

Hello MARCH

Medically Fragile Newsletter

March 2024 | Medically Fragile Case Management

Inside This Issue

Pg.2-4 Water Safety-Drowning Prevention Month

Pg.5 New Mexico Health Alert

Pg.6 Status Update to Med Frag Waiver Amendments

Pg.7 Wellness Visits and ANE

Pg.8 Turquoise Care is Coming!

Pg.9 Family Advisory Board Update

Pg.10 NM Mission of Mercy

Pg.11 Hero's Path Spring Respite Care

Pg.12/13 Free Explora Membership!

Pg.14 Museum Discovery Pass Program

Pg.15 Carrie Tingley Camp Adventure

Pg.16 Sunset Little League Challenger Program

Pg.17 AYSO EPIC Soccer Program

Happy
St. Patrick's Day



March is Drowning Awareness and Prevention Month

The Facts about Kids and the Danger of Drowning

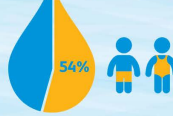
THE PROBLEM

Almost 800 children drown in the U.S. every year.



Two thirds of these deaths occur during May – August.

Drowning Risk Varies by Age



More than half of all child drowning deaths are among children ages 0 to 4.

PARENTS' MISCONCEPTIONS

	MISCONCEPTION 1 Nearly half of parents surveyed think that if a child was drowning nearby, they would hear it.	Reality Drowning is silent. There can be very little splashing, waving or screaming.
	MISCONCEPTION 2 1 out of 3 parents have left a child alone in a pool for two or more minutes.	Reality Drowning is quick. Once a child begins to struggle, you may have less than a minute to react.
	MISCONCEPTION 3 More than half of parents surveyed think that when present, a lifeguard is the primary person responsible for their child's supervision at the pool.	Reality Watching your child in the water is your responsibility. A lifeguard's job is to enforce rules, scan, rescue and resuscitate.
	MISCONCEPTION 4 60 percent of parents surveyed would not worry as much about drowning if their child has had swim lessons.	Reality Swim lessons are essential, but skill level varies. A review of children who drowned in a pool revealed that 47 percent of 10 – 17 year olds reportedly knew how to swim.

WATER SURVIVAL SKILLS

5 Survival Skills That Could Save Your Life in the Water



WATER SAFETY TIPS



- ◆ Watch your kids when they are in and around water, without distraction.
- ◆ Teach children to swim and the 5 Water Survival Skills.
- ◆ Learn CPR and basic rescue skills.
- ◆ Make sure pools have four-sided fencing at least 4 feet high.

© 2016 Safe Kids Worldwide

Learn more at safekids.org.

SAFE KIDS
WORLDWIDE

Información sobre el peligro de ahogamiento infantil

EL PROBLEMA

Casi 800 niños se ahogan en los EE.UU. todos los años.



Dos tercios de estas muertes ocurren entre mayo y agosto.

El riesgo de ahogamiento varía según la edad



Más de la mitad de los niños muertos por ahogamiento tenían entre 0 y 4 años de edad.

IDEAS FALSAS DE LOS PADRES

	IDEA FALSA 1 Casi la mitad de los padres encuestados creen que si un niño se ahoga cerca de ellos, podrían oírlo.	Realidad El ahogamiento sucede sin ruido. Hay muy pocos salpicaduros, no hay brazos agitándose ni gritos.
	IDEA FALSA 2 1 de cada 3 padres han dejado solo a un niño en una piscina durante dos o más minutos.	Realidad El ahogamiento sucede rápidamente. Cuando un niño comienza a luchar, es posible que usted tenga menos de un minuto para reaccionar.
	IDEA FALSA 3 Más de la mitad de los padres encuestados creen que, cuando un salvavidas está presente, es el principal responsable de la supervisión de sus hijos en la piscina.	Realidad Vigilar a su hijo en el agua es su propia responsabilidad. El trabajo de un salvavidas es hacer cumplir las reglas, vigilar, rescatar y reanimar.
	IDEA FALSA 4 El 60 por ciento de los padres encuestados no se preocupan tanto por el peligro de ahogamiento si su hijo ha tomado clases de natación.	Realidad Las clases de natación son esenciales, pero el nivel de destreza puede variar. Un análisis de los niños que se ahogaron en piscinas reveló que el 47 por ciento de los niños entre 10 y 17 años de edad supuestamente sabían nadar.

HABILIDADES DE SUPERVIVENCIA EN EL AGUA

5 habilidades de supervivencia que pueden salvar su vida en el agua



CONSEJOS DE SEGURIDAD EN EL AGUA



- ◆ Vigile a sus hijos cuando estén en o en los alrededores del agua, sin distraerse.
- ◆ Enséñe a los niños a nadar y las 5 habilidades de supervivencia en el agua.
- ◆ Aprenda reanimación cardiopulmonar (CPR por sus siglas en inglés) y habilidades básicas de rescate.
- ◆ Asegúrese de que las piscinas tengan cercas en sus cuatro lados de, por lo menos, 4 pies (aproximadamente 1.22 metros) de altura.

© 2016 Safe Kids Worldwide

Más información en safekids.org.

SAFE KIDS
WORLDWIDE

For More Information on water safety please visit Safe Kids Worldwide

INFANT SWIMMING RESOURCE

POOL SAFETY



#1 EFFECTIVE SUPERVISION

- Supervision is the first, and most critical line of defense to prevent drowning.
- Segment Supervision by designating a specific period of time to devote your complete and undivided attention to your child who is around the water (15 min.) - Don't answer the phone, don't read and don't talk to other adults - give your child 100% of your attention
- Designate one parent as the Water Watcher so there are never questions about which adult is responsible for watching the child



Please be cautious of the curiosity and fun doggy doors can be for young children.

Permanent Fence

- Permanent 4-sided pool fence with a self-locking gate
- Periodically shake-test every part of your pool fence
- Do not allow your child to play on and/or climb the fence
- Remove patio furniture that may be pushed or pulled and used as a ladder

Pool Water

- Keep the water level at the uppermost point
- Aim jets and in-floor jets to the shallow end of the pool
- Waterfalls in pool areas create a noise level that may compete with a cry for help

Phone

- Never answer your phone during Segmented Supervision
- Carry a cell phone with you at all times to call 911 in an emergency
- Have an outside pool phone designated for emergencies only
- Have your address printed out next to your outdoor phone for emergency situations

Pool Toys

- Outdoor toys should be stored in an area that is isolated from the pool deck
- Keep your pool deck clean and clear
- Pool tools are not pool toys

Alarms

- Make sure all doors leading to the pool are locked and alarmed
- Alarms should indicate that someone is in the pool area or has opened/closed a door or gate, or is trying to climb the fence

Educate Others

- Friends and family may not understand the importance of keeping gates closed, doors locked, closing toilet seats, emptying buckets, etc.
- Visiting family, holiday parties and celebrations can lead to breakdowns in routine supervision and effective barriers to the water
- If a child is missing, look for him or her in the pool or spa first

Drain Entrapments are a **SERIOUS** danger. Please make sure your children:

- Do not play or swim near drains or suction outlets especially in spas and shallow pools
- Never enter a pool or spa that has a loose, broken or missing drain cover
- If you see a broken or loose drain cover, immediately notify a lifeguard or pool/spa manager
- Children's public wading pools, other pools designed specifically for young children and in-ground spas that have flat drain grates and single main drain systems pose the greatest risk of entrapment

Information provided by: www.PoolSafely.gov

INFANT SWIMMING RESOURCE

BATH TUB SAFETY



CHILDREN SEE BATH TIME AS AN EXCITING ADVENTURE

After pools, more children drown in bathtubs than in any other product in and around the home.

Supervision

- Never leave your child alone in the bathtub
- Don't answer the phone, the door or get a towel -- if you need to leave take your child with you
- Watch your child from the moment they get in the tub until the moment they get out and dry off
- Don't leave a baby or toddler in a bathtub under the care of another young child

Check the Water First

- Always, always check the temperature first, particularly when you are at a hotel or visiting and giving your child a bath in a different tub
- Even bath tub water can cause scalding burns

Electrical Appliances

- Make sure your tub area is clear of electronic appliances. Hair dryers are responsible for several electrocutions a year
- Unplug items that are not in use

No Slip Strips

- Place 'no slip' strips to the bottom of the tub and regularly used areas in the bathroom as little bodies slip and fall easily on wet surfaces
- Add a "no slip" slip bath mat outside of the tub to prevent accidental falls from water being splashed out of the tub

Phone

- Take a portable phone with you into the bathroom. Use it for emergency calls only during bath time

Bath Toys

- Do not allow any small tub toys or parts of toys that could be swallowed or choked on

Baby Seats

- Baby bath seats are not a substitute for supervision. A bath seat is a bathing aid, not a safety device

Information provided by the Consumer Product Safety Commission - www.cpsc.gov

CPR - If an emergency happens, it is essential parents and families are prepared. The American Red Cross recommends individuals know CPR before they administer the procedure in an emergency situation. Learn to perform CPR on children and adults and remember to update those skills regularly.

CPR courses are available in local communities through public and nonprofit groups such as the American Red Cross and the American Heart Association.

Adding as many proven water safety steps as possible is the best way to assure a safe and fun experience, because you can never know which one might save a child's life—until it does.

Information provided by: www.PoolSafely.gov



NEW MEXICO HEALTH ALERT NETWORK (HAN) ADVISORY

Increasing Incidence of Measles

Per notice issued on March 5, 2024: “The New Mexico Department of Health (NMDOH) is notifying healthcare providers that there is an increasing incidence of measles in the United States and in other countries. While there are currently no confirmed cases in New Mexico, healthcare providers should be vigilant for febrile rash in unvaccinated or under-vaccinated patients of any age, especially those with recent travel or exposure. It is critical for patients with suspected measles to be promptly recognized, isolated, reported, and tested to prevent further spread.”

Measles is a very serious disease and highly contagious among people who are not protected.



- Prevent measles with MMR vaccines, given at 12-15 months of age and again at 4-6 years of age, or as one single dose for teens and adults as soon as possible, if they don't have evidence of vaccine or immunity.
- Per CDC.gov: Two doses of MMR vaccine are about 97% effective at preventing measles; one dose is about 93% effective.

Status Update - Medically Fragile Waiver Amendments

Approved by CMS

On February 26, 2024, CMS approved the proposed amendments for a Cost of Living Adjustment and to allow legally responsible individuals to provide Home Health Aide, Private Duty Nursing and Respite services through the Waiver.

Per the Notice of Approval, Medically Fragile Waiver (MFW) NM.0223.R06.01:

- Effective July 1, 2023, implement a cost of living adjustment (COLA) funded through state fiscal year 2024 legislative appropriation.
- The COLA will be applied as a rate increase of the following services:
 - Behavioral Support Consultation,
 - Case Management,
 - Customized Community Supports,
 - Home Health Aide,
 - Nutritional Counseling,
 - Private Duty Nursing,
 - Respite,
 - Skilled Therapy for Adults, and
 - Specialized Therapies.
- Allows a legally responsible individual (LRI), relative, or legal guardian, to provide Home Health Aide, Private Duty Nursing, and/or Respite services, in order to support the provider network and service delivery.

Hiring of an LRI, relative or legal guardian, by a nursing agency, remains at the discretion of that nursing agency.

WELLNESS VISITS

Just a reminder, if you are on the Medically Fragile Waiver or Mi Via Waiver, Developmental Disabilities Supports Division (DDSD) is completing wellness visits of all Waiver recipients at least twice a year.

What you can expect with these visits:

- Someone will be calling you to schedule a visit.
- All wellness visits will be announced and scheduled in advance, preferably one to two days in advance.
- 911 will not be called for individual or guardian refusal to allow the visit, unless an immediate danger to the individual is evident.
- The worker should be coming with a badge.
- The worker should have a mask available, in the event you would like them to don it.
- Visits are to be held during business hours, unless the family requests otherwise.

Per DDSD, these are the questions to be asked during the wellness visits:

- Name of person(s)/Staff spoken to during the visit.
- Do Staff know how to report Abuse, Neglect, and/or Exploitation (ANE)?
 - Yes or No. If No, DDSD and DHI visitors will provide the Staff with the reporting information.
- Visit narrative and observation of individual(s) and the environment
 - Describe the visit from start to finish with any follow up
 - Visit narrative must include the following:
 - Observation of the individual
 - Description of the home environment
 - Are there food concerns?
 - Does a RORA need to be filed? (A RORA is a request for assistance and a means to inform DDSD of noted gaps in service(s), such as nursing, environmental modifications, vehicle modifications, respite, and other MFW services)

Reporting Abuse, Neglect and Exploitation for all ages of Waiver individuals:

- Call the Adult Abuse, Neglect and Exploitation Hotline at 866-654-3219.
OR
- File a report online:
<https://hssnmprod.wellsky.com/assessments/?WebIntake=736C2553-66C1-4A51-9E51-43B5C129FB89>
- If individual is under 18, also report concerns to CYFD at 1-855-333-SAFE or #SAFE (#7233) from a cell phone.

Turquoise Care Is Coming!

Turquoise Care will begin July 1, 2024, replacing what is currently called Centennial Care, as the new, New Mexico Medicaid Managed Care program.

Be on the lookout for a yellow envelope from the Human Services Department (HSD), in April 2024.

This envelope will contain important upcoming changes to the Managed Care Organizations (MCOs) and information about an open enrollment period from April 1 through May 31, 2024.

During the open enrollment, you will be able to select an MCO. You can do so via your account on the www.yes.state.nm.us/ website or by calling 1-888-997-2583.

Please note, if you do not respond and select an MCO during the open enrollment period, you will automatically be assigned to an MCO.

If Presbyterian or BCBS are your MCO currently, and you do not choose a different MCO, you will be automatically re-enrolled with that MCO.

If Western Sky Community Care is your current MCO, you will need to select a new MCO during the open enrollment. If you do not select an MCO, you will automatically be enrolled with another MCO.

For more information, visit www.yes.state.nm.us/ or call [1-800-283-4465](tel:1-800-283-4465).

*For more information and answers to FAQs regarding Turquoise Care visit: <https://www.hsd.state.nm.us/turquoise-care-overview/#content>

FAB (Family Advisory Board) Updates

Updates from our latest FAB Meeting March 4, 2024

- Kourtney Kropp from National Seating and Mobility presented information on the company and expressed that they are an option for DME supplies. Currently they do not have Respiratory services.
- Handbook Review: FAB members quickly reviewed the current draft of the programs handbook and gave their feedback on what they feel should be added into it.
- Ann Marie gave an update on Med Frag Waiver Amendments and updates on parents paid to be caregivers/nurses.
- Vail and Nichole discussed thoughts on bringing an ABQ metro area Parent/Caregiver groups and got ideas from the FAB on that.
- Upcoming Family Engagement in Santa Fe - Frenchy's Barn Park Walking Trail Date TBD

Next Meeting will be held on Monday, May 6, 2024 at 5:30 pm via Zoom.



NEW MEXICO DENTAL ASSOCIATION

Foundation

...the heart of dentistry

NM Mission of Mercy Patient Information

Increasing oral health literacy and access to care for all New Mexicans

NM Mission of Mercy (NM MOM) is a two-day large-scale dental clinic where dental treatment is provided at no cost to individuals who cannot access and/or afford dental care. This event is completely volunteer driven and is possible because of the generous support of our sponsors and volunteers.

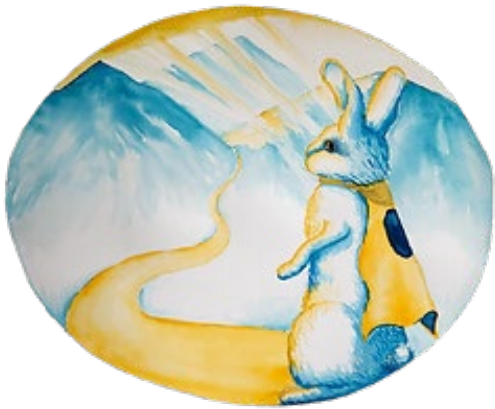
Santa Fe Community Convention Center
Santa Fe, NM

April 26 & 27, 2024

First Come, First Served.

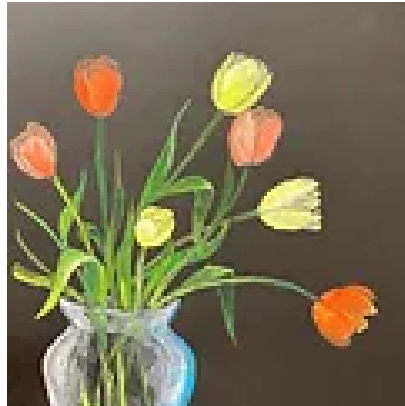
No questions asked.

<https://nmdentalassociationfoundation.org/adcf-patient.aspx>



Hero's Path Palliative Care

<https://www.herospathpalliativecare.org/>



Spring Respite at UNM's Domenici Center

Friday, March 22 from 4-8pm

Need a break? Come join us at the UNM School of Medicine's Domenici Center for a night off! Children with medical complexity and their siblings will enjoy a night of fun activities, supported by highly trained pediatric nurses and educators.

Sign up Here

Please reach out to learn more!
jenb@herospathpalliativecare.org

FREE

explora **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) with the following information if you would like to receive this membership!



GRATIS

EXPLORAR AFILIACIÓN

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 anual gratuita, 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 avísame si necesita que le enviemos las instrucciones en español.

¡Por favor respóndame
(nrajala@salud.unm.edu) con la siguiente
información si desea recibir esta membresía!





Museum Discovery Pass Program

Discover an adventure at your local library!

The Public Library of Albuquerque and Bernalillo County is pleased to offer local museum family passes for check out. This program is designed to engage adults, children and families in art, history, science, technology and literacy learning. The Museum Discovery Passes are made possible through the Library's materials funding and donations of Passes from some of the Library's partners in the program.

Museum Discovery Passes are available on a first come, first served basis at most Public Library locations. They cannot be placed on hold by computer or phone, so please visit your local library to choose today's adventure!

The Museum Discovery Passes are offered at all branches of the Public Library except for the Special Collections Library. Museum passes may be checked out by adult cardholders with full access accounts in good standing. Museum Passes check out for 7 days and may not be renewed. Only one Museum Pass at a time may be checked out by a family. Each Pass generally allows 2 adults and 2 children free entry to the museum of choice, exceptions are noted on the Pass. Customers must wait at least 24 hours before they can check the same pass out again. Please note: Museum Passes are considered non-traditional items. Customers can only check out 1 non-traditional item at a time.

Visit your local branch to see what passes are available!



Participating Institutions:

- Albuquerque International Balloon Museum - Passes are active.
- Albuquerque Museum of Art and History - Passes are active.
- Explora Science Center & Children's Museum - Passes are active.
 - Maxwell Museum of Anthropology - Passes are active.
- National Museum of Nuclear Science & History - Passes are active.
 - New Mexico Holocaust Museum - Passes are active.
- New Mexico Family Pass - Visit any of 15 state museums and historic sites throughout NM. Passes are active.





Carrie Tingley
HOSPITAL FOUNDATION



CAMP ADVENTURE

for ages 6-18

Albuquerque: June 17-21, 2024

Farmington: July 16-19, 2024

Being YOU brings the world COLOR

The Carrie Tingley Hospital Foundation is hosting free, onsite adaptive camps this summer for Carrie Tingley patients. Adaptive sports, arts & crafts, games & more! It's a unique way to make new friends while exploring what's possible!

www.carrietingleyhospitalfoundation.org

CONTACT: JEN BULLOCK 662-312-2200 - JBULLOCK@CTHF.NET

SIGN UP NOW
SPACE IS LIMITED





PRESENTS...



Little League

Challenger

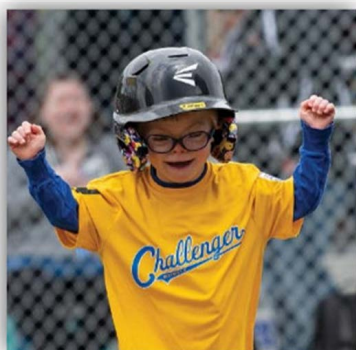
Sunset Little League's Challenger program is designed to provide an opportunity for individuals with intellectual and physical challenges to enjoy the benefits of Little League participation in an environment structured to their abilities.

Divisions Available:

Little League Division (ages 4-22)

Senior League Division (ages 15+)

REGISTER TODAY



Teams structured based upon ability not age, and dedicated companion volunteers participate with players, adding assistance when needed.

For Information:

(505) 249-0838

littleleagueinfo.sunset@gmail.com



What is AYSO EPIC?

The mission of the AYSO EPIC Program is to provide athletes with disabilities the additional support they need to fully participate in a quality soccer experience. The ultimate goal of the AYSO EPIC Program is to provide a holistic AYSO experience for players, families, and volunteers, from team uniforms, to playing on a team, to cheering from the sidelines, for all participants.

To learn more about AYSO Epic:
<https://ayso.org/epic/>



Albuquerque Region

To find the Region
in your area