

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

FALL 2017

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Best Practices in Transition, Employment, and Adult Services 2nd Annual Positive Futures Conference

Friday, November 3, 2017 and
Saturday, November 4, 2017
Houston Food Bank: Conference Center
535 Portwall St. (off of I-10 East)
Houston, TX 77029

This conference will feature national, state, and local experts speaking on Project Search, Employee First, SSA work incentives, deinstitutionalization, special education law for transition, and much more!

For more information, please visit
<https://2ndannualpositivefuturesconference.eventbrite.com>,
or contact the Arc of Greater Houston at 713-957-1600 or michelleh@aogh.org!

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Director, Marketing
Cristina Garcia Gamboa

Editor

Kate Andropoulos

Designer

Scott Redding

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PO Box 301011

Houston, Texas 77230-1011

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Texas Children's
Health Plan
Texas Children's Health Plan
P.O. Box 301011
Houston, TX 77230-1011

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Project Search is a year-long school-to-work program that places students with disabilities in a work environment.

It is a partnered effort with Houston Independent School District, which connects eligible students with the program. Texas Workforce Commission also partners with Project Search to provide each student with a job coach and assistance to find employment after the internship ends. Project Search is designed to provide real, on-the-job training for students with disabilities who want to enter the workforce after high school. The program then helps students find jobs after they “graduate” from Project Search.

Texas Children’s Health Plan serves as a host site for Project Search. The Bellaire office welcomed its first group of interns during the 2016-2017 school year. Two interns, named Kylie and Johnny, worked in the Texas Children’s Health Plan Care Management department. Kylie learned how to use a copier, make Excel spreadsheets, and set up a potluck party for staff members. The highlight of Kylie’s internship was becoming “project manager” of employee equipment. Johnny, who speaks Spanish, acted as interpreter for families enrolled in the Keep Fit program.

Project Search interns learn valuable professional skills while participating in a real workplace environment. Texas Children’s Health Plan is thrilled to be a part of this important and life-changing program!

Have you and your family gotten **flu shots** yet?

A flu shot is recommended for just about everyone. Getting the vaccine is the single best way to protect you and your family from contracting the flu. It’s extra important for kids who have other health concerns to get a flu shot. Their families need to be protected too, so that they can’t spread the virus.

In most people, the flu causes a fever, body aches, and other cold-like symptoms. They will sleep a lot and feel sick, but will get better in about a week. But some people get too sick to recover on their own, so they may need to go to the hospital. The flu can even be life-threatening for people who get very sick from the virus. To avoid this scary situation, the best thing you can do is to make sure your whole family gets flu shots this flu season!





30 minutes of exercise a day can improve your sleep and give you more energy! Try dancing or moving to 5 of your favorite songs, or ask a friend or a family member to go for a walk with you.

Adaptive exercise/ arm circles:

1. Sit on the edge of a chair.
2. Place a stretch band under your feet.
3. Slowly stand while you are holding each end of the band with your hands.
4. Continue standing until you are standing straight up.
5. Lower yourself slowly back to a sitting position on the edge of the chair. Remember to go slowly!
6. Repeat exercise for one minute.

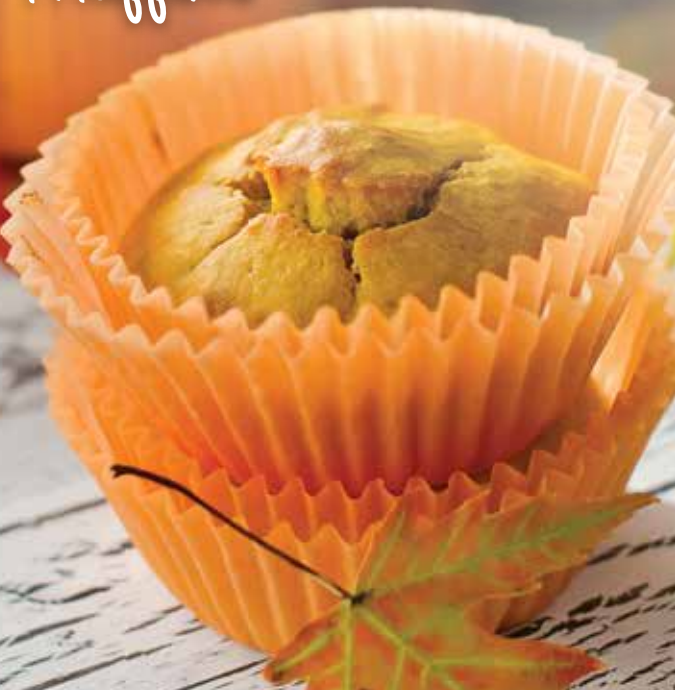
Source: www.healthmattersprogram.org

Note: Consult with child's doctor about activities suitable to his or her medical condition.



- Have your child smell and explore different spices like cinnamon, cloves, nutmeg, and ginger.
- Bake a simple recipe with your child using his or her favorites spices.
- Have your child help you pick out the ingredients at the grocery store.

Easy Pumpkin Muffins



Ingredients:

- 1 (18.25 ounce) package yellow cake mix
- 1 (15 ounce) can pumpkin puree
- 1 teaspoon ground cinnamon
- ½ teaspoon ground nutmeg
- ¼ teaspoon ground cloves

1. Preheat the oven to 350°F (175°C). Grease a 12-cup muffin pan or line pan with paper liners.
2. In a large bowl, mix together the cake mix, pumpkin puree, cinnamon, nutmeg, and cloves until smooth.
3. Spoon an equal amount of batter into each prepared muffin cup.
4. Bake for 20 to 25 minutes in the preheated oven, until a toothpick inserted in the center of one comes out clean.

Notes:

- For children with gluten sensitivity, the yellow cake mix can be substituted for gluten free cake mix.
- Pumpkin is low in calories, and it is also a good source of potassium, vitamins A and C and fiber.
- If your child is very selective with food or has eating difficulties make sure to include in her diet food sources of vitamins A and C, zinc, iron, and calcium regularly. These are found in a variety of foods like fruits, green leaves, legumes, whole grains, yogurt, eggs, fish, vegetables, nuts, etc.

Source: www.allrecipes.com



Harris Service Area

Monthly Special Education Training for Parents and Professionals presented by The Arc of Greater Houston

Each month the Arc hosts a training session on a variety of special education concerns for students with special needs. All sessions are held at: The Harris Center, Room 104, 9401 Southwest Freeway Houston, TX 77074

- **Autism and Special Education: The Best Services for School Success**
Monday, October 30, 2017 from 11 a.m. to 2 p.m.
- **Section 504 and IDEA Services: Their Similarities and Differences Matter when Serving Students with Disabilities**
Wednesday, November 22, 2017 from 11 a.m. to 1:30 p.m.

Cost is \$25 for each class and full scholarships are available if needed. Find more information and sign up at www.aogh.org

Northeast Service Area

Dads Support Group

This group is for fathers, grandfathers, and male caretakers of children with disabilities to connect with each other over a restaurant meal provided by a sponsor.

When: Thursday, November 2, 2017 at 7 p.m.

Where: Razzoo's Cajun Café
7011 Broadway Avenue Tyler, TX 75703

Please sign up with Peyton Stevens, Client Relations Coordinator for Epic Health Services at 903-509-3742 (office), 208-867-7714 (cell), or Peyton.Stevens@epichealthservices.com.



Jefferson Service Area

Down Syndrome Family Group Meeting

This meeting is for families of children with Down syndrome. Please note: Although all families are invited to attend, activities are geared toward children ages 15 and under.

When: Sunday, November 12, 2017 from 4 p.m. to 6 p.m.

Where: The Arc of Greater Beaumont Multi-Purpose Building
4330 Westridge Lane
Beaumont, TX 77706

For more information, please contact The Arc of Greater Beaumont at 409-838-9012 or arcofbmt@arcofbmt.org.

"Check out these events in your area."



Katherine Everson



Texas Children's Health Plan STAR Kids member Katherine Everson has learned how to advocate for her own healthcare needs with the help of her transition specialist, Rosie Lopez. Even though the transition process can be tough, Rosie is helping Katherine and her family every step of the way. Katherine has often called Rosie for support during doctor's appointments.

Rosie has also guided Katherine and her family through the process of guardianship. They are currently working together to develop a medical summary and emergency care plan for Katherine when she's ready to transition from STAR Kids into STAR Plus. Rosie also encouraged Katherine to earn her GED and to participate in parenting classes for her 3 year-old daughter. Katherine, Rosie, and Texas Children's Health Plan make a great team!

What is a transition specialist?

Transition specialists at Texas Children's Health Plan are more than super stars! In many parents' eyes, they are super heroes.

The role of a transition specialist is to help youth shift from pediatric care into adult health care. Transition specialists start working with families of youth who are 15 to 20 years old. The transition specialist helps guide the family and youth in making critical choices such as career planning, life after high school, guardianship, finances, independent living, and medical transition. In short, transition specialists help youth navigate the steps of transition by integrating health care and personal goals.

A crucial part of the transition process is when the young person turns 20 years old. The transition team works hard to help the youth evolve from STAR Kids into STAR Plus, and guides the family through this process.

Transition happens through checklists and making sure medical summaries are in place. An important part of the process is making sure the provider chosen by the family is in network. If your child has turned 15 years old, please contact your service coordinator to set up an appointment with your transition specialist.



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 US 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?

