

Children's Special Health Care Services (CSHCS) Newsletter – October 2020

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.



Meet Our Support Staff

Heather Aalbregtse, CSHCS Representative:

269-373-5015. Please call with questions regarding your coverage, mileage or lodging.

Melissa Smith, CSHCS Administrative Assistant:

269-373-5104. Please call with questions regarding change of address, mileage or lodging.

Brenda O'Rourke, CSHCS Coordinator:

269-373-5010. Please call with concerns regarding the program or staff interactions.

Would you Like to Make a Difference?

The Family Center for Children and Youth with Special Health Care Needs invites you to a **VIRTUAL** Parent Mentor Training on Monday, November 16 - Thursday, November 19, 2020. If you are a parent or caregiver of a child with special health care needs, and would like to make a difference in the lives of others, please take this opportunity to become a trained parent mentor.

Register at <https://www.eventbrite.com/e/region-3-virtual-parent-mentor-training-tickets-123382017937>



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 be 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.

For next month's Newsletter, please go to "Hot Topics" at www.kalcounty.com/hcs or find it on Facebook at [www.facebook.com/ KalamazooCounty HCS](https://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.



Kalamazoo county Pre-K is now accepting applications for the 2020-2021 school year!

Please be aware that according to new guidelines, all children must be:

- **3 years old on or before December 1*** in order to be age eligible for the 3-year-old programs.
- **4 years old on or before December 1*** in order to be age eligible for the 4-year-old programs.

*Placement may be prioritized for children who will be 3 or 4 years old on or before September 1.

Questions? Need help? Call 269-250-9333 or visit <https://www.kresa.org/Page/1368>

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

Other Important Information on COVID-19

If you receive a call from Public Health, please respond. We are working hard to complete contact tracing and to notify community members that may have been in contact with someone who is COVID-19 positive.

If your child needs testing for COVID-19, CSHCS will cover it if ordered by their CSHCS approved physician. Call our office at 269-373-5015 for more information.

For COVID-19 updates from Public Health, please visit <https://www.kalcounty.com/hcs/covid19.php>

If you have any questions about COVID-19, call the Kalamazoo Health & Community Services' hotline at 269-373-5200. The hotline is open Monday through Friday, 8:00am-5:00pm.



DON'T FORGET TO VOTE ON NOVEMBER 3, 2020

“Nobody will ever deprive the American people of the right to vote except the American people themselves and the only way they could do this is by not voting”

Franklin Delano Roosevelt
32nd President of the United States

Kalamazoo Area FREE Events

Saturday, October 17: Monster Mash – The City of Portage Parks & Recreation will host Monster Mash at Ramona Park. This event will include drive-in trick-or-treating, a spooky trail ride, and a drive-in movie. For more info visit <https://portagemi.gov/Calendar.aspx?EID=1065&month=10&year=2020&day=17&calType=0>

Saturday, October 31: Halloween Forest – This family event features a pumpkin carver, costume contests, and candy galore! Milham Park will be full of fall themed activities and games. For more info and to reserve your arrival time, visit <https://www.kzoozoo.org/halloween>

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

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.