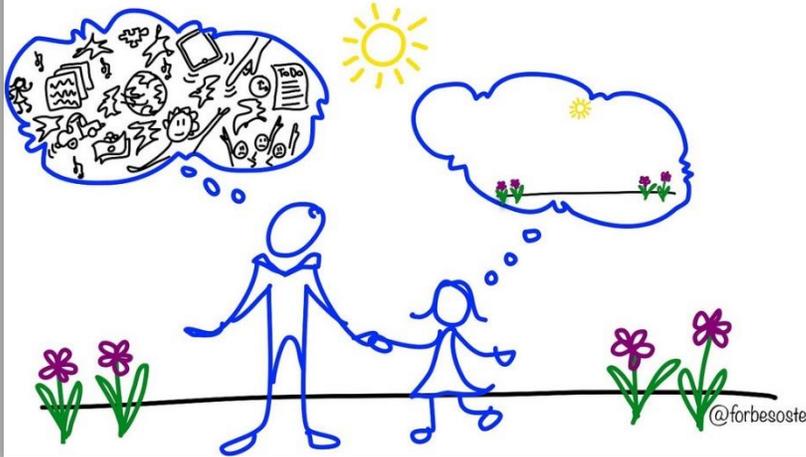


Mind Full, or Mindful?



Are you mind full or mindful at work?

Do you ever find yourself thinking about what happened at home before work, worrying about the next appointment, **AND** trying to focus on the needs of the WIC family in front of you, all at the same time? Stress much? How can we do anything well with so much going on in our heads? Add to that world events, it's no wonder the American Psychological Association found an [increase](#) in Americans' stress levels. Our constant checking of smartphones - with the bombardment of news and social media - can amp up our anxiety.

Being mindful and practicing mindfulness is one way to change that. Mindfulness doesn't require any special equipment, reading or traveling - it's a practice you can start today. Practicing mindfulness has been shown to reduce stress, improve health, and make us better at our jobs.

What is Mindfulness?

Mindfulness is the basic human ability to be fully present, aware of where we are and what we're doing, and not overly reactive or overwhelmed by what's going on around us. Mindfulness is a state of active, open attention on the present. When you're mindful, you carefully observe your thoughts and feelings without judging them good or bad. Instead of letting your life pass you by, mindfulness means living in the moment and awakening to your current experience, rather than dwelling on the past or anticipating the future.

Healthy kids, strong parents,
WIC works wonders!

How can you practice mindfulness?

Breathe!

There's an app for that!

- Why not [use your device](#) to help you disconnect and be more mindful?

Practice gratitude

- Each day, think of 3 things you are grateful for: nature, people, etc.
- Start a gratitude journal: making a commitment to writing down good things each day makes it more likely that we will notice good things as they happen.
- Practice gratitude rituals: when you wake up, saying grace before a meal, etc.

Watch a video

- [Mindfulness as a superpower](#) (Bad word warning!)
- [Meditation 101: a beginner's guide](#)

Visit a website

- [Science-based happiness \(yes, the website is Happify.com\)](#)
- [Mindfulness exercises to try](#)



I'm glad you asked!

I'm glad you asked! Is a new feature on our WIC Link where we will dedicate space to answering tricky questions you might hear in the clinic. We want to blend research with PCE skills to support you and our participants. Have an idea or question you want answered? Send it our way!



What is A2 Milk?

By Crystal Hayes, Dietetic Intern

Excellent question! To start off, all milk from cows is made up of water, carbohydrates (lactose), fat, protein and minerals. The level of each of these ingredients can vary depending on the type of cow, what the cow eats and how the milk is processed. Most cow milks contain a mix of proteins—typically a mix of A1 and A2 beta-caseins. What makes A2 different from other milks is the producers claim that only one type of protein—A2 is in the milk.

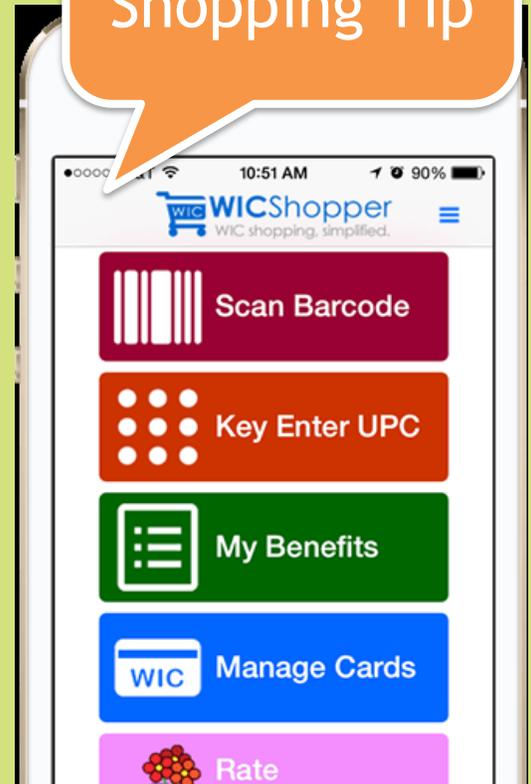
What makes A2 milk seem special is the theory that A2 beta-casein is easier to digest and drinking it could reduce the risk of certain diseases by reducing inflammation. While this theory is interesting, we don't have the scientific data to back those claims up. This milk also tends to be expensive and not available in all stores.

Many people have digestive issues with consuming dairy products. **A2 milk is not lactose-free and may cause malabsorption for those with lactose intolerance.** Folks who have discomfort and other symptoms when they drink cow's milk will have the same problems when they drink A2 milk. For people that can consume dairy, milk still does provide many important nutrients for moms and growing children.

Oregon WIC selects our food package options based on their nutritional value, cost, and availability throughout the state. We look to research to help guide the process as well. Based on those criteria we have no plans to add A2 Milk to our food package options.

For more info, [click here](#).

This Month's Shopping Tip



- Remember, the only Oregon-approved WIC shopping app is WICShopper.
- WIC shoppers should never give out or enter their PIN# unless it is in the course of a shopping trip at an approved vendor.



Thank Goodness for App Support!

If you get this message 3 times during Citrix login, your account will lock. Rather than call the number listed, call App Support. They can fix it much faster than the OIS Service Desk.

Staff News!

Introducing Erin Macauley to our team!



Erin, a native Oregonian, is our new Compliance Coordinator.

- What are your hobbies?
... when I'm not eyeball deep in homework, my hobbies consist of my dogs, spin studios, and the occasional arts and crafts project. I'm working on completing my Masters of Public Health.
- What makes Oregon special?
Oregon loves to volunteer to be the "guinea pig," we strive to make progress that is far reaching and "cutting edge." We're not afraid to try new things. Oregon is also one of the few places that's fortunate enough to have a little bit of everything geographically and weather wise.
- What were your thoughts when visiting a Local Agency?
Our LA staff have a huge responsibility. They are tasked with huge levels of responsibility and limited resources to complete them with. I loved the peer support group that I got to sit in on and thought it was great that the participants moved in a cohort together allowing for comradery.
- How does compliance support the mission of WIC?
The compliance piece helps ensure that everyone is playing by the rules, so that everyone gets a chance to play with all the toys... Just kidding... but seriously though, ensuring that both vendors and participants are adhering to the rules and guidelines set forth by the program, ensures that we can successfully help as many people as possible in our communities.



Finding "Good" Info for Families on the Web

We all say "I saw it on Facebook!" but is that the best info out there? Empowering caregivers to find reliable information on the internet can help them make the best decisions for their kids.

HealthyChildren.org is a website for parents that is sponsored by the American Academy of Pediatricians. There are sections for each age group from prenatal through young adults. It is also available in Spanish.

Check out this [example from the website](#).



Child Ready App = Safety

Preventing childhood injury and death is the goal of an [app](#), developed by the University of New Mexico, Division of Pediatric Emergency Medicine. It leads parents through their home and yard/play area to create safe living spaces.