



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**

November, 2009



Volume 3, Issue 10

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>

November is National Diabetes Awareness Month!

Please visit the American Diabetes Association website for local events such as workshops and health fairs. This site also has recipes, myths and facts, ideas for living with diabetes, a food and fitness section which includes "Surviving the Holidays" and a toll free call center or online chat link.

Click here: [American Diabetes Association](http://www.american-diabetes-association.org)

You might also want to check out the Juvenile Diabetes Research Foundation International website which includes sections for the newly diagnosed, emergency forms and traveling with diabetes.

Click here: [Juvenile Diabetes Research Foundation International](http://www.jdrf.org)



Previous Editions

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| August 2009 |
| July 2009 |
| June 2009 |

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Internet Resources:

H1N1 Flu

Family Voices continues to maintain an H1N1 page weekly with up-to-date information and resources. Click: [Family Voices H1N1](#)

The Centers for Disease Control and Prevention (CDC) is offering a brochure for parents titled, *Seasonal and 2009 H1N1 Flu: For Parents Who Have Children or Adolescents with High-Risk Medical Conditions*. Click: [CDC Parent Brochure](#)

Immunization Resources

Vaccination information available in multiple languages provided by the Immunization Action Coalition. Click: [Immunizations](#)

FREE Gas?!?

Free Gas USA is a non profit organization now accepting applications for grants to individuals to help with the purchase of gasoline for personal use. Click: [Free Gas](#)

Holiday Survival Kit

About.com provides parenting tips and has a holiday survival kit for children with special needs. Click: [About.com](#)

Consumer Health Information Request for Information

The National Institutes of Health (NIH) is seeking information from you! A directive from President Obama calls for greater transparency, public participation and collaboration. As a health consumer, make your voice heard. Click: [NIH](#)

Safer Health Care for Kids Program

The Safer Health Care for Kids program is designed for physicians, allied health professionals, administrators, parents, and caregivers, who share a commitment to ensuring a safe health care environment for infants, children, adolescents, and young adults. Brought to you by the American Academy of Pediatrics (AAP). Click: [AAP](#)

Advocacy Tips

12 advocacy tips for parents when your child requires hospital care. From US News. Click: [Tips](#)

How to Find a Pediatrician

Find a pediatrician when your child has complex medical needs and/or a disability. From Complex Child E-Magazine. Click: [Pediatrician](#)

Announcements:

News from the North Carolina Council on Developmental Disabilities

3801 Lake Boone Trail, Suite 250,

Raleigh, North Carolina 27607

(919) 420-7901 phone (919) 420-7917 fax

Highly regarded, no cost, advocacy training focusing on bettering the lives of people with disabilities seeks to enlist members for its 2010 class.

Those interested in the 2010 Partners in Policymaking training program, funded by the North Carolina Council on Developmental Disabilities, must apply by **December 1, 2009**.

People with disabilities and their family members may be eligible to participate in an internationally recognized leadership program that provides training in how to influence public policy and advocate for systems change. The 2010 Partners in Policymaking program, with sessions in Raleigh, will begin in late February, but all who wish to participate must submit their applications no later than December 1, 2009.

Participants in Partners include adults with intellectual and/or developmental disabilities, and parents of young children with disabilities. All of the eight sessions are held in Raleigh, beginning at noon on Saturday and continuing through until 3:30 p.m. Sunday. Those taking part stay at the meeting hotel to facilitate attendance at all of the sessions and events. The Partners program receives funding from the North Carolina Council on Developmental Disabilities and so there is no cost to participants for the program itself, travel, or accommodations.

For further information regarding eligibility for the program, contact Freida Moore at the North Carolina Council on Developmental Disabilities, 1-800-357-6916 toll-free, or at 919-420-7901, ext. 223 or she may be e-mailed at Freida.Moore@ncmail.net. Applications can be downloaded from www.ncpartnersinpolicymaking.com Completed forms are to be returned to NC Partners in Policymaking, 3801 Lake Boone Trail, Suite 250, Raleigh, NC 27607.



Upcoming Events:



Transitioning from Pediatric to Adult Health Care FREE Parent Webinar and Mentorship Webinar

For those of you that have been unable to participate in the workshops offered across the state, we will be providing this important training via webinar!

Parent Webinar Wednesday December 16, 2009, 12:00pm-1:00pm:

- What is transition?
- How can I plan for transition?
- What are the ages/stages of transition?
- What is the medical provider's role?

Please register by Monday December 7, 2009, so we will have time to mail materials to you.



Mentorship Webinar Thursday December 17, 2009, 12:00-1:00pm:

For those families that have participated in the parent training and wish to mentor other families.

- Learn strategies to become a mentor to other parents in your community.
- Be able to identify health resources in your community.
- Develop an ACTION PLAN.
- Plan your very own workshop (with our support!)

Please register by Monday December 7, 2009, so we will have time to mail materials to you.

To register please call (800) 962-6817 ext. 35 or email: hic@ecacmail.org and leave your name, daytime telephone number and email address.

FREE Conference Call Series

Community Partners Conference Call Series begins again in January. Our monthly calls are for parents of children and youth with special health care needs and the professionals that serve them. These topical calls are scheduled mid day for your convenience and cover a broad range of issues you may have questions about. Look for the complete topical call series schedule in the December edition of "The Beacon".

Our first call will be on **January 14th from 11am-12pm**. This topical call will explain how to "Qualify for Medicaid Using a Deductible". For the toll free call in instructions and registration please call (800) 962-6817 ext. 35 or email hic@ecacmail.org.





NAMI Basics is a free 6-week class that was designed specifically for parent and caregivers of children/adolescents living with mental illness. Currently NAMI has 3 classes scheduled for January in 3 different areas.

NAMI Alamance/Caswell/Rockingham:

Tuesday evenings—Time to be announced January 12 - February 16th, 2010

Peoples Memorial Church

247 NC 87, Burlington, NC

Contact: for more information on this class:

Dixie Branch dbranch@branchrs.com

Judy Watson jwatson1@triad.rr.com

NAMI Wake:

Saturdays—9:30AM—12:00PM January 9 - February 13, 2010

\Wake Commons Building

4011 Cary Drive Raleigh, NC

Contact: for more information on this class:

Cynthia Daniels-Hall DANIELSHALLC@aol.com

NAMI Pitt:

Saturdays— 10:00AM—1:00 PM January 23 - February 27, 2010

Hope Station Wellness City

2407 S. Memorial Drive Greenville, NC 27834

Contact: for more information on this class:

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:

- *In Sickness and in Play: Children Coping with Chronic Illness* by Cindy Dell Clark
- *Living with Spina Bifida: A Guide for Families and Professionals* by Dr. Adrian Sandler

COMING SOON

- December 8, 2009, 12pm-1pm Hendersonville NC "How to be an Effective Health Care Advocate". Workshop. **BONUS** material: "What to do When Services End".
- December 16, 2009, 12pm-1pm "Transitioning from Pediatric to Adult Health Care" Webinar. Please register by Dec. 7th.
- December 17, 2009, 12pm -1pm "Transition Mentorship Training Program" Webinar. Please register by Dec. 7th. Regular Transition workshop is needed before the mentorship training.
- January 14, 2010, 11am-12pm Community Partners Conference Call "Qualify for Medicaid Using a Deductible". Please register by Jan. 11, 2010.
- January 28, 2010, 6:30pm-8:30pm "Transitioning from Pediatric to Adult Health Care" Workshop. Jamestown NC. Please register by January 15, 2010.

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>

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 a grant from the 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.
