

May

Medically Fragile Newsletter



CENTER FOR
DEVELOPMENT
& DISABILITY

May 2023 | Medically Fragile Case Management Program |



Inside This Issue

- PG. Help us, Help You!**
- PG. 3 Medicaid!** – are you at risk of no longer qualifying?
- PG. 4 Med Frag Website Update**
- PG. 5 Qualifying for Internet: Reduced Rates**
- PG. 6 Free Summer Meal Sites and Roadrunner Food Bank**
- Pg. 7 FREE Explora Memberships**
- Pg. 8 National Park Access, Camp Adventure**
- Pg. 9 Med Frag Parent to Parent Tips**
- Pg. 10-12 Parents Reaching Out Newsletter**
- Pg. 13-14 Carrie Tingley Summer!**
- Pg. 15 Free Summer Movies**

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.

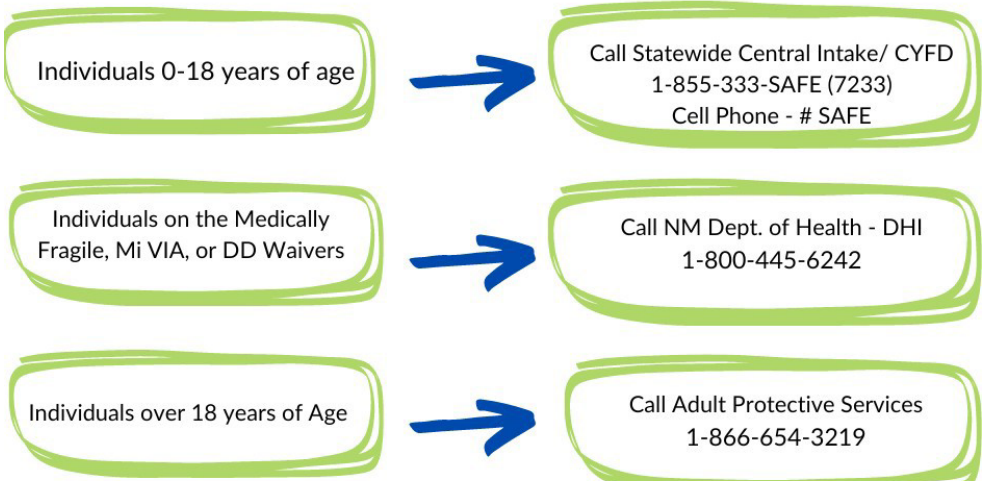
Please share your loved one's nurse case manager's name and number.

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

ABUSE NEGLECT EXPLOTATION 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.

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.

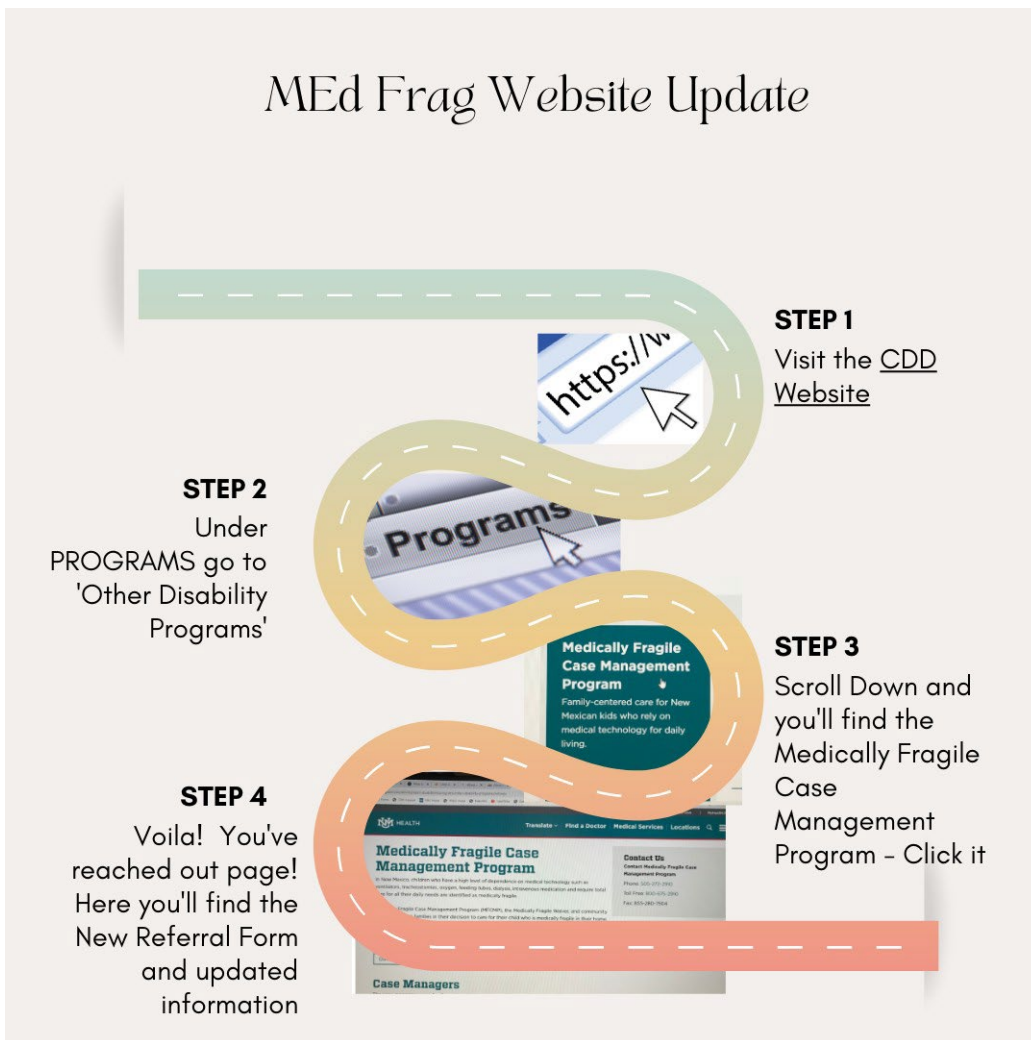
Online tips:

- 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
- 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.

MEd Frag Website Update



CDD Medically Fragile Case Management Website

Our web page is currently undergoing some updates! All of the programs contact information has been updated to the correct phone numbers, fax, and emails.

Also, you can now easily find our referral sheet. If you know someone who has a child that may qualify for our program, please direct them to our website.

I know that finding our program in the CDD web page can be a little frustrating, but I hope the quick little guide will help a little bit!

<https://unmhealth.org/services/development-disabilities/programs/other-disability-programs/mfcmp/>



<https://www.fcc.gov/acp>

<https://www.xfinity.com/learn/internet-service/acp/free-internet>

The Affordable Connectivity Program is an FCC benefit program that helps ensure that households can afford the broadband they need for work, school, healthcare and more.

The benefit provides a discount of up to \$30 per month toward internet service for eligible households and up to \$75 per month for households on qualifying Tribal lands. Eligible households can also receive a one-time discount of up to \$100 to purchase a laptop, desktop computer, or tablet from participating providers if they contribute more than \$10 and less than \$50 toward the purchase price.

The Affordable Connectivity Program is limited to one monthly service discount and one device discount per household.

Who Is Eligible for the Affordable Connectivity Program?

A household is eligible for the Affordable Connectivity Program if the household income is at or below 200% of the Federal Poverty Guidelines, or if a member of the household meets at least one of the criteria below:

- Received a Federal Pell Grant during the current award year;
- Meets the eligibility criteria for a participating provider's existing low-income internet program;
- Participates in one of these assistance programs:
 - Free and Reduced-Price School Lunch Program or School Breakfast Program, including at U.S. Department of Agriculture (USDA) Community Eligibility Provision schools.
 - SNAP
 - Medicaid
 - Federal Housing Assistance, including:
 - Housing Choice Voucher (HCV) Program (Section 8 Vouchers)
 - Project-Based Rental Assistance (PBRA)/Section 202/ Section 811
 - Public Housing
 - Affordable Housing Programs for American Indians, Alaska Natives or Native Hawaiians
 - Supplemental Security Income (SSI)
 - WIC
 - Veterans Pension or Survivor Benefits or Lifeline;
- Participates in one of these assistance programs and lives on Qualifying Tribal lands:
 - Bureau of Indian Affairs General Assistance
 - Tribal TANF
 - Food Distribution Program on Indian Reservations
 - Tribal Head Start (income based)



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) 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!

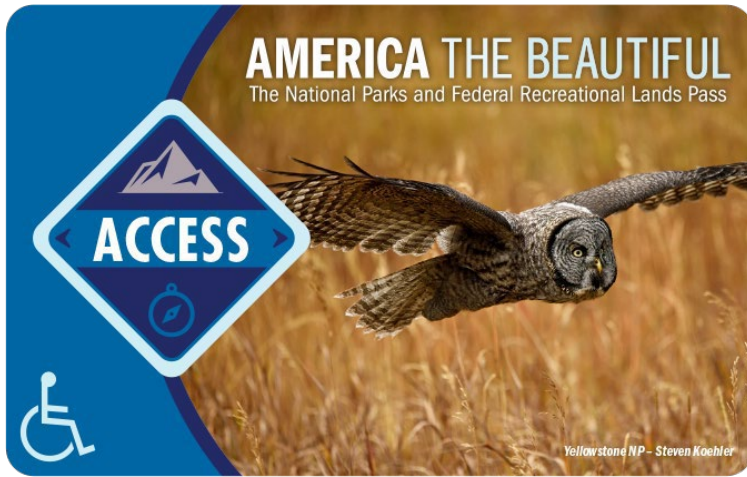
Esta será una membresía por hogar. Esta será una membresía familiar que incluye: hasta 6 personas dentro de una familia; al menos un miembro debe ser mayor de 18 años.

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)



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



America the Beautiful-The National Parks and Federal Recreational Lands Access Pass

What is the America the Beautiful- The National Parks and Federal Recreational Lands Access Pass?

The Interagency Access Pass is part of the America the Beautiful – The National Parks and Federal Recreational Lands Pass series and is available free for US citizens or permanent residents with permanent disabilities.

Who is eligible to get an Interagency Access Pass?

The Interagency Access Pass may be issued to US citizens or permanent residents of any age that have been medically determined to have a permanent disability (does not have to be a 100% disability) that severely limits one or more major life activities.

For more information visit:

<https://www.nps.gov/subjects/accessibility/interagency-access-pass.htm>



UNLEASH THE POSSIBILITIES
Carrie Tingley Hospital Foundation

It's never too early to think about Summer Camp!

CAMP ADVENTURE (SUMMER CAMP)

Camp Adventure is a summer adaptive camp for children 6 to 19-years-old living with permanent disabilities. Camp Adventure allows children and teens the opportunity to unleash their possibilities!

During camp, campers enjoy sports, art, music, and games. Most importantly, they have fun and create lasting friendships and memories. Camp is staffed by qualified instructors and volunteers who provide instruction, encouragement, and support.

Camp Adventure 2023

- Albuquerque - June 19-23
- Las Cruces - June 27-30
- Farmington - July 11-14
- Gallup - July 18-21

[Click Here for More Information](#)



TimerCap Automatically Displays Time Since Last Opened - Built-in Stopwatch Smart Pill Bottle Cap Medication Reminder Case

https://www.amazon.com/dp/B00ECK8KFG?ref=cm_sw_r_mwn_dp_81PA7Z4VHJM8HME4C3Q9

EASY TO USE: No alarms & nothing to program or set. Just close the TimerCap and the stopwatch automatically counts up the seconds, minutes, and hours so you can be confident to know the exact time.

NOTHING TO PROGRAM: These TimerCap organizer automatically show the time when the pill bottles were last closed, helping to avoid dosage mistake, potential overdose, detect or deter others from experimenting

MEDICATION SIMPLIFIED: Whether you are living with chronic issues, recovering from surgery or addressing age related safety issues, this help achieve medication management, simply and reliably.

DIFFERENT COLORS: To easily identify a medication, time of day to use, or who in the home is using it like: mom, dad, child, elder, dog, cat

PORTIBILITY: These TimerCaps easily organize your pill medication to fit in your pocket, purse, medicine cabinet or travel bag. Taking medication can now be anxiety free and simple.



Patient Safety

- Measure**
Dosage and time of opening to avoid accidental overdose.
- Monitor**
Your abilities before driving to avoid DUI fatalities.
- Manage**
Medication in containers that have label and safety information.

Home Safety

- Detect**
Unwanted openings by seeing the last time it was opened.
- Deter**
Misuse and theft of medication.



Outside Resources from our Partners



Forward@14
Saturday, May 6th
10:00 am -12:00pm

Forward@14 is a series of workshops designed for youth to gain more knowledge and understanding transitioning into adulthood.

[Register](#)



Outside Resources from our Partners

Let's Begin the Journey **Tuesday, May 9th** **10:00 am -12:00pm**

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

[Register](#)

Let's Begin the Journey



Record Keeping **Wednesday, May 10th** **5:30 pm -7:30 pm**

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](#)

Keeping It All Together Organizing your child's records



IEP Clinic **Wednesday, May 17th** **5:30 pm -6:30 pm**

This month's focus will be on the statement of the student's present levels of academic achievement and functional performance. You will understand why this is one of the foundations of the IEP.

[Register](#)

IEP CLINIC



Outside Resources from our Partners

Time Management
Tuesday, May 23rd
10:00 am -11:00 am

Understanding how to manage your time wisely.

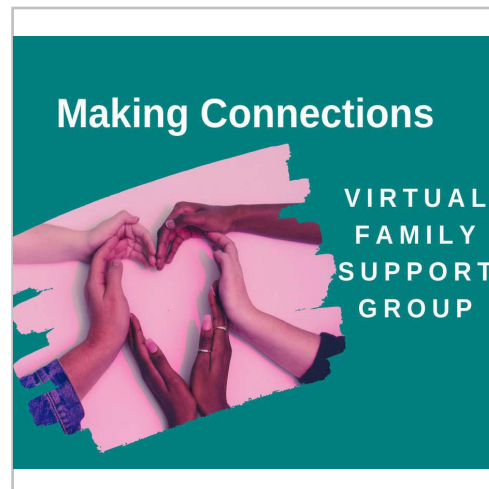
[Register](#)



Family Support Group
Wednesday, May 24th
10:00 am -11:30 am

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](#)



Community Events:

Moving Forward Conference



[More Information](#)

Outside Resources from our Partners

[View this email in your browser](#)



VOLUNTEERS - WE WANT YOU!

Summer Camp Volunteers

Wheelchair Basketball Support

Adaptive Cycling Support Riders

Additional details such as times and dates are provided on the

Sign Up Genius page for the events (links below).

Camp Adventure Summer Camp: Seeking camp counselors and camp support staff. A one-week adaptive camp taking place in four cities this summer. High schoolers, church groups, service groups and individuals encouraged to register! Contact Helen at hpino@cthf.net with questions and for materials to promote to your groups and clubs.

Albuquerque - June 13-23

Farmington - July 11-14

Spring Adaptive Cycling: The Tread Setters are ready to ride! Support riders needed, from short rides to a several miles. Sunday afternoons, April 2-May 21. Contact Helen at hpino@cthf.net with questions.

Wheelchair Basketball: Our players are on a roll! Join us and be part of empowering the kids to improve their skills. Takes place twice a month on Saturday's from 11 a.m. - 12 p.m. More info on registration page. Contact Helen at hpino@cthf.net with questions.

Please contact us with any questions.

Thank you for your support!



Copyright (C) 2023 Carrie Tingley Hospital Foundation. All rights reserved. You are receiving this email because you opted in via our website.

Our mailing address is:

Carrie Tingley Hospital Foundation

700 Lomas Blvd NE Bldg 2-200

Albuquerque, NM 87102-2564

Add us to your address book

SUMMER KIDS SERIES

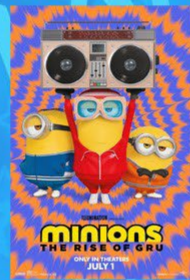
FREE FOR ALL AGES!

FIRST COME, FIRST SERVED!

**SESSION ONE
 EVERY WEDNESDAY
 9:00AM, 11:20AM, & 1:40PM**



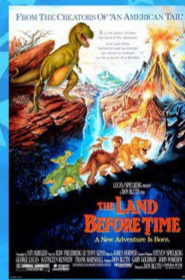
MAY 31*



JUNE 7



JUNE 14



JUNE 21



JUNE 28



JULY 5



JULY 12

***MAY 31ST MOVIE NOT AVAILABLE IN LAS CRUCES DUE TO SCHOOL SCHEDULE**

PARTICIPATING LOCATIONS:

**ANIMAS 10
 AVIATOR 10
 CINEPORT 10
 DURANGO 9
 EAGLE 9
 FIESTA TWIN**

**GALAXY 8
 LA CUEVA 6
 MORENCI THEATRE
 NORTH PLAINS 7
 RED ROCK 10
 SIERRA CINEMA**

STARGAZER 5

Session One of the Summer Kids Series schedule is now available! Session Two to be announced soon.

PARTICIPATING LOCATIONS:

Animas 10, Aviator 10, Cineport 10, Durango 9, Eagle 9, Fiesta Twin, Galaxy 8, La Cueva 6, North Plains 7, Red Rock 10, Sierra Cinema, Stargazer 5

**May 31st movie not available in Las Cruces due to school schedule*