fruit basket, free fruit
for clients



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

Questions/Comments
E-mail: lavertys1@michigan.gov



PLEASE
PLACE
STAMP
HERE



SHARE! SHARE! SHARE!

For our next WIC News issue we want to highlight all of our Local Agency's Project FRESH activities. If your agency or clinic is planning to do anything special, or have done something in the past, send it in! Share all those awesome activities, it may just inspire someone!

YOU are the driving force behind WIC News and we need stories from your Local Agencies. Please submit any Local Agency stories, teamwork/team building ideas, great Client Centered Services skills you've acquired, and anything else you think should be shared to Stacey, @Lavertys1@michigan.gov.

WE NEED YOU!!