



The Beacon



**The NC Family to Family Health Information Center
A project of The Exceptional Children's Assistance Center
Home to Family Voices of NC**

March, 2009



Volume 3, Issue 2

Welcome from the NC Family to Family Health Information Center (HIC)!

This monthly electronic newsletter is designed to provide parents with links, resources, information and activities of particular interest to the issues of children with special health care needs.

To be added or removed from "The Beacon" mailing list <mailto:hic@ecacmail.org>

It's Time to *March* into Leadership

We are offering a full day leadership institute for parents as leaders on impacting health care policy.

This exciting conference will provide you with everything you need to become involved on a local, state or national level on the health care issues that are important to you and your family. Please join us in Blowing Rock, NC, on March 21, 2009, from 9am-4pm. To view the full flyer please click on the link below:

[The Family Leadership Institute](#)

To register call (800) 962-6817 ext. 35

Previous Editions

Click on the month:

February 2009
January 2009
December 2008
November 2008
October 2008

The NC Family to Family Health Information Center

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Inside this issue:

Resources	2
Internet Links	3
Upcoming Events	4
Announcements	5
Lending Library	6



Lifeline for Parents: Resources for Families in Need

1. Government Benefits www.benefitscheckup.org
2. Food pantries <http://feedingamerica.org/>
3. LIHEAP (Low Income Home Energy Assistance Program) www.acf.hhs.gov/programs/ocs/liheap. Also ask your utilities company for a free energy efficiency evaluation.
4. Free eyeglasses www.neweyesfortheneedy.org/users/individuals.html
5. Free dental care for those w/ disabilities or the elderly http://nfdh.org/joomla_nfdh/content/view/24/47/
6. Housing Assistance HUD (Housing & Urban Development) www.hud.gov
Including:
 - avoiding foreclosure www.hud.gov/foreclosure
 - public housing authority www.hud.gov/offices/pih/pha/contacts
 - section 8 programs www.hud.gov/progdesc/voucher.cfm
7. Telephone Assistance www.lifelinesupport.org/li/low-income/lifelinesupport/browser
8. Angel Food Ministries <http://www.angelfoodministries.com/>
9. Department of Social Services <http://www.dhhs.state.nc.us/dss/local/index.htm>
10. NC 211 <http://www.nc211.org/>
11. Prescription Assistance Fact Sheet <http://www.ecac-parentcenter.org/education/documents/FactSheet18PrescriptionAssistancePrograms-2.pdf>
12. NC Free Clinics http://www.ncfreeclinics.org/Getting_Help_from_a_Clinic.aspx

Internet Links:



Topic	Link to Web Article Simply click on title to be taken directly to the web page! (Ctrl + click)
Children and Youth with Special Health Care Needs	<u>Family Support Network's Summer Camp Directory</u>
Just for You!	<u>Acronym Finder</u>
Monthly Health Topic: Brain Injury Awareness	<u>Brain Injury</u>
Financial Concerns Insurance Issues	<u>Prescription Assistance</u>
Medical Home NY Times article about NC!	<u>Medical Home</u>
Cultural Awareness	<u>Spanish Language Health Resources</u>
Mental Health Information	<u>Mental Health Community Toolkit</u>
Provider Issues Improving collaboration between caregivers and medical personnel	<u>Next Step In Care</u>
Families as Leaders	<u>Tips on Effective State Legislative Activity</u>

Upcoming Events:



- **March 3, 2009, 9:00am-1:00pm (Autism Awareness Seminar) Transition from Pediatric to Adult Health Care Fayetteville, NC**
- **March 5, 2009, 6:00pm-8:00pm How to be an Effective Health Care Advocate Huntersville, NC**
- **March 7, 2009, 10:00am-1:00pm Transition from Pediatric to Adult Health Care Mooresville, NC**
- **March 10, 2009, 6:00pm-8:00pm Transition from Pediatric to Adult Health Care Conover, NC**
- **March 21, 2009, 9:00am-4:00pm Family Leadership Institute, Parents as Leaders: Impacting Health Care Policy Blowing Rock, NC**
- **March 23, 2009, 7:00pm-9:00pm Navigating and Negotiating Developmental Disabilities Mooresville, NC**
- **March 25, 2009, 6:00pm-8:00pm Medical Home SPANISH Selma, NC**
- **March 28, 2009 9:00am-4:00pm (Parent Voice Conference) Transition from Pediatric to Adult Health Care Charlotte NC**



- **April 2, 2009, 6:00pm-7:30pm Transition from Pediatric to Adult Health Care Hendersonville, NC**
- **April 18, 2009, 11:00am-1:00pm How to be an Effective Health Care Advocate Sanford, NC**
- **April 28, 2009, 6:30pm-8:30pm Medical Record Keeping with a Care Notebook Selma, NC**

**Call us to schedule a workshop in your area!
(800) 962-6817 ext. 35**

We Need YOU!

Child Health Needs Assessment *Survey* for Families

State Title V agencies are required to conduct needs assessments every 5 years and to use the findings of the assessment to identify priorities and to guide resource allocation and program planning. The Title V Needs Assessment, a requirement of the Maternal and Child Health (MCH) Block Grant application, is a critical element of the MCH program planning process. Your response will be used in this process. Thank you!

Your opinion counts!

Click here: [SURVEY](#)

For more information on Title V agencies please click on the link below:

[Title V](#)



Respite Resource (Greensboro Area)

The Arc of Greensboro, in partnership with the Family Support Network of Central Carolina, announces a new Saturday respite cooperative for children with special needs, ages 3-8. This program is for families who do not have CAP (Community Alternatives Program) or other types of public funding for respite services. While there is no cost for this service, an adult from each participating family must volunteer approximately 6 Saturdays throughout the year. The program will be held at Starmount Presbyterian Church Preschool from 9:00am-noon on alternating Saturdays. Sibling Saturdays will be offered every other month so that brothers and sisters can also attend. Participating parents will attend an orientation and volunteer training session. If you would like to participate or get more information please contact Ginger Walton at gwalton@arcg.org or call the Arc of Greensboro at (336) 373-1076.





Visit our website for:

- fact sheets
- online learning
- workshop schedules and much more!

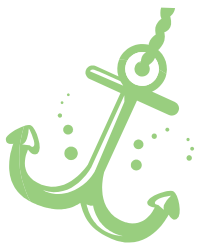
www.ecac-parentcenter.org

Lending Library

The NC Family to Family Health Information Center is adding health and disability specific books to the lending library at The Exceptional Children's Assistance Center. Our library has over 2,000 books which are available to NC parents at no charge. To borrow a book or other library item, please call Shandra Umazar, ECAC's librarian at **(800) 962-6817 ext. 13**.

Health Related Books Added This Month:

- ***Navigating Your Health Benefits for Dummies*** by Charles M. Cutler, MD,MS and Tracey A. Baker, CFP
- ***Building Strong Voices*** (VHS) from the Parent Leadership Development Project at the Franklin Porter Graham Child Development Center, University of NC at Chapel Hill.



The purpose of the e-letter is to assist families and the professionals working with them to better understand issues and resources related to health care for children and youth with special needs so that they may make informed choices. Funding comes in part from grants from CMS and HRSA. The views and opinions herein do not necessarily reflect views or policies of CMS, HRSA, The NC Family to Family Health Information Center, or The Exceptional Children's Assistance Center.
