



SuperStars

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

STAR Kids members can get Extracurricular Activity Fee Assistance!

This exciting benefit provides up to **\$100 per year** for enrollment and access to any sport, physical, or arts activity program available to your child!

To learn more, you can contact STAR Kids Member Services toll-free at 1-800-659-5764. You can also visit www.texaschildrenshealthplan.org/what-we-offer/extra-benefits/healthy-play-and-exercise.



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Higher learning resources for students with disabilities

There are many options for students with disabilities to continue their education after high school. It is always recommended to discuss post-secondary (after high school) options during your child's annual Admission, Review, and Dismissal (ARD) meeting. Below is a list of colleges in Texas that have specialized programs for students with disabilities.

You can visit <https://thinkcollege.net> to find out more about these programs and to research other colleges that support students with disabilities.

Postsecondary Access and Training in Human Services (PATHS)

Texas A&M University
College Station, TX

The PATHS Certificate Program leads to a successful career as a Direct Support Professional General (DSP-G), a Direct Support Paraprofessional (DSP-P) or a Child Care Professional (CCP). This three-semester certificate program (including a 4-week summer program prior to the fall), offered at the Center on Disability and Development at Texas A&M University, prepares graduates for careers supporting people with disabilities and older adults.

VAST Academy

Houston Community College
Houston, TX

VAST Academy provides post-secondary (after high school) transition programs and comprehensive support services which lead to meaningful credentials, employment, and independence for individuals with intellectual and developmental disabilities on three campuses of Houston Community College. Opportunities include vocational certificates, pre-college and freshman success "bridge" courses, career readiness credentials, internships, and employment assistance.

E4Texas: Educate. Empower. Employ. Excel.

University of Texas at Austin
Austin, TX

E4Texas is for people who are 18 years and older and have graduated from high school, or have a GED, and want to be a Personal Care Attendant. The E4Texas experience combines classroom instruction with practical career building experiences in addition to independent living skills and self-determination.

STEPS

Austin Community College
Austin, TX

ACC's STEPS is an up-to 2-year program for adults with intellectual and developmental disabilities interested in gaining skills to enter the workforce or continue to develop their education. STEPS provides support to help adults achieve their goals. Working together with agencies and schools, we provide comprehensive supports through their entire two years leading towards increased independence and employability.

STRIVE

Alvin Community College
Alvin, TX

STRIVE is a 2-year college program for adults with intellectual or developmental disabilities. The program provides vocational training with the end goal of the student finding a job. This is not an accredited college degree program. Upon completing the program, each student will receive a certificate of completion. Students who have completed the program may also attend the graduation ceremony that is held in May.

Lee College Life Skills for Intellectually Disabled Students

Baytown, TX

Designed for the developmentally disabled adult to enrich and enhance adult life. This course provides students with a wide variety of skills, including functional skills in computer technology, basic math and reading, and leisure time activities. Students must be 21 years of age or older and NOT enrolled in public school. Beginners and/or returning students welcome. Pre-registration with Lee College Center for Workforce & Community Development is required before attending class.

Colorful Quinoa Salad

Ingredients:

| | |
|---------------------------------|--|
| 1 cup quinoa, dry | ¼ cup fresh red bell peppers, seeded and diced |
| 2 cups low-sodium chicken broth | 2 tbsp fresh green onions, diced |
| 2 tbsp lemon juice | 2 tbsp fresh red onions, peeled, diced |
| 2 tbsp red wine vinegar | ½ cup fresh cherry tomatoes, halved |
| 1 tsp fresh garlic, minced | 2 tbsp black olives, sliced |
| 1 ½ tbsp extra virgin olive oil | 2 tbsp feta cheese, crumbled |
| ½ tsp salt | 1 tbsp fresh parsley, chopped |
| ⅛ tsp ground black pepper | |

Quinoa is a nutritious whole grain that grows in South America. You can find it in the rice and pasta aisle or in the bulk foods section at the grocery store.

Directions:

1. Rinse quinoa in a fine mesh strainer until water runs clear, not cloudy.
2. Combine quinoa and chicken broth in a small pot. Cover and bring to a boil. Turn heat down to low and simmer until broth is completely absorbed, about 10-15 minutes. When done, quinoa will be soft and a white ring will pop out of the kernel. The white ring will appear only when it is fully cooked. Fluff with a fork. A rice cooker may be used with the same quantity of quinoa and water. Cover and refrigerate.
3. In a small mixing bowl, combine lemon juice, vinegar, garlic, olive oil, salt, and ground pepper to make dressing.
4. Combine red peppers, green onions, red onions, tomatoes, and olives in a large mixing bowl. Mix well.
5. Add dressing to vegetable mixture. Mix in cooled quinoa. Fold in feta cheese and parsley. Cover and refrigerate for about 2 hours. Serve chilled.

Source: USDA.gov



If your child is very selective with food or have 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.

How to sign up for the Texas Children's Health Plan Member Portal

The Member Portal is an online tool that helps you manage your child's health care information in one convenient spot. On the Portal, you can change your child's main doctor, keep track of appointments, access shot records, and much more!



Here's a step-by-step guide to signing up for the Member Portal.

1. Go to texaschildrenshealthplan.org, then click on "Member Login" at the top of the home page.
2. If you have a User ID and Password already created, type them in then click "Sign In."
3. If you do not have a User ID and Password, click on the word "here" near the bottom of the page.
4. If you are a Health Plan member, click on the first "here" next to "Members sign up."
 - To sign up and get access to the Portal, you must be 12 years of age or older, an authorized representative, casehead, or biological parent. Only one account allowed per household.
 - You will need to enter your member ID, last name, and birth date in MM/DD/YYYY format (for example: 01/31/2005). Then, click "Next."
 - If you get a Validation Error on the screen, click the "Back" button to type in the Authorized Representative's information. Click the "Cancel" button to end registration.

5. If you are an Authorized Representative (the parent or caregiver of one or more Health Plan members), click on the second "here" next to "Authorized Representatives sign up."
 - You will need to enter personal information, contact details, and create a User Name, Password, and security questions. Then, click "Submit."
 - If you are the Authorized Representative of more than one member, all members can be linked to the same account.
 - Once you submit your sign-up request, a manager will process it. All information entered must match the record on file in the Texas Children's Health Plan system. If any information does not match, you will get a call from a Health plan representative.
 - You will get two emails after signing up. The first email will tell you that your registration is pending approval. The second email will tell you if the registration is approved or denied.

Check out the next issue of Super Stars to learn more about using the Member Portal!

Want to go to a conference but need financial help? Ask for a stipend!

What is a stipend? A stipend is a set amount of money paid to cover the cost of services. It is similar to a scholarship.

If you are interested in going to a conference but need help to pay the registration fee or hotel and travel

expenses, be sure to ask the conference organizer if there are any scholarships available or if the organization has applied for "event stipend" funds from the Texas Council for Developmental Disabilities. The Texas Council for Developmental Disabilities (TCDD) has funds available for event stipends and grants to support individuals with developmental disabilities and family members to attend disability-related events in Texas. Organizations must apply for TCDD grants; individuals are not eligible to be direct recipients of these grants.

Check out these events and conferences in your area

Jefferson Service Area

The ARC of Greater Beaumont Parents' Night Out

April 5, May 17, and June 14, 2019

5 p.m. – 9 p.m.

4330 Westridge Lane, Beaumont, TX 77706

The ARC of Greater Beaumont offers fun activities for your children to participate in while you are enjoying your night out. The ARC offers a movie, playing, crafts, and sports equipment for your kids to play with. Dinner will be provided for the children. Please let The ARC of Greater Beaumont know of any food allergies your child has or any special requirements that they would need to know. This event is for children 12 and under with intellectual and developmental disabilities and their siblings. For more information or to register your child, please contact Joni Coptly at 409-838-9012, or register on the ARC's website at <https://www.arcofmbt.org>.

Harris Service Area

Explore Abilities Day: Learning for All Children

April 22, 2019

10 a.m. – 3 p.m.

Children's Museum of Houston

1500 Binz Street, Houston, TX 77004

Explore Abilities Day is an exclusive event for children with learning differences and their families. Designed in partnership with the Meyer Center for Developmental Pediatrics and Autism Center at Texas Children's Hospital, Explore Abilities gives families the opportunity to enjoy the entire Museum at their own pace and also participate in the special activities occurring that day.

Museum Story Guides have been created to help you and your child familiarize yourself with the Museum and its exhibits before your visit.

Admission is just \$5 per person. Children under one and Museum Members receive free admission. To register, please call Lydia Dungus at 713-535-7238. News outlets may attend and photograph this event.

Northeast Service Area

East Texas Down Syndrome Group

Longview, TX

Upcoming event: Spring Fling Picnic

Saturday, April 13

Check our website for more event details!

<http://www.etsdg.org/calendar.html>

Upcoming Conferences

Region 4 Partnering Up to Break Barriers Conference & Resource Fair

Saturday, May 18, 2019, 9 a.m. – 2:30 p.m.

Region 4 Education Service Center

7145 W Tidwell Road, Houston, TX 77092

For more information: Regional Coordinators Ana Esparza at 832-720-2152, aesparzaprnteam@gmail.com or

Celia Ulloa 832-720-2369, culloaprnteam@gmail.com

This year Partners Resource Network - TEAM Project Region 4 is partnering with Lighthouse Learning Center and Region 4 Education Service Center to bring the greater Houston area parents, professionals, and youth our annual conference and resource fair. This conference will include amazing special education sessions and local vendors. The information provided on this day will empower parents and youths in their role to become self-advocates.

8th Annual Conference for Hispanic Families Mindful Practices for a Mindful Life: Resources for Children with Special Needs

June 8, 2019, 8 p.m. – 3 p.m.

BakerRipley - Harbach Campus,

6225 Northdale, Houston, Texas, 77087

Call or email Toni Pompa-Rodriguez 713-957-1600, ext. 113 or toni@aogh.org

15th Annual Texas Parent to Parent Statewide Conference

June 21 and 22, 2019

Wyndam San Antonio Riverwalk Hotel, San Antonio, TX

The Texas Parent to Parent (TxP2P) Conference helps Texas parents learn how to deal with the unique issues and challenges they face on a daily basis in caring for their children. The two-day conference offers 50-60 different sessions within several tracks, each covering a different topic.

Parents, self-advocates, family members, caregivers, and professionals learn from each other as they continue their unique journeys caring for a child with a disability or a special health care need.

Special Features:

- 7 sessions in Spanish; Interpreters available for 3-4 other sessions
- Skilled child care: limited to 80 children
- Sibshop Program for siblings
- Peer to Peer Summit: 2-day conference within the conference for teens and young adults with and without disabilities
- Family Gathering: dinner & entertainment for the whole family where we can show off our kids
- Approximately 50 exhibitors

TxP2P will offer a special rate for hotel rooms at the Wyndam San Antonio Riverwalk Hotel but you will need to reserve your hotel room early because they go fast!

If you would like to go to the conference but cannot afford the conference registration fee or hotel and travel expenses, Texas Parent to Parent is offering stipends for families of children with disabilities to attend the conference. A stipend is like a scholarship that can provide funding to families to help pay the cost for travel and hotel expenses and the conference registration fee. Contact Texas Parent to Parent and ask for an application for a conference stipend to help with the cost of attending. For more information, contact TxP2P at 1-866-896-6001 or visit www.txp2p.org.



Get ready. Get set. Draw!

Your child could be one of the winning artists of the Texas Children's Health Plan 2019 T-Shirt Design Contest! Break out the crayons, markers, or colored pencils and have your child draw what Texas Children's Health Plan means to your family. We'll pick 6 winners and their designs will be printed on a Texas Children's Health Plan T-shirt! The winners will each get a special prize and have their drawings published in our newsletters and on our website and social media. Even if we don't choose your child's design, we appreciate every member's art work and would love to see your child's drawing in next year's contest!

The design contest is open to all active Texas Children's Health Plan members from kindergarten to 5th grade. Drawings should be on white, unlined, letter-sized (8 ½ in. by 11 in.) paper. Make sure your child's drawing includes our name, Texas Children's Health Plan, in it. Don't forget to write your child's name, age, grade, and Texas Children's Health Plan Member ID number on each drawing! The last day to enter the contest is April 15, 2019. Each contest winner will be notified by May 31, 2019.

Here's how to submit your child's drawing:

1. **By mail:**
Texas Children's Health Plan
Member Engagement Department
P.O. Box 301011, WLS 8366
Houston, TX 77230-1011
2. **Drop-off locations:**
 - The Center for Children and Women – Greenspoint or Southwest
 - Participating Boys & Girls Clubs of Greater Houston locations (drop off the drawing in a sealed envelope with your child's name written on it)

To learn more, visit texaschildrenshealthplan.org/tshirtcontest. **We can't wait to see your child's amazing art!**

NO PURCHASE NECESSARY. Subject to Official Rules available at www.texaschildrenshealthplan.org/tshirtcontest. Void where prohibited by law. Open to active Texas Children's Health Plan members in K-5th grade. Contest starts on 3/15/19 and ends 4/15/19. Winners announced May 2019. Submitted entries will remain the property of Texas Children's Health Plan.