



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.

Mary J. Marin
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Lisa Huckleberry
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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

Although it doesn't seem like it, spring is just around the corner. Mark your calendars early to attend our every-other-year conference **Relatively Speaking** on October 7-9, 2011 in Grand Rapids. This conference focuses on siblings of children with special needs. It gives siblings of brothers and sisters with special needs the rare opportunity to meet with other siblings and have fun, talk, and connect heart-to-heart. The children meet in age appropriate workshops while the parents attend workshops dedicated to "mom and dad issues." Don Meyer, the founder of *Sibshops* will be one of our speakers. The Children with Special Needs Fund is a generous supporter of this conference. To join the **Relatively Speaking** mailing list, families may e-mail Dianna at Rigatod@michigan.gov, or phone her on our Family Phone Line at (800)359-3722. Watch for more details in future Heart-to-Heart Updates.

Mary J. Marin

Staff Updates

We are happy to announce that Orlene Christie has joined CSHCS as the Quality and Program Section Manager. Orlene has held various duties in state government. Within the Michigan Department of Community Health she has served as Legislative Liaison, Director of the Office of Statutory and Legislative Affairs and most recently, the Manager for the Child, Adolescent & Family Health Section. Amongst other duties, Orlene will oversee Quality Improvement planning, implementation, and monitoring for Local Health Departments (LHDs) and clinics, LHD liaison, insurance premium payment program and transportation. Welcome, Orlene!

Lisa Truscott, Director of Children with Special Needs Fund (CSN), has left to take a job in the private sector. Lisa has worked with the CSN Fund for 10 years. Under her direction, the CSN Fund has been able to maintain the ability to fund equipment for our children that isn't funded through any other source. This includes ramps, van lifts and adaptive recreational equipment. We miss Lisa's smiling face and the dedicated commitment she brought to her job. We wish her good luck in her new endeavors.

Has Your Child Had Their Flu Shot? It's not too late to get a seasonal flu shot. The flu presents a threat to children, especially those with special health care needs. Contact your health care provider or county health department to find out about getting flu shots in your area. If a family member with special health care needs becomes ill, contact the doctor immediately. Don't wait until symptoms become worse. The U.S. Department of Health & Human Services has information and updates about current flu conditions in your area. For specific information about vaccinations, prevention, symptoms and recommendations about how to keep your children and family healthy, visit www.flu.gov.

There are some simple steps you can take to help keep your family healthy.

- Wash hands frequently
- Drink plenty of fluids
- Stay home when sick
- Get vaccinated
- Cover coughs and sneezes with a tissue or by using the inside of your elbow

Watch Me Grow – A Calendar for Michigan Families

The Watch Me Grow Healthy Happy and Strong calendar is celebrating its 15th year. The 2011-12 edition is now available. It includes activities for parents and children, highlights of 30 programs for families, and lists important telephone numbers. It also provides space for families to add their own!

Order a calendar for your family, or families you work with, at: <http://www.watchmegrowcalendar.com/about.html>

Resources

Assistive Technology (AT) Xchange

www.atxchange.org

CSHCS Courses

[www.training.mihealth.org/
course_detail.htm#CSHCS](http://www.training.mihealth.org/course_detail.htm#CSHCS)

Down Syndrome Guild

www.dsgsemi.org
1-248-827-9135

Family Center

www.bridges4kids.org/f2f
1-800-359-3722

Healthy Children Project Monthly e-news

www.LDAofmichigan.org/healthchild.htm

Judson Center Autism Connections

www.judsoncenter.org

Syndromes Without A Name-USA

www.undiagnosed-usa.org
1-269-692-2090-or-1-888-880-SWAN(7926)

2011 MiAEYC Early Childhood Conference

Who – Michigan Association for the Education of the Young Child

When - March 31-April 2, 2011

Where - Amway Grand Plaza Hotel and Devos Place, Grand Rapids
The 2011 Early Childhood Conference will have three general sessions, along with full day sessions and over 200 workshops. These will cover an extensive range of issues and topics in administration and staffing, advocacy and public policy, assessment, childhood development, curriculum, discipline and guidance, infants and toddlers, inclusion and special needs, parents and families and professional development.

For more information, visit <http://www.miaeyc.org>.

The 2011 Income Tax Guide for Tax Year 2010 - was prepared by Thomas F. Kendziorski, Esq., Executive Director of The Arc of Oakland County. This guide has been prepared for persons supporting children and/or adults with intellectual and developmental disabilities and is available online at no charge in pdf. format. The guide may be printed without permission for use by members and friends of The ArcMichigan. Visit www.arcmi.org for information.

Job Opportunity The Michigan Alliance for Families is looking for a parent mentor for Oakland County with a focus on serving parents in Hazel Park and Pontiac. The position is 22.5 hours per week, \$16/hr with some benefits included. The office is at UCP/Metropolitan Detroit, located in Southfield. Deadline is March 18, 2011.

Go to: www.michiganallianceforfamilies.org for more information.

Fun Stuff! Snow Ice Cream Recipe

Ingredients:

- 1 1/2 cups of milk
- 1/2 teaspoon vanilla
- 1 cup sugar
- 8 cups **CLEAN** Snow

Preparation:

Go outside and get 7-8 cups of fresh, **clean** snow. Don't pack the snow! Bring it in the house and set it in the freezer until you need it.

Mix together the milk, vanilla, and the sugar. Stir this mixture until the sugar is dissolved. Slowly add the snow to your mixture, stirring constantly, until it is as thick as ice cream! Eat up

Add green food coloring for St. Pat's Day Ice Cream!!!!