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To: [HSS DPA WIC Coordinators: Welch, Scooter \(HSS Sponsored\); O'Gara, Kathy \(HSS Sponsored\); Bennis, Don; HSS DPA WIC Juneau; HSS DPA WIC Anchorage; Ojejasz, Aimee M \(HSS\); Butcher, Clay \(HSS\); Rybicki, Danielle \(HSS Sponsored\); "Danielle Rybicki"](#)
Subject: Friday Update August 12 In this issue...Coordinators Conference agenda, upcoming training opportunities, Non-Invasive Hemoglobin Meters and more...
Date: Friday, August 12, 2016 3:04:29 PM
Attachments: [Elyn Satter -stop-obesity-hysteria.pdf](#)
[AK+2017+RFP+Application+Packet+8-4-16.docx](#)
[Coordinator's Conference DRAFT Sept 20 22 2016 Friday update.docx](#)
[Human Milk Storage Final.pdf](#)

Hello Everyone,

As summer winds down, we are looking forward to all that fall brings: a Coordinator's Conference, year-end close out, and cooler weather. We've got a lot of great info and resources to share this week. Have a great weekend everyone!

Thanks,
Julie

1. Success Story from the esteemed Maniilaq WIC program.

One of our families was living in a tent because they were unable to qualify for an apartment due to the fact that they did not have enough money for a deposit. The mom was so thankful for WIC, because it helped them save money on groceries and put more money towards their deposit. They were finally able to move into an apartment after a month of saving.

2. Coordinator's Conference: attached, you'll find a draft agenda so you can get your travel started. Attendance is mandatory for one staff member from each local agency, and all sessions are required. The meeting is being held at the Frontier Building, 36⁰¹ C St, in room 890, September 20-22.. Please let me know if you have any questions Jennifer 465-8104

3. Formulas ending: This is a reminder that our 6 month transition is almost over- and three formulas will be expiring in Spirit as of September 1, 2016- Gentlease, Good Start Gentle, and Enfamil AR. If you have any questions, please contact Jennifer at 465-8104

4. CPA training: A reminder will go out to all CPAs today that our next quarterly teleconference is August 16 at 9 AM. The reminder will contain the link to the webinar and the handouts. Please let me know if anyone who should be on our CPA list is not yet on our list- send their email to Jennifer at jennifer.johnson@alaska.gov.

5. Non-Invasive Hemoglobin Meters: ACTION ITEM

Masimo will be sending your agencies a non-invasive Pronto hemoglobin meter(s) over the course of the next few weeks. Once you get them, contact me with the number of machine(s) you received. Do not use the machine until you have received training at the September Coordinator meeting. Please plan to bring one machine to the WIC Coordinator's meeting in September for this training. Thanks.

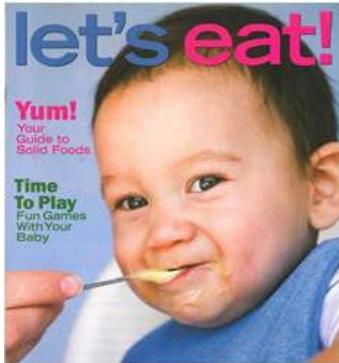
6. Need Your help for a marketing project!!!: ACTION ITEM

We will be working on a statewide media campaign and need some participants willing to talk about their positive WIC experiences. A mom and toddler, pregnant woman and a breastfeeding mom are the types of participants we are looking for. Please contact any willing participants and send Dana Kent their contact information by COB Friday, August 19. Send information to Dana at 465-5322 or dana.kent@alaska.gov.

7. June CFR payments: The year end State closeout of the SFY 2016 grant is 8/31. Due to this, no June payments will be made before that date. June payments will begin after the closeout is complete. If you have questions please contact Dana Kent at 465-5322 or dana.kent@alaska.gov.

8. Alternative Food List: The Alternative Food List, for participants who lack reliable access to refrigeration, has been provided to all vendors in locations where these participants are known or likely to be located. Training information was provided to the vendors, along with Alternate Food Lists to be kept at each cash register. The Fall 2016 Vendor Newsletter and quarterly vendor teleconference will include training for all vendors about the List. Participants who qualify to shop with the Alternative Food List must bring the brochure to the store with them on each visit so that the sales can be transacted with WIC benefits. If a participant experiences any problems while shopping with the List, please notify the Vendor Management Unit as soon as possible so we can address the issue with the vendor.

9. Materials Available: With the available year-end funds, the State was able to purchase some Nutrition Education materials that are now available to Local Agencies. We will be sending out pictures of available materials in the Friday Update as they arrive. If you want to take advantage of this exciting opportunity to acquire free Nutrition Education materials for your clinic(s), please respond to Julie (Julie.walker@alaska.gov) and let her know how many of each item you would like. We just received a shipment of "Let's Eat" magazine, a great resource for transitioning babies to foods. Also, we have a stock of fun and colorful kids' growth chart posters with Fruits and Veggies More Matters messaging on them.



10. Upcoming FREE Webinar- Monday, August 15, 10:00 Alaska time.



Maternal Depression: Depression ... has been changed
August 15th, 10:00 am AK time

Depression in Mothers: More Than the Blues is a user-friendly toolkit developed by SAMHSA, in partnership with experts in the fields of mental health and maternal and child health. The toolkit delivers background information about depression. It also offers ideas that providers can use daily when helping mothers, and their families, who may be suffering from depression. Dr. Deborah Perry, from Georgetown University's Center for Child and Human Development, will walk the participants through the toolkit framework and components. Opportunities for additional technical assistance also will be shared.

Please join SAMHSA to learn more about how you can best support pregnant women and mothers of young children who may be at risk for or experiencing depression.

Who Should Participate?

This webinar will benefit early childhood professionals who interact with pregnant women and new mothers. It will be especially useful to WIC staff, home visitors, and Healthy Start staff already working with families to raise awareness and understanding about maternal depression.

11. Grant Opportunity

Prematurity prevention is our focus

The March of Dimes is releasing an additional RFP for a **community grant** for **\$8000** for the grant cycle beginning January 1, 2017 and ending December 31, 2017.

Prematurity prevention is our focus. Projects being solicited include those that address **tobacco cessation for pregnant women** and **group prenatal care**, like Centering Pregnancy.

- Application form is attached
- Applications are easy to complete and must be **fewer than 12 pages double-spaced**, with much of that being forms with lots of white space
- **Deadline is September 16th by 4:00pm**

- Grant cycle is January 1st, 2017 through December 31st, 2017

Debbie Golden

Maternal and Child Health Director

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12. Alaska Breastfeeding Coalition Conference Tentative Agenda

April 27-28, 2017

Lindsey Hurd Reeves MS, RD, LDN, IBCLC, CD & Lisa Marasco, MA, IBCLC, FILCA

Day 1

0800-0815 Opening 0.25 hr
0815-0915 Dr. Butler 1 hr credits?
0915-1030 Insulin 1.25
1030-1045 break 0.25 hr
1045-1200 Obesity prevention 1.25 hr
1200-1300 lunch 1 hr
1300-1400 Thyroid dysfunction 1 hr
1400-1415 break 0.25 hr
1415-1530 Supplements 1.25
1530-1545 break 0.25 hr
1545-1700 PP Nutrition 1.25 hr
7 hours teaching time + Dr. Butler

Day 2

0800-0815 opening 0.25 hr
0815-0945 PCOS 1.5 hr
0945-1000 break 0.25
1000-1130 Food Intol 1.5 hr
1130- 1230 Lunch 1 hr
1230-1330 Ethics 1hr
1330-1415 Vitamin D 1.25 hr
1415-1430 Break 0.25 hr
1430- 1545 Intro solids 1.25 hr
1545-1700 Herbal Galact 1.25 hr

Nice to Know: See attached article:

August 2016 – Family Meals Focus #11 Updated

It is time to stop being hysterical about “obesity!”

Ellyn Satter, Registered Dietitian and Family Therapist