

SuperStars

A publication for
Texas Children's Health
Plan STAR Kids Members



TEXAS
Health and Human
Services

TEXAS
STAR Kids
Your Health Plan ★ Your Choice

WINTER 2018

In this ISSUE

- 2 Stay healthy during flu season
- 3 Happy Healthy Me!
- 4 Events in your area
- 5 Project SEARCH
- 6 Need help?

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Texas Transition Conference

February 21-23, 2018
Westin Galleria
Houston, Texas 77056

The Texas Transition Conference is a two-day event, with a pre-conference session, focused on providing evidence-based practices that result in a smooth transition from school to adult life for youth with disabilities. Participants will receive intensive training in five focus areas:

- Student-Focused Planning
- Student Development
- Family Involvement
- Program Structure
- Interagency Collaboration

To register, visit <http://ttc.tamu.edu/> or contact Cheryl Grenwelge, at cgrenwelge@tamu.edu

Stipends are available and provided by the Center on Disability and Development and the Texas Council for Developmental Disabilities.

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Texas Children's
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Stay healthy and stop the flu from bugging you

Flu season is here! Influenza, or flu, is a very contagious and serious illness caused by the influenza virus. It is more dangerous than the common cold because it can have severe complications. Children who have trouble with their muscles, lungs, or swallowing can have worse flu symptoms.

Here are some tips to stop the flu from bugging you!

Get your flu shot. We encourage everyone six months and older to get vaccinated against the flu. This is especially important for children with chronic health conditions. If you have concerns about the flu shot, talk to your doctor! There are actually very few people who should not get the flu shot. Adult caregivers can dial 2-1-1 to find out information about flu shot options near you.

Wash your hands often! Flu germs can be spread from your hands, or transferred to items like cell phones, that can make someone else sick. Scrub your hands for at least 20 seconds with soap and water. If you don't have a clock, sing the "Happy Birthday Song" twice while washing your hands. Alcohol-based hand washes work fine, too.

Cover your mouth and nose when you cough. Coughing into your elbow is a trick to keep your hands clean if you don't have a tissue.

Stay home. If you get sick, don't spread your germs and stay home until you are well. Steer clear of others who are sick.

Plan ahead. Have some food to last several days for your family and pets. Ask your work, neighbors, or friends about options for child care. Check if it is possible to work from home if your child gets the flu.

For more tips and some fun information, check out [TexasFlu.org](https://www.texasflu.org).

Remember: stopping the flu is up to you!

Carl Tapia, MD
Texas Children's Health Plan

Know your benefits!

As a STAR Kids member, you already know that your child receives coverage for doctor visits, vaccines, prescriptions, hospital visits, and dental and vision. But did you know that you and your family also benefit from a variety of exciting extras, just for being a part of Texas Children's Health Plan? Check them out!

- **Sports Team Fee Assistance** – Up to \$100 per year, per member for enrollment and access to any sport/physical activity program available to your child.
- **Sensory-Friendly Movie Screenings** – You and your family will find shorter previews, brighter lighting, lower sounds, and a welcoming environment at these fun movie events.
- **Caregiver Respite Care Services** – In-home respite services to relieve unpaid primary caregivers.
- **Extra Help Getting a Ride** – Texas Children's Health Plan can help you arrange transportation to doctor visits and checkups or offer your family a prepaid gas card.
- **Diabetes Gift Card** – Members 18 and older can get a \$20 gift card for completing each of the following: annual diabetic eye exam OR biannual HbA1c blood test (every 6 months) OR maintaining an under 8 HbA1c blood result every 6 months.
- **Help with Smoking Cessation** – If you are a tobacco-dependent parent of a Texas Children's Health Plan member, you can get up to \$75 a month for stop-smoking products if you agree to smoking cessation coaching.
- **Post Hospitalization Follow-up Visit Gift Card** – Complete a follow-up visit with your doctor within 14 days of your child leaving the hospital, and you can get a \$20 gift card!

To learn more, visit our website at [TexasChildrensHealthPlan.org](https://www.TexasChildrensHealthPlan.org) or call STAR Kids Member Services at 1-800-659-5764.





Move a ball around your body. Start at your head and move it down towards your toes.

- Roll the ball back and forth to someone.
- Bounce and catch the ball as many times as you can by standing or sitting in one spot.
- Dribble the ball in one spot, then switch it to a different spot.
- Bounce the ball as high and then as low as you can.
- On your knees, bounce and catch the ball.
- Toss the ball high and catch it low.
- Toss the ball, clap, and catch it.
- Dribble the ball down a line with one hand and then back with the other.
- Dribble the ball and switch hands as you move.
- Dribble the ball either around people or objects.
- Toss and catch a ball off of a wall as many times as you can.

Source: <http://www.HeartlandAEA.org>



- Add some fruit like bananas, blueberries, or strawberries to your yogurt.
- Try a new fruit or vegetable this week. Describe its taste and texture to your family and friends.
- Create a fun plate with your family and drink some warm apple cider with it.

Spinach Balls

Ingredients:

- 6 cups fresh spinach leaves, trimmed and washed
- 3 cups boiling water
- 3 eggs
- 1/2 cup grated cheddar or any cheese of your choice
- 1/4 cup fresh finely chopped cilantro or an herb of your choice
- 1 cup bread crumbs
- 1/2 teaspoon of garlic salt (optional)

1. Preheat oven to 350° F.
2. Trim and wash the fresh spinach leaves.
3. Place the leaves in a large mixing bowl and pour boiling water over the leaves. Cover and set aside for 3 minutes.
4. Rinse the spinach with cold tap water. Drain using your hands to squeeze out all the remaining water. If you are using frozen spinach, defrost 2/3 cup.
5. Finely chop the cooked spinach, then transfer into a mixing bowl.
6. Add eggs, cheese, herbs, and crumbs. Combine with a spoon or your hands, until it forms a batter.
7. Form balls with your hands or use a small cookie scoop. If the batter is too moist, add a bit more bread crumbs until you can easily roll a ball with your hands.
8. Place the balls on a non-stick cookie tray covered with baking paper.
9. Bake for 15-20 minutes or until golden on top.
10. Serve immediately or pack them cold in lunch boxes. Enjoy with a dip of your choice like pesto, hummus, or homemade ketchup.



Check out these great events in your area!

Harris Service Area

Live It! Youth Transition Program with the Epilepsy Foundation

This is a monthly education program promoting independence, individuality, and growth for youth ages 12 to 19 and their parents or caretakers. Meetings take place one Saturday each month from 10:30 a.m. to 12:30 p.m. and dates can be found at www.EFTX.org. No cost for participating – **join the meeting in person or online!**

In person: 2401 Fountain View Drive Suite 900 Houston, TX 77057

Online: Go to <https://rebrand.ly/EpilepsyTransition> to join via webinar OR view the presentations live on Facebook at <https://www.facebook.com/epilepsyfoundationtexas>.

Register or RSVP by contacting Nancy Meier, EFTX Transition Coordinator, at nmeier@eftx.org or toll-free at 1-888-548-9716.

Northeast Service Area

M.O.M.S. - Moms Offering Moms Support Group in Athens, Tyler, and Longview

M.O.M.S. provides support, encouragement, and resources in an informal, fun, and relaxed atmosphere. In Athens, M.O.M.S. meets on the first Friday of each month at 11:30 am at the Jalapeno Tree Restaurant. M.O.M.S. in Longview and Tyler meet on a rotating schedule of lunch and dinner at different restaurants and coffee shops. Emails announcing time, date and location are sent out each month. To join, contact Stephanie Hacker, Respite Care Coordinator at Christus Trinity Clinic Respite Care Program, at 903-606-6255 or Stephanie.Hacker@tmfmc.org

Jefferson Service Area

Fun Activities for Children and Young Adults Offered by the ARC of Greater Beaumont!

The ARC of Greater Beaumont offers activities to create possibilities for people with intellectual and developmental disabilities to grow, learn, and live.

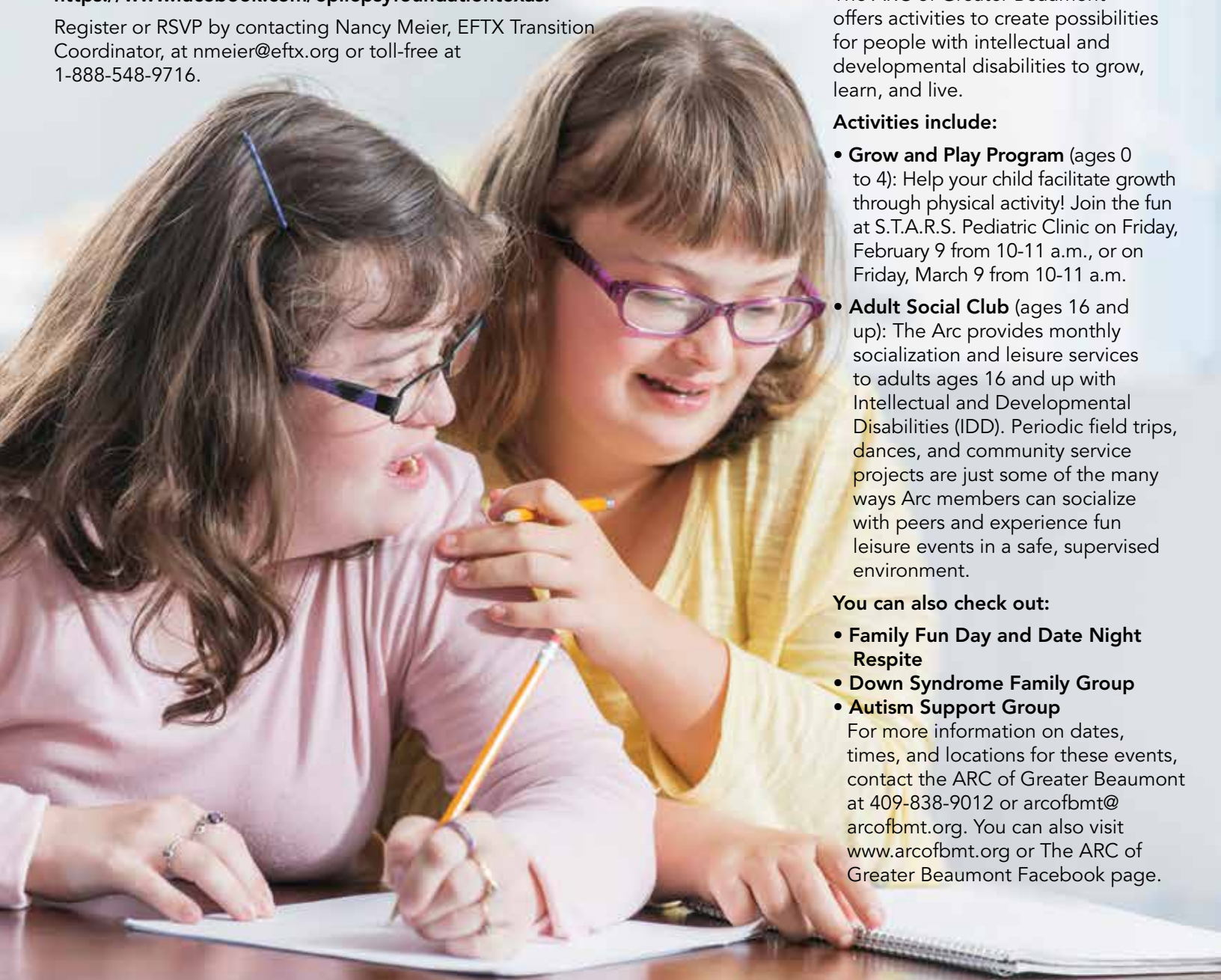
Activities include:

- **Grow and Play Program** (ages 0 to 4): Help your child facilitate growth through physical activity! Join the fun at S.T.A.R.S. Pediatric Clinic on Friday, February 9 from 10-11 a.m., or on Friday, March 9 from 10-11 a.m.
- **Adult Social Club** (ages 16 and up): The Arc provides monthly socialization and leisure services to adults ages 16 and up with Intellectual and Developmental Disabilities (IDD). Periodic field trips, dances, and community service projects are just some of the many ways Arc members can socialize with peers and experience fun leisure events in a safe, supervised environment.

You can also check out:

- **Family Fun Day and Date Night Respite**
- **Down Syndrome Family Group**
- **Autism Support Group**

For more information on dates, times, and locations for these events, contact the ARC of Greater Beaumont at 409-838-9012 or arcofbmt.org. You can also visit www.arcofbmt.org or The ARC of Greater Beaumont Facebook page.





Demorne Jackson

Project SEARCH is a year-long school-to-work program that places students with disabilities in a work environment. The program is designed to provide real, on-the-job training for students with disabilities who want to enter the workforce after high school.

Demorne began working in the Texas Children's Health Plan Care Coordination Department in September 2017. She says her experience as a Project SEARCH intern has been "amazing" so far, and she loves working with her mentor.

It was clear from her first day at Texas Children's Health Plan that Demorne is a leader. She is the official HIPAA police for the department, and she organized a potluck for the Care Coordination team which included invitations and reminders of each person's assigned dish. Demorne also organized and set up a workshop for the 200-plus employees of the health plan's STAR Kids division. She also makes outreach calls to members for Keep Fit workshops and parent training classes. Lastly, she assisted in creating a power point for the UM team. Demorne is a pro at printing and scanning documents, and she even assisted in creating a PowerPoint presentation for the health plan's Utilization Management team.

Demorne's favorite part of being a Project SEARCH intern at Texas Children's Health Plan is not only helping out her department, but also having the opportunity to dress professionally every day. She loves getting her nails done and spending quality time with her mom, who is also her hero. Her dream is to one day become a fashion designer.

Texas Children's Health Plan is thrilled to have Demorne and all of the Project SEARCH interns working at our Bellaire office!



Demorne



What is a **service coordinator**?

A **service coordinator** is a registered nurse, licensed master or licensed bachelor social worker assigned to a child who is a STAR Kids member. When a member and/or their legal authorized guardian selects Texas Children's Health Plan, a service coordinator will utilize the STAR Kids Screening Assessment in order to create an individualized service plan for that member's care. A service coordinator works with different agencies, departments, and schools to ensure that a member's needs are met and services are received. They assist members with the transition from pediatric care to adult care, as well as provide a supportive and empathetic ear when needed.

As a service coordinator, my job is to provide support and guidance to members and their guardians in the most effective way possible. Recently, I assisted an 8-year-old member, diagnosed with Attention Deficit Hyperactivity Disorder (ADHD)/Oppositional Defiant Disorder (ODD), and his mother, who was working to have her son receive special education services at his school. His school stated the member didn't qualify for special education, so I arranged a meeting with the member's mother and the school's assistant principal to discuss why the school was refusing a necessary service. I was able to intervene and encourage the member's mother to submit her request for a 504 accommodation in writing, so that the school would have to comply. Now the member will be able to receive extra time for testing, to be pulled out of classes he struggles in, and to get front seat preference in the classroom. This story is just one example of how a service coordinator provides resources and support to members and their guardians. By showing members and guardians how to advocate for themselves or their loved ones, we help them along the road to success.

Kelli Ayers, Texas Children's Health Plan Service Coordinator



Need help? PATH and TEAM Regional Coordinators are available in your area

Partners Resource Network (PRN) is a non-profit agency that operates the Texas statewide network of Parent Training and Information Centers (PTIs). The agency is funded by the U.S. Department of Education, Office of Special Education Programs (OSEP). The PTI Projects are: PATH, PEN, and TEAM.

They help parents:

- Understand their child's disability.
- Understand their rights and responsibilities under IDEA.
- Obtain and evaluate resources and services.
- Participate as team members with professionals in planning services for their children.

They offer at no cost:

- Individual help over the phone and in-person to families who have questions about their child's needs.
- Workshops for parents and professionals throughout Texas.
- Resources such as printed publications and online materials on a variety of relevant topics.

For more information on PATH (Harris, Jefferson, and Northeast Service Areas) and TEAM (Harris Service Area) Regional Coordinators near you, please visit <http://prntexas.org/texas-ptis/>.

Be in the know!

Call Member Services and give them your email address so you can be among the first to know about our upcoming events!

Do you need application assistance?
Email us at
HealthPlan@texaschildrens.org.

We are now on Facebook! We like you. Will you like us?

