



GROWING HEALTHY FUTURES

Strategies for Building Resilience

Provided by Cascade Centers EAP

Resilience is the ability to adapt well in the face of adversity, trauma, tragedy or significant stress. Resilient people don't dwell on failures; they acknowledge the situation, learn from their mistakes, and then move forward.

Here are some strategies for building resilience:

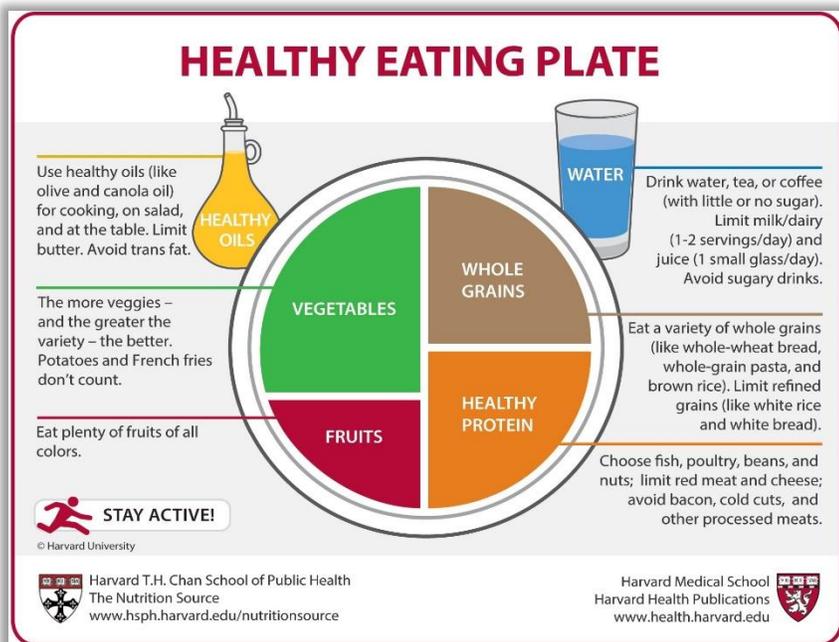
- Nurture a positive view of yourself. Develop confidence in your ability to solve problems and trust your instincts.
- Avoid seeing crises as insurmountable problems. We can't always prevent stressful events from happening, but we can change how we interpret and respond to these events.
- Accept that change is a part of living. Certain goals no longer may be attainable as a result of adverse situations but acceptance can help you focus on circumstances you can affect.
- Look for opportunities for self-discovery. Many people who have experienced tragedies and hardship report better relationships, a greater sense of strength, an increased sense of self-worth and a greater appreciation for life.
- Make connections. Good relationships with family, friends or others are important. Accept help and support from those who care about you.
- Maintain a hopeful outlook. An optimistic outlook enables you to expect good things to happen in your life
- Take care of yourself. Pay attention to your own needs and feelings. Engage in activities you enjoy and find relaxing such as exercising, getting enough sleep, eating a healthful diet and limiting alcohol consumption.



New Citrix Password requirements started May 9

New requirements are shown in **bold**.

- Passwords must be **updated every 60 days** (currently 90 days)
- Passwords must have **at least 10 characters** (currently at least 9 characters)
- Passwords must include **at least 1 character from each of these 4 categories** (currently at least 1 character from 3 of the 4 categories):
 - An uppercase letter (A - Z)
 - A lowercase letter (a - z)
 - A number (0 - 9)
 - A special character (% @ # \$! * ? / + > < [] { } \ -)
- Citrix passwords *cannot*:
 - Contain any spaces
 - Include the user's name, any proper names, or words found in the dictionary
 - **Be too similar to the 24 previously-used passwords** (currently applies to only the last-used password)



How should shoppers handle situations where they are incorrectly charged for their WIC foods?

- Foods purchased with funds other than WIC can always be returned or exchanged at Customer Service.
- If a shopper's eWIC card was accidentally charged twice for a WIC food (e.g. cashier scanned one gallon of milk twice), they can ask the store for the additional product.
- The other option is to call the number on the back of the eWIC card and initiate a transaction dispute to restore benefits that were incorrectly deducted or adjust an incorrect price. Any adjustments made to benefits or amounts will automatically be adjusted at the store level. Benefit adjustments may take time depending on time of request and volume of requests. Benefits from a previous month cannot be restored or adjusted.
- Carefully reviewing the mid-transaction receipt before approving the eWIC tender can prevent this situation.
- Remind shoppers to always keep the receipt!

I'm Glad You Asked... Superfoods!

“Are blueberries/acai/avocado/green tea /seaweed / wheatgrass/salmon superfoods? Will eating these specific items really improve my health?”

“You wouldn't BELIEVE the best foods to eat!” “STOP the aging process by eating these foods!” “Lose weight like magic with these SUPERFOODs!” “Secret foods that celebrities eat to stay fit!” “Top 10 super foods to eat!” “Eating all organic is a form of self-love!”

These are all examples of silly (and dramatized) media headlines. They are meant to convince us that there are foods that have special powers like promoting weight loss, preventing aging, or healing diseases. Marketing is a powerful tool because it preys on people's hopes and insecurities with answers that seem simple.

Harvard's School of Public Health recently posted an excellent article that we'd recommend you read about superfoods. Find that link [here](#). As with other topics we've covered in this section, the science does not support the flashy branding about specific food items being “super” to cure diseases or promote weight loss. Food companies and marketing have seen sales increase around trendy items after marketing them as “super” in popular media.

Bottom line: Eating a variety of foods every day is ideal. While people might benefit from blueberries/acai/avocado/green tea/seaweed/wheatgrass/salmon, we want to encourage folks to eat a **super plate** instead of just focusing on one key food. We want to promote the benefits of eating a wide variety of fresh fruits, vegetables, healthy proteins and whole grains.





Interesting Resources and Links

From California WIC Association Flash e-Newsletter

Introducing Complementary Foods

Using the National Health and Nutrition Examination Survey (NHANES, 2009-14), [researchers](#) using even a broader definition of complementary foods, reported a decline in the number of infants being offered foods before the recommended ages. However, many infants are still being introduced to complementary foods early; in this sample of 1600, 16% of infants younger than 4 months and 38% of infants aged 4-6 months, were offered complementary foods. Adjusting for variables, infants who never breastfed, or nursed for less than 4 months, were more likely to be introduced earlier to foods.

<https://www.ncbi.nlm.nih.gov/pubmed/29307590>

Connections Between Racism and Health

The Robert Wood Johnson Foundation has launched a webpage called "[Race, Racism and Health](#)" to collect resources and research examining the connections between race, racism, and health in the United States, including blog posts, reports, and program updates.

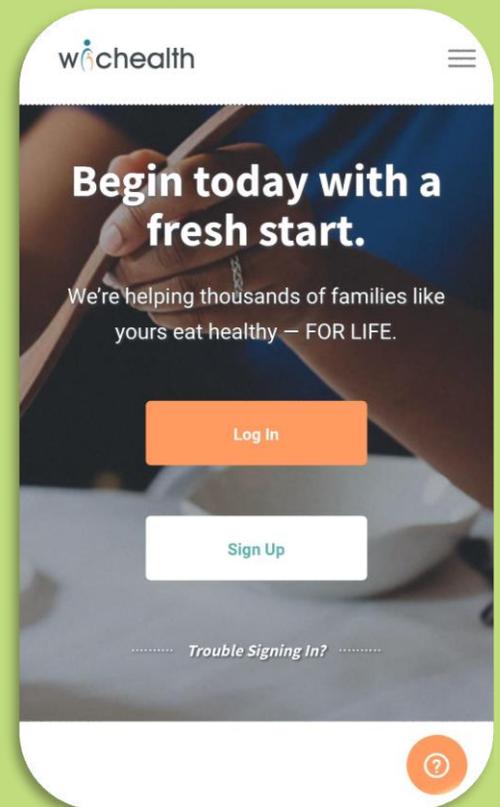
<https://www.rwjf.org/en/library/collections/racism-and-health.html>

Updated WIC Works Resource System

The USDA's Food and Nutrition Service has announced that the [newly designed WIC Works Resource System website](#) is now available! Updates to the site include a mobile-responsive design, appealing new color palette, and significantly improved search capabilities for the wide range of WIC-relevant adaptable tools, education materials, and resources that WIC Works offers. Contact the [WIC Works team](#) with questions or concerns.



Helping Participants log in to WIChealth.org when they forget their password, etc.



See that little “Trouble Signing In?” on the log in screen?

That is where it all starts! Click on that and then participants just need to follow the prompts.

They will need:

1. Their WIC ID #
2. The answer to their security question (which is case sensitive)
3. Their email address

There is some help available on our website also, so consider bookmarking the [WIC Online NE](#) page.