

# June

## Medically Fragile Newsletter



June 2023 | Medically Fragile Case Management Program |



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# 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 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, 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.

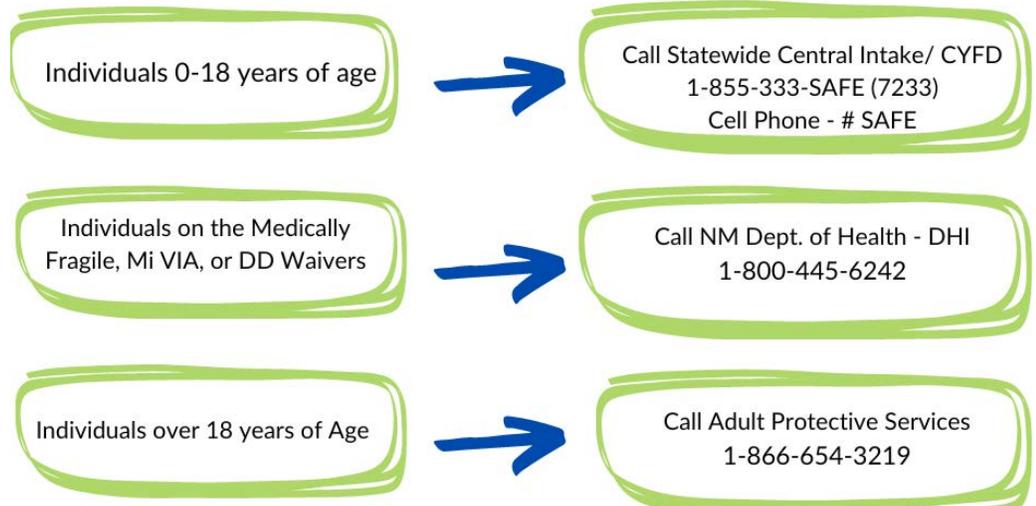
Please share your loved one's nurse case manager's name and number.

**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.



Do you have questions regarding Able Accounts  
and how they work?

Join us for a presentation by a New Mexico Able Account representative  
from the NM TOS office. You will learn account benefits and have the  
opportunity for Q&A.

**Presenters:**

Program Director -National Association of State Treasurers  
Programs & Outreach Director- NM TOS office

**When:** June 27th, 2023 at 12 P.M.

**Where:** 6565 Americas Parkway, Albuquerque, NM ,87110  
First floor conference room.

**RSVP:** [www.gothrivenm.com](http://www.gothrivenm.com), under Outreach/Activities

Thrive NM is hosting this event, and it is open to the public.  
Anyone is welcome to join. This presentation is to educate  
anyone who may benefit from the Able Account program.



[Click Here for more information!](#)

# DO YOU HAVE A DISABILITY OR NEED HELP WITH SPECIAL ED?

.....  
THE OFFICE  
OF THE  
SPECIAL  
EDUCATION  
OMBUD CAN  
HELP!



- We advocate for public school students and their families
- We provide comprehensive support for people navigating the special education system in NM

[michelle.tregembo@state.nm.us](mailto:michelle.tregembo@state.nm.us)  
(505) 841-4565

[nmddc.org](http://nmddc.org)

# ¿TIENE UNA DISCAPACIDAD O NECESITA AYUDA CON LA EDUCACIÓN ESPECIAL?

• • • • •  
LA OFICINA DE  
LA OMBUD DE  
EDUCACIÓN  
ESPECIAL  
PUEDE  
AYUDAR!



- Abogamos por los estudiantes de escuelas públicas y sus familias
- Brindamos apoyo integral para las personas que navegan por el sistema de education especial en NM



NEW MEXICO  
Developmental  
Disabilities  
Council

[nmddc.org](http://nmddc.org)

[michelle.tregembo@state.nm.us](mailto:michelle.tregembo@state.nm.us)  
(505) 841-4565



## Your New Mexico State Ombud

~MICHELLE TREGEMBO~

A native New Mexican, Michelle graduated from Los Lunas High School, and earned her bachelor and master degrees at the University of New Mexico. She was an educator (teacher, mentor, administrator) for 25 years supporting students in special education from K-12. She taught special education (small group, inclusion, general education) in a variety of public school settings supporting new and veteran teachers across the state through the National Board for Professional Teaching Standards Certification. She earned her NBCT certification as an Exceptional Needs Specialist in 2001 and renewed twice. She is honored to serve the families of N.M. and support their work as advocates for their children.

~Michelle Tregembo, NBCT

## Our Goals

### ● *Establish Trust*

The office aims to serve as a trusted, student-focused resource that offers services to students and families in all school districts across the state

### ● *Provide Support*

Assist students in special education, their parents, teachers, and other school personnel to remove barriers and increase opportunities for students to receive an appropriate, inclusive, supported education

### ● *Report Issues*

Identify important issues in special education and report them to the Developmental Disability Council, Public Education Department, the Legislature, and the Governor

### ● *Advocate*

Advocate for systemic change in special education



## Who does OSEO Serve?

- N.M. Public School children from 3-22 years old who have an IEP
- Children with a medical diagnosis and may be in the process of being evaluated for a disability which impacts their education
- Children in the SAT process
- Children with a Section 504 plan

## What do the Ombuds Do?

- Attend parent teacher conferences, IEP, FBA, BIP, MDR, and more
- Prep, plan and strategize for all meetings with the family
- Review records, discuss vision statements, analyze student needs, and services needed for student success

Ombud services are offered FREE of charge



# Become a Volunteer Ombud!

Are you interested in supporting families in your community who are struggling with the special education system?

We need volunteers who have flexible schedules, are passionate about helping students with disabilities, and who are willing to share 2-3 hours per week and be available for IEPs held between 7:00 a.m. to 4:00 p.m.

## Contact Michelle Tregembo to Apply!

Michelle.Tregembo@ddc.nm.gov

The OSEO is an advocate with and for public school students and their families to provide comprehensive knowledge, resources, and support for those navigating the special education system in New Mexico.

## Get In Touch

 Michelle.Tregembo@ddc.nm.gov  
Clara.Gallegos@ddc.nm.gov

 Intake: 505.841.4565

 625 Silver Ave. SW, Suite 100A  
Albuquerque, NM 87102



## Find us Online

 nmddc.com

 @advocate\_OSEO

 @advocate\_OSEO

 Office of the Special Education Ombud (OSEO)

# Office of the Special Education Ombud (OSEO)





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.rfb.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))



*If you have submitted your information to Nichole for an Explora pass and have not received an email from Explora on how to finish setting up your pass, please email me at [nrajala@salud.unm.edu](mailto:nrajala@salud.unm.edu)*

<https://www.explora.us/>



Hi, Nichole Rajala here. I'm here to share some tips on how to get some extra fat and calories into your kiddos diet, for those that need it!

I have 2 kids that require a specialized diet. This was especially challenging to figure out when they were little. It's much easier with my 9 year old now, but I still struggle with my 2 year old. We just got my 2 year old to her minimum BMI goal which has been super exciting!

Here are a few tips we have been given over the years :

#### Adding Calories & Fat

Use half & half or heavy cream

Many recipes call for milk. Replacing all or part of the milk with half & half or heavy cream can add an impressive caloric boost. Add it to everyday dishes such as oatmeal, cereal, or mashed potatoes.

Avoid 'low fat' and 'fat free' foods

Many foods that are labeled 'low fat' or 'fat free' require added sugar to become palatable. You're better off with the normal versions of such foods. Always choose full fat dairy and salad dressings.

Butter (and salt) your veggies

Buttering vegetables makes them oh so yummy, and increases the calories significantly. Adding salt doesn't increase the calories, but it does make them even tastier; and CF patients need a lot of salt.

There are also powdered additives you can add to your kids formula or pediasures. We use one called DuoCal and it was a game changer adding that to my daughters pediasures this past year! Please talk to your doctor about adding a product like this to your child's diet first!

If you'd like to check out a fun CF recipe booklet, [click here](#).

This **EATING** stuff  
is **HARD WORK!**  
CYSTIC FIBROSIS RECIPE BOOK

***This message is from Ellen Pinnes and The Disability Coalition.***

Governor Lujan Grisham and the 2023 New Mexico Legislature enacted another round of economic relief payments to go to New Mexico residents this year. The bill authorizes two kinds of payment:

**\*\* People who file personal income tax returns for tax year 2021 will get the payments automatically.** If you're in this group, you don't have to do anything except wait for your rebate to appear, by a direct deposit to your bank account or a check in the mail. The rebates will be \$500 for single filers and \$1,000 for married couples.

**\*\* People who didn't file a 2021 income tax return because their income wasn't high enough to require one can request an economic relief payment** by going to the Human Services Department's online portal at [www.yes.state.nm.us](http://www.yes.state.nm.us).

**\* The website will start accepting applications at 9:00 AM on Monday, June 12 and applications must be completed by 5:00 PM on the following Friday, June 23.**

\* You can claim the payment using either a Social Security Number (SSN) or an Individual Tax Identification Number (ITIN).

\* The amount of the payment hasn't been decided yet. Payments will be sent out by the end of July.

\* The payments will NOT be considered in determining your eligibility for Medicaid or any other program administered by HSD.

**\* If you fall into this group, be sure to visit the Yes New Mexico website and submit your application as soon as possible.**

For more information, check the Frequently Asked Questions at <https://www.hsd.state.nm.us/new-mexico-economic-relief-payment/>. And if you're a resident of New Mexico, make sure you don't miss out on getting your payment!



*Outside Resources from our Partners*



**Parents Reaching Out**

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.

[Event Calendar](#)

**Keeping it all Together –  
Recordkeeping Wednesday,  
June 7th**

10:00 am – 11:30 am

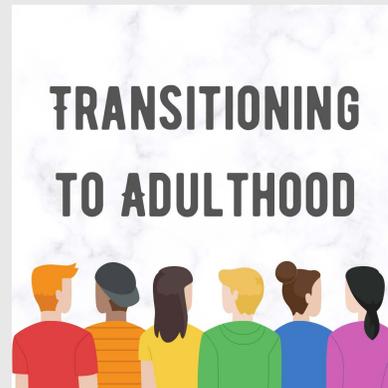
Learn about record-keeping for your child's healthcare and education information. Learn how to organize and utilize these documents in advocating for your child.



Register

**Transitioning to Adulthood  
Wednesday, June 7th  
5:30 pm – 6:30 pm**

Knowing your rights after 18 years old and what education or workplace accommodations you can ask for to succeed in the next phase of your journey.



Register

**Adult Skills and Services  
Wednesday, June 14th  
5:30 pm – 6:30 pm**

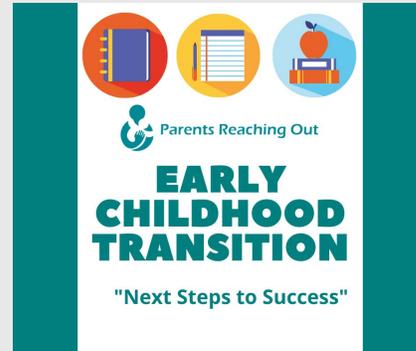
Discussing what skills and services a young adult with disabilities may need to succeed.



Register

**Early Childhood Transition:  
Next Steps to Success**  
Tuesday, June 20th  
10:00 am – 12:00 pm

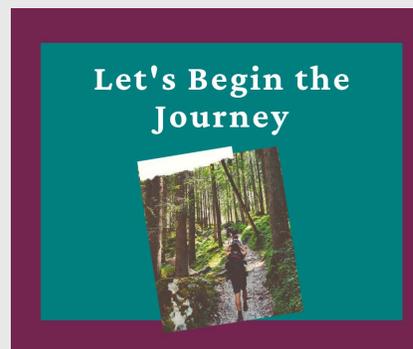
Learn about Early Childhood Transition, parents' rights, and special education procedures. Discover tools for home and school partnerships including communication, record keeping, and more.



[Register](#)

**Let's Begin the Journey**  
Tuesday, June 27th  
10:00 am - 12:00 pm

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



[Register](#)

**Virtual Family Support Group**  
Wednesday, June 28th  
1:30 pm - 3:00 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](#)

Dispute Resolution  
Wednesday, June 28th  
5:30 pm - 6:30 pm

You will understand how the option for dispute resolution can assist you if you have a disagreement with the local educational agency (LEA) or school regarding special education for your student.



Register

# 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