

Thank you to our dedicated staff.



#WICSTRONG




COVID – 19 UPDATE

4-20-2020

# Today's Agenda

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- Welcome – Jean O'Leary
- Opening remarks – Paul Throne
- Announcements and sharing – Cathy Franklin and Carolyn Conner
- Polling questions – Cynthia Huskey and Jacqueline Beard
- Training Survey – Jacqueline Beard
- Questions and answers – Heidi Feston



**How deep  
is the mud?**

**Depends on  
who you ask.**

**We all go through the  
same stuff differently.**

# Cognitive Reframing

## Self-Isolation:

"My friends and I  
can't see each other"



"My friends and I are  
protecting each other"

"I'm stuck at home"



"I'm safe at home"

"I have lost all  
my freedom"



"I have relinquished  
my freedom for a  
noble purpose"

"I miss the  
things I love"



"I'm increasing my  
gratitude for the  
things I love"



**Stay positive in these tough times**

@RealDepressionProject



# Announcements and Sharing

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- Press release and Facebook/Twitter posts – Cathy Franklin
- Nutrition First social media post – Carolyn Conner
- NWA COVID-19 Materials and Toolkit – Carolyn Conner

# Polling Questions

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- How do staff provide WIC Card and food education materials? – Cynthia Huskey
- How are staff using the Q&As? – Jacqueline Beard

# Training Survey

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We're providing training on COVID-19 for staff. The training will include the following three topics:

- Learning about COVID-19
- Managing anxiety and supporting good self-care
- Providing remote WIC services using a phone or video conferencing

In order to provide the most relevant training, we'd like to hear from you and staff.

**Please email your completed survey by Friday, April 24, 2020 to [WAWICTraining@doh.wa.gov](mailto:WAWICTraining@doh.wa.gov).**

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Questions?

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**Contact us with your questions:**

Policy Support phone: 1-800-841-1410, press 3, then press 1  
or email at [wicpolicysupport@doh.wa.gov](mailto:wicpolicysupport@doh.wa.gov)

Your Local Program Consultant (LPC) or email at [wiclpc@doh.wa.gov](mailto:wiclpc@doh.wa.gov)





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