

# MARWIC

## T · I · M · E · S

MID-ATLANTIC REGION SUPPLEMENTAL NUTRITION PROGRAM FOR WOMEN, INFANTS, AND CHILDREN

### DC WIC CELEBRATES 40TH ANNIVERSARY, SUPPORTING DC FAMILIES FOR FOUR DECADES

By Deborah Chaplin, MSW

The District of Columbia WIC Program celebrated its 40th anniversary in the Fall of 2021. A celebration was hosted outdoors with many DC WIC partners in attendance, including community-based organizations, anti-hunger partners, DC WIC participants, DC WIC Program staff, DC WIC Bureau Chief Sara Beckwith, DC Health Director



*The DC WIC State Agency team at its 40th anniversary celebration.*

LaQuandra Nesbitt, and DC Mayor Muriel Bowser.

DC WIC first launched in the District in 1981 and currently reaches 15,500 participants across four local agencies, comprised of 15 service sites and 53 authorized vendors in the District of Columbia and Maryland.

"The DC WIC Program is a staple for many families in our community and we are so grateful for the work they do daily to ensure families have a fair shot," said Mayor Bowser. "Today we honor your service and your commitment to the residents of the District of Columbia."

"I'm honored to be part of a program that has successfully supported thousands of families and children with needed resources for a healthy start in life for over 40 years now," said Sara Beckwith. "By leveraging a network of partnerships across the District, we are reaching out to families who may be newly eligible for WIC services to connect with DC WIC and ensure that you and your children are receiving the nutritional supports needed to thrive."

The COVID-19 pandemic has impacted the livelihood and socioeconomic status of thousands of District residents. Many District residents found themselves newly eligible for federal assistance programs, including the DC WIC Program. From January 2020 to June 2021, DC WIC participation increased by 23%. DC WIC continues its commitment to serving DC residents in the coming year by modernizing its program to include eWIC implementation, MIS transition, and expanding virtual WIC services in a post-pandemic era. ■

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## WEST VIRGINIA JOINS WIC DEVELOPMENTAL MONITORING PROJECT WITH ASPHN AND CDC

Recently, the WIC Program in West Virginia joined 19 other states in the WIC Developmental Monitoring Project through a partnership with the Association of State Public Health Nutritionists (ASPHN).

ASPHN has bridged the Centers for Disease Control and Prevention's (CDC) "Learn the Signs. Act Early." program to promote developmental monitoring within the WIC Program. Through the WIC Developmental Monitoring Project, the WV WIC Program will implement virtual options for promoting developmental monitoring, help test and provide feedback on these options, and receive technical assistance from ASPHN and CDC about LTSAE.

"The WV WIC Program has already started sharing routine guidance for engaging and educating families concerning developmental milestones through the use of technology tools," shared Heidi Staats, Director of the West Virginia Department of Health and Human Resources, Bureau for Public Health, Office of Nutrition Services. "The WICShopper app directly links WIC participants to the CDC Milestones Tracker, and the WICSmart nutrition education app offers lessons developed by CDC on the signs of healthy development for various ages," she continued.

The WIC Program will also be partnering with the WV Home Visitation Program for integration of the "Learn the Signs. Act Early." program in maternal and child public health programs statewide. One goal is to promote the CDC tools that are easily accessible to parents, caregivers, and healthcare providers. For example, the CDC Milestone Tracker, which is a free app, is available on both Android and Apple stores in English and Spanish. The Milestone Tracker app helps parents track a child's developmental progress with an interactive and illustrated checklist. Embedded milestone photos and videos help parents understand what each milestone looks like, so they are better able to identify these characteristics within their own children. Tips and activities are given to help support each child's unique developmental stage. Parents may also use this app as a gateway for discussion with providers. A summary can be quickly generated within the app and shared with providers in-person or via email!

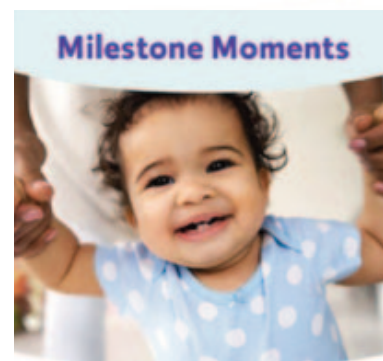
"West Virginia children and families are very important to us and we are excited to be a part of these programs," said Dr. Ayne Amjad, State Health Officer and Commissioner of the Bureau for Public Health.

ASPHN is an organization that strengthens nutrition policy, programs, and environments for all by providing state and national leadership on food and nutrition policy, programs, services, issues, and strategies.

CDC's "Learn the Signs. Act Early." program aims to improve early identification of children with autism and other developmental disabilities so children and families can get the services and support they need. Free materials are available for download at [www.cdc.gov/ActEarly/Materials](http://www.cdc.gov/ActEarly/Materials). ■



# ASPHN



**Milestones Matter!**  
Look inside for milestones to watch for in your child and tips for how you can help your child learn and grow from birth to age 5.



Download these free materials at the website.



By JoAnna Hazard, MS, RD, CSO, LDN

The regulations that govern the WIC-approved food lists are pretty strict, but there are great options a state can implement to provide more variety for their participants. For example, offering organic brands, frozen fruits and vegetables, and even some seasoned canned products are options made available to WIC participants in some states.

Also, adding in cultural foods is well received by participants and shows WIC is making an effort to recognize and understand the local populations. States are encouraged to submit a plan for substitution of food(s) acceptable for use in the program to FNS. The plan for substitution of foods for different cultural eating patterns should include the following criteria:



1. Any proposed substitute food must be nutritionally equivalent or superior to the food it is intended to replace.
2. The proposed substitute food must be widely available to participants in the areas where the substitute is intended to be used.
3. The cost of the substitute food must be equivalent to or less than the cost of the food it is intended to replace.

In addition to cultural foods that can expand variety on a food list, FNS has been working on proposed regulations to revise the WIC food packages.

This proposed rulemaking would amend regulations governing the WIC food packages to:

1. incorporate recommendations of the National Academies of Science, Engineering, and Medicine 2017 scientific report, Review of WIC Food Packages: Improving Balance and Choice;
2. align with 2020 Dietary Guidelines for Americans;
3. make other administrative revisions or clarifications to food package requirements. The proposed rule should be made available in Spring 2022 with a public comment period offered. Once released, state and local WIC staff is encouraged to read the proposed rule and provide comments.

In other USDA news, a new series called “What Do I Do With...” is available this year on WIC Works. This series kicks off by exploring beans! Learn about the health benefits of beans and find some great tips, ideas, and recipes for how to use them. Check out these great resources and more on WIC Works at <https://wicworks.fns.usda.gov/resources/recipes-cookbooks-and-recipe-videos>. ■

## PENNSYLVANIA WIC INVITES YOU TO EXPERIENCE.PAWIC.COM

By Jessica Smith, Public Health Program Administrator, PA Department of Health, Bureau of WIC and Candance Sanderson, MEd, Public Health Program Administrator, PA Department of Health, Bureau of WIC

We invite you to check out the PA WIC Experience 360 Virtual Tour at <https://experience.pawic.com/>. Encourage parents, caregivers, healthcare providers, and children to play our games to learn more about nutrition and the PA WIC Program.

PA WIC created a 360 virtual tour of a kitchen classroom. By engaging new WIC participants, existing families, and healthcare providers, the virtual site aims to increase participation and retention. It utilizes activities, games and videos to provide nutrition education, referrals, food list details, recipes, enrollment information and more. The website includes hyperlinks to [www.pawic.com](http://www.pawic.com), nutrition education, online pre-application and local WIC office contact information.

Experience.PAWIC.com is a fun, innovative way to learn more about the WIC Program and services. ■



**MARWIC  
TIMES  
Calendar**

The deadline for the Summer issue of MARWIC Times is May 6, 2022.

Submit articles, photos and calendar events to your State editor.

No Polaroid pictures. 5" x 7" digital photos (saved in JPEG/PDF

format) preferred. All photographs must include a detailed caption.

## VIRTUAL CLINIC AT PUERTO RICO WIC TO IMPROVE PROGRAM ACCESS AND RETENTION OF PARTICIPANTS

By Milane Medina

The adaptation of a new way of working and the adoption of new technologies is one of the most important lessons learned because of the global health emergency caused by the COVID-19 pandemic. And in the Puerto Rico WIC Program, we are adopting new technologies in impressive ways. In addition, it is widely known that we must work to gradually reduce the barriers existent in the certification processes of new participants and in the provision of services in order to retain our beneficiaries.

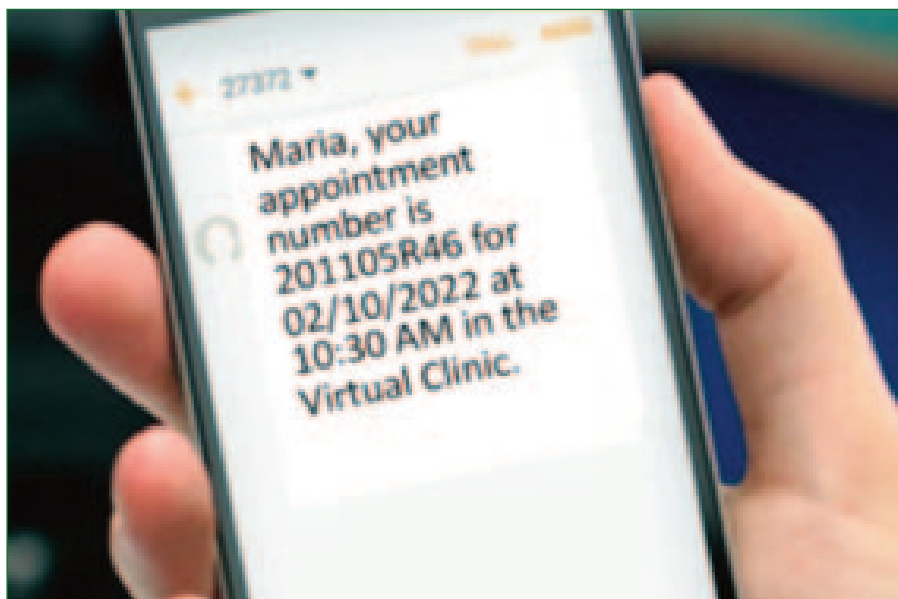
At Puerto Rico WIC, we have designed a comprehensive and integrated strategy that we have called the WIC Virtual Clinic. This strategy includes several initiatives with the help of new technology and operational adjustments. WIC Virtual Clinic will enable multiple service channels that will be conveniently integrated. The purpose is to build a technological platform that integrates the different components to expand access to services and retain participants. The components are the following:

- Virtual Appointment platform
- Chatbot “Frutolina”
- Enhanced website WIC.pr.gov
- Enhanced mobile app Mi WIC PR
- Call Center

One of the strategy’s initiatives is the Virtual Appointments platform that we have recently launched. We started with a pilot in October 2021, and currently, around 2,000 virtual appointments have been attended. For the implementation of this initiative, an appointment scheduling engine was developed so that the applicants, according to the availability of time slots, can schedule the appointment from the comfort of their homes at any time of the day. An appointment confirmation will then be emailed or texted to the applicant, as well as pre-appointment reminders. The other technological component consists of a communications platform that allows the citizen to connect with the WIC staff at the time of their appointment – this will happen automatically considering the available staff on the platform. Any WIC employee who is connected to the platform (regardless of their geographic location) will be available to attend the citizen’s appointment. This improves the efficiency of the WIC staff as it helps distribute the workload among the WIC staff across the different clinics in Puerto Rico. Once the interview is finished, the system proceeds with a short evaluation of customer satisfaction with respect to the completed service.

Among the benefits that have been obtained with the use of Virtual Appointment are:

- User-friendly appointment coordination anytime, anywhere Better utilization of WIC employees regardless of geographic distance
- Measurement of customer service satisfaction
- Improvement of staff productivity control
- Configurable automatic reminders ■



*Puerto Rico WIC is making the most of the Virtual Appointment app.*

## SOUTHERN MARYLAND GETS A NEW WICMOBILE

By Ernest Le

Many years ago, the local WIC agency for Southern Maryland had a car that workers used to travel around to events as well as meet participants, vendors, and stakeholders. It was decorated with the branding of the time, and many workers enjoyed using it as a way to catch attention.

Over the years, the paint faded. Maryland WIC also changed its branding to align with the National WIC Association's guidelines. The WICMobile needed an update.

Local Agency Coordinator Heather Sills reached out to the State Office of Maryland WIC who had the resources to create a new design. The State communications team worked with a contracted designer to create files which a local shop was able to apply to the car.

The new vehicle design is eye-catching and welcoming. It promotes the WIC brand and also includes easily readable information so that anybody who sees it can contact the local agency office. Workers are looking forward to many years of service from the car.

Asked to respond to rumors that she is secretly a superhero driving around in the WICMobile to save Maryland's children, Heather had no comment. As this article was going to press, she was seen zooming northbound on MD-301 towards La Plata. Bemused observers were left asking each other, "What was that orange van?" ■



*The newly redesigned WICMobile is an awesome sight – from every angle!*

## TURNING A CHALLENGE INTO AN OPPORTUNITY: VIRGINIA WIC CREATES PRN STAFFING

By Renee Johnson, Training and Development Supervisor, Virginia WIC

The year 2019 seems like it was many, many years ago. That year, Virginia WIC sought support from the USDA to fund several initiatives aimed at improving its customer service, including service-delivery and staff training.

One of the projects on which we were focused was an update to the Virginia WIC's Crossroads management information system (MIS). This system overhaul was comprised of several components, including an intensive statewide hands-on staff training and the designation of 'super-users' at each Virginia WIC site, who would assist with ongoing training and updates. The project included several components and was designed to be a pretty huge undertaking.

Unfortunately, when the pandemic hit in 2020, all in-person meetings were cancelled and the project was placed on an indefinite hold. The training was scheduled to be held sometime between April and June of 2020. As we moved closer to that date, it was clear that there was no way we would be able to host an in-person training on any scale, particularly of the magnitude which we were designing. Though our dreams were dashed, we decided to shift gears and focus our efforts on creating other methods by which to assist our local agencies as we all continued to work remotely.

The first thing we implemented in early 2020 was a weekly call between WIC Coordinators and members of the Virginia WIC State staff, including the State WIC Director, WIC Program Manager, State Nutritionist and the supervisor of the WIC training team. During those calls, it became clear that what our local agencies needed the most was additional support. Virginia WIC state staff decided that we could support local agencies by working with a local staffing agency to acquire contractors. These contractors would be available to assist our local agencies by providing support when staff members were out of the office. Because our WIC benefits are issued electronically, Virginia WIC is able to seamlessly conduct services remotely. We decided that the contractors also would work remotely and would be managed by the Virginia State WIC Office, who would conduct training and keep a rotation schedule. The contractors would serve as Nutritionist Assistant, Nutritionist Associate, or Nutritionist.

To date, the Virginia State WIC Office has hired and trained two contract staff members who will be providing support to local agencies by late spring. Although we anticipate returning to in-person services at some point, the contract staff will continue to work remotely so that they are able to provide support on a statewide basis. Virginia WIC is excited about the idea of expanding the pool of contract staff as we monitor the success of this launch.

Although we all are working through these challenging and difficult times, we are reminded that finding creative ways to perform our duties for the benefit of our participants still exist. ■



## DELAWARE WIC PILOTS THE VIRTUAL BREASTFEEDING BUDDY PROGRAM

By Ida Lewis, IBCLC, RLC, and Charmaine Sampson, IBCLC, RLC

The new FNS, USDA breastfeeding campaign is WIC Breastfeeding Support, Learn Together. Grow together. It was designed for the new generation of mothers participating in WIC. This campaign builds on the proven strengths of a social marketing approach for breastfeeding promotion. The Delaware WIC program chose the Buddy Program as its 2021 OA initiative.

The Buddy Program pairs participants that are pregnant with a similar due date or whose babies are around the same age. More importantly, these participants have selected breastfeeding as their preferred feeding method. The breastfeeding buddy is there to listen, share experiences, encourage, and celebrate milestones. To make this project successful, the State of Delaware WIC Program first decided on a manageable caseload for the program. The consensus was the pilot should concentrate in the one clinic, Hudson, which sees 25% of the statewide WIC population. This would provide a small sampling, which could be reflective of the State.

Next, Delaware WIC contracted with AB&C Marketing Firm to develop a social marketing campaign to draw interest to the Buddy Program. The campaign was released on the Delaware WIC website and the WIC Facebook page. The release contained a link where a participant could click and register.

The campaign had certain criteria for eligibility. Once accepted into the program, the participant was linked and introduced to their buddy. They decided how often they would communicate and whether it was by facetimeing, texting, or calling. In many instances, the participants were facing similar challenges. These breastfeeding support relationships also aided the participants in reaching their breastfeeding goals. The additional encouragement and support of the buddies enlarged the existing WIC circle of care.

The program included virtual monthly meetings using Zoom for approximately 45 minutes. The meeting structure included a welcome address with a segment on what's current in breastfeeding, a keynote speaker and/or activity. These activities ensured the cohesiveness of the program.

In addition, there were evening online classes hosted by the breastfeeding coordinators. Activities were offered free, and participants could pick up materials at a local WIC clinic or in some instances have them dropped off at their doorstep.

Activities included paint night, Zumba, Yoga, cooking demonstrations and motivational speakers.

- 58% of mothers rated their experience in the breastfeeding buddy program as great or excellent.
- 57% of mothers agreed that the program helped them achieve their breastfeeding goals.
- Mothers stated they were able to learn new breastfeeding techniques.
- Mothers received moral support.
- Mothers felt a part of a group especially during the isolation that came along with COVID.

Of the mothers participating in the program,

- 98% would likely recommend the Buddy Program.
- 55% of mothers communicated regularly with their buddy.
- 76% of mothers rated their buddy's support between good and excellent.
- 29% of mothers reported that they communicated with their buddy weekly or more often. The most common reason mothers ended their participation was due to no communication with their buddy.
- 57% of mothers are likely to stay connected with their buddy, and 27% would like to participate with the same buddy.

The overall findings of both the pre- and post-survey suggest this program is viable and could add an additional tier of breastfeeding support to the WIC participant. The most rewarding outcome was that the mothers remained engaged, which fostered relationships and increased breastfeeding duration. The participants were also extremely disappointed when the program ended. Another positive is the program itself had a relatively low fiscal cost; however, the outcome of increased exclusive breastfeeding is priceless. ■



Check out the Zoom meeting with Ida Lewis, IBCLC (second row, second screen from the left), and Chong Yi and Alisha Beckford (top row, second screen from left), and two Community Nutrition Educators with the Food Bank of Delaware who facilitated the cooking demo.



The logo for the Breastfeeding Buddy Program says it all.



A WIC participant and her children.

## SOUTHERN MARYLAND WIC OFFICES GETS A MAKEOVER

By Heather Sills, Coordinator

During the early months of the COVID-19 pandemic, like many other programs, WIC was doing everything possible to keep our participants informed on healthy eating while also learning how to provide services remotely to a program that had always been conducted in person. While Southern Maryland WIC's doors may have been closed for a while, our phones were working overtime to help provide nutritious food and support to previous and new WIC participants in the tri-county area.

Unfortunately, with the office buildings being closed for such a long time and word of mouth spreading that community organizations were less effective than usual, it was hard to get word out about the WIC Program. So a couple of the things we were able to do to help advertise our services included the wrapping of our Southern Maryland WIC Van (see related story on page 5), and the launch of Southern Maryland WIC on social media. Both the van and our social media pages are slowly, but surely, getting word out about all of the wonderful services we provide, and about how proud we are to be serving the Southern Maryland community.

Another way for us to help our clients during the pandemic was to make sure that when we did re-open our doors, that the WIC offices would be safe. To that end, we did some major renovations at our Charles County location, including an expansion of our administrative area, adding both a second medical and breast-feeding room, and replacing old carpeting with laminate flooring. All of our clinics are supplied with personal protective equipment, including masks, gloves and gowns, etc. for staff or participant use upon request, and COVID screening and temperature checks are conducted before the participants are brought into the offices.

The Southern Maryland WIC Program proudly continues to serve over 4,600 women, infants, and children in the tri-county service areas of Charles, Calvert and St. Mary's counties. ■



Adora Carolino, CPA, shows off her PPE.



Coordinator Heather Sills and CPPA Lead Cherie Washington are ready!



The clinic had a makeover and is ready to serve.



## PENNSYLVANIA WIC HOLDS PUBLIC MEETINGS IN 2022

By Candance Sanderson, MEd, Outreach Coordinator, PA Department of Health, Bureau of WIC

In accordance with 7 C.F.R. § 246.4(b), the PA WIC Program hosted statewide public meetings, virtually, open to the public to provide comments and recommendations to improve the program and for the development of the new 2023 WIC State Plan of Program Operation and Administration for the WIC Program in Pennsylvania.

Persons wishing to give testimony but unable to participate in virtual meetings are also given the option to express their views in writing by May 31, 2022, via email or by mail. ■



## SAFETY TO SLEEP AT DISTRICT OF COLUMBIA WIC'S MARY'S CENTER

By Donna Dunston, MS LN  
and Michelle Moses, Nutrition Assistance

**M**ary's Center for Maternal and Child Care's WIC department successfully launched a Safe Sleep Program in partnership with DC Health. The goal of the program is to educate mothers and their families on the importance of safe sleeping behaviors through evidence-based practices. The Safe Sleep classes are offered via Zoom once a month in Spanish, English and Amharic. Since its inception, the Safe Sleep Program has successfully enrolled more than 10 mothers.

Mothers participating in the classes receive a portable cribette at no cost to them. Eligibility includes residing in the District of Columbia, having a delivery date within 30 days of the class, or having an infant up to 12 months of age.

A first-time mother participating in the classes expressed her gratitude for the information shared on safe sleep. She noted her eagerness to share this information with her husband and family members – making it a success of the program for all! ■



*Michelle Timogan Moses, Nutrition Assistant, distributing cribettes to mothers participating in the Safe Sleep Program.*

## BREASTFEEDING COMMUNITY PARTNERS NEWARK WIC PROGRAM AND NEWARK BETH ISRAEL HOSPITAL SHINE IN NJ

**B**reastfeeding support, like many aspects of public health services, can sometimes seem thankless. Occasionally, however, providers' efforts are recognized. New Jersey's Newark WIC and Newark Beth Israel Women's Clinic, who have hosted joint breastfeeding support group classes weekly via Zoom since the start of the pandemic, recently got their most recent expression of such feedback in a Google Review. This client's heartfelt and unequivocal words speak for themselves.

### Breastfeeding Community Partners Newark WIC Program and Newark Beth Israel Hospital Shine

Breastfeeding support, like many aspects of public health services, can sometimes seem thankless. Occasionally, however, providers' efforts are recognized. Newark WIC and Newark Beth Israel Women's Clinic, who have hosted joint breastfeeding support group classes weekly via Zoom since the start of the pandemic, recently got their most recent expression of such feedback in a Google Review. This client's heartfelt and unequivocal words speak for themselves:

### Newark WIC Program

110 William St, Newark, NJ

3.7 ★★★★★ 52 reviews



Alexis Iguna

2 reviews

★★★★★ 2 weeks ago NEW

When I first found out I was pregnant, I didn't consider breastfeeding. As a first time mom it felt foreign to me and unrealistic. It began to interest me when I often saw the posters for the Newark Beth Israel Breastfeeding class. I decided to join one of the meetings and it changed my perspective on breastfeeding. I finally felt comfortable and knowledgeable enough to actually breastfeed once I gave birth. Janine, Dania, Renee and Sharon were so knowledgeable and helpful. They even gave us their contacts if we had questions outside of the allotted time. In addition to slide shows, qs and as, they provided outside resources like websites that had a more in depth information on a very particular question such as La Leche League and videos from Global Health Media. Once I delivered my sweet daughter, I immediately let it be known to medical team that I plan to exclusively breastfeed. Because of the classes, I knew how to advocate for myself in order to make sure my medical team was supportive of my feeding choice. I also used skills taught in class such as hand expressing and spoon feeding. Remembering those things I learned in class gave me confidence in my journey. For my daughter's first few weeks of life, I exclusively breastfed. Advice such as keeping a diaper diary, skin to skin contact, figuring out baby cues, etc helped me feel like I was adequately feeding my daughter. I would like to make a special shoutout to Renee who helped me obtain a FREE breast pump from insurance. In addition, she let me know how to approach WIC about the various programs they had. As a breastfeeding WIC recipient I chose an option that would give me nutrition to support my milk supply. Moreover, when I began work she and Sharon gave me a bag that stored milk pumped at work and a hand pump for easier access. Renee called to check up on me several times after I gave birth. Honestly, with all of their wonderful advice and teaching I feel like I can continue breastfeeding into toddlerhood. This class was truly a blessing. It's amazing how something so supportive of mothers is free! While classes were remote, it still felt intimate, enriching and informative. I really can't thank this program enough.

Renee Suppa BFPC, Dania Crisostomo BFPC, and Sharon Schopfer BS/IBCLC are breastfeeding staff from Newark WIC. Janine Marley RN/IBCLC is from the Women's OB Clinic at Newark Beth Israel Medical Center. ■

## NEW JERSEY'S TRINITAS REGIONAL MEDICAL CENTER REWARD AND RECOGNITION TEAM ANNOUNCES DECEMBER 2021 EMPLOYEE OF THE MONTH WINNER...STEFFANNY VARGAS-MASIS

By Anita Otokiti, Trinitas WIC Director

**D**uring the past two years as we dealt with the challenges of the COVID-19 pandemic, Hurricane Ida, and other uncontrollable events, Administrative Assistant Stefanny Vargas Masis's talents of organization and leadership have prevailed. Her dedication to service goes above and beyond the call of duty. She is an inspiration to others as she serves her Trinitas family as well as the community. Known for her kindness and professionalism, she brings her "A-game" to work with a smile.

As a long-time staff member of WIC, Stefanny works with many state and local agencies and all have recognized her contributions and work ethic. She also serves on the NJWIC EWIC Committee where she was one of a small group trained in electronic benefits services and will be a lead trainer for the WIC Department this year.

Stefanny gives a voice to patients and WIC families as she addresses and investigates complaints and system errors. She consistently ensures that benefits are reissued according to policies. First working as Senior Registrar in 2017, she was promoted to Administrative Assistant in 2021. She has become known as the "go-to" person in the department, providing technical assistance with network issues, climbing the equipment tower unit, and making sure everything is working smoothly. Stefanny is a team player with a talent for making those around her feel accepted and respected.

Stefanny enjoys being part of something bigger than her individual efforts. She is often the first to organize the Thanksgiving baskets, Christmas toy events and work community health fairs. This year her department implemented a Teletask system, which allows for communication with thousands of our families with just a push of a button. This carries much responsibility and Stefanny stepped up to the plate, mastered the task, and continues to assist the department in handling the high volume of work in providing teleservices. Stefanny is always seeking ways to improve her own work and WIC services. Her contributions are understated with mere words.

Trinitas WIC services have improved through the contribution and service of brilliant employees like Stefanny Vargas-Masis. ■



*Steffanny Vargas-Masis surrounded by her Trinitas WIC family.*