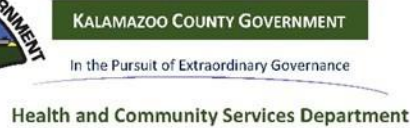


# *CSHCS Newsletter*

## *November 2018*



### **WE MOVED!**

Our offices have moved to 311 East Alcott Street, Kalamazoo, MI 49001. Our phone numbers have not changed. If walking in for assistance please go to the reception desk and let them know you would like to meet with Heather, Phyllis, or Brenda. They will let us know you are here, so we can meet you in the lobby then go to a meeting room to maintain your privacy.

### **Dealing with Autism?**

Has your child recently been diagnosed with Autism Spectrum Disorder and wondering what your next step is? Try not to feel overwhelmed, the Michigan Autism Program has resources to help.

Get early intervention services as soon as possible. Contact your insurance company to find out if Applied Behavior Analysis (ABA), speech therapy, psychological, or other services are covered for children with ASD. Is your child covered by Medicaid Insurance? Contact your local Community Mental Health to access Applied Behavior Analysis, speech therapy, psychological, or other services.

Connect with your local autism support group. Also be sure to take care of yourself and your family. This might include seeking parent training or sibling support groups. Visit <https://www.michigan.gov/autism/> for more information.

### **Come get your Influenza Shot**

The Influenza (flu) Vaccine is now available at Kalamazoo County Health & Community Services Department, and health officials are urging all residents to get vaccinated against the flu. Most everyone is suitable for the flu vaccine, even those as young as six months old. The benefits include:

- Flu vaccine prevents millions of illnesses and flu-related doctor's visits each year.
- Vaccination helps protect women during and after pregnancy. It can also protect your baby after birth.
- Flu vaccine can be life-saving in children. The flu vaccination can significantly reduce a child's risk of dying from influenza.
- Getting vaccinated yourself may also protect people around you, including those who are more vulnerable to the flu, like babies and young children, older people, and people with certain chronic health conditions.

Come by the Health & Community Services Department for the flu vaccination at our office, located at 311 East Alcott Street, Kalamazoo, on the following dates and times:

Monday, Tuesday\*, Wednesday, and Friday:

8:00 a.m. – 5:00 p.m. (closed 12:00-1:00 p.m.)

Thursday:

10:00 a.m. – 6:00 p.m. (closed 1:00-2:00 p.m.).

\*The third Tuesday of the month the clinic is closed from 8:00 a.m. – 1:00 p.m.



## Energy assistance available

As colder weather arrives, the Michigan Department of Health and Human Services (MDHHS) is reminding low-income residents they can apply for emergency energy assistance either online or using paper applications. As of October 1<sup>st</sup>, people can apply for energy assistance year-round. That's different than in recent years, when people were required to apply only during the designated energy crisis season, which was from Nov. 1 to May 31. Anyone with questions about energy assistance can visit [www.michigan.gov/mdhhs](http://www.michigan.gov/mdhhs) or contact your local MDHHS office.

## Free Groceries

Are you in need? Every Friday Kalamazoo's Valley Family Church distributes free groceries to families in need in the community, located at 2500 Vincent Road, at the Cathedral Campus. Each Friday from 10-11am, the church gives out supplemental groceries, with no strings attached. Our doors open at 9:00AM for an optional uplifting, inspiring message. Come early and receive hope, encouragement and a stuffed animal for every child!



## Sensory Sensitive Sundays

Chuck E. Cheese's will now be open 2 hours early on the first Sunday of every month, specifically for children with autism and other special needs. With reduced lighting and noise, food and games offered, and trained and caring staff. It's a safe and caring environment *where any kid can be a kid!*



## Kalamazoo Great Start Collaborative

Are you a parent or caregiver raising a young child and want to see that ALL children in Kalamazoo County have a great start?

Your voice matters! The Great Start Parent Coalition is a local group of parents who work together to provide feedback, voice concerns, share information and build relationships.

At November's meeting we will discuss creating our own work project based on October's discussion and review progress being made by our Strategic Teams.

Please join us on November 15 at 12:00 noon or 5:30 pm at KRESA West Campus. Please RSVP by Monday, Nov. 12th. Childcare and light meal provided. All caregivers of little ones are welcome! For questions and meeting dates, please contact: Marta Lehman, [Marta.lehman@kresa.org](mailto:Marta.lehman@kresa.org) (269) 250-9665

## Family Resource

Michigan Family to Family Health Information Center (MI F2F) is a federally funded project. They share information and resources on disability and health issues with families of children and youth with special health care needs. MI F2F also works with health and other professionals. MI F2F helps families make educated decisions and supports families to partner with professionals. They work to make services for children and youth with special health care needs better.

For next month's Newsletter please go to "Hot Topics" as <http://www.kalcounty.com/hcs/default.asp> or find it on Facebook at <http://www.facebook.com/KalamazooCountyHCS/>. If you have questions or concerns please call the Family Phones Line at 1-800-359-3722 or the Kalamazoo CSHCS Program Representative, Heather, at 269-373-5015.

Kalamazoo County Health & Community Services is committed to providing equitable, culturally competent care to all individuals served, regardless of race, age, sex, color, national origin, religion, height, weight, marital status, political affiliation, sexual orientation, gender identity, or disability.