



The Family Center is a section of the Children's Special Health Care Services (CSHCS) Division of the Michigan Department of Community Health (MDCH). CSHCS is part of MDCH's Bureau of Family, Maternal and Child Health.

CSHCS primarily provides medical specialty care to children with a qualifying diagnosis. The Family Center serves families of all children with special needs. The Family Support Network of Michigan (FSN) is the Family Center's parent-to-parent support arm.

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**CSHCS Family Phone Line**  
1-800-359-3722  
8 a.m.-5 p.m., Monday- Friday

*Events and resources are compiled by the Family Center from a variety of sources. A listing does not stand for endorsement.*

## A Word from Mary...

The following statement was taken from a report sent in by a young adult who was awarded a conference scholarship from the Family Center. She attended the 25<sup>th</sup> Annual International Technology & Persons with Disabilities Conference, held in San Diego, CA, March 22-27, 2010.

*"The main point I took away from his speech (Ivan Castro, Keynote speaker) was to never give up. Even when an obstacle like blindness gets in your way you can still accomplish your goals and much more. I think this conference is important because even though the products I looked at were expensive, they can help a young adult like me see themselves using them and becoming independent persons. Before going I thought I knew all there was to know about technology for people who are blind or visually impaired. I was so wrong in my thinking."*

The Family Center introduced *Conference Scholarship for Youth and Young Adults* on October 1, 2008. Michigan residents are encouraged to apply for a scholarship to help cover expenses for youth between the ages of 16-25 (and a caregiver) to attend a conference related to their diagnosis, condition or treatment. We will also consider conferences on school issues, advocacy, self-determination and life skills.

Conference scholarships are limited to one in every two years per applicant and are funded by the *Children With Special Needs Fund*. The scholarship program is administered by the Family Center for Children and Youth with Special Health Care Needs (Family Center). Our staff is part of the *Children's Special Health Care Services Division (CSHCS)* of the Michigan Department of Community Health. For more information, please call the Family Phone Line at (800)359-3722.

*Mary J. Marin*

## Transition Planning

According to experts, there are six steps for successfully transitioning to adult health care providers. Two of these steps are "Create a written health care transition plan by age 14," and "Prepare and maintain an up-to-date medical summary that is portable and accessible." Technology now exists that allows

patients to take control of their health information and maintain their own records with the use of a USB flash drive. Health care transition plans, as well as other medical information, can be saved and used on the flash drive. Children's Special Health Care Services (CSHCS) has a limited amount of flash drives available for youth that are in, or entering the transition phase of their health care. The drives have been pre-loaded with a copy of the Transition Guidebook for Young Adults and Families along with transition planning worksheets. To be eligible for a free flash drive, **you must be enrolled in CSHCS and between the ages of 14-21.**

If you would like to request a flash drive for transition planning, you can call the Family Phone Line at (800) 359-3722. Please have your CSHCS client identification number available when you call.

## Safety Tips for Summer

School will be out soon and children will be spending more time outdoors. Keep your family safe this summer by following these tips from the *American Academy of Pediatrics (AAP)*.

The first and best line of defense against the sun is covering up. Wear a hat with a three-inch brim or a visor, along with sunglasses that block 99-100% of ultraviolet rays and lightweight cotton clothing. Stay in the shade whenever possible and limit sun exposure during the peak intensity hours-between 10 am. and 4 pm.

For babies under 6 months, the two main recommendations to prevent sunburn are to avoid sun exposure, and dress in lightweight long sleeved shirts and long pants. Brimmed hats are also useful for shading the face and neck to prevent sunburn. If exposure to the sun is unavoidable, parents can apply a minimal amount of sunscreen to small areas, such as the infant's face and the back of the hands.

For young children, apply sunscreen at least 30 minutes before going outside and use sunscreen even on cloudy days. It should have a sun protection factor (SPF) of at least 15 and protect against UVA and UVB rays. Reapply at least every two hours, or after swimming or sweating.

For older children, use a sunscreen with an SPF of 15 or greater. Be sure to apply enough sunscreen and reapply every two hours, or after swimming or sweating. Use extra caution near water and sand as they reflect UV rays and may result in sunburn more quickly.

## **Opportunities**

Visit [www.bridges4kids.org/SummerCamp](http://www.bridges4kids.org/SummerCamp) to find an extensive list of camps that are available for children with various special needs. This list is not limited to health care needs, but also includes camps for children with autism, learning and developmental disabilities and mental illness. Links to the various camps are included, along with a short description of the camp.

Many of the Arc chapters in the state offer sports and/or recreational programs for persons with special needs. Dates and times vary. Visit [www.arcMichigan.org](http://www.arcMichigan.org) to find a website for your local chapter.

Visit or call the Parks and Recreation Department in your community. There may be day programs that your child can attend. They also will be able to tell you if there is a park in your area that is handicapped accessible.

## **Events**

June 18-20, Belleville National Strawberry Fest. Enjoy a parade, carnival, music and of course, fresh strawberry shortcake. For more information, Visit [www.nationalstrawberryfest.com](http://www.nationalstrawberryfest.com).

June 18-20, Detroit River Days. Family friendly music, entertainment and special events. Visit [www.DetroitRiverDays.com](http://www.DetroitRiverDays.com).

June 25, Soo Locks Engineer's Day/International Bridge Walk. A Michigan landmark will open its doors to the public when the Soo Locks hosts its annual open house. All facilities are open **free** to the public. Call 1-800-MISAULT (1-800-647-2858) or, visit [www.saultstemarie.com](http://www.saultstemarie.com) for more information.

June 27, Walker Wheels vs. Historic Ft. Wayne Early Risers. See a game of vintage "base ball" at Walker Tavern in Brooklyn at 1 pm. For more information on vintage baseball, or to find a game in your area, visit [www.vbba.org](http://www.vbba.org).

## **In Honor of Father's Day**

**"A truly rich man is one whose children run into his arms when his hands are empty." -- Unknown**