

# MARWIC

T · I · M · E · S

MID-ATLANTIC REGION SUPPLEMENTAL NUTRITION PROGRAM FOR WOMEN, INFANTS, AND CHILDREN

## PENNSYLVANIA'S ADAGIO HEALTH WIC WALK-IN DAY DECREASES NO SHOWS

By Barbara Jinar, Ancillary Services Coordinator, Adagio Health WIC Program

Pennsylvania's Adagio Health WIC Program staff has been working hard to reduce the amount of no-shows. WIC participants have busy lives and have a hard time keeping their scheduled appointments due to work, school, family life, transportation issues, etc. Additionally, the government shutdown added confusion about whether or not WIC was open.

Adagio Health accommodated their WIC participants with flexible scheduling options. WIC

participants could either keep their scheduled appointment, call to make another appointment when they miss, or simply show up on a walk-in, make-up day. All Adagio Health main WIC sites offer a walk-in make-up day once a month. Some individuals do not like restricted times so these regularly scheduled walk-in appointment days are a benefit to these individuals. Postcards are sent out 3-4 days prior to the scheduled walk-in day, and text messages are sent to those

participants who signed up for text message reminders.

More than 800 participants received WIC services thanks to walk-in days from July through December. This initiative to reduce no show appointments has been a great success by increasing WIC participant walk-in appointments. The process has diminished the no-show postcard reminders and has created a win win for everyone! ■

## NEW JERSEY'S ST. JOSEPH'S WIC HOSTS SUPER BOWL FUN DAY

By Anny Uddin, Nutrition Supervisor

New Jersey's St. Joseph's WIC Program celebrated Super Bowl 2014 at our local agency by providing an event-filled "Super Bowl Fun Day" for our participants and staff. Our team of staff hosted face painting for children and parents, as well as field goal games for children, and provided free give-a-ways. Along with these activities, WIC Nutritionists Patricia Santelli, Julianne Jamgochian, and Wendy Wither

*Continued on page 6*



PUTTING ON HIS GAME FACE — WIC Nutritionist Nicole Muzones (left) face painting with a WIC mom and her children.



WINNING SNACKS — WIC Nutritionist Patricia Santelli displaying our food demo platters.

## SPRING 2014

- News From the USDA: Highlights from USDA Food and Nutrition Service Annual WIC State Directors' Meeting .....Page 2
- VA WIC Rolls Out eWIC and Crossroads in Crater Health District .....Page 5
- PR WIC Program Celebrates Friendship Day with Values Education .....Page 6
- VI Department of Health Honored by Department of Defense for Patriotic Support of Employees Serving in VING .....Page 8
- MD WIC Teams With Share Our Strength to Teach Cooking Matters .....Page 11



HIGHLIGHTS FROM USDA FOOD AND NUTRITION SERVICE ANNUAL WIC STATE DIRECTORS' MEETING: MID-ATLANTIC WIC REGION STATE AGENCIES ARE.....RIDING NEW WAVES OF OPPORTUNITY

By Christine Berberich, Program Specialist, SFP

The theme “Waves of Change: Oceans of Opportunity” was exhibited throughout the well-organized agenda of the FY 2014 Mid-Atlantic Regional WIC State Directors’ Meeting, encouraging interactive discussions and sharing between Mid-Atlantic Regional Office (MARO) and State Agency staff. The event was held at the Regional Office in Robbinsville, NJ, February 25-27.

Opening remarks were provided by MARO’s Acting Administrator Diana Limbacher. She welcomed attendees and thanked them for their continuing efforts in preserving public trust in our Programs, as program integrity continues to be a high priority. As an introductory activity, Roberta Hodsdon, MARO’s Branch Chief of the Supplemental Food Programs (SFP), asked all attendees to reveal his or her favorite beach recollection, which

brought warm memories to the chilly winter day! Donna Hines, Policy Branch Chief of the SFP Division, provided the national update, including the Fiscal Year 2014 funding outlook; an overview of management evaluation (ME) projects underway and the importance of on-going program monitoring; and provided an update on materials and guidance expected to be released this year.

Christine Berberich, Program Specialist, SFP explored best practices that can help “get the word out” and promote the Farmers’ Market Nutrition Program (FMNP) in order to improve redemption rates. Participant integrity topics such as dual participation, fraud, sanction policies, and income eligibility determination were reviewed by Jaime Van Lieu, Team Leader, SFP and Sylvia Nah, Program Specialist, SFP. Next, Michele Sazo, MARO’s Regional Director, Civil Rights discussed Civil Rights compliance areas and provided guidance on applicable laws and regulations.

Opening the second day, James Harmon, MARO’s Regional Director, Special Nutrition Programs stressed once again the importance of program integrity. He highlighted the goals of a USDA initiative called StrikeForce, ongoing work in Virginia and the efforts that will be put forth this year in West Virginia. Continuing on the topic of program integrity was Justin Wohlsifer, Program Specialist, SFP, who detailed compliance investigations, inventory audits, sanctions, and the vendor liaison concept. Amy Holtan, Team Leader, SFP, covered relevant nutrition services topics, such as participant characteristics, breastfeeding statistics and best practices, recent studies, and walked attendees through the Nutrition Services Standards website.

Eric Ratchford, MARO’s Regional Director, Supplemental Nutrition Assistance Program (SNAP) talked about the history of the Food Stamp Program and current SNAP priorities, including the prevention of SNAP recipient trafficking. Connie Kramer-Walker, Senior Program



SPEAKING OF WIC — Jim Harmon, Division Director, Special Nutrition Programs, Mid-Atlantic Regional Office addresses the crowd.

Specialist, SFP reviewed “hot off the press” WIC funding updates assuring a significant measure of program funding stability; while Dañae Lewis, Program Specialist, SFP highlighted the Fiscal Year (FY) 2014 Operational Adjustment (OA) funding and process, including reminders and tips for future submissions. SFP Senior Program Specialists Robert Logan and Kim Jabat provided nationwide and State agency updates for management information systems (MIS) and electronic benefits transfer (EBT), including potential roadblocks impacting States’ ability to meet the EBT mandate by 2020 and navigation tips on the MIS/EBT journey. The day ended with a joyous group dinner honoring the retirement of New Jersey WIC Director, Mary Mickles.

Altarum Institute Associates Loren Bell, Stacy Gleason, and Karen Deehy began the last day by providing a preliminary summary of the results of a study they recently conducted in New Jersey, Pennsylvania, and West Virginia to identify the barriers to retention of WIC participants and discover what prevents

Continued on page 3



MARWIC TIMES is funded by the United States Department of Agriculture, Mid-Atlantic Region Office as a discretionary project of New Jersey WIC.

- Sylvia S. Dellas, MPH, RD ....Project Manager NJ WIC Services
- Christina Balas.....Creative Director
- Lisa Arnold.....Editor

Please submit articles or story ideas for MARWIC TIMES to your State Editor at the State WIC Office Address.

- Delaware .....Laura Peppelman, RD
- District of Columbia .....Paulette Thompson
- Maryland .....Rachel Ready, MPP
- New Jersey.....Sylvia S. Dellas, MPH, RD
- Pennsylvania.....Bonnie Mellott
- Puerto Rico .....Lourdes I. Romero Reyes
- Virgin Islands.....Lorna Concepcion, MS, RD
- Virginia .....Carol A. Bell
- West Virginia.....Heidi E. Staats
- MARO, USDA .....Roberta Hodsdon

In accordance with Federal law and U.S. Department of Agriculture policy WIC is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability. To file a complaint of discrimination, write, USDA, Director, Office of Civil Rights, 1400 Independence Avenue SW, Washington DC 20250-9410 or call 800.795.3272 (voice) or 202.720.6382 (TTY). USDA is an equal opportunity provider and employer.

## VIRGIN ISLAND WIC STAFF PARTICIPATE IN A CARIBBEAN CONNECTION NUTRITION TRAINING

By Lorna Concepcion, MS, RD



*ALL IN A DAY'S WORK – Attendees at the MARO State WIC Directors' meeting taking it all in.*

WIC-eligible individuals from participating in the Program. Debbie Mansfield, MARO's Financial Management (FM) Director, presented an overview of the Office of Management and Budget (OMB) Super-Circular and explained how the document pulls together all the government-wide grants management guidance. Also, Howard Lockstein, FM Deputy Director, explained new developments, the processes, and the future of data analytics relating to its integration within WIC ME reviews.

Interspersed throughout the three days were State sharing sessions; WIC Directors and staff brought to light their best practices and lessons learned through engaging conversations. Talking points included: Puerto Rico – clinic renovations completed in FY13; Virgin Islands – newly launched Breast Feeding Peer Counseling (BFPC) Program; Delaware – soon-to-be released online client portal called “myWIC”; NJ - new branding and outreach campaign; PA - benefits of reorganization; WV - statewide implementation of EBT; VA – new MIS, Crossroads; Maryland - FMNP promotional outreach activities; and District of Columbia - approaches to retain current WIC participants and reach out to potentially eligible DC residents.

Wrapping up the successful event, Roberta Hodsdon conveyed the FY 2014 Food and Nutrition Services' (FNS) strategic priorities and corresponding goals set for MARO's SFP Work Plan that emphasize preserving public trust in our programs by promoting participant and vendor integrity in WIC. Like a surfer timing his ride on the next big wave, MARO WIC State agencies are learning to ride new waves of opportunity. We applaud the collaboration and dedication of the State agencies as WIC celebrates its 40th Anniversary. ■

Guest nutrition speaker Dr. Pamela Gaskin, Nutrition Research Professor from the Cave Hill Campus, Barbados, University of the West Indies, presented culturally relevant VENA-based nutrition training to Virgin Islands clinic staff at the annual territorial staff training held in St. Croix.

Staff participated in several interactive nutrition activities including using motivational interviewing techniques for case study presentations of typical situations

that are encountered in the Caribbean population. At the beginning of the afternoon session, Dr. Gaskin played a pulsating Calypso about food, and staff sang along, which helped keep them focused and revitalized before they set to work on their presentations. Staff had to utilize food models and circle charts in their presentations to show how they would handle different nutrition counseling situations, such as discussing child portion sizes and using reduced fat milk with West Indian moms and other scenarios that they would encounter in the clinic.

Pre- and post-tests were also conducted. Staff generally felt that the activity was relevant to their work situations and enjoyed the Caribbean flavor of the training. ■



*TRAINING DAY — Lorna Concepcion and Dr. Pamela Gaskin at the training session.*



*BRAINSTORMING — Staff members Jacqueline Smith, Linora Perez and Debra Browne discuss their activity for presentation using food models.*

## NEW JERSEY'S NORTH HUDSON WIC PROGRAM HOLDS SIPPY CUP PARTY

By Shabnam Gill

In February, New Jersey's North Hudson Community Action Corporation (NHCAC) WIC Program held its annual Sippy Cup Party. WIC mothers were mailed personalized invitations and the nutritionists did a splendid job in decorating the classroom with balloons, posters and sippy cups. The nutritionists also created a colorful handcrafted "bottle bin," which symbolized the children's transition to sippy cup. The children were welcomed to drop his/her bottle in the "bottle bin" and then receive a new sippy cup in replacement of their bottle.

WIC Nutritionists Lillian Rivera and Josephine Valenzuela led the WIC mothers and their children in a facilitated discussion about bottle weaning, cup introduction, and baby bottle tooth decay. In addition, each mother received a bag full of educational materials and a new toothbrush and toothpaste for their child.

NHCAC Dental Department offered free oral screenings for the adults and children attending the event. One of NHCAC's dentists, Dr. Mercedes Rabeiro-Wert, was present to check participants' teeth and provide education about proper dental care. This event was a huge success and participants showed a great appreciation for the information provided by NHCAC WIC and dental staff. ■



*SIPPY CUP CELEBRATION – NHCAC Nutritionists Lillian Rivera and Josephine Valenzuela conduct the Sippy Cup Party.*

## MARYLAND'S GREATER BADEN MEDICAL CENTER CELEBRATE 10 YEARS SERVING THE PRINCE GEORGE'S COUNTY COMMUNITY

By Jacqueline C. Melton, Greater Baden WIC Director

In 2003, Greater Baden Medical Services, under the leadership of Dr. Sarah Leohnard, CEO, was awarded the Department of Health and Mental Hygiene WIC grant to provide WIC services at the Capitol Heights for central Prince George's County, Maryland. Greater Baden Medical Service was the first private WIC Program in Prince Georges County. After an on-site WIC WINS training conducted by now-Maryland State Director Jacqueline Marlette-Boras, the Greater Baden Medical WIC Program opened on November 4, 2003 with a caseload assignment of 1,700. The original staff consisted of one WIC Coordinator/Registered Dietitian (Jacqueline Melton), one Lead CPA (Edith Aduba), one CPA, two CPPAs and only one bilingual clerk.

In the past 10 years GBMS has expanded and is now operating two additional WIC sites in the Oxon Hill and Brandywine communities. GBMS now has 13 employees which includes an IBCLC and a Breastfeeding Counselor. The entire GBMS team — Executive, Medical and WIC staff — work diligently together to make sure WIC receives the support needed to achieve and maintain an average caseload of 100% (4,725 participants).

On December 10, 2013, GBMS's new CEO Collenthia Malloy and other members of the Executive team of Greater Baden Medical Service sponsored a luncheon for the WIC staff in honor of the program's 10th Anniversary. At the luncheon, staff received "Spirit of WIC Awards" for excellent customer service and achieving and maintaining assigned caseload.

A "GBMS 10th Anniversary" bulletin board was created to get the WIC participants involved in the celebration. Participants were asked to share comments about the GBMS WIC Program. Comments include, "Always were there to answer questions and gave good advice for me and the baby," "Very helpful for encouraging breastfeed," and "The WIC program has helped me provide my daughter with healthy food and provide me with a lot of helpful information how much and how to feed my child."

Over the years, GBMS WIC Program has provided an array of learning opportunities for its participants, including cooking demonstrations, farmers' market tours, outreach nutrition health fairs, breastfeeding classes and breastfeeding support. In 2007, Greater Baden Medical Service WIC Program was awarded Amerigroup's Healthy Hero Award for their commitment and dedication to the health and educational welfare of the residents of Prince George's County. The staff of GBMS WIC continues to make a positive impact on the health and well being of our participants in Prince George's County. ■



*IT'S A PARTY — Greater Baden Medical Services WIC staff (standing, left to right) Shirley Jones, Yanira Bonilla, Linda Daaka, Garland Aquino, Jenny Cabacas, Chrisonne Hollis, Williams Alvarado, Tameria Bradley, Rubis Guerrero and Annette Pickens, (sitting, left to right) Jacqueline C. Melton, WIC Director and Edith Aduba, Lead CPA (Hired by GBMS in November 2003).*

## VIRGINIA WIC ROLLS OUT EWIC AND CROSSROADS IN CRATER HEALTH DISTRICT

Paula Allen, WIC coordinator for the Crater Health District, and 16 of her staff began the intense and complex task of rolling out Virginia's Crossroads/EBT program on November 18. The staff was trained previously in a classroom setting by SWO employees. The first month served a whopping 3,994 participants who received benefits. Staff has stated that most participants have been patient and excited about the transition. Paula's staff spent many hours of overtime to accomplish this task which made for a smooth transition. Virginia's WIC Program says thank you to Paula and her staff. ■



*SMILE* — Crater staff (left to right) Sharday Lewis, Prince Awhaitey, Paula Allen, Eileen Allen, Linda Daul, Mary Hagans, Rheanna Garner take a moment from their busy transition period.



*MAY I HELP YOU ??* — WIC employee Barbara Chatman (left) works with a WIC participant.



*HELPING HAND* — WIC Staffer Rheanna Garner interacts with a client and her family.

## WEST VIRGINIA'S VALLEY HEALTH WIC PARTICIPATES IN CAREER DAY AT CAPITAL HIGH SCHOOL

By Mary Caldwell, Valley Health WIC Program Director

Valley Health (WV) WIC Director Mary Caldwell attended Career Day at Capital High School in Charleston on February 5. The event was held in the Multimedia Building of the high school complex where 30 employers and colleges set up for the event. All students at the school were given specific times to visit the event, gather information and talk to the presenters. In the course of the day 1,000 students visited this Career Day Fair. The Capital High School counseling department gave students a questionnaire identifying information that could be obtained at the different booths. Two of the ten questions were specific to the positions listed at Valley Health.

Valley Health's booth used the Valley Health tri-fold table display which listed site locations, provider categories, and services offered throughout the network. The WV WIC Program table cloth was used to cover the table top and a handout was available which listed professions or jobs available at Valley Health along with the education, training or degrees needed for these positions. Careers listed were physician, pharmacist, registered dietitian, nutritionist, lab and pharmacy tech, registered nurse, licensed practical nurse, medical and office assistants, accountant, bookkeeping, billing, and administrative positions within the company.

Mary also offered WIC-specific information, including WIC income guidelines, basic nutrition information, and typical participant handouts offered at WIC visits. The students were very engaged in the process and they were interested in what Valley Health offered for employment opportunities, as well as in the WIC nutrition information and guidelines. ■

## DISTRICT OF COLUMBIA WIC MAKES PLANS FOR THE 40TH ANNIVERSARY

The District of Columbia (DC) WIC Program will be joining in with the entire WIC Family across the country in the commemoration of 40 years of the Supplemental Nutrition Program for Women, Infants and Children (WIC), in the United States. We are looking forward to an opportunity to thank our stakeholders; the stores, our contracted local agencies and representatives from the US Department of Agriculture for their continued support of DC WIC. The event will take place at the Mary's Center WIC site on June 4.

The Mayor of the District of Columbia, Vincent Gray, will be in attendance to issue a proclamation of June 4, 2014 as District of Columbia WIC Day: From the 20th Century to Present Day and Beyond. The program will include a history of DC WIC and testimonies of current and former WIC participants. A highlight of the program will be the judging of our first "Kids in the Kitchen" photo contest. Submitted photos must be of current WIC children helping to prepare a meal using WIC foods. The press will be invited to cover the event and interview guests including participants and former WIC State Agency staff from the early days of DC WIC. ■

## PUERTO RICO WIC PROGRAM CELEBRATES FRIENDSHIP DAY WITH VALUES EDUCATION

The Puerto Rico WIC Program celebrated a week of love and friendship by educating its staff on the importance of values. On February 13, WIC Central Level employees participated in a conference entitled, "Values: A Social Agenda," by Professor Evangeline Medina Guarch. The conference discussed the values that we must develop and adapt in both our jobs and in our daily lives. It was a totally dynamic activity where they talked about life experiences and reflected on how we make our choices based on our values in our daily work performance.

After the presentation, there was a session of physical activity where participants learned various relaxation exercises that can be done in the office or home. ■



*FRIENDS FOREVER – Participating in the Values conference are (left to right), Migdalia Colon, Osvaldo Fraticelli, Lourdes Romero, Dana Miro, Alicia Colon, and Ana Delia Padilla.*

### *NJ's St. Joseph's WIC Hosts Super Bowl Fun Day* *continued from page 1*

created food platters and hosted food demonstrations using WIC-approved foods for our clients.

Overall, the clients and staff had an amazing day celebrating football, physical activity and choosing healthy snacks throughout the day. We look forward in continuing to provide and develop diverse methods of education and support for our clients. Our agency had a great time! ■

*AND IT'S GOOD — WIC Representative Tina Perea hosting our "Field Goal: Hit or Miss" game with agency participants.*



## PENNSYLVANIA'S ADAGIO HEALTH NUTRITION SERVICES TAKES ON PEDOMETER CHALLENGE

By Jennifer Diemert RD, LDN, Nutrition Services Education Manager, Adagio Health

Pennsylvania's Adagio WIC wanted to embody its own core values of health and nutrition and empower its staff to do the same. They decided to take on a pedometer challenge to help motivate their staff to be more active and employ their Guided Goal Setting skills that are used with Adagio's WIC participants.

The Adagio Health Nutrition Service Department started walking, all the way to Acapulco, Mexico, prior to July 1 and kept track of their daily steps via a pedometer. By November 30, the goal was to reach 2,611 miles or the equivalent of the distance from Pittsburgh to Acapulco. That's 5,222,000 steps! Each Adagio staff member set their own personal goal of steps per week and recorded steps online. A memo was sent out every Friday with the status of steps and where the adventure took them with some inspiration to keep them moving forward. Everyone who exceeded their personal goal for the week was eligible to win prizes at the end of each month. They had fun along the way, through sun, rain, snow, mountains, holidays and some shopping. Adagio ended up taking a detour in lieu of the hurricane catastrophe in Acapulco, which expanded their adventure to many exciting places.

Adagio Health surpassed their original goal with a grand total of 13,077 miles, which is 26,153,853 steps. They ended up walking around the United States to 12 different destinations, as well as parts of Canada, Maine and back to Pittsburgh. Not only was the staff successful at walking and running but they succeeded in using WIC Guided Goal Setting skills for themselves.

Adagio Nutrition Services had many stars throughout the Pedometer Challenge. The monthly winners were Julie Slinn, Jolene Urbin, Gina Coulson, Billy Marshall, and Jody Balko. There is not a challenge that the Adagio Nutrition Services can't take on. Way to go everyone!!! ■



*TAKING A BREAK — Shown are Billy Joe Connell CLC, NA, Breastfeeding Peer Counselor (left) and Karen Virostek, MS, RD FADA, LDN, Adagio Health, Director of Nutrition Services.*



*OH THE PLACES YOU WILL GO – Take a look at how far the challenge took the staff.*

## HEALTHY COOKING GRILL OFFERED AS INCENTIVE PRIZE AT WEST VIRGINIA WIC

By Peg Kenyon, Nutritionist

WIC participant Ganette Grimsley happily accepted an early Christmas present from Nutritionist Leah Bolland at the Valley Health Systems WIC clinic in Charleston, West Virginia. A prize drawing was held from registrations submitted during group education classes and the prize was a George Foreman grill.

"Now I can cook healthier to lose weight," Ganette stated, as she accepted her prize.

Helping our clients lose weight after baby is something the clinic has been focusing on as a goal over the past year. Weight loss packets are assembled and distributed to interested participants. These contain various handouts related to the ChooseMyPlate.gov information site, including a paper facsimile of how a healthy plate should look. Two handouts from Massachusetts WIC's Touching Hearts, Touching Minds series: Baby Legs and Sensible Weight Loss, offer helpful information to postpartum clients on weight loss. In addition, a Portion Distortion Quiz and WebMD Portion Size Guide are added to the package. A letter of encouragement with contact information offering additional help, if needed, from our nutritionists introduces the packet to the client. As an incentive to increase activity level, an important part of this tool is a listing of Parks and Recreation Facilities in the area, many of which are free or nominally priced. Finally, as an added bonus, the participant receives a pedometer and tape measure to track progress toward their weight loss goal. ■



*READY FOR GRILLING – WIC Nutritionist Leah Bolland (left) was honored to present a George Foreman grill to Ganette Grimsley as promotion of the clinic group nutrition education goal.*

**VIRGIN ISLAND DEPARTMENT OF HEALTH HONORED BY DEPARTMENT OF DEFENSE FOR PATRIOTIC SUPPORT OF EMPLOYEES SERVING IN VIRGIN ISLANDS NATIONAL GUARD**

Virgin Islands Employer Support of the Guard and Reserve (ESGR), a Department of Defense office, has announced that “Commissioner Darice Plaskett of the Department of Health and Lorna Concepcion, acting director of Women, Infants and Children (WIC) Special Supplemental Nutrition Program, were honored with a Patriot Award in recognition of extraordinary support of their employee serving in the Virgin Islands National Guard.

According to Beresford Edwards, V.I. ESGR state chair, “The Patriot Award was created by ESGR to publicly recognize individuals who provide outstanding patriotic support and cooperation to their employees, who like the citizen warriors before them, have answered their nation’s call to serve. Darice Plaskett and Lorna Concepcion were nominated for being highly supportive of the Virgin Islands National Guard by their Reserve Component employee. Supportive supervisors are critical to maintaining the strength and readiness of the nation’s Guard and Reserve units.”

It is a civil duty to support service members when they have duty to perform, Commissioner Plaskett remarked during the ceremony held at the Charles Harwood Complex.

Plaskett and Concepcion were nominated by SFC Charlene Bastian, a service member of the V.I. National Guard, 610th Quartermaster Company. Bastian nominated her supervisor, both past and present, and the department for the years of support she has received.

“For years my supervisors have worked with me to fulfill my military requirements,” said Bastian. “Their support has allowed me to move up through the ranks in my unit and also professionally.”

ESGR, a Department of Defense office, seeks to foster a culture in which all employers support and value the employment and military service of members of the National Guard and Reserve in the United States. ESGR facilitates and promotes a cooperative culture of employer support for National Guard and Reserve service by developing and advocating mutually beneficial initiatives, recognizing outstanding employer support, increasing awareness of applicable laws and policies, resolving potential conflicts between employers and their service members, and acting as the employers’ principal advocate within DoD. Paramount to ESGR’s mission is encouraging employment of Guardsmen and Reservists who bring integrity, global perspective and proven leadership to the civilian workforce.

For more information about ESGR Outreach Programs or ESGR volunteer opportunities, call 1-800-336-4590 or visit [www.ESGR.mil](http://www.ESGR.mil). ■

*“It is a civil duty to support service members when they have duty to perform.”*



Department of Health; Dr. Marc Jerome, Territorial Health Officer/Medical Director, Department of Health; Acting Director of WIC Lorna Concepcion; SGT Azalea Macedon of the 610th QM CO; Beresford Edwards, ESGR Chair for the VI; SFC Joseph James; CPT Nicole Payne, Commander 610th QM CO; and Mr. Paul Radix, ESGR Employer Outreach Director were in attendance.

**RUTGERS UNIVERSITY NEW JERSEY MEDICAL SCHOOL  
WIC PROGRAM CELEBRATES BLACK HISTORY MONTH**

The Rutgers University New Jersey Medical School WIC Program in Newark (NJ) celebrated Black History month during February with an array of colorful bulletin boards. Featured articles highlighted the history of the Civil Rights movement, including the prominent men and women who courageously struggled for its success. “Claiming African Heritage” was also spotlighted featuring the use of herbs and spices in recipes that depict African and African-American Cuisine. Nutrition tips and heart healthy food information were also posted in English, Spanish and French to round out the many cultures influenced by Africans and African Americans.

Many thanks to WIC Nutritionists Donna Gottlieb, RDN, and Patricia Vanterpool for their creativity. ■

*LEARNING THROUGH HISTORY – These creative bulletin boards helped celebrate Black History Month at the Rutgers University New Jersey Medical School WIC Program.*



## DELAWARE WIC WELCOMES NEW EMPLOYEE KELLI JANOWSKI

The Delaware WIC Program would like to welcome Kelli Janowski, MS, RD, LDN, as the newest member of the Delaware WIC team. Kelli is the new WIC supervisor for Kent and Sussex County.

Kelli began her nutrition career with the Delaware WIC program in 1998 after graduation from the University of Delaware's Dietetic Program. Kelli completed her Dietetic Internship, through the partnership between University of Delaware and the Division of Public Health, while employed with the WIC Program.

Kelli left the Delaware WIC Program in December 2000 to pursue other career opportunities. In January 2001, Kelli went to work for the state's Division of Long Term Care Resident's Protection Program as a federal surveyor monitoring compliance in long term care facilities for Medicare/Medicaid. Kelli remained with the state until June 2003 when she left to pursue a career in clinical dietetics in acute care and long-term care settings.

In September 2003, Kelli began her graduate degree in Health Promotion at the University of Delaware, which she completed in May 2007. This degree has a strong focus on planning, implementing and evaluating health promotion programs through use of several behavioral change models and theories.

In March 2005 through May 2010, Kelli returned to state employment with the WIC Program and the Office of Lead Poisoning Prevention as a Trainer Educator. Kelli also worked as a consultant Registered Dietitian where she provided nutrition consultation, nutrition assessment, and nutrition follow-up and developed Individualized Education Plans related to nutrition for children and families participating in the Child Development Watch Birth-to-Three program. There she assisted in establishing a medical home for nutrition services in the community.

Kelli worked closely with Developmental Psychologists, Developmental Pediatricians, Speech Pathologists and Care Coordinators within Christiana Care Health System and A.I. DuPont/Nemours Hospital for Children providing nutrition services to children with Autism Spectrum Disorders, Cleft Palate, Cerebral Palsy, Cystic Fibrosis, and Inborn Errors of Metabolism.

In May 2010 Kelli began a new career with Salem Surgical Weight Loss Center where she had been the Registered Dietitian since 2009. Kelli's main responsibilities include conducting initial nutrition assessments on pre-surgical weight loss patients, post-operative nutrition follow-up; development, implementation and evaluation of a Multidisciplinary Pre-Operative Teaching class covering physical activity, nutrition, respiratory and cardiac function, mental health, and peri-operative and post-operative nursing; development of a Surgical Weight Loss Resource manual; development, implementation and evaluation of a bi-monthly series of six nutrition education modules of various topics related to lifestyle and behavior change; organized monthly support groups for patients and family members that included community guest speakers from disciplines including psychology/mental health, plastic surgery, nutrition, life coaching/motivation and exercise/fitness/stress management; outreach and education to primary care physicians, cardiologists, orthopedists, endocrinologists, gynecologists, podiatrists and gastroenterologists through quarterly meetings/presentations and electronic program communication.

In October 2013 Kelli returned to working with some new and former team members with the WIC Program as the Nutrition Supervisor. ■



*Kelli Janowski*

## DELAWARE WIC WELCOMES RETURNING STAFFER TINA REXRODE

Tina Rexrode returned to the Delaware WIC Program on December 16, 2013, as the Financial Manager. Tina is no stranger to the WIC Program, as she held several positions from 1992 through 2012 with the Program. During her brief departure, she spent 15 months with the Office of Management and Budget as a Management Analyst in the contracting section. Her responsibilities were to mine data and provide expenditure analysis to assist in contract procurement and Governor Initiatives.

Tina is elated to be back with the WIC Program and is excited taking on the new role as the Financial Manager. On a personal note, when not dedicating time to the WIC Program, Tina enjoys spending time with her family, traveling with her husband on their motorcycle and reading. ■



## A WEST VIRGINIA WIC SUCCESS STORY: ONE PERSON CAN MAKE A DIFFERENCE...ONE FAMILY AT A TIME

By Tracey Russell, Office Coordinator, Upper Kanawha-Valley Health WIC Program

I was working in the Kanawha (WV) WIC office, and after completing the medical information and eligibility documentation I was prepared to take the client to the nutritionist. What I wasn't prepared for was the amazing story of a changed family.

The mom asked if she and her family could see Nutritionist Peg Kenyon. I apologized as unfortunately Peg wasn't working in the Kanawha Office that day. With tears in her eyes, she begins to tell me that, through her visits at WIC she had met Peg, and she was hoping to personally thank her.

Since Peg wasn't there she requested I tell Peg that she has been able to seek medical treatment for drug addiction which led to her regaining custody of two older children she had previously lost into state custody, as well as the results of her newborn's umbilical cord drug screening proving the infant was born free from drug addiction. She is now living in a rehabilitation home with all three children; they all are in counseling. For the first time in many

years this mom knows she, and most importantly her children, are truly happy.

Tears of joy were running down my face and I could hardly speak. All I could do was praise this mom for her great accomplishments, and move her over to a nutritionist. I have worked with Peg Kenyon for many years, and to be totally honest I wasn't really all that surprised by Peg's caring and helpful actions. Peg is always smiling, and shows kindness to everyone everyday – to both clients and co-workers alike. She always goes the extra mile on every occasion, her soft smile and kind words make working with her a pure joy.

Now my heart shines with pride and I for one am proud to be part of her team. Whether it was a kind smile, a few soft spoken words, or a listening ear I may never know, but something Peg did that day changed the lives of a little family. ■



New Jersey State Department of Health - WIC  
PO Box 364  
Trenton, NJ 08625-0364