

hello DECEMBER

Medically Fragile Newsletter



December 2023 | Medically Fragile Case Management

Inside This Issue

- Pg.2** Preventing Seasonal Flu and Vaccine information
- Pg.3** Get your Free at home Covid Tests
- Pg.4** NM Finder Free Online Training
- Pg.5** Hilos and Weaving Colors
- Pg.6** Adaptive Ski/Snowboarding and Adaptive Climbing
- Pg.7** Special Olympics NM: Listening Session
- Pg.8** CDD Med Supply Swap
- Pg.9** Pre-Legislative session and Roundhouse Day
- Pg.10** CDD Library
- Pg.11** Parental Advocacy Special Education Night
- Pg.12** DDSAD Advisory Council Listening Sessions
- Pg.13** Sunset Little League Challenger Program
- Pg.14/15** HME Tip Sheets
- Pg.16** ANE Awareness
- Pg.17** DDSAD Wellness Visits
- Pg.18** Hero's Path Palliative Care
- Pg.19/21** PRO December Newsletter



Good Health Habits for Preventing Seasonal Flu

Avoid close contact.

Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.



Stay home when you are sick.

If possible, stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness.

Cover your mouth and nose.

Cover your nose and mouth with a tissue when you cough or sneeze, and throw the tissue in the trash after you use it. If no tissue is available, cough or sneeze into your sleeve/clothing.

Clean your hands.

Wash your hands often with soap and water; if soap and water are not available, and hands are not visibly soiled, use an alcohol-based hand rub.

Avoid touching your eyes, nose or mouth.

Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

[For more information click here](#)

NM Department of Health. (n.d.). Good Health Habits for Preventing Seasonal Flu. Influenza vaccinations. <https://www.nmhealth.org/about/phd/idb/imp/flu/#vaccination>

Do you need to find a place to receive your flu vaccine? Do you have an egg sensitivity or allergy? Do you need a shot geared to people 65 years and older?

Visit <https://stopflu.org/> and click on [locate your nearest vaccine](#) to find your specific vaccine options near you.

Albuquerque area- if you are interested in the possibility of homebound flu vaccines, please email Nichole and let her know.

Get Four Free At-Home COVID-19 Tests

Every home in the U.S. is eligible to order an additional 4 free at-home tests beginning November 20. If you did not order tests this fall, you may place two orders for a total of 8 tests.

Your order of COVID tests is completely free – you won't even pay for shipping.

<https://special.usps.com/testkits>



Before You Throw Out "Expired" Tests: Check [FDA's website](https://www.fda.gov) to see if your COVID-19 tests' expiration dates have been extended

<https://special.usps.com/testkits>

[FDA Website for expiration date check](https://www.fda.gov)



Learn about NM FINDER

Join the UNM Center for Development and Disability for a free online training where you will learn how to navigate NM FINDER, upload provider information, and upload your upcoming events.

TUESDAY, DECEMBER 19
1 - 2:30 P.M.

Zoom Link

NM FINDER is a disability-specific online resource directory.

Visit [NMFinder.org](https://www.nmfinder.org) today.



CENTER FOR
DEVELOPMENT
& DISABILITY

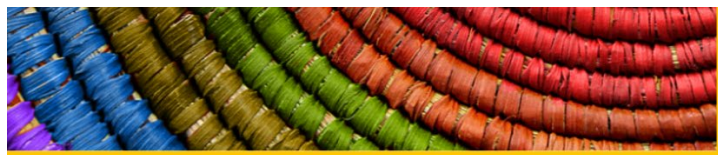
[Click Here for Zoom Link](#)

You are invited to join us for a very special event in December!

12/13/2023

1:00 PM-2:30 PM

Hilos Sobre el Autismo and Weaving Colors are collaborating to present, "Sharing a Diagnosis". A panel of family members from NM's Native and Latin communities will be talking about how to share a developmental disability diagnosis with family, friends, and the community. These discussions will include ways of building effective boundaries and support as they share their experiences in educating and creating a nurturing support system.



Hilos and Weaving Colors

Presents

Sharing a Diagnosis:

Explaining a developmental disability diagnosis to family, friends, and your community to build a lifetime of effective boundaries and support

Wed Dec 13th 2023

1 pm - 2:30 pm MT

Join us in welcoming a panel of family members from NM's Native and Latin communities as they share their experiences in educating and creating a nurturing support system



Hilos and Weaving Colors

Presenta

Compartir un diagnóstico:

Explicar un diagnóstico de discapacidad del desarrollo a familiares, amigos y su comunidad para construir una vida de límites y apoyo efectivos.

Miércoles

13 de Diciembre 2023

1 pm - 2:30 pm MT

Únase a nosotros para dar la bienvenida a un panel de familiares de las comunidades nativa y latina de Nuevo México mientras comparten sus experiencias sobre la educación y la creación de un sistema de apoyo enriquecedor.



HSC-AutismPrograms@salud.unm.edu



HSC-AutismPrograms@salud.unm.edu

Adaptive Ski and Snowboarding Athlete Registration Now Open

Multi-Week Program is FULL – Private Lessons are Available!

<https://www.adaptivesportsprogram.org/upcoming-events>



**Adaptive Climbing Event will be on
Friday, January 26, 2024.**

<https://www.adaptivesportsprogram.org/>

LISTENING SESSION #2 2023

We want to hear from you!



Special Olympics New Mexico: Listening Session

The discussion will take place via Zoom and will be 60 minutes.

Special Olympics New Mexico wants to hear from YOU about your experiences navigating the Healthcare system in New Mexico, and how to make our community healthier. Your feedback will help us improve services and better meet the needs of residents just like you.

Dec 17th
2023

5pm MST

Please email questions to
dari.goldman@conduent.com



Register Now:

<https://SONMListingSession2.eventbrite.com>



Special Olympics
Health
MADE POSSIBLE BY
FOUNDATION
Golisano



The mark "CDC" is owned by the US Dept. of Health and Human Services and is used with permission. Use of this logo is not an endorsement by HHS or CDC of any particular product, service, or enterprise.

Register Here

**Pre-legislative-session forum
Saturday, January 13, 2024
CNM Workforce Training Center
5600 Eagle Rock Avenue NE, Albuquerque**

The forum will include a morning plenary and afternoon breakout sessions covering issues that are expected in the legislative session and other topics of interest to the disability community. This will be a great opportunity to learn about issues affecting people with disabilities and their families, and to network with others in the disability community.

**Roundhouse Day
Tuesday, February 6, 2024
State Capitol Rotunda, Santa Fe**

At the Roundhouse, we'll gather in the Rotunda in the morning and everyone is encouraged to spend much of the day at the Capitol – meeting with legislators, touring the building, and watching the Legislature in action. And of course, it's a time to see old friends and make new ones!

We'll be sending out more information in the coming weeks. We hope you'll join members of the disability community from around New Mexico to learn about issues in the Legislature, make new contacts, and participate in policymaking that affects persons with disabilities.

We look forward to seeing many of you at the DRAD 2024 Pre-Session Forum and Roundhouse Day!

* * * * *

*The Disability Coalition is funded in part by the
New Mexico Developmental Disabilities Council
through Federal Program funding.
Additional funding is provided by
The Arc of New Mexico, Disability Rights New Mexico,
the Independent Living Resource Center, and New Vistas.*

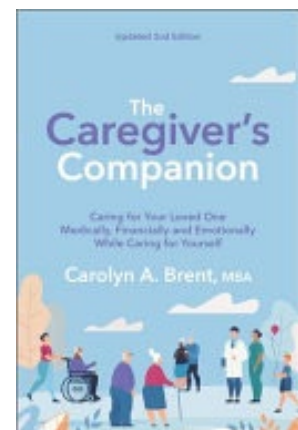
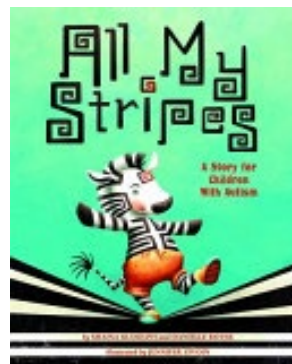
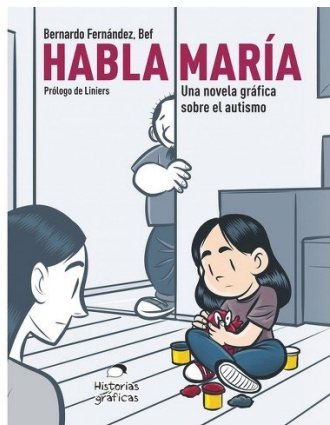
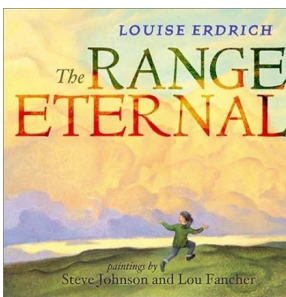


The UNM CDD Library is currently open for in-person appointments.

Can't make it into the library in-person? The UNM CDD Library can mail you items with a paid return shipping label, at no cost to you!

[Check out the virtual library here.](#)

HSC-InfoNet@salud.unm.edu
505.272.0281 / 844.231.5003





Parental Advocacy in Special Education Information Night



Time: 7:00 p.m.-8:00 p.m. Thursday

December 7, 2023: Advocating in School

January 4, 2024: The importance of Vision Statements

February 1, 2024: Advocacy and Policy Making

March 7, 2024: Dissecting the IEP-What Questions to Ask When...

April 4, 2024: SAT, 504's, and Evaluations: How to Request a Comprehensive Evaluation

May 2, 2024: Summer and Beginning of the Year Needs

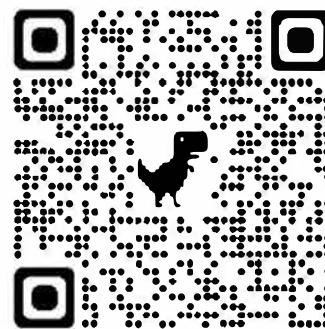
Please Join Us: Parental Advocacy in Special Education Night

Time zone: America/Denver

Google Meet

Video call link:

<https://meet.google.com/nmo-teoi-sbh>





The DDSD Advisory Council on Quality Executive Committee
presents:

ACQ LISTENING SESSIONS

2nd Thursday every other month from 9:00-10:00

Jan. 11, 2024

March 14, 2024

May 9, 2024

JOIN US VIA ZOOM

<https://us02web.zoom.us/j/6605544111>

Meeting ID: 660 554 4111

The meetings will be an open forum for anyone who would like to join us. Please come and share your thoughts, questions, concerns, suggestions, experiences, ect. on what is happening in the NM DD system.

Contact Wendy Corry, DDSD ACQ Admin. for more information
wendy@corryconsulting.com, 505-238-0047



PRESENTS...



Little League

Challenger

Sunset Little League's Challenger program is designed to provide an opportunity for individuals with intellectual and physical challenges to enjoy the benefits of Little League participation in an environment structured to their abilities.

Divisions Available:

Little League Division (ages 4-22)

Senior League Division (ages 15+)

REGISTER TODAY



Teams structured based upon ability not age, and dedicated companion volunteers participate with players, adding assistance when needed.

For Information:

(505) 249-0838

littleleagueinfo.sunset@gmail.com

SCT Contact Info:

Main SCT queue ----- \ ----- Direct: 505-449-2101
SCT Fax Line ----- \ ----- Direct: 505-340-2916
SCT Email: specializedcare@hmespecialists.com

Re-Supply order process:

It is advised that re-supply orders are placed 5-10 days in advance. This will give the SCT team enough time to resolve any challenges, that could delay delivery.

SCT team member must complete the following with every order:

- Confirm valid script is on file, that meets insurance requirements.
- Confirm current Auth on file. (when necessary)
- Confirm insurance is active.
- Confirm anniversary date and when new order can be dispensed. ***
- Confirm all needed item with member/care giver.
- Confirm no changes to address, phone, insurance, or physician.
- Key order in system and send to vendor for shipping. *Shipping cut off time 3

PM

***BCBS will not cover orders dispensed prior to anniversary date. Other insurances known to cover up to 5 days early, but not a guarantee. Reviewed on a case-by-case basis.

SCT Contact Info:

Main SCT queue Direct: 505-449-2101
SCT Fax Line Direct: 505-340-2916
SCT Email: specializedcare@hmespecialists.com

Afterhours & weekends:

- Dial main number 505-888-6500.
- Select option 9 from auto attendant.
- Provide emergency to afterhours representative.
- Reduced staff available.
- Can replace malfunctioning pump, but No local inventory of formula or most supplies.
- Can process Discharge order but is more challenging and could take longer to complete. *Recommended to provide all weekend discharges to SCT team during week.

Formula substitutions:

- SCT will not make any substitution without written direction from Physician.
- SCT can provide manufacture recommended substitutions to physician for approval.
- New script for formula substitution is required, prior to dispense.
- Once a substitution is provided, it will be the formula used for all re-supply moving forward, unless changed by physician/patient. (RX must be on file)

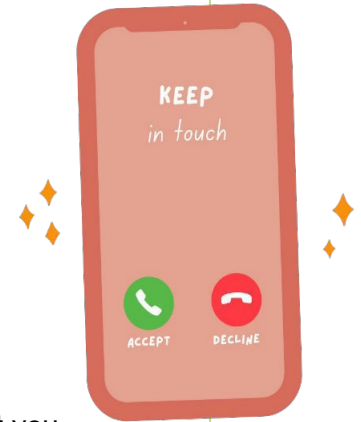
Just a gentle reminder.... please, please stay in touch. Help us, Help you!

A month can be a long time.

Please let your nurse case manager know if anything comes up between your monthly visits.

We **especially** need to know right away of the following:

- Hospitalization

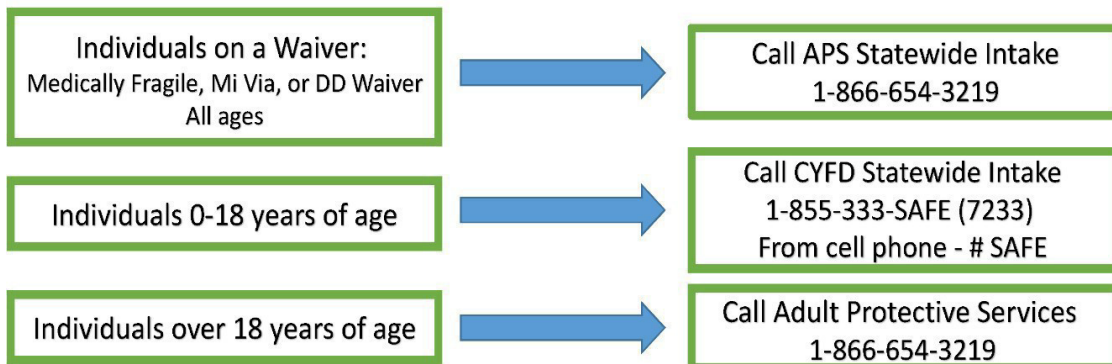


In the event of hospitalization and ER visits, we want to be there to support you. Please share with your hospital staff that your loved one is on the Medically Fragile Program. Please share your loved one's nurse case manager's name and number. We want to help make sure you have everything you need at discharge, so it is a safe, smooth transition home.

**ATTENTION! PHONE NUMBERS TO REPORT ANE HAVE CHANGED!!
PLEASE SEE NEW NUMBERS BELOW!**

ABUSE, NEGLECT, EXPLOITATION REPORT IT!

In Case of an Emergency call 911



Lines are open 24/7. You can request to remain anonymous and all information is kept confidential.

DDSD (The Developmental Disabilities Supports Division) WELLNESS VISITS UPDATE AND ONGOING PLAN

If you are on the waiver or apart of Mi Via, below are the key takeaways from the presentation that DDSD presented regarding their wellness visits and ongoing plan.

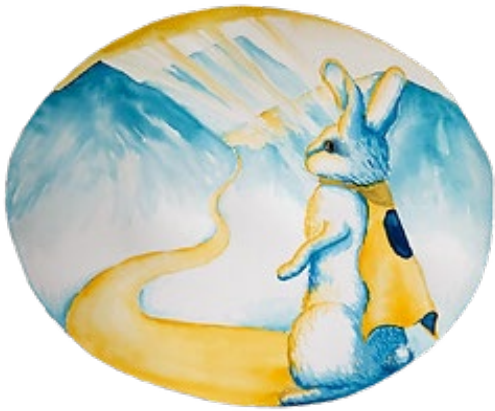
Key takeaways from the presentation are:

- DDSD has been doing and will continue to do wellness visits to individuals with new allocations
- DDSD will begin wellness visits with all other Waiver recipients beginning in October 2023, with plans to visit twice a year
 - More frequent visits may occur if necessary
- Visits will be announced and scheduled in advance, preferably one to two days in advance
 - Exceptions are if DDSD is having trouble accessing the individual/family, then they will coordinate a visit with the CM or MCO
- Visits will occur during the week and during business hours up to 7pm
 - Visits after hours or weekends will be done at the request of the individual/guardian
- All visiting staff will have badges to identify themselves
- All visit staff will have a mask available and if the family so requests them to, will wear it
- 911 will not be called for individual or guardian refusal to allow the visit, unless an immediate danger to the individual is evident
- The focus of these visits will be on the health and safety of the individual, to include a safe environment
- No head to toe body assessments will be completed
- These visits are an added safeguard to our visits and the State's responsibility to ensure the safety and wellness of Waiver recipients
- **Reporting:**
 - Call the Adult Abuse, Neglect and Exploitation Hotline at 866-654-3219.
 - OR
 - File a report online:
<https://hssnmprod.wellsky.com/assessments/?WebIntake=736C2553-66C1-4A51-9E51-43B5C129FB89>

There is a link below here that will take you to the presentation slides that were presented during the meeting if you want to look over them.

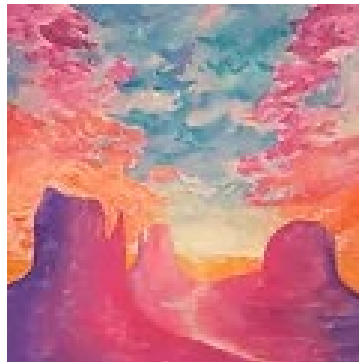
<https://acrobat.adobe.com/link/review?uri=urn:aaid:scds:US:5ecee10e-eae4-3353-a3c2-52ff4c673ea9>

DDSD HOME VISIT SAFETY CHECKLIST



Hero's Path Palliative Care

<https://www.herospathpalliativecare.org/>



One-on-One Family Support for Medical Trauma and Coping with Stress

Our team fosters healing and coping through Dr. Korie Leigh's services. Korie provide individualized support in one-on-one meetings with the child, siblings, parents, or the entire family through zoom, phone calls, or in-person (within a 100 mile radius of Santa Fe) to meet your specific needs.

We understand children with medical complexity often experience daily medical trauma with their care. Many families run the equivalent of an intensive care hospital unit in their homes causing siblings and parents to feel that trauma while living in an almost constant state of high stress due to the medical needs of their sibling/child.

Please reach out to learn more!

jenb@herospathpalliativecare.org



We want to invite you to come to the workshops and support groups we are having this month. We offer a variety of workshops to meet the needs of families and professionals across the state at no cost. If you are in need of sign language interpretation or any other assistance accessing the workshops, please call us when you register or at least a week prior to the workshop at (505) 247-0192.



19th Annual
Family Leadership Conference
Providing Real Opportunities

Register Today!



March 22, 2024
Embassy Suites
1000 Woodward Place NE,
Albuquerque, NM 87102

A promotional graphic for the 19th Annual Family Leadership Conference. It features the Parents Reaching Out logo at the top left, followed by the conference title and tagline. Below this is a large orange call to action "Register Today!". Underneath is a collage of four small photos showing people at a conference. At the bottom, the date "March 22, 2024" is prominently displayed in purple, followed by the venue name "Embassy Suites" in teal, and the address "1000 Woodward Place NE, Albuquerque, NM 87102" in teal.

Don't forget to register for the 19th Annual Family Leadership Conference!

When: March 22, 2024, 8:00AM-6:00PM
Where: Embassy Suites, Albuquerque, NM

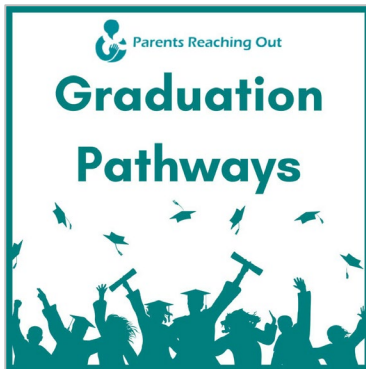
[Register](#)



Keeping it all Together, Record Keeping
Tuesday, December 5th 10AM – 11AM

Learn about record-keeping for your child's healthcare and education information. Learn how to organize and utilize these documents in advocating for your child.

Register



Graduation Pathways

Tuesday December 19th 4:30PM - 6:00PM

Learn about graduation pathways, diploma options for students with disabilities, in planning to meet graduation requirements and preparing them to achieve their post- secondary goals.

Register



**Support Reading at Home:
Activities to Encourage Successful Readers**
Friday, December 15th 10:00AM - 11:00AM

In this workshop, you will learn ways to support struggling readers at home, how to identify where your child is struggling and what you can do if you suspect your child can benefit from special education services.

Register



Virtual Parent Support Group, Connecting with families in NM

Wednesday, December 13th 10:00AM – 11:30AM

[Register](#)

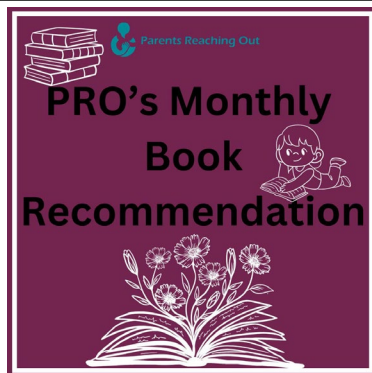


Grupo Virtual de Apoyo en Español Para Padres de Niños con Discapacidades

Miércoles 20 de diciembre 5:30PM - 6:30PM

El grupo de apoyo le proporcionará un lugar seguro para compartir sus experiencias y conectarse con otros padres. Le proporcionará un espacio para hablar sobre los éxitos, las frustraciones y las preocupaciones que enfrenta como padre de un niño con una discapacidad.

[Register](#)



I Am Not a Label: 34 disabled artists, thinkers, athletes and activists from past and present

by Cerrie Burnell

[Amazon](#)

Parents Reaching Out will be closed from Friday, December 22nd through Tuesday, January 9th, 2024, to allow staff time with their families during the holiday season.

We look forward to serving the community again starting Wednesday, January 10th, 2024!