

## October 2014 Family Newsletter

Dear NMSBVI Families,

*This school year has begun with lots of changes for our new students and excitement from returning students. The student orientation day proved to have a great turnout! We are very lucky to have such connected families and appreciate the efforts you make for your children. These newsletters will be sent home quarterly and have information about services in the community, ideas for parents, and notices for upcoming events at school. Please feel free to call me with any questions or comments.*

Sincerely,

Nora Sandoval , 505-271-3065

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### What are the benefits of case management?

New Mexico made the switch to Centennial Care at the end of last year. Families were sent letters with information about the changes to the program. Centennial Care made provisions for more care coordination. Care coordination is a benefit for the medical needs of your child. If your child has challenging medical needs, a care coordinator can help with making appointments, dental services, communicating between providers, assisting with durable medical supplies (diapers, feeding supplies, etc.) and therapy services. This Medicaid benefit has proven helpful to many families and recently they have changed the income guidelines to include services to children through a program called CHIP (Childrens Health Insurance Program). This program is different and must be applied through the local Income Support Division office or visit the website to get more information about your children qualifying for services.

### Case Management and Care Coordination programs:

- Make sure your doctors are working together
- Make sure you have access to providers that are experts for members with special needs.
- Help you find the right services to meet your needs.
- Contact Customer Service on the back of your card for more information.
- [www.hsd.state.nm.us](http://www.hsd.state.nm.us) for more information about these programs

## First Family Potluck News

We had a great turnout in September, our Family Potluck was a major success! We had about 12 families make it to the event; that includes their children and some extended family members (grandparents, aunts, and cousins). We talked about the importance of kids cooking; learning vocabulary, math, fine motor, more likely to try the food they make, and learning to help. There are so many reasons that cooking activities are important for growing children, we teach them they are important members of our home and their work contributes to meals and snacks. We also talked about our favorite ways to add veggies and fruits into our children's diet. Overall, it was a wonderful event and a way for families to connect and get to know one another. Keep looking for upcoming event fliers, sign-up for Remind101 and teachers newsletters!

Visit some of these websites for at home ideas:

<http://cookingwithkids.net/> :check this site out for information about how schools in NM cook.

[http://kidshealth.org/parent/nutrition\\_center/healthy\\_eating/kids\\_cook.html](http://kidshealth.org/parent/nutrition_center/healthy_eating/kids_cook.html)

<http://www.pbs.org/parents/food-and-fitness/eat-smart/cooking-with-kids/>

### Points of Interest

- ✿ Lobo Little League Challenger Division offers disabled children the opportunity to play youth baseball on a real team, to learn the game and to create lasting friendships. Visit [www.lobolittleleague.org](http://www.lobolittleleague.org) or feel free to call Damon Maddox (Little League President) #505-321-3576 if you have any questions.
- ✿ Keep EXPLORA in mind for a nice indoor activity for your family to enjoy. Most of you received memberships last year through our school. I am looking into getting new memberships and will keep you posted. EXPLORA has a new monthly event PARENTS' NIGHT OUT!, it's an evening you can drop off your children to play, have dinner and enjoy a movie. The evening has a charge for members and non-members; for more information visit their website [www.explora.us](http://www.explora.us) or call 505-224-8300.
- ✿ We are entering FLU SEASON! Remember we have many students with compromised immune defenses, they get sick very easily. Please remember to keep your student at home if they have a fever of 100 degrees, vomited or had diarrhea within 24 hours. We ask that you keep them home until they are symptom (above mentioned) FREE for 24 hours, please call our school nurse if you have any questions.
- ✿ [Great Goblin Get Together Halloween Carnival Rio Rancho](#) will hold its annual children's carnival from 5 p.m. to 8 p.m. at the Star Heights Recreation Center. There will be games, a cake walk, pinata, costume contest and more: October 18, 2014
- ✿ Coronado Mall will offer Trick or Treats on Friday October 31<sup>st</sup> at 6:00-10:00pm, retail stores will participate in handing out candy to children in costume.
- ✿ Visit the Parent's Reaching Out website to learn about their upcoming parent events at [www.parentsreachingout.org](http://www.parentsreachingout.org) or call them to ask about how they help families at 247-0192.
- ✿ **DON'T** forget our annual FALL CARNIVAL on Wednesday October 29<sup>th</sup> at 5:00-7:00pm, we will have some snacks available for a small donation of fifty cents (if unable to donate, not a problem!). Please join us for this evening of fun that you will surely enjoy!!

