



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**

September, 2009



Volume 3, Issue 8

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>

Family Leadership Institute Parents as Leaders - Impacting Health Care Policy

Conference Date: November 14, 2009

Time: 9am - 4pm

Location: Orange United Methodist Church

1220 Martin Luther King Jr. Blvd.

Chapel Hill NC

Registration is now open to NC parents of children with special health care needs. Learn the qualities of a leader, health care systems in NC and how you can make a difference in health care policy. Breakfast, lunch, snacks and all materials provided at no charge! Co-sponsored with the Family Advocacy Network. Call today to register: **800-962-6817 ext. 35.**

Previous Editions

Click on the
month:

August 2009
July 2009
June 2009
May 2009
April 2009

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Avoid the Flu!

Resources to keep your family healthy this flu season



Helpful websites about the H1N1 flu:

- H1N1 Webcast

Know what to do about the flu with a web cast for parents and child care providers. Learn how to prevent or reduce the spread of the flu with experts from the Centers for Disease Control and Prevention (CDC) and the Administration for Children and Families at the U.S. Department of Health and Human Services. H1N1 Preparedness web cast is available anytime by visiting: <http://www.flu.gov/livewebcast.html>

Also, be sure to visit the home page for a wealth of information: www.flu.gov

- Know what to do about the flu

Centers for Disease Control and Prevention. www.cdc.gov/H1N1flu

- Talking to Children About the Flu: A Parent Resource

The National Association of School Nurses has partnered with the National Association of School Psychologists (NASP) and the National Parent Teacher Association (NPTA) to develop and disseminate a [handout for parents](#) about talking to their children about H1N1. The document is also available in [Spanish](#).

- NC Flu Preparedness

Includes video clips, multiple links and documents available in both English and Spanish. <http://www.epi.state.nc.us/epi/qcdc/fluhome.htm>.

- Say Boo to the Flu!

Prevention tips, vaccination events, posters, brochures, audio commentary and how to teach kids about germs. www.sayboototheflu.com.

- Clean Up the Classroom!

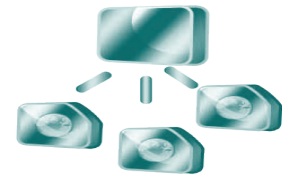
Tools for teachers and pointers for parents including germ buster games to help you teach you teach children how to play "keep away" from germs.

www.cloroxclassrooms.com/cleanup.php.

Internet Resources:

September is Emergency Preparedness Month: Prepare, Plan, Stay Informed

- Watch a video about preparing for emergencies for Americans with disabilities and special needs: <http://www.ready.gov/america/about/flash/movie14.html> To download transcript: <http://www.ready.gov/america/about/flash/movie14.txt>
- Find emergency preparedness and response resources in NC at: <http://www.ready.gov/america/local/nc.html>
<http://www.readync.org/>
- Effective Emergency Management: Making Improvements for communities and people with disabilities



The National Council on Disability (NCD) has released a report calling on federal, state and local authorities to make sweeping changes in emergency management practices for people with disabilities. This report assesses scientific studies of preparedness, response, recovery, and mitigation efforts, and recommends practical, policy, and research initiatives that would maintain and expand this promising momentum. For more information go to <http://www.ncd.gov/>

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- Complex Child is a monthly online magazine written primarily by parents of children with special healthcare needs and disabilities. <http://www.complexchild.com>
 - NC Health Info is an online guide to web sites of quality health and medical information and local health services throughout North Carolina. Designed to meet the needs and interests of North Carolinians, NC Health Info leads users to resources that are reliable and easy to understand. Links on NC Health Info are selected and maintained by North Carolina librarians. www.nchealthinfo.org
 - The Centers for Disease Control has created a Parent Portal to help parents find information to give children healthier, safer lives. <http://www.cdc.gov/parents/>
 - NC Division of Mental Health, Developmental Disabilities and Substance Abuse Services Implementation Updates. September 14, 2009 contains community support updates: <http://www.ncdhhs.gov/mhddsas/servicedefinitions/servdefupdates/index.htm>
 - NC Medicaid Eligibility Chart: <http://www.ncdhhs.gov/dma/medicaid/basicmedelig.pdf>
 - MomsRising's [Healthcare Blog Carnival](#) is a collection of interesting, useful stories and analysis on health care reform, particularly those that focus on the impact of reform on children and families.

Upcoming Events:



NC Family to Family Health Information Center Workshops:

- September 22, 2009, Health Care Transition: From Pediatric to Adult Health Care 6:30-8:00pm New Bern, NC
- September 28, 2009, Health Care Transition: From Pediatric to Adult Health Care 6:30-8:30pm Davidson, NC



- October 2, 2009, Health Care Transition: From Pediatric to Adult Health Care 11:00am-1:00pm Wilkesboro, NC
- October 13, 2009, Public Health Programs 2 12:00-1:00pm Hendersonville, NC
- October 22, 2009, Public Health Programs 1 6:30-8:00pm Hillsborough, NC



- November 2, 2009, Health Care Transition: From Pediatric to Adult Health Care 6:00-8:00pm Asheville, NC
- November 10, 2009, Prescription Assistance Programs 12:00-1:00pm Hendersonville, NC
- November 14, 2009, **Family Leadership Institute** 9:00am-4:00pm Chapel Hill, NC

Call us to schedule a workshop in your area!

(800) 962-6817 ext. 35

Visit our website for a complete list of training and events in your area:

<http://www.ecac-parentcenter.org/training/training.htm>

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:

- *Your Child and Health Care: A "Dollars & Sense" Guide for Families with Special Needs* by Lynn Robinson Rosenfeld
- *Enhancing Collaboration Between Primary and Subspecialty Care Providers for Children and Youth with Special Health Care Needs* by Richard C. Antonelli, MD

Visit our website at:

www.ecac-parentcenter.org



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 Health Resources and Services Administration (HRSA). The views and opinions herein do not necessarily reflect views or policies of HRSA, The NC Family to Family Health Information Center, or The Exceptional Children's Assistance Center.
