

# SuperStars

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

TEXAS  
**STAR** Kids  
Your Health Plan ★ Your Choice

TEXAS  
Health and Human  
Services

SUMMER 2018

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## Abilities Expo Houston


**WHEN:** Friday, August 3 and Saturday, August 4, 11 a.m. to 5 p.m. and Sunday, August 5, 11 a.m. to 4 p.m.  
**WHERE:** NRG Center, Hall E

Imagine everything you need, all under one roof! For nearly 40 years, Abilities Expo has been the go-to source for the community of people with disabilities and their families, seniors, veterans, and healthcare professionals. Every event opens your eyes to new technologies, new possibilities, new solutions, and new opportunities to change your life. 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!



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# 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.
- **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.

Source: KidsHealth.org

# Spinach-avocado smoothie



## Here's what you need:

- 1 cup fresh spinach
- 1 cup non-fat, unsweetened yogurt
- 1 frozen banana
- ¼ avocado
- 2 tablespoons water
- 1 teaspoon honey

## Directions:

1. Combine yogurt, spinach, banana, avocado, water and honey in a blender.
2. Puree until smooth.
3. Enjoy!

## Notes:

This recipe can be modified by using kale instead of spinach and using stevia instead of honey.

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



- Spend some time swimming this summer.
- Remember to stay hydrated!

## Upper body strengthening exercises for wheelchair users

If you don't use a wheelchair, you can still do these exercises while sitting in a chair!

1. Holding a resistance band, sit up straight on your wheelchair. Hold the band in both hands in front of you, then stretch it as much as possible. After stretching the band as far as you can, bring your hands back to the relaxed position. Complete 3 sets of 12 repetitions.
2. Wrap your resistance band around your wheelchair's backrest, then take both the loose ends in your hands. Stretch the ends of the band as far as you can in front of you. Then relax your arms. Complete 2 sets of 12 repetitions.
3. Keeping your resistance band tied like in step 2, place your right hand on the arm of your chair. Reach across your middle with your left hand to grab the end of the band that is near your right hand. Keeping your right hand on the arm of your chair, stretch the band across your middle with your left hand. Complete 1 set of 12, then repeat with your left hand resting on the arm of your chair and your right hand pulling the band across your middle.

Source: [www.wecapable.com](http://www.wecapable.com)



# What is a Waiver Program?

Decades ago, the only place a family could access services for their child or adult with disabilities was a State Supported Living Center or what was called a “state school”. Now, Texas Waiver Programs enable a child or adult with disabilities to remain living with their family with support, or enable the adult to live independently or with others, by the state “waiving” (removing) the requirement that the child or adult must live in a State Supported Living Center to receive services.

“Waiver” has also become a term to describe state programs that provide extra or Waiver services for a child or an adult with disabilities that are accessed in the home or community including full Medicaid health-care benefits. They are named “waivers” because certain Medicaid requirements are waived or removed, like family income. All but one Waiver Program is based on just the child’s income. Your child’s income means any money that they personally have in assets, earn, or are paid – not the whole family’s income.

Your child or adult with disabilities may already be placed on a Waiver Program “Interest List” (waiting list). Are the letters CLASS or HCS familiar to you? Maybe you have gotten a phone call or letter every two years asking you if you would like your child or adult to stay on a Waiver program’s Interest List. If you are unsure whether or not your child or adult with disabilities has been placed on a Waiver Program Interest List, contact the state to find out your child’s placement on the different Waiver Programs Interest Lists.

**There are waiting lists for Texas Waiver Programs.** This can mean waiting up to 3 years for one Waiver Program, or up to 12 years for another. The wait time between signing up for a program and receiving services is why is it so important for families of children or adults with disabilities to call the state and sign their children up for the Texas Waiver Programs Interest List as soon as possible.

## Learn more about Texas Waiver Programs and how to sign up for the Interest List.

Starting in the fall, 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 List. 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 also look for more information on the topic in future issues of this newsletter. The state has a great website – created by parents, for parents – offering information on Texas Waiver Programs called Navigate Life Texas, which you can visit at [www.navigatelifetexas.org](http://www.navigatelifetexas.org).





# Check out these **events near you!**

## Attention Deficit Disorders Association, Southern Region (ADDA-SR)

is a parent organization for families of children with ADHD and adults with ADHD. Our mission is to provide a resource network, support individuals impacted by ADHD and related conditions, and to advocate for the development of community resources.

**See below for ADDA-SR meetings in an area near you!**

### ADDults

Meets 3rd Thursday of every month, 7 p.m.-8:30 p.m.

#### **Memorial Drive United Methodist Church**

12955 Memorial Drive, Room D 200

Contact: Martha Class, marthacla@me.com

### BAY AREA

Meets 2nd Tuesday of every month, 8 p.m.-9 p.m.

#### **Southwest Counseling Services**

1725 East Main, League City, TX 77573

Contact: Larna Loeckle, 281-513-8023

lloeckle@verizon.net

### CENTRAL HOUSTON

Meets 1st Tuesday of every month, 7 p.m.-9 p.m.

#### **St. Andrew's Presbyterian Church**

5308 Buffalo Speedway, Room 216

Contact: Caroline Hassell, 281-686-4191

cwillhas6623@sbcglobal.net

Call or email for code to get into the church.

### FORT BEND

Meets last Tuesday of every month, 6:30 p.m.-8:30 p.m.

#### **Sugar Land Baptist Church**

16755 Southwest Frwy, Sugar Land, TX 77479

Contact: Allison Schaberg, 713-360-9155

ftbendaddasr@gmail.com

### FORT BEND ADDA-SR

Teen Huddle: An ADD/ADHD support group for teens

Tuesday, August 28, 2018 6:30 p.m.-8 p.m.

#### **Sugar Land Baptist Church**

Room 207, 16755 Southwest Freeway

Sugar Land, TX 77479

### KATY

Meets 2nd Sunday of every month, 6:30 p.m.-8:30 p.m.

#### **St. Peter's United Methodist Church**

20775 Kingsland Blvd., Room S201

Contact: Laura Peddicord, 281-392-6064

laurapeddicord@comcast.net

### KINGWOOD / HUMBLE / ATASCOCITA

Meets one Thursday each month, 7 p.m.

#### **Good Shepherd Episcopal Church**

2929 Woodland Hills, Kingwood, TX 77339

Contact: Dr. Susan MacHugh, 281-812-3182

MrsQ123@aol.com

### NORTHWEST HOUSTON

Meets 2nd Tuesday of every month, 7:00 p.m.- 8:30 p.m.

#### **Foundry United Methodist Church**

8350 Jones Road, Houston, TX 77065, Parlor Room

Contact: Liz Jarvis, 281-352-9011

addaoffice@pdq.net

### THE WOODLANDS

4th Monday of every month, 7 p.m.-8:30 p.m.

#### **Fusion Academy**

1201 Lake Woodlands Drive, #4000

Contact: Judie Hunter, 832-259-1036

hunterassoc2011@yahoo.com

**PLEASE NOTE: We recommend that you call before attending any meetings as they may be moved to accommodate holidays. Many chapters do not meet in June, July, August, and December.**

### **Contacts available for resources and referrals:**

#### BEAUMONT AND SURROUNDING AREA

Barbara Beard: 409-291-9722

bbeard@beaumonttexas.gov

#### BRAZOS VALLEY

Karan Marko: 979-412-3768

brazoscleaning@gmail.com

#### GREGG/HARRISON COUNTY

Rachel Beard, 903-918-3935

rachelbeard41@gmail.com

#### TYLER

Suzanne Brians, 903-581-0933

suzannebrians@hotmail.com

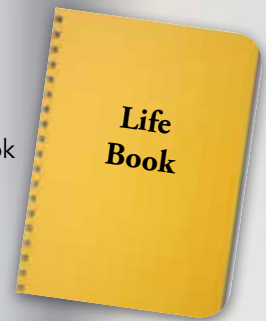
**For Spanish: Judy German, 926-293-9213, judy.german@gmail.com**



# Preparing for a new school year

## During the summer:

- Prepare a **"Life Book"** for your child, which is a collection of photos, list of activities, and work samples that accompany her from year to year to illustrate her life outside of school. A Life Book can provide new teachers, new members of the educational team, doctors, and hospital care teams insights about your child. It highlights the aspects of learning and growth that cannot be measured, while also serving as a guide to the values and activities of your family. To print a template for your child's Life Book, visit [www.TexasChildrensHealthPlan.org/Life-Book](http://www.TexasChildrensHealthPlan.org/Life-Book).
- Ask your child's pediatrician and/or specialists for a list of your child's medications and dosages to give to the school nurse for the new school year.



## During the two-week period before school starts, when school staff are required to report to school:

- Make an appointment to meet with your child's teacher to introduce yourself and discuss your child's I.E.P.s goals and objectives for the new school year. Ask the teacher to participate with you in a communication notebook that is sent home every day with your child and returned the next day. The communication notebook can contain daily activities that a parent needs to know such as:
  - seizure activity;
  - number of bowel movements or urine catheterizations;
  - length of time ankle foot orthotics were worn during the day; or
  - amount of food and liquids taken during the school day.
- Talk to your child's school nurse and update your child's current medical status including necessary medications and diet during school hours. Discuss emergency procedures and telephone numbers.
- Introduce yourself and your child to the school principal.
- Contact transportation and ask for the name of the driver who will be transporting your child to school and for the times that the bus will arrive to and from school.
- If your child needs the shortest bus ride possible due to a medical condition such as seizures, talk to the assigned Bus Barn Manager about the importance of your child having the shortest bus ride possible. If necessary, talk with your child's pediatrician about writing a doctor's note explaining the advisable length of time for a bus ride.

*Adapted from the article "The Book of My Life" featured in the Solutions Newsletter, a publication of the Foundation of Enoch-Gelband written by Terri Vandercook and Laura Medwetz.*

