

SuperStars

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



FALL 2018

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MK-1809-294

19th Annual Chronic Illness and Disability Conference

Transition from Pediatric to Adult-based Care

October 25 & 26, 2018

MD Anderson Mitchell Basic Sciences Research Building

Onstead Auditorium, 3rd Floor

6767 Bertner Avenue

Houston, TX 77030

A conference focused on skill preparation and planning for healthcare transition for children and youth with special healthcare needs.

Register online at BaylorCME.org/CME/1579. Registration fee is \$125 each for youth and parent or guardian. Limited scholarships are available to cover this fee – please contact Katrine Nordstrom at Katrine.Nordstrom@txp2p.org for more information.

SuperStars
is published quarterly by
Texas Children's Health Plan.
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Should I give my child antibiotics for an upper respiratory infection?

If your child has a common cold, a sinus infection, or the flu, then he has what doctors call an **upper respiratory infection (URI)**. Your child's doctor will tell you the best way to care for him when he's sick, like making hot tea with honey and lemon for a sore throat or using saline nose drops to help congestion.

You might wonder why your doctor doesn't prescribe antibiotics for your child's cold or flu. That's because URIs are infections that are almost always caused by viruses. Antibiotics are used to treat infections caused by bacteria, so they will not help most URIs.

You might feel like your child should have antibiotics just in case, but it's important not to ask for or give your child antibiotics when he doesn't need them. Taking antibiotics when they are not needed:

- Won't help your child get better.
- Can cause some bacteria to become resistant to the antibiotics. This means antibiotics may not work as well if your child needs them later.

- Can cause side effects that may be dangerous to your child. These include:
 - Vomiting or nausea
 - Severe diarrhea
 - A serious allergic reaction called anaphylaxis, which needs emergency medical care immediately

If your child has a URI, ask your doctor how to best treat his symptoms and help him feel better. If the doctor prescribes a medication or recommends an over-the-counter medicine, always follow the directions on the label or package. Listen closely to your doctor's instructions and take notes so that you give the medicines exactly as the doctor says.

Source: Network-Health.org



Four-bean Pumpkin Chili Soup

Here's what you need:

3 cups chopped onion
1 ½ cups chopped carrot
3 large cloves garlic, minced
4 cups low-sodium vegetable broth
3 cups diced pumpkin or butternut squash
1 (28 ounce) can no-salt-added crushed tomatoes
4 (15 ounce) cans low-sodium beans, such as black, great northern, pinto and/or red, rinsed
3 tablespoons chili powder
2 teaspoons ground cumin
1 teaspoon ground cinnamon
¾ teaspoon salt
¼ teaspoon cayenne pepper, or to taste
Diced onion, sliced jalapeños, Cotija cheese, and/or seeds for garnish

Directions:

1. Heat oil in a large pot over medium-high heat. Add onion and cook, stirring often, until starting to brown, about 5 minutes.
2. Reduce heat to medium, add carrot and continue cooking, stirring often, until the vegetables are soft, 4 to 5 minutes.
3. Add garlic and cook, stirring, for 1 minute.
4. Stir in broth, scraping up any browned bits, and bring to a boil over high heat. Add pumpkin (or squash), tomatoes, beans, chili powder, cumin, cinnamon, salt, and cayenne (if using). Cover and return to a boil. Reduce heat to a gentle simmer and cook, uncovered, until the pumpkin (or squash) is tender, about 30 minutes.
5. Serve garnished with onion, jalapeños, cheese, and/or seeds.

Notes:

Pumpkin is low in calories and it is a good source of potassium, vitamins A and C, and fiber. You can also add broccoli and cauliflower.

If your child is very selective with food or has eating difficulties, make sure his diet includes 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, and nuts.

Source: www.allrecipes.com

Weighted Ball Exchange

This is a great way to warm up the arms and shoulders and get the heart rate up. You can do this from a seated position or a standing position. The key to this move is to start with a light weighted ball (about 2 lbs.) if you're a beginner and keep the movement slow and controlled. If you're more advanced, you can use a heavier ball and add a toss at the top of the movement for more intensity.

1. Stand, or if you're sitting, engage the abs and sit up tall.
2. Hold the weighted ball in your right hand with your arm down at your side.
3. Circle your right arm up overhead, then take the ball with your left hand.
4. Circle your left arm down to your side.
5. Continue circling the ball overhead, alternating your arms, and speeding up as you get more comfortable with the move.
6. Add a toss at the top of the movement for more intensity.
7. Repeat for 1-3 sets of 16-20 reps.

Source: www.verywellfit.com

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



Back to school, back to **Project SEARCH**

A new school year means a new group of Project SEARCH interns will be joining Texas Children's Health Plan soon! 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. Texas Children's Health Plan's Bellaire office hosts a group of students as interns each year. This year, we will welcome 9 new interns.

Project SEARCH is designed to provide real, on-the-job training for students with disabilities who want to enter the workforce after high school. Interns build confidence in their soft professional skills, like customer service and business etiquette, while also developing strong hard skills such as organization, electronic filing, scanning, data entry, and email sending/receiving. The Project SEARCH experience helped last year's interns secure jobs at HEB, Hobby Airport, TJ Maxx, Chick-fil-A, and even here at Texas Children's Health Plan.

Project SEARCH interns are a valuable part of Texas Children's Health Plan. We are excited to introduce our new interns and provide updates on their progress throughout the school year in future issues of this newsletter. Stay tuned!



Did you know that more than half of visits to the emergency room are for non-emergencies? You shouldn't wait long hours in the emergency room when you don't have to. Use this guide to help you understand when to bring your child to a pediatric urgent care clinic or a pediatric emergency room.

Urgent Care

vs.

Emergency

Conditions usually seen in an urgent care clinic:

- Allergic reaction
- Asthma
- Cough, cold or congestion
- Ear pain
- Fever in infants older than 8 weeks
- Flu
- Minor burn
- Minor injury from fall or sport
- Pink eye
- Rash
- Simple laceration
- Skin infection
- Sore throat
- Sprain and strain
- Urinary tract infection
- Vomiting and diarrhea

Conditions usually seen in an emergency room:

- Broken bones (with deformity)
- Bleeding that won't stop
- Extensive or complicated cut or laceration
- Fainting or head injury with loss of consciousness or disorientation
- Fever in infants younger than 8 weeks
- Loss or change of vision
- Procedure requiring a CT scan or sedation
- Seizure without a previous diagnosis of epilepsy
- Serious burn
- Snake bite
- Spinal injury
- Sudden change in mental state
- Sudden shortness of breath or difficulty breathing
- Vomiting or coughing up blood

Please note that this is meant as a guide and for informational purposes only. The content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. If you are not sure if your child needs urgent or emergency care, go to the closest emergency room or call 9-1-1.

What is a **Medicaid Waiver?**

Texas Medicaid Waivers are state programs that provide extra “Waiver” services for a child or an adult with disabilities that are accessed in the home or community, including full Medicaid healthcare benefits. They are named “Waivers” because certain Medicaid requirements are waived or removed, such as family income.

There are six Waiver Programs that include children with disabilities and are based on the needs of the child’s disability, or primary disability if the child has more than one.

- Medically Dependent Children’s Program (MDCP) gives families caring for children and young adults (up to age 21) an alternative to receiving services in a nursing facility.
- Community Living Assistance and Support Services (CLASS) are available to people who have a related condition – a disability other than an intellectual disability or mental illness – and causes major functional limitations.
- Home and Community Based Services (HCS) are services and supports to people with an intellectual disability (ID) or a related condition who live with their families, in their own homes, or in small group homes with no more than 4 beds.
- Texas Home Living (TxHmL) gives services to people with an intellectual disability (ID) or a related condition who live in their own home or their family’s home. TxHmL is the only waiver program that considers parents’ income in determining the child’s eligibility.
- Deaf Blind and Multiple Disabilities (DBMD) program provides services for people who are deaf-blind or have a related condition that leads to deaf-blindness, and who have another disability.
- Youth Empowerment Services (YES) gives home and community-based services to children who otherwise would need psychiatric inpatient care or whose parents would turn to state custody for care.

There are waiting lists for the Texas Waiver Program called Interest Lists. The wait time between signing up for a program and receiving services is why it is so important for families of children or adults with disabilities to call the state and sign up for the different Texas Waiver Program Interests.

To sign up your child for the CLASS, DBMD and/or MDCP Waiver Program Interest Lists, call 1-877-438-5658.

To sign up your child for the HCS and TxHmL Waiver Programs Interest Lists, contact the Local Intellectual Developmental Disability Authority (LIDDA, formerly MHMRA) in your area. For the YES Waiver Interest List, contact the Local Mental Health Authority (LMHA, formerly MHMRA) in your area. You can find the contact information for the LIDDA and LMHA in your area on the Texas Council of Community Centers State Map of Service Areas website at <https://txcouncil.com/about-community-centers/state-map-of-service-areas>.

Texas Children’s Health Plan will be holding Parent Training Classes on Texas Waiver Programs to help parents learn which Waiver program their child or adult with disabilities qualifies for, what services are offered, and how to place their child or adult on the Waiver Interest Lists. Look for a postcard, email, or Facebook post announcing when and where the Parent Training Class on Texas Waiver Programs will be held in your area.

You can look for more information on the topic in future issues of this newsletter. You can also visit Navigate Life Texas, a website created by parents, for parents offering information on Texas Waiver Programs, at www.navigatelifetexas.org.



Navigate Life Texas
Resources for kids with disabilities and special needs



Check out these **events near you!**

Harris Service Area

3rd Annual Positive Futures Conference: Best Practices in Transition, Employment, & Adult Services

Friday, November 9, 2018

8:30 am Registration

Conference 9:00 am to 4:00 pm (breakfast/lunch included)

Saturday, November 10, 2018

8:30 am Registration

Conference 9:00 am to 12:30 pm (breakfast included)

Houston Food Bank

535 Portwall Street
Houston, TX 77029

\$50.00 for both days

(\$35 for Friday only; \$25 for Saturday only)

Stipends available for self-advocates and families.

Spanish translation available.

For policy makers, self-advocates, families, school transition personnel, adult service management and staff, service coordinators, and medical professionals.

National, state, and local experts will be sharing information on employment advocacy, supported decision-making, building networks, and much more!

Jefferson Service Area

ARC of Greater Beaumont Halloween Party

Friday, October 19, 2018

7:00 pm to 9:00 pm

The ARC of Greater Beaumont

Multi-Purpose Building
4330 Westridge Lane
Beaumont, TX 77706

Join The Arc and Women to Women from Lamar University for a fun night of food and dancing! Costumes are encouraged! For individuals with intellectual and developmental disabilities **ages 16 and up.**

Water, popcorn, and a light snack will be provided. The concession stand will be open and soda and candy will be \$1 each.

Must have reliable transportation to and from the dance. Although The Arc's staff and volunteers will be at the dance we do not have the manpower to offer anyone one-on-one assistance. If you need this type of help, please make sure you invite a friend or family member to join you.

For more information, contact the ARC of Greater Beaumont at 409-838-9012 or visit <https://www.arcofbmt.org>

Harris Service Area Special Education 101

Wednesday, November 7, 2018

11:00 am - 1:00 pm

The Harris Center

Room 104

9401 Southwest Freeway, Houston, TX 77074

A training that will help families and professionals understand the most important aspects of special education rights for students with special needs in public schools. Topics covered include the education planning process, referral, evaluations, laws governing student rights, family rights, educational goals, available services, and progress monitoring.

\$25.00 (full scholarship available if needed).

For more information, contact The ARC of Greater Houston Right to Learn Program at 713-957-1600 or visit <https://www.aogh.org/>.

Northeast Service Area

ARC of Smith County Autism Spectrum Support Group

October 2, November 6, December 4, 2018

First Tuesday of each month, 6:00 pm to 7:30 pm

Autism Response Team Building

120 East South Town Drive, Tyler, TX 75703

A group to provide support, education, and resources to parents of children of all ages within the Autism Spectrum. Childcare is available and staffed with Autism Response Team staff members.

The Autism Support Group is a collaboration of The Arc of Smith County, East Texas Autism Network, and the Autism Response Team.

ARC of Smith County Funlovers' Dances

October 25, 2018

Ghostbusters Dance

6:30 pm to 8:30 pm

December 6, 2018

Holiday Fun Dance

6:30 pm to 8:30 pm

Rose Garden Center

420 Rose Park Drive, Tyler, TX 75702

Funlovers' Dances are a time for fun, dancing, and relaxation for everyone! **Open to adults ages 18 to 75.**

Please do not arrive before 6:15 pm as we are trying to finish decorating. Please arrive to pick up by 8:30 pm promptly.

\$1 donation requested.

For more information about the dances and other programs at the ARC of Smith County, contact 903-597-0995 or visit <http://www.arcofsmithcounty.com/>.