



## 2009 Oregon WIC Statewide Meeting Agenda

Session descriptions follow the agenda on pages 3-4.

### Monday June 22, 2009

Time	Session Name	Notes
8 - 10 a.m.	Registration	
10 -10:15	Welcome	
10:15 - 11:15	General Session - Moving from the Fresh Choices Appetizers to the Seven Course Meal	
11:15 - 12	General Session - A New TWIST on TWIST	
12-1	Lunch	
1:30 - 3	Capturing the Spirit of Fresh Choices	
1:30 - 3	Oh Baby! Infant Feeding with Fresh Choices	
1:30 - 3	Just What the Doctor Ordered: Prescribing Positive Changes to Medical Documentation	
1:30 - 3	Guiding Moms to Fulfill Their Breastfeeding Dreams	
1:30 - 3	The Nitty Gritty of Fresh Choices in TWIST: A Special Session for Special Users	Preregistration required
1:30 - 3	Fresh Choices at the Grocery Store: Viva Las Vendors...The Sequel	
3-3:30	Afternoon Break	
3:30 - 5	Capturing the Spirit of Fresh Choices	
3:30 - 5	Oh Baby! Infant Feeding with Fresh Choices	
3:30 - 5	Just What the Doctor Ordered: Prescribing Positive Changes to Medical Documentation	
3:30 - 5	Guiding Moms to Fulfill Their Breastfeeding Dreams	
3:30 - 5	The Nitty Gritty of Fresh Choices in TWIST: A Special Session for Special Users	Preregistration required
3:30 - 5	Fresh Choices at the Grocery Store: Viva Las Vendors...The Sequel	
5:00	Adjourn	
5:15-6:15	LARD meeting	

**The Answers You Need to Your Questions About TWIST** – App support staff will be available during the meeting to answer your questions. Look for them!

**Tuesday June 23, 2009**

Time	Session Name	Notes
6 - 8	Breakfast	
8:30 - 10:00	The Secrets of Baby Behavior: How Babies Communicate and its Importance on Feeding	Guest Speaker Jane Heinig
10 -10:30	Morning Break	
10:30 -12	Translating Infant Cues into the Group Setting	With Jane Heinig
10:30 -12	Capturing the Spirit of Fresh Choices	
10:30 -12	Oh Baby! Infant Feeding with Fresh Choices	
10:30 -12	The Juicy Details of Fresh Choices	
10:30 -12	The Nitty Gritty of Fresh Choices in TWIST: A Special Session for Special Users	
12 - 1	Lunch	
1:30 -3:00	Oregon WIC Listens Cohort Connection <ul style="list-style-type: none"> <li>• Cohort 1 – Southern Oregon and Washington Co.</li> <li>• Cohort 2 – Eastern Oregon and Clatsop Co.</li> <li>• Cohort 3 – Portland Metro Area</li> <li>• Cohort 4 – Central Oregon</li> <li>• Cohort 5 – Mid-Valley Oregon</li> <li>• Pilot Cohort</li> </ul>	Each cohort will meet seperately
3:00	Adjourn or Break if attending last session	
3:30-5	The Nitty Gritty of Fresh Choices in TWIST: A Special Session for Special Users <b>for Multnomah, Clackamas, and Washington staff</b>	Preregistration required

**Wednesday, June 24, 2009**

Time	Session Name	Notes
TBD	OWCA Meeting	

## Session Descriptions

- Session preregistration is only necessary for “The Nitty Gritty of Fresh Choices in TWIST.”

### **A New TWIST on TWIST**

TWIST is changing with Fresh Choices. Assigning food packages will be super easy with the enhanced Food Package Search screen. We will take a look at the new and improved Food Package Assignment screens. Be prepared to be amazed!

### **The Answers You Need to Your Questions About TWIST**

You may want to find out how to do something faster or easier in TWIST. You may want more information about Fresh Choices in TWIST. Whatever it is, this is your chance to ask. App Support staff will answer your questions about TWIST. Just drop by the App Support Desk.

### **Capturing the Spirit of Fresh Choices**

This session will provide an opportunity for local agencies to practice talking about Fresh Choices using a participant centered approach. Available materials and resources will be used during this hands-on interactive session. This session will include information about the new WIC food packages, the cash value voucher and the revised shopper education materials.

### **Fresh Choices at the Grocery Store: Viva Las Vendors...The Sequel**

We're rolling out the red carpet so you can join us for the world premier of “It's in the Bag!” vendor training video! Meet some of the stars of the video and bring your questions about Fresh Choices, WIC-approved foods, grocery stores, and vouchers to the Q & A session. Get a sneak peek of the behind-the-scenes action as the vendor trainers unveil the new vendor flip book and training tools. Before you exit the theater, the vendor team will provide these vendor training materials for each WIC Clinic to use for staff and participant review. (If your clinic misses the screening, feel free to pick up a packet anytime during the statewide meeting.) Please silence your cell phones, grab some popcorn, sit back, and enjoy the show!

### **Guiding Moms to Fulfill Their Breastfeeding Dreams**

With over 90% of Oregon WIC moms initiating breastfeeding, it's clear that most of the women who pass through our doors have an interest in breastfeeding. In this workshop you will learn how to fine tune your breastfeeding assessment and support skills to act as a helpful guide in assisting each woman to find success in her own breastfeeding journey. Emphasis will be placed on improving one-on-one contacts with pregnant women and those in the early postpartum period. In addition, specific strategies for handling concerns about WIC not providing formula to infants in the first month will be discussed.

### **The Juicy Details of Fresh Choices**

Questions still “gnawing” on you about the new WIC foods? Food packages have you in a bundle? This informal question and answer session will cover what you are interested in talking about related to the new foods and food packages.

## Session Descriptions

### **Just What the Doctor Ordered: Prescribing Positive Changes to Medical Documentation**

This session will cover the in's and out's of using the new WIC medical documentation form and interpreting the new requirements. Attendees will discuss ways to address difficult-to-answer situations and special requests including: formula and food package combinations, TWIST documentation, soy beverages, vegan diets, 12 month issuance, qualifying conditions and more.

### **Moving from the Fresh Choices Appetizers to the Seven Course Meal**

You've been sharing the good news that fruits and veggies, lower fat milk and whole grains are coming. This is only the 'tip of the asparagus'. Now its time to enjoy the full menu of Fresh Choices. Join us for a virtual smorgasbord of options available to provide a food package that best meets your client's nutritional needs.

### **The Nitty Gritty of Fresh Choices in TWIST - A special session for Special Users**

This nuts and bolts hands-on session is perfect for TWIST special users, coordinators, and training supervisors who will be able to share what you learn with your colleagues back home. We will explore the specifics of conversion from the old food packages to the new and how TWIST will help you handle special situations like voiding and replacing vouchers, or selecting and assigning special food packages. Space is limited, so please make sure at least 1 and no more than 2 staff from your agency register for this special session. The Tuesday afternoon session is set aside for Multnomah, Washington, and Clackamas county only. Do not register for the Tuesday afternoon session if you are not from one of these counties.

### **Oh Baby! Infant Feeding with Fresh Choices**

What should we tell moms about WIC provided baby food, developmental readiness, and changes in the amount of formula in the WIC food package? In this session, we'll explore and discuss how to talk to moms and answer potentially difficult questions about these and other changes, using an Oregon WIC Listens approach.

### **Oregon WIC Listens Cohort Connection**

This session will provide an opportunity for the pilot and five Oregon WIC Listens Cohorts to reconnect and to share their experiences and activities related to Oregon WIC Listens. Each Cohort will have the opportunity to discuss ways of promoting Fresh Choices using a participant centered approach. Ideas generated during the discussion will help support Goal 2 of the 2009-2010 WIC Nutrition Education Plan.

### **The Secrets of Baby Behavior: How Babies Communicate and Its Importance in Feeding**

Parents want to understand their babies, yet are often baffled and frustrated by the very behaviors that babies give them. This session will provide insight into how babies communicate through sleep and feeding cues and how responding appropriately can positively affect the infant-parent relationship. Misinterpretation of these cues may lead to decreased breastfeeding, overfeeding, and to the early introduction of solid foods. Presented by guest speaker Jane Heinig.

### **Translating Infant Cues into the Group Setting**

Join Jane Heinig in this part lecture, part facilitated discussion to learn how to transfer the lessons from her infant cues study to your prenatal and early postpartum classes.