Waukesha County Nutrition Coalition Minutes
February 27, 2018

Attendees: Mary Jo Hamman, Lisa Topp, Mary Andruszkiewicz, - WIC; Molly Bissen - The Women's Center; Shannon Canham- Sussex Outreach Services; Mary B Carrasquillo, Kim Runde- La Casa de Esperanza; Julie Goedheer - Healing Hearts of Waukesha County; Carly Fortier- Waukesha County Community Dental Clinic; Andrea Kane - James Place; Katy Maas, Jeanne Weed, Jen Whitty, Diane Turner – UW Extension; Maureen Harbeck- Blessings in a Backpack; Pam Spandet- Food Pantry of Waukesha County; Mallory Swenson - Community Action Coalition; Bob Waite- Impact 211; Rosa Zibell – St Joseph's Medical Clinic; Judith Rintelman – Eagles Wing Free Clinic;

WCNC Advisory Update: Meeting on the 5th at 2:00 pm with Sussex & Mukwonago food pantries regarding progress and outreach. If interested in joining in contact Mike or Molly.

Speaker:.Mary Jo Hamman, WIC: Introduced co-workers Mary A- Nutritionist and Breast Pump Program Coordinator, and Lisa T – Nutritionist and Marketing/Promo. Brochures were handed out, contact Mary Jo if want more. WIC's new logo developed over the past couple years. WIC is a targeted, time limited supplemental nutrition program for women, infants and young children. Grant funded and administered thru Food & Nutrition Service (FNS) of USDA. Began as pilot in 1972 in Kentucky; permanently authorized by Congress in 1974. Available in all 50 states, 34 Indian Tribal Organizations, 5 US Territories and the District of Columbia. See fns.usda.gov/wic for more info and their full mission statement. Provide nutritious supplemental foods, info and education on healthy eating. Acknowledges that referrals to other programs/services such as health care and social services also needed. Example: other food programs, dental services, energy assistance etc. Four core services provided 1) nutrition ed and services 2) breastfeeding promotion & support 3) monthly nutritious food package 4) referrals. Serve 8 million mothers and young children each month thru 10,000 clinics nationwide. Waukesha County currently serving on average monthly 1083 families=1670 individuals (344 women, 414 infants, 916 children age 1-5). 65% Non-hispanic, 35% Hispanic. Most moms have 12 or more years of education. Eligibility requirements; categorical, income, residence, nutrition risk. WIC does not collect social security numbers; just an ID (does not need to be a WI ID). In times of crisis residency requirement might be waived. WIC serves foster children regardless of income of foster family. Serves disabled children regardless of family income. The on-line form is only to see if qualify – it does not register/enroll anyone – Need to call or stop in clinic to actually enroll in WIC. Nutrition risk examples include poor diet, inadequate growth, anemia, over or under weight, lead poisoning, improper feeding practices. Certification process; Intake, Health screening, Nutrition assessment/counseling, Nutrition education, Food benefit issuance. A positive approach based on desired goals, complements motivational interviewing. Moms also able to ask questions and voice concerns. Health screening includes a hemoglobin test, height & weight. Key breastfeeding support. Have lactation consultants. There are severe challenges esp. in latching on. Some reasons include lack of available education, info, history, mentoring and the newness of being a mom. Waukesha has two peer to peer consultants for breastfeeding moms. Peer consulting has helped increase successful breastfeeding rates. Breastfeeding moms get an enhanced food package because of nutritional needs. A breastfeeding class is available. Looking to increase WIC participation as rates have decreased nationwide. New logo, promo/marketing, coffective website etc. WIC helps improve birth outcomes, reduces fetal deaths & infant mortality, improves dietary intake of pregnant & postpartum women, improve growth of nutritionally at-risk infants & children. Pregnant women participating in WIC receive prenatal care earlier. WIC helps children get ready for school – demonstrated improved intellectual development, improves their diets; overweight & obesity rates in these children have begun to decline. Children have a more regular source of medical and dental care. WIC decreases the incidence of iron deficiency anemia in children. The Waukesha WIC has a quarterly newsletter for WIC moms for updates and county specifics. Example: Mondays are weigh-in day. There is a follow-up visit(s) requirement for WIC participants- schedule depends on risk factors. In past few years The food package was updated & provides a wide range of healthy food to supplement diets of moms and young children. Food purchasing habits of WIC families have become healthier. WIC changed to eWIC (EBT card) rather than having paper checks. By 2020 all clinics nationwide must go electronic. eWIC is simple, discreet and convenient. WIC app automatically keeps track of food purchases. Has a bar code scanner- so can see if item is WIC approved; can also see balance. Has an appointment reminder feature and shows if food package is expiring. Food package expires every 30 days (don't use, will lose). Reload done at follow-up appts. No auto reload. Certification is for one year, however is a six month check-in, and at least one more nutrition education contact. UW-Extension nutrition program provides educators

for this nutrition ed contact appt. Barriers exist to coming to the WIC clinic – transportation an issue. Remote sites being explored. Staffing and budgeting are concerns. WIC also offers farmer's market vouchers – was $20 in 2017 (one voucher/summer). Not all states have a farmers market voucher program. WIC has a facebook page – can hookup with your organization. Staff at the Waukesha WIC clinic include intake staff, lab techs, nutritionists, RDs, DTRs, lactation consultants, peer counselors. Some other clinics have RNs. WIC can refer to Public Health nursing staff who can make home visits. Best to refer to WIC as soon as possible (at time of positive pregnancy test is best) –the earlier the better for nutrition & for referral to other area programs/services.

Agency Updates:
Various agencies had brochures to hand out to the group.

Impact 211 - Bob Waite: free tax assistance; VITA at LaCasa, also myfreetaxes.com
Community Action Coalition- Mallory Swenson: Wayne Morris retired. A new hire will attend meetings in future. A "get to know" event at Goodwill on May 4th – see their website.

La Casa de Esperanza- Kim Runde, Mary B Carasquillo: Welcome Kim. LaCasa celebrated 52 yr anniversary. 3rd grade start up. Among it's other grade levels and services, LaCasa also has daycare, early headstart, VITA, budgeting education, pregnant mom program, partners with Waukesha State Bank in a 1st time home buyer program. LaCasa looking for volunteers – contact Mary B Carasquillo at mcarrasquillo@lacasadeesperanza.org

Waukesha County Community Dental Clinic- Carly Fortier: New clinic in Menomonee Falls on Appleton Avenue opening in summer. Will start scheduling appts. Make adult referrals to Lake Area Clinic. Have a pregnant women program – restorative work in 2nd trimester, can take referrals.

James Place – Andrea Kane: Offered to potential speak at a future WCNC meeting. Is a Waukesha location four Milwaukee locations. James Place services are free except for the immigration services which are at reduced cost. A wellness day event will be April 15 from 10-2 at the Broadway location (free haircuts, nail cleaning, counseling, prayer, snacks & more). A trauma informed care training being held 4 Sundays in March at Elmbrook Church. See the church website for info and registration.

Blessings in a Backpack- Maureen Harbeck: Bridge the Gap fundraising event will be in October at the Country Springs.

Sussex Outreach Services- Shannon Canham: Food drives in March; Boy Scouts, Post Office. Senior BBQ in June partnering with ADRC.

Healing Hearts, Julie Goedheer: There is a new support site in Oconomowoc. Celebration of Hope event is April 14.

The Women's Center – Molly Bissen: A number of groups; In Style family group based on the Inside Out movie. Ongoing Wednesday night group. Childhood sexual assault group.

Food Pantry of Waukesha County- Pam Spandet: staffing changes. Food drives upcoming.

UW-Extension Health & Well Being – Jen Whitty: programs include StrongBodies – strength and nutrition. Workshop to improve quality nursing home visits.

St Joseph's Clinic - Rosa Zibell: Looking for a Waukesha location for a free clinic. Potential hiring of bilingual receptionist – if you know of anyone please contact St Joe's. New office manager in place.

Eagle's Wing Free Clinic – Judity Rintelman: Open 4 times/month. See adults only. Especially hypertension, diabetes. Handed out brochures.

WIC- Mary Jo Hamman: A reminder to check out www.coffective.com has apps for phone & website about services. A breastfeeding coalition being formed – contact Mary Jo if interested in joining.

Next Meeting: March 27, 2018
Speaker: Bob Waite
Topic: IMPACT 211