From: Wayne, Kathleen A (HSS)
Sent: Monday, May 05, 2014 7:40 AM
To: HSS DPA WIC Coordinators; Welch, Scooter (HSS Sponsored); Bennis, Don; O'Gara, Kathy (HSS Sponsored)
Cc: HSS DPA WIC Juneau; HSS DPA WIC Anchorage; Olejasz, Aimee M (HSS); Rybicki, Danielle (HSS Sponsored)
Subject: WIC Update May 2

Hi Everyone,
Welcome Pavel--- Erin Khmelev, WIC Vendor Unit, gave birth to a beautiful baby boy this week. Congratulations Erin, when can we start training him on SPIRIT?

2. **Stolen FI Policy Clarification--**If an Food Instrument (FI) is stolen from a car and a police report is filled out noting that the car was unlocked, the FI can still be replaced. Follow the general policy for replacing the stolen FI. If you have questions contact Dana Kent at 465-5322 or dana.kent@alaska.gov.

3. **Lower fat milk**: Attached are two documents used by the California WIC Program during the 2009 interim food rule change. We thought they might be useful to start talking to clients about switching to 1% and fat-free milks. These are not designed to be handouts for clients- they would need to be adapted for the final food rule. They're just an example. Please contact Jennifer Johnson at 465-8104 with any questions or suggestions.

3. Final Food Rule changes: Please stay tuned for upcoming information on Fruits and Vegetable voucher for children in next week's Friday update. The change from $6 to $8 per month is expected to take place on May 14 for all vouchers printed on or after that date. Please contact Jennifer Johnson at 465-8104 with comments or questions. We did receive questions as to whether a $2 voucher could be printed to transition those children who already have FMNP vouchers, but that would require significant computer system and tracking changes.

4. **WIC Success Story:** "We had a family that was having a very hard time coming in to the WIC office due to limited transportation. When the family called to again cancel an appointment for second time we informed the family of the new walk in clinic hours that were started in January, the mom was very pleased to hear that she did not need to keep an actual appointment time and would be able to come in when she was able to find transportation. The family came in the next day and was able to receive the much needed services and WIC vouchers for her family."

5. World Breastfeeding Week: The Breastfeeding Committee has been working on World Breastfeeding Week scheduled in Alaska during October. This year's theme is "BREASTFEEDING: A Winning Goal – for Life!" In honor of the theme the Breastfeeding Committee is putting together a resource file for hosting a "Family Fun Night" full of fun activates for the family in honor of WBW. There will be a planning document provided on how to host an event in addition to all the resource activities. More to come as we get closer (October is a long way off!)

6. NEED YOUR HELP! Please look for breastfeeding women who are interested in being photographed for our upcoming poster project. We are looking for Alaskan Native women and Hmong women to photograph for our Operational Adjustment project highlighting breastfeeding women from these cultures. Please send contact information to Dana Kent at dana.kent@alaska.gov or call 465-5322. We will need signed consents from these women as well. See attachment "HSS Release." Thanks for your help on this project.

5.

SPIRIT Information:

⇨Information Technology Services will be installing new equipment in the DHSS Data Center in Anchorage on Saturday, May 3, from 8 am to 5 pm so, please be aware that SPIRIT will be offline and unavailable during this timeframe.

SPIRIT Tips and Reminders:

⇨If you want to change a food prescription for an MOV client, remember to first check whether the order has been printed by AIRSA (Benefit History/ highlight benefit/Show Details/ Status: "Paid" means it's been printed, "Issued" means it has not yet been printed).
If the order has been printed ("Paid"), it is too late to void the benefit. You can change the food prescription but it will not take effect until the next MOV benefit (check) printing.
If it still shows as "Issued", you can follow the "VCR" process.
Go to "Benefit Management", Void the appropriate checks, Change the food prescription, and Replace the benefits. That way the new prescription will be picked up by SPIRIT and sent on to AIRSA.

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.

Vendor Update:

- Gina Roust, Assistant Vendor Coordinator, will be traveling for work on Monday – Thursday, May 5th – 8th. Contact Sandy Harbanuk, Vendor Coordinator, 907/465-4704 with vendor-related issues or concerns.

- A note to WIC Coordinators from Vendor – in the event that a WIC participant is deceased, please delete any remaining food packages that are set up, and notify the Vendor Management Unit if an MOV package may be affected.

- Farmers' Markets: in the next week the Vendor Management Unit will send the following to all Local Agencies that issues Farmers' Market Nutrition Program (FMNP) coupons:
  Pre-printed FMNP coupons in the amount of $5.00
  Instructions for issuing the FMNP coupons through SPIRIT
  FMNP farmer/farmers' market/farmstand location brochures
  Revised FMNP & SFMNP Farmers Handbook
  FMNP promotional items

Each eligible participant will receive five $5.00 FMNP coupons that may be used only at Farmers' Markets between June 1 and October 31, 2014. LAs may begin to issue coupons on May 14th. Infants who will turn 6 months old by October 1, 2014 are eligible to receive FMNP coupons.

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Nice To Know:

From the California WIC Newsletter: It's important to read, talk, and sing to nurture babies' brains. Check out First 5 California resources on reading to young ones, and be sure to promote Children's Book Week, **May 12-18**, with free resources.

Department of Health and Social Services
3601 C St. Suite 902, Anchorage AK 99503
(907) 269-7800

CONSENT FOR SELF-DISCLOSURE
OF INFORMATION, VIDEO, AUDIO, PHOTOGRAPH OR OTHER MEDIA

Name of Participant:

_____

Description of Information or Media That May Be Used or Released:

_____
_____
_____

Purpose of the Use or Release of the Information or Media Is:

_____
_____
_____
_____

Special Instructions for Limitations on Uses or Disclosures:

_____
_____

I hereby give my permission for the Department of Health & Social Services, [*Name of Division or Program*] to use, release and re-release the information, video, audio, photograph or other media as described above. I understand that this consent is voluntary. I understand that my refusal to sign will not affect the ability of the participant to obtain treatment, payment, eligibility for benefits or other services from the Department of Health and Social Services.
I understand the stated purposes for the use or release of the information or other media as described above. **I also understand that the information or media described above WILL BE MADE PUBLIC AND MY IDENTITY MAY BE DISCLOSED.** I understand the information or media is no longer protected by federal or state privacy regulations once I have consented to its use and release. I relinquish all rights, title and interest to the information or other media as described above. I understand that I may request a copy of this signed consent.
If I am signing on behalf of the participant named above, I verify that I am a personal representative of the participant and have the legal authority, in accordance with state law, to act on behalf of the participant.

_____	_____
Signature of Participant or Legal Representative (Or Witness if signature is by mark)	Date
_____	_____
Printed Name of Legal Representative or Witness	Description of Legal Representative's Authority

THIS CONSENT DOES NOT AUTHORIZE THE DISCLOSURE OF INFORMATION OR MEDIA BY *ANYONE*OTHER THAN THE PARTICIPANT NAMED ABOVE OR THE LEGAL PERSONAL REPRESENTATIVE OF THE PARTICPANT NAMED ABOVE. A HIPAA-compliant DHSS Authorization To Release Information (Form 06-5870) must be completed and signed by the participant or the participant's legal personal representative in order to authorize any disclosures not made directly by the participant or the participant's legal personal representative.

LOSE THE FAT, KEEP THE VITAMINS
DRINK LOWFAT MILK WORKSHEET

This worksheet is about different types of milk. Please complete the following activities (1–4). If you have any questions, please ask WIC staff!

healthy habits every day

ACTIVITY: 1 THE MILK YOUR FAMILY DRINKS...

DIRECTIONS:
Check (✔) the types of milk your family drinks:

☐ FAT FREE / NONFAT MILK

☐ LOWFAT MILK

☐ REDUCED FAT MILK

☐ REGULAR / WHOLE MILK

☐ I'M NOT SURE

DIRECTIONS:
There are many reasons families buy and use different types of milk. What are your reasons? Check (✔) all of the reasons that apply to your family:

- ○ I buy the cheapest milk.
- ○ I buy the healthiest milk.
- ○ I buy milk based on the color of the cap.
- ○ I buy the milk that my family likes the best.
- ○ Other _____

_____

_____

_____

To learn more about the differences of each type of milk... ***JUST KEEP READING!***

ACTIVITY:2 COMPARE THE DIFFERENT TYPES OF MILK

Fat	1g
Protein	9g
Calcium	31%
Vitamin D	25%

Fat	2g
Protein	10g
Calcium	38%
Vitamin D	25%

Fat	5g
Protein	10g
Calcium	35%
Vitamin D	25%

Fat	8g
Protein	8g
Calcium	30%
Vitamin D	25%

DIRECTIONS:
Look at the pictures above of the 4 gallons of milk to answer the questions below.

1. From the choices below, check (✔) the type of milk that has the ***LOWEST*** amount of ***FAT.***

   ○ Fat Free / Nonfat Milk ○ Lowfat 1% Milk ○ Reduced fat 2% Milk ○ Regular / Whole Milk

2. From the choices below, check (✔) the type of milk that has the ***HIGHEST*** amount of ***PROTEIN.***

   ○ Fat Free / Nonfat Milk ○ Lowfat 1% Milk ○ Reduced fat 2% Milk ○ Regular / Whole Milk

3. From the choices below, check (✔) the type of milk that has the ***HIGHEST*** amount of ***CALCIUM.***

   ○ Fat Free / Nonfat Milk ○ Lowfat 1% Milk ○ Reduced fat 2% Milk ○ Regular / Whole Milk

4. What do you notice about the amount of ***VITAMIN D*** in the different types of milk***?***

   _____

   _____

5. After answering the above questions, check (✔) the type of milk you think is the ***HEALTHIEST.***

   ○ Fat Free / Nonfat Milk ○ Lowfat 1% Milk ○ Reduced fat 2% Milk ○ Regular / Whole Milk

ACTIVITY:3 CHANGES IN WIC!

ENJOY MILK WITH YOUR FAMILY!

A refreshing glass of milk goes great with your breakfast, lunch or dinner.

DIRECTIONS:
Please read the following:

- ◯ WIC currently allows participants to buy any of the 4 types of milk. (Nonfat Milk, Lowfat 1% Milk, Reduced Fat 2% Milk, or Regular Whole Milk)
- ◯ Starting October 1, 2009, WIC will ***ONLY OFFER*** the lower fat milk to women and children 2 years of age and older. Cross out the gallon of milk that WIC will not allow for women and children.

- ◯ Children age 12-24 months will still be able to buy the highest fat milk.

If you have ***QUESTIONS ABOUT THE MILK CHANGE****, please* ***ASK WIC STAFF****.*

ACTIVITY:4 YOUR PLANS

DIRECTIONS:
After learning about the different types of milk and the changes in WIC, check (✔) one or more of the ideas below that you might try in the next few weeks.

- ○ I may try Fat Free/Nonfat Milk.
- ○ I may try Lowfat 1% Milk.
- ○ I may change my family to Reduced Fat 2% Milk.
- ○ Nothing right now, but I may in the future.
- ○ I'm already drinking Fat Free/Nonfat Milk or Lowfat 1% Milk.

If you have already changed to a lower fat milk, congratulations you are on your way to healthy habits for you and your family!

What worked well for you in making that change?

Ask WIC staff for ideas for changing the type of milk your family drinks.

THANK YOU FOR PARTICIPATING IN THIS ACTIVITY!

CALIFORNIA WIC WOMEN, INFANTS & CHILDREN

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

4/09 #940156

Lowfat 1% MILK

is a **healthy choice** for you and your family.

Lose the fat, keep the vitamins...

Drink Lowfat Milk

How does lowfat 1% milk compare to regular, whole milk?

Lowfat 1% milk has:

- Same calcium
- Same protein
- Same vitamins and minerals
- Less fat
- Fewer calories
- Same great taste

STARTING OCTOBER 2009

MILK IS IMPORTANT!

for **strong teeth** and **bones, muscle growth,** and **healthy blood pressure!**

Doctors and nutritionists encourage drinking lowfat and fat free milk.

Women and children 2–5 years old will ONLY be able to buy Reduced Fat 2% Milk, Lowfat 1% Milk, or Fat Free Milk with WIC checks.

healthy habits every day

This institution is an equal opportunity provider. 4/09 #940147

Leche de 1% de grasa

es una **opción saludable** para usted y su familia.

Deje la grasa sin perder las vitaminas…

Tome leche baja en grasa

¿Qué diferencia hay entre la leche de 1% de grasa y la leche entera común?

La leche de 1% de grasa tiene:

- La misma cantidad de calcio
- La misma cantidad de proteínas
- Las mismas vitaminas y minerales
- Menos grasa
- Menos calorías
- El mismo gusto sabroso

¡La leche es importante!

¡para **dientes** y **huesos fuertes,** para el **desarrollo de músculos,** y para tener la **presión de la sangre saludable!**

Los doctores y nutricionistas recomiendan que tome leche baja en grasa y leche sin grasa.

A partir de octubre de 2009

Las mujeres y niños entre 2 y 5 años de edad SÓLO podrán comprar leche reducida de 2% de grasa, leche de 1% de grasa o leche sin grasa con sus cheques de WIC.

hábitos saludables cada día

Esta institución es un proveedor que ofrece igualdad de oportunidades. 4/09 #940147