

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

WINTER 2019

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STAR Kids members qualify for Sports Team Fee Assistance!

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

Turn to page 3 to learn more about extra benefits and services for your child!



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Stay healthy and stop the flu from bugging you



Flu season is here! The flu is a very contagious and serious illness caused by the influenza virus. It is more dangerous than the common cold because it can have serious complications. Children who have trouble with their muscles, lungs, or swallowing can have worse flu symptoms.

Here are some tips to stop the flu from bugging you.

- **Get your flu shot.** We encourage everyone six months and older to get vaccinated against the flu. This is especially important for children with chronic health conditions. If you have concerns about the flu shot, talk to your doctor! There are actually very few people who should not get the flu shot. Adult caregivers can dial 2-1-1 to find out information about flu shot options near you.
- **Wash your hands often!** Flu germs can be spread from your hands, or transferred to items like cell phones, that can make someone else sick. Scrub your hands for at least 20 seconds with soap and water. If you don't have a clock, sing the "Happy Birthday Song" twice while washing your hands. Alcohol-based hand washes work fine, too.
- **Cover your mouth and nose when you cough.** Coughing into your elbow is a trick to keep your hands clean if you don't have a tissue.
- **Stay home.** If you get sick, don't spread your germs. Stay home until you are well and steer clear of others who are sick.
- **Plan ahead.** Have some food to last several days for your family and pets. Ask your work, neighbors, or friends about options for child care. Check if it is possible to work from home if your child gets the flu.

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

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.

For more tips and some fun information, check out TexasFlu.org.

Remember: stopping the flu is up to you.

Mediterranean pasta soup

Here's what you need:

- 2 teaspoons olive oil
- ½ cup diced onion
- 1 ½ cups water
- 16 ounces chicken broth
- ½ teaspoon ground cumin
- ¼ teaspoon cinnamon
- ¼ teaspoon black pepper
- 1 can garbanzo beans (chickpeas), drained
- 1 can diced tomatoes
- ½ cup uncooked macaroni pasta
- 2 teaspoons chopped parsley

Directions:

1. Heat olive oil in large stockpot over medium heat. Add onion and sauté until lightly browned.
2. Add water and next 6 ingredients.
3. Bring to a boil, cover, and reduce heat. Simmer for 5 minutes.
4. Add pasta and cook additional 10 minutes, or until pasta is tender but not overcooked.
5. Stir in parsley. Ladle into bowls and serve.

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Try these healthy snacks!

- Flavored rice cakes
- Pudding made with skim or low-fat milk
- Celery sticks dipped in hummus

Extra benefits and services for your child

As a STAR Kids member, you already know that your child receives coverage for doctor visits, vaccines, prescriptions, hospital visits, and dental and vision. But did you know that you and your family also benefit from a variety of exciting extras, just for being a part of Texas Children's Health Plan? **Check them out!**

- **Sports Team Fee Assistance** – Up to \$100 per year, per member for enrollment and access to any sport/physical activity program available to your child.
- **School and Sports Physicals** – Annual physical from your primary care provider for members ages 5 to 19.
- **Caregiver Respite Care Services** – In-home respite services to relieve unpaid primary caregivers.
- **Parent Training Classes** – Texas Children's Health Plan educators offer classes for parents on a variety of topics, like healthy eating and understanding autism.
- **Extra Help Getting a Ride** – Texas Children's Health Plan can help you arrange transportation to doctor visits and checkups or offer your family a prepaid gas card.

- **Diabetes Gift Card** – Members 18 and older can get a \$20 gift card for completing each of the following: annual diabetic eye exam OR biannual HbA1c blood test (every 6 months) OR maintaining an under 8 HbA1c blood result every 6 months.
- **Help with Smoking Cessation** – If you are a tobacco-dependent parent of a Texas Children's Health Plan member, you can get up to \$75 a month for stop-smoking products if you agree to smoking cessation coaching.
- **Post Hospitalization Follow-up Visit Gift Card** – Complete a follow-up visit with your doctor within 14 days of your child leaving the hospital, and you can get a \$20 gift card!

To learn more, you can call STAR Kids Member Services at 1-800-659-5764.

Check out these events in your area

Northeast Service Area

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

Our goal is to provide support, encouragement, and resources in an informal, fun and relaxed atmosphere. M.O.M.S. is a place to meet other moms going through similar experiences. Meetings are held every month on a rotating schedule.

Athens

February 1, March 1, 11:30 am to 1:00 pm
Living for the Brand Cowboy Church
902 NE Loop 7, Athens, TX 75751

Longview

February 28, 11:30 am to 1:00 pm
Location TBD
March 28, 6:30 to 8:30 pm
Location TBD

Tyler

February 21, 6:30 pm to 8:30 pm
Location TBD
March 21, 11:30 am to 1:00 pm
Coyote Sam's Restaurant
5425 Old Jacksonville Hwy., Tyler, TX

For more information, please contact Teri Heller,
Respite Program Project Manager at 903-606-6255 or
theresa.heller@christushealth.org.

Harris Service Area

Special Education 101 Training

Presented by the ARC of Greater Houston's
Right to Learn Program

January 9, February 6, March 6, April 3, and May 8
11:00 am to 2:00 pm
The Harris Center
9401 Southwest Fwy, Houston, TX 77074
Cost: \$25

If you have financial difficulty, contact Irene Gonzalez at
irene@aogh.org or 713-957-1600 (ext. 118) for scholarship
assistance information.

For dates and times of Special Education 101 Trainings presented
in Spanish, contact Irene Gonzalez at the email address or phone
number above.

The ARC of Greater Houston offers a monthly Special Education
101 Trainings that give participants the tools to be great,
independent advocates for their children. Special Education 101
provides a great overview of the rights and laws that apply to
students with disabilities in public schools, the special education
referral process, district evaluations to determine eligibility,
ARD meetings, and the important factors to keep in mind when
creating special education plans. Register at AOGH.org or by
calling 713-957-1600.

**Want to go to a conference but cannot afford
the expense? Ask for a stipend!**

Northeast Service Area

Dads of Children with Special Needs Support Group

Dads of Children with Special Needs Support Group is for
fathers, grandfathers and male caretakers of children with
disabilities. It provides an opportunity for men to come together
over a meal and discuss the challenges of fathering special needs
children.

February 7, 7:00 pm
FD's Grillhouse
8934 S Broadway Ave #494, Tyler, TX 75703

March 7, 7:00 pm
Daniel Boone's
1920 E SE Loop 323, Tyler, TX 75701

To RSVP or for more information, contact
Peyton Stephens, Client Relations Director
Office: 903-509-3742 Cell: 208-867-7714
peyton.stephens@epichealthservices.com

Upcoming Conferences

Family to Family

14th Annual Conference & Resource Fair

January 26, 2019, 8:30 am to 1:30 pm
Houston Community College - Northwest Spring Branch
campus will be transformed into a roadmap of information &
resources on special education, transition, and other disability
issues for our 14th Annual Conference!

Houston Community College Spring Branch
1010 Sam Houston Tollway Houston, TX 77043
Registration Open Dec. 15!
<https://familytofamilynetwork.salsalabs.org/f2fconf2019>
Contact: conference@familytofamilynetwork.org
or call 713-466-6304

Mikey's Guide Annual Camp Fair

February 2, 2019, 9 am to 1 pm
Come and check out overnight summer camp options for your
child in 2019! There are several camps in Texas that serve kids
with all types of disabilities.

Memorial Drive United Methodist Church
12955 Memorial Drive Houston, TX 77079
<http://www.mikeysplace.net>
Contact: ingrid@mikeysplace.net or call 713-591-1965

Attention Deficit Disorders Association Southern Region 31st Annual Conference

Feb. 9th, 2019, Times TBD
This event is designed for families, mental health professionals,
educators, and adults with ADHD and related conditions.

Houston Community College West Loop Campus
5601 West Loop South Houston, TX 77081
For more information, email addaoffice@pdq.net
or call 281-897-0982.



Texas Medicaid Waivers:

The services each program offers

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 health care benefits. They are called “Waivers” because certain Medicaid requirements are waived or removed, such as counting the family’s income during the qualification process. Every Waiver Program except for one bases financial qualification on just the child’s income.

There are six Waiver Programs that include children with disabilities and the Waiver services are determined by the needs of the child’s disability, or primary disability if the child has more than one. Each Waiver program offers an array of services. All six Medicaid Waiver Programs provide:

- Respite hours (to give caretakers a rest or a break)
- Attendant hours for help in the home and community
- Adaptive aids, which are items or services necessary to help your child maintain function or to treat, rehabilitate, prevent, or compensate for conditions resulting in disability or loss of function
- Minor home modifications
- Employment assistance
- Supported employment
- Behavior support

There are services offered in some Waiver Programs, but not in the others. For example:

- Specialized Therapies such as massage or therapeutic horseback riding are offered by the **Community Living Assistance and Supported Services (CLASS) Program**, **Texas Home Living (TxHmL) Waiver** and the **Youth Empowerment Services (YES) Waiver**. These therapies are not offered in the **Home and Community Based Services (HCS) Waiver**.
- Small Group Homes (no more than 4 people) for supervised living or residential support services are offered by the **Home and Community Based Services (HCS) Program**. This can be a great option by the time your child becomes an adult and is working towards independence. However, this service is not offered by the **CLASS, YES, or TxHmL Waiver Programs**.

If you would like to learn more about the Texas Medicaid Waiver Programs on your own, the Texas Navigate Life website www.navigatelifetexas.org gathers helpful information created by parents, for parents.

Texas Children’s Health Plan will host STAR Kids Parent Training Classes on Medicaid Waiver Programs for children and adults throughout 2019. Be on the lookout for a postcard or Texas Children’s Health Plan website or Facebook post announcing a class near you!

To read our last articles on Texas Medicaid Waivers, go to www.texaschildrenshealthplan.org/news/newsletters to find past issues of the Super Stars newsletter.

Preparing for your child's annual ARD meeting

Admission, Review, and Dismissal (ARD) is a specific meeting for you to get together with your child's teachers and other support staff to write your child's Individualized Education Program (IEP). Here are some helpful hints and tips that will help you prepare for your child's ARD meeting. The following information can also help you find resources about the ARD process and understand who is invited to the ARD meeting.

1. Be on the lookout for an invitation to your child's ARD meeting. This is called a "Written Notice of the ARD Meeting."
 - This notice must be provided at least 5 days before to the ARD meeting. You have the option to waive the 5-day period. The school must make an effort to ensure your participation.
2. Double-check the proposed date, time, and location of the meeting that are listed on the invitation. If there are any issues, you can ask for a new date and time.
3. Double-check the purpose of the ARD meeting that is listed on the invitation. Make sure that the purpose describes the topic or topics you want to discuss with your child's school personnel (teachers and support staff).
4. Double-check the list of school personnel and community partners who have been invited to the ARD meeting.
5. There is a comments section at the bottom of your ARD invitation. You can use this section to make a request for the meeting. For example, you can:
 - Ask for copies of any evaluations that have been completed and will be discussed at the meeting. Review these and prepare questions for the ARD committee.
 - Request other teachers and support staff attend the ARD meeting if they are not already listed on the invitation.
 - Ask that the meeting's purpose be changed to match what you would like to discuss.
6. Review your child's Annual ARD Goals and Objectives from last year. Look for goals that you feel your child has accomplished and goals that are still in progress. Make a list of new goals that you feel your child can work for over the next school year and make copies to share with the ARD committee.
7. Request a "pre-ARD" meeting with your child's teacher to discuss your child's progress during the school year and develop new goals for the new school year.
8. If you can, try to bring the following to your meeting:
 - A fully charged cell phone so you can record the ARD meeting. You can also bring a tape recorder.
 - A friend for support, even if the friend does not know anything about Special Education.
 - Any updated medical summaries for your child.
 - A notepad to take notes and for submitting your written questions and requests, if necessary.
9. Look for trainings offered in your community that will help you learn how to advocate for your child in Special Education.
10. If your child is age 15 or above, prepare him or her to attend the ARD with you and how to talk about their needs with the ARD Committee.
11. If your child is age 15 or above, check if Community Agencies have been invited and will attend the meeting.