

# Children's Special Health Care Services (CSHCS) Newsletter – March 2022

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, sickle cell disease, and bleeding disorders. Call the office for more information at 269-373-5015.



## Tips For Talking With Your Child About Their Disability

Planning ahead for conversations with your child will help you feel more comfortable and knowledgeable in guiding them through understanding their disability. The Michigan Family to Family Health Information Center (MIF2F) has put together a list of tips to help. For the list of tips, please visit: <https://f2fmichigan.org/wp-content/uploads/2021/06/Disability-Tips.pdf>

## MSU Extension Early Childhood Programs

Extension Extras Parenting Hour is a free online series of parenting workshops that provide guidance for parents of young children as they navigate the challenges, joys, and concerns of parenting. Participants may register for as few or as many workshops as they wish. Topics include positive discipline, promoting social-emotional health in young children and screen time for young children. For a complete list of workshops and registration information, please visit: [https://www.canr.msu.edu/early\\_childhood\\_development/parent-education/events](https://www.canr.msu.edu/early_childhood_development/parent-education/events)

## Mileage Reimbursement

CSHCS can help with your mileage reimbursement. The new rate for Non-Emergency Medical Transportation (NEMT) is **\$0.585 a mile**. To request mileage reimbursement for an upcoming appointment, please contact the Kalamazoo CSHCS Admin. Assistant, Melissa, at 269-373-5104.

For next month's Newsletter, please go to <https://www.kalcounty.com/hcs/mch/cshcs/newsletters.php> . 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.

## Father Engagement Conference

The Family Center for Children and Youth with Special Health Care Needs, along with the 21<sup>st</sup> Century Dads Foundation/Special Fathers Network, is excited to be hosting a conference, **Father Engagement in Families of Children with Special Needs: An insider's perspective for fathers, mothers, caregivers, and those who support families of children with special needs.**

There will be three sessions each featuring two Special Fathers Network (SFN) Mentor Fathers, a panel presentation followed by a breakout discussion. The session topics are Respite & Marriage, Grieving the Life Anticipated, and Siblings & Family Balance.

This conference will be held via Zoom on **Saturday, March 19, 2022**, from **9:00am to 12:00pm**. The conference is open to parents, caregivers and professionals who live in Michigan. The cost of the conference is \$10.00 (includes a resource packet and a Great Dad Coin). For more information and to register, please visit:

<https://www.eventbrite.com/MIDADSCONF120421>



## Food Resources

For a list of community food resources, please visit: [https://kzoolf.org/files/2020/08/Food\\_Resources\\_2020.pdf](https://kzoolf.org/files/2020/08/Food_Resources_2020.pdf)

## COVID-19: Vaccination Information

COVID-19 vaccines are offered at the Kalamazoo County Health & Community Services Department, 311 E. Alcott Street. There is no cost and no ID required.

The HCS COVID-19 vaccine clinic is open **Monday** through **Friday** from **9:00am to 3:00pm** for ages 5 years and up, no appointment is needed. If you would like to make an appointment, please call 269-373-5203.

If you have questions, you may call the Covid-19 Call Center at 269-373-5200 (**Monday-Friday, 8:30am-4:30pm**). You may also find additional updates and information at:  
<https://www.kalcounty.com/hcs/covid19.php>.

**Everyone 12 years or older is now eligible for a COVID-19 Booster.** For more information about boosters or third additional dose requirements, visit:

[https://www.michigan.gov/coronavirus/0,9753,7-406-98178\\_103214---,00.html](https://www.michigan.gov/coronavirus/0,9753,7-406-98178_103214---,00.html)

CSHCS has been granted funds to assist CSHCS enrollees and their families as well as children with special needs in obtaining vaccinations of both COVID-19 and childhood immunizations. Please call **269-373-5010** if you are having difficulty in obtaining vaccines for your child or your family.

## Camp Scholarships

Parents/Caregivers of a child/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 **May 31, 2022**. For 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.

## March Awareness

**Developmental Disabilities Month** – The campaign seeks to raise awareness about the inclusion of people with developmental disabilities in all facets of community life, as well as awareness of the barriers that people with disabilities still face in connecting to the communities in which they live.  
<https://www.nacdd.org/ddam1/>

**Cerebral Palsy Awareness Month** – Cerebral palsy is a group of disorders that affect normal movement in different parts of the body. This condition can cause problems with posture, manner of walking (gait), muscle tone, and coordination of movement.  
<https://www.yourcpf.org/>

**Bleeding Disorders Awareness Month** – Bleeding disorders are a group of disorders that share the inability to form a proper blood clot. Symptoms include extended bleeding after injury, surgery, or trauma. Bleeding disorders such as Hemophilia are covered by CSHCS beyond the age of 21. Ways to observe are to participate in the red-tie challenge, donate blood, or share your support on social media. <https://www.hemophiliafed.org/home/for-patient-families/meetings-events/bleeding-disorders-awareness-month/>

**Trisomy Awareness Month** – Trisomy is a congenital disorder that occurs when there are three copies of a chromosome instead of the typical two. Down syndrome is one of the most well-known manifestations of trisomy. Ways to observe are to share a resource, volunteer your time, or raise funds.  
<https://www.nichd.nih.gov/newsroom/resources/potlight/031513-trisomy>

**National Kidney Month** – You can do 5 simple things to protect your kidneys: **get tested** (ACR urine test or GFR blood test), **reduce NSAIDs, cut the processed foods, exercise regularly, and control blood pressure and diabetes.**  
<https://www.kidney.org/>