

**Promoting  
Healthy  
Women,  
Infants, and  
Children in  
Alabama**

***WHAT'S INSIDE***



# Carolyn Battle

## Alabama State WIC Director

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# ALABAMA STATE WIC PROGRAM

It's hard to believe the year 2011 is here! I really enjoyed seeing so many of you at the WIC Conference in October. We had a record attendance of 239! It was a great conference, and I know that all of you that attended learned many new and positive ways to better interact with our participants and your coworkers to provide the best services possible. I hope that you were able to share the information with your coworkers that did not get to attend.

The Winter newsletter is packed full of information from the counties, areas, and the state office. I think it is great for you to hear about what is going on in all of the counties and areas. We want to keep you as informed as we can about what is going on at the state office, too. I hope that you enjoy receiving and reading the newsletter. Geneva Hunter, Operations Branch, is the editor and graphic designer of the WIC newsletter. Please let Geneva know if you have any suggestions for

## WIC ADMINISTRATIVE STAFF



*L to R: Chauntye Williams, Tameka Allen-Nix,  
Barbara Small*



*Carolyn Battle*  
DIRECTOR

what to include in the newsletter. She is doing a great job and she wants to make the newsletter "your newsletter".

Please continue the outreach activities that you started in FY 2010. We want to keep reaching out to all eligible participants.

In FY 2010, USDA approved approximately \$2.5 million for the Alabama WIC Program to fund 16 renovation projects in the following counties: Cullman, Marshall, Morgan, Pickens, St. Clair (Ashville), Calhoun, Talladega (Sylacauga), Dallas, Perry (Uniontown), Baldwin, Monroe, Coffee, Houston, Henry (Headland), Mobile. The majority of the projects have been completed and all remaining projects will be completed by the end of March 2011. The goal of the projects was to improve access to services by our WIC participants.

Thank you for all your hard work for the WIC Program!

# 2010 WIC Conference Highlights

## WIC Conference Presenters



*Back row: Brian McDonald, Barbara Phillips, Roshanda Gaddis  
Elana Parker, Debbie Patterson, Sheila Puckett, and Dr. Al Bradshaw*

### Annual WIC Training Conference

The Annual WIC Training Conference was held at Auburn University Montgomery on October 21-22, 2010. The theme for the WIC conference was "You Can Make A Difference - Be All That You Can Be". The 2010 WIC Conference was Great! Kudos to Twanna Brown and all of the Training Clinic staff (Roshanda Gaddis, Christine Long, and Cassandra Glover) for another job well done. Many compliments were received from county and Area staff about the conference. There were 239 persons in attendance at the Annual WIC Training Conference.

The WIC presenters kept the audience engaged with some very relevant and interesting topics such as A "Positive" You: Respecting Differences and Are You "A Difference Maker?", which taught the audience some new ways of thinking about cultural diversity and served to invoke them to always try to put themselves in "TOPS"....the other person's shoes. The topic "It's ALL Up To You" taught the audience how to identify the various stress signals and the common, natural responses to stress, the methods for coping with stress, constructive ways to deal with stress, coping techniques, and the power of a positive attitude.

HEALTHY FOODS FOR A HEALTHY FUTURE



# 2010 WIC Conference Highlights

## WIC Conference Attendees



### Annual WIC Training Conference (cont.)

In addition, there was the reinforcement of some practical day to day clinic activities for the WIC audience with topics such as "Measuring Up" and "The Sampling Method". The "Measuring Up" presentations were meant to reinforce provider standards when obtaining anthropometrics. Demonstrations were used via PowerPoint to clarify common misconceptions when obtaining weights, lengths, and heights of WIC participants. Also, "The Sampling Method" reinforced the proper and safe method to performing a "finger stick" or obtaining capillary samplings, instrument control, and system control. The proper maintenance and storage of cuvettes was also emphasized, as well as all of the instruments being used for each individual patient.

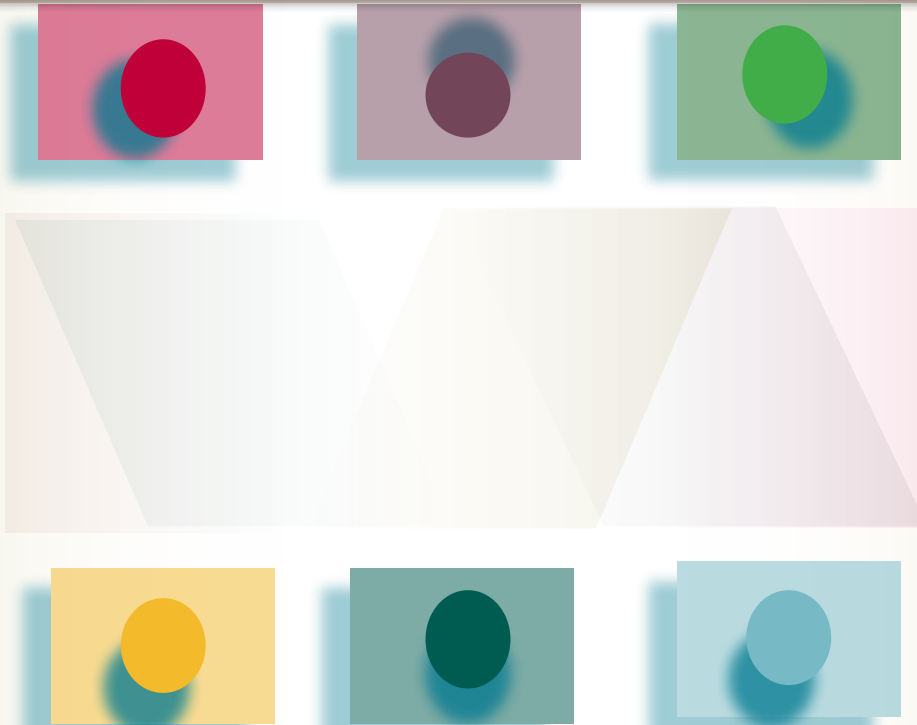
HEALTHY FOODS FOR A HEALTHY FUTURE



WIC Toll-Free Telephone Number: 1-888-942-4673 / WIC website: [www.adph.org/wic](http://www.adph.org/wic)



# STATE WIC EVENTS



January 31 - February 4: Crossroads Demonstration of the Appointment and Vendor Modules, hosted by Alabama WIC at the Staybridge Inn and Suites

February 7 - 11: Site Visit to Kansas City, Kansas for the Clinic Module. Attendees were Subject Matter Expert Denise Pope and Executive Steering Committee Member Amanda Martin.

The Alabama State WIC Program takes great pleasure in introducing our newest Central Office employee.



*Maggie Gates-Kilgore, User Acceptance Test Coordinator  
Crossroads Consortium State Agency Model (SAM)*

# WIC CENTRAL OFFICE STAFF

## Amanda Martin, Director WIC Operations Branch

*Lto R: Larry Harris, April Golson, Amanda Martin,  
Geneva Hunter, Jim Koenig, Phil Tucker*



## Stacey Neumann, Director Vendor Management Branch

*Lto R: Ben McGhee, Brenda Mooney, Andy Ducker,  
Susan Ward, Patty Geiger, Stacey Neumann, Kathy  
Law, Donald Bird, Barbara Mack, Maxine Hawthorne*



## Jean Fulton, Director Nutrition Services Branch

*Lto R: Twanna Brown, Michell Grainger, Pat Vick, Alexis  
Aday, Christine Long, Roshanda Gaddis, Jean Fulton, Gail  
Mask, Cassandra Glover, Mandy Darlington*



# WIC CENTRAL OFFICE NEWS

## **NUTRITION SERVICES**

Jean Fulton, Director

The Nutrition Services Branch is working on a number of projects! Gail Mask is coordinating and chairing the Food Package committee for the revision of the WIC Approved Foods list to be implemented October 1, 2011. This is a joint effort with Vendor and Operations Branches represented on the committee as well as Debbie Curran and Reba Brannan from the Area Nutrition Directors. Michell Grainger and Gail are planning the Nutrition Education/Breastfeeding Workshop to be held March 29 and 30 in Montgomery. Michell also is working on the breastfeeding mom and baby dyad to be sure the correct food packages are assigned. Alexis Aday continues to coordinate the expansion of the breastfeeding Peer Counseling Program statewide. Pat Vick is conducting Quality Assurance reviews with thirteen reviews planned for FY 2011. Mandy Darlington is coordinating the distribution of many incentive items now available to clinics. We are excited to announce that outreach plans for FY2011 include production of another WIC commercial. In addition, Mandy is conducting Value Enhanced Nutrition Assessment (VENA) refresher training for providers. Twanna Brown is a Subject Matter Expert for the Crossroads/SAM project while providing training for new WIC staff and serving as the administrator of the Eastbrook WIC Training Clinic. It is with mixed emotions that we say good-bye to Roshanda Gaddis, the WIC Coordinator, at the training clinic. Roshanda has accepted a position outside of ADPH. While we are very sorry to see Roshanda go, we wish her the very best in her new endeavors!

### **Breastfeeding - Michell Grainger**

On January 20, 2011, Surgeon General Regina M. Benjamin released The Surgeon General's Call to Action to Support Breastfeeding. The following information can be accessed by visiting the WIC website at [www.adph.org/wic](http://www.adph.org/wic):

- Press Release
- Webcast of the Thursday, January 20 launch event
- Executive Summary [PDF - 833KB]
- The Surgeon General's Call to Action to Support Breastfeeding [PDF - 1.96MB]

- Fact Sheet

To order printed copies of The Surgeon General's Call to Action to Support Breastfeeding and other materials, please call 1-800-CDC-INFO or email [cdcinfo@cdc.gov](mailto:cdcinfo@cdc.gov) and reference the publication title.

### **Peer Counseling Program - Alexis Aday**

The Peer Counseling Program is excited to report sixteen sites are up and running. With the addition of several of these sites we are proud to announce that each Public Health Area now has Peer Counseling in at least one of its clinics. Three more sites are getting ready for training while several additional clinics are busy with the interview process so they, too, can get Peer Counseling started. We look forward to the continued expansion!

### **WIC Training - Twanna Brown**

WIC Comprehensive training is being conducted at the Training Center on a continuous basis. Attendees receive training in certification procedures, reports, income assessment, breastfeeding, nutrition education, quality assurance and all other areas of the WIC Program. It is two to three days of training that includes classroom discussions, hands-on in the clinic, and PHALCON training. If you are interested in attending, contact your Area Nutrition Director.



# WIC CENTRAL OFFICE NEWS

## VENDOR MANAGEMENT

Stacey Neumann, Director

The Vendor Management staff welcomes Valeria Patton to our team. Valeria has a degree in Business Administration and will serve as a Health Services Administrator. She has been with the State of Alabama for 23 years. Her primary responsibilities include Applications and Contracts.

The Vendor Management Branch enjoyed a nice holiday lunch during December. Many interesting holiday stories were shared by all Vendor Management staff. A favorite holiday tradition among the staff is watching Rudolph the Red Nose Reindeer. Andy Ducker has been watching the holiday classic every year since the 60's. He must have started this viewing tradition at a very young age! Fun was had by all.

Vendor Management Branch has been working to address the challenging issues regarding formula supply. Many Vendor Management staff members have also been serving as Subject Matter Experts for the development of the Vendor Module of the Crossroads system. State vendor staff are looking forward to the implementation of the Crossroads system as it will streamline all vendor activities. In addition, staff are assisting the Electronic Benefits Transfer (EBT) Project Manager with the Alabama EBT feasibility study.

As director of the Vendor Management Branch I would like to personally thank WIC staff at the local, area, and state levels for their efforts to ensure Alabama authorized WIC vendors across the State receive timely and accurate information.

*L to R: Maxine Hawthorne, Barbara Mack, and Stacey Neumann, Vendor Management Director*

The Vendor Management Branch is planning and preparing for a very busy contract renewal period. Each authorized WIC vendor will have to complete a renewal application. Once State staff verifies the information provided the contract renewal process will take place. Current authorized WIC vendor contracts expire September 30, 2011. Upon renewal all authorized vendors will participate in Vendor Training. It takes the efforts of local, area, and State WIC staff to ensure that vendors receive this training. State level Vendor Management staff are working to update training materials. It is important that WIC staff who conduct Vendor training have updated training materials.

Several important vendor issues have been highlighted in the VIP e-newsletter for Alabama WIC Vendors. The e-newsletter provides additional education throughout the year about issues and concerns that are reported to the State Vendor Management Staff. The latest edition provides some Frequently Asked Questions. The Vendor Management Branch recommends that WIC staff at the local and area levels review the newsletter to remain up to date on vendor issues.



# WIC CENTRAL OFFICE NEWS

## WIC OPERATIONS

Amanda Martin, Director

### CROSSROADS CONSORTIUM STATE AGENCY MODEL (SAM)

The Women, Infants, and Children (WIC) Division of the Alabama Department of Public Health (ADPH) is currently participating in a multi-state project to design, develop, and implement a new web based Management Information System (MIS). This project, known as the Crossroads Consortium State Agency Model (SAM), consists of state WIC agencies in Alabama, North Carolina (lead state), Virginia, and West Virginia. The Crossroads Consortium SAM is one of three national models currently funded by the United States Department of Agriculture (USDA).

The Crossroads MIS will create an electronic WIC record for our participants thus eliminating the need for a paper chart. Key features of the system include: family centric appointments and food benefit issuance, ad hoc reporting, on line vendor applications, and on line appointment scheduling.

Consortium project staff includes those specific to each state as well as staff that represent the Consortium. The Consortium is guided by the Executive Steering Committee (ESC), which includes two members from each state. The purpose of all staff members is to make decisions, complete tasks, and to maintain deadlines. Any issues that cannot be resolved at the project level are escalated to the ESC. Although each state has two ESC representatives, they only represent one vote. The following is a list of Alabama's Crossroads Staff:

Carolyn Battle, ESC Member  
Amanda Martin, ESC Member  
April Golson, Project Coordinator  
Maggie Gates-Kilgore, User Acceptance Test Coordinator

In July 2009, Computer Sciences Corporation (CSC) of Overland Park, Kansas, was selected as the design,

development, and implementation contractor for Crossroads. A Consortium kick-off meeting was held in August 2009, in Raleigh, North Carolina. At this meeting representatives from each of the four state WIC agencies were able to meet with representatives from CSC. The current plan is to complete the implementation of Crossroads statewide by April 2013. Many steps have been taken in order to plan for and reach this implementation goal. These steps are described below briefly.

The design phase of Crossroads was divided into ten modules, or WIC functional areas, with seven subject matter experts participating from each state. The modules included: Applicant and Participant Services; Food Benefit Issuance (Paper based and Electronic Benefits Transfer); Appointment Scheduling; Vendor Management; Redemption, Settlement, and Reconciliation; Financial Management; Caseload Management; Operations Management; System Administration; and Data Conversion. The last module of the design phase was completed in June 2010.

Although the design phase is complete, experts from each module participate in conference calls, webinars, demonstrations, and periodic development reviews to assist with the development phase. The calls, webinars, and demonstrations involve one-on-one interaction between the Consortium and CSC. The development reviews allows experts to work one-on-one in the system itself by creating WIC participants and walking through real world scenarios. The conference calls, system demonstrations, and periodic development reviews are currently scheduled to be complete by late summer 2011.

The next phase of the project will be User Acceptance Testing (UAT), which is scheduled to begin in March 2012. Participants will include both state and clinic system users from all eleven Public Health Areas. Many of you experienced this type of training when you converted to PHALCON.

# WIC CENTRAL OFFICE NEWS

## **WIC OPERATIONS** (cont.)

Amanda Martin, Director

Prior to implementation, each Area will participate in pilot and rollout training. The pilot is currently scheduled to begin in August 2012 and last for 12 weeks. The rollout is currently scheduled to begin January 2013 and last for 13 weeks. We are in the beginning stages of developing a training plan for the pilot and rollout phases.

The Alabama Crossroads Staff would like to thank everyone that has helped with this project to date. Area and State WIC Staff as well as State Bureau of Information Technology Staff have served as subject matter experts on numerous calls and discussions. Together we are creating a state-of-the-art system.

## **CIVIL RIGHTS**

Civil Rights Training will remain available in the Learning Content Management System (LCMS) until the end of September so that any new staff can be trained. Please remember to place your completed Civil Rights Training Reports in you clinics' Civil Rights Training Folder. October 3rd will be the start date for this year's annual training, and we will use LCMS again next fiscal year.



The Alabama WIC Newsletter is where the State WIC Office is afforded the opportunity to extol the virtues of our area and county staff. We take great pleasure in praising them for their exemplary, superior performance of their many and varied every day duties.

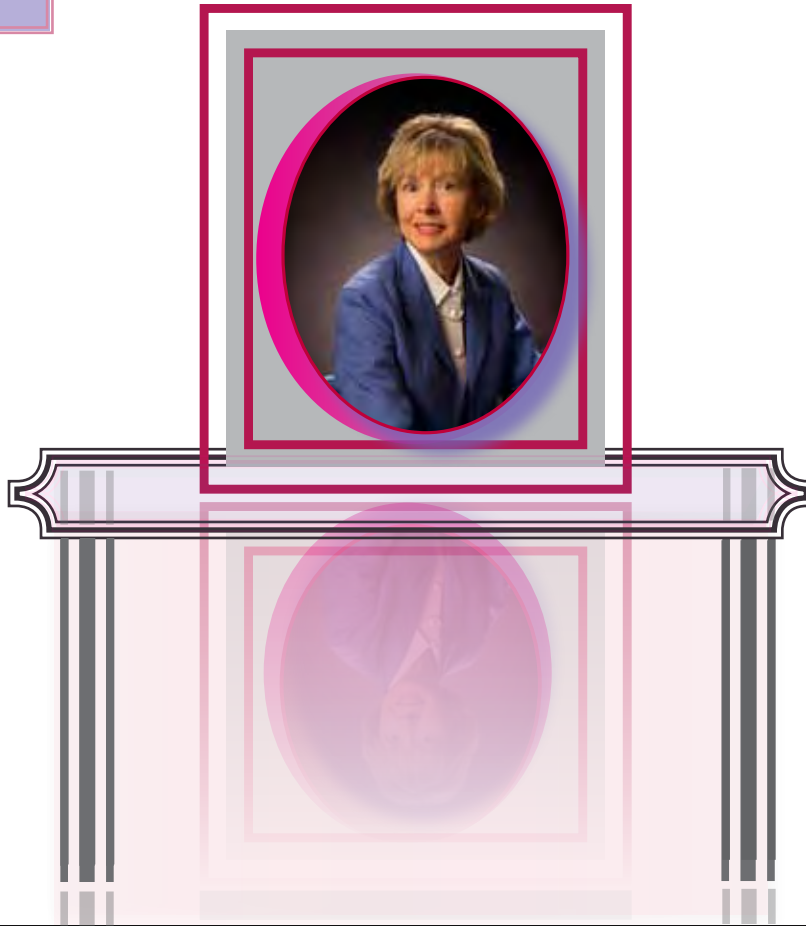
As you will see in the area news section, our area and county staff go above and beyond in the servicing of our WIC participants. We do not have the words to adequately express our appreciation for the impeccable, professional, and efficient work that is being produced.

Because of their hard work and dedication to outreach, in coordination with the state outreach coordinator, our caseload has grown tremendously. Thank you very much area and county WIC for your continued great work.



# AREA 1 NEWS

**Dianne Lollar,  
Area Nutrition Director**

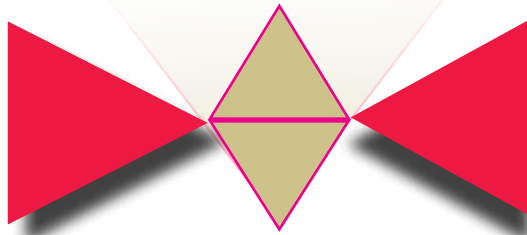


The Area 1 Nutrition Director and WIC Coordinators donated food items to the Main Street Ministries, a food pantry in Double Springs, Alabama during their December staff meeting in Winston County. In attendance at the meeting were Paige Taylor, R.N. Marion County Health Department, Blake Stone, MS, RD, Colbert County Health Department; Danna Rutz, RD, Lauderdale County Health Department; Dianne Lollar, MPH, RD, Area 1 Nutrition Director; Beth Romo, R.N., Winston County Health Department; and James Baird with Main Street Ministries.



*L to R: Paige Taylor, R.N., Marion County; Blake Stone, MS, RD, Colbert County;  
Danna Rutz, RD, Lauderdale County; Dianne Lollar, MPH, RD, Area 1 Nutrition Director;  
Beth Romo, R.N., Winston County; James Baird of Main Street Ministries*





#### Winston County

The Winston County WIC Team increased the WIC caseload by 27.8% from January to September 2010. In recognition of their efforts, Dianne Lollar, Area 1 Nutrition Director took the staff to lunch and presented them with a plaque for their efforts. Pictured below is the Winston County WIC Team.



*L to R: Anita Gaither, Darlene Aderholt, Rita Cornelius, Beth Romo, Judy Stephens, Brenda Hicks*

#### Walker County

The Walker County WIC Program participated in a health fair sponsored by Walker Baptist Hospital on November 5, 2010, in Jasper. Walker County was represented by Laura Goodwin Carter, University of Alabama Dietetics student and Leigh Ann Colvin, RD, WIC Coordinator



*L to R: Laura Goodwin Carter, University of Alabama Dietetics student and Leigh Ann Colvin, RD, WIC Coordinator*

#### Lauderdale County

Lauderdale County welcomes Rosa Mendoza, language interpreter to their staff.



*Rosa Mendoza, Interpreter*

#### Colbert County

Colbert County welcomes Sadedra Slay and Danielle Fisher, Breastfeeding Peer Counselors to their staff.



*Danielle Fisher, Breastfeeding Peer Counselor*

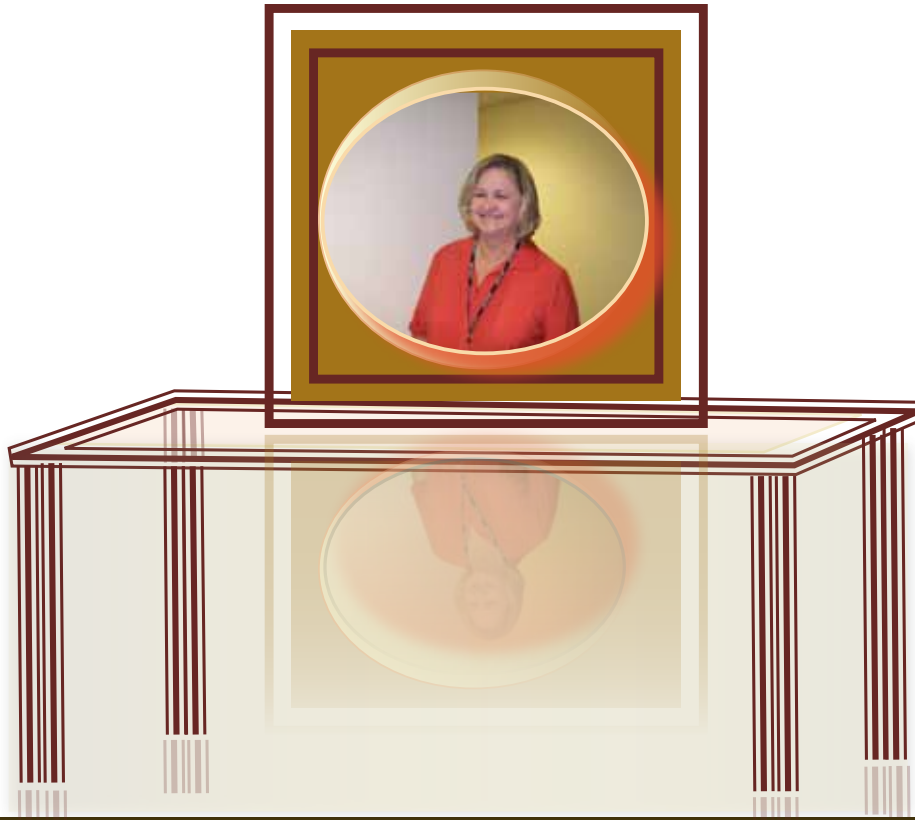


*Sadedra Slay, Breastfeeding Peer Counselor*

# AREA 1 NEWS

# AREA 2 NEWS

**Shelia Osborn,  
Area Nutrition Director**



## Morgan County

WIC staff and clients in Morgan County are now enjoying a bright, child-friendly atmosphere with improved patient flow due to a welcomed facelift. The WIC facilities are located in an area of the Morgan County Health Department formerly occupied by a state lab. The staff has done a great job in providing services to their 4,000 participants in less than optimal space according to Shelia Osborn, Area 2 Nutrition Director. With WIC funds allocated for renovation, this area has been transformed to improve service to the participants and to create a more desirable work environment.

*The Before Picture of the Morgan County Health Department Entrance*



*The Before Picture of the Morgan County Health Department Waiting Area*

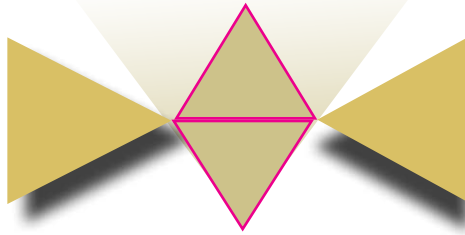


*The After Picture of the Morgan County Health Department Entrance*



*The After Picture of the Morgan County Health Department Waiting Area*





Before and After WIC pictures of the Morgan County health department in Decatur.



*Before - Directions to WIC*



*Before - Old WIC Waiting Area*



*After - Directions to WIC*



*After - New WIC Waiting Area*



*Before - A Storeroom*



*Before - An Old WIC Classroom*



*After - A New WIC Classroom*

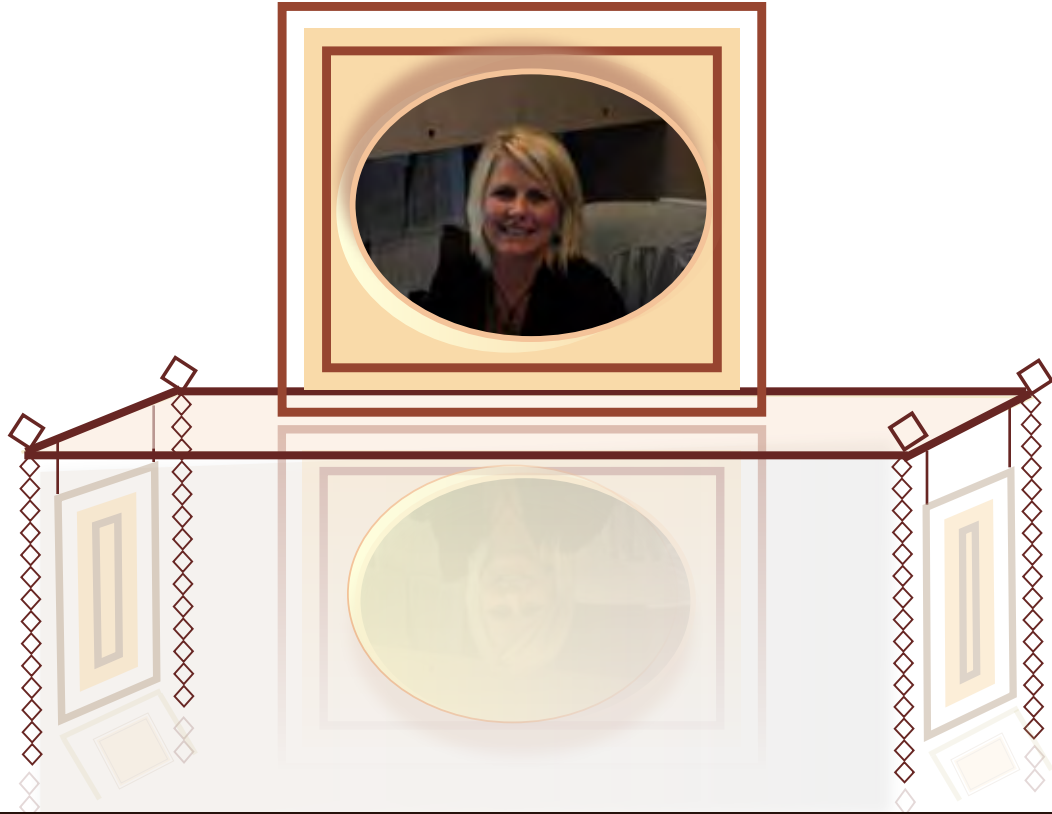


*After - A New WIC Office*

# AREA 2 NEWS

# AREA 3 NEWS

**Renee Cole,  
Area Nutrition Director**



The Pickens County Health Department was built in 1982 and has undergone its first major remodeling ever in 2010. Currently, Pickens County has about 700 WIC patients enrolled.

Jennifer Pate, Nutrition Associate, Pickens County, has been employed with the Alabama Department of Public Health for fourteen years. Jennifer says, what she enjoys about her job is her new WIC office and waiting room, and getting to know her WIC clients. Jennifer was raised in Tuscaloosa County, and got her degree from the University of Alabama in Food and Nutrition. She has been married to Brian Pate for 14 1/2 years and has two sons, Preston age 11, and Landon age 8. In her spare time, she loves to read, paint, and volunteer at each of the schools where her sons attend. She also teaches Sunday School for the three year olds in her church and sometimes she likes to go hunting and fishing with her boys.



*Pickens County New Waiting Area*



*Pickens County New Intake Area*

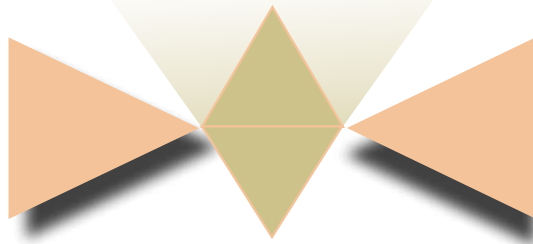


*Pickens County New WIC Playroom Waiting Area and New WIC Office*



*Jennifer Pate, Nutrition Associate - Pickens County*





Stephanie Smith is the main WIC clerk in Pickens County. She has been working with the Alabama Department of Public Health for seven months. Stephanie says what she likes best about her job is seeing her WIC kids and her new office space. Stephanie was born in Tuscaloosa but raised in Pickens County. She has been married for 28 years and have two grown sons and one grandson. In her spare time she enjoys her farm animals and cross-stitching.



*Stephanie Smith, WIC Clerk - Pickens County*

Cindy Seymer helps out with WIC in Pickens County. Cindy mainly works in Family Planning but also works with WIC when needed. She says she enjoys her job because of all the different people she gets to meet. Cindy was born and raised in Pickens County. She has one brother, one son, and a nephew. She says in her spare time she loves to do things with her family.



*Cindy Seymer, Pickens County*

Jennifer Spencer serves the counties of Pickens, Lamar, and Greene as the WIC Outreach Coordinator.



*Jennifer Spencer, WIC Outreach Coordinator*

We, the Area 3 nutritionists, all attended the combination Christmas party and meeting in December 2010. We had a meeting in the morning and in the afternoon we participated in some team building activities that enabled us to get in touch with our creative side. We created our own version of Sips and Strokes. Renee Cole, Area Nutrition Director, brought the easels and paint, and we enjoyed our time together being artsy. At our Christmas meeting, we also gathered presents and gifts for four of the children from the "giving tree" at work.

Joane Loden, one of our Breastfeeding Peer Counselors came to give a report on how our Breastfeeding Peer Counseling program was progressing here in our area. Sadly, she announced that she was moving and had to resign due to her husband graduating and getting a job in Arkansas.



*Gloria Lewis, Jennifer Pate, LeeAnn Wagner, Joane Loden, Breastfeeding Peer  
Sailaja Reddy, Denise Hamm, Sandy Wilson, Counselor  
Dorinda Jones, Renee Cole*

# AREA 3 NEWS



# AREA 4 NEWS

**Jeanne Baker,  
Area Nutrition Director**

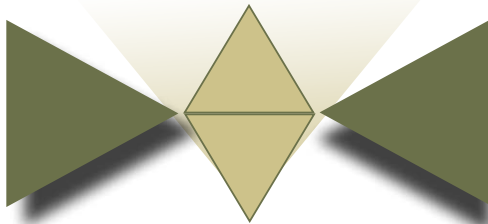


Bonnie Jenkins, Health Promotions Summer Intern; Suman Madan, WIC Coordinator, West End Health Center; and Jeanne Baker, Area Nutrition Director, attended the Healthy Kids, Healthy Communities event at Pepper Place Farmers Market. Bonnie demonstrated the amount of sugar and fat in various drinks and foods while Suman and Jeanne promoted the WIC program. The Healthy Kids, Healthy Communities initiative had another event at the East Lake Farmers Market in September 2010 where they once again participated in and promoted WIC.



*L to R: Bonnie Jenkins, Health Promotions Summer Intern; Suman Madan, WIC Coordinator, West End Health Center; Jeanne Baker, Area 4 Nutrition Director*

**WIC Toll-Free Telephone Number: 1-888-942-4673 / WIC website: [www.adph.org/wic](http://www.adph.org/wic)**



Jefferson County

Caroline White, MA, RD, was hired in May as the Outreach Coordinator and has been very busy promoting WIC all summer. She has arranged our participation at health fairs all across Jefferson County and organized our participation in Jefferson County Committee for Economic Opportunity's (JCCEO) Head Start registration where 1,700 children were seen in over a two week period. Two-hundred ninety-one WIC appointments were scheduled during those two weeks and one-hundred thirty-three new participants were gained across our six health centers.



*L to R, Nora Seals, from West End Health Center, and Lindsay Adler, from Eastern Health Center, at the Brookwood Mall Back to School Blast*



*L to R, Caroline White with Janice Rogers on Fox 6 Good morning Alabama Promoting BabyPalooza.*



*Suman Madan (right) talking with a potential participant.*



*BABYPALOOZA was a Zoo-za!*  
*L to R, Jeanne Baker, Area 4 Nutrition Director; Caroline White, Area 4 Outreach Coordinator; Suman Madan, WIC Coordinator, West End Health Center.*

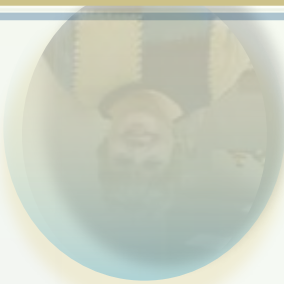


*(left to right) Celisia Burke (Eastern Health Center), Tashema Batch (Central Health Center), Suman Madan (West End Health Center), Jeanne Baker, (Area 4 Nutrition Director), Natalie Clements (Morris Health Center), Janet Beasole (Bessemer Health Center), Laura Morrison (Western Health Center)*

# AREA 4 NEWS

# AREA 5 NEWS

Reba Brannan,  
Area Nutrition Director

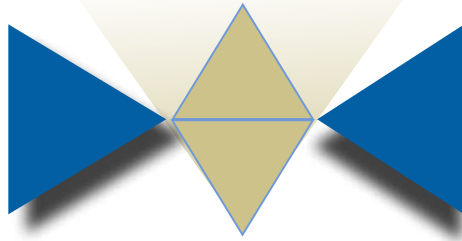


## Etowah County

Etowah County is excited to have their new Peer Counselors! Amanda Stephens, Patierra Knight, and Nancy Lovoy. They are doing a great job and we are looking forward to increasing our breastfeeding rates.



*L to R: Amanda Stephens, Patierra Knight, and Nancy Lovoy*



The Shelby County WIC staff moved into their new area of the Health Department on October 25, 2010. The renovation was paid for with funds from USDA. Nutritionists and interpreters used their creative skills to make the new area kid friendly with a Sesame Street theme. Shelby County WIC staff pictured with Elmo on the front door.



*L to R: Suzanne Walker, Ann McClendon, Laura Griffin and Michelle Rybackj*



*Sesame Street character, Cookie Monster*



*Children friendly waiting/play area*



*Scarecrow at Intake area*



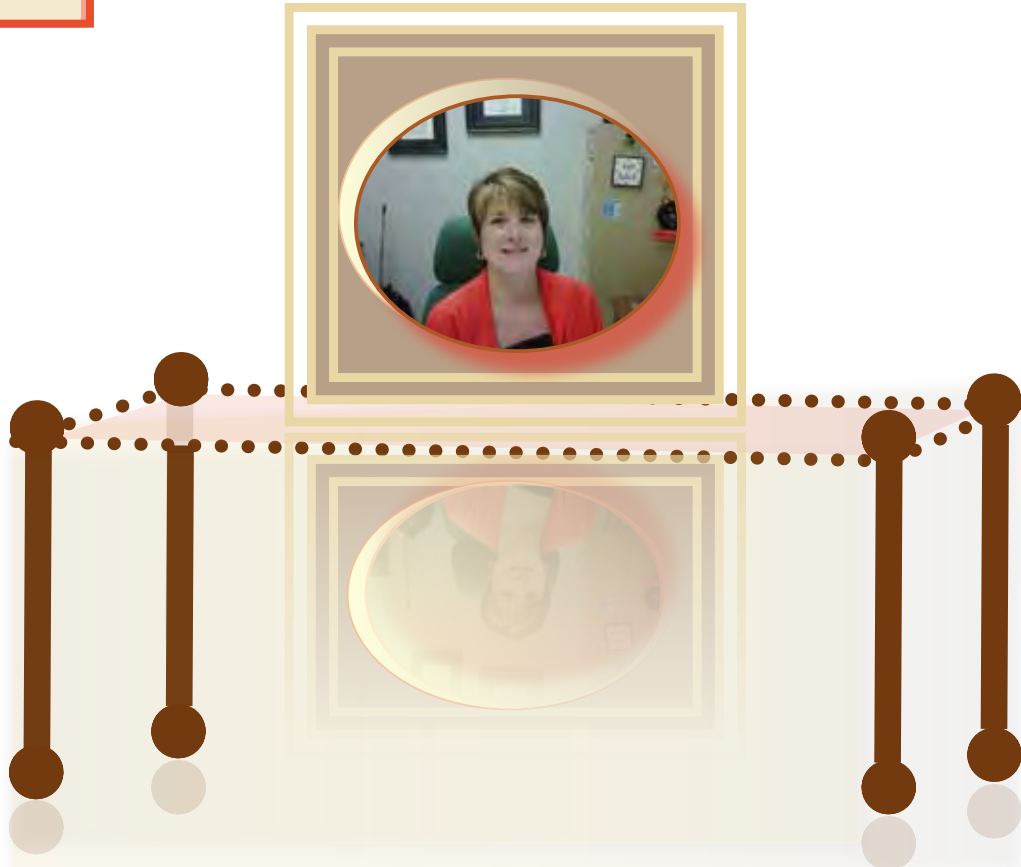
*Sesame Street character, Cookie Monster on skateboard*

# AREA 5 NEWS



# AREA 6 NEWS

**Cindy Templeton,  
Area Nutrition Director**



## Calhoun County

The Calhoun County WIC program has recently hired three peer counselors, Jolie Black-Bear, Samaya Scott, and Lindsey Ingram. Currently they are training with Alexis and are looking forward to working with WIC mothers. Becky Dawson, Nutrition Associate, says these ladies will provide much needed support to our breastfeeding moms. We welcome them to the WIC family! With the recent WIC funds Calhoun County purchased a glider rocker, ottoman and changing table for the Moms' Breastfeeding room. Thanks to Jana Bryant, Registered Dietitian for assembling the furniture.

"Now breastfeeding moms have an attractive and comfortable space for feeding and changing baby," says Cathryn Bates, Nutrition Associate.

## Chambers County

Chambers County WIC staff and clients are so excited to have the Sesame Street Cookbooks. "The children love the Sesame Street characters and parents seem to be encouraged to try new recipes," says Karla Chastain, Registered Dietitian. Rumor has it that this particular cookbook was recently featured on a popular daytime talk show !!



*L to R: Samiyah Scott, Lindsey Ingram,  
and Jolie Black-Bear*



*New Furniture for Mom's  
Breastfeeding Room*

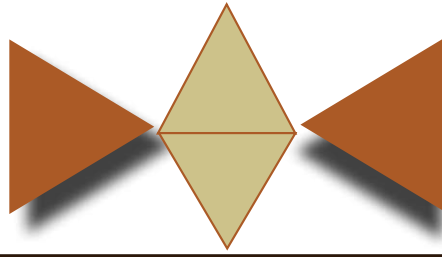


*Child of clinic staff holding  
Sesame Street Cookbook*



*Karla Chastain, RD and children  
reading Sesame Street Cookbook*





Clay and Cleburne Counties

Jenny Adams, Registered Dietitian, designed the Winter Season Fruit and Vegetable bulletin boards for both Clay and Cleburne Counties. Jenny says patients ask more questions about the fruits and vegetables allowed with the cash value voucher because of the information on the bulletin board. Jenny also made use of the cover of the out dated nutrition risk books for another bulletin board. Clever idea!!



WIC Bulletin Boards for Clay and Cleburne designed by Jenny Adams

Tallapoosa County

The Tallapoosa County WIC staff continues to work with the staff at Russell Medical Center (RMC), representatives from local physician offices, Medicaid, and Gift of Life to provide information to new moms about the WIC program and breastfeeding. RMC's lactation specialist organized a January meeting to discuss breastfeeding goals and progress. We are pleased to report an increase in breastfeeding rates since our first meeting in April 2010. Those attending from the Health Department were Candy Harkins; Nutrition Associate, April Foster, Outreach; and Debbie Thompson, Registered Nurse, Nursing Supervisor.



LtoR; Debbie Thompson, RN; Martha Boyd, RN,RMC; Sandra Patten, RN, Rmc; Candy Harkins, NA; April Foster, Outreach

Talladega County

We are excited to introduce Blair Sims, Nutritionist, Talladega County WIC. She began her WIC career January 3, 2011. Blair, a native of Talladega, is a graduate of the University of Alabama and completed her dietetic internship in July 2010. During her internship she spent eight weeks with the Talladega WIC program. After orientation Blair will be working in the Sylacauga office where renovations were completed just a few months ago. The community room was renovated and has two WIC provider offices, a large waiting area for WIC participants plus storage areas. Anna Keith, Registered Dietitian; Yolonda James, Nutrition Associate; and the WIC participants are very pleased with the new surroundings!



WIC Waiting Room - Sylcauga



Blair Sims, Nutritionist

Coosa and Randolph Counties

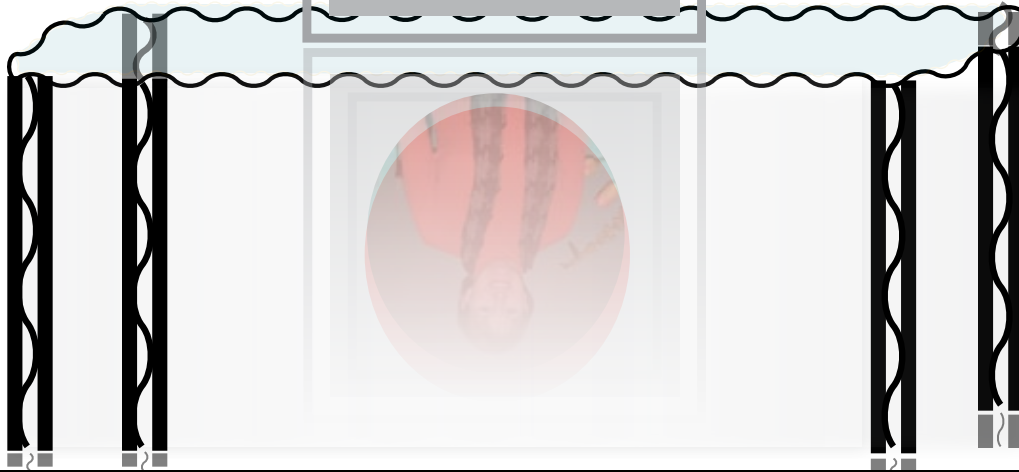
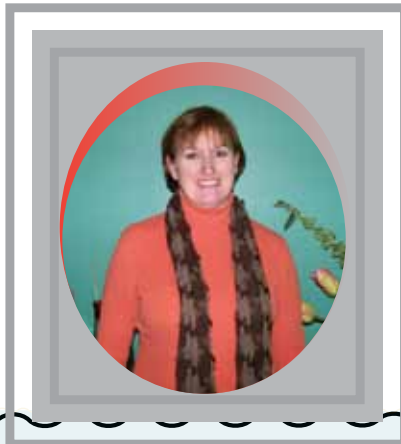
Colorful, fun rugs were purchased with WIC funds in Coosa and Randolph Counties. Jenny Knox, Registered Dietitian, says that the rugs are a great way to entertain and educate children and parents in the clinic. A hopscotch rug in the waiting area also encourages physical activity.



New WIC Rugs for Coosa and Randolph Counties

# AREA 6 NEWS

**Denise Pope,  
Area Nutrition Director**



## Choctaw County

The Gilberttown satellite clinic is scheduled to open February 2011. The clinic will rent space from the Franklin Primary Health Center. This clinic will be open one day per month and will increase its days of operation as the caseload increases.

## Hale County

Jane Neill, RD served as a preceptor for two senior dietetic students from the University of Alabama during the fall semester. The two students, Lorianne Click and Kendall McGiffert, presented a community program to Hale County citizens entitled "Healthy Holiday Eating" on December 2, 2011. They also prepared healthy recipes for the attendees to sample.

## Lowndes County

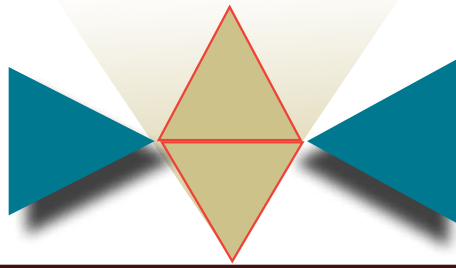
Sakitha Hall, ASA II, began employment at the Lowndes County Health Department October 18, 2010. Sakitha has been assigned the WIC clerk responsibilities. We are excited to have Sakitha working in Lowndes County!

## Dallas County

Congratulations to Rebecca Stewart, RD for recently passing the exam to become an International Board Certified Lactation Consultant (IBCLC)! This required many hours of studying to pass this comprehensive exam. Way to go Rebecca! Dallas County received WIC NSA funds to renovate the WIC clinic area. The renovation began in December 2010 and is now complete. The renovation involved creating a WIC clerical intake room, creating a WIC storage closet for formula, and creating a WIC registration window in the front lobby. These renovations are expected to improve the clinic flow throughout the building for the Dallas County Health Department WIC participants.



*Rebecca Stewart, RD,  
Dallas County*



## Marengo County

The Demopolis satellite clinic officially opened November 3, 2010. The clinic is open every Wednesday and is staffed by Tina Parker, NA, and Judy Williams, ASA II.



*Demopolis Clinic, Exterior*



*Judy Williams, ASA II and  
Tina Parker, NA*



*Uniontown Clinic Renovations*



*Uniontown Clinic Renovations*

## Sumter County

Nikki Sanford, Area 7 Outreach Coordinator, has been working with Sumter County Opportunity, Inc. to increase participation in WIC among Head Start children in Sumter County. The Head Start staff sent home surveys in the Fall asking parents if their child was participating in WIC. If not, a referral was given from Head Start encouraging them to apply for WIC. Nikki also gave a presentation to all Head Start teachers and staff about WIC.



*Demopolis Clinic Lobby*



*Demopolis Clinic Street Sign*



*Nikki Sanford, Outreach Coordinator*

## Wilcox County

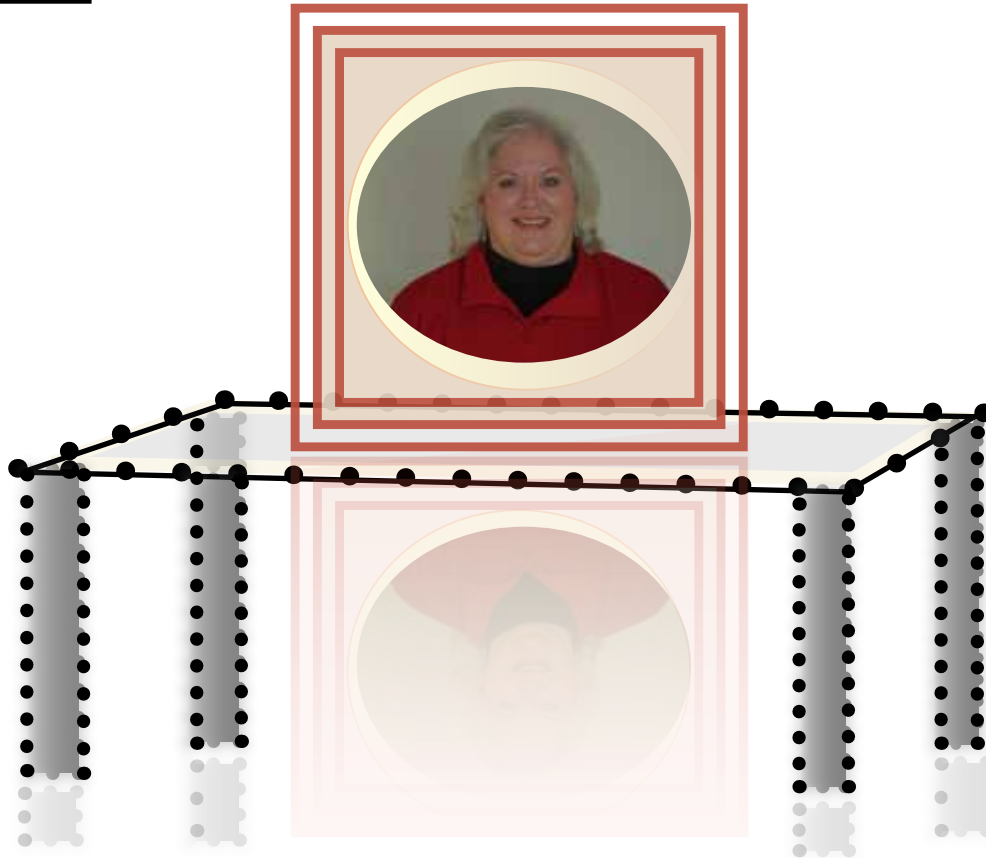
The Wilcox County Health Department is happy to announce the addition of Shanna Huggins, RN, to the staff. Shanna began her employment September 20, 2010. Shanna and her husband are expecting their first child in April, 2011.

## Perry County - Uniontown

The Uniontown satellite clinic received WIC NSA funds to renovate the entrance to the clinic. A new porch with handicap access was created and other improvements were made to the exterior of the building during November.

# AREA 7 NEWS

**Alisa Champion,  
Area Nutrition Director**



Amy Cleckler, Nutrition Associate, is the Outreach Coordinator for Autauga, Chilton and Elmore Counties. On December 2, 2010, Amy Cleckler attended the Elmore/Autauga Community Action Committee Head Start/ Early Head Start Health Advisory Committee Meeting representing the WIC Program. Information was shared among the agencies promoting all programs represented. On December 3, 2010, Amy represented the Autauga County WIC Program and displayed a booth at health fair at the Prattville Walmart. She shared information on WIC and distributed outreach supplies (pens, cups, bracelets and coloring sheets) to her audience.

Amy Cleckler represented the Chilton County WIC Program by attending the Health Fair at the Clanton Walmart on November 3, 2010. A booth was set up displaying WIC handouts, pens, cups, bracelets and coloring sheets. Also, on November 10, 2010, Amy represented the Chilton County WIC Program at the Chilton County Interagency Roundtable meeting held at the Godbee Medical Center in Clanton, Alabama. In addition, Amy represented the Chilton County WIC Program at the Clanton Walmart Health Fair on December 4, 2010, by displaying information about the WIC Program in a booth at the Health Fair.

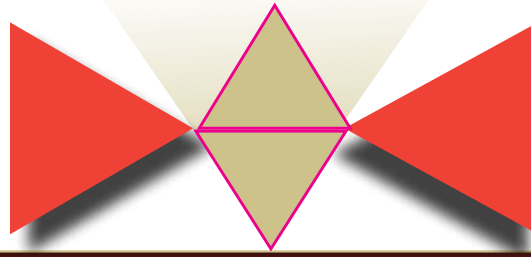


*Amy Cleckler and Kathy Ricks*

## Lee County

On November 5, 2010, Jessica Shelton met with staff from the Auburn Public Library. After the meeting, she was able to set up posters and brochures throughout the library. She also used the "Fruits and Veggies: More Matters" materials to educate the community about healthy food choices. Jessica also provided WIC outreach to various child care centers in the Auburn/Opelika area.





On November 8, 2010, Jessica Shelton spoke at the CHOICES program in Opelika. The participants are pregnant teens who wish to continue their high school education during and after the pregnancy. Her presentation included the benefits and eligibility requirements for WIC, healthy eating during pregnancy, and the benefits of breastfeeding. The director was very appreciative of the information she presented and asked if she could return in the Spring of 2011.

On December 9, 2010, Jessica dropped off WIC brochures and posters at various pediatrician and OBGYN offices in Opelika. She also provided WIC information to the Community Market Food Bank and the Employment office.



*Jessica Shelton, NA, Outreach Coordinator for Lee and Russell Counties*

#### Russell County

On November 2, 2010, Jessica Shelton traveled to the high schools located in Russell County. She spoke with each school nurse about the benefits and eligibility requirements for the WIC program. She also shared what breastfeeding resources are available for our participants. She also carried brochures to locations in the community such as the Public Library, Head Start, and the local food bank/shelters. On November 16, 2010, she provided WIC outreach in Phenix City. WIC posters and brochures were provided for child care centers in the area. On December 13, 2010, she provided WIC materials to Pediatricians and child care centers in the Phenix City area.



*Chequetta Johnson, Social Worker, Bullock County's Outreach Coordinator*

#### Bullock County

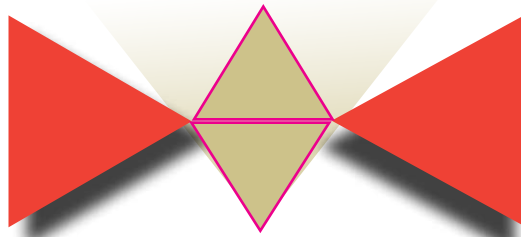
On November 1, 2010, Chequetta Johnson attended the Children's Policy Counsel Meeting with local officials and discussed the benefits and importance of WIC in ensuring a more healthy community and stressed the importance of education regarding healthy food choices. On November 5, 2010, she visited local grocery stores, Head Start, and several local business which included the Department of Human Resource (DHR), Wayne Farms, Extension Office, OCAP Head-Start and distributed WIC information regarding benefits and eligibility to potential clients. She provided one store manager, upon request, with brochures with WIC approved foods to aid store employees in assisting customers. She spoke with the Head Start Director about the potential for another presentation at a quarterly parent meeting. Throughout the month of November, she called and scheduled missed appointments. She also provided WIC outreach to various day care centers, doctors' offices, and pharmacies in the Bullock County area.

#### Macon County

On Tuesday, November 2, 2010, Tracey Mindingall went to the Macon County Department of Human Resources. Tracey met with Mr. Courtney Hall and Ms. Sendena Stewart and gave

# AREA 8 NEWS





an overview of the WIC program and its eligibility requirements. Ms. Stewart is the Resource Developer for the Macon County Department of Human Resource (DHR) and was pleased to know that individuals can be adjunctively eligible to receive WIC if they receive food stamps (SNAP), Medicaid or TANF. Also, Ms. Stewart introduced Tracey to Ms. Annie Reese, Coordinator of TANF and the Macon County Task Force. She also went to Precious Angels Day Care, Divine Inspirational Day Care and By His Grace Day Care and Learning Centers. She spoke with individuals at each day care center and left WIC brochures and income guideline sheets and contact information for the Macon County Health Department.

On November 9, 2010, Tracey Mendingall attended a Home Instructions for Parents of Preschool Youngsters (HIPPI) meeting at George Washington Carver Elementary School at 9:30 am. Ms. Juanita Pierce is the Coordinator of the Macon County HIPPI Program. HIPPI focuses on parents of three, four and five year olds and provides in home visits to the parents once a week. She was informed that HIPPI is an international program with 30 sites in Alabama. On November 17, 2010, she attended the Macon County Jobs Task Force meeting at DHR. There were several agencies in attendance, including the Tuskegee/Macon County Headstart program, the Macon County Cooperative Extension program, a member of the Tuskegee City Council as well as DHR employees and interns. She gave a general overview of WIC in her presentation.



*Tracey Mendingall, NA,  
Outreach Coordinator for  
Macon County*

## Montgomery County

On November 20, 2010, Carmalita Green and LaCarsha Witherspoon attended the annual Health and Wellness Day hosted by William Silas Garret Elementary School from 8 am – 12 noon. The target audience was the school aged children and their parents. They gave out nutrition education materials to include: Fruits and Vegetables More Matters handouts, Move to low-fat milk handouts, food guide pyramid, recipe books, bags, and information on who qualifies for WIC and how to sign up for WIC.

On December 2 and 10, 2010, LaCarsha traveled to several local grocery stores. She took along the new cash value voucher and WIC approved foods brochures. This was done to promote the use of positive messages to WIC approved vendors regarding fresh fruits and vegetables and clarifications of what fruits and vegetables are WIC approved. The vendors were very receptive and appreciative of the information presented and asked if LaCarsha would return on a quarterly basis and present this information to the managers and lead staff associates.

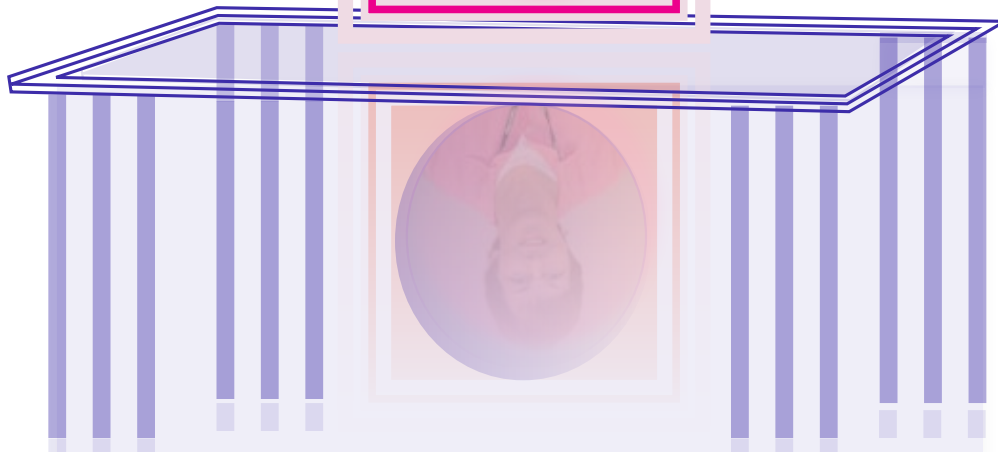


*LaCarsha Witherspoon, NA, Outreach  
Coordinator for Montgomery County*

# AREA 8 NEWS

# AREA 9 NEWS

**Nancy Johnson,  
Area Nutrition Director**



There are many new faces working in the clinics of Public Health Area 9. In Baldwin County, the new employees are Nancy Hunter, Lisa Weatherwax, Melinda Ferrell, Kelley Upchurch, Alana Salter, RD, Yasmin Lopez and Sarah Beth Cera. Other new employees in Area 9 include Lynda Brooks, RN, in Butler County; Kim Carter in Covington County; Charlotte Jernigan and Veronica McKinney in Escambia County; Debra Oakley, RN, in Monroe County; and Carla Corr as Area 9 floater WIC staff.

## Baldwin County

Baldwin County now has an evening WIC clinic every Thursday night with appointments available as late as 6:00 PM. This clinic has been very beneficial to our WIC parents who are unable to take time off from their jobs during the day.

The Breast feeding Peer Counseling Program is now available at the Robertsdale clinic in Baldwin County. The new Peer Counselors are Amber Giddings, Amber Cales, and Stephanie Akins.

In December 2010, a satellite WIC Clinic opened at the Mid Pointe Plaza on Highway 59 halfway between Foley and Gulf Shores.

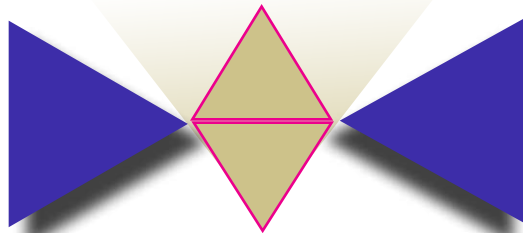
One of the goals of the new clinic is to serve the families affected by the BP Oil Spill and also accommodate WIC families that might have limited transportation to the other WIC clinics in Baldwin County.

*L to R: Kelley Upchurch, ASA 99 and Alana Salter, RD New WIC Satellite WIC Clinic - Mid Point Plaza*



## Butler County

The Butler County Health Department is using their new digital sign to promote WIC services by reminding the WIC participants to pick up their WIC vouchers. The clinic staff has been working for the past few months to enrich their sub-waiting area with more educational opportunities for the patients to view while waiting for their appointments. They are excited with the recent WIC purchases of the new flat screen TV to view educational DVDs and the new glass enclosed bulletin board to use with the Area 9 Nutrition Education Plan promoting more fruits and vegetables.



## Clarke County

With the additional WIC funds that were available last year, Clarke County purchased a laptop computer to enhance their SNE classes. Cynthia Turberville, RD, has developed power point presentations on topics such as "Reasons to Incorporate Fruits & Vegetables" and "Reading Labels". The visual effects of the power point slides have truly strengthened the nutrition message for the WIC participants.

## Conecuh County

Mary Arnold, RN, has developed some very eye appealing bulletin boards for the sub waiting room at the Conecuh County Health Department. Her current bulletin board topics are "Breast Milk is the Best Milk", "Fruits/Veggies More Matters", and "Play with a Child and Stop Obesity". As we all know, a picture is worth a 1000 words and/or promoting good nutrition messages!



*Conecuh County Bulletin Boards designed by Mary Arnold, RN*

## Covington County

Teresa Marshall, RN, reports that the new Sesame Street cookbooks have been a big hit at the Covington County Health Department. The clinic providers are encouraging the parents to get their children involved in preparing some of the exciting recipes found in the cookbook.

## Escambia County

The fall WIC garden was a big hit for the WIC children at the Escambia County Health Department in Brewton. Phyllis Redmon, Nutrition Associate, with the help of the WIC children grew radishes, carrots, different types of greens, cabbage, and pole beans. The carrots did really well in the garden. For the spring garden, plans are to plant tomatoes, okra, cucumbers, cantaloupes, and corn.

*Phyllis Redmon, NA, with help of WIC children grew a WIC Garden*



## Monroe County

With the recent additional WIC funds, the Monroe County Health Department just completed renovation work of their front counter. This remodeling of the counter now provides a spacious area where two computers are now being used to better serve the WIC clients. The wood veneer and marble countertop adds much attractiveness to the lobby area.

*The Remodeled Monroe County Front Counter*



## Washington County

The Sesame Street cookbooks have been very popular with the WIC participants in Washington County. Kaye Odom, RN, is asking the children to report back at their next WIC appointment what their favorite recipes are. Also with the recent additional WIC funds, a "funny mirror" was purchased for the children to entertain themselves while they are waiting in the sub-waiting room to be seen by the provider.

# AREA 9 NEWS

# AREA 10 NEWS

**Debbie Curran,  
Area Nutrition Director**



On December 13, 2010, county WIC coordinators from across Area 10 attended a Christmas meeting at Coffee County Health Department.



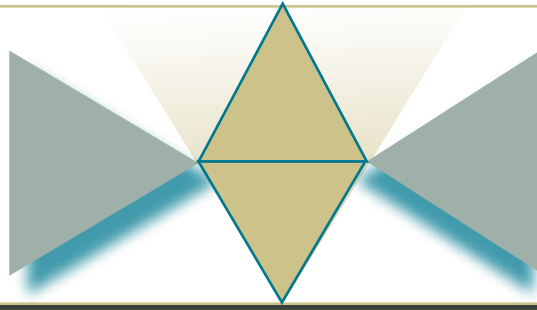
*Seated (L to R): Debbie Curran, Area Nutrition Director and Ann Miller  
Standing 1st Row (L to R): Corey Kirkland, Karen Campbell, Karen Tipton, Amy VandeLune  
Back row (L to R): Jody Lee, Maleia Reynolds, Theresa Person, Patty Rushing, Rick Brewer and Mary Fairfield*

Breastfeeding Peer Counselor, Anna Grace, conducts monthly breastfeeding classes at Pike County Health Department.



*L to R: Anna Grace, BFPC; Tewanda Griffin, WIC mom; Jody Lee, Pike Co. WIC Coordinator*





## Geneva County

Geneva County employees waited anxiously for the completion of their new health department. Although the move in date changed several times, they finally moved into their new building on January 31, 2011.

Santa paid a visit to Geneva County Health Department on December 21, 2010. The first three little boys that talked with Santa were so excited, and told the staff that this was their very first time to be able to talk with Santa.



*New Geneva County Health Department*



*(Front Row) LtoR: Linda Owens and Crystal Day  
(Back Row) LtoR: Brittnay Hornsby, Amy VandeLune,  
Ginger Vann and Rick Brewer*

## Houston County

Construction has begun at Houston County Health Department to add storage and two WIC offices. Thanks for the additional WIC funding to make this possible.

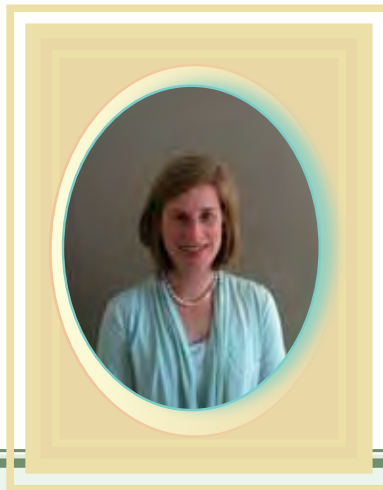


*Construction of Houston County Health Department*

# AREA 10 NEWS

# AREA 11 NEWS

**Elizabeth Smith,  
Area Nutrition Director**

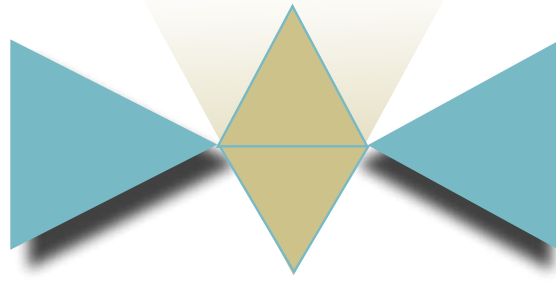


Congratulations to Elizabeth Smith, Area Nutrition Director, who was recently awarded the Employee of the Year award for the Mobile County Health Department. Pictured below is Area 11 Health Officer, Dr. Bernard Eichold and Elizabeth receiving the award. The presentation for the "Employee of the Year award" was held at the Mobile County Health Department's Annual Training Program.



*Dr. Bernard Eichold, Area 11 Health Officer and Elizabeth Smith,  
Area Nutrition Director receiving employee of the year award*

**WIC Toll-Free Telephone Number: 1-888-942-4673 / WIC website: [www.adph.org/wic](http://www.adph.org/wic)**



Elizabeth Smith, R.D., Nancy Roman, R.D., Rachel Myers, R.D., Susan Calagaz, R.D., Minette Elder, R.D. and Kimbe Hawthorne are helping Area 11 Scaleback. We currently have 80 Mobile County Health Department employees enrolled in Scaleback. The dietitians are offering "Lunch and Learn" sessions every Wednesday to motivate employees enrolled in Scaleback Alabama!

April 6, 2011, Area 11 will open a satellite clinic in Mount Vernon located in North Mobile County. The facility will serve the increasing needs anticipated with the ThyssenKrupp Steel Mill in Calvert, Alabama.

Deiadre Anderson-Thomas and Joanne Brooks are standing in front of their bulletin board encouraging WIC participants at the Eight Mile Clinic to increase fruit and vegetable consumption.



*Deiadre Anderson-Thomas and Joanne Brooks*



*Semmes WIC Clinic - Exterior*

Area 11 recently relocated our Semmes Clinic to a larger facility. This facility allows the staff to accommodate a greater number of participants in need and is open five days a week. Marisol Munz has recently joined our staff as a Hispanic Interpreter in Semmes. She is working to improve communication with our Hispanic participants and recruit more Hispanics to the program.



*Marisol Munz, Janita McCreary, and Angelia Hall*



*Semmes WIC Clinic - Interior*

# AREA 11 NEWS



# WIC Tips



Featuring Winter Fruit and Vegetable  
Recipes

## COLLARD GREENS

### NUTRIENTS IN COLLARD GREENS:

Vitamins: A, C, and folate; calcium and fiber.

### SELECTION:

Choose bunches with dark green leaves with no yellowing.

### STORAGE:

Refrigerate collard greens in a plastic bag for up to 5 days.

### QUICK FIX TIPS:

- Enjoy collard greens that have been cooked and sprinkled with lemon juice and olive oil.
- Sauté collard greens, garlic, and tofu for a flavorful and healthy main course.
- Add collard greens to soups and stews for extra flavor and nutrition.

Prep Time: 65 Minutes

Serves: 8

Cups of Fruits and Vegetables per Serving: 1½

### Ingredients:

- 4 pounds collard greens
- 2 tbsp olive oil
- 3 large garlic cloves, thinly sliced
- 1 cup chicken broth
- 1 tbsp cider vinegar
- 1 tsp salt
- 1 tsp sugar
- ½ tsp crushed red pepper

### Preparation:

1. Remove stems from leaves and cut leaves into 2" pieces.
2. In 8 quart saucepot, heat oil over MEDIUM heat until hot.
3. Add garlic and cook 30 seconds or until golden, stir constantly.
4. Add as many collard leaves as possible, broth, vinegar, salt, sugar, and crushed red pepper. Stir to wilt greens.
5. Add rest of greens in batches.
6. Cover saucepot and cook greens 45 minutes or until very tender. Stir occasionally.

### Nutritional Information per Serving:

Calories: 52; Total Fat: 2.2g;

Dietary Fiber:4g; Sodium:206mg

Recipe is courtesy of Produce for Better Health Foundation (PBH).

WIC Toll-Free Telephone Number:  
1-888-942-4673

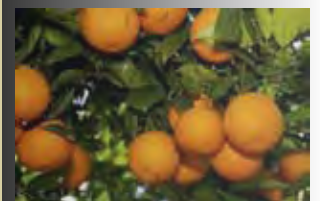
WIC website: [www.adph.org/wic](http://www.adph.org/wic)





# WIC Tips

Featuring Winter Fruit and Vegetable  
Recipes



## ORANGES

**NUTRIENTS IN ORANGES:**  
Vitamins: C and Fiber.

**SELECTION:**  
Choose oranges with firm, smooth skins. They should be heavy for their size.

**STORAGE:**  
Store at room temperature for 1-2 days.  
Refrigerate for 1-2 weeks.

**QUICK FIX TIPS:**

- Make fruit kebobs by putting orange wedges, strawberries, cantaloupe, grapes, bananas, and pineapple on a wooden stick. Dip in chocolate pudding or low-fat fruit yogurt.
- Add oranges to oatmeal for a great start to your day.
- Make a refreshing glass of orange lemonade! Combine freshly squeezed orange and lemon juices, water, sugar, and fresh orange and lemon slices in a pitcher. Pour over ice. Frosty. Orangeliciousness

[fruitsandveggiesmorematters.org](http://fruitsandveggiesmorematters.org)  
Prep Time: 5 Minutes  
Serves: 1

**Ingredients:**

- ½ cup fat-free vanilla ice
- ½ cup orange juice
- 1 orange, peeled and frozen
- 1 teaspoon orange zest (optional)

Cups of Fruits and Vegetables per Serving: 1

**Preparation:**

Place all ingredients in a blender and enjoy!

**Nutritional Information per Serving:**

Calories: 211; Total Fat: 0.4g;

Dietary Fiber: 4g; Sodium: 67mg

**In Season: Orange!**

Recipe is courtesy of Produce for Better Health Foundation (PBH).

WIC Toll-Free Telephone Number:  
1-888-942-4673

WIC website: [www.adph.org/wic](http://www.adph.org/wic)

**Donald E. Williamson, M.D.,**  
State Health Officer

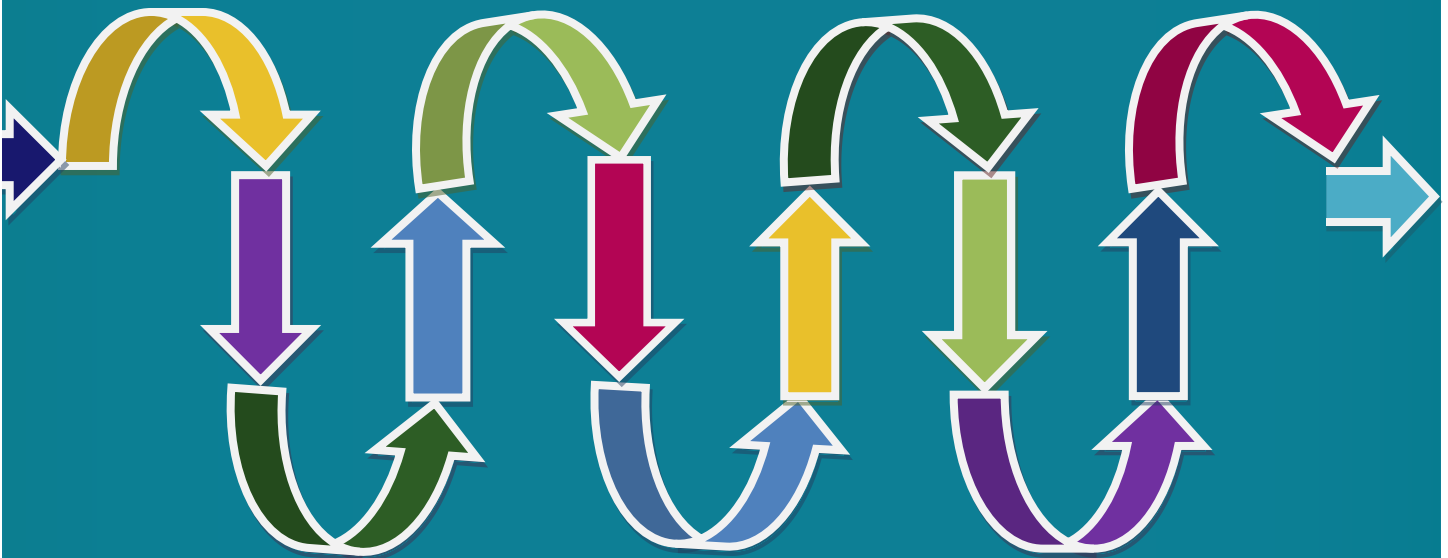
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Bureau of Family Health Services

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