

# July

Medically Fragile

# Newsletter



July 2023 | Medically Fragile Case Management Program |



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## The Human Services Department (HSD) wants to help

Have questions about the Medically Fragile Waiver?

Have concerns about Medically Fragile Waiver services?

Want to share a success story of services you've received through the Medically Fragile Waiver?

★ Contact HSD's Medically Fragile Waiver team by emailing - ★

[MFWaiverHSD@hsd.nm.gov](mailto:MFWaiverHSD@hsd.nm.gov)

Looking at a transition to Mi Via?

Have questions or concerns about Mi Via services?

Contact the Mi Via Waiver team at HSD by emailing - [MVWaiverHSD@hsd.nm.gov](mailto:MVWaiverHSD@hsd.nm.gov)

*Having trouble accessing email, but have questions, concerns, success stories to share?*

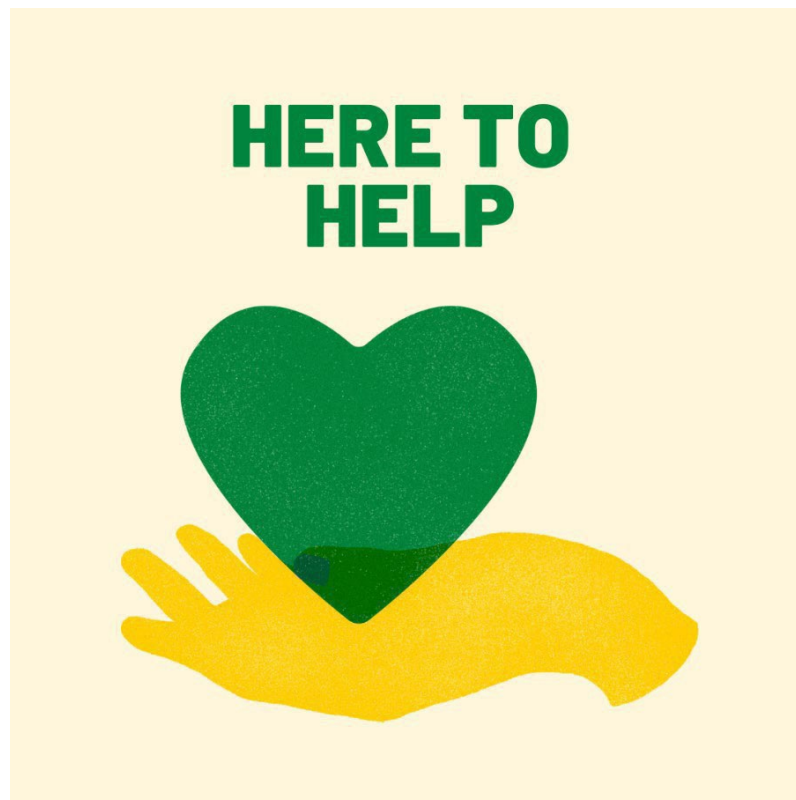
*Contact Deanna DeHerrera*

*Mi Via & Medically Fragile Waivers Staff Manager*

*Exempt Services & Programs Bureau*

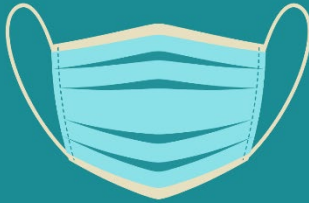
*Monday 7:30-4:30pm, Tues-Fri 7:30am to 4:00pm*

*Cell 505-629-7260*



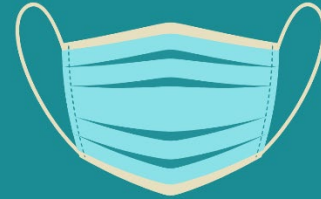


# ATTENTION!



Beginning on 7/10/23 Masks will NO longer be required by the Medically Fragile Case Management staff for face to face visits!  
Masks will only be worn during visits if the family requests it, or the RN Case Manager does so on their own accord.

# ATTENTION!



A partir del 7/10/23, el personal de administración de casos médicamente frágiles ya NO requerirá máscaras para las visitas en persona.  
Las máscaras solo se usarán durante las visitas si la familia lo solicita o si el administrador de casos de RN lo hace por su propia cuenta.

## Med Frag Families!

Based on current COVID trends, masks will no longer be required by MFCMP staff for face to face visits beginning 7/10/23.

The exceptions are if families request the RN Case Manager to mask, then the RN Case Manager will mask during visits.

Also, if the RN Case Manager prefers to remain masked, they may do so at any time.

Due to our vulnerable population, we will continue to take necessary precautions, up to rescheduling the visit, if concerns for illness exist.

Según las tendencias actuales de COVID, el personal de MFCMP ya no requerirá máscaras para las visitas presenciales a partir del 10/7/23.

Las excepciones son si las familias solicitan que el administrador de casos de RN se enmascare, entonces el administrador de casos de RN se cubrirá durante las visitas. Además, si el administrador de casos de RN prefiere permanecer enmascarado, puede hacerlo en cualquier momento.

Debido a nuestra población vulnerable, continuaremos tomando las precauciones necesarias, hasta reprogramar la visita, si existen preocupaciones por enfermedad.

# YOUR HEALTH IS OUR PRIORITY

Medicaid and SNAP Renewals are back!  
Do you still qualify? Can we help?



Maintain Medicaid - <https://renew.hsd.nm.gov/>

In response to the COVID-19 public health emergency, the federal government did not require people to renew their Medicaid or SNAP.

Due to new federal laws and guidelines, everyone will now need to renew their Medicaid and SNAP eligibility when they are notified.

How to renew:

Make sure your contact info is correct. The New Mexico Human Services Department will need your current contact information to send your Medicaid renewal packet when it is time for you to renew.

If you do not renew your eligibility, you will lose your Medicaid benefits.

Online tips:

- The fastest way to update contact information is through [online chat](#).
- The fastest way to renew is online by signing in at [www.yes.state.nm.us](http://www.yes.state.nm.us)
- If you forgot your username or password, click Forgot User ID or Password and follow the instructions to reset.
- If you have previously signed in to [yes.state.nm.us](http://yes.state.nm.us) do not click the Create an Account button. This may result in a duplicate account, and you will need to call 1-800-283-4465 to update your account before you can renew online.
- If you do not see a renew button when you sign in at [yes.state.nm.us](http://yes.state.nm.us), you will need to call 1-800-283-4465. Your account may need to be updated before you can renew online.

<https://renew.hsd.nm.gov/qas/>

**Important:** If you previously qualified financially for Medicaid, but no longer qualify, or are at risk of losing Medicaid due to a change in financial status, please contact your Medically Fragile RN Case Manager. They can explore options available to maintaining your child's Medicaid.

**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
- ER visits
- Changes in address and/or telephone number



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.

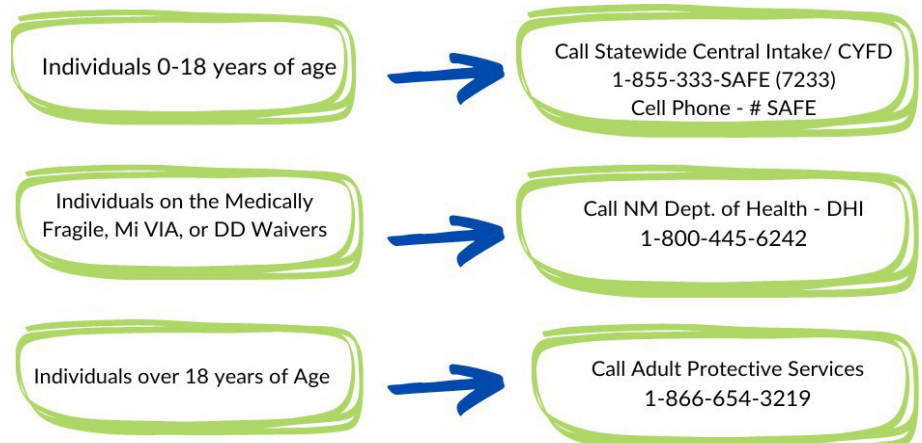
Please share your loved one's nurse case manager's name and number.

**We want to help make sure you have everything you need at discharge, so it is a safe, smooth transition home.**

## ABUSE NEGLECT EXPLOITATION REPORT IT!

In case of an Emergency call 911

*Remember to report any suspected abuse, neglect, or exploitation!*



*Lines are open 24/7. When you call the numbers above, you can remain anonymous and all the information is kept confidential.*

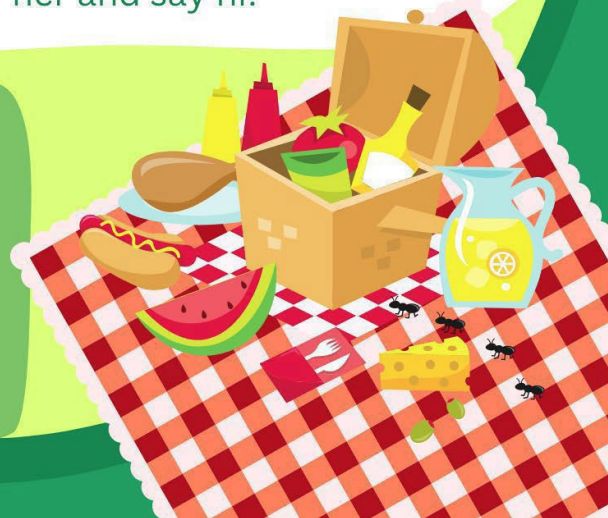
2441 A Park Above Ct SE,  
Rio Rancho, NM, United  
States, New Mexico

# Picnic in the Park

**SATURDAY, JULY 29TH**  
9 AM - 2 PM A Park Above

Please come join us for a celebration at the park before school starts! Our former Program director Christy Barden, who just retired in December after 36 years with the program, will be at the event, come say hi, write her a note in her scrapbook and feel free to bring a picture to put in her book as well. Ann Marie our new program director will also be at the event so come meet her and say hi!

We will provide water and popsicles, but please feel free to bring any other drinks or snacks to share! There is a splash pad as well, so bring anything needed for that!





# MEd Supplies and Equipment SWAP PARTY

22  
JULY  
SATURDAY

Hosted by Christina G.

ADVOCACY PARTNERS  
3150 CARLISLE BLVD NE SUITE 201  
ALB. 87110  
1PM-5PM



COME DOWN TO GRAB ANY ITEMS YOU  
WOULD LIKE TO TAKE HOME WITH YOU,  
AND BRING ANY MEDICAL SUPPLIES OR  
EQUIPMENT YOU NO LONGER NEED FOR  
ANOTHER FAMILY TO USE!

# Open by Appointment!

As of July 1, 2023, the UNM CDD Information Network Library is open by appointment.



EMAIL OR CALL TO BOOK YOUR APPOINTMENT TODAY.

 [hsc-infonet@salud.unm.edu](mailto:hsc-infonet@salud.unm.edu)

 505.272.0281

## INFORMATION NETWORK LIBRARY

Available by appointment, our library is free and open to all New Mexicans. We house the most extensive disability-specific collection of hard copy and e-materials in New Mexico.



### OUR LIBRARY RESOURCES & SERVICES INCLUDE

- On-site Services by Appointment
- New Patron Registration & Book Check Out
- Research Assistance & Homework Help
- Free Mailing & Return Shipping of Materials
- Cloud-based and Cell-friendly eLibrary Catalogues
- Specialized Disability Collections on Topics such as ASD, Deaf/Blind, Dyslexia, Down Syndrome, Early Childhood, Education & Employment, Native Topics, Self-Advocacy, and More!
- Hojas de Consejos en Español

### New to the CDD Information Network Library?

We're here for you! We are open to any resident of the state of New Mexico. You can sign up for a library card today. Why get a library card? It's the best way for us to help you access everything we have to offer. Have questions about getting a library card? Contact us today at [hsc-infonet@salud.unm.edu](mailto:hsc-infonet@salud.unm.edu) or 505.272.0281.



2300 Menaul Blvd NE  
Albuquerque, NM 87107





NEW MEXICO

# Early Childhood

Education & Care Department

## FAMILY NUTRITION BUREAU

### Is Your Child Eligible?

Meals are available to all children regardless of race, color, national origin, sex, age or disability. No application or registration is required for children to participate.

Here are 2 links to help you find free meals for this summer across the state.

<https://summerfoodnm.org/>

<https://www.cabq.gov/family/crei/youth-food-service-program>



MEMBER OF  
**FEEDING\***  
AMERICA

### FOOD ASSISTANCE NEAR YOU

Roadrunner® Food Bank of New Mexico is here to help. As the New Mexico's largest food bank, Roadrunner Food Bank serves as a distribution center to provide food to over 500 partner agencies across the state, which includes food pantries, soup kitchens, shelters, schools, senior sites and even healthcare clinic.

<https://www.rafb.org/find-help/find-food/>

## Free Explora Membership!

Hello families,

I have been in contact with *Explora!* And they have agreed to give each family in our program a **free year membership!**

This will be One Membership per Household. This will be a family membership which includes: up to 6 people within a family; at least one member must be 18+.

If you would like to receive a free year membership I will need to add your information to Explora. This information will include: Primary Adult First and Last Name, your address, city, state, zip code, email, phone number, and let me know if you need the instructions sent in Spanish.

Please respond to me ([nrajala@salud.unm.edu](mailto:nrajala@salud.unm.edu)) with the following information if you would like to receive this membership!

Hola familias,

¡He estado en contacto con Explora! ¡Y han accedido a dar a cada familia en nuestro programa una membresía gratis por un año!

Esta será una membresía por hogar. Esta será una membresía familiar que incluye: hasta 6 personas dentro de una familia; al menos un miembro debe ser mayor de 18 años.

Si desea recibir una membresía de un año gratis, tendré que agregar su información a Explora. Esta información incluirá: nombre y apellido del adulto principal, su dirección, ciudad, estado, código postal, correo electrónico, número de teléfono y, si necesita que le enviemos las instrucciones en español, hágamelos saber.

¡Por favor, respóndame con la siguiente información si desea recibir esta membresía! ([nrajala@salud.unm.edu](mailto:nrajala@salud.unm.edu))  
<https://www.explora.us/>



# Hilos Sobre El Autismo

Un programa mensual que ofrece capacitaciones, apoyos educativos y recursos sobre el autismo a familias de habla hispana en Nuevo México.

***Perspectiva de los Padres Sobre la Crianza de un Niño(a)/joven con Problemas de Salud Mental (Desde el Nacimiento hasta la Edad Adulta)***

Jueves, 13 de Julio

Hora: 1:00 p.m. a 2:15 p.m.

**Presentadores:**

**Alberto Ortega**

**Alberto** ha estado con Families ASAP desde 2015 como Defensor de Familia. Trabaja principalmente con la comunidad de hispanohablante. Alberto es padre de 2 hijos, ahora jóvenes adultos, con diferencias de salud mental. Es un hombre de todos los oficios y también voluntario de Águilas del Desierto, una organización de búsqueda y rescate, cuya misión es ayudar a las familias cuyos seres queridos están desaparecidos en las zonas desérticas cerca de nuestra frontera.

**Delfy Peña Roach**

**Delfy** comenzó su trabajo en el mundo de la defensa cuando su hijo tenía 5 años y ahora tiene 40. Comenzó en Parents for Behaviorally Different Children (14 años), ValueOptions of NM, (3 años), NM Brain Injury Alliance (9 años), y ahora con Families ASAP desde 2012. Actualmente también es abuela de gemelos con diferencias. También ha servido en muchos comités estatales y nacionales sobre salud mental infantil durante los últimos 33 años.

**Registrar:**

**Para participar presiona AQUÍ o escanea el código QR**



CENTER FOR  
DEVELOPMENT  
& DISABILITY

Teléfono: 505-272-1852 o 1-800-270-1861  
HSC-AutismPrograms@salud.unm.edu





# Hilos Sobre El Autismo

A monthly program offering trainings, educational supports, and resources on Autism to Spanish Speaking families in New Mexico.

Thursday, July 13th, 2023

Time: 1:00pm-2:15pm

## ***Parent Perspective of Raising a Child/Youth with Mental Health Challenges (From Birth to Adulthood)***

### **Presenters:**

#### **Alberto Ortega**

**Alberto** has been with Families ASAP since 2015 as a Family Advocate. He works primarily with the Spanish-speaking community. Alberto is the parent of 2 children, now young adults, with mental health differences. He is a man of all trades and a volunteer with Aguilas del Desierto, a Search and Rescue organization, whose mission is to help families whose loved ones are missing in the desert areas near our border.

#### **Delfy Peña Roach**

**Delfy** began her work in the world of advocacy when her son was 5yo and he is now 40. She began at Parents for Behaviorally Different Children (14yrs), ValueOptions of NM, (3yrs), NM Brain Injury Alliance (9yrs), and now with Families ASAP since 2012. She is now also a grandparent of twins with differences. She has served on many State and National Committees on children's mental health for the last 33 years.

To register, scan the QR code or [click below](#):



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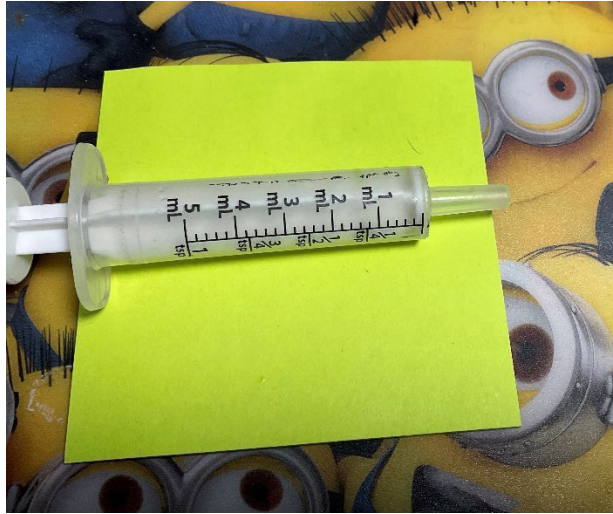
Telephone: 505-272-1852 or 1-800-270-1871

[HSC-AutismPrograms@salud.unm.edu](mailto:HSC-AutismPrograms@salud.unm.edu)



## MFCMP Parent to Parent Tips

**Tip #1** If you pre-draw any medications, put scotch tape over the numbers and it will last longer.



**Tip #2** I just returned from a conference where this device was highly recommended by numerous wheelchair users for keeping hands warm and able to drive a wheelchair when it's cold outside. Might be useful for other parents — we are going to see if we can get insurance to provide one. <https://www.mo-vis.com/products/wheelchair-accessories/hand-warmer>



If you are in the Albuquerque area or plan to travel here this summer you can get a free city swim pass for this summer! Follow the link or the QR code!

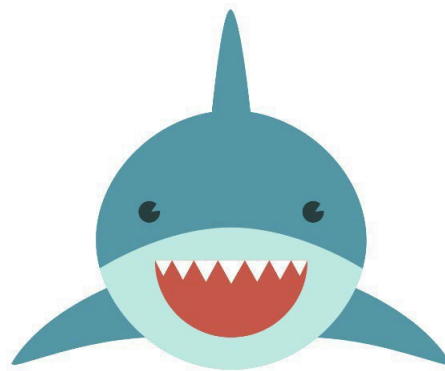
Si se encuentra en el área de Albuquerque o planea viajar aquí este verano, ¡puede obtener un pase gratuito para nadar en la ciudad para este verano! ¡Sigue el enlace o el código QR

<https://ditchtheditches.com/swim-passes/>



Codes can be used for pre-sale wristbands online for **West Mesa Aquatic Center, Sierra Vista Pool, and Eisenhower Pool**. Codes are good until September 1st, 2023. Recipients must be 17 or younger to receive a free pool pass.

Los códigos se pueden usar para pulseras de preventa en línea para **West Mesa Aquatic Center, Sierra Vista Pool y Eisenhower Pool**. Los códigos son válidos hasta el 1 de septiembre de 2023. Los destinatarios deben tener 17 años o menos para recibir un pase de piscina gratis.



Let's Swim!



## Outside Resources from our Partners



JOIN US THIS MONTH!

# Workshops and Support Group

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 for the workshop at (505) 247-0192.



**Time Management**  
Tuesday, July 11, 2023  
1:30-3:00 PM

Managing your time effectively can help you to reduce stress and achieve your goals. Join us as we review and discuss how to manage your time wisely.

[Register](#)

## Planning for a Great School Year

Wednesday, July 12, 2023  
5:30-6:30 PM

Come learn strategies you can implement to successfully support your child starting the new school year.



[Register](#)

## Early Literacy

Tuesday, July 18, 2023  
10:00-11:30 AM

Identify literacy opportunities that reflect your family's strengths. Discover how to use daily routines to develop literacy. Find out about the development of language and literacy skills.

[Register](#)

**A Lifetime of Support:  
Planning for a Family Member  
with Special Needs**  
Thursday, July 20, 2023  
11:00-12:00 PM

**Guest Speakers: Dominique Dupont and Keith Hinds, Merrill Lynch**

Learn how to prepare for the lifetime care of a loved one with a disability. We will discuss some of the important questions such as "Who'll take care of and watch over our loved one after we're no longer able to do so?" or, "Will there be adequate financial resources to maintain a decent quality of life for our loved one?"



[Register](#)

**Let's Begin the Journey**  
Tuesday, July 25, 2023  
1:00-3:00 PM

Build your skills in understanding the Individualized Education Program (IEP) process and parental rights under IDEA law.

[Register](#)

**Virtual Parent Support  
Group**

Wednesday, July 26, 2023  
4:30-6:00 PM

Come to our monthly family-to-family support group. Share your experiences parenting your child or grandchild with disabilities and connect with others who relate to your journey.

[Register](#)



## Outside Resources from our Partners

# NOW HIRING!

### Early Childhood Family Specialist Part-Time positions

- **Do you have a passion for the disability community?**
- **Do you like helping others?**
- **Bilingual is a plus.**
- **Remote Work Available**
- **Join Our Team!**

**For more information email:**  
[dharden@parentsreachingout.org](mailto:dharden@parentsreachingout.org)



**Parents Reaching Out**

Call 505-247-0192 | [www.parentsreachingout.org](http://www.parentsreachingout.org)



[More Information](#)