

Happy Friday to you all!

It's been another busy week at the state WIC office. I trust you have all had a good, full week full of beautiful babies and happy children. The work you do is important to Alaskans statewide. We appreciate what you do every day, to make the lives of our WIC participants healthier and stronger. And at the end of the day, know you make a difference, because you do.

Thank you for this-

The Friday Update is separated into two sections this week. Important Information and Nice to Know Information. If you are in a hurry, please read through the Important Information first and refer back to the Nice to Know Information when you have time. There is a lot of great information in both sections!

### **Important Information**

We were asked to provide some further guidance regarding clients who transfer in from states that give children 1 year certifications.

Two nutrition education contacts are required in a six-month certification period. For extended certification periods--those lasting longer than 6-months--nutrition education is required on a quarterly basis. For clients transferring in from states that have 1 year certification periods- those clients need nutrition education contact quarterly (4 times per year). Please refer to the June 15<sup>th</sup> Friday Update for other information about clients transferring in to Alaska from states that give one year certifications for children. Please call Jennifer Johnson, at 465-8104 with any questions.

The Vendor Unit sent a copy of the new **Food List / Participant ID Folder** to every Local Agency earlier this week. We hope you have received them. The booklets will arrive in Juneau and Anchorage on about November 15. Staff are working on the informational materials for clinics and vendors; we've received some great questions. Please let us know if you have questions that you think we should address. We'll distribute the booklets to clinics as soon as we can; you should be able to start providing them to participants by December 1.

Since the **Food List / Participant ID Folder** is difficult to display on the website, Gina Roust, our new Assistant Vendor Coordinator, developed a table of our approved foods that will be posted on the Vendor webpage by November 13. The link for the Vendor Food List page is:

<http://dhss.alaska.gov/dpa/Pages/nutri/wic/vendors/vendorfoodlists.aspx>. We're also updating other information on that page and rearranging it for easier reference.



# ***SPIRIT UPDATE***

The State WIC office staff are getting excited about SPIRIT implementation. Although the proposed timeline has temporarily slowed down, we hope to give you additional details in the coming weeks on how the timeline is progressing. Be assured, as soon as we know something definite; you will be the first to know! That being said, here are some SPIRIT-ed “tips” for you. These are few of the features you can expect to see in our new system.

- Ability to search for clients at the local clinic will be “state-wide”. For example if you can’t find a client you will be able to do a state-wide search and determine what agency and clinic they are in.
- SPIRIT allows you to set an alert that pops up automatically when you open the client folder. For example a mother doesn’t want you to leave messages for her on the phone. You can type in an alert that automatically shows up with this information once the folder is opened.
- You can change the amount of cheese and milk for a client simply by substituting the appropriate equivalents in SPIRIT yourself instead of looking for a different food package.

### Nice to Know Information

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#### ***Some resource ideas for maternal depression and or postpartum depression***

Taken from WIC-Talk: The [Perinatal Depression to Wellness Network](#) in Contra Costa County, CA, may have training modules. This network includes the Health Department and WIC Program. The following booklet, along with other Perinatal Depression resources, are available on the California WIC Association’s website under the WIC Can Help Focus Area at <http://calwic.org/focus-areas/wic-can-help/36-october-depression-mental-health-a-domestic-violence>.

- **A Guide to Understanding Perinatal Depression and Anxiety, [booklet](#): 8 pages, full-color**  
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#### ***New Christmas present idea... Check out this link***

<http://www.adn.com/2012/11/08/2686229/breastfeeding-baby-doll-creepy.html>.

What do you think of the breastfeeding baby doll??