

# North Dakota WIC

20 Years of North Dakota WIC  
1975-95

Certificate of Appreciation

presented to

*All WIC Staff*

For your excellence in:

- Serving North Dakota families,
- Promoting good nutrition, and
- Making WIC the most successful public health program, ever!



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Edward T. Schafer, Governor

October 3, 1995

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# A Short History of North Dakota WIC

On January 3, 1975 The North Dakota State Department of Health received approval to begin operating the WIC program. The Division of Maternal and Child Health (MCH) would administer the Special Supplemental Food Program for Women, Infants and Children, or WIC. Joan Tracy, RD, nutritionist for the MCH Division wrote the initial proposal and acted as director for WIC. By the end of the year, WIC projects were established in 6 counties, Benson, Cavalier, Eddy, Ramsey, Rolette and Towner. The estimated potential eligible WIC participants for the 6 counties was 1400.

The first clients were served the week of June 18, 1975 by the Lake Region Area Low Income Council (ALIC), an agency who worked with low income families. The Council served the 6 county area and that first month 32 participants were served (6 women, 13 infants and 13 children). By August of that year the Devils Lake Sioux WIC site opened and 175 clients were served their first month (24 women, 38 infants and 113 children). By the end of 1976, the ALIC was serving 1592 participants (228 women, 381 infants and 923 children) and the Devil Lake Sioux program served 496 clients (77 women, 101 infants and 291 children).

INCOME APPLICATION FOR WIC

Names for whom application is made: \_\_\_\_\_

Size of family or household: \_\_\_\_\_

What is your income before deductions? Monthly: \_\_\_\_\_ Yearly? \_\_\_\_\_

Does anyone else in the household have a salary or income? Yes: \_\_\_ No: \_\_\_

If yes, what is it? \_\_\_\_\_

Do you or anyone else receive any of the following? Yes: \_\_\_ No: \_\_\_

Unemployment Social Security Pension Alimony Child Support

Any other income? If yes, how much? \_\_\_\_\_

I HEREBY CERTIFY THAT ALL OF THE ABOVE INFORMATION IS TRUE AND CORRECT TO THE BEST OF MY KNOWLEDGE AND BELIEF.

SIGNED: \_\_\_\_\_

DATE: \_\_\_\_\_

TOTAL INCOME: \_\_\_\_\_  
(Figured by WIC Certifier)

SIGNED: \_\_\_\_\_  
(WIC Certifier)

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RECERTIFICATION  
Income Changes

Recertification	1st	2nd	3rd	4th	5th	6th

FOR OFFICE USE ONLY

NDMCH-WIC Form #2  
8-77

**Income Application**

Name: \_\_\_\_\_ Clinic: \_\_\_\_\_

Address: \_\_\_\_\_ Phone: \_\_\_\_\_

Parent: \_\_\_\_\_ Others on Program: \_\_\_\_\_

Size of Family: \_\_\_\_\_ Ethnic: 1\_\_ 2\_\_ 3\_\_ 4\_\_ 5\_\_ 6\_\_ Sex: \_\_\_\_\_

Birthdate: \_\_\_\_\_ EDC: \_\_\_\_\_ Age: \_\_\_\_\_

EVALUATION

Visits	1st	2nd	3rd	4th	5th	6th	7th	8th
Date								
Height (1st visit only for women)								
Weight								
Hemoglobin or Hematocrit								
Head Circumference (infants only)								

Date of Postpartum visit: \_\_\_\_\_

CERTIFICATION OF NEED

Inadequate Income (See Income Sheet): Yes \_\_\_ No \_\_\_

Nutritional Need (Check One): Yes \_\_\_ No \_\_\_

Women: Pregnant, Postpartum or Lactating      Infants or Children

<input type="checkbox"/> Anemia <input type="checkbox"/> History of premature births, miscarriages or high risk pregnancy. <input type="checkbox"/> Abnormal growth-overweight, underweight or stunting <input type="checkbox"/> Inadequate nutritional pattern <input type="checkbox"/> Other risk factors	<input type="checkbox"/> Anemia <input type="checkbox"/> Abnormal growth-overweight, underweight or stunting <input type="checkbox"/> Inadequate nutritional pattern <input type="checkbox"/> Infant up to six months, if mother on program. <input type="checkbox"/> Nutritional risk if taken off
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Certification signed by: \_\_\_\_\_

RECERTIFICATION OF NEED

Visits	1st	2nd	3rd	4th	5th	6th	7th	8th
Recertification changes noted in income or nutritional need								
Recertification initiated by								

**1977 WIC Certification and Recertification form**

WOMEN

Age: \_\_\_\_\_

EDC: \_\_\_\_\_

Smoked: \_\_\_\_\_

Hx of miscarriage: \_\_\_\_\_

Hx of low birth weight babies: \_\_\_\_\_

Baby within last 12 months: \_\_\_\_\_

How many children now: \_\_\_\_\_

Medical problem: \_\_\_\_\_

Hx of diabetes: \_\_\_\_\_

Vitamins: \_\_\_\_\_ Iron Supplement: \_\_\_\_\_

Breast feed: \_\_\_\_\_

Birth date of infant: \_\_\_\_\_ Sex: \_\_\_\_\_

Birth weight: \_\_\_\_\_

Weight before pregnancy: \_\_\_\_\_

Family Doctor: \_\_\_\_\_

INFANTS/CHILDREN

Birth date: \_\_\_\_\_

Birth weight: \_\_\_\_\_ Birth Length: \_\_\_\_\_

Premature: \_\_\_\_\_

Immunizations: \_\_\_\_\_

Hx of Anemia: \_\_\_\_\_

Hx of cold infection: \_\_\_\_\_

Hx of diabetes in family: \_\_\_\_\_

Problems in pregnancy or delivery (infants): \_\_\_\_\_

Medical problem: \_\_\_\_\_

Below 5th percentile in height: \_\_\_\_\_

Family Doctor: \_\_\_\_\_

REFERRALS:

ND MCH WIC Form #13

Jill Leppert, RD from Sarles, ND was the first local WIC agency nutritional consultant. In addition to directing local activities and monitoring the program in the six counties, she also developed client educational materials for use by all programs. Topics important to this early WIC population included breastfeeding, nutrition during pregnancy and childhood, nutritious snacks, and recipes using WIC foods. In a September 1977 State Health Department newsletter, Jill is quoted, "The participants seem to be interested in our materials. We have in some cases been able to see some progress in nutritional status and dietary habits". Jill went on to say, "We have a lot of people involved and they are really thankful for (WIC). There aren't too many who have heard about WIC that don't apply. We've had good luck in reaching the people."

In early 1977, Lois Ruzicka, RD was hired as the state WIC Director. By now the statewide monthly participation levels had grown to 2700, with the addition of Cass, Ward (First District Health Unit) and Grand Forks counties to the WIC roles. Later that year Upper Missouri Health (Divide, McKenzie Williams and Mountrail Counties) was added.

DEFINITION OF NUTRITIONAL RISK FOR INFANTS OR CHILDREN:	
A.	Anemia - infants or children whose hemoglobin is <sup>10</sup> or under or whose hematocrit is <sup>31</sup> or under.
B.	Abnormal pattern of growth such as obesity, underweight, stunting including for infants, a birth weight of 5.5 pounds or less.
1.	Obesity - those infants or children whose weight for height is above the 75% of the NCHS Growth Charts of 1976.
2.	Underweight - those infants or children whose weight for height is under the 25% of the NCHS Growth Charts of 1976.
3.	Stunting - those infants or children whose height falls below the 10% line on the NCHS Growth Charts of 1976.
4.	Those infants whose birth weight was 5.5 pounds or less.
C.	Inadequate nutritional pattern.
1.	As defined on the nutritional survey form, any child who does not get: 3 servings from the milk group per day 2 ounces of meat per day 4 servings from the bread and cereal group per day 4 servings from the fruit and vegetable group per day A good source of Vitamin C each day A good source of Vitamin A each day A good source of iron each day or a child who is drinking in excess of 1 quart of milk per day
2.	As defined on the nutritional survey form, any infant who: Get less than 26 ounces of formula or milk per day, Is not taking iron fortified infant cereal, or iron fortified infant formula. Is under one year of age and not on iron fortified formula. Is between 6 months and one year and is drinking more than 1 quart of milk or formula per day. Has recurring diarrhea, vomiting, spitting up or colic.

**1977 Definition of Nutritional Risk for Infants and Children**

MATERNAL AND CHILD HEALTH - WIC PROGRAM						
Income Guidelines - 160%						
# Persons in Family	Non-farm Family			Farm Family		
	Percent of Poverty			Percent of Poverty		
	100% per/yr	160% per/yr	per mo	100% per/yr	160% per/yr	per mo
1	\$2,370	\$4,752	\$396	\$2,550	\$4,080	\$340
2	3,330	6,288	524	3,360	5,376	448
3	4,890	7,824	652	4,170	6,672	556
4	5,850	9,360	780	4,980	7,968	664
5	6,810	10,896	908	5,790	9,264	772
6	7,770	12,432	1,036	6,600	10,560	880
for each additional person over 6 add	960	1,536		810	1,296	

"Income" means income before deductions for income taxes, employee's social security taxes, insurance premiums, bonds, etc. It includes the following:  
 (1) Monetary compensation for services, including wages, salary, commission, or fees;  
 (2) Net income from non-farm self-employment;  
 (3) Net income from farm employment;  
 (4) Social Security;  
 (5) Dividends or interest on savings or bonds, income from estates or trust, or net rental income;  
 (6) Public assistance or welfare payments;  
 (7) Unemployment compensation;  
 (8) Government civilian employee or military retirement or pensions or veteran's payments;  
 (9) Private pensions or annuities;  
 (10) Alimony or child support payments;  
 (11) Regular contributions from persons not living in the household;  
 (12) Net royalties; and  
 (13) Other cash income -- would include cash amounts received or withdrawn from any source including savings, investments, trust accounts and other resources, which would be available to pay the price of a child's meal.

If the gross family income exceeds the amount indicated in the family income scale they may apply under the following special hardship conditions:  
 (1) unusually high medical costs;  
 (2) shelter costs in excess of 30 percent of the family's income;  
 (3) special education expenses due to the mental or physical condition of a child, and  
 (4) disaster or casualty losses.

NDHCH WIC Staff Info #7 7/77

**1977 Income Guidelines and Policy**

During the summer of 1978, Karen Oby was contracted to provide nutrition consultation to the Migrant Health Services WIC programs. in the counties of Pembina, Walsh, Traill, Cass, Richland and Grand Forks. In cooperation with the Division of Maternal and Child Health, she was also to develop a WIC Program in Pembina and Walsh Counties and satellite sites in rural Grand Forks County.

Limited funds, especially for administration, made expansion into additional, counties challenging. In addition to Walsh and Pembina, Southwestern District Health Unit (Billings, Bowman, Dunn, Golden Valley, Hettinger, Slope and Stark Counties), Custer District Health Unit (Grant, Morton, Mercer, Oliver, and Sioux Counties), Burleigh County and McLean County (First District Health Unit) were added.

At the end of the summer of 1978, Karen Oby was offered a position with the state WIC program. She accepted the offer, but due to a teaching commitment at UND, did not start work at the State WIC office until January 1979.

DIETARY INTAKE

Name: \_\_\_\_\_ Age: \_\_\_\_\_

<p><b>MILK AND DAIRY</b></p> <p>milk, whole, skim, 2% _____          cream . . . . . _____          cottage cheese . . . . . _____          other cheeses . . . . . _____          ice cream, puddings, _____          cream soup . . . . . _____</p> <p><b>BREAD AND CEREAL</b></p> <p>bread, toast, fry bread _____          dry cereal . . . . . _____              kind _____          macaroni, noodles, _____          spaghetti, rice . . . . . _____          crackers . . . . . _____          other breads, biscuits, _____          rolls . . . . . _____</p> <p><b>MISCELLANEOUS</b></p> <p>pop, koolaid . . . . . _____          sweet roll, donuts . . . . . _____          cookies, bars . . . . . _____          potato chips, chips . . . . . _____          pies, cake, jello . . . . . _____          soup . . . . . _____</p>	<p><b>MEAT, EGGS, FISH</b></p> <p>eggs . . . . . _____          fish . . . . . _____          chicken, turkey . . . . . _____          pork or ham . . . . . _____          beef (also in casseroles) _____          dried beans and peas . . . . . _____          peanut butter . . . . . _____          sandwich meat . . . . . _____</p> <p><b>VEGETABLES AND FRUIT</b></p> <p>oranges, grapefruit (juice) _____          melons, berries . . . . . _____          other fruits: apple, _____                            banana, peach . . . . . _____          other juice: apple, grape, _____                            tomatoes (juice) . . . . . _____          potatoes . . . . . _____          sweet potatoes, squash _____          carrots, cabbage, brocc- _____                            coll . . . . . _____          spinach, greens, chard . . . . . _____          other vegetables, green _____                            beans, peas, corn, beets _____</p>
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**NUTRITIONAL EVALUATION:**

Is the child getting 3 servings per day from the milk group? \_\_\_\_\_

Is the woman getting 4 servings per day from the milk group? \_\_\_\_\_

Is the child drinking in excess of 1 quart of milk per day? \_\_\_\_\_

Does this person get 4 servings per day of bread and cereal? \_\_\_\_\_

Is there an adequate source of iron (children)? \_\_\_\_\_

Is the pregnant woman (over 3 months) taking an iron supplement? \_\_\_\_\_

Is the child getting 2 oz. of protein per day? \_\_\_\_\_

Is the pregnant woman getting 5 oz. of protein per day? \_\_\_\_\_

Does this person get 4 servings per day of fruit and vegetables? \_\_\_\_\_

Does this person get an adequate source of Vitamin C & Vitamin A? \_\_\_\_\_

Do a 24-hour recall for the infant:

Is this an average day? \_\_\_\_\_

Is the infant getting less than 26 oz. of formula or milk per day? \_\_\_\_\_

Is the infant getting iron-fortified cereal or iron-fortified infant formula? \_\_\_\_\_

Is the infant under one and not on formula? \_\_\_\_\_

Is the infant between 6 months and 1 year drinking more than 1 quart of milk or formula per day? \_\_\_\_\_

Is the infant over 6 months not taking solid foods? \_\_\_\_\_

Did the infant receive solid food in the first month of life? \_\_\_\_\_

Does the infant have recurring diarrhea, vomiting, spitting up, or colic? \_\_\_\_\_

An adequate source of Vitamin C is one serving per day from any of the following: medium orange, ½ cup orange juice, ½ grapefruit, ½ cup grapefruit juice, 10 strawberries, ½ cup broccoli, ½ cup brussel sprouts, ½ cup cabbage, or 1 medium tomato.

An adequate source of Vitamin A is one serving three times per week from any of the following: 3 apricots, ½ cantaloupe, ½ cup broccoli, 1 large carrot, ½ cup spinach or other green, ½ cup squash, or 1 small sweet potato.

An adequate source of Iron would be 4 servings of bread and cereal and 2 oz. of meat each day plus 1 liver once a week or 2 oz. of meat every day plus an iron supplemented cereal, or dried fruits, dried beans and peas or spinach and greens of other kinds.

**1977 Dietary Intake Form**

In late 1978, Lois Ruzika died of cancer. In 1979, two positions were added to the state WIC Program. Karen Oby, MPH, RD, assumed the duties of State WIC Nutrition Education Coordinator. Colleen Patton Pearce, who had been with the State Cancer Program was hired as State WIC Program Coordinator. Joan Tracy continued to act as the Director for both WIC and MCH nutrition programs. In 1992, Joan Tracy retired and Karen Oby became the MCH/WIC Nutrition Services Director and Colleen Pearce, the WIC Director. Wanda Agnew, RD, was hired that spring to fill the WIC/MCH Nutrition Services Coordinator position. She brought with her 7 years of experience as a local director.

In 1979 Bottineau, Burke, McHenry, Renville (all out of First District Health Unit), Central Valley Health (Stutsman and Logan Counties), Richland and Trail Counties were added.

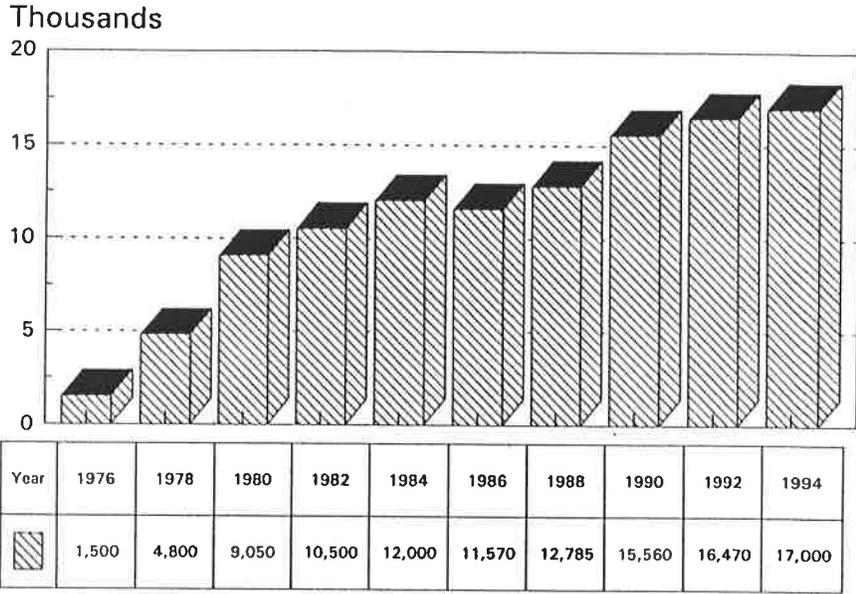
Due to cut backs in funding, no new counties were added in 1980 and only three were added in 1981 (Emmons, Foster and Pierce Counties).

1982 saw the remaining unserved counties added to the WIC list with the addition of City-County Health (Barnes and LaMoure Counties), Adams, Dickey, Griggs, Kidder, McIntosh, Nelson, Ransom, Sargent, Steele and Wells Counties.

# WIC Participation

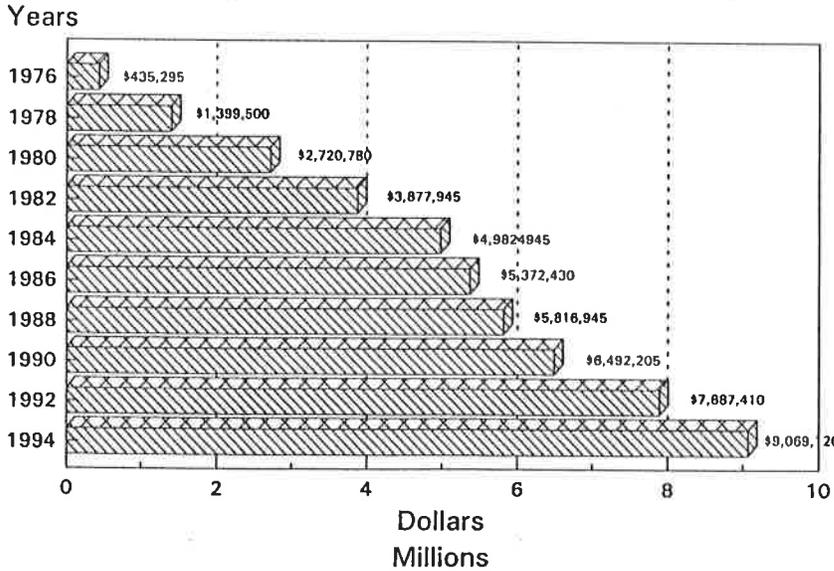
Over the years, the ND WIC Program has experienced a steady increase in the numbers of families served, when food dollars were available to serve them. The following shows how WIC has grown over the years.

## North Dakota WIC Maximum Monthly Participation 1976-1994



ND WIC Maximum Monthly participation

## North Dakota WIC Federal Funding



ND WIC Federal Funding

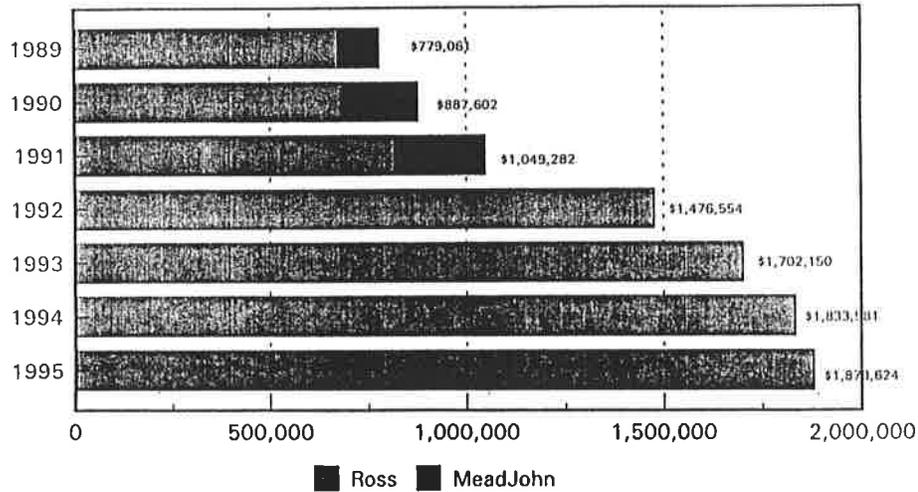
# ND WIC Funding

The North Dakota WIC Program has been supported, 100% by the United States Department of Agriculture. The funding for the program has steadily increased over our history.

## ND WIC Infant Formula Rebates

1989-1995  
total \$9,597,854

Dollars



### Infant Formula Rebates

dollars provided through rebates, virtually abolished client waiting lists for ND and allowed for significant increases in WIC participation across the US. In 1992 the state was required to go out with a competitive bid. Ross Laboratories was awarded the bid for a 2 year period, with the option to extend the contract for an additional two years.

## Infant Formula Rebates

In 1989 The ND WIC Program entered into contract with Ross Laboratories and Mead Johnson for rebates on infant formula issued to WIC clients. From 1989 through 1991, the Program had open market contracts with these two companies. The first year the program received \$779,061 in rebated dollars that was deposited into the state WIC food account. The influx of dollars allowed for significant expansion of the caseload, with almost 20% of clients served with these food dollars. The additional food

## WIC Automation

In 1986 the North Dakota WIC Program piloted an automated client data base system. The original program was the work of the state WIC staff and Bertie Bishop, Director of the Burleigh County Program. After successful design and testing by the Burleigh staff, the WIC automated system was expanded to all counties. By 1988 most sites were entering client information on WIC purchased computers, or had access to data entry.

## State Plan Information

### FY'77

15 page proposal

6 counties are participating (Rolette-Turtle Mountain, Towner, Cavalier, Ramsey, Benson-Fort Totten and Eddy)

**Budget** Administration \$371,520  
Food \$1,857,600

### Nutrition Education Goals

1. Provide local WIC staff with an opportunity to develop a nutrition education plan suited to the needs of each project site
2. Assist local staff in coordinating positive benefits of nutrition education outcomes to other preventative health practices to instill in participants a concept of constant health maintenance.
3. Assist and evaluate nutrition education materials presently available. Develop if necessary and test selected materials.
4. Assist in training WIC staff involved in nutrition education in the skills of appropriate nutrition counseling.

### FY'78

25 page State plan

11 Counties participating when plan written (Rolette-Turtle Mountain, Benson-Fort Totten, Grand Forks, Ward, Cass, Richland, Traill, Eddy, Towner, Cavalier, Ramsey)

**Enrollment** 10/01/77 3085 clients

**Budget** Administration \$241,776  
Food \$967,104

### Nutrition Education Goals

1. To provide on-going training, assistance and technical nutrition information to local staff to increase their competency in nutrition knowledge and education.
2. To increase the participants nutrition knowledge and application of nutrition information.
3. To assist local agencies in developing a nutrition education plan with emphasis on a) WIC as a supplemental food program, b) the nutritional needs of clients and c) cultural food patterns of participants.
4. To assist local projects in increasing use of available health services by WIC participants.

### FY'96

61 pages to state plan (goals and objectives, 23 pages, body, 38 pages) plus 144 pages for attachments, not including policy and procedure updates.

All counties participating, with over 100 WIC clinic sites

**Enrollment** 7/1/95 17,300

**Budget** Administration \$2,312,105  
Food \$6,747,523

### Goals and Objectives

Administrative (5 sections with 14 activities, including identifying WIC eligible families, coordination with other agencies, training and food delivery system).

Nutrition Education (12 sections with 35 activities, including a number of Year 200 Objectives, case management, client screening, specialized services for migrants, Native Americans and homeless, breastfeeding promotion and support and drug and other harmful substance abuse education ad referral)

## Points of interest

- \* 1979 the first client fair hearing was held in Belcourt. Since the beginning of the program, only 3 such hearing have taken place.
- \* Fargo (Cass County) was supposed to be the first ND WIC agency, but no local agency was willing to administer the program.
- \* ALIC (Area Low Income Council in Devils Lake) was the first administering agency and as the WIC local agency pioneers, staff worked very hard to get the program up and running. They were also able to convince the first grocers to participate in this new program.
- \* Jill Leppert was the first local staff person. Her first three years she worked as the first nutrition consultant with the ALIC and then contracted with the state WIC office. Her primary responsibilities included writing policies and procedures, opening new sites, working with established sites and monitoring. Joan Tracy discovered Jill, by looking through the ND Dietetics Association Directory (let your fingers do your walking) as she was looking for a dietitian in north central ND. And contacted "this person" living in Sarles ND.
- \* Because of the shortage of administrative funds, better equipped WIC sites were usually equipped with common bath room scales and measuring tapes attached to the wall. The hemoglobin-ometers were the kind with the green circle you matched the two colored halves to determine the level.
- \* Beverly Solberg was the Fiscal Officer for the ND State Department of Health when WIC started. Without her support and guidance, this new shaky program would not have been allowed to get started. Additional support the first years was offered by Kristen Biskeborn, SD WIC Nutritionist, who shared her insights gained while piloting the first WIC agency in SD.
- \* By state law, the Bank of North Dakota must handle the WIC account, along with all other state accounts. We are the only state in the Union with a State-owned bank.
- \* Early into the WIC expansion were sites at our two Air Force Bases. ND WIC was one of the first WIC agencies to offer services to military families on the bases.
- \* The findings of the first audit on the ND WIC Program conducted in October of 1978 were:
  1. The certification form did not contain a statement regarding client misrepresentation
  2. Food instruments were not always issued in numerical sequence
  3. Recertification are not always signed by staff and are not always completed within the required 6 months.
  4. Documentation of nutritional need and inadequate income needs to be improved.
- \* In 1975, 1240 clients were served that first year in the 6 clinic sites located in the 6 counties. In 1995, the ND WIC program served over 16,200 clients each month in the over 100 local clinic sites located in all counties.
- \* In 1995 the smallest local agency served 31 clients and the largest 2410, each month.

## WIC staff

From the humble beginnings with one state and one local nutritionist, the North Dakota WIC staff has grown to number 3 state positions and over 120 full and part time local staff.

As the increasing number of WIC regulations institutionalized the way WIC services are offered, WIC staff played an increasing larger role in designing how best to provide those services. Over the years, local and state WIC staff have formed a team with a common goal. All staff are invited to offer their input into ND WIC policies and procedures and their ideas for innovation. Their suggestions allow WIC to continually improve the way we do business.

Historically local WIC staff have always supported each other. In the early 1980's a joint decision was made by local WIC staff that our limited funds should be directed to the unserved areas of the state. This meant for the established sites, they would not be able to "grow" into their bulging client waiting lists. It was a shared value for all local staff, that all counties have access to WIC services.

For more insights into what makes these caring people “tick”, see Appendix A and their responses to 10 questions for 20 WIC years.

## Special challenges faces by ND WIC

With our large, sparsely populated state, staff spend much time bringing services to our small communities. Finding locations for WIC clinics offers the opportunity for staff to get creative. We’ve been in nursing homes, fire halls, church basements, community centers, school lunch rooms, and court rooms. ND WIC can be proud that services are offered in every corner of the state. WIC is accessible in areas that are traditionally underserved by other health and human service providers.

The WIC staff shared a number of special challenges they face as they offer WIC in a variety of places. Among the challenges noted in the appendix of this book (see question #7, 10 questions for 20 WIC Years) are:

- \* Travel to out of town sites and unexpected over-nights due to snow, fixing flat tires, special deliveries of WIC food to inaccessible areas, locked community halls in January, serving clients out of the trunk of a car and remembering you forgot the files, vouchers or milk tickets after you get there.
- \* Cold temperatures, flooded WIC offices, fires, and break-ins.
- \* Lack of appropriate sites with dripping, banging pipes, chronic space shortages, and always having to move the WIC office.
- \* Uncooperative children who sink their teeth into WIC staff.
- \* Uncooperative mothers with the scheduling nightmare of two mothers on the program with the same father-to-be.

- \* Supporting needy WIC families like the WIC mother who lost her three children in a fire or finding a stove for one WIC family.
- \* All the others unknowns ranging from fugitives from justice to getting locked into your WIC office for the night.

## Our partners in providing services

- WIC families
- Public Health Staff
- grocers
- human service staff
- the media
- hospitals and clinic staff
- County commissioners
- ND Congressional delegation
- State elected officials
- private and non-profit service providers
- other nutrition staff
- and the list goes on and on...

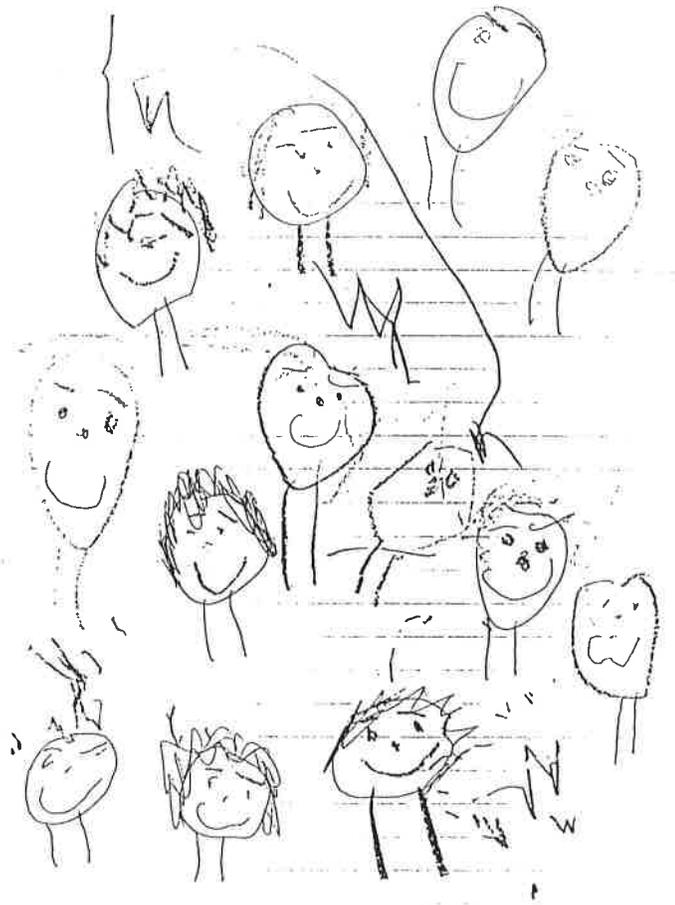
## Fun Stuff

WIC staff offer this list of some of the more unusual names and spellings they have run across over the years.

Deztauney (Desinty)	Keveen
Jairomie (Jeremy)	Cinderella
Superman	Sparkle
Tandy	Sage
Justice	Gage
Caliber	Trace
Jett	Asia
Faustina	
Chyloe (Shiloh)	

## More Fun Stuff . . .

First District Health Unit, with one of the largest staff, offered travel stories as one of their favorite parts of WIC. When they travel to the state meetings in the First District van, there is so much WIC sharing, there is no time for rest or naps. And then there was the time they attended the Breastfeeding Conference in South Dakota. They were guests of Patsy Loken who had a cabin hidden in the Black Hills. Tessa in the lead vehicle turned off at the right place. But the chase vehicle drove right past her, only to discover some time later, that WAS Tessa they passed. They did manage to find the cabin some time later. And the time Karen Schroeder purchased a large wall arrangement in Billings, causing the rearrangement of the van several times to find a safe place for its 10 hour ride home.



**The WIC Lady.** This picture was drawn by one of Martha Harms' WIC children. This is Martha at all of their visits... note the smiles.

## A glimpse into the Future

As individuals working in the field of public health nutrition the future offers us much. Most of it unknown. For sure it offers all of us:

- a. the certainty of CHANGE (as we look forward to things like smartcards, new food packages that emphasize folic acid, fiber).
- b. the need for flexibility and creativity to do our job in new ways, because we will be adapting to an ever changing service environment.
- c. the need to keep sight of why we do what we do, our work needs to be rewarding.
- d. the need for a sense of humor, our work needs to be fun.

North Dakota WIC has a most promising future because if its greatest resource...the staff.

Staff who:

- care about the mothers and children they work for;
- care about the people they work with; and
- know they make a difference, because they work for a program that is successful in doing what it was designed to do. Just take a few minutes to read the responses to question 9, in the "10 Questions on 20 years of WIC" in the appendix.

Not long before his death, Senator Humphrey said:

"Looking back on all of my years in government services, I am as proud of the WIC Program as any other with which I have been involved. It represents what is best in America-- a dedication to our children and our future and an attempt to nip the poverty cycle in the bud".

WIC does represent what is best in America -- its dedication to children is a dedication to our future.

# Appendix A

10 WIC Questions for 20 WIC Years

WIC Agency Adams Co WIC

1. When did your WIC program start (month/year)?
2. What was your average monthly participation that first year? 20
3. What was your participation last month? 86
4. In how many locations do you offer WIC services? 1
5. How many counties does your agency serve? 1
6. In 25 words or less, please describe a proud accomplishment OR a fun story you'd like to share.

This past year we had our smallest premie ever - 2#. At 7 months, she has "never had a drop of formula" - even though Mom has returned to work.

7. In 25 words or less, please share any special challenges you've faced delivering WIC services (ex: natural or un-natural disasters).

Two Moms-to-be on the program - with the same father-to-be. (Scheduling nightmare)

8. In 25 words or less, please tell us about one innovation you've tried that really works (ex: making client and staff life easier).

9. In 25 words or less, how would you describe working for WIC (i.e. what you makes you stay with WIC)?

As a hospital/nursing home R.D., I appreciate this portion of my job focusing on health and prevention of disease - + mostly happy occasions.

10. Please list the names of as many of the WIC staff, as you can think of, who have worked for your WIC agency, over the years.

Linda Nudell  
Stacy Henderson  
Joey Hedstrom  
Amy Pederson  
Leslie Randich

Please complete and return to Colleen by August 18, 1995.

10 WIC Questions for 20 WIC Years

WIC Agency

Esthonia

1. When did your WIC program start (month/year)? 5-87
2. What was your average monthly participation that first year? 30
3. What was your participation last month? 98
4. In how many locations do you offer WIC services? two
5. How many counties does your agency serve? one
6. In 25 words or less, please describe a proud accomplishment OR a fun story you'd like to share.

A spirited 3 year old coming in for  
reconciliation. "Hi WIC lady, what fun thing  
are we going to do today so all cooperate?"

7. In 25 words or less, please share any special challenges you've faced delivering WIC services (ex: natural or un-natural disasters).

Sensitivity to family pressures & how  
SOC not to add to their anxiety or frustration

8. In 25 words or less, please tell us about one innovation you've tried that really works (ex: making client and staff life easier).

being sensitive to family needs so to gain  
respect & opportunity to work better

9. In 25 words or less, how would you describe working for WIC (i.e. what you makes you stay with WIC)?

gives opportunities to be aware of & help  
families build healthy feeding relationships.  
the support & concern of the WIC  
staff is greatly appreciated.

10. Please list the names of as many of the WIC staff, as you can think of, who have worked for your WIC agency, over the years.

Wynn Schreck LR  
Michelle Karpko RD

10 WIC Questions for 20 WIC Years

WIC Agency Burlough Cluster Nutrition Services

1. When did your WIC program start (month/year)?  
Burlough County March 1979 Kidder Co. - 1982

2. What was your average monthly participation that first year?

200

3. What was your participation last month?

1172

4. In how many locations do you offer WIC services?

five (5)

5. How many counties does your agency serve?

two (2)

6. In 25 words or less, please describe a proud accomplishment OR a fun story you'd like to share.

Burlough County is most proud of the computer pilots we have been involved in, for those who went around when we tracked clients with the old running lists, what progress we have made!

7. In 25 words or less, please share any special challenges you've faced delivering WIC services (ex: natural or un-natural disasters).

At travel sites the unknown of what you will find when you arrive is always a challenge like the times we <sup>arrived at</sup> had to travel only to find the community ~~wasn't~~ <sup>wasn't</sup> ~~located~~ <sup>located</sup> a week away, subway only & no access to a phone

8. In 25 words or less, please tell us about one innovation you've tried that really works (ex: making client and staff life easier).

Evening hours are not really innovative but having evening clinic hours for the working participants has eased scheduling for both staff & clients.

It is always interesting what the staff accomplishes at home.  
9. In 25 words or less, how would you describe working for WIC (i.e. what you makes you stay with WIC)?  
from 8:15 on, what day. I don't think WIC employees know how to waste time

After staff discussion the same phrases come to mind why we stay at WIC, the clients and even the slight differences in the clients diets are the rewards.

10. Please list the names of as many of the WIC staff, as you can think of, who have worked for your WIC agency, over the years.

Swmarck

- |                      |                        |
|----------------------|------------------------|
| <u>Cathy Schack</u>  | <u>Arlene Dronen</u>   |
| <u>Carolee Novak</u> | <u>Martene Heintz</u>  |
| <u>Deb Egeland</u>   | <u>Judy Gardner</u>    |
| <u>Renee Becker</u>  | <u>Kathy Churchill</u> |

plus all current staff.

Please complete and return to Colleen by August 18, 1995.

Burleigh

Question #7, cont.

We worked out of the tailgate of Katy Churchill's van until a client could find someone to come open up for us.

10 WIC Questions for 20 WIC Years

WIC Agency Burke Co.-- First District Health Unit-Minot

1. When did your WIC program start (month/year)? The Burke Co. WIC Program started in July 1982, at the Burke Co. Nurses' Office, Bowbells, N.D.
2. What was your average monthly participation that first year? The first day of WIC was on July 6, 1982 with one family to be certified. At the end of July 8 WIC had an enrollment of nine. On Dec. 82, the total enrollment was <sup>Back</sup> ~~Page~~ <sub>Page</sub>
3. What was your participation last month? On July 1, 1995 the Burke Co. WIC enrollment was thirty nine people.

4. In how many locations do you offer WIC services? There are three locations for WIC. The main office is at Bowbells, with two satellite sites; one at Powers Lake and the other one at Lignite.
5. How many counties does your agency serve?

Burke Co. is one of seven counties within First District Health Unit Minot, North Dakota in Ward Co.

6. In 25 words or less, please describe a proud accomplishment OR a fun story you'd like to share. I recall one little incident that happen to me at work one day. It was the last WIC appointment for the day with a new MOM and baby. As you know, WIC takes accurate measurements, so I had the length done and the next step was to do the weight. In the mean time mother removes all the clothing..Yes; you guessed what happen..the little guy wet all over me from the neck down. Needless to say, the Mother and I were so surprised that we laughed. Well, I went home with wet clothing.

MARTHA'S RULE "DIAPERS STAY ON".

7. In 25 words or less, please share any special challenges you've faced delivering WIC services (ex: natural or un-natural disasters). Snow and Snow is my biggest problem to get to and from work. The winter of 94-95 was the worst in fact, I left my home many mornings with extra clothing packed for me to stay over night at my parents' home, if I couldn't travel back to my farm home. Many mornings my husband would push snow for me to travel out to the main highway with a fourwheel drive truck. I would phone home before leaving work to check on the road conditions and I did stay overnight several times
8. In 25 words or less, please tell us about one innovation you've tried that really works (ex: making client and staff life easier).

Establishing the two outline satellite sites in Burke Co. has helped the WIC Program to reach more families. Both sites are located in church facilities with spacious rooms. The Powers Lake site (began in Feb. 1986) is located at the Holy Cross Lutheran Church. The Lignite site (began Jan. 1994) is located at the Christ Lutheran Church. At each site, it was the local people who helped locate the building with rooms, to provide <sup>Back</sup> ~~Page~~ <sub>Page</sub>

9. In 25 words or less, how would you describe working for WIC (i.e. what you makes you stay with WIC)?

I think WIC is an excellent program for families to participate in. The childrens laughter, smiles and listening to their stories are the fun events that unfold on WIC Days. Also, seeing the Moms' taking care of their babies and families, are the biggest motivation for me to come to work. Many times, I leave the WIC office thinking to myself..

"WIC has made a difference for someone's family", and I'm proud to be

- part of the WIC Program.
10. Please list the names of as many of the WIC staff, as you can think of, who have worked for your WIC agency, over the years.

I'm the only person employed at Burke Co. for WIC. Martha Harms

Burke Co.

question 2: forty three people. The average caseload continues to be thirty five to forty people per month.

question 8 : health care services in their communities.

10 WIC Questions for 20 WIC Years

WIC Agency Cavalier County WIC - Langdon

1. When did your WIC program start (month/year)?  
*At first staff from Lake Region drive up  
Later became satellite of Lake Region  
1993 became Cav Co Health Dist* 1975
2. What was your average monthly participation that first year? ?
3. What was your participation last month? 146
4. In how many locations do you offer WIC services? 1 - Langdon
5. How many counties does your agency serve? 1 - Cavalier County
6. In 25 words or less, please describe a proud accomplishment OR a fun story you'd like to share.  
*Staff feels pride when clients return & thank staff for help & kindness*
7. In 25 words or less, please share any special challenges you've faced delivering WIC services (ex: natural or un-natural disasters).  
*Becoming director when Cavalier Co. withdrew from large health district.*
8. In 25 words or less, please tell us about one innovation you've tried that really works (ex: making client and staff life easier).  
*Most things that really work are innovations of other sites that have been graciously shared.  
Working with & sharing with Extension;*
9. In 25 words or less, how would you describe working for WIC (i.e. what you makes you stay with WIC)?  
*Coworkers (local & statewide) fun to be around, easy to work with and are very helpful.  
Responsibilities & duties are well defined.  
Most clients are receptive & appreciative of services.*
10. Please list the names of as many of the WIC staff, as you can think of, who have worked for your WIC agency, over the years.

Phyllis Fahey 75? - 79  
Shirley Peterson 79-86  
Karen Boe 86-95

Please complete and return to Colleen by August 15, 1995.

WIC Agency Central Dakota Clinic - Wells Co. WIC

1. When did your WIC program start (month/year)? 1982
2. What was your average monthly participation that first year?
3. What was your participation last month? 88
4. In how many locations do you offer WIC services? 1
5. How many counties does your agency serve? 1

6. In 25 words or less, please describe a proud accomplishment OR a fun story you'd like to share. *I don't have one specific story, but because I strongly believe in helping people improve themselves I don't think anything makes me feel more fulfilled than when a young single mom can be talked into continuing of furthering her education.*

7. In 25 words or less, please share any special challenges you've faced delivering WIC services (ex: natural or un-natural disasters).

8. In 25 words or less, please tell us about one innovation you've tried that really works (ex: making client and staff life easier).

9. In 25 words or less, how would you describe working for WIC (i.e. what you makes you stay with WIC)?

*The people keep me working for WIC. It would be difficult to find a finer group of people to work with and for than the state and local WIC employees. I also appreciate the opportunity to continue to learn.*

10. Please list the names of as many of the WIC staff, as you can think of, who have worked for your WIC agency, over the years.

*Jean Selthoff  
JoAnn BieneK*

10 WIC Questions for 20 WIC Years

WIC Agency Central Valley Health

1. When did your WIC program start (month/year)? *July, 1980*
2. What was your average monthly participation that first year? *Aug. 1, 1981 - 8 clients*  
*July 30, 1981 - 282*  
*average 180*
3. What was your participation last month? *660*
4. In how many locations do you offer WIC services? *3*
5. How many counties does your agency serve? *2*

6. In 25 words or less, please describe a proud accomplishment OR a fun story you'd like to share.

*The year I had several hundred cases of dry roasted peanuts & mixed nuts to give to WIC clients in Dec. I started hauling the boxes & distributing them in Nov. and I covered 6-7 counties before Christmas. Literally, I was Santa that year.*

7. In 25 words or less, please share any special challenges you've faced delivering WIC services (ex: natural or un-natural disasters).

*The day after the Gordon Kahl shootout, I had to drive to Napoleon in the fog. Since he was still at ~~Paris~~ thought to be in the area, I was sure he was going to jump out as I went over the hills on Highway 1.*

8. In 25 words or less, please tell us about one innovation you've tried that really works (ex: making client and staff life easier).

*In the past, client sampling parties really were enjoyed and well attended. We made them as big and as fancy as we could.*

9. In 25 words or less, how would you describe working for WIC (i.e. what you makes you stay with WIC)?

*The hope that the nutri. ed. being done can make a difference for future generations.*

10. Please list the names of as many of the WIC staff, as you can think of, who have worked for your WIC agency, over the years.

*Stella Bass  
? Richardson  
Shirley Bjorland  
Lynda Mylander*

*Teva Sand Jean Saltz  
Cathy Sloan Cheryl Berman  
Mona Helgeson  
Pam Gause*

Please complete and return to Colleen ~~XXXXXXXXXX~~

10 WIC Questions for 20 WIC Years

WIC Agency City/County Health Dept - Barnes Co.

1. When did your WIC program start (month/year)? June, 1982 over →
2. What was your average monthly participation that first year? 126  
59 participating the 1st month.
3. What was your participation last month?
4. In how many locations do you offer WIC services? one
5. How many counties does your agency serve? one

6. In 25 words or less, please describe a proud accomplishment OR a fun story you'd like to share.

Our goal for this month is to be moved out of the basement.

7. In 25 words or less, please share any special challenges you've faced delivering WIC services (ex: natural or un-natural disasters).

Our challenge is our working conditions - humidity, heat, dripping pipes, etc.

8. In 25 words or less, please tell us about one innovation you've tried that really works (ex: making client and staff life easier).

We expanded our hours to accomodate ~~more~~<sup>our</sup> working clients.

9. In 25 words or less, how would you describe working for WIC (i.e. what you makes you stay with WIC)?

There is never a dull moment with the interesting clientele we work with.

10. Please list the names of as many of the WIC staff, as you can think of, who have worked for your WIC agency, over the years.

Lorraine Jensen - Coordinator 1982-1991  
Mavis Darsow, Secretary, Bookkeeper 1982-1983  
Eileen Maresh, Certifier, Med Tech 1982-present  
Beth Viland, Nutritionist 1983-1991, Director 1991-present  
Kathy Dietz, Nutritionist 1991-present  
Sharon Buki High Risk Nutritionist 1989-present

Please complete and return to Colleen by August 18, 1995.

In LaMoure: Carol Embertson  
Sue Ann Schmitz  
Pam Gullickson

Valley City

Question 1 cont.

Lamaure started April, 1983 as a satellite site of  
Valley City.

Startup enrollment was 14

Average enrollment was 51.

WIC Agency Austin

1. When did your WIC program start (month/year)?

? Fall 1978

2. What was your average monthly participation that first year?

?

3. What was your participation last month?

716

4. In how many locations do you offer WIC services? Eleven

5. How many counties does your agency serve? five

6. In 25 words or less, please describe a proud accomplishment OR a fun story you'd like to share.

Getting our director to wear a pair of shoes that match. This didn't only happen once, but twice. She wore a navy and black shoe one day, and white and beige another day.

7. In 25 words or less, please share any special challenges you've faced delivering WIC services (ex: natural or un-natural disasters).

Trying to change a flat tire with locknuts and no key to unlock them. This turned into a four hour project of being towed and having the tire cut off.

8. In 25 words or less, please tell us about one innovation you've tried that really works (ex: making client and staff life easier).

At our out of town sites we have a central location for appointments and charts. We see clients as they come with whoever is able at the time.

9. In 25 words or less, how would you describe working for WIC (i.e. what you makes you stay with WIC)?

WIC offers us a daily opportunity to be challenged and creative in meeting the needs of our clients. When positive outcomes occur, we know we have touched lives and have made a difference.

10. Please list the names of as many of the WIC staff, as you can think of, who have worked for your WIC agency, over the years.

- Loa Crvick
- Raula Atkins
- Bail Bergstad
- Carlee Novak
- Wanda Agnew
- Unda Miller
- Lisa Thompson
- Keye Warner
- Mary McCormick

10 WIC Questions for 20 WIC Years

WIC Agency Emmons County

1. When did your WIC program start (month/year)?

6/82

2. What was your average monthly participation that first year?

30

3. What was your participation last month?

151

4. In how many locations do you offer WIC services?

1 - Linton

5. How many counties does your agency serve?

1 - Emmons

6. In 25 words or less, please describe a proud accomplishment OR a fun story you'd like to share.

FUNNY STORY ~~After~~ <sup>At the end of</sup> a busy day of screening certification clients, the public health nurse helping us began to do a head circumference on a pregnant mom. (The mom was very cooperative!)

7. In 25 words or less, please share any special challenges you've faced delivering WIC services (ex: natural or un-natural disasters).

Two Home deliveries of formula + breast pump to 2 moms who had just delivered and had no way to get to WIC.

8. In 25 words or less, please tell us about one innovation you've tried that really works (ex: making client and staff life easier).

Noon + After work appointment hours allow clients to be more willing to come in to WIC for help. High Risk clients (e.g. breastfdg. + new moms) are given a phone # (staff, peer counselor) for questions.

9. In 25 words or less, how would you describe working for WIC (i.e. what you makes you stay with WIC)?

I enjoy helping moms with there everyday questions and problems. It's all about helping others and encouraging life changes that will make a difference to a whole family.

10. Please list the names of as many of the WIC staff, as you can think of, who have worked for your WIC agency, over the years.

Cathy Imdieke, LRD

Jean Langeliers, LRD

Pat McGeary, RN

Tillie Holzer

Bev Voller, RN

Kim, Schell, RN

Please complete and return to Colleen by August 18, 1995.

WIC Agency

Fargo

1. When did your WIC program start (month/year)?

Winter 1977.

2. What was your average monthly participation that first year?

?

3. What was your participation last month?

2119

4. In how many locations do you offer WIC services?

Seven

5. How many counties does your agency serve?

one

6. In 25 words or less, please describe a proud accomplishment OR a fun story you'd like to share.

6. Fargo WIC has been very pleased with the success of "The Gathering" It is a monthly group meeting where breastfeeding moms bring their infants and share their experiences and tips and offer support to each other.

7. In 25 words or less, please share any special challenges you've faced delivering WIC services (ex: natural or un-natural disasters).

7. WIC staff have provided WIC services in a van in 20 degree weather, climbed a rickety metal fire escape ladder to get to the WIC office during the Grand Forks flood and driven over a field in a four wheel drive to get to the Fargo office when it was surrounded by flooded streets in the summer of 1993. Come hell or high water, WIC continues.

8. In 25 words or less, please tell us about one innovation you've tried that really works (ex: making client and staff life easier).

8. We have been using Bismarck WIC's group certification idea and have found it to be wonderful for staff and clients alike.

9. In 25 words or less, how would you describe working for WIC (i.e. what you makes you stay with WIC)?

9. We all enjoy the clients and staff we work with.... we appreciate the opportunity to make a difference in some one's life.

10. Please list the names of as many of the WIC staff, as you can think of, who have worked for your WIC agency, over the years.

See other side

Question 10, cont.

Fargo

. WIC employees

Jane Shambaugh  
Jeanette Krabbenhoft  
Pat Krieg  
Suzanne Schaefer  
Cathy Breedon  
Robin Bolger  
Cheryl Bond  
Carol Westphal  
Junell Wertish  
Charyl Hirschert  
Vivian Radi  
Kim Vance  
Debra Flack  
Dede Meidinger  
Nancy Brockel-Kaufman  
Maureen Girvin  
Linda Bartl  
Colleen Kelly  
Colleen Fisher  
Janet Johnson  
Erica Rohde  
Luann Peterson  
Eileen Phillips  
Linda Bates  
Tracy Radi  
Jodi Trender  
Diane Knoll  
Marla Anderson  
Karen Schroeder  
Lynn Maves  
Amy Welter  
Julie Presteng  
Mary Larson  
Kim Lipetzky  
Marianne Johnson

Doris Lauf

Sandy Wendt

10 WIC Questions for 20 WIC Years

WIC Agency FDHU

1. When did your WIC program start (month/year)?

May 1977

2. What was your average monthly participation that first year?

150 - 175

3. What was your participation last month?

167

4. In how many locations do you offer WIC services?

622

5. How many counties does your agency serve?

Seven

6. In 25 words or less, please describe a proud accomplishment OR a fun story you'd like to share.

One accomplishment is that <sup>we</sup> were instrumental in getting WIC on Military Bases in ND.

We have many funny stories but none that we can share.  
Refer to book.

7. In 25 words or less, please share any special challenges you've faced delivering WIC services (ex: natural or un-natural disasters).

Continuing services while remodeling at FDHU.  
The constant need of space & where to find it.

8. In 25 words or less, please tell us about one innovation you've tried that really works (ex: making client and staff life easier).

Having our own Receptonal/pacritual person.  
A yearly home line has been great to keep us on task.

9. In 25 words or less, how would you describe working for WIC (i.e. what you makes you stay with WIC)?

The excellent opportunity for continuing education at WIC meetings.  
Variety of clients & response that is built up between.  
The joy of watching little ones grow well.

10. Please list the names of as many of the WIC staff, as you can think of, who have worked for your WIC agency, over the years.

See back of page

First District Health Unit

Question 10.

LIST OF STAFF (WIC) SINCE INCEPTION OF PROGRAM:

Minot

LaRae McDonald  
Connie Springstedt  
Margaret Anderson  
Lolita Koppinger  
Karen Schroeder  
Kathy Larson  
Penny Hovda  
Robyn Atkinson  
Beth Grenz  
Colleen Yanni  
Julie Gilles  
Gail Slinde  
Simone Susag  
Rebecca Westereng  
Connie Rovig  
\* Beaty Schell

Minot AFB

Mary Hafer  
Barbara Fowlkes  
Marsha Hodnett  
Darcy Bucholz  
Jan Fix  
Glenda Lindseth  
Connie MacBride  
Tessa Nesheim  
Stephanie Rhile  
Patsy Loken  
Jani Hendrickson  
Barb Bergstedt  
Tiffany Allen  
\* Patty Wright  
\* Janyne Roers

\* Receptionist/clerical staff

Bottineau Co.

Irene Tonneson  
Karen Schroeder  
Madeline Skarphol

Burke Co.

Martha Harms

McHenry Co.

Gail Gjovik  
Janelle Wunderlich  
Norma Effertz

McLean Co.

Debbie Boe

Renville Co.

Bernadette Carlson  
Barb Van Wechel  
Lori Scharmer  
Nancy Oberholtzer

Sheridan Co.

Beth Thompson  
Janet Bauer  
Susan Hellman

Ward Co. -Kenmare

Martha Harms

10 WIC Questions for 20 WIC Years

WIC Agency Foster Co.

1. When did your WIC program start (month/year)? *Oct. 1982 as a separate unit*
2. What was your average monthly participation that first year? *40 to 50*
3. What was your participation last month? *183*
4. In how many locations do you offer WIC services? *one*
5. How many counties does your agency serve? *one*

6. In 25 words or less, please describe a proud accomplishment OR a fun story you'd like to share.

*I learned, ~~to~~ "Life is risky, eat dessert first," at our annual B'day luncheons.*

7. In 25 words or less, please share any special challenges you've faced delivering WIC services (ex: natural or un-natural disasters).

*Extending sympathy to the single Mom who lost all three of her children in a house fire.*

8. In 25 words or less, please tell us about one innovation you've tried that really works (ex: making client and staff life easier).

1. *Calling the "no shows" before 7 a.m. - they are too sleepy to think of an excuse.*
2. *Having WIC cereal samples available at all times to WIC kids.*

9. In 25 words or less, how would you describe working for WIC (i.e. what you makes you stay with WIC)?

*"The constant in WIC is change" - just when you think you have your job figured out.....*

10. Please list the names of as many of the WIC staff, as you can think of, who have worked for your WIC agency, over the years.

1. *Susan Schram*
2. *Georgiana Walker*

Please complete and return to Colleen by August 18, 1995.

GRAND FORKS  
site: CFAFB

10 WIC Questions for 20 WIC Years

WIC Agency

site: CFAFB

1. When did your WIC program start (month/year)? Nov. 1977

2. What was your average monthly participation that first year? 226  
First two months - 34 enrollment  
next 3 mo - 48 enrollment, next three months total

3. What was your participation last month?

4. In how many locations do you offer WIC services? 3 - GFAFB  
39 Lawrence - Nic: Atwood 4

5. How many counties does your agency serve? |

6. In 25 words or less, please describe a proud accomplishment OR a fun story you'd like to share.

I have served people in my car at Lawrence when the clinic staff all left + its not open.

- I have served clients without reading vouchers.
- Began WIC without pen, staples, paper, desk, I had forms + folders - + took charts home - as was in temp. office one half a week. When I couldn't carry everything - Adm. on Hospital. met need by given in storage space. I had 750 P.M. - as section came - did best I could + handle + share w/ state or director.

7. In 25 words or less, please share any special challenges you've faced delivering WIC services (ex: natural or un-natural disasters).

- Had waiting list of over 100 families - lack of office space + staff to serve + had cash dollars. These families were on wait for 3-4 months until receiving service. Didn't do any outreach as I need - + couldn't serve demand presently. People applied, received information word of mouth - + hospital staff did clerical work to get family name + phone # on list. One staff person to serve site - 16 hours/week.

8. In 25 words or less, please tell us about one innovation you've tried that really works (ex: making client and staff life easier).

- We use EFNEP to do cooking classes - clients enjoy + it gives staff extra time.

9. In 25 words or less, how would you describe working for WIC (i.e. what you makes you stay with WIC)?

10. Please list the names of as many of the WIC staff, as you can think of, who have worked for your WIC agency, over the years.

- Brenda Leatherman
- Ella Hollaway
- Connie McBride
- Lori Brown
- Mista Luwa
- Kim (Nelson) Vance
- Peggy Hiestand
- Paulette Lobdell

Please complete and return to Colleen by August 18, 1995.

10 WIC Questions for 20 WIC Years

WIC Agency GRIGGS COUNTY

1. When did your WIC program start (month/year)?

AUGUST, 1982

2. What was your average monthly participation that first year?

3. What was your participation last month?

80

4. In how many locations do you offer WIC services?

ONE

5. How many counties does your agency serve?

ONE

6. In 25 words or less, please describe a proud accomplishment OR a fun story you'd like to share.

AFTER RETURNING FROM AN INSERVICE ON INFANT FEEDING, WIC STAFF OBSERVED AN INFANT WHO WAS NOT SUCKING PROPERLY. SHE WAS REFERRED TO A PHYSICIAN AND FOUND TO HAVE BRAIN ATROPHY OF THE LEFT SIDE. NOW EIGHT YEARS OF AGE, SHE ATTENDS PUBLIC SCHOOL WITH SPECIAL AIDS, INCLUDING A COMPUTER, TO HELP HER COMMUNICATE.

7. In 25 words or less, please share any special challenges you've faced delivering WIC services (ex: natural or un-natural disasters).

DURING REMODELING OF THE HOSPITAL, WIC SERVICES WERE PROVIDED IN THE BASEMENT OF A CHURCH.

8. In 25 words or less, please tell us about one innovation you've tried that really works (ex: making client and staff life easier).

HOSPITAL LABORATORY STAFF DO HEMOGLOBIN TESTS. CHILDREN DO NOT ASSOCIATE WIC STAFF WITH FINGER PRICKS, WHICH MAKES APPOINTMENTS MORE PLEASANT.

9. In 25 words or less, how would you describe working for WIC (i.e. what you makes you stay with WIC)?

STAFF AGREE THAT THE SATISFACTION OF HELPING OTHERS MAKES THE JOB ENJOYABLE.

10. Please list the names of as many of the WIC staff, as you can think of, who have worked for your WIC agency, over the years.

LOIS KNUDSON, LRD

WENDY HENDRICKSON, CERT II

JOANN SIMENSON, LRD

10 WIC Questions for 20 WIC Years

WIC Agency Kenmare- Ward Co. First Dist. Health Unit-Minot

1. When did your WIC program start (month/year)? <sup>August</sup> ~~June~~ 1983 was the first month the satellite site for Ward Co. was started in Kenmare. The office was located in one room at the Kenmare Hospital. In the Spring (April) of 1993 <sup>months</sup> ~~Back~~ <sup>Page</sup> →
2. What was your average monthly participation that first year?  
The average monthly participation for the first year was 19.
3. What was your participation last month?  
The participation for Kenmare site, for July 1995 was 27 people enrolled
4. In how many locations do you offer WIC services?  
N/A
5. How many counties does your agency serve?  
N/A
6. In 25 words or less, please describe a proud accomplishment OR a fun story you'd like to share. One day, a little girl came to WIC with her mother. The girl didn't come in to sit by her mother, but stood by the doorway looking at me. Finally, the mother said, "she has made something for you, and she is a little shy to come in". I asked, the girl if she had something to show me. The girl nodded her head..YES: and she proceeded to pull out of her jean pocket a folded sheet of paper. As she unfolded the paper very carefully, she handed it to me, saying "It's You...". Then, <sup>Back</sup> <sup>Page</sup> →
7. In 25 words or less, please share any special challenges you've faced delivering WIC services (ex: natural or un-natural disasters).  
The one disaster event that happen to me was the night I got locked IN the building without a key to open the door to get out. It all started at our new office located on main street in Kenmare, which houses two other business offices within the same building. The staff upstairs left for the night and the lady who locked the door didn't know our office staff didn't have a main door key. While I was putting <sup>Back</sup> <sup>Page</sup> →
8. In 25 words or less, please tell us about one innovation you've tried that really works (ex: making client and staff life easier).  
Refer to Burke Co.

9. In 25 words or less, how would you describe working for WIC (i.e. what you makes you stay with WIC)?  
Refer to Burke Co.

10. Please list the names of as many of the WIC staff, as you can think of, who have worked for your WIC agency, over the years. Martha Ann Harms..

Please complete and return to Colleen by August 18, 1995.

Kenmare

question #1. the office was relocated on main street in Kenmare in the former old JC Pennys' store.

Question#6. I saw what she had drawn. She had drew several circle faces with crayons in various colors. Each face had a different colored eyes, nose, hair and each mouth was drawn with a smile. I have kept this drawing for years, looking at it with a chuckle seeing all the happy, smiley faces.

Question #7. things away for the WIC day I could hear the main door being locked, but I didn't think much of it at the time, for I thought we had all the necessary keys for this new building. When I went to unlock the front door my key wouldn't open the door. Well, I was worried for a few minutes thinking how I would get some help to get out, for I didn't know any of staff from upstairs. Then I remembered the building contractor had left his phone number just in case he had to come back to fix or repair something in this new office. I phoned the number and thanksgoodness his wife was home. She got hold of him and within about twenty minutes he came to open the door. When I returned to work, the following week, one of the ladies from upstairs came down and told me she was the one who locked me IN. I had to laugh and told her this was the first time I've been locked IN, I've been locked out a few times. This in one unique way to be introduce to the staff upstairs.. "This is Martha, the person I locked In the other night"..

10 WIC Questions for 20 WIC Years

WIC Agency Lake Region WIC Program

1. When did your WIC program start (month/year)? July 1975
2. What was your average monthly participation that first year? do not know
3. What was your participation last month? 750
4. In how many locations do you offer WIC services? 7 sites
5. How many counties does your agency serve? 5
6. In 25 words or less, please describe a proud accomplishment OR a fun story you'd like to share.

7. In 25 words or less, please share any special challenges you've faced delivering WIC services (ex: natural or un-natural disasters).

Serving client from trunk of a car, chapel in a hospital, delivered WIC formula voucher to a small town for a new baby because water was going over the highway and client was afraid to drive over the water.

8. In 25 words or less, please tell us about one innovation you've tried that really works (ex: making client and staff life easier).

WIC in the park celebration for 20 years of ND WIC.

Having toys in the waiting room for children to keep busy while waiting for appointment.

Having a craft idea that ties in with the food classes.

9. In 25 words or less, how would you describe working for WIC (i.e. what you makes you stay with WIC)?

WIC gives me chance to use my nursing skills to make a difference. Helping families with food choices and providing ideas-when they come back stating "the suggestions helped" or to see a child grow better with intervention. The variety-no day is exactly the same.

10. Please list the names of as many of the WIC staff, as you can think of, who have worked for your WIC agency, over the years.

Betty White, Deb Lovin, Shirley Peterson, Bonnie Miller, Janet Harles, Marie Williams, Sheri Hatten, Deb Schiff, Doris Rhode, Karen Boe, Kathy Melaas, Marge Maetzold

Please complete and return to Colleen by August 18, 1995.

10 WIC Questions for 20 WIC Years

WIC Agency McHenry Co.

1. When did your WIC program start (month/year)? 1979
2. What was your average monthly participation that first year? Unknown
3. What was your participation last month? 120
4. In how many locations do you offer WIC services? 3
5. How many counties does your agency serve? 1 - McHenry Co.

6. In 25 words or less, please describe a proud accomplishment OR a fun story you'd like to share.

Nothing specific but everytime a client comes back and says "I tried what you suggested and that really worked makes me feel very good."

7. In 25 words or less, please share any special challenges you've faced delivering WIC services (ex: natural or un-natural disasters).

Trying to keep my feet warm at one of my Outsites in the middle of the winter!

8. In 25 words or less, please tell us about one innovation you've tried that really works (ex: making client and staff life easier).

At the measuring board and baby scale I keep round, flat soft plastic jar openers (white with bright letters, giveaways from an insurance Co.) to hand to babies to divert their attention so they lay still while I do my work.

9. In 25 words or less, how would you describe working for WIC (i.e. what you makes you stay with WIC)?

It is one of the best jobs I have ever had and it's because of being able to work one on one with the clients. Also the staff are great - from the state level down to the locals.

10. Please list the names of as many of the WIC staff, as you can think of, who have worked for your WIC agency, over the years.

Gail Gjovick  
Janelle Hunderlich  
Norma Eppertz

Please complete and return to Colleen by August 18, 1995.

10 WIC Questions for 20 WIC Years

WIC Agency McLean County - Detrick Boc

1. When did your WIC program start (month/year)?

July '78

2. What was your average monthly participation that first year?

Approx 75

3. What was your participation last month?

190

4. In how many locations do you offer WIC services?

5

5. How many counties does your agency serve?

1 - McLean

6. In 25 words or less, please describe a proud accomplishment OR a fun story you'd like to share.

I really have appreciated the Thankyou notes and the family pictures and the clients who consider me a friend.

7. In 25 words or less, please share any special challenges you've faced delivering WIC services (ex: natural or un-natural disasters).

Traveling to the satellite clinics and remembering all the supplies (eg - vouchers!) and actually arriving there (eg - ice & snow)

8. In 25 words or less, please tell us about one innovation you've tried that really works (ex: making client and staff life easier).

Every so often I schedule 2 clients for the same time but only write 1 name on the schedule. My secretary doesn't believe me that it was an oversight but it has been all thinking that were going to have an easy day

9. In 25 words or less, how would you describe working for WIC (i.e. what you makes you stay with WIC)?

I have a note taped to the inside of my daily calendar that states "God put me on this earth to accomplish a number of things; right now I'm so far behind I'll never die!"  
I love the change, the challenges & the unexpected - WIC offers that on a daily basis.

10. Please list the names of as many of the WIC staff, as you can think of, who have worked for your WIC agency, over the years.

Lolita Stakup Koppinger started WIC in McLean County in July '78 and moved to the nat office of FDOH in Nov of that same year - I have been the only one ever since

10 WIC Questions for 20 WIC Years

WIC Agency Nelson County

1. When did your WIC program start (month/year)?

Sept. /82

2. What was your average monthly participation that first year? 20-25

3. What was your participation last month? 79

4. In how many locations do you offer WIC services? 2 - Lakota + McVelle

5. How many counties does your agency serve? 1

6. In 25 words or less, please describe a proud accomplishment OR a fun story you'd like to share.

An out of state WIC client on an extended visit stopped for a WIC check + some breastfeeding advice. She was slightly concerned about her 3mo old daughter's wt. gain who was only 3oz. more than birth wt. We called Dr. Hogarth in St. Jks. who agreed to see her without pay. Dr. Hogarth admitted the baby to the hospital + found the mom to be using breast shields.

7. In 25 words or less, please share any special challenges you've faced delivering WIC services (ex: natural or un-natural disasters).

- Driving 15 miles to another town to help a teen breastfeeding mom at 11:00 p.m. (then woke Joan Camburn who was on vacation (with a phone call))

- Having Soil Conservation next door set their own on fire with sunflower samples that were drying + having to call the local fire dept.

8. In 25 words or less, please tell us about one innovation you've tried that really works (ex: making client and staff life easier).

Being flexible and making the client comfortable by meeting them on their own level.

9. In 25 words or less, how would you describe working for WIC (i.e. what you makes you stay with WIC)?

Enjoy the challenge of helping people learn to be healthier, seeing positive changes because of teaching we do, + I love the babies! Diane Swenson RN WIC to me is a challenging + fulfilling job where one can see some of the advice + education based ideas put into use. The thought of getting one more mom to breastfeed or someone wanting to improve their life by learning to eat healthy is still very exciting to me. Thanks!

10. Please list the names of as many of the WIC staff, as you can think of, who have worked for your WIC agency, over the years.

Lois Knudson - Coordinator  
Adrienne Wellman  
Dorinda Schuk  
Harlene Karna

Beverly Pederson  
Esther Schuk (volunteer)  
Diane Swenson

Nelson Co.

Question 6, cont.

so baby was not getting enough milk. After this the family decided to stay in the area & is doing well.

Question 7, cont.

Grandi & Wendy Henderson having to spend the night in the McVillie Hospital because of blizzard conditions. Using hospital gowns for PJ's & sleeping in the surgical lounge.

10 WIC Questions for 20 WIC Years

WIC Agency Pembina County - Cavalier ND

1. When did your WIC program start (month/year)?

October, 1978

2. What was your average monthly participation that first year? 110

3. What was your participation last month? 244

4. In how many locations do you offer WIC services? 3 - Cavalier main site  
Satellites Washburn and Pembina

5. How many counties does your agency serve? one - Pembina County

6. In 25 words or less, please describe a proud accomplishment OR a fun story you'd like to share.

Nominating our local grocer for the NAWD award for outstanding services - and he being the only grocer nationally to receive this award.

7. In 25 words or less, please share any special challenges you've faced delivering WIC services (ex: natural or un-natural disasters).

Our satellite sites prove to be challenging in just getting there sometimes - especially our winter months! When we do get there our locations are often something to be desired - basements - water in the basement! Thermostats that kick in when we're ready to leave! And the client that runs to your vehicle as you're leaving wanting their WIC vouchers.

8. In 25 words or less, please tell us about one innovation you've tried that really works (ex: making client and staff life easier).

Working with an uncooperative client can be very frustrating, but if you stop and put yourself in their "shoes" you usually get a different perspective. It's not an innovation but it does help keep my sanity on those very busy WIC days.

9. In 25 words or less, how would you describe working for WIC (i.e. what you makes you stay with WIC)?

I enjoy working for WIC because we all share a common goal - working for a better and healthier future for our WIC children.

10. Please list the names of as many of the WIC staff, as you can think of, who have worked for your WIC agency, over the years.

Kathy Nelson - started WIC in Pembina Co. Oct '78  
Deane Hartox  
Sue Watson and Dee Schuchter - Oct '79 - to present  
Summers of '87; '88  
Jan Harrison - Jan '80  
Jenny Scott - summer '89  
Adeanne Wellman - Nov '89 to present

Please complete and return to Colleen by August 18, 1995.

10 WIC Questions for 20 WIC Years

WIC Agency Ransom County

1. When did your WIC program start (month/year)? Aug. 1982
2. What was your average monthly participation that first year? 70
3. What was your participation last month? 124
4. In how many locations do you offer WIC services? 3  
Lisbon, Enderlin & Sheldon
5. How many counties does your agency serve? one - Ransom County

6. In 25 words or less, please describe a proud accomplishment OR a fun story you'd like to share.

Being a smaller populated county, the WIC staff is also involved in the County's immunization program. Our "proud" accomplishment is providing immunizations to clients who might not return to office to receive the immunizations.

7. In 25 words or less, please share any special challenges you've faced delivering WIC services (ex: natural or un-natural disasters).

Lisbon Hotel had a fire and client's vouchers were destroyed & WIC replaced vouchers & addresses helped with finding and clothing.

8. In 25 words or less, please tell us about one innovation you've tried that really works (ex: making client and staff life easier).

Charlotte Burchill, RD, is our organizer-type director. She has developed monthly goal/education topic schedule & Pregnancy Protocol to aid in the WIC staff to be more unified. WIC Program also receives brochure from Co. Agent & group education ideas. <sup>We have</sup> Jana Finnes, <sup>dental hy. help with</sup> dental needs <sup>2 weeks a yr.</sup>

9. In 25 words or less, how would you describe working for WIC (i.e. what you makes you stay with WIC)?

Currently, Kathy Edland, is the only employee who started with the program in 1982. I enjoy the variety of clients, the age groups, communications <sup>with</sup> our clients is first name - very comfortable. WIC Program is great to work with - everything is in writing or the toll free number will give you a speedy answer.

10. Please list the names of as many of the WIC staff, as you can think of, who have worked for your WIC agency, over the years.

Joan Montgomery, Director  
Carol Embertson, RD  
Pam Guleson, Nutritionist  
Charlotte Burchill, RD  
Kathy Edland, Certifier

Mayone Dalos, RN  
Gwen Mueller, RN  
Marilyn Ofstedal, RN  
Patty Ellefson, Nutritionist  
Kim Palmer, Nutritionist

Please complete and return to Colleen by August 18, 1995.

10 WIC Questions for 20 WIC Years

WIC Agency Renville County

1. When did your WIC program start (month/year)?  
1979

2. What was your average monthly participation that first year?

3. What was your participation last month?

51

4. In how many locations do you offer WIC services?

Akahl, Sherwood, Glenburn

5. How many counties does your agency serve?

Renville, Bottineau

6. In 25 words or less, please describe a proud accomplishment OR a fun story you'd like to share.

After trying for several months to get a stove to try beans, I found out she ~~was~~ did not have a stove & was cooking in a fry<sup>ing</sup> pan. Our church <sup>parsonage</sup> was remodeling & with my husband on the church board we were able to deliver the used stove to my WIC family.

7. In 25 words or less, please share any special challenges you've faced delivering WIC services (ex: natural or un-natural disasters).

I found my first year with WIC to be constantly challenging. Premature twins, a baby with hydrocephalus, a father-son dwarf, a father who could not read. It seemed I was always looking for help! Along with a flat tire on my first out of town clinic & shoveling a sidewalk to get into the church <sup>for another clinic</sup>

8. In 25 words or less, please tell us about one innovation you've tried that really works (ex: making client and staff life easier).

By providing as many 6:30 & 4:30 appointments as my schedule will allow.

9. In 25 words or less, how would you describe working for WIC (i.e. what you makes you stay with WIC)?

I like having a part time job that keeps me in touch with the younger people in the community. It gives me a satisfying feeling that we are helping these young families.

10. Please list the names of as many of the WIC staff, as you can think of, who have worked for your WIC agency, over the years.

?  
1981 Bernadette Carlson 2yrs 30-40 Clients Serving only Babies & Program Women  
Barb VanWechel  
Lori Scharmer  
1991 - Nancy Oberholtzer

WIC Agency - Rolette County WIC Program  
includes - Belcourt, Dunseith, Rolla and Rolette

1. When did your WIC program start? July of 1975
2. What was your average monthly participation that first year? We started with about 300 clients the first month and it just steadily grew.
3. What was your participation last month? 1293
4. In how many locations do you offer WIC services? 4
5. How many counties does your agency serve? 1
6. Describe a proud accomplishment or a fun story you'd like to share. In the 20 years we have been here we are seeing moms delay feeding of infants to 4-6 months, we are seeing more breastfeeding, we are seeing longer use of formula, and with children moms are switching to 2% milk at 2 years, and seem to be more comfortable with letting their children set their own appetite.
7. Share any special challenges you've faced delivering WIC services. Just finding space - In Belcourt in the 20 years we have been here we have been in 9 different offices, with the shortest time being one month. In Dunseith 3 different offices in Rolette 4 different offices within the same facility and surprisingly in Rolla only one office.
8. Tell about one innovation you've tried that really works. We have the receptionist get the file ready for the nutritionist, which means she can spent her time doing nutrition education rather than filling in forms.
9. How would you describe working for WIC. It is never boring, there is always something new, you are never quite sure what you are doing is always right today, you are always learning something, you met so many people and you get to see the kids grow up.
10. Name as many of the WIC staff as you can think of.  
Belcourt-Dunseith - Current are Jill Leppert, Darlene Lavallie  
Carol LaVallie and Jeanette Brien  
Past are Glenna Settingsgard, Lucy Booth, Joyce Vivier,  
Geraldine Baker, Kathy LaFountain, Janet Lenior, Theresa  
Counts, Lorrel Poitra, Lila St. Claire, Peggy Bercier  
Aurelia LaFountain, Barbara Martell and several CHR's when we  
first started.

Rolla - Current are Cindy Mickelson and Kriss Anderson  
Past are - Brenda Hunt, Kim Vance, Joey Keegan, Tudy Krom,

10 WIC Questions fo

WIC Agency SWDHU

1. When did your WIC program start (month

October 1978

2. What was your average monthly participation that first year?

30

3. What was your participation last month?

1098

4. In how many locations do you offer WIC services?

8

Dickinson, Belfield, Richardson, Killdeer, Math, New England, Beach, Bowman

5. How many counties does your agency serve?

Seven

6. In 25 words or less, please describe a proud accomplishment OR a fun story you'd like to share.

We (~~the WIC staff and local unit staff~~) moved our offices from ~~Felton Hall~~ Dickinson State University to our present location. This was an accomplishment since we moved the whole health unit and set up our W office with no outside help.

7. In 25 words or less, please share any special challenges you've faced delivering WIC services (ex: natural or un-natural disasters).

Below 0° wind chills (way below)

8. In 25 words or less, please tell us about one innovation you've tried that really works (ex: making client and staff life easier).

We combine appointments for our client's convenience. Services under one roof and combined as needed are: WIC, MCH, EPSDT, immunizations, car seats, public health, water testing.

9. In 25 words or less, how would you describe working for WIC (i.e. what you makes you stay with WIC)?

Watching infants and seeing how they develop, both physically and their personalities as they become young children.

10. Please list the names of as many of the WIC staff, as you can think of, who have worked for your WIC agency, over the years.

- |                                |                         |                               |                          |
|--------------------------------|-------------------------|-------------------------------|--------------------------|
| <u>Karen Parke</u>             | <u>Raylene Hebert</u>   | <u>Marge Paffer</u>           | <u>Jamie Stang</u>       |
| <u>Barb Olson</u>              | <u>Suzanne Strand</u>   | <u>Jedene Kessel</u>          | <u>Kim Hauie</u>         |
| <u>Janet Bauer</u>             | <u>Karen Urlocher</u>   | <u>Carrie Keller</u>          | <u>Charlotte Schwarz</u> |
| <u>Barbi Narum</u>             | <u>Moni Oliverosa</u>   | <u>Collette Kowalski</u>      | <u>Anne Olson</u>        |
| <u><del>Marsha Wolff</del></u> | <u>Patty Gersyewski</u> | <u>Darcy Drishaw Stafford</u> | <u>Bonnie Luptak</u>     |
|                                |                         |                               | <u>Patty Yen</u>         |
|                                |                         |                               | <u>Beth Getman</u>       |
| <u>Marsha Wolff</u>            | <u>Nancy Duletsky</u>   | <u>Cindy Schnieder</u>        |                          |

~~For return to~~ Please complete and return to Colleen by August 18, 1995.

10 WIC Questions for 20 WIC Years

WIC Agency Standing Rock

1. When did your WIC program start (month/year)? August 1978
2. What was your average monthly participation that first year? 700+
3. What was your participation last month? 1154
4. In how many locations do you offer WIC services? 6
5. How many counties does your agency serve? Standing Rock Reservation

6. In 25 words or less, please describe a proud accomplishment OR a fun story you'd like to share.

In the early years we shared office space with other programs - today we have our own building.

7. In 25 words or less, please share any special challenges you've faced delivering WIC services (ex: natural or un-natural disasters).

TRAVELING MANY MILES IN COLD BLIZZARD WEATHER TO STAY ON SCHEDULE.

8. In 25 words or less, please tell us about one innovation you've tried that really works (ex: making client and staff life easier).

WIC SERVICES ARE TIED IN WITH THE IMMUNIZATION PROGRAM. INDIAN HEALTH SERVICE STAFF ARE AVAILABLE AT ALL WIC CLINICS TO PROVIDE IMMUNIZATIONS AND RECERTIFICATIONS. PARENTS VERY MUCH APPRECIATE THIS ADDED SERVICE. STANDING ROCK MAINTAINS A 90% RATE.

9. In 25 words or less, how would you describe working for WIC (i.e. what you makes you stay with WIC)?

COMPASSION FOR CHILDREN. REWARDING BY THE APPRECIATION OF PARENTS.

10. Please list the names of as many of the WIC staff, as you can think of, who have worked for your WIC agency, over the years.  
FLORA WALKING, ELK - CORLISS KNUTH - LARRY WHITE ENGLE - MARCIA BAILEY  
JACKIE SWIAGER - PATTY KRAIDER - WANDA AGNEW - DAWN BEATTEN  
Irene Lawrence

10 WIC Questions for 20 WIC Years

WIC Agency STEELE COUNTY WIC

1. When did your WIC program start (month/year)?

July, 1982

2. What was your average monthly participation that first year?

38 clients

3. What was your participation last month?

51 clients

4. In how many locations do you offer WIC services?

One - at the Steele County Courthouse, Finley.

5. How many counties does your agency serve?

One

6. In 25 words or less, please describe a proud accomplishment OR a fun story you'd like to share.

I am proud of WIC's link to the local public health office. Both programs reinforce the positive wellness approach and promote each others programs.

Health + nutrition + education + local government + personal contact = benefits for clients

7. In 25 words or less, please share any special challenges you've faced delivering WIC services (ex: natural or un-natural disasters).

Being a part-time WIC employee has been a challenge as it is difficult to meet client needs and administration needs in 3-4 working days a month.

8. In 25 words or less, please tell us about one innovation you've tried that really works (ex: making client and staff life easier).

Using a large tear-off poster pad makes the "topic of the month" educational lesson easy to prepare. I tape pictures, charts, parts of bulletins plus write on the paper. It is large, visual, and easy.

9. In 25 words or less, how would you describe working for WIC (i.e. what you makes you stay with WIC)?

- \*WIC employees make life at WIC pleasant. I appreciate the support and help plus the friendships I have made.
- \*Inservice trainings keep me up-to-date on research and challenge me.
- \*Clients make each day different to keep my interest.

10. Please list the names of as many of the WIC staff, as you can think of, who have worked for your WIC agency, over the years.

Teresa McElroy - 13 years

Please complete and return to Colleen by August 18, 1995.

10 WIC Questions for 20 WIC Years

WIC Agency UMDNH

1. When did your WIC program start (month/year)? 1979

2. What was your average monthly participation that first year? No record for 1979  
Latest was 1983  
file -> 464

3. What was your participation last month? 786

4. In how many locations do you offer WIC services? 6 Williston, TIOGA, Stanley, Crosby, New Town, Watford city

5. How many counties does your agency serve? 4 - Williams, McKenzie, Divide, Mountain

6. In 25 words or less, please describe a proud accomplishment OR a fun story you'd like to share.

on our way to TIOGA  
Liz + Jean - I can overheat - we had no water so we poured our coffee in - (Needless to say it didn't work)  
SUC : Amom who presented herself with a ~~condition~~ FTI Infant failed Denver, below 5440 ft, wt, wt/ht -> 2 months of counseling.  
wt wt/ht wt/ht + passed the Denver!

7. In 25 words or less, please share any special challenges you've faced delivering WIC services (ex: natural or un-natural disasters).

Sue Brunstad - getting bit in the leg by a child (she reports they moved out of the area "Thank you")  
Liz + Jean - Grabbing the wrong box of charts for an out of town clinic & discovering we forgot the vouchers!!

8. In 25 words or less, please tell us about one innovation you've tried that really works (ex: making client and staff life easier).

- Creating a fun-play room for the kids  
- Food & Demos / Samples every 2 months - clients give a lot of positive feedback about sampling recipes.

9. In 25 words or less, how would you describe working for WIC (i.e. what you makes you stay with WIC)?

Lonni - Interesting & fun but hectic. Love the kids no 2 days ~~are~~ and the same  
Liz - I love being in a public health setting & WIC I've worked hospitals & nursing homes but public health is definitely for me! Clients 9990 are great!!

10. Please list the names of as many of the WIC staff, as you can think of, who have worked for your WIC agency, over the years.

Susan Brunstad  
Libby Policky  
Jan Halverson  
Liz Bustad  
Jean Cote  
Lonni Slocum

10 WIC Questions for 20 WIC Years

WIC Agency Union Hospital WIC Program

1. When did your WIC program start (month/year)? November 1983
2. What was your average monthly participation that first year? 32
3. What was your participation last month? 186
4. In how many locations do you offer WIC services? 2; in Hillsboro and Mayville
5. How many counties does your agency serve? 1 (Traill)

6. In 25 words or less, please describe a proud accomplishment OR a fun story you'd like to share.

I saw a WIC family in the grocery store one evening. The child must of recognized me because I heard him whisper "That's the WIC lady mom", you better buy good food".

7. In 25 words or less, please share any special challenges you've faced delivering WIC services (ex: natural or un-natural disasters).

Driving to my satellite site one day without the milk tickets. I was able to drive back and get them in time.

8. In 25 words or less, please tell us about one innovation you've tried that really works (ex: making client and staff life easier).

We have "ready made" files made up ahead of time with the necessary forms for a pregnant cert and children's Cert, both male and female.

9. In 25 words or less, how would you describe working for WIC (i.e. what you makes you stay with WIC)? Every WIC Day is different. It's rewarding

when clients appreciate the time you spend with them as well as receiving the WIC voucher.

10. Please list the names of as many of the WIC staff, as you can think of, who have worked for your WIC agency, over the years.

Lori Flacksbarth  
Wallyn Lee

# Appendix B

# The Year WIC Started in each North Dakota County

County	Year	1975	1976	1977	1978	1979	1980	1981	1982	1983
1 Adams									1982	1983
2 Barnes									1982	1983
3 Benson Ft. Totten		1975	1976	1977	1978	1979	1980	1981	1982	1983
4 Billings					1978	1979	1980	1981	1982	1983
5 Bottineau						1979	1980	1981	1982	1983
6 Bowman					1978	1979	1980	1981	1982	1983
7 Burke						1979	1980	1981	1982	1983
8 Burleigh					1978	1979	1980	1981	1982	1983
9 Cass				1977	1978	1979	1980	1981	1982	1983
10 Cavalier		1975	1976	1977	1978	1979	1980	1981	1982	1983
11 Dickey									1982	1983
12 Divide				1977	1978	1979	1980	1981	1982	1983
13 Dunn					1978	1979	1980	1981	1982	1983
14 Eddy		1975	1976	1977	1978	1979	1980	1981	1982	1983
15 Emmons								1981	1982	1983
16 Foster								1981	1982	1983
17 Golden Valley					1978	1979	1980	1981	1982	1983
18 Grand Forks				1977	1978	1979	1980	1981	1982	1983
19 Grant					1978	1979	1980	1981	1982	1983
20 Griggs									1982	1983
21 Hettinger					1978	1979	1980	1981	1982	1983
22 Kidder									1982	1983
23 LaMoure									1982	1983
24 Logan						1979	1980	1981	1982	1983
25 McHenry						1979	1980	1981	1982	1983
26 McIntosh									1982	1983
27 McKenzie				1977	1978	1979	1980	1981	1982	1983

**County Year 1975 1976 1977 1978 1979 1980 1981 1982 1983**

County	Year	1975	1976	1977	1978	1979	1980	1981	1982	1983
28 McLean					█	█	█	█	█	█
29 Mercer					█	█	█	█	█	█
30 Morton					█	█	█	█	█	█
31 Mountrail				█	█	█	█	█	█	█
32 Nelson									█	█
33 Oliver					█	█	█	█	█	█
34 Pembina				█	█	█	█	█	█	█
35 Pierce								█	█	█
36 Ramsey		█	█	█	█	█	█	█	█	█
37 Ransom									█	█
38 Renville						█	█	█	█	█
39 Richland						█	█	█	█	█
40 Rolette		█	█	█	█	█	█	█	█	█
41 Sargent									█	█
42 Sheridan					█	█	█	█	█	█
43 Sioux					█	█	█	█	█	█
44 Slope					█	█	█	█	█	█
45 Stark					█	█	█	█	█	█
46 Steele									█	█
47 Stutsman						█	█	█	█	█
48 Towner		█	█	█	█	█	█	█	█	█
49 Traill						█	█	█	█	█
50 Walsh				█	█	█	█	█	█	█
51 Ward				█	█	█	█	█	█	█
52 Wells									█	█
53 Williams				█	█	█	█	█	█	█

# **Appendix C**



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<u>WIC AGENCY</u>	<u>WIC STAFF</u>	<u>TELEPHONE</u>
<u>ADAMS COUNTY</u> West River Regional Medical Center Rural Route 2 Box 124 Hettinger, ND 58639-9599	Linda Nudell, Director Stacy Henderson	567-4561
<u>BARNES COUNTY</u> - See City-County Health Department		
<u>BENSON COUNTY</u> - See Lake Region District Health Unit		
<u>BILLINGS COUNTY</u> - See Southwestern District Health Unit		
<u>BOTTINEAU COUNTY</u> - See First District Health Unit		
<u>BOWMAN COUNTY</u> - See Southwestern District Health Unit		
<u>BURKE COUNTY</u> - See First District Health Unit		
<u>BURLEIGH COUNTY</u> 2400 East Broadway Bismarck, ND 58501	Bertie Bishop, Director Pat Hoovestol Tolly Patten Bernadine Harsche	255-3397 Marilyn Hoff Dorothy Thorson Jeanine Wall-Hebert
<u>CASS COUNTY</u> 1102 43rd Street SW, Suite F Fargo, ND 58103	Kim Vance, Director Linda Bates Eileen Phillips Carol Westphal Kim Lipetzky Marianne Johnson	277-1455 Amy Welter Vivian Radi Mary Larson Karen Schroeder Sharla Olson
<u>CAVALIER COUNTY</u> 901 Third Street Langdon, ND 58249	Karen Boe, Director Colleen Fischer	256-2402
<u>CENTRAL VALLEY HEALTH UNIT</u> (Stutsman and Logan Counties) 310 10th Street SE, P.O. Box 880 Jamestown, ND 58402-0880	Robin Iszler, Director Carol Cannon Anita Berland Dorothy Dahl	252-8130 Candace Gums Diane Bolonchuk Fay Falk
<u>CITY-COUNTY HEALTH DEPARTMENT</u> 230 Fourth Street NW, Room 102 Valley City, ND 58072	Beth Viland, Director Eileen Maresh Kathleen Dietz	845-8520 Sharon Buhr
<u>CUSTER DISTRICT HEALTH UNIT</u> (Morton, Grant, Mercer, Oliver, and Sioux Counties) 107 Third Avenue NW Mandan, ND 58554	Bertie Bishop, Director Mary Moos Gina Lee, LRD Janelle Olson	667-3364 Debra Thom Patricia Schulte Jeanine Wall-Hebert
<u>DICKEY/LAMOURE COUNTIES</u> LaMoure Clinic P.O. Box 323 LaMoure, ND 58458	Margie Janke, Director Geraldine Courtney Donna Nickelson	883-5179 Patricia Ellefson Twyla Trautman
<u>DIVIDE COUNTY</u> - See Upper Missouri District Health Unit		
<u>DUNN COUNTY</u> - See Southwestern District Health Unit		

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<u>WIC AGENCY</u>	<u>WIC STAFF</u>	<u>TELEPHONE</u>
<u>EDDY COUNTY</u> - See Lake Region District Health Unit		
<u>EMMONS COUNTY</u> Linton Hospital 518 North Broadway P.O. Box 850 Linton, ND 58552	Jean Langeliers, Director	254-4511
<u>FIRST DISTRICT HEALTH UNIT</u> 801 11th Avenue SW P.O. Box 1268 Minot, ND 58701	LaRae McDonald, Director Beaty Schell                      Robyn Atkinson (OPOP) Connie Springsted              Simone Susag Gail Slinde                        Connie Rovig Rebecca Westereng	852-1376
<u>Ward County</u> (see above)		
<u>Ward County (Kenmare)</u> 11 West Division, Suite 102 P.O. Box 836 Kenmare, ND 58746	Martha Harms	385-4296, ext. 41
<u>Ward County (Minot Air Force Base)</u> Building #196 Minot AFB, ND 58704	Tessa Nesheim                      Connie Rovig Tiffany Allen	723-2118
<u>Bottineau County</u> 616 Main Street #4 Bottineau, ND 58318	Irene Tonneson Madeline Skarphol	228-3489
<u>Burke County</u> Burke County Courthouse Bowbells, ND 58721	Martha Harms	377-2316
<u>McHenry County</u> 302 North Main, P.O. Box 374 Velva, ND 58790	Norma Effertz	338-2784
<u>McLean County</u> McLean County Courthouse P.O. Box 1108 Washburn, ND 58577	Deborah Boe	462-8541, ext. 210
<u>Renville County</u> Renville County Courthouse Mohall, ND 58761	Nancy Oberholtzer	756-6383
<u>Sheridan County</u> Sheridan County Courthouse 215 East Second Avenue McClusky, ND 58463	Susan Hellman	363-2506
<u>FORT TOTTEN - DEVILS LAKE SIOUX TRIBE</u> Indian Health Center, P.O. Box 217 Fort Totten, ND 58335	Mary Ann Cavanaugh, Director Vivian Jetty Anita Black	766-4242

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<u>WIC AGENCY</u>	<u>WIC STAFF</u>	<u>TELEPHONE</u>
<u>FOSTER COUNTY</u> Foster County Courthouse 1000 Central Avenue North Carrington, ND 58421	Carol Cannon Jean Kulla Frieda Edinger	652-3087
<u>GOLDEN VALLEY COUNTY</u> - See Southwestern District Health Unit		
<u>GRAND FORKS COUNTY</u> Valley Family Planning 27 1/2 South Third Street Grand Forks, ND 58201	Kim Rossow, Director Teresa Kalal Barb Moen Betsy Thompson M. Hopkins	775-4251
<u>Grand Forks Air Force Base</u> P.O. Box 10103 Grand Forks AFB, ND 58204-0103	Joan Camburn Susan Keenaghan Amy Sorlien	Bromayne Sand Kerry Anderson Donna Shields Caroline Warren 594-5755
<u>GRANT COUNTY</u> - See Custer District Health Unit		
<u>GRIGGS/NELSON COUNTIES</u> Griggs County Hospital P.O. Box 728 Cooperstown, ND 58425	JoAnn Simenson, Director Wendy Hendrickson	797-2221
<u>Nelson County</u> Nelson County Courthouse P.O. Box 569 Lakota, ND 58344	Sandi Schuh Diane Swenson	247-2263
<u>HETTINGER COUNTY</u> - See Southwestern District Health Unit		
<u>KIDDER COUNTY</u> - See Burleigh County WIC Program		
<u>LAKE REGION HEALTH UNIT</u> Ramsey County Courthouse Devils Lake, ND 58301	Sheri Hatten, Director Bonnie Miller Marie Williams	Sara James Camie Schmidt 662-7043
<u>Pierce County</u> Pierce County Courthouse Rugby, ND 58368	Deb Schiff	776-6937
<u>LAMOURE COUNTY</u> - See Dickey County		
<u>LOGAN COUNTY</u> - See Central Valley Health Unit		
<u>MCHENRY COUNTY</u> - See First District Health Unit		
<u>MCINTOSH COUNTY</u> Ashley Medical Center 612 Center Avenue North Ashley, ND 58413	Lucy Meidinger, Director Linda Fogel	288-3433
<u>MCKENZIE COUNTY</u> - See Upper Missouri District Health Unit		
<u>MCLEAN COUNTY</u> - See First District Health Unit		
<u>MERCER COUNTY</u> - See Custer District Health Unit		

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<u>WIC AGENCY</u>	<u>WIC STAFF</u>	<u>TELEPHONE</u>
<u>MORTON COUNTY</u> - See Custer District Health Unit		
<u>MOUNTRAIL COUNTY</u> - See Upper Missouri District Health Unit		
<u>NELSON COUNTY</u> - See Griggs/Nelson Counties		
<u>OLIVER COUNTY</u> - See Custer District Health Unit		
<u>PEMBINA COUNTY</u> 301 Dakota Street West #12 P.O. Box 24 Cavalier, ND 58220	Adrienne Wellman, Director Delores Schluchter Therese Samson Colleen Fischer	265-4764
<u>PIERCE COUNTY</u> - See Lake Region District Health Unit		
<u>RAMSEY COUNTY</u> - See Lake Region District Health Unit		
<u>RANSOM COUNTY</u> Ransom County Courthouse P.O. Box 89 Lisbon, ND 58054	Charlotte Burchill, Director Kathy Edland Marilyn Ofstedel	683-5823, ext. 39
<u>RENVILLE COUNTY</u> - See First District Health Unit		
<u>RICHLAND COUNTY</u> Richland County Health Department 413 Third Avenue North Wahpeton, ND 58075	Janet Wentzel Glenda Bommersbach	642-7748
<u>ROLETTE COUNTY</u> - See Turtle Mountain Indian Reservation		
<u>SARGENT COUNTY</u> Sargent County Health Department P.O. Box 237 Forman, ND 58032	Pam Gulleson, Director Colleen Sundquist Sue Grubbs	Patty Ellefson Janelle McLean
724-6241		
<u>SHERIDAN COUNTY</u> - See First District Health Unit		
<u>SIoux COUNTY</u> - See Custer District Health Unit		
<u>SLOPE COUNTY</u> - See Southwestern District Health Unit		
<u>SOUTHWESTERN DISTRICT HEALTH UNIT</u> (Stark, Billings, Golden Valley, Hettinger, Slope and Dunn Counties)		
2869 West Third Avenue Dickinson, ND 58601	Barb Olson, Director Janet Bauer Karen Parke Roylene Hebert	227-1942 or 1-800-932-8896
<u>Bowman County</u> 315 South Main Bowman, ND 58623	Suzanne Strand	523-3144
<u>STARK COUNTY</u> - See Southwestern District Health Unit		
<u>STEELE COUNTY</u> Steele County Courthouse Finley, ND 58230	Teresa McElroy, Director	524-2060

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<u>WIC AGENCY</u>	<u>WIC STAFF</u>	<u>TELEPHONE</u>
<u>STUTSMAN COUNTY</u> - See Central Valley Health Unit		
<u>TOWNER COUNTY</u> - See Lake Region District Health Unit		
<u>TRAIL COUNTY</u> Union Hospital 42 Sixth Avenue SE Mayville, ND 58257-1598	Susan Willyard, Director Annie McMahon Janel Aarnold	786-3800
<u>TURTLE MOUNTAIN INDIAN RESERVATION</u> IHS Hospital P.O. Box 160 Belcourt, ND 58316	Jill Leppert, Director Darlene LaVallie Jeanette Brien	477-6436
<u>Rolette County (Dunseith)</u> 117 Main Street NE, P.O. Box 655 Dunseith, ND 58329	Carol LaVallie	244-5187
<u>Rolette County (Rolla and Rolette)</u> Presentation Medical Center 213-217 Second Avenue NE P.O. Box 759 Rolla, ND 58367	Cindy Mickelson Kriss Anderson	Rolla: 477-3161 Rolette: 246-3786
<u>UPPER MISSOURI DISTRICT HEALTH UNIT</u> (Williams, Divide, McKenzie, and Mountrail Counties)		
507 University Avenue Williston, ND 58801	Liz Bustad, Director Susan Grundstad Jean Cote Lorri Slocum	572-5373
<u>Divide County</u> Divide County Courthouse Box 69 Crosby, ND 58730	Susan Grundstad	965-6813
<u>WALSH COUNTY</u> Administration Building 638 Cooper Avenue Grafton, ND 58237	Audrey Gauderman, Director Kathlyn Rath Jane Myers Lori Haugen	Pam Welter Rhondee Feltman 352-0251
<u>WARD COUNTY</u> - See First District Health Unit		
<u>WELLS COUNTY</u> Central Dakota Clinic 922 Lincoln Avenue Harvey, ND 58341	Cathy Peltier, Director	324-4856
<u>WILLIAMS COUNTY</u> - See Upper Missouri District Health Unit		

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<u>WIC AGENCY</u>	<u>WIC STAFF</u>	<u>TELEPHONE</u>
<u>OTHER:</u>		
<u>STATE WIC OFFICE</u>		
North Dakota Department of Health Division of Maternal & Child Health 600 East Boulevard Avenue Bismarck, ND 58505-0200	Colleen Pearce, WIC Director Karen Oby, MCH/WIC Nutrition Services Director Wanda Agnew, WIC/MCH Nutrition Coordinator Lynne Wise, WIC Secretary	1-800-472-2286 or 328-2496
<u>ACCOUNTING OFFICE</u>		
North Dakota Department of Health 600 East Boulevard Avenue Bismarck, ND 58505-0200	Kathy Albin, Director Virginia Mund Karen Haas Kathy Richter	1-800-472-2286 or 328-2392
<u>STANDING ROCK SIOUX TRIBE - FORT YATES</u>		
Finance Office Building P.O. Box 437 Fort Yates, ND 58538	Irene Lawrence, Director Corliss Knuth, Nutritionist Marsha Eagle           Patty Black Hoop Lisa Condon             Jamie Giroux	854-7263 or 854-7264
<u>THREE AFFILIATED TRIBES - NEW TOWN</u>		
HC3 Box 2 New Town, ND 58763	Delphine Baker, Director Kathy Jespersion, Nutritionist Terri Log, Vendors	627-4777 or 627-3566