

Children's Special Health Care Services (CSHCS) Newsletter – January 2021

CSHCS is a secondary insurance program designed to support children with eligible chronic health conditions and their families. CSHCS is also available for adults with cystic fibrosis and bleeding disorders. Call the office for more information at 269-373-5015.



Time to Get Your Flu Vaccination

Everyone 6 months of age and older should get a flu vaccine every season, especially people at high risk. This year, more than ever, it is important to get vaccinated to decrease the risk of serious disease from influenza and avoid the possibility of being infected by both influenza and COVID-19 at the same time. Kalamazoo Health & Community Services is offering influenza vaccines. Call 269-373-5203 to schedule your appointment.

COVID-19 Vaccination Information

Kalamazoo County Health & Community Services Department is actively working with our healthcare partners to vaccinate all those that are eligible to receive the vaccine as soon as possible. The vaccination is not available at the Health Department and is provided by appointment only at vaccination sites. Please do NOT come to the health department or any vaccination site without an appointment.

For the most up-to-date information visit: www.kalcounty.com/covid19 and www.facebook.com/KalamazooCountyHCS. Please reserve phone calls for those who cannot easily access online information. The health department's COVID-19 Call Center is 269-373-5200.

Kalamazoo Great Start Parent Coalition & Café Information

Parent Coalition – Your Voice Matters

Parent coalition meetings are opportunities for parents and caregivers to take action on ways we can help support families in our community. Coalition meetings include opportunities for connecting with other parents & caregivers and action steps for using our influence to help shape early childhood initiatives. The meetings will take place on Zoom and last 1 hour. Meetings are **Tuesday, January 26, 2021 at 7:30pm** and **Thursday, January 28, 2021 at 1:30pm**.

Virtual Parent Cafés

The Café is a space for parents & caregivers to discuss the challenges and victories of raising children. The meetings take place on Zoom and last 1 hour. Meetings are **Tuesday, February 2, 2021 at 7:30 pm** and **Tuesday, February 16, 2021 at 7:30 pm**.

To sign up for the Parent Coalition and/or the Parent Café, please visit: <https://www.kalamazoogreatstartcollaborative.org/calendar>

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

COVID-19: 3 Simple Ways to Protect Yourself

- 1. Wash your Hands Often**
 - Wash your hands often with soap and water for at least **20 seconds**.
 - If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol.
- 2. Avoid Close Contact (Social Distancing)**
 - Stay at least 6 feet (about 2 arms' length) from other people.
 - Stay out of crowded places and avoid mass gatherings, and do not gather in groups.
 - If you are sick, stay home and call a health care provider.
- 3. Wear a Cloth Face Covering**
 - CDC recommends wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain, such as grocery stores, pharmacies, and gas stations.
 - Cloth face coverings can be made from household items.
 - To find out how to make a no-sew mask, please visit:
https://www.youtube.com/watch?v=Ky4mDHM3a_o

Camp Scholarships

Parents/Caregivers of a child or youth with special health care needs are encouraged to apply for up to \$250 for a camp scholarship from the Family Center for Children and Youth with Special Health Care Needs (Family Center). Camp scholarships are not just limited to face to face, virtual camps are considered as well. Applications are being accepted now through **March 31, 2021**, but funding is limited so apply now! For any questions or to request the application forms, please contact the Family Phone Line at 800-359-3722.

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.

Parent Connect Calls

The Family Center for Children and Youth with Special Health Care Needs is excited to offer a series of free virtual Parent Connect Calls twice monthly. The next call is scheduled for **Wednesday, February 3, 2021** at **11:00am**. The topic for the February 3, 2021 call will be Attention Deficit Hyperactivity Disorder (ADHD). To register, please visit:

<https://www.eventbrite.com/e/parent-connect-call-tickets-133106654587>.



Food Resources

There are many food resources in our community. For a list, please visit:

<https://www.kresa.org/site/handlers/filedownload.ashx?moduleinstanceid=3091&dataid=3499&FileName=KalamazooCountyFoodPantries.pdf>

Kalamazoo Area FREE Events

Saturday, January 23: Alligator Sanctuary Program. Mr. "C" of Critchlow Alligator Sanctuary will present live reptiles including American alligators, lizards, tortoises, and a snake. Space is limited, registration is required. For more info visit https://m.facebook.com/events/263626571554239/?event_time_id=263626581554238&_rdr

For additional fun things to do in Kalamazoo, please visit <https://kzookids.com/events/>