



SuperStars

A PUBLICATION FOR TEXAS CHILDREN'S HEALTH PLAN STAR KIDS MEMBERS

We offer respite care services for caretakers

Texas Children's Health Plan understands that being a family caregiver for a special needs child is a heavy responsibility. In support of these families, Texas Children's Health Plan offers **24 hours of in-home respite services per year** as an extension of their home and community-based services to relieve unpaid primary caregivers.

You can request respite care services through your Service Coordinator. This extra benefit is available to all members enrolled with Texas Children's Health Plan STAR Kids program in all three service areas!

Members receiving respite care through State Waiver Programs are not eligible. Services will be provided by a third-party vendor or a personally-selected individual who can provide assistance approved by your Service Coordinator.



Take a look inside!

- 2 G-buttons
- 3 Safe fun in the sun
- 4 Blue banana smoothie
- 5 Events in your area
- 6 What is guardianship?

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A message from Dr. Katy Ostermaier, Medical Director of STAR Kids at Texas Children's Health Plan

Texas Children's Health Plan increases yearly gastrostomy button (G-button) limits

Texas Children's Health Plan is pleased to announce an increase in gastrostomy button (G-button) limits per year. As of February 26, 2019, we now allow 6 G-buttons to be dispensed per year.

Families who have children with G-buttons can have a hard time getting the supply of replacement G-buttons needed when they break. An active child may need to replace broken G-buttons often, but Texas Medicaid only allows 2 buttons to be given out per year. This limit places a burden on families, who often have no choice but to go to the emergency room for a new button after using up their yearly supply.

Now that Texas Children's Health Plan has increased the G-button limit to 6 per year, families can always have an emergency backup button ready to use at home. To make sure you have a backup button at all times, call your child's doctor right after replacing the G-button to order a new one. We hope this change will help make life easier for your child and your family.

*Dr. Katy Ostermaier, MD
Medical Director, STAR Kids
Texas Children's Health Plan*



Safe fun in the sun

Summer is here and that means your family will be spending more time out in the sun. The sun's rays are extra strong during the summer, so it's very important to make sure your child's skin and eyes are protected from sun damage.

Too much exposure to the sun without protection can cause:

- Sunburns
- Skin damage, like wrinkles
- Eye damage, like cataracts (when the lens of your eye becomes cloudy)
- Skin cancer, like melanoma

Everyone needs sun protection, no matter how old you are or what your skin tone is. Even if your child's skin tone is dark, or if she easily gets a tan when she spends time in the sun, it's essential to protect her skin from the sun. Any tanning or burning causes skin damage, which could lead to skin cancer when your child gets older. Some people even develop skin cancer in their 20s.

Here's how to protect your child's skin and eyes from too much sun this summer:

- **Use sunscreen.** Doctors recommend that everyone should wear sunscreen with an SPF (sun protection factor) of 30 or higher, no matter what their skin tone is. Look for a sunscreen that's labeled "broad-spectrum" so that it protects your child from the two types of damaging sun rays. If she's going in the water, make sure you pick a sunscreen that is water-resistant. Apply the sunscreen to all exposed skin at least 15 minutes before your child goes out in the sun, then re-apply it every 2 hours OR after she gets out of the water.
- **Double-check your medicines.** Some medicines can make you more sensitive to the sun. Antibiotics, acne medicines, and psychiatric medicines can have this side effect. Check your child's prescription medicine labels or ask her doctor to learn if any medicines she is taking can make her more sensitive to the sun.

Did you know?

Even when the sky is cloudy, the sun's rays can still damage your skin. Protect your child every day, even when the sun is "invisible"!

- **Avoid the strongest sun of the day.** The sun is strongest from 10 a.m. to 4 p.m., so you should try to keep your child in the shade during those hours. If she does go out in the sun, apply and re-apply sunscreen. Most sun damage happens when you're doing daily activities, so it's important to protect your child even if she isn't at the beach or going swimming.
- **Cover up.** Make sure your child's clothes aren't see-through so that they protect her from too much sun exposure. Have your child wear a hat when she spends time outside. If you're going to an outdoor event or the beach, try to take breaks from the sun under a wide umbrella or in a shady spot.
- **Wear sunglasses.** The sun can damage your eyes as well as your skin. When you buy sunglasses for your child, the price tag or a sticker will usually tell how much UV protection they give. You'll want to buy a pair with 100% UV protection for your child's eyes.



Blue banana smoothie

Ingredients:

8 ounces milk (use your favorite such as fat-free, low-fat, reduced-fat, almond, soy)
½ cup frozen banana slices
½ cup frozen blueberries

Optional boosts (choose 1 or more):

1 cup fresh baby spinach
½ cup plain low-fat yogurt
¼ cup oatmeal
1 to 2 tablespoons ground flaxseeds
1 tablespoon unsweetened cocoa powder
Honey, to taste
Cinnamon, to taste

Directions:

1. In blender, puree everything until smooth.
Serve immediately.

Source: eatright.org

To learn more about healthy diet and exercise, visit eatright.org

Note: If your child is very selective with food or has eating difficulties, make sure to include in food sources of vitamins A and C, zinc, iron, and calcium regularly in his or her diet. These are found in a variety of foods like fruits, green leaves, legumes, whole grains, yogurt, eggs, fish, vegetables, and nuts.



Check out these events in your area!

Harris Service Area

Transition Family Resource Fair

Sponsored by the University of Houston
Families CAN Program
July 18, 2019
6 p.m. to 8 p.m.
Shriners Hospital for Children
5th and 6th floor foyer
6977 Main Street
Houston, TX 77030

The Transition Family Resource Fair provides information about community resources for families of children with disabilities. The fair is free and offers accessible parking in the Shriner's parking garage on the first four floors of the hospital.

Abilities Expo Houston

Friday, August 2 through Sunday, August 4, 2019
NRG Center, Hall E
1 NRG Park
Houston, TX 77054

For nearly 40 years, Abilities Expo has been the go-to resource for the community of people with disabilities and their families, seniors, veterans, and healthcare professionals. Where else can you attend informative workshops, discover ability-enhancing products and services, play a few adaptive sports, and learn new dance moves? That's only the beginning of what Abilities Expo has to offer!

Jefferson Service Area

Adult Social Club at the ARC of Greater Beaumont

July 11, 2019 – activity to be announced
July 25, 2019 – Capture Your Memories in a Scrapbook
ARC Multi-Purpose Building
4330 Westridge Lane Beaumont, TX 77706
RSVP required. Call the ARC at 409-838-9012 to RSVP or if you have questions.

The ARC provides monthly socialization and leisure services to adults between the ages of 16 and 30 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. Activities include themed dances, bingo, karaoke, sports nights, and much more.

Country Western Dance at the Broussard Farm

August 22, 2019
6 p.m. to 8 p.m.

Sponsored by the ARC of Greater Beaumont. For individuals with intellectual and developmental disabilities ages 16 and up. Cost to enter is \$5 per person. Chili cheese dogs and a drink will be free. 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 and to RSVP, contact the ARC of Greater Beaumont at 409-838-9012.

Northeast Service Area

Dads Support Group

July 11, 2019 at 7 p.m.
Old Chicago Pizza Tavern
405 W SW Loop 323 Tyler, TX 75701

August 1, 2019 at 7 p.m.
Chuy's Mexican Restaurant
5935 S. Broadway Ave. Tyler, TX 75703

September 5, 2019 at 7 p.m.
Cheddar's Casual Café
6701 S. Broadway Ave. Tyler, TX 75703

Dads Support Group is for fathers, grandfathers, and male caretakers of children with disabilities. It is guys hanging out with guys over a restaurant meal provided by a sponsor – a masculine approach to the challenges of fathering special needs children. For more information, contact Matt Stephens at 903-509-3742 (office), 903-316-3236 (cell), or matt.stephens@epichealthservices.com.

Special Olympics –

Area 7 East Texas Swim Competition

July 20, 2019 at 9 a.m.
YMCA of Palestine
5500 Loop 256
Palestine, TX 75801

Opening Ceremony will begin at 9:00 am with competition following immediately after. Entries are due no later than June 21, 2019. For more information or to volunteer, contact Mike Strickland at 940-692-2986 or mstrickland@sotx.org.

Special Olympics –

Area 7 East Texas 2019 Fall Games

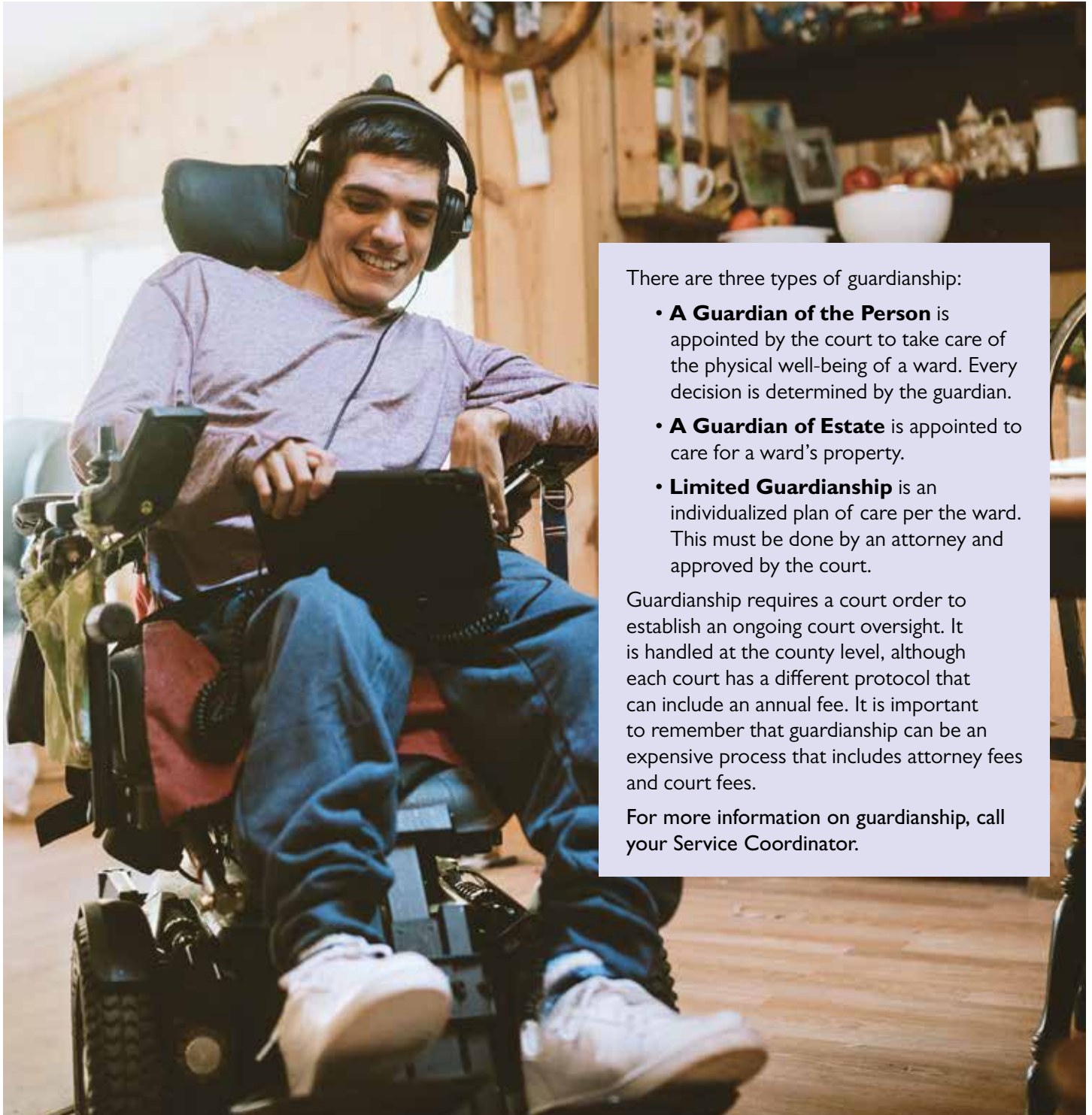
September 14, 2019 at 9 a.m.
McDonald Road Park
2300 McDonald Road
Tyler, TX 75701

Our Fall Games are comprised of two sports - softball and bocce. Opening Ceremony will begin at 9:00 a.m. with games immediately after. Entries are due no later than August 16, 2019. For more information or to volunteer, contact Mike Strickland at 940-692-2986 or mstrickland@sotx.org.

What is guardianship?

Guardianship is a legal process designed to protect vulnerable persons from abuse, neglect (including self-neglect), and exploitation. Guardianship provides for the person's care and management of his or her money while preserving, to the largest extent possible, that person's

independence and right to make decisions affecting his or her life. It removes some or all of a person's decision-making rights and assigns those rights to a third party, known as the guardian. The guardian needs to provide annual accounting and reports.



There are three types of guardianship:

- **A Guardian of the Person** is appointed by the court to take care of the physical well-being of a ward. Every decision is determined by the guardian.
- **A Guardian of Estate** is appointed to care for a ward's property.
- **Limited Guardianship** is an individualized plan of care per the ward. This must be done by an attorney and approved by the court.

Guardianship requires a court order to establish an ongoing court oversight. It is handled at the county level, although each court has a different protocol that can include an annual fee. It is important to remember that guardianship can be an expensive process that includes attorney fees and court fees.

For more information on guardianship, call your Service Coordinator.