
George, Amy R (HSS)
RE: February 21 WIC Update

From: Wayne, Kathleen A (HSS)
Sent: Saturday, February 22, 2014 8:27 AM
To: HSS DPA WIC Coordinators; thespencers@mail.com; O'Gara, Kathy (HSS Sponsored)
Cc: HSS DPA WIC Juneau; HSS DPA WIC Anchorage; Khmelev, Erin N (HSS); Olejasz, Aimee M (HSS); 'Danielle Rybicki' (afdr@uaa.alaska.edu)
Subject: February 21 WIC Update

Hi Everyone,

I will be out of the office next Wednesday-Friday, February 26-28. The following staff have delegation of authority to be the FNP/WIC Manager in my absence:

February 26, Jennifer Johnson, Jennifer.Johnson@alaska.gov or 465-8104

February 27-28, Dana Kent, Dana.Kent@alaska.gov or 465-5322.

Take care,
Kathleen

1. New WIC Coordinator at NSHC---Laura K. Spencer, IBCLC RLC started on 2/10/14 and she is International Board Certified Lactation Consultant and has over 14 years of experience working with WIC. Laura moved to Nome with her husband from New Mexico and are both happy to back in their home state as they are both originally from Fairbanks, AK. We are very excited to have her joining the NSHC team.
2. Maternal Health Study---please see attached.
3. Ovaeasy Egg recall--- OvaEasy dried eggs, which are used in MOV boxes, have been recalled. We have been informed by Nutriom, LLC, OvaEasy's manufacturer, that several lots of the dried egg product have been recalled due to Salmonella contamination. As a precaution, it is recommended that any OvaEasy egg product that WIC clients have should be discarded and not consumed. Please see attached flyer for more information.

4. **WIC Food List Update**-- The current Food List is being reprinted with minor corrections, and we are working on a new booklet with substantial changes for the fall. We hope to circulate a draft copy in May. There will be 2,000 expedited copies that will arrive by March 10. The remaining copies will be delivered to our office by March 24. Please estimate the number of Food List booklets that your agency will need through September 2014 and send that information to Sandy Harbanuk at sandra.harbanuk@alaska.gov. We still have a small number of the current food list for anyone that needs a few before March 10th or 24th.

5. **The Great Alaska ShakeOut** The State of Alaska wants to encourage your partnership in commemorating the 50th Anniversary of the 1964 Great Alaska Earthquake. This week we would like to feature the upcoming Great Alaska Shakeout. The Shakeout is an earthquake response drill that will take place at 1:36 PM on March 27th, 2014. Participants will be practicing the actions of “Drop, Cover, Hold On”. Please visit the Shakeout website: www.shakeout.org/alaska

Attached is a flyer which can be used to promote the Great Alaska Shakeout, and another flyer with the instructions on the steps your organization can take to be prepared. Alaska Division of Homeland Security and Emergency Management (DHS&EM) would like to get as many individuals and organizations involved in this event as possible to promote a culture of preparedness in our state. Many of us often forget that Alaska is earthquake country and that the events of 1964 could happen again. Regularly practicing “Drop, Cover, Hold On” will create habits which can save lives during a catastrophic earthquake. The attached links offers a variety of information and tools that would fit your organization, which you tailor to the size of your organization. Just note that if you plan to re-publish or modify the materials, the Alaskan Shake Out organization would like to see your proposed revision to ensure that their message is not taken out of context. Thank you for your partnership in honoring the survivors of the 1964 earthquake and protecting the future of Alaska. For more information go the state website our website:www.Ready.alaska.gov/64quake

6. **Wichealth.org update:** The main wichealth.org site experienced an error which will result in a glitch in getting certificates for those clients that went through a lesson between **Feb 19 at 1:44 am and Feb 20 at 6:30 PM**. WIChealth.org is sending an email to all affected clients which they can use as proof they completed a lesson. LAs may get an error message if they attempt to open a certificate from this time period, and they will not be able to locate the completed certificate through Client Search or Completed Lessons for this time period. Clients who created an account during that time will need to create a new account the next time they access wichealth.org. WIChealth.org is taking steps to ensure that this does not happen again, and they apologize for any trouble this has caused to staff and clients. Please continue to use this valuable resource for quarterly education. Contact Jennifer Johnson at 465-8104 with any questions or concerns.

7. **SPiRiT Information:**

- **OvaEasy Eggs Recall Information for MOV benefits**



The message that Dana sent out this week with guidance on this issue is attached. The report listing your current MOV clients is on the SPiRiT Utilities Site, with the titled “Women and Children Issued MOV Package”, <https://wicspiritprod1.dhss.alaska.gov/WICSPiRiTPROD1/SpiritUtilities/Authentication/Login.aspx>.

If you choose to **mail** the notice to your clients, the attached mail merge document should make the job easier. Just export the report results to an excel document, save it in a folder (probably on your desktop). Then copy the mail merge document to the same folder. Do a Mail Merge as normal with the Excel as your address list. (The Mail Merge document will also be posted on the SPiRiT Utilities Site this weekend).

The **email option** included with the report should be available late today. So look for it to be functional tomorrow if you're in the clinic. Otherwise, it will be ready to go on Monday.

- There is a second issuance problem for the month of February that we referred to as an Under Issuance. You will see a one day February check as the ONLY February benefit (2/28/14-2/28/14). When you run into this problem, please give the WIC SPIRIT Help Desk a call.

The SPIRIT Utilities web site hosts Reports and Batch Issuance:

<https://wicspiritprod1.dhss.alaska.gov/WICSPIRITPROD1/BatchIssuance/Authentication/Login.aspx>.

There are many useful reports on the site and available to you. Please let the help desk know if you are having any trouble accessing and using the reports. (Log-in with your SPIRIT username and password).

SPIRIT Tips and Reminders:

A reminder to:

- Only have one staff person in a participant's folder (record) at the same time.
- Only have one household member's folder open at a time.
- Change breastfeeding status or amounts through the Mom's record (Infants Born from This Pregnancy).

These practices can cause difficult data problems and erroneous benefit issuance if not followed.

SPIRIT Help Desk Info:

Send all questions, issues and errors to the WIC SPIRIT Helpdesk at wicpsirithelpdesk@alaska.gov or phone them at 907-334-4900.

Nice To Know:

From: Hale Publishing

WIC Essentials Newsletter from Hale Publishing.

Is this email not displaying correctly?
[View it in your browser.](#)

Essentials

eNewsletter for WIC – from Hale Publishing
March 2014 Issue



FROM THE EDITOR'S DESK

In this month's issue of Essentials, we update you on the latest WIC Research– studies on WIC peer counselor contact with first time breastfeeding mothers, prenatal attitudes and parity predictions on selection into a child health program, WIC infant and toddler feeding practices, a pediatric obesity prevention program, and one that measured the impact and outcomes of maternal child health programs.

Dr. Hale and the staff at the InfantRisk Center answers a question about taking probiotics when pregnant and breastfeeding to prevent eczema in infants in Ask Dr. Hale.

Our Featured Book is *An Introduction to Biologic Nurturing* by Suzanne Colson. Dr. Colson is our Featured Author this month.

- [Read more](#)

CHANGING HOW WE TEACH BREASTFEEDING

By NANCY MOHRBACHER

The following article was excerpted with permission from Nancy's blog – www.nancymohrbacher.com

We are experiencing a sea change in breastfeeding. But how quickly can we change our approach? At a breastfeeding conference last weekend, I summarized breastfeeding teaching strategies since 1980, how our understanding has evolved, and how this affects the way we help

WIC RESEARCH

[Women, Infant and Children \(WIC\) Peer Counselor Contact with First Time Breastfeeding Mothers. Public Health Nurs.](#)

[Prenatal attitudes and parity predict selection into a U.S. child health program: a short report. Soc Sci Med.](#)

[WIC Infant and Toddler Feeding Practices Study: protocol design and implementation. Am J Clin Nutr.](#)

[Steps to Growing Up Healthy: a pediatric primary care based obesity prevention program for young children. BMC Public Health.](#)

[Measuring the impact and outcomes of maternal child health federal programs. Matern Child Health J.](#)

PC SPOTLIGHT



Sandra Quiroz is a mother of three daughters. She is a hands-on mother, very involved in her daughter's schools and extracurricular activities. She is a soccer coach and positive support person for her extended family.

Despite being such a busy mother, she wanted to reach into the community and make a difference in the lives of other mothers. Sandra has the added benefit of being our only bilingual peer counselor. Since her start, her peer base has grown to include so

mothers.

- [Read more](#)

[ASK DR. HALE](#)

Dear Dr. Hale,

I read somewhere that probiotics can reduce the risk of eczema in babies. What are probiotics and should I be encouraging the pregnant and breastfeeding moms I see to take them?

Interested PC

Dear Interested,

Probiotics are live microorganisms that are beneficial to the host. According to the definition by World Health Organization, probiotics are: "Live microorganisms which when administered in adequate amounts confer a health benefit on the host."

- [Read more](#)

[AN INTRODUCTION TO BIOLOGICAL NURTURING – NEW ANGLES ON BREASTFEEDING](#)

By Suzanne Colson, RM, Ph.D.

Most health care providers believe that mothers need to be taught how to breastfeed. My research on Biological Nurturing says just the opposite. Human mothers and babies are amazingly versatile able to breastfeed in many different positions. Biological

many Hispanic peers that she was able to start our first Hispanic Shasta Mom's Circle, breastfeeding support group.

- [Read more](#)

[SUZANNE COLSON, RM, PH.D.](#)

Suzanne Colson is an independent midwifery lecturer and an honorary senior lecturer at Canterbury Christ Church University in England. She has 35 years experience supporting breastfeeding mothers in both hospital and community settings. She is a Royal College of Nursing Akinsanya Scholar 2007, an honorary member and founding mother/leader of La Leche League France, and a member of the LLL professional advisory panel in the UK and France.

- [Read more](#)

[ELEARNING CLASSES FOR WIC](#) **For WIC Peer Counselors:**

Improve Your Counseling Skills – Three Part Series

This series reviews and shows how WIC peer counselors can apply the popular three-step counseling method known as the LOVE method to increase breastfeeding rates.



[Listen and Observe](#) Gain new insight that will improve your listening and observation skills.

nurturing (BN) is a collective term for optimal mother-baby states and positions whose interactions release innate behaviors helping mothers and babies get started with feeding. It helps mothers tap into what they innately know and breastfeed easily without a lot of rules about how to do it or prescriptive advice.

- [Read more](#)

[WIC RESOURCE LIBRARY](#)

Books:



[Introduction to Biological Nurturing](#) – Also called laid-back nursing, this book throws out all the rules about how to breastfeed and encourages mothers and babies to do what comes naturally. By eliminating the rules, we eliminate much of the stress encountered by new moms who try to breastfeed “the right way.” The simple concepts help moms not only initiate breastfeeding, but continue breastfeeding because many of the common problems routinely seen do not occur with laid-back nursing



[Complementary and Alternative Medicine](#)

Become an expert in discovering your clients' personal interests and identifying barriers that might prevent mothers from breastfeeding successfully.

- [Read more](#)

[THE INFANTRISK CENTER](#)



Call for answers to questions about the use of medications and drugs during pregnancy and breastfeeding.

The InfantRisk Center at Texas Tech University Health Sciences Center is a call center based solely on evidence-based medicine and research. They are dedicated to providing current and accurate information to pregnant and breastfeeding mothers and healthcare professionals. Various helplines have been provided for your benefit: InfantRisk, Nausea and Vomiting of Pregnancy, Alcohol and Substance Abuse, and Depression. The hotlines are consolidated to one phone number for your convenience - **(806)-352-2519**.

- [Read more](#)

[ABOUT HALE PUBLISHING](#)

[in Breastfeeding Therapy](#) - Sometimes there are challenges that can't be completely resolved by current lactation practices. In this book, the author describes mother/baby situations that benefit from complementary and alternative therapy techniques.

- [Read more](#)



HALE PUBLISHING

Who are we?

Hale Publishing is considered the leading publisher of books and materials in the lactation field. We have published over 60 books on breastfeeding and related issues and carry over 100 books, DVDs, eLearning courses, etc. in our bookstore.

Hale Publishing is owned by Thomas W. Hale, PhD, RPh - a Professor of Pediatrics at Texas Tech University School of Medicine and Associate Dean of Research. He is the Executive Director of the InfantRisk Center. Dr. Hale is well known for his book, *Medications and Mothers Milk*, now in its 15th edition. This book has become the standard reference on medication use in pregnancy and lactation for physicians and lactation professionals around the world.

- [Read more](#)

[Forward to a friend](#)

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<http://www.ibreastfeeding.com>

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For Immediate Release Feb. 19, 2014

Contact: Clay Butcher, 269-7867, clay.butcher@alaska.gov

WIC foods mailed to rural areas subject to recall

OvaEasy dried eggs recalled due to possible salmonella contamination

ANCHORAGE — Nutriom LLC, a Lacey, Wash., company, is recalling processed egg products that may be contaminated with salmonella. The egg products, called OvaEasy, are distributed by the Alaska Women, Infants and Children (WIC) program to individuals in rural areas of Alaska. Alaskans who have received these products from the WIC program or who have purchased them through another vendor should immediately discard them.

The Alaska WIC program, part of the Alaska Department of Health and Social Services, ships OvaEasy dried eggs directly to participants in rural communities that do not have a local WIC-authorized retailer. Eggs and egg products should be cooked to a temperature of 160 degrees Fahrenheit in order to avoid salmonella-related illness. As a precaution, the WIC program recommends that any OvaEasy egg product that WIC clients have should be discarded and not consumed.

The following OvaEasyegg products were shipped to WIC clients in rural areas of Alaska:

- Lot code: B1913-B 330 cases (12/4.5oz)
- Lot code: E1613-B 10 cases (12/4.5oz)
- Lot code: E2913-A, DOP 2623, 2633, 365 cases (12/4.5oz)

For a full list of recalled items, please visit the United States Department of Agriculture recall website: <http://www.fsis.usda.gov/wps/portal/fsis/topics/recalls-and-public-health-alerts/recall-case-archive/archive/2014/recall-015-2014-release>

Consumption of food contaminated with salmonella can cause salmonellosis, one of the most common bacterial foodborne illnesses. The most common symptoms of salmonellosis are diarrhea, abdominal cramps and fever within 12 to 72 hours after eating the contaminated product. The illness usually lasts four to seven days. Most people recover without treatment. In some persons, however, the diarrhea may be so severe that the patient needs to be hospitalized. Older adults, infants and persons with weakened immune systems are more likely to develop a severe illness. Individuals concerned about an illness should contact their health care provider.

Media with questions regarding the recall can contact Leonardo Etcheto, Nutriom's Chief Operating Officer, at 360-413-7269, ext. 106.

Media with questions concerning the WIC program or about public health guidance can contact Clay Butcher within the DHSS public information section at 907-269-7867.

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Butcher, Clay (HSS)

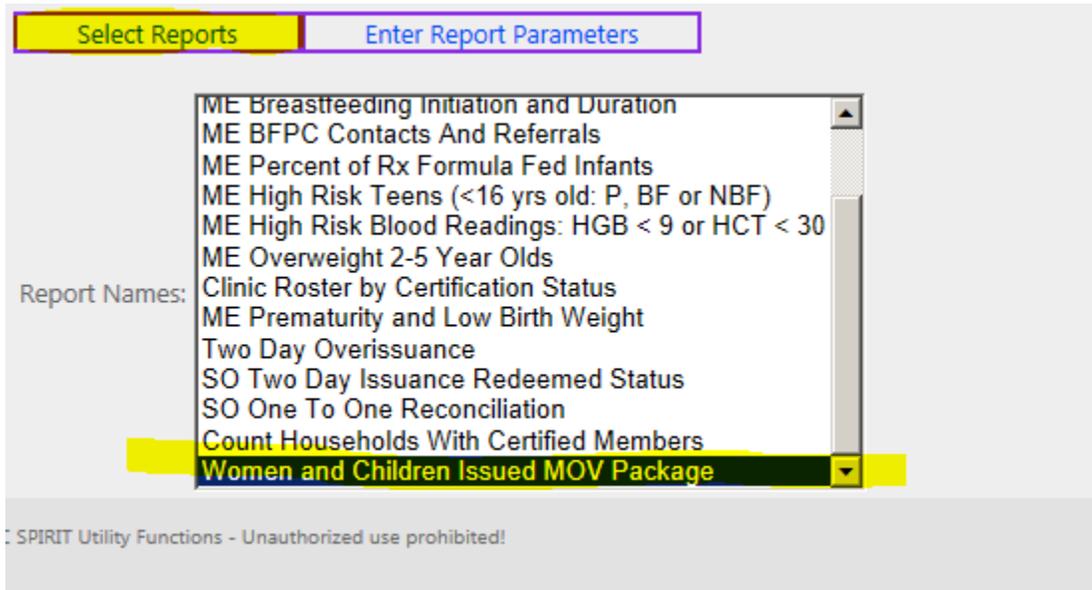
From: Kent, Dana L (HSS)
Sent: Wednesday, February 19, 2014 4:29 PM
To: O'Gara, Kathy (HSS Sponsored); Anna White (annaw@searhc.org); Renee Legan; Alharbi, Khadija (HSS Sponsored); pmarble@nshcorp.org; Spence, Laura; Pougher, Susan (DHSS Sponsored); Cutler, Karen; Leavitt, Melanie (HSS Sponsored); Katherine Mongoyak-Warden (Katherine.Mongoyak-Warden@north-slope.org); Serstad, Julie; Bliss, Taryn E (HSS Sponsored); Barbara Thornton (barbara.thornton@tananachiefs.org); Nunn, Suzy (HSS Sponsored); Brubaker, Sara; Gregg, Tracy (HSS Sponsored)
Cc: Carrillo, Rebecca N (HSS); Johnson, Jennifer S (HSS); Hoskinson, Terence O (HSS); Harbanuk, Sandra L (HSS); Khmelev, Erin N (HSS)
Subject: FW: URGENT: RECALL OF DRIED EGGS
Attachments: Nutriom Ovaeasy Eggs Recall 2 19 2014 sh edits.pdf; Nutriom Ovaeasy Eggs Recall 2 19 2014 sh edits.pub
Importance: High

Hi,

Nutrion LLC is recalling the processed egg product (OvaEasy) that may be contaminated with salmonella. OvaEasy is the brand of eggs our MOV contractor uses in the mailed out food boxes.

Action Items for Local Agencies:

- Either send out the attached notice to your WIC clients, call or email them this information.
- Download a list of your current MOV clients receiving food boxes with dried eggs from the SPIRIT Utilities site.
 - Select Reports
 - Women and Children Issued MOV Package



- Select your Agency and the Clinics you want.
- You can select the radio button “Send Email” to email all clients with email addresses, a message about the recall. (This function may not be available until tomorrow.)
- The general guidance to clients is to throw away any dried eggs received through the MOV box.
- Please contact Dana Kent at 465-5322 or dana.kent@alaska.gov if you have any questions.

The email message to the client will state:

Dear Authorized Representative (name here),

RECALL: Nutriom LLS OvaEasy Eggs

Nutriom, LLC is recalling OvaEasy Egg Crystals because of potential Salmonella contamination.

What You Should Do:

If you've recently received your WIC Mail-Out Vendor package please do not open or eat your OvaEasy eggs. Throw the eggs away.

It is okay to use all of the other food in your Mailout WIC package.

No illnesses have been reported from consuming OvaEasy eggs. The eggs have been recalled as a precautionary measure.

Call your clinic if you have any questions.

The Alaska WIC Program Supports Breastfeeding



Date: 3/20/2014

«AUTHREPFIRSTNAME» «AUTHREPLASTNAME»
«MAILADDRESS»
«MAILCITY», «MAILSTATE» «MAILZIP»

Dear «AUTHREPFIRSTNAME» «AUTHREPLASTNAME»,

If you've recently received your WIC Mail-Out Vendor package please do not open or eat your OvaEasy eggs. Throw the eggs away.

It is okay to use all of the other food in your Mailout WIC package.

No illnesses have been reported from consuming OvaEasy eggs. The eggs have been recalled as a precautionary measure.

Call your local WIC clinic if you have any questions.

Thank You

The Alaska WIC Team

FAX COVER SHEET

TO	Kathleen Wayne
COMPANY	Family Nutrition Health Program Mgr.
FAX NUMBER	19074653416
FROM	Cynthia Cross
DATE	2014-02-21 20:05:52 GMT
RE	Maternal Health Study–Please post or distribute

COVER MESSAGE

My name is Cynthia Cross and I am writing because I am working on a research project that is being sponsored by the Eunice Kennedy Shriver National Institute of Child Health and Human Development (NICHD) and the National Child and Maternal Health Education Program (NCMHEP).

We are seeking to speak with mothers with a variety of ethnic backgrounds in order to hear their perspective about maternal and child health shortly after birth. I would very much appreciate your posting or distributing the attached flyer where qualifying women might see it.

Native American and Native Alaskan mothers with at least one child under the age of 5 are invited to contribute to a one-hour telephone focus group scheduled at 5:00 PM Alaska time this coming Tuesday, February 25. Yes, I know this is coming up quickly.

Group participants will call into a telephone conference line to join the discussion, which will be led by a professional researcher. First names only will be used during the call and all responses will be kept completely confidential. No sales of any kind will be associated with participation in the research.

Participants will receive a \$50 honorarium check as a token of appreciation for their time.

My company is a member of the Better Business Bureau and Market Research Association and you can find me listed on our company contacts page at <http://hagensinclair.com/page/contact>.

I can be contacted at (877) 605-4655 or hagenc@hagensinclair.com.

My sincere thanks for your assistance!

Cynthia

Seeking Native Alaskan Momsfor



Paid Telephone Research on February 25

Alaskan Native mothers with at least one infant or toddler will receive \$50 for joining a confidential 60-minute telephone focus group about maternal health after birth

5pm to 6pm Alaska Time
Tuesday, February 25

Project is sponsored by the Eunice Kennedy Shriver National Institute of Child Health and Human Development and the National Child and Maternal Health Education Program

To participate, call Hagen/Sinclair Research
(877) 591-4182
www.hagensinclair.com



The Great Alaska ShakeOut

Annual Statewide Earthquake Drill

Non-Profit Organizations

To commemorate the 50th anniversary of the 1964 Great Alaska Earthquake, everyone is urged to participate in the special "Great Alaska ShakeOut" at 1:36 pm on March 27, 2014.

Participation can be as simple as a one-minute "Drop, Cover and Hold On" drill. All non-profit organizations are encouraged to participate (or plan a more extensive exercise) and to inform the public about the drill.

Alaska has more earthquakes than any other state, and no one can predict when the next one is coming. The ShakeOut is our chance to practice how to protect ourselves, and for everyone to become prepared.

Why is a "Drop, Cover, and Hold On" drill important? To respond quickly you must practice often. You may only have seconds to protect yourself in an earthquake before strong shaking knocks you down, or something falls on you.



In 2014 Alaska will hold this commemorative ShakeOut drill on March 27, and also participate in the global ShakeOut drill on October 16 along with millions of people worldwide. All Alaskans are urged to participate in both events.

Everyone can participate! Individuals, families, businesses, schools, government agencies and organizations are all invited to register.

Register today at ShakeOut.org/alaska

HOW TO PARTICIPATE

Here are a few suggestions for what non-profits can do to participate in the ShakeOut. More information is at ShakeOut.org/alaska/howtoparticipate.

Plan Your Drill:

- Register at ShakeOut.org/alaska/register to be counted as participating, get email updates, and more.
- Download a Drill Broadcast recording from ShakeOut.org/alaska/drill/broadcast.
- Have a "Drop, Cover, and Hold On" drill at 1:36 p.m. on March 27. You can also practice other aspects of your emergency plan.
- Discuss what you learned and make improvements.

Get Prepared for Earthquakes:

- Check your emergency supplies and equipment; make sure they are accessible and functional.
- Inspect facilities for items that might fall and cause injury and secure them.
- Develop or review your emergency plans.
- Encourage employees to prepare at home.
- Provide first aid and response training for staff.

Share the ShakeOut:

- Encourage staff to ask their friends, families and neighbors to register.
- Ask colleagues at other organizations to participate.
- Find posters, flyers, and other materials for promoting the ShakeOut at ShakeOut.org/alaska/resources.
- Share photos and stories of your drill at Shakeout.org/alaska/share.



As a registered ShakeOut Participant you will:

- Learn what you can do to get prepared
- Be counted in the largest earthquake drill ever!
- Receive ShakeOut news and other earthquake information
- Set an example that motivates others to participate

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Protect yourself during an Earthquake!



The Great
Alaska
**Shake
Out**
TM

Register at www.ShakeOut.org/alaska