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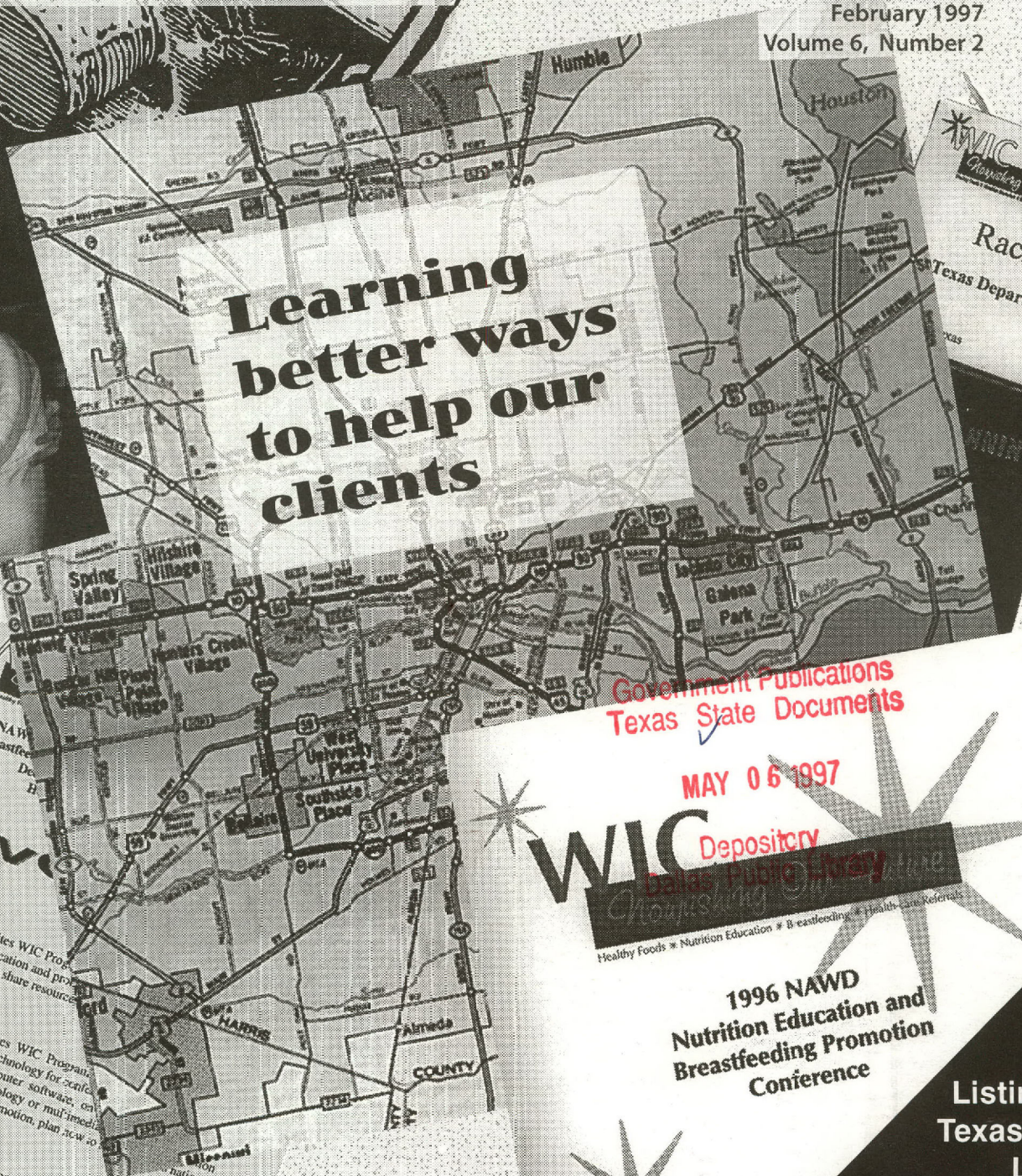
WIC NEWS

Special Supplemental Nutrition Program for Women, Infants and Children

February 1997
Volume 6, Number 2



Learning
better ways
to help our
clients



Government Publications
Texas State Documents

MAY 06 1997

WIC Depository
Dallas Public Library
Healthy Foods * Nutrition Education * Breastfeeding * Health Care Referrals

1996 NAWD
Nutrition Education and
Breastfeeding Promotion
Conference

1997
Listing of
Texas WIC
Local
Agencies
See page 28

Show
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Technology
Tank
NAWD invites WIC Program nutrition education and promotion opportunity to share resources nationwide.
NAWD invites WIC Program you have computer software, education technology or multimedia education and promotion plan to a conference.
Participant Responsibilities:
and fax this form by November 1, 1996 to Nancy Liedtke at (5:2) 406-0722.
able and chairs are free of charge.
adding fees are your responsibility.
audio visual equipment such as

Another year brings new challenges

By Scott Simpson, M.D., Chief
Bureau of Clinical & Nutrition Services

The past year represents a time of significant change for the Texas WIC program as well as for the rest of the state health department. We have a new commissioner, Dr. Patti J. Patterson (previously chief of the Bureau of Women and Children); a new WIC director, Mike Montgomery; and our Associateship for Health Care Delivery has undergone a major reorganization, with myself being named the bureau chief for Clinical and Nutrition Services.

Mike Montgomery and I have spoken with many of you over the past six months to nine months. We are enthused by the competence, dedication, and character of the local Texas WIC community and our central-office staff and regional staff. We both look forward to a successful and productive working relationship with each of you.

Upcoming issues to face

We face many challenges in the upcoming year and beyond. Just a few are the 75th session of the Texas Legislature, flat federal funding for the WIC program, federal welfare-reform implementation, decision points on electronic benefits transfer (EBT), and the protection of Texas' fragile public-health infrastructure.

The health department is working cooperatively with the state Legislature to create a Children's Health Insurance Plan (CHIP) to provide access to health insurance (primarily through Medicaid expansion) for all uninsured Texas children whose income is below 200 percent of the federal poverty level. This could result in shifts in your program's referral base.

We received flat federal WIC funding this fiscal year in the face of expanding participation late last year, which has continued into the first few



Photo by Jennifer Van Gilder

Scott Simpson, left, directs the TDH bureau that oversees Texas WIC, managed by state director Mike Montgomery, right.

months of this year. Fortunately, we are offered something of a cushion going into this year because of federal under-expenditures in previous years, due to rebate revenue.

Implementation of federal welfare reform may result in many qualified and unqualified immigrant women and children being denied basic health care, although their access to WIC benefits should remain intact. However, fear of citizenship evaluation from government-funded programs in general may indirectly deter clients from WIC participation.

On the other hand, denial of Food Stamp benefits to qualified and unqualified immigrants may further expand WIC participation.

We are rapidly approaching a decision point on whether we should pursue conversion of the issuance of WIC benefits to an EBT format, and then, if we decide to do so, which of several EBT formats we should choose. The magnetic-stripe Lone Star card system would be a relatively simple option to adopt. Unfortunately, it lacks the functional capability necessary to maintain the integrity of WIC food prescriptions.

Lastly, the viability of our state's health department continues to erode secondary to a basic lack of appreciation

of its many critical roles, diversion of direct health-care revenue, and reductions in appropriations.

We must all participate in efforts to improve the public's understanding of the importance of basic public-health activities such as disease surveillance and control of epidemics, regulation of the health aspects of the food and restaurant industry, immunizations, and the management of environmental health hazards.

Mike, myself, and our central-office staff and regional-office staff look forward to addressing these issues and many others with you during the coming year.

It is my intention to manage the WIC program, as well as all of the other health programs in our bureau, in an open, common-sense manner with an overall philosophy of delivering the highest quality services with the least administrative burden on providers and clients.

In turn, I will expect that each of you administer your program responsibly, creatively, and with the health and social interest of the client as your foremost concern.

Thank you for making me feel like a welcome addition to your professional family. I know that we can do good things.

Texas WIC News

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Texas

WIC NEWS

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*Cover: Better ways to serve our clients were learned at the 1996 NAWD
Nutrition Education and Breastfeeding Promotion Conference in
Houston in early December. Cover design by John Koloen.*

WIC can help program that brings summer food to kids

Summer food in February? It may be surprising, but plans for the 1997 Summer Food Service Program are already taking off across the state.

The national Summer Food Service Program takes over where the national School Lunch Program leaves off at the end of the school year.

During the summer months, schools, non-profit organizations, and local governments can serve free meals to children through the summer-food program.

More than 1,500 public sites served 9.4 million meals to children in Texas during the summer of 1996.

How WIC can help

WIC clinics throughout Texas can help by informing their clients about this

valuable summer resource. Staffers can display posters in their clinics to advertise the local summer-food site.

Last year, staffers at Project 54 in Tarrant County distributed posters to 12 of its clinics in the spring to publicize a toll-free number for the location of the nearest site. "It's a great outreach tool," says Project 54 associate Jeannette Northcutt, who distributed the posters in Tarrant County. "It's bound to help someone."

In January, 290 of the 1,058 school districts in Texas were asked to provide food during the summer through the Summer Food Service Program.

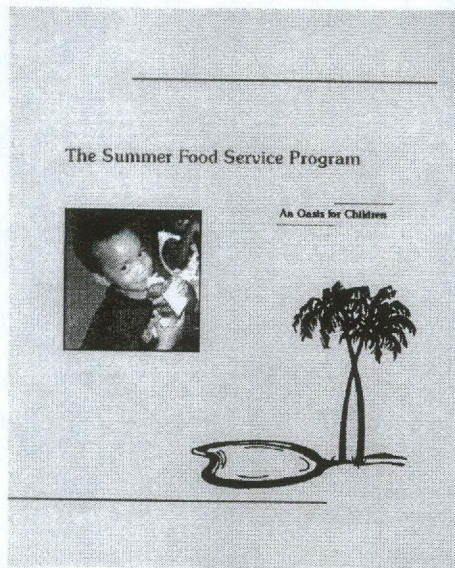
WIC staffers can find out which nearby school districts or organizations plan to participate in this program by calling Dan Valliere, a program specialist with the

summer-food program, at the Texas Association of Community Action Agencies. The number is (512) 462-2555.

TACAA estimates that more than 250 school districts will operate the Summer Food Service Program this summer.

Any WIC staff member with ideas on who could sponsor a summer-food program in their area is invited to contact Valliere at TACAA at (512) 462-2555 or to call Jimmie Mitchell at (512) 467-5870 at the Texas Department of Human Services.

Both organizations have expressed a strong interest in working with Texas WIC to make sure that summer meals are available in every community in Texas where a need exists.



*I am always doing that
which I cannot do, in order that
I may learn how to do it.*



*Pablo Picasso
Spanish painter and sculptor
1881-1973*

State cuts 75 percent of time to process vendors' claims

By Callie Jones
Staff Writer

The average number of days it takes to pay WIC vendors has dropped from a peak of 54 days in December 1995 to 12 days for the process month of September 1996.

The Texas WIN system was both the problem and the cure.

Texas WIC's previous computer system (O'Hanlin Database Solutions, known to local agencies as ODBS) allowed claims to be paid in an average of 29 days. The

high number in December 1995 reflected the growing pains associated with switching over to the new Texas WIN system.

Number of claims paid in the process month of September 1996:

16,376

Plugging the holes

"The problems we encountered were not that unusual for this kind of system," says Bob Kissel, director of the Automation Planning Division. "We've plugged the holes in the system, resolved the problems, and streamlined the error-correction process."

Total amount paid in the process month of September 1996:

\$27,211,479.92

Jackie Williams, claims-processing manager, says that, when Texas WIN was fully implemented in December 1995, the majority of the claims forms received from WIC vendors had errors. "We didn't have the necessary resources to make the needed corrections quickly," Williams says.

Correcting the errors delayed payments to the vendors.

As local-agency staff members learned the new system and as the state automation staff members "worked out the bugs," the average number of days to pay claims dropped steadily each month.

Kissel and Williams expect the turn-around time for claims to remain between 12 days and 15 days each processing month.

Total amount paid from October 1995 to September 1996:

\$317,315,893.42

"As people in the clinics get more familiar with the system, there are fewer mistakes, and that means fewer problems on the payment end," Kissel says.

Vendors happy

Vendors are "thrilled" with the quicker turnaround, Williams says.

"Vendors from all kinds of sites called us in late spring when the days started to drop to tell us that they loved the new system, so that was nice to hear," she says. "Claims processing is running smoothly now, and our challenge is to improve on what we've accomplished so far."

Project 7

Awards recognize achievements of High-Risk Counseling Program

By V.J. Morinello, R.D., L.D.

Project 7 High-Risk Dietician

Dallas County's High-Risk Counseling Program now awards monthly trophies to Project 7 clinics for hard work and superlative performance.

Three trophies, recognizing the highest productivity, the highest show rate, and the most improved clinic, were awarded for the first time in December.

"We awarded certificates in the past, but we wanted to do something different, so we



Clinic supervisor Rosie Hernandez, left, and voucher/income clerk Margarita Monjaras display the trophies won by the Deharo-Saldivar Health Center.

started awarding trophies," says high-risk coordinator Sally McGee.

The Deharo-Saldivar Health Center won dual awards for the highest productivity and for the highest show rate.

"Trophies are very motivational and

make us feel proud of what we do here in the clinic," says clinic supervisor Rosie Hernandez, L.V.N. "High-risk follow-up has helped my clients to really learn about nutrition and to improve their health."

Project 7's Northeast WIC Clinic won the trophy for the most improved clinic.

"This is an important award for the clinic, and we displayed it under the Christmas tree for all our clients to see," says clinic supervisor Shawn Carroll-Williams, who is finishing her master's degree in nutrition at Texas Women's University in Denton.

"Checking overweight children every two months can help their parents make meaningful changes to achieve the desired results," Carroll-Williams says.

Project 7's high-risk program began almost three years ago and provides WIC participants with specialized nutrition counseling with registered dietitians.

Instead of attending a class on nutrition education, clients spend an individual counseling session with an R.D. and then receive their food vouchers afterward.

High-risk conditions may include but are not limited to prenatal weight loss, inadequate prenatal weight gain, overweight and underweight children, and premature infants.

Project 7 has five R.D./L.D.s who travel to 13 clinics around Dallas County. The five are coordinator McGee, Edna Cannata, Kelley Eugenio, V.J. Morinello, and Cindy Wachtler.

For more information about providing high-risk counseling for clients, call McGee at (214) 670-7207.

Project 59

San Antonio cowpoke graduates from WIC

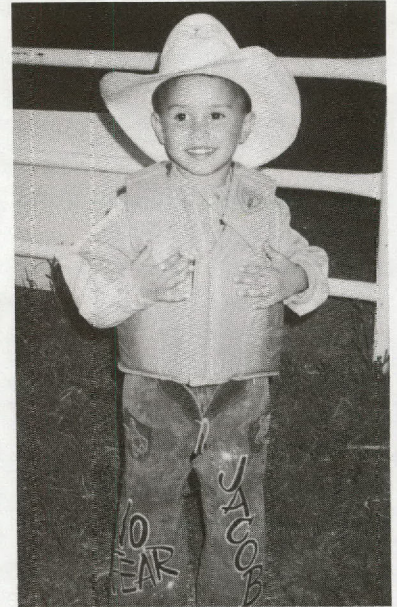
Texas WIC Project 59 staff members at the Barrio Comprehensive Family Health Care Center in San Antonio will miss a certain cowboy they have come to know over the past five years.

Jacob Bryan Carreon graduated from Texas WIC in November after five years of receiving services from the program. "Jacob was always a pleasure to have at the WIC clinic. He always came in the clinic with his mom, Margo Mays, even if it wasn't time for him to be recertified," says WIC coordinator Elisa Rueles Perez. "He always was eager to come say

hello to all the employees. Jacob especially liked to share his rodeo stories with us."

Jacob participates in sheep-riding and bull-riding competitions in youth rodeos. He hopes to become a professional bull rider. "He enjoys dancing, singing, rollerblading, and playing T-ball," Perez says.

Mays' younger son, Joshua, currently receives WIC services. "Jacob will hopefully still be able to visit us at WIC when his mom comes in for services for Joshua," says Perez.



Jacob Carreon, 4 years old in this photo, takes a break at the Helotes Rodeo, northwest of San Antonio.

Project 30

Port Arthur WIC honors 3 for 20 years of service

Project 30 awarded three of its long-time employees in October. The workers were presented with plaques and certificates in honor of their 20 years of service to the Texas WIC program.

Yvonne Howard, Pamela Ivory, and Barbara Queen were part of the original WIC staff established at the Port Arthur Health Department in 1976.

Howard, an L.V.N., works as a competent professional authority. Ivory is a data-entry operator. Queen is a nutritionist and has served as a WIC clinic-site supervisor.

All three say that working at WIC for such a long time has given each various rewards. They agree that the most rewarding aspect has been



seeing high-risk infants develop into healthy, thriving children through the intervention and nutrition education provided by the WIC program.

Barbara Queen, left, Yvonne Howard, and Pamela Ivory are honored for their 20 years of service to WIC clients.



Project 36

New Braunfels WIC staffers promote resources at community fair

Staff members at Project 36's WIC clinic in New Braunfels exhibited on Nov. 12 at the first Community Resources Awareness Fair held at the New Braunfels Civic Center.

Giving out WIC information

"It was a really good opportunity for us to introduce the community to the WIC program and what we offer as well as a little bit about the immunizations program," says Connie Roberts, L.V.N., temporary site supervisor.

At the health fair, Roberts and clerks Terri Casanova and Sharon Saenz displayed available WIC foods, eligibility requirements, income guidelines, immunizations information, WIC pamphlets, *Food & Family* magazines, and posters of the food-guide pyramid.

"Several other community agencies, such as the women's shelter, took copies of the food-guide-pyramid poster and other WIC publications to display in their own offices," Roberts says.

Approximately 1,200 to 1,500 students and parents from surrounding schools attended the event, which lasted from 10 a.m. to 5 p.m. The fair was also open to the public at no charge.

Community groups and area school districts organized the fair in an effort to help make the transition from school to community a smooth event. The organizers also wanted to make everyone in the community aware of the various resources available to them, Roberts says.

Plans under way for next year

The New Braunfels WIC staff is already working on its exhibit for next year's fair.

"We would like to prepare recipes made with WIC foods to hand out to the teens in the parenting classes, and we plan to take our appointment book to schedule appointments because we had so many requests for that this year," Roberts says. "We had a really good turnout this year, and we expect next year's fair to be bigger and better."



Project 13

WIC staffers earn Employee of the Month honors in Laredo

The City of Laredo Health Department named two WIC Project 13 staff members as Employees of the Month for October and November 1996.

Donna Rose

Donna Rose, nutritionist and program supervisor for the Cedar WIC Clinic, the Ladrillera Health Center, and the Farias WIC Clinic, received the city's health department Employee of the Month award for October.

She began working for the city in September 1991 and has served as a nutrition coordinator and breastfeeding coordinator for WIC.

In January 1996, Rose became a provisional licensed dietician. In June, she was named supervisor of the Cedar Clinic and took over the Ladrillera and Farias sites in September.

She has attended several WIC workshops and training seminars on nutrition education, breastfeeding promotion, the Texas WIN system, and other topics relating to management.

Rose earned a master's degree in business administration from Texas A&M International University in 1994.



Jerry Robinson, left, congratulates Donna Rose as the October Employee of the Month.

Margarita Carmona

Margarita Carmona, a nutrition technician with the Cedar WIC Clinic, was named the November Employee of the Month for Laredo's health department.

She was selected because of her accomplishments, dedication to the WIC program, and superior customer-service qualities that stem from her overall good spirit, says Jerry Robinson, director of the City of Laredo Health Department.

Carmona started working for the health department in 1983 and has worked at all eight of Project 13's WIC clinic sites during her tenure.

She certifies clients, checking income and residency eligibility. She also performs client-health and nutrition-assessment examinations, which include blood, height, and weight checks, diet recalls, and family-history recalls.

Carmona also issues food vouchers and handles duties related to nutrition education and breastfeeding counseling.



Margarita Carmona, right, receives her November Employee of the Month award from Robinson.



Project 41

WIC Central handles calls for Project 41

At Project 41 in San Antonio, a new, centralized phone system is serving the local agency's clients. The system, WIC Central, started in April 1996. By October, it was serving participants from all of Project 41's 21 clinics, including its mobile site.

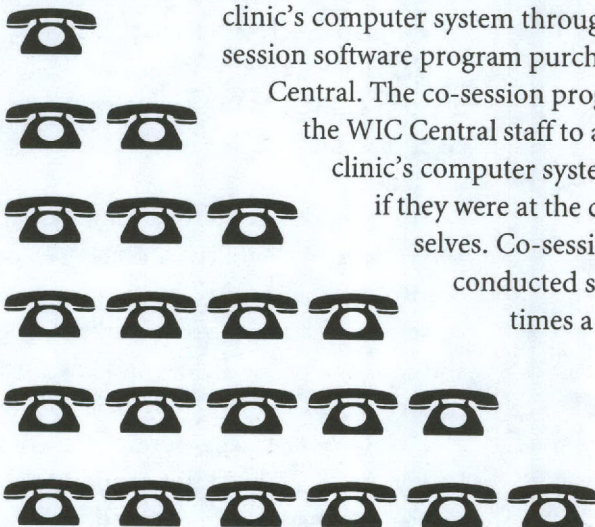
WIC Central is a 24-line telephone system operated by seven full-time staff members. Staffers at WIC Central are in charge of scheduling initial appointments, rescheduling class times and recertification appointments, answering questions regarding WIC services, and providing referrals.

How it works

Instead of directly calling one of the local agency's clinics, all participants and potential eligibles call just one phone number, (210) 225-0213, for information and appointments.

About 85 percent of all calls involve rescheduling appointments for classes and recertification, say WIC Central staff members. The phone-system staffers are able to monitor the number of appointments made for each clinic. New appointments are scheduled for the same day or the next day.

Initial appointments are completed by quick intakes, which are entered into each clinic's computer system through a co-session software program purchased by WIC Central. The co-session program allows the WIC Central staff to access each clinic's computer system just as if they were at the clinic themselves. Co-sessions are conducted several times times a day.



At times, the WIC Central staff may not have the information readily available to answer a caller's question. In this instance, the WIC Central staff member first documents the issue. She then finds the answer, calling the clinic if necessary. Within an hour, she calls the participant back with the answer.

The installation and equipment needed to operate the 24-line system cost approximately \$9,000. Furnishing the work area reserved for the WIC Central operation cost \$10,000.

Advantages

One clear advantage that has been expressed by many of the clinics is that WIC Central allows clinic staff members to concentrate fully on clinic functions without being distracted and interrupted by ringing telephones. With WIC Central, the clinic staff members can give their full attention to clinic matters, and the WIC Central staff members can give the telephone inquiries all the attention they deserve.

WIC Central also helps with customer service by calling initial participants to make sure they've attended their appointments and to check that their experiences at the WIC clinic were pleasant.

Project 80

Thanksgiving provides opportunity to learn nutrition guidelines

At the East Texas Community Health Services WIC clinic in Nacogdoches, staff members turned Thanksgiving into a springboard for nutrition education.

Kristin Ferland, a senior in nutrition at Stephen F. Austin State University and a volunteer with Texas WIC Project 80, designed a Thanksgiving bulletin board for the local agency's lobby.

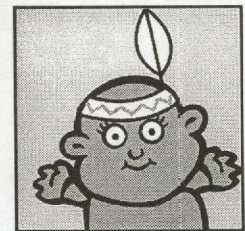
The bulletin board showed how the foods eaten at the first Thanksgiving celebration can fit with the food-guide pyramid's nutrition guidelines.

WIC staff members made photocopies of an American-Indian character portrayed in Texas WIC's "Born to Be Breastfed" poster and used the copies to create coloring sheets for children.

The children's colored pictures were displayed on the bulletin



Project 80 clerk Sylvia Santos, center, helps coloring-contest winners Michael Garcia, 3, left, and Lucas Garcia, 4, collect their prizes. Coloring sheets in the contest depicted the smiling breastfeeding-poster character below.



board, and prizes were awarded to the best entry in each age category.

Project 80 director Georgia Taylor says that staff members also photocopied an additional coloring sheet that showed how other traditional holiday foods can be fit

into the food-guide pyramid's guidelines.

Staff members also used food models to set a holiday table with a complete day's meal for Thanksgiving Day. They made sure to display the correct number of servings from

each group of the food-guide pyramid.

"The bulletin board, coloring contest, and food models were a big hit with our participants," Taylor says. "It served as additional learning material, an ice-breaker, and activity for children. All in all, it was a great way to enhance learning."



Student volunteer Kristin Ferland created this Thanksgiving bulletin board for Project 80 in Nacogdoches.



Projects 27, 31, 62

Three long-time WIC directors retire

By Callie Jones
Staff Writer

With more than 44 years of WIC experience among them, three long-time directors of Texas WIC local agencies retired at the end of the year.

Barbara Francis of Project 62, Evelyn Jez of Project 31, and Pat Smithwick of Project 27 are moving on to other things.

All three women plan to travel and spend more time with their families.

Barbara Francis, Project 62

Barbara Francis, R.N., was the director of the Paris-Lamar County Health Department WIC program in Paris for 10 years.

She says she enjoys the "warm fuzzies you get from working with the participants" because "so many of the mothers are so appreciative for what they learn from us."

According to Francis, services have improved since she started as the director of Texas WIC Project 62. One example is that the state agency has improved the content and presentation of the nutrition-education materials it distributes to local agencies, she says.

"Also, I've never worked anywhere where I've gotten as much support as in WIC," she says.

The biggest challenge for Francis has been increasing her caseload.

"I've done more outreach in the past two years than I've done in the 10 years I've been here, but it's not had an apparent effect on our numbers," she says.

Francis attributes these results to "Texas pride, which is hard to overcome."

One way to overcome these barriers, Francis says, is with compassion and love.

"If a person is not compassionate and



Barbara Francis

loving, they don't need to be working for WIC. And people know when it's real," she says.

Another difficult task was making the decision to retire, she says.

"It was a hard decision because WIC has been the most rewarding part of my long career in nursing and nursing instruction," Francis says.

Francis plans to garden, play with her grandchildren, travel with her husband, tend to their

farm outside Paris, and possibly also to write children's books or to find work as a nurse part time.



Evelyn Jez

Evelyn Jez, Project 31

For slightly more than 20 years, Evelyn Jez was the program manager at the Bell County Health Department's WIC Project 31 in Temple.

So, what's her secret to such longevity with WIC?

"You just have to take it all in stride and deal with it," she says. "The reason I enjoy it so much is that I relate to these people. I feel close to them. I enjoy seeing the participants better their lives."

One of the difficulties she has encountered while at WIC is dealing with staff members who aren't team players. She says that it's stressful and frustrating to deal with these types of personalities, but that keeping the lines of communication open can help.

Although she has had trouble with staff members in the past, she

says her staff now is "as good as it has been in a long time." Her staffers inspire her. "It makes you want to come to work every day," she says.

She says it is challenging to keep her staff motivated.

"I encourage them to bloom where they are planted," she says.

She advises current and future WIC employees "to be honest and don't look at one thing at a time — look at the whole picture. Think before you say or do something that you may be sorry about later. In my years as a parent and an employee, I have learned that you will get in a lot less trouble by listening than by just blurting out what you feel."

Jez's plans for retirement include travel with her husband "while I can still enjoy it."



Pat Smithwick

Pat Smithwick, Project 27

Pat Smithwick's career included 14 years working for the WIC program. For 11 years, Smithwick served as WIC director at Texas WIC Project 27, the South Plains Community Action Association in Levelland.

Smithwick says she loves the one-on-one interaction between WIC staff and clients. Her least favorite thing about working for WIC is having to solve personnel problems when members of staff teams are not getting along or not doing what they are supposed to do, she says.

"I don't ask them to like each other, just to work together as a team and to be polite," she says. "But I have a good staff. They are WIC; I'm not. I will pit my staff against any staff in the state. They are *that* good."

Smithwick has enjoyed watching the health of her community improve. "About two-thirds of our clients are Hispanic, and they would eat only tortillas, meat, and beans. They didn't know about vegetables and fruits," she says. "Now we've improved their diets, and all our clients eat vegetables and fruits and drink juices."

In addition to managing 25 sites and a caseload of 11,000 to 12,000 clients each month, testing the Texas WIN system was a challenge, Smithwick says.

"We were the first rural project to test the new automation system," she says. "It was a nightmare — transferring data from the main site to the offices, disks getting mangled in the mail, lugging heavy computers around, losing all our data. It was wild."

Smithwick now plans to travel and spend time with her 1-year-old grandchild.



Project 17

On Jan. 13, Door to Recovery at 2005 Jacqueline in Houston began offering WIC services from 8 a.m. to 4:30 p.m. on the second Monday of the month. Its phone number is (713) 728-8590 and its mailing address is:

Karen Gibson
WIC Director
12401½ S. Post Oak
Suite 122
Houston, Texas 77045.

Project 27

Effective Jan. 1, Celia Smith is the WIC director for Project 27 in Levelland, replacing retiring director Pat Smithwick.

Project 32

Effective Oct. 1, nutritionist Selina Ochoa is the WIC coordinator for Project 32 in Bryan.

Project 33

On Oct. 1, Project 33 opened the Anthony WIC Clinic at 525 Poplar St. in Anthony. The clinic serves clients from 8 a.m. to 5 p.m. on Tuesdays and Thursdays. Its phone number is (915) 771-5870, and its mailing address is:

WIC Admin. Office
Attn: Donna Seward
1148 Airway Blvd.
El Paso, Texas 79925.

Project 36

On Nov. 7, the Schertz Housing Authority at 204 Schertz Parkway in Schertz began offering WIC services from 9 a.m. to 4 p.m. on

Thursdays. Its phone number is (210) 372-3336, and its mailing address is:

City of San Marcos
WIC Program
630 East Hopkins
San Marcos, Texas 78666.

Project 52

On Nov. 7, Project 52 opened the Cause Inc. WIC clinic at 203 N. 2nd St. in Hubbard. The clinic serves clients from 9:30 a.m. to 3:30 p.m. the first and third Thursday of the month. Its phone number is (817) 582-3319, and its mailing address is:

Cause Inc.
233 E. Elm
Hillsboro, Texas 76645.

Project 54

On Dec. 1, Project 54 opened two new WIC clinics. The phone number for both clinics is (817) 871-7571, and the mailing address for both is:

Tarrant County WIC
Program
1800 University Rm. 108
Fort Worth, Texas 76107.

1. The Agape WIC Clinic at 206 East Mitchell in Arlington serves clients from 8 a.m. to 5 p.m. on Thursdays.

2. The United Methodist Church of the Shepherd at 2020 S. Collins in Arlington offers WIC services to clients from 8 a.m. to 5 p.m. on Wednesdays.

Project 77

On Jan. 1, the Huntsville High School Day Care Center at FM 2821 East in Huntsville began offering WIC services

from 8 a.m. to 5 p.m. once a month. Its phone number is (409) 295-7474, and its mailing address is:

Bonnie Horton
WIC Director
UTMB-Pearland
4616 W. Broadway, Suite F
Pearland, Texas 77581.

Project 87

On Nov. 4, Project 87 opened the Community Clinic at 950 N. 4th St. in Longview. Clinic hours are from 1 p.m. to 5 p.m. on Mondays and from 8 a.m. to noon on Tuesdays. Its phone number is (903) 663-2812, and its mailing address is:

Texas Dept. of Health
Public Health Region 4/5
1517 W. Front St.
Tyler, Texas 75702.

Project 89

On Dec. 6, Project 89 began offering WIC services at the Chisholm Trail Apartments at 10503 Huebner Rd. in San Antonio. The clinic serves clients from 1:30 p.m. to 3:30 p.m. on the first Friday of the month. Its phone number is (210) 704-4180, and its mailing address is:

Santa Rosa Health Care
Corp.
315 N. San Saba, Suite 1210
San Antonio, Texas 78207.

Project 94

On Nov. 22, the West Odessa Health Clinic at 5850 W. University Blvd., Suite 115, in Odessa began offering WIC services from 8:30 a.m. to 5:30 p.m. on Fridays. Its phone number is (915) 332-9633, and its mailing address is:

Judy Harden, WIC Director
Texas Tech University
Health Science Center
800 West 4th St.
Odessa, Texas 79763.

Project 100

Project 100 opened two new WIC clinics in December. The phone number for both clinics is (806) 371-1119, and the mailing address for both is:

Margaret Payton
WIC Director
411 S. Austin

Amarillo, Texas 79106.

1. On Dec. 5, the BSA-Baptist WIC Clinic at 1600 Wallace Blvd. in Amarillo started serving clients from 8 a.m. to 5 p.m. Monday through Friday.

2. On Dec. 10, St. Anthony's WIC Clinic at 301 W. Amarillo Blvd., Suite 205, in Amarillo started serving clients from 8 a.m. to 6 p.m. on Tuesdays.

Project 101

On Nov. 1, the Texas Community Health Network began offering WIC services in Kendall County at 430 W. Bandera St., Suite 24, in Boerne, taking over the services of Project 89. Mary Jane Martinez, R.N., is the WIC supervisor. The phone number is (210) 816-2691. The mailing address is:

Texas Community Health
Network WIC Program
Attn: Mary Jane Martinez
905 N. Main, Suite C
Boerne, Texas 78006.

1. The Kendall County WIC clinic at 905 N. Main, Suite C, in Boerne serves clients from 8:30 a.m. to 5:30 p.m. on Mondays, Tuesdays, Thursdays, and Fridays and from 10 a.m. to 7 p.m. on Wednesdays. Its phone number is (210) 816-2691.

2. The Comfort Clinic at 337 Broadway in Comfort serves clients from 9 a.m. to 6 p.m. on the third Tuesday of the month. Its phone number is (210) 816-2691.

Project 102

On Dec. 1, the East Texas Medical Center at 1417 S. Beckham, Suite 106, in Tyler began serving clients. The WIC director is Valerie James. The phone number is (903) 843-5661, and the address is:

East Texas Medical Center

Valerie James
WIC Director

711 North Titus St.
Gilmer, Texas 75644.

1. WIC of Gilmer at 301 E. Butler in Gilmer serves clients from 8 a.m. to 5 p.m. Monday through Friday and from 8 a.m. to 7 p.m. on the second Tuesday of the month. Its phone number is (903) 843-3091.

2. The Lone Star WIC Clinic on Highway 259 North in Daingerfield serves clients from 8 a.m. to 5 p.m. on Mondays, Wednesdays, and the second and fourth Thursday and Friday of the month, as well as from 8 a.m. to 7 p.m. on the second Monday of the month. It can be reached at (903) 656-3650.

3. The Quitman Clinic at 213 W. Bermuda in Quitman serves clients from 8 a.m. to 4 p.m. on the third Monday and Tuesday of the month, from 8 a.m. to 7 p.m. on the first Tuesday of the month, and from 9 a.m. to 4:30 p.m. on the first and third Friday of the month. Its phone number is (903) 763-4123.

4. The Canton WIC Clinic at 700 N. Trade Days Blvd. in Canton serves clients from 10 a.m. to 7 p.m. on Monday and from 8 a.m. to 5 p.m. Tuesday through Friday. It can be reached at (903) 567-6732.

Clinic monitors become 'QA nutrition consultants'

The WIC clinical-operations monitors have found a new home and a new name with the Bureau of Community Oriented Primary Care's quality-assurance monitoring section. The move is one result of a recent reorganization of programs and staffers at the Texas Department of Health involving the delivery of health care.

The new quality-assurance (QA) nutrition consultants will continue monitoring

mendations, and commendations. The consultants also maintain a liaison with local-agency managers to ensure constructive feedback to the local-agency staff on topics such as training and policy issues.

With their move to the Bureau of Community Oriented Primary Care, the new QA nutrition consultants now fall under the supervision of Hilda Mikan, R.N., director of COPC's division of

quality-assurance monitoring.

Five QA nutrition consultants monitor operations at Texas WIC clinics: Paula Kanter, R.D.; Gloria Martinez, M.S.; Lisa Rankine, R.D.; Selena Sullivan, R.D.; and Donna Sundstrom.

Sundstrom became a QA nutrition consultant in April 1995, and the others were hired in May and June of 1996.

All have hands-on experience as WIC nutritionists, four in Texas WIC local agencies.

Kanter has worked at the Austin mobile clinic and at the St. John's clinic in Project 1. Sundstrom also worked for



Seated from left are quality-assurance nutrition consultants Selena Sullivan, R.D., and Lisa Rankine, R.D. Standing from left are Paula Kanter, R.D.; Donna Sundstrom; and Gloria Martinez, M.S.

Texas WIC clinics as before, evaluating local-agency management and clinical operations to ensure compliance with federal and state policies. Each local agency is monitored once every two years.

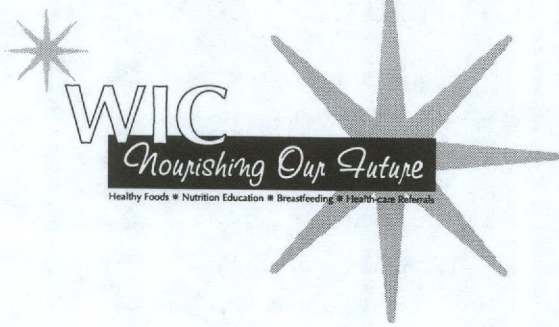
The monitoring-review process includes a visit to the local agency, where an entrance conference is held to explain the review's scope. QA nutrition consultants visit at least 20 percent of clinic sites at a local agency under review. Later, an exit conference is held with staff members to discuss the findings of the review.

After monitoring a local agency, the QA nutrition consultants prepare a comprehensive written report that summarizes their findings, observations, conclusions, recom-

Project 1 at its Dove Springs and Quail Creek clinics, as well as in Project 36's Kerrville clinic. Martinez has worked for Project 12 in Sullivan City and McAllen. Rankine, who recently completed the coordinated nutrition program at the University of Texas, has worked for Project 36 in San Marcos.

Sullivan has worked for WIC at the Allegheny County Health Department in Pittsburgh. She also has experience with the Nutrition, Education, and Training program at the Texas Department of Human Services.

For more information, call any of the QA nutrition consultants at their new home in COPC at (512) 406-0777.



Finding strength through diversity, humor

By Lynn Silverman, M.A., R.D.
Nutrition Education Specialist

WIC educators got plenty of food for thought recently in Houston at the 1996 Nutrition Education and Breastfeeding Promotion

Conference of the National Association of WIC Directors. The conference, "WIC: Nourishing Our Future," was held Dec. 8 to 11.

Speakers relayed information on leadership, research findings, evaluation, partnering in the community, and the relationship between laughter, health, and response to change.

Claiming our power

John Ott is the founding partner of Partners in Innovation, an organization that helps communities build leadership, collaboration, and planning skills. He set the tone for the conference with his opening presentation,

"Multiple Visions, A Larger Truth: Claiming Our Power to Learn and Lead."

Ott defines power as the ability to perform in a given way for a particular kind of performance.

By becoming powerful, Ott says, WIC educators can work with people

of very different backgrounds by learning more about them and honoring their differences.

To illustrate this ability, Ott showed a clip from the film *Sister Act*. In the clip, Whoopi Goldberg's character joins a nuns' choir, bringing with her a different world view, different experiences, and a certain "expertise." Knowing that their singing sounds bad, the

nuns in the choir look to Goldberg's character for help. She assesses their differences and affirms them by positioning each singer in the choir differently. She uses their differences to improve their sound and engages the choir director in a new way of leading.

When the choir performs, the team result is stunning; the music is beautiful and familiar. Having reached the congregation and made them comfortable, the choir now adds a change. The nuns shift into a new, jazzed-up version of the same hymns, exciting the listeners and attracting young people off the street who join the congregation because they sense a message they want to hear.

Ott offers the dynamics in the clip to WIC educators to use as a model in the clinics. To empower participants to make healthy changes, we have to honor what they bring to the program. We need to affirm their differences and ask what they need. We have to approach them first with the familiar and make them comfortable. Then, as a team, we can look for the place to make a key change.

Educators can do all of this with the understanding that, when we share power and work together, we can create beautiful music, better health, and stronger people.

Keeping our humor

We sometimes experience difficulty when we seek change with participants, co-workers, and the community. In times of change, a good dose of laughter can help us respond more comfortably, help us improve our health, and enable us to enjoy life more.



Following the speaker's instructions, attendees at the NAWD conference enjoy experiencing 'kinesthetic crossover' and the power of laughter when dealing with change.

Randy Judkins tied this together as he closed the NAWD conference with his presentation, "Humor in the Face of Change." The speaker provided a model for adopting resilient behaviors to help people face change. Attendees discovered that familiar physical movements maintain comfort.

When Judkins threw in a change in movement that caused everyone to feel foolish, awkward, and uncoordinated, people noticed that facing the change together increased their comfort. They reported that their initial feeling of awkwardness rapidly switched to laughter. The more they laughed, the more comfortable they felt in mastering the new activity.

Laughter increases comfort, and it can provide a health benefit, Judkins explains.

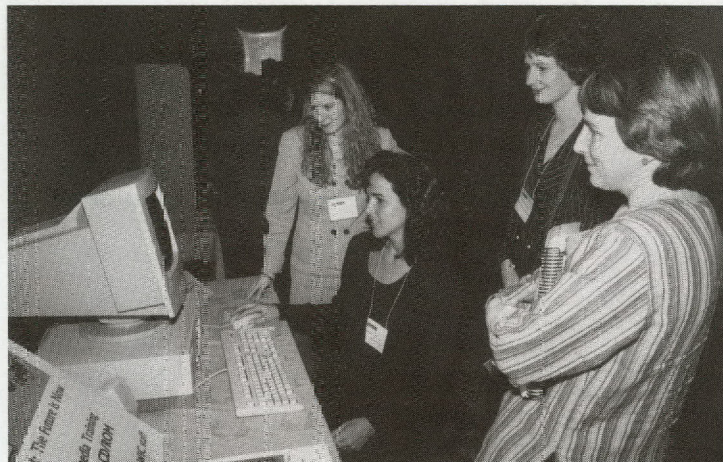
"Twenty seconds of hearty laughter equals three minutes of aerobic activity. Do the math, and you see that just three minutes of hearty laughter equals 27 minutes of aerobic activity," he says.

"And it doesn't matter why you laugh," he continues. "Just the activity of laughing gets the benefit regardless of whether you have something to laugh about or not." He urged people to cope with change by getting together daily for three-minute laugh sessions.

Meeting new challenges

Life at WIC will always bring change and challenge. Conference attendees and speakers shared their research, practical and professional development information, and resilient behaviors to enable everyone to meet new challenges.

WIC educators who share this information in their clinics and who adopt resilient behaviors will be sure to nourish both themselves and our future.



The 'technology touch tank' was an exhibit that attracted much enthusiasm from attendees eager to try new techniques for teaching nutrition.

Exhibits at conference overflow with information

By Nancy Liedtke, M.S.
Breastfeeding Promotion Nutritionist

The NAWD conference's showcase of exhibits gave attendees the opportunity to enjoy some pre-holiday "window shopping" for nutrition-education materials and technology.

Technology exhibits

Nine interactive technology exhibitors showed attendees how WIC clinics could use on-line databases to find resources and use software and kiosks to provide nutrition and breastfeeding education for clients and staff.

Computer programs to determine participant eligibility and perform dietary assessments drew a crowd. Conference attendees surveyed later described the technology exhibits as very useful.

Other showcase exhibits

Seventeen poster exhibitors also shared creative and informative materials.

The showcase included training modules, participant and staff fact sheets, teaching tools designed by WIC programs and national breastfeeding and nutrition organizations, posters, stickers, children's book, teen materials, and more.

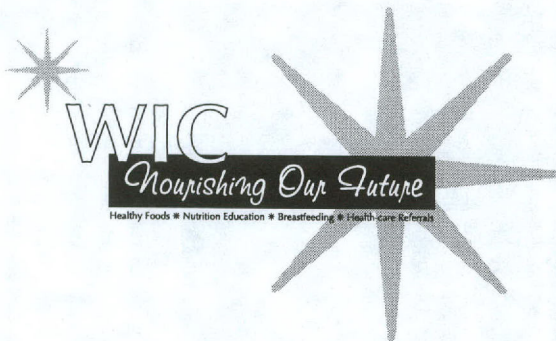
Listing materials on the Web

The amount of material at the conference shows that WIC programs have a lot to share. You can list your materials, for other WIC agencies to find, with the Food and Nutrition Information Center of the National Agricultural Library on its Web page.

To list your materials, call the USDA/ARS Library at (301) 504-5719. The Internet address for the agricultural library's Web page is <http://www.nal.usda.gov/fnic/>.

For exhibitor information and a description of their materials, call Nancy Liedtke or Laurie Coker at (512) 406-0744.





NAWD session helps Texas WIC target migrant farmworkers

By Laurie Coker
Breastfeeding Promotion Specialist

Attendees at the NAWD conference in Houston in December listened closely as Rosamaria Murillo, director of lay health education at the National Center for Farmworker Health in Austin, presented information on health problems confronting migrant farmworkers in the United States.

Effective techniques to reach these workers with nutrition education were presented by Kathy Brieger, coordinator of the Perinatal Project for New York State Migrant Programs.

Tips on bringing WIC services to migrant farmworkers

The two speakers offered the following advice on making WIC services available to migrant farmworkers:

- ◆ Instead of bringing migrant farmworkers into WIC education classes, take WIC to the farmworker camps.

Through federal funding and Head Start, farmworkers who show leadership skills have been trained by New York WIC staffers. These peer counselors promote nutrition education and breastfeeding.

- ◆ Visit the camps when people can attend, not

during their work time. Prepare simple, nutritious recipes there, and include families in preparing and distributing the food. Migrant families generally cook on an open fire. Encourage the use of cast-iron cookware because ceramic pots may contain lead.

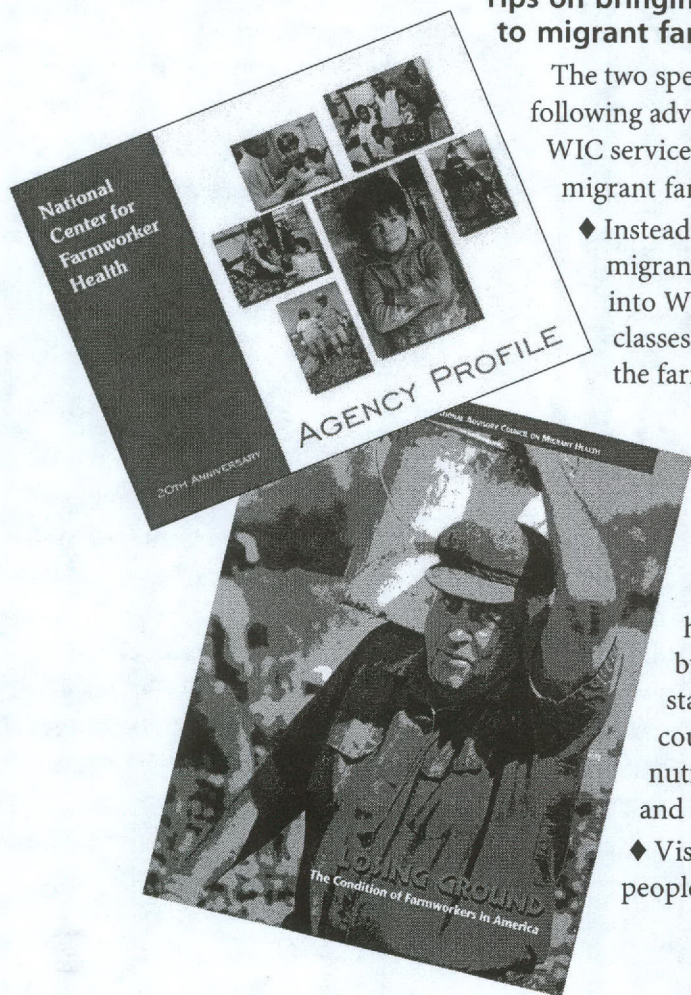
- ◆ Grandparents can make good peer counselors. *La Cocina Saludable*, a nutrition-education resource guide and flip chart for training grandmothers to teach nutrition in the camps, is available through the Colorado State Cooperative Extension. For more information, call (970) 491-7334.

Breastfeeding among migrants

Breastfeeding rates among migrant farmworkers are low because women think they have to stop as soon as they return to work, which is soon after giving birth.

WIC staffers can promote breastfeeding by providing migrant moms and child-care providers with practical information on breastfeeding management, slings, and pumps available through WIC.

Breastfeeding can also be promoted by having the baby's grandparent or child-care provider be located near the mom's work site.



Mexican-American folk medicine featured at NAWD conference

By Janet Rourke, M.S.H.P., L.D., C.L.E.
Breastfeeding Promotion Coordinator

In his session, "Mexican-American Folk Medicine in South and West Texas," Joe S. Graham shared an important message with attendees at the NAWD conference in Houston. He stressed the need for health-care providers to know about Mexican-American folk medicine and culture when treating Mexican-American clients.

An associate professor in the Department of Psychology and Sociology at Texas A&M University in Kingsville, Graham has studied folk medicine in South and West Texas for more than 25 years. He holds a doctorate in anthropology and folklore.

Folk•medicine still popular

Folk medicine is alive and well in South and West Texas, Graham says.

From 1990 to 1994, a random representative sample of 10 percent of the

Mexican-American population in seven communities in South Texas was surveyed.

The survey showed that 90 percent rely on herbal remedies for major and minor illnesses, 27 percent report using lay midwives (*parteras*) for the births of one or more of their children, and 10 percent report visiting folk healers called *curanderos* and *curanderas*.

Graham says that the Mexican-American folk-medicine system has three levels:

1. Household remedies (*remedios caseros*) administered usually by mothers, grandmothers, or other women in the household.

2. Neighborhood (*barrio*) healers such as *parteras* (lay midwives), *sobadores* (folk chiropractors who treat sprains, broken bones, etc.), and *yerberas* (herbal specialists with specialized knowledge about treating certain ailments beyond household remedies).

3. *Curanderos* and *curanderas*, or those believed by the community to have a special gift from God to heal any illness, especially those caused by *brujas* (witches).

Mexican Americans use their folk-medicine system for several reasons:

- ◆ Language differences.
- ◆ Great distances to the Anglo doctors.
- ◆ Distrust of Anglo doctors, partly because of Anglo stereotypes of Mexican Americans as being ignorant and superstitious (especially given folk-illness syndromes such as *mal de ojo* ("evil eye," or excess admiration), *susto* (extreme fright), and *empacho* (forced eating of unwanted food).
- ◆ Expense of Anglo medical treatment.
- ◆ Cultural modesty (a woman having to undress and be examined by a male Anglo doctor).

Working-class Mexican Americans who strongly believe in folk illnesses and folk-medicine cures often rely on folk healers as a means to avoid conflict with health-care providers who don't share their beliefs, Graham says.

Other resources

To better understand Mexican-American folk healers, Graham recommends reading a novel by Rudolfo Anaya, *Bless Me Ultima*.

For information on herbs used in Mexican-American folk healing, Graham recommended contacting NAPRALERT, a database of more than 100,000 studies of herbal plants developed by the Illinois School of Pharmacology.

The phone number for NAPRALERT is (312) 996-2246. The database's fax number is (312) 996-3272. Letters can be sent to:

NAPRALERT, PCRPS (MC/877)
College of Pharmacy
University of Illinois at Chicago
833 S. Wood St.
Chicago, Ill. 60612.



Texas WIC's poster exhibit inspires Nancy Liedtke, left, breastfeeding-promotion specialist at the state agency, to share ideas with Mary McCarthy, training coordinator for Columbia Women's Hospital in Houston.

Article 11 in a series

Habit 7: Sharpen the saw

By Judith Cayton Devin
Training Specialist

THE SEVEN HABITS OF HIGHLY EFFECTIVE PEOPLE

Covey Leadership Center ©

As I haul myself out of my nice, cozy bed at the wretched hour of 5:30 a.m. every day to go walking, I grit my teeth through what Stephen Covey calls “a tough moment” in my resolve to “sharpen the saw.”

The habit of renewal is Covey’s seventh habit in the *Seven Habits of Highly Effective People*. The good news is that there are usually only a couple of tough moments per day, and the payoff is enormous.

In his diagram of the seven habits, Covey displays Habit 7 as a circle drawn around the other six habits. Without continually sharpening the saw, he says, you can’t continue to practice the other six habits. With a dull blade, he reminds us, you’ll be too tired, sick, depressed, and mentally muddled to be highly effective.

Renewal

Covey focuses on the physical, mental, spiritual, and the social and emotional aspects of life that need constant renewal.

The need to take care of ourselves physically tops the list in emphasis, as indicated by the U.S. Surgeon General’s recent report recommending 30 minutes of physical activity per day to improve your health.

The daily renewal we receive from a good night’s sleep is clearly necessary to sustain health. At WIC, we’re also keenly aware of the importance that good nutri-

tion plays in maintaining physical health.

The second aspect Covey deals with is mental renewal. To keep mentally sharp, the brain has to be exercised just like the rest of the body. Research shows that exercising your mental muscle increases the growth of new dendrites (the connectors within the brain), increasing your mental abilities.

Brain exercise can consist of reading, taking classes, writing in a journal, working puzzles, or staying involved in a hobby.

Spiritual renewal can be a private and personal area of our lives, but it nevertheless remains a crucial aspect. Studies show that, to have a sense of fulfillment about life, people must think that their life has meaning. In the frantic rush of daily existence, we too often allow our spiritual life to be forgotten and undernourished.

Some suggestions for tending to our spiritual sides include getting out in nature, reading inspiring biographies, appreciating art and music, and participating in religious worship and celebrations.

The fourth dimension of life that needs attention is the social and emotional area.

Covey defines “social” as your relationships with others and “emotional” as your relationship with yourself. Renewal ideas for your social and emotional sides include cultivating family relationships, actively maintaining relationships, building new friendships, and engaging in creative work and service.

Balance and effectiveness

Habit 7 is in some ways the easiest to understand. Most of us can agree on how important it is to maintain body, mind, and spirit. The problem comes in doing it — getting out of bed, climbing on the exercise bike, taking quiet time.

That’s where the private victory won in following Covey’s first three habits comes into play. If you make renewal a part of your mission statement, put first things first, and remain proactive about your life choices, you will have the goal, time, and fortitude to sharpen the saw regularly.

Challenge yourself to a life of balanced renewal. You will increase your effectiveness in all the other habits and in your life as a whole.

*Only those who have the patience
to do simple things perfectly
ever acquire the skill
to do difficult things easily.*



Author unknown

February 1997

Feb. 15-16 — “Educating and Promoting for Health: Strong Roots for an Effective Health Program” mid-year conference, Omni Hotel, San Antonio. Registration fees are \$85 for members of the Texas Society for Public Health Education, and \$95 for non-members. Student rates are available. For more information, call Lisa Rodriguez at (512) 458-7796.

Feb. 15-19 — Texas Public Health Association’s 72nd Annual Convention, Omni San Antonio Hotel (formerly the Wyndham San Antonio), San Antonio. For more information, e-mail txpha@aol.com or call Terri S. Pali at (512) 451-1846.

Feb. 17-18 — “Women Speaking with One Voice,” conference on legislative issues co-sponsored by 60 women’s groups including the Texas Family Planning Association, the American Association of University Women, and the League of Women Voters. University of Texas campus, Austin. For more information, call (512) 448-4857.

Feb. 23-25 — Safe and Drug-Free Schools and Communities State Conference, Bayfront Plaza Convention Center, Corpus Christi. For more information, call Barbara Bertling or Jenny Gonzales at (512) 883-9288, ext. 2226 or 2212.

Feb. 25-27 — “Train the Trainer” Workshop for Breastfeeding Peer Counselors, Corpus Christi. Attendees will learn to train breastfeeding peer counselors and to plan a peer-counselor program. For more information, call Jewell Stremmer or Missy Hammer at (512) 406-0744.

March

March 5-7 — Intensive Course in Breastfeeding, Phase II, Austin. Two and a half days of in-depth training following up on concepts introduced in three-day Phase I session. For more information, contact Missy Hammer at (512) 406-0744.

March 12-15 — Children’s Defense Fund Annual National Conference, Washington Hilton & Towers, Washington, D.C. For information, visit <http://www.tmn.com/cdf/index.html>; write to CDF Conference, 25 E Street N.W., Washington, D.C. 20001, or fax (202) 662-3540.

March 25-27 — Competent-professional-authority orientation, Austin. Three days of training covering screening techniques, breastfeeding promotion, high-risk conditions, allowable foods, formula determination, nutrition education, counseling, outreach, and civil rights. For more information, call Liz Bruns or Anita Ramos at (512) 406-0740. To register, call Dawn Everett at (512) 406-0740.

March 25-27 — Intensive Course in Breastfeeding, Phase I, San Antonio. The three-day course costs \$45. For more information, contact Missy Hammer at (512) 406-0744.

March 26 — Lactation Management Workshop for Physicians, San Antonio. The four-hour workshop is designed to improve physicians’ skills at managing breastfeeding problems and special circumstances and assessing medications for nursing mothers. The cost is \$15. For more information, contact Missy Hammer at (512) 406-0744.

*If you know of an event you’d like to include in this calendar,
call Shelly Ogle or Callie Jones at (512) 458-7532.*

New 'Mom to Mom' column dedicated to peer counselors

By Jewell Stremmer, C.L.E.
Peer Counselor Coordinator



**Texas
Peer Counselor
Program**

About 350 WIC breastfeeding peer counselors work at 48 local agencies in Texas, motivating and educating pregnant and breastfeeding women. WIC peer counselors also help new mothers initiate breastfeeding in 36 Texas hospitals.

This new column is dedicated to these peer counselors.

Find information

The "Mom to Mom" column will be a place for peer counselors to connect with one another and with the peer-counselor support resources available from the state agency. Peer counselors can find statewide news about the program in this column.

For example, the state office distributed a peer-counselor survey in mid-November. The survey asked for information about peer counselors' experiences and expectations. When the results are tabulated, we'll report them here.

If you are a peer counselor and have not received a survey, let your local-agency breastfeeding coordinator know, or contact the state peer-counselor coordinator at (512) 406-0744.

Share your stories

Share your stories about breastfeeding peer counseling with us, and we will print them here. This month, we have a heart-warming story from Letty Lopez, a peer counselor with Project 12's Hidalgo County WIC.

Lopez helped a mother in the McAllen Medical Center breastfeed her 2-week-old daughter. The mother had broken both of her arms in a car accident.

While the mother was in the hospital, Lopez helped her express milk every three

hours to continue having good milk production and to prevent engorgement.

Lopez taught the new mom's husband and mother how to use the breast pump so that they could help her after she went home. Follow-up calls indicate that she pumped until she was able to breastfeed again.

Send us your success stories — what worked, what didn't, what issues you would like to hear about from other peer counselors. Let us know what concerns are held by the mothers you counsel. Share with other readers how you handle those concerns, and tell us if you would like to hear what other counselors tell mothers about those issues.

Just write us a note or fill out an easy-to-use "Mom to Mom" column-information form, available from your breastfeeding coordinator or from the state agency.

We'd also love to use photos of you and the moms who you help. Pictures must be accompanied by a signed model-release form from every non-staffer in the picture. Like the column-information forms, model-release forms are available from your breastfeeding coordinator or from the state agency.

For more information, call the state peer-counselor coordinator, Jewell Stremmer, at (512) 406-0744.

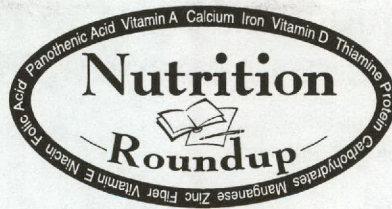
Posters help teach nutrition to children

A poster kit from the National Live Stock and Meat Board, *The Munchsters Talk About Food*, can help your nutrition messages reach preschool children.

In the kit, fun creatures called the Munchsters introduce preschool children to new foods and good eating habits. Because these posters are combined with education activities, they can also help children develop their language skills.

The five full-color posters, each 22 inches by 14 inches, feature the Munchsters conducting activities related to food or health. The reverse side of each poster has a lesson plan with language and cooking activities.

- ◆ "The Munchsters Learn About Food" teaches children how to identify and describe raw, cooked, frozen, dried, and canned foods. It also teaches about food groups and favorite foods.
- ◆ "The Munchsters' March" helps children talk about and experience the different textures of food to develop verbal-expression skills.
- ◆ "Munchsters' Picnic" teaches children about picnics and the different ways of eating various foods.



By Rachel Jule
Nutrition Education Specialist
and
Mary Van Eck, M.S., R.D.,
Nutrition Education Coordinator

◆ "The Munchsters Learn Where Bread Comes From" teaches children how wheat is grown and how buns are baked and sold to eat with hamburgers.

◆ "Healthy, Happy Munchsters" teaches children the importance of eating good foods for health, growth, and energy.

In addition to the posters, the kit includes a teacher's guide, a poster for parent bulletin boards, and eight reproducible handouts. The cost of the total poster kit is \$4.95 plus shipping and handling.

To order by phone, call (800) 368-3138.

To order by mail, write to:
Education Department
National Live Stock and Meat Board
444 North Michigan Ave.
Chicago, Ill. 60611-9909.

'5 A Day Bingo' game

All Texas WIC local agencies were sent a *5 A Day Bingo* game in January for each of their clinics. The game, available in both English and Spanish, was developed by a group

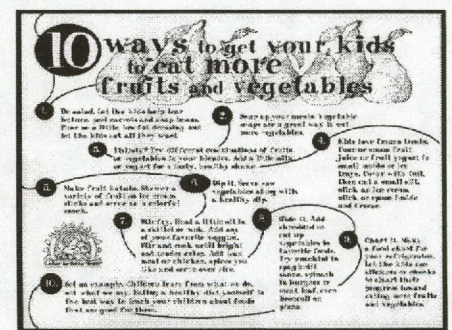
of registered dietitians in Montana. The Texas WIC lesson code for the *5 A Day* bingo game is FG-000-04.

The game provides an interactive and fun way to teach WIC participants about fruits and vegetables. It can be used as a lesson during the summer months, or as part of a Community-Based Nutrition Education activity. Both children and parents will enjoy learning about nutrition from *5 A Day Bingo*.

If your local agency hasn't received your *5 A Day* bingo games, contact Delores Preece in the state agency's Nutrition Education Section at (512) 458-7440.

Preece can also provide local agencies with free copies of *10 Ways to Get Your Kids to Eat Fruits and Vegetables*, a flier printed in English on one side and in Spanish on the other side (see sample

below). Orders of up to 2,000 copies can be sent.



Becoming receptive to change, growth, new opportunities

By Anna Garcia
Clinic Management Nutritionist

With a new year of challenges awaiting us all, it is fair to say that we can expect change — that dreaded word that makes us cringe at the thought of doing things differently.

Our initial response might be, “But we’ve always done it this way.” We resist change because it makes us feel uncomfortable. The root cause of most avoidance is fear: Will I be given additional job responsibilities? Will I have to move? Will I lose my job? How is this change going to affect me personally?

Survival drives change

According to Marilyn Brennam, a trainer for Fred Pryor Seminars, a division of Pryor Resources Inc., survival drives change.

Change is necessary, inevitable, and occurs more often in companies and organizations now than ever before,

Brennam says. Therefore, says Brennam, it is important to remember that no individual or group is necessarily singled out for any particular reason other than what is best for the company or organization as a whole, she says.

Faced with the same predicaments, employees must be receptive to change, growth, and new opportunities. However, all too often, the opposite occurs. We close our arms, ears, and eyes to it and hope it goes away.

React without fear

Some suggestions for bringing about a more soothing, less fearful reaction to change include:

- ◆ Be honest with staff members. Let them know how the change is going to affect them personally.
- ◆ Allow staff members the opportunity to get involved in the decision-making process.
- ◆ Encourage staff members to express their opinions and ideas.
- ◆ Give staff members time to think about change; and once implemented, be patient. (It takes 10 to 21 repetitions of a behavior before it feels comfortable.)
- ◆ Inform staff members that increasing their inventory of skills and knowledge is job security for them.

Keep in mind

As change occurs around you and begins to affect you, consider these final thoughts:

- ◆ Just because you’ve always done it that way doesn’t mean it’s right.
- ◆ If you keep doing what you’ve been doing, you’ll keep getting what you’ve got.
- ◆ If the only thing you have is a hammer, the only thing you see is a nail.
- ◆ When the horse dies, get off!

There is nothing more difficult to take in hand, more perilous to conduct, or more uncertain in its success than to take the lead in the introduction of a new order of things.



Niccolo Machiavelli
Italian political philosopher
1469-1527

Video examines housing for farmworkers

Most Americans take their homes for granted. They know there will be a roof over their heads come nightfall.

Unfortunately, many farmworkers cannot do the same. Many farmworkers who travel with their families to harvest fruits and vegetables must often live in crowded, substandard housing. At times, they live in their cars or tents.

A new video, *Milagritos: When Communities Create Farmworker Housing*, was introduced in December 1996 as a tool to help housing advocates encourage the construction of safe, affordable housing for farmworkers.

The video was developed by the National Center for Farmworker Health, the Housing Assistance Council, and the Rural Housing Administration.

Milagritos reviews successful farmworker-housing initiatives and includes comments from growers, farmworkers, and others about the benefits of safe, affordable shelter for farmworkers.

For more information, call the National Center for Farmworker Health at (512) 328-7682.

Nutrition library available for free to all Texans

The Texas Department of Health isn't the only place to look for nutrition information.

The Nutrition Education and Training (NET) library, operated by the Texas Department of Human Services, maintains a collection of more than 4,500 nutrition-related print and audiovisual materials that



By John Koloen
Staff Writer

the public can order for free.

Subjects cover many areas, including nutrition and pregnancy, exercise and weight management, ethnic cooking, managing diabetes, and feeding infants and young children. The library also has a special collection of nutrition-related children's literature. Some materials are available in Spanish.

The library is located in Austin and is open weekdays from 8 a.m. to 5 p.m. All library services are free. For a free library catalog, call (800) 982-3261 and select option 1 to speak to a librarian.

The Texas NET program supplements USDA child-nutrition programs by providing education and instruction resources to children and adults to promote healthy eating habits and to prevent chronic disease.

USDA reports findings on child-rearing expenses

Not surprisingly, income levels have a lot to do with the amount of money that Americans spend on raising their children.

The U.S. Department of Agriculture provides estimates of

expenditures that a couple-headed family and a single-parent family spend on child-rearing.

The estimates are based on data from the 1990-1992 Consumer Expenditure Survey. Amounts are updated to 1995 dollars using the Consumer Price Index.

Here are some of the findings:

- ◆ Housing accounts for the largest share of child-rearing expenses across income groups. Housing costs consume 33 percent to 37 percent of these expenses.
- ◆ Food is the second-largest average expense, ranging from 15 percent to 20 percent of child-rearing expenditures.
- ◆ Expenditures on children are lower for younger children and higher for older children.
- ◆ Overall child-rearing expenses are highest in the urban West, followed by urban areas in the Northeast and South. The urban Midwest and rural areas have the lowest expenses.
- ◆ Compared with expenditures for each child in a two-child family, households with one child spend an average of 24 percent more on a single child. Households with three or more children spend an average of 23 percent less on each child.

Source: *Washington Social Legislation Bulletin*

Correction

In the December 1996 issue of *Texas WIC News*, the final two paragraphs were cut from the "Et Cetera" column on page 23. The article addressed Medicaid-related welfare provisions. The missing paragraphs follow:

- ◆ States are given the option to deny Medicaid benefits to qualified aliens already in the country (with some exceptions).
- ◆ All non-qualified aliens, including undocumented persons, are permanently barred from receiving Medicaid benefits.

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Legend: "16, 1/97" means "page 16 of January 1997 *Texas WIC News*"

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Texas WIC Local Agencies 1997 Listing

Project 1

Austin Health and Human
Services-Travis Co. Health
Dept. (Travis County)
2209 Rosewood
DeWitty Bldg., Suite 100
Austin, Texas 78702
Phyllis Day, R.D., L.D.
WIC Program Director
(512) 322-2331
Fax: (512) 322-2360

Project 3

Cameron County Health
Dept. (Cameron County)
186 N. Sam Houston Blvd.
San Benito, Texas 78586
Yvette Salinas, WIC Director
(210) 399-5767
Fax: (210) 361-3591

Project 4

Su Clínica Familiar
(southern Kenedy, Willacy
counties)
131 FM 3168
Raymondville, Texas 78580
Mona Hollander, L.D.
WIC Coordinator
(210) 689-2425, (210) 689-2196
Fax: (210) 689-5937

Project 5

Driscoll Children's Hospital
(Nueces County)
3455 S. Alameda
Corpus Christi, Texas 78411
Monica Stender, M.A., R.D., L.D.
WIC Project Director
(512) 850-6768
Fax: (512) 851-6868

Project 7

City of Dallas Department of
Environmental and Health
Services (Dallas County)
2377 N. Stemmons Freeway
Suite 400
Dallas, Texas 75207
Marie Zaczkowski, M.S., R.D., L.D.
WIC Manager
(214) 670-7200
Fax: (214) 670-7165

Project 9

Community Action Council of
South Texas (Duval, Jim Hogg,
Starr, Zapata counties)
111 Pete Diaz Jr. Ave.
P.O. Drawer 98
Rio Grande City, Texas 78582
Joel A. Salinas, WIC Director
(210) 487-2585, ext. 232
Fax: (210) 487-0445

Project 10

Grayson County Health Dept.
(Grayson County)
515 N. Walnut
Sherman, Texas 75090
Joel Ellen Ticknor, M.S., R.D., L.D.
WIC Director
(903) 893-0131
Fax: (903) 892-3776

Project 11

Galveston County Health
District (Galveston County)
2010 Texas Ave.
Texas City, Texas 77590
Sharon Hawkins-Barb
WIC Program Manager
(409) 643-8317
Fax: (409) 643-8325

Project 12

Hidalgo County Health
Dept. (Hidalgo County)
3105 W. University Drive
Edinburg, Texas 78539
Norma L. Longoria, L.D.
WIC Project Director
(210) 381-4646
Fax: (210) 380-4056

Project 13

City of Laredo Health Dept.
(Webb County)
P.O. Box 2337
Laredo, Texas 78044
Beatrice Duarte, M.P.H., R.D.
WIC Director
(210) 723-2051, ext. 105
Fax: (210) 722-5562

Project 15

University of Texas Medical
Branch (Montgomery Co.)
701 E. Davis
Conroe, Texas 77301
Kathy Bennett, WIC Director
(409) 525-2886
Fax: (409) 539-4668

Project 17

University of Texas Health
Science Center at Houston
(Harris County)
12401½ S. Post Oak Road
Suite 122
Houston, Texas 77045
Karen Gibson, R.D., L.D.
WIC Director
(713) 728-8590
Fax: (713) 721-2348

Project 18

Community Council of Bee
County (Bee County)
510 W. Crockett
Beeville, Texas 78102
Mary J. Cano
WIC Project Director
(512) 358-1865
Fax: (512) 358-8800

Project 19

Vida y Salud-Health Systems
Inc. (Dimmit, LaSalle,
Uvalde, Zavala counties)
308 S. 3rd Ave.
Crystal City, Texas 78839
Ofelia Juarez
WIC Project Director
(210) 374-2301
Fax: (210) 374-5948

Project 20

South Plains Health Provider
Organization Inc. (Bailey,
Castro, Crosby, Deaf Smith,
Floyd, Hale, Lamb, Motley,
Parmer, Swisher counties)
2807 W. 7th
Plainview, Texas 79072
Barbara Khaleeq, M.S., R.D.
WIC Director
(806) 293-0182
Fax: (806) 293-7354

Project 21

Wichita Falls-Wichita County
Public Health District
(Clay, Wichita counties)
1700 3rd St.
Wichita Falls, Texas 76301
Janna Kaelin, WIC Director
(817) 761-7809
Fax: (817) 761-8803

Project 22

Waco-McLennan County
Public Health District
(McLennan County)
225 W. Waco Drive
Waco, Texas 76707
Carolyn Scott, Ph.D., R.D., L.D.
WIC Director
(817) 750-5474
Fax: (817) 750-5415

Project 23

Walker County WIC
(Walker County)
119 Hwy. 75 North, Suite 15
Huntsville, Texas 77340
Carolyn Hanselman
WIC Program Administrator
(409) 295-7046
Fax: (409) 295-4257

Project 24

United Medical Centers
(Kinney, Maverick counties)
P.O. Box 921
Eagle Pass, Texas 78853
Guadalupe Fuentes, L.V.N.
WIC Director
(210) 773-1105
Fax: (210) 773-1419

Project 25

Fort Worth Department of
Public Health (Tarrant Co.)
1800 University Drive
Fort Worth, Texas 76107
Louella J. Williams, M.S., R.D., L.D.
WIC Director
(817) 871-7215
Fax: (817) 871-6364

Project 26

Houston Health and Human Services Dept. (Harris Co.)
8000 N. Stadium, Box 19
Houston, Texas 77054
Faye Walker, R.D., L.D., M.S.
WIC Program Director
(713) 794-9095
Fax: (713) 794-2903

Project 27

South Plains Community Action Association Inc. (Cochran, Dawson, Dickens, Gaines, Garza, Hockley, King, Lubbock, Lynn, Terry, Yoakum counties)
P.O. Box 610
411 Austin St.
Levelland, Texas 79336
Celia Smith
WIC Program Director
(806) 894-6104
Fax: (806) 894-5349

Project 28

Centro de Salud Familiar La Fe Inc. (El Paso County)
P.O. Box 10640
El Paso, Texas 79996
Maria E. Guzman, WIC Director
(915) 545-7048
Fax: (915) 533-4878

Project 29

Fort Bend Family Health Center Inc. (Fort Bend, Wharton counties)
400 Austin St.
Richmond, Texas 77469
Betty Hill, Director of WIC Services
(281) 342-4530
Fax: (281) 342-3832

Project 30

Port Arthur City Health Dept. (Jefferson County)
603 E. 5th St.
Port Arthur, Texas 77640
Ernestine Wade, R.N.
WIC Director
(409) 983-8832
Fax: (409) 983-8870

Project 31

Bell County Health District (Bell, Coryell counties)
116 W. Avenue G
Temple, Texas 76504
Loretta Grisham
WIC Program Manager
(817) 778-1511
Fax: (817) 778-6914

Project 32

Brazos Valley Community Action Agency (Brazos, Grimes, Leon, Madison, Robertson counties)
3400 S. Texas Ave., Suite 6
Bryan, Texas 77802
Selina Ochoa, WIC Coordinator
(409) 268-5555, ext. 4
Fax: (409) 846-2409

Project 33

El Paso City-County Health District (El Paso, Hudspeth counties)
1148 Airway Blvd.
El Paso, Texas 79925
Donna T. Seward, WIC Director
(915) 771-5850
Fax: (915) 772-0389

Project 34

Abilene-Taylor County Public Health Dept. (Taylor Co.)
P.O. Box 6489
Abilene, Texas 79608
Rita Portlock, WIC Director
(915) 692-1680
Fax: (915) 690-6707

Project 35

Denton County Health Dept. (Denton County)
306 N. Loop 288, Suite 183
Denton, Texas 76201
Bryanne Jones, R.N.
WIC Director
(817) 565-8666
Fax: (817) 565-8621

Project 36

City of San Marcos (Bastrop, Caldwell, Comal, Guadalupe, Hays counties)
630 E. Hopkins
San Marcos, Texas 78666
Eddie Ortega, WIC Director
(512) 393-8040
Fax: (512) 396-7471

Project 37

Victoria City-County Health Department (Calhoun, DeWitt, Goliad, Jackson, Victoria counties)
2205 E. Lone Tree Road
Victoria, Texas 77901
Patricia Patterson, L.V.N.
WIC Administrator
(512) 578-2884
Fax: (512) 578-6627

Project 38

Corpus Christi-Nueces County Public Health District (Nueces County)
1702 Horne Road
Corpus Christi, Texas 78416
Esther McGregor, R.N.
WIC Director
(512) 855-7732
Fax: (512) 855-0792

Project 39

Smith County Public Health District (Cherokee, Smith counties)
P.O. Box 2039
Tyler, Texas 75710
Cassi Boucher, M.S.
WIC Project Director
(903) 592-7635
Fax: (903) 592-8442

Project 40

Beaumont City Health Dept. (Jefferson County)
950 Washington (P.O. Box 3827)
Beaumont, Texas 77704
Fern Roberts, WIC Director
(409) 832-4000, ext. 3607
Fax: (409) 832-4270

Project 41

San Antonio Metropolitan Health District (Bexar Co.)
2322 Buena Vista
San Antonio, Texas 78207
Diane Pfeil, WIC Program Manager
(210) 225-1870
Fax: (210) 226-2356

Project 42

Williamson County & Cities Health District (Williamson County)
100 W. 3rd St. (P.O. Box 570)
Georgetown, Texas 78627
Tina Horkey, R.D., L.D.
WIC Program Director
(512) 930-4386
Fax: (512) 930-3110

Project 43

Gonzales County Health Agency (Gonzales, Lavaca counties)
312 Saint Francis
Gonzales, Texas 78629
Emma Garza, WIC Coordinator
(210) 672-7083
Fax: (210) 672-6430

Project 44

City of Del Rio WIC Program (Val Verde County)
P.O. Box 4239
Del Rio, Texas 78841
Esther Giron, WIC Director
(210) 774-8605
Fax: (210) 774-8795

Project 45

Cross Timbers Health Clinics Inc. (Comanche, Mills, San Saba counties)
1100 W. Reynosa (P.O. Box 30)
De Leon, Texas 76444
Margaret Sapien
WIC Project Director
(817) 893-5895; 893-5926
Fax: (817) 893-5222

Project 46

Brazoria County Health Dept. (Brazoria County)
1108-C E. Mulberry
Angleton, Texas 77515
Debbie Carter, L.V.N.
WIC Director
(409) 849-9741
Fax: (409) 848-2780

Project 48

Harris County Health Dept. (Harris County)
2223 West Loop South
Houston, Texas 77027
Victoria Bowie, M.S., R.D., L.D.
WIC Program Director
(713) 439-6144
Fax: (713) 439-6060

Project 49

Frio County (Frio Co.)
505 Power Plant Rd.
Pearsall, Texas 78061
Esperanza Zapata, WIC Director
(210) 334-8652
Fax: (210) 334-2224

Project 51

San Patricio County Health Dept. (San Patricio County)
313 N. Rachal St.
Sinton, Texas 78387
Evelyn Sinast, R.N., WIC Director
(512) 364-6204
Fax: (512) 364-4518

Project 52

Cause Inc. (Bosque, Freestone,
Hill, Limestone counties)
233 E. Elm (P.O. Box 438)
Hillsboro, Texas 76645
Rita Taylor, L.V.N., WIC Director
(817) 582-3319
Fax: (817) 582-7499

Project 53

Atascosa (RHI) Health Clinic
(Atascosa County)
310 W. Oaklawn Road
Pleasanton, Texas 78064
Connie Trevino, WIC Director
(210) 569-2388
Fax: (210) 569-4239

Project 54

Tarrant County Health Dept.
(Tarrant County)
1800 University Drive, Room 108
Fort Worth, Texas 76107
*Ann Salyer-Caldwell, M.P.H., R.D.,
WIC Director*
(817) 871-7577
Fax: (817) 871-7602

Project 56

San Angelo-Tom Green County
Health Department
(Coke, Coleman, Concho,
Irion, Runnels, Sterling,
Tom Green counties)
72 W. College
San Angelo, Texas 76903
*Nancy Escalante
WIC Program Director*
(915) 657-4396
Fax: (915) 658-7180

Project 57

Community Health Service
Agency Inc. (Fannin, Hunt,
Rockwall counties)
3600 Caddo St.
Greenville, Texas 75401
Karen Still, WIC Director
(903) 455-5994
Fax: (903) 450-1408

Project 58

Angelina County & Cities Health
District (Angelina County)
917 Ellis Ave.
Lufkin, Texas 75904
Angela Quillin, WIC Director
(409) 637-7882
Fax: (409) 632-2413

Project 59

Barrio Comprehensive Family
Health Care Center
(Bexar County)
1102 Barclay St.
San Antonio, Texas 78207
Elisa Perez, WIC Director
(210) 434-3121
Fax: (210) 435-5429

Project 60

Matagorda County Hospital
District (Matagorda Co.)
1115 Avenue G
Bay City, Texas 77414
Mildred Hawkins, WIC Director
(409) 245-9848
Fax: (409) 244-4885

Project 61

Jasper-Newton County Public
Health District (Jasper,
Newton, Sabine, San
Augustine counties)
Administrative Office
139 W. Lamar St.
Jasper, Texas 75951
*Anne Williams, L.V.N.,
WIC Director*
(409) 384-6829
Fax: (409) 384-7861

Project 62

Paris-Lamar County Health
Dept. (Lamar County)
740 S.W. 6th St. (P.O. Box 938)
Paris, Texas 75460
*Carla Rhodes, L.V.N.,
WIC Director*
(903) 784-1411
Fax: (903) 784-1442

Project 63

Hardin County Health Dept.
(Hardin County)
Hardin County Courthouse
P.O. Box 2079
Kountze, Texas 77625
Mary Adams, L.V.N., WIC Director
(409) 246-8544
Fax: (409) 246-4373

Project 64

Medina County Health Dept.
(Medina, Bandera counties)
3103 Avenue G
Hondo, Texas 78861
Linda Fillinger, R.N., WIC Director
(210) 741-6144
Fax: (210) 741-6149

Project 65

Texarkana-Bowie County
Family Health Center
(Bowie County)
902 W. 12th Street
Texarkana, Texas 75501
*Candis Mauldin, L.V.N.,
WIC Coordinator*
(903) 798-3289
Fax: (903) 791-1130

Project 66

Orange County Health Dept.
(Orange County)
P.O. Box 1757
Orange, Texas 77631
Tammy Jakobeit, WIC Director
(409) 883-6119
Fax: (409) 883-3147

Project 67

Corsicana-Navarro County
Public Health District
(Navarro County)
508 N. Main St. (P.O. Box 518)
Corsicana, Texas 75110
*Cindy Griggs, R.N.,
WIC Director*
(903) 872-6743
Fax: (903) 872-7215

Project 68

Community Council of
Southwest Texas Inc.
(Edwards, Real counties)
411 S. Nueces (P.O. Box 115)
Camp Wood, Texas 78833
*Sharon Pannell, L.V.N.,
WIC Supervisor*
(210) 597-2181
Fax: (210) 597-6191

Project 69

Community Council of South
Central Texas Inc. (Karnes,
Wilson counties)
205-A E. Court St.
Seguin, Texas 78155
Susan Hardee, WIC Director
(210) 372-3690
Fax: (210) 372-5354

Project 70

Chambers County Health Dept.
(Chambers County)
Courthouse Annex
1222 Main St. (P.O. Box 670)
Anahuac, Texas 77514
*Glenda Pearce, R.N.,
WIC Director*
(409) 267-8357
Fax: (409) 267-3962

Project 71

Collin County Health Care
Services (Collin County)
825 N. McDonald
McKinney, Texas 75069
Denise Wolf, WIC Coordinator
(972) 548-5500
Fax: (972) 548-5550

Project 72

People for Progress Inc.
(Nolan County)
301 W. Arkansas
Sweetwater, Texas 79556
*Elaine Rascoe, L.V.N.,
WIC Director*
(915) 235-8455
Fax: (915) 235-4950

Project 73

El Centro Del Barrio Inc.
(Bexar County)
123 Ascot
San Antonio, Texas 78224
*Karen Finstuen, R.D.,
WIC Director*
(210) 924-6004
Fax: (210) 924-6039

Project 74

Brownwood-Brown County
Health Dept. (Brown Co.)
510 E. Lee St.
Brownwood, Texas 76801
Georgia Harris, WIC Director
(915) 646-7821
Fax: (915) 643-8157

Project 76

Outreach Health Services
(Archer, Armstrong, Baylor,
Briscoe, Callahan, Carson,
Childress, Collingsworth,
Cooke, Cottle, Dallam,
Donley, Eastland, Ellis,
Erath, Fisher, Foard, Gray,
Hall, Hansford, Hardeman,
Haskell, Hemphill, Hood,
Hutchinson, Jack, Johnson,
Jones, Kaufman, Knox,
Mitchell, Montague, Moore,
Ochiltree, Oldham, Palo
Pinto, Parker, Scurry,
Shackelford, Sherman,
Somervell, Stephens,
Stonewall, Throckmorton,
Wheeler, Wilbarger, Wise,
Young counties)
724 S. Polk, Suite 700
Amarillo, Texas 79101

Project 76 cont'd

Frannie Nuttall, R.D., L.D.
WIC Director
(806) 371-9446
Fax: (806) 371-9515

Project 77

University of Texas Medical
Branch at Galveston
(Brazoria, Fort Bend, Harris,
Houston, Nacogdoches,
Polk, San Jacinto, Shelby,
Trinity, Tyler, Walker
counties)

4616 W. Broadway
Pearland, Texas 77581
Bonnie Horton, R.D., L.D.
WIC Director

(281) 485-3147
Fax: (281) 261-2845

Project 79

St. Elizabeth Hospital-Primary
Care Clinic (Hardin,
Jefferson, Orange counties)

830 N. 11th St.
Beaumont, Texas 77702
Kathy Adams, R.D.
WIC Coordinator

(409) 899-8161
Fax: (409) 899-8185

Project 80

East Texas Community Health
Services Inc. (Nacogdoches
County)

1401 S. University Drive
Nacogdoches, Texas 75961
Georgia Taylor, R.D.
WIC Director

(409) 568-9067
Fax: (409) 560-3928

Project 81

Public Health Region 7
(Burleson, Burnet, Falls,
Hamilton, Lampasas, Llano,
Milam, Washington
counties)

2408 S. 37th St.
Temple, Texas 76504
Jacquelyn McLaughlin
WIC Program Manager

(817) 778-6744
Fax: (817) 778-4066

Project 83

Public Health Regions 9/10
(Brewster, Howard, Jeff
Davis, Kimble, McCulloch,
Menard, Presidio,
Schleicher, Sutton counties)

Nutrition Services
P.O. Box 9428
El Paso, Texas 79984-0428
Mary Russell, R.D.

WIC Director
(915) 774-6224
Fax: (915) 774-6280

Project 84

Public Health Region 6/5 South
(Austin, Colorado, Liberty,
Waller counties)

5425 Polk Ave., Suite J
Houston, Texas 77023
Veronica Brown, M.S., R.D., L.D.
WIC Program Director

(713) 767-3481
Fax: (713) 767-3435

Project 87

Public Health Regions 4/5 North
(Anderson, Camp, Cass,
Delta, Franklin, Gregg,
Harrison, Henderson,
Hopkins, Marion, Panola,
Rains, Red River, Rusk,
Titus counties)

1517 W. Front St.
Tyler, Texas 75702
Susan Bennett, R.D., L.D.
WIC Program Manager

(903) 533-5316
Fax: (903) 593-4187

Project 88

Public Health Region 11
(Aransas, Brooks, Jim Wells,
Kleberg, Live Oak, McMullen,
Refugio counties)

Texas Department of Health
1233 Agnes
Corpus Christi, Texas 78401
Cindy Moore, R.D.

WIC Director
(512) 888-7762
Fax: (512) 888-7766

Project 89

Santa Rosa Health Care Corp.
(Bexar County)

315 N. San Saba, Suite 1210
San Antonio, Texas 78207
Mary Lou Quijano

WIC Director
(210) 704-4180
Fax: (210) 704-4189

Project 90

Los Barrios Unidos Community
Clinic (Dallas County)

3316 Sylvan
Dallas, Texas 75212
Maria Arroyo, WIC Director
(214) 761-0956
Fax: (214) 761-0969

Project 91

Texas Community Access to
Child Health (Dallas Co.)
3500 I-30, Bldg. B, Suite 130
Mesquite, Texas 75150

Virginia Holguin, WIC clerk
(972) 686-0765
Fax: (972) 686-6391

Project 92

Scurry County Health Dept.
(Scurry County)

911 26th St.
Snyder, Texas 79549
Stephanie Knipe, R.N., B.S.N.
WIC Director

(915) 573-3508
Fax: (915) 573-0380

Project 94

Texas Tech University Health
Sciences Center WIC
Program (Andrews, Borden,
Crane, Crockett, Ector,
Glasscock, Loving, Martin,
Midland, Pecos, Reagan,
Reeves, Terrell, Upton,
Ward, Winkler counties)

800 W. 4th St.
Odessa, Texas 79763
Judith Harden
WIC Program Director

(915) 335-5225
Fax: (915) 335-5240

Project 95

Hill Country Memorial
Hospital (Blanco, Gillespie,
Kerr, Mason counties)

838-F Sidney Baker
Kerrville, Texas 78028
Nicole Spennath, WIC Director
(210) 257-4400
Fax: (210) 257-7075

Project 96

Culberson Hospital District
Van Horn Rural Health
Clinic (Culberson County)

P.O. Box 609
Van Horn, Texas 79855
Richard Lee, Administrator
(915) 283-2948
Fax: (915) 283-7228

Project 97

Fayette Memorial Hospital
(Fayette, Lee counties)

275 Ellinger Road
La Grange, Texas 78945
Cindy Manning, R.D.

WIC Director
(409) 968-6391
Fax: (409) 968-9454

Project 100

City of Amarillo
(Potter, Randall counties)

411 S. Austin
Amarillo, Texas 79106
Margaret Payton, R.D., M.B.A.
WIC Director

(806) 371-1121
Fax: (806) 342-1577

Project 101

Kendall County WIC
(Kendall County)

905 N. Main, Suite C
Boerne, Texas 78006
Richard Martinez, M.D.
WIC Director

(210) 816-2691
Fax: (210) 816-3009

Project 102

East Texas Medical Center
(Morris, Upshur, Van
Zandt, Wood counties)

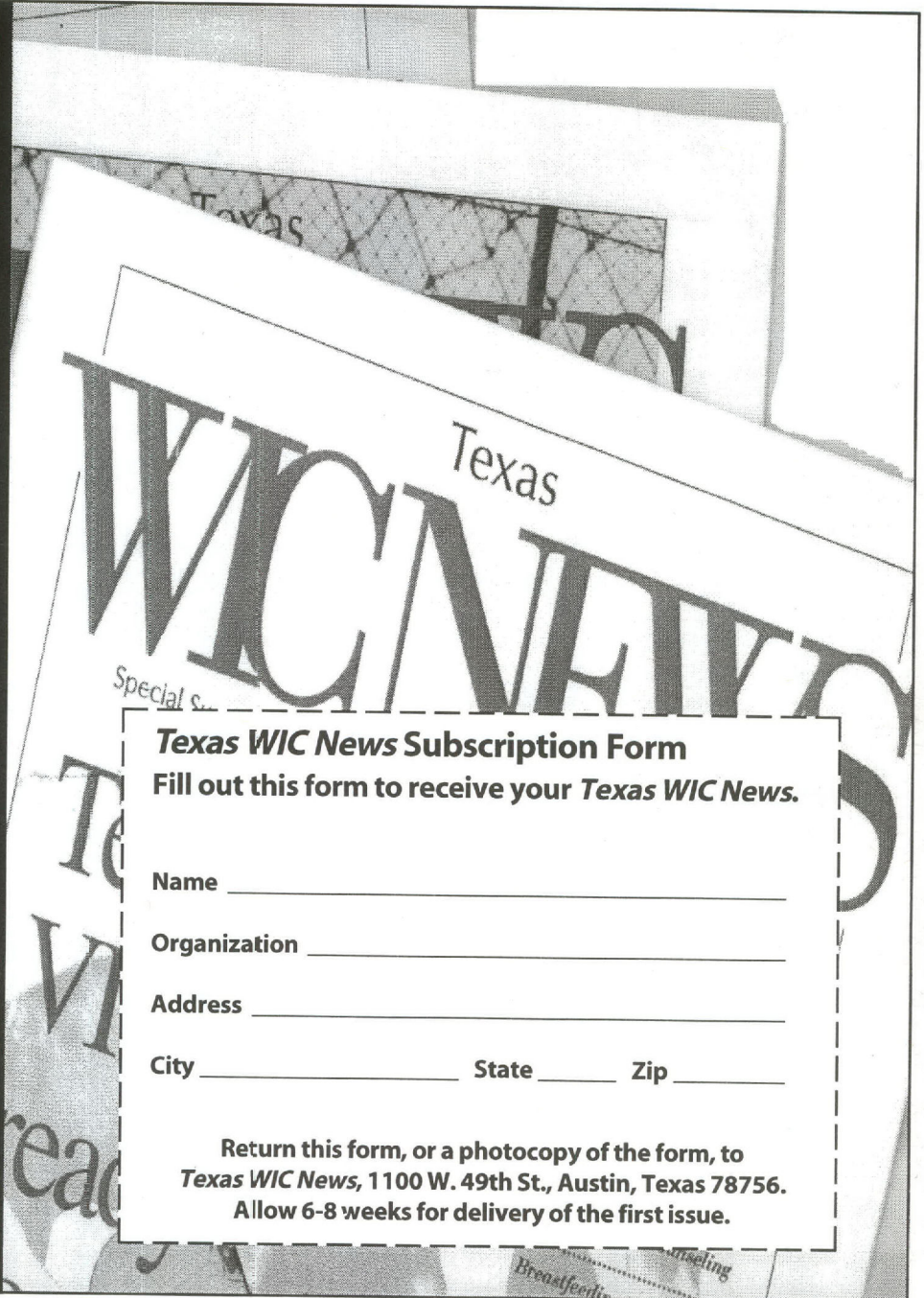
Canton WIC Clinic
WIC Administration Office
700 N. Trade Days Blvd.
Canton, Texas 75103

Valerie James, WIC Director
(903) 843-3091
Fax: (903) 843-5178

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