

# WIC NEWS

## Women, Infants and Children's Supplemental Food Program



Fall 2008

### **\*New\* V.I.N.A. Community Dental Center**

The V.I.N.A. Community Dental Center is open! Their mission is to provide quality, affordable dental care to eligible Livingston County residents with limited finances and no dental insurance.

#### Services Provided:

- ◆ Exams (including oral cancer)
- ◆ Cleanings
- ◆ Fillings
- ◆ X-rays
- ◆ Fluoride treatments
- ◆ Extractions
- ◆ Dental education materials

#### Requirements:

- ◆ Livingston County resident
- ◆ No dental insurance
- ◆ Income at or below 200% of federal poverty level
- ◆ Fill out application in person before scheduling appointment
- ◆ Prepay \$15 scheduling fee per visit

V.I.N.A. Community Dental Center • 400 E Grand River Ave • Brighton, MI 48116 • 810-844-0240  
www.vinadental.org

### **Protect Your Child (and You) from Flu**

It's important to help protect the babies and children you care about by making sure they—and you—get vaccinated against influenza (flu) every year.

Vaccination is the best way to avoid this serious disease, which can lead to hospitalization and even death. According to the Centers for Disease Control (CDC), each year the flu leads to approximately 20,000 hospitalizations and nearly 100 deaths in American children younger than 5 years of age.

#### Who should get a flu shot?

- ◆ **New CDC Recommendations this year are for all children 6 months through 18 years of age to be vaccinated for influenza.** The age group was expanded this year because children are two to three times more likely to contract the disease than are adults and can then spread the disease to other family members.
- ◆ **Women who will be pregnant during the flu season.**
- ◆ **Household contacts and caregivers (adults and children) of babies younger than 6 months of age** (these babies are too young to receive the flu vaccine) should receive a flu shot each year.

#### When should I get a flu shot?

Because flu season may begin as early as October and run through May, the best time to get a flu shot is in October or November. You can still get an influenza vaccine in December or later, but earlier may be more beneficial in preventing flu.

#### Where can I get a flu shot?

Flu shots are available, along with any other needed childhood vaccines, at the Immunization Clinics at the health department. Livingston County Department of Public Health walk-in clinics are held on Wednesdays from 8:30 AM until 4:30 PM with extended hours until 7:00 PM on the 2<sup>nd</sup> and 4<sup>th</sup> Wednesdays of the month.

#### What is the cost of a flu shot?

WIC infants, children and their parents/grandparents are encouraged to discuss flu vaccination with their medical provider. Children may be eligible for flu vaccine at a reduced cost depending on their insurance status. Healthy Kids (Medicaid) will pay for flu shots for children. The cost of the flu shot is \$30.00 for adults.

## Salvation Army Holiday Assistance



The Salvation Army will be accepting applications for Holiday assistance until December 3<sup>rd</sup>, 2008 on Mondays, Wednesdays and Fridays from 10 am to 2 pm.

When applying, you will need to bring proof of address, picture ID, proof of income, income expenses (all current bills) and proof of children in the home (birth certificate or social security card). Be sure to bring clothing and shoe sizes of family members.

Call the Salvation Army for more details at 517-546-4750.

## OLHSA Heating Fuel Assistance

The Oakland Livingston Human Service Agency (OLHSA) may be able to help if you have a shutoff notice on your utilities (electric or heat) or are almost out of heating fuel (propane or fuel oil) and have limited income.

Call OLHSA for more information at 517-546-8500.

## Complete your Nutrition Education on-line at [www.wichealth.org](http://www.wichealth.org)

- ◆ **It's easy!** You can do it at any time.
- ◆ **It's fun!** There are lots of good tips on preparing healthy foods.
- ◆ **It's convenient!** You can do it anywhere you have Internet access.

How do I complete my nutrition education on-line?

1. Log on to a computer that is connected to the Internet
2. Type **www.wichealth.org** in address box, press enter
3. WIC Client Login click 'Yes' as a WIC client  
(Note: if you click no, you will not be able to print a certificate to use for your nutrition education)
4. Choose your state from a drop-down box
5. Choose your WIC Agency from a drop-down box
6. Choose your WIC clinic from a drop-down box
7. Enter your WIC ID (example 000-1234567)
8. Enter birth date: Month, drop-down box; Day, drop-down box; Year, drop-down box

- ◆ **This will count as your nutrition education.**
- ◆ **Be sure to print the certificate and bring it with you when you come in for benefits (this makes benefits transfer even faster).**

## Lentil soup

serves 4-6



Ingredients:

- 1 16 oz pkg lentils
- 1 pkg dry onion soup mix
- 8 cups water
- 2 cups sweet potatoes, cubed
- 1 cup favorite green vegetable (beans, spinach, broccoli, kale)
- 1/2 cup pearly barley
- 2 tbsp oil

Method 1 (Stovetop):

1. Put all ingredients except green vegetables into large pot.
2. Simmer on stove for 1½ hours.
3. Add green vegetables and cook another 5-10 minutes.
4. Serve.

Method 2 (Crock pot):

1. Put all ingredients except green vegetables into crock pot.
2. Turn crock pot on low for 8-10 hours or on high 5-6 hours.
3. Add green vegetables and cook for another 30 minutes.
4. Serve.

Cooks.com

**Your local WIC office:**  
**Livingston County Department of Public Health**  
**2300 East Grand River Avenue, Suite 102**  
**Howell, MI 48843-7578**  
**Phone: 517-546-9850**

*This institution is an equal opportunity provider.*



# KNOW THE FACTS

**NO** Safe Amount,  
**NO** Safe Time,  
**NO** Safe Alcohol  
During Pregnancy  
...PERIOD!

*YOU CAN HURT YOUR BABY EVEN BEFORE YOU KNOW YOU'RE PREGNANT.*

## Alcohol Causes:

- Mental Retardation
- Behavior Problems
- Physical Abnormalities
- Heart Problems
- Learning Problems
- Other Health Problems



For information contact CAP  
(517) 548-2200  
[cap@wrc-livingston.org](mailto:cap@wrc-livingston.org)

