



SuperStars

FALL 2019

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

Does your child need a flu shot? Texas Children's Health Plan makes it easy!

Getting a flu shot is the single best way to protect your child and your family from getting sick with the flu. For most people, the flu causes a fever, body aches, and other cold-like symptoms that will get better in a week. Some people, though, might have to go to the hospital because they become seriously ill after getting the flu. The flu is especially dangerous for kids who have serious medical conditions like asthma.



Great news! Texas Children's Health Plan members age 7 and older can now get a flu shot at their local pharmacy.

Get your flu shot today by visiting your local pharmacy or visit texaschildrenshealthplan.org/flu to find a provider near you.

MK-1908-530

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What is a Texas Health Steps checkup?

“My child is always at the doctor’s office, so why do we need a Texas Health Steps checkup?”

This is a question I often hear from parents of children in the STAR Kids program. I always tell them that a Texas Health Steps checkup is actually a very important kind of doctor visit.

State and national experts have determined that Texas Health Steps checkups are necessary at certain ages to make sure health goals are on track. In fact, 6 Texas Health Steps checkups are recommended before a child turns 15 months of age. Taking into consideration your child’s medical complexities, your doctor or provider will do a head-to-toe exam to make sure your child is doing well for her age. Certain tests, like blood pressure

or lab tests, are required to screen for common health problems. Important immunizations are given during these visits. You should also expect to get advice on how to support your child’s growth, development, and safety.

A Texas Health Steps checkup can also be your time to ask questions and get answers when your child is not sick. This type of appointment is longer than a normal visit, so you and your doctor or provider will have enough time to discuss how your child is doing and what health goals you can work on together.

You can call Texas Children’s Health Plan STAR Kids Member Services at **1-800-659-5764** or visit dshs.texas.gov/thsteps to find out more information about checking off your child’s next Texas Health Steps checkup.

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

Have a health care visit – online



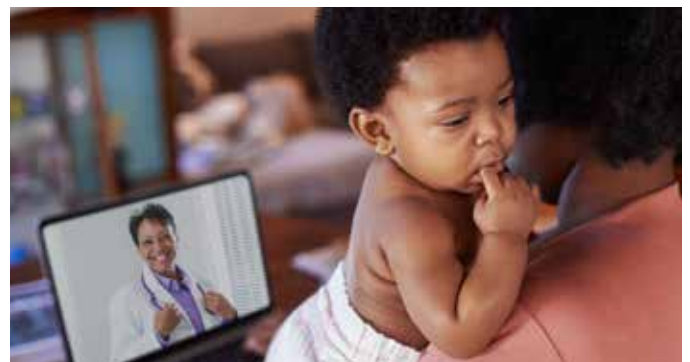
For non-emergencies, skip the ER and use Texas Children’s Anywhere Care.

When you or your child need medical treatment quickly, what’s your first line of defense? Urgent Care? The Emergency Room? Waiting until the next available appointment?

Now, with online health care visits, Texas Children’s Health Plan members can have a visit from anywhere – in minutes. For convenient, online visits with a provider*, all you need is a smartphone, tablet, or computer and you can access providers 24/7. Providers can recommend treatment and prescribe medication, if necessary.

The benefits of online health care visits:

- 24/7 access to trusted providers.
- Great for non-emergencies, such as vomiting and diarrhea, rashes, pink eye, colds, coughs, and more.
- Prescriptions, if necessary, sent to the pharmacy of your choice.



- Face-to-face online provider visits via smartphone, tablet, or computer.

Next time you or your child need medical help for a non-emergency, try an online health care visit by downloading our Texas Children’s Anywhere Care app today. We are always here for you and your family.

To learn more, visit
texaschildrenshealthplan.org/anywherecare

* Texas Children’s Anywhere Care providers may include doctors and advanced practice providers.

Shoulder shrug with free weights

The shoulder shrug with free weights targets the trapezius muscles. The trapezius is a large broad muscle on the upper back that attaches at the base of your skull and runs down to the middle of the back. The functions of the upper fibers of the trapezius are to elevate your shoulders and shoulder blades. When your shoulder blades are stabilized, the upper fibers extend and rotate your neck.



1. Begin by sitting up straight in the chair with your feet flat on the floor and shoulder width apart. Contract your abdominals for trunk stability.
2. Hold the weights down at the side of your chair with an overhand grasp so your palms are facing behind you. As an alternative to free weights, you may use wrist weights. If no weights are available, soup cans will also work if you have sufficient grasp.
3. Exhale and slowly raise your shoulders up without bending at your elbow, as if you were shrugging

your shoulders. Your hands should continue to be perpendicular to the floor throughout the movement of the exercise.

4. Inhale as you slowly lower your shoulders in a controlled manner.
5. Repeat this process 8-12 times for 3 sets.

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Sweet potato and zucchini pancakes



Ingredients:

- 1 large zucchini, shredded (about 1 cup)
- 1 large sweet potato, peeled and shredded (about 1 cup)
- 2 eggs, lightly beaten
- ½ teaspoon salt
- ½ teaspoon black pepper
- 3 tablespoons flour
- 2 tablespoons olive oil

Directions:

1. Mix zucchini, sweet potato, eggs, salt, pepper, and flour. Mix until well combined.
2. Heat olive oil in a large non-stick skillet over medium heat.
3. Using a soup ladle, drop about ¼ cup of mixture into skillet and cook each cake about until golden brown, about 2–3 minutes on each side. Serve as is or with applesauce.

Note: If your child is very selective with food or has eating difficulties, make sure to include 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.

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Check out these events in your area!

Tyler and surrounding areas

The Independence Ball

Presented by East Texas Center for Independent Living
September 28, 2019 – 6 p.m. to 9 p.m.
Central Baptist Gym
1343 East Grande Blvd., Tyler, TX 75703

- Fun fairy tale theme
- Free door prizes and \$1 raffle tickets
- A meal fit for a king! (Included in price of ticket.)
- Event is for ages 14 and up

Tickets: Pre-order \$20, At the door \$25

Contact Amy or Joanna for tickets and additional information.

Email: awilson@etcil.org or joanna.willis@etcil.org

Phone: 903-581-7542 ext. 202 or 108

M.O.V.E. Support Group

(Mobility-Opportunity-Vocation-Encouragement)

4th Wednesday of each month – 12 p.m. to 1 p.m.
ETCIL (East Texas Center for Independent Living)
4713 Troup Hwy., Tyler, TX 75703

Bring a sack lunch and join in exchanging information and resources focusing on living independently. Call 903-581-7542 for more information and to arrange for transportation assistance or special accommodations.

M.O.M.S (Moms Offering Moms Support)

This support group is for moms of children with special needs. It meets on the 3rd Thursday of every month for dinner at a local restaurant. Sponsors provide meals. For more information on dates and locations of meetings, please contact:

Teri Heller

Phone: 903-606-6255

Email: theresa.heller@christushealth.org

Dads Support Group

This support group is for fathers, grandfathers, and male caregivers of children with special needs. It meets on the 1st Thursday of every month for dinner at a local restaurant. Sponsors provide meals. For more information on dates and locations of meetings, please contact:

Matt Stephens

Phone: 903-316-3236

Email: matt.stephens@epichealthservices.com



Houston and surrounding areas

Pathways to Adulthood Seminar

Hosted by Texas Children's Hospital
and Baylor College of Medicine
September 21, 2019 – 9:30 a.m. to 2:30 p.m.
Texas Children's Hospital West Campus
18200 Katy Freeway, Houston, TX 77094

Pathways to Adulthood is a FREE one-day seminar that will provide families and professionals with the information and tools needed to plan for a young adult's life after high school. It is open to families whose children have a disability, chronic illness, or other special healthcare needs and the professionals who work with them. Topics include:

- Funding sources
- Legal issues: guardianship and alternatives, estate planning
- School transition services & maximizing remaining school years
- Medical transition
- Creative approach to work, home, and networks of support

Register now at txp2p.org/Training/pta-training

Please check your confirmation email for details about FREE parking and location! For more information, call 1-866-896-6001, or email info@txp2p.org, or visit txp2p.org

20th Annual Chronic Illness and Disability Conference: Transition from Pediatric to Adult-Based Care

October 24-25, 2019 – 8 a.m. to 4 p.m.

MD Anderson Mitchell Basic Sciences Research Building
Onstead Auditorium
6767 Bertner Avenue, Houston, TX 77030

This conference includes a discussion of the legal issues involved in healthcare transition, as well as time to meet and talk with faculty in small groups, to exchange ideas and to share knowledge and information about how best to plan for a successful transition to adulthood. For registration information, visit texaschildrens.org/health-professionals/conferences. If you have questions, call or email Araceli Romero at 832-824-1731 or axromero@texaschildrens.org.

Beaumont and surrounding areas

8th Annual Beaumont Buddy Walk

October 26, 2019 – 10 a.m.

Beaumont Event Centre Great Lawn
700 Crockett St., Beaumont, TX 77701
\$10 registration fee

The Buddy Walk is a one-mile walk in which anyone can participate without special training. It is an inspirational and educational event that celebrates the many abilities and accomplishments of people with Down syndrome. Whether you have Down syndrome, know someone who does, or just want to show your support, come and join the Beaumont Buddy Walk! It is only \$10 to register and each registrant gets a T-shirt. Come early to enjoy family friendly activities, including a bouncy house and music! For more information, contact The ARC of Greater Beaumont at 409-838-9012.

How a One-Page Description can help your child

The purpose of a One-Page Description is to capture what is important for the care of your child. A One-Page Description explains your child's personality, skills, interests, and preferences. You should give the One-Page Description to everyone who provides care and support to your child. It can be especially helpful to your child's teachers and during special education meetings. You can also give the One-Page Description to your child's primary care provider (PCP) and specialists.

Here are the categories included on a One-Page Description:

What people like and admire about me

This section discusses what people like about your child's personality. What qualities do people admire about your child? What are your child's strengths?

Supports I need to stay happy, healthy, and safe

This section describes the kinds of supports your child needs. For example, what kind of learning style helps your child the most? How does your child process information?

What is important to me

This section discusses what is important to your child. It can include interests, family, and friends. This information is important for care staff to know in order connect with your child and understand him or her from a patient-centered approach.

A good match for me

This section discusses the attributes and behaviors that should be present or absent when someone works with your child. This can include people your child would prefer to work with or how your child responds to feedback. This information is important to match your child with the best support person or for your current care staff to know what characteristics can help your child most.

See the example below to learn what a One-Page Description looks like. Then fill out the blank One-Page Description on the next page, cut or tear it out, and bring it with you to your child's school, her next doctor's appointment or, a special education meeting.

ONE-PAGE DESCRIPTION

What people like and admire about me

- Nice
- Friendly
- Hard worker
- Always does a great job
- Attention to detail
- Great listener

Supports I need to stay happy, healthy, and safe

- Writing down instructions
- Writing tasks in emails
- Learning through hands-on experience
- No learning "on-the-fly"
- Time to process information

What is important to me

- Working on a team
- Time with family
- Drawing
- Anime
- Watching TV
- Movies... Like Frozen

Name: Layla

A good match for me

- Friendly
- Likes talking
- Responds to feedback
- Likes personal space
- Does not like being touched

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TO BE CONTINUED...

ONE-PAGE DESCRIPTION

What people like and admire about me

Supports I need to stay happy, healthy, and safe

BAM!

What is important to me

My Picture

Name

Wow!

A good match for me



Texas Children's Health Plan

TO BE CONTINUED...

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