



Healthy kids, strong parents,
WIC works wonders!

FUN FACTS

About Food Packages

Fun Fact #1

If you plan to issue a child's package the month an infant turns 1, don't issue any benefits to the infant for that month. After their birthday, use the "Change to Child Foods" button on the Modify screen to make the change.

- This way the family can spend part of their fruit and veggie benefit and not have it count as the infant having spent part of their infant benefits.

Fun Fact #2

You can issue infant foods (baby food fruits, veggies, and cereal) to children in special circumstances.

- The child must be on a special formula and you will need to call your state nutrition consultant to get infant foods assigned.

Fun Fact #3

Tube fed formulas are paid for by Medicaid, not WIC.

- These special kids can get other WIC foods and services, but must go through Medicaid for their formula.

The WIC Link is back!

Now that eWIC is our normal way of doing business, we are keeping you up-to-date with the WIC Link, rather than the eWIC status report.

This edition also includes a Wellness@WIC feature. Check it out on page 3.



Second Cardholder Drama

Dad shows up at the clinic with a kid in tow. Mom is the first cardholder but we have no record of Dad.

Oh no! What to do?

Mom calls and saves the day. You confirm her identity. She provides you with the second cardholder data, which you confirm by reviewing Dad's proof of identity. Card issued!

The whole proof and nothing but the proof

Q. Since our agency does not yet offer option to email/text proofs, can we accept (in person) pictures of proofs that could have been emailed or sent via text?

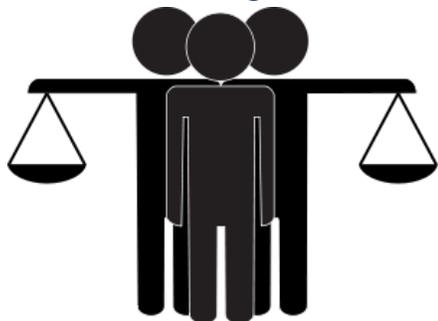
A. Yes! Photos of proof are okay as long as you are able to review the proof details the same as if it is in person.

Q. For maternity leave situations, if the applicant's annual income puts them over income, but current monthly income is zero because they are on leave, should staff just have the participant fill out a No Proof form and mark "zero income?"

A. You may not choose to use zero income if a person is on maternity leave. Maternity leave means the situation is temporary and they will be returning to work and their salary resumes. You need to use their annual income. That may mean that some women are over income.

Q. In situations where a participant's income might change, do they need to bring in proofs when we reassess their situation? What should we do if the participant forgets to bring proofs or never brings them back?

A. We assume that there is documentation in the chart because there is a good chance that the participants income is going to go up (e.g. layoff is going to end). Staff responsibility is to document the situation and follow up at the mid-cert health assessment. If the participant verbally says their situation has not changed, then you note that in the chart and the participant continues with WIC services as normal. If the participant reports that their situation has changed and their income has gone up, then you need to require verification (proofs) of the new income level. You would only issue one month of benefits until that proof has been provided. Federal regulations require that we verify income if we have reasonable knowledge that income has changed.



WIC: Next Generation 2016 WIC Statewide Meeting

You'll learn something new!

- Engaging millennial families
- Brain development
- Microbiome
- Trauma informed care
- And *much* more!

You'll have fun!

- Celebrations
- Scavenger hunts

You'll be inspired!

- Keynoters Steven Fulmer and Georgia Galanoudis

You'll network with others!

Have you registered yet?

Get the 411 and register at

<https://public.health.orgon.gov/HealthyPeopleFamilies/wic/Pages/swm.aspx>



Wellness@WIC

July 2016

Get pumped for the 2016 Statewide Meeting!

Are you getting excited for the [2016 Oregon WIC Statewide Meeting](#)? Well, it's time to get even more pumped up! In addition to the chance to share, engage and connect with your fellow WIC colleagues—at breakout sessions, networking events and over lunch—there will be built-in opportunities to put our WIC values of wellness and self-care into practice.

Have you ever attended an all-day training or meeting and noticed how you feel after a few hours? Sitting and taking in new info for long periods of time can be hard, on the body *and* the mind. Which is why we encourage you to **stand up** and **stretch** between and during sessions. And don't worry, we've given the presenters a heads up, so they're expecting to see movement in their audience.

Other wellness features you can take advantage of at the meeting include:

- free **yoga**
- self-guided **walking** and **running maps**
- **breastfeeding rooms** for nursing moms
- free healthy **snacks** during breaks
- access to a **pool** and **gym** (if you're a hotel guest)
- a **quiet lounge** to take a break from the action.

We're also planning instant recess stations—we're calling them **Empower Stations**—throughout the meeting. Get ready to challenge your co-workers to a game of **bean-bag toss**; be on the lookout for **juggling**, **mini-basketball**, and more! Can you take a selfie while **hula hooping**? I don't know, but I'm going to try!

We invite all of you to follow our Twitter and Facebook pages, before and during the conference, and use our hashtags **#WICNextGen** **#WellnessAtWIC** to see what other people are saying and sharing about wellness at the WIC Statewide Meeting. See you in September!

-NIANI DUNNER, editor | niani.dunner@state.or.us



facebook.com/OregonWIC



[@OregonWIC](https://twitter.com/OregonWIC)



healthoregon.org/wic

Can you do nothing for 2 minutes?

Web Wellness



Tip

Need a quick break that will

- help you feel a little more calm
- reduce anxiety and stress
- ease mental fatigue?

www.donothingfor2minutes.com

Emotional • Physical • Occupational • Spiritual • Social • Family • Intellectual



“Most of us have more control over how long we live than we think,” says Dan Buettner in his New York Times bestselling book *Blue Zones: Lessons for Living Longer from the People Who’ve Lived the Longest*. Buettner and teams of scientists, from National Geographic and the National Institute on Aging, identified what people and communities can do to increase longevity, health and happiness, including:

KUDOS KORNER

Klamath County

- create an environment that encourages **physical activity**
- **eat wisely** and with moderation
- cultivate a sense of **purpose**, and
- surround yourself with a **healthy network** of people.¹

WIC staff—and the greater Klamath Falls community—are participating in the [Blue Zone Project](#) to bring the changes identified in this research to life! Sue Schiess, WIC Coordinator for Klamath County WIC, reports that “our community has really embraced the Blue Zones and the changes for the better for everyone’s health and well-being.”



Raquel P. gets up early to garden and build natural movement into her day



Heather at an event for kids planting seeds

In the WIC clinic, they’ve seen a positive response and commitment to changes by staff. “**Natural movement is emphasized,**” Sue says, “adding activity back to where we’ve it cut out. For example, **gardening, cleaning, walking to the store, and parking further away.**” Staff have joined the Fitbit Challenge, and started walking 2 times a week for 30 minutes during the lunch hour. They are holding potlucks with healthy items, and are more aware of healthier choices for snacks, including a basket in the break room with nuts, string cheese and fruit.

Just a few examples of the numerous changes in their community include:

- Some grocery stores now offer free fruit for kids, or have checkout lanes stocked with only healthy foods (no candy or chips);
- The city has plans for more trails, bike lanes and sidewalks, and walk and bike to work days.

Interested in learning more? Sue recommends watching [Dan Buettner’s TED talk](#), and visiting the Blue Zones Klamath Falls [Facebook page](#). You can also participate in Blue Zones quizzes and online support, no matter where you live, by visiting the [Blue Zones website!](#)



Raquel M.’s family adopted a dog as part of her personal pledge to become more active



Dora performed at the Blue Zones Kickoff event with her Hispanic dancing group



Free fruit for kids at the store



The Mommy Walking Group is one of many, including a Plus Sized Walking Group and a Kids Bike Group

1. NPR, [Can ‘Blue Zones’ Help Turn Back the Biological Clock?](#)