



MI Health Link

JANUARY 2024 BULLETIN



Monthly Spotlight:

Martin Luther King Jr. Day

Martin Luther King Jr. Day is always celebrated the third Monday of January and this year was particularly special as it fell on the actual birthday of the civil rights leader-

January 15th. This year marks 56 years since Reverend Martin Luther King Jr.'s assassination.

Today, King is widely known as a hero who led a nonviolent crusade against racist segregation policies and horrendous brutality against Black people. King was a pastor following in his father's footsteps as well as a protest leader who did not like conflict and went out of his way to avoid conflict when possible. According to the King Center the theme for this holiday in 2024 is "It starts with me: Shifting the cultural climate through the study and practice of Kingian nonviolence."

Martin King Jr. had [six principles of nonviolence](#), which were inspired by Jesus Christ and Mahatma Gandhi.

King said the six principles should be embraced as a lifestyle. The six principles are:

1. Nonviolence is a way of life for courageous people.
2. Nonviolence seeks to win friendship and understanding.
3. Nonviolence seeks to defeat injustice or evil, not people.
4. Nonviolence holds that unearned, voluntary suffering for a just cause can educate and transform people and societies.
5. Nonviolence chooses love instead of hate.
6. Nonviolence believes that the universe is on the side of justice.

Why January for Martin Luther King Jr. Day and why Mondays? This holiday is always on the third Monday so that it falls roughly around King's actual birthday. In 1994, it became the only federal holiday dedicated to volunteerism, after Congress passed the King Holiday and Service Act. Americans are encouraged to observe the day "with acts of civic work and community service" in honor of King's legacy. To learn more about how to honor King's legacy please visit the [King Center](#), a global destination and resource center dedicated to the late Martin Luther King Jr.

Program and Policy Notes

MI Health Link Program, Contractual, Policy Requirements and Highlights

MI Health Link Program Eligibility Criteria For Enrollment

An individual is eligible to enroll in the MI Health Link program when they meet all of the following criteria:

- Age 21 or older
- Entitled to or enrolled in Medicare Part A, enrolled in Medicare Part B, eligible to enroll in Medicare Part D
- Receiving full Medicaid benefits (Note: This includes individuals who are eligible for Medicaid through expanded financial eligibility limits under a 1915(c) waiver or who reside in a Nursing Facility and have a monthly PPA)
- Living in one of the following Michigan counties: Barry, Berrien, Branch, Calhoun, Cass, Kalamazoo, Macomb, St. Joseph, Van Buren, Wayne, or any county in the Upper Peninsula

The following populations will be excluded from enrollment in the MI Health Link program:

- Individuals under the age of 21
- Individuals previously disenrolled due to special disenrollment from Medicaid managed care as defined in 42 C.F.R. 438.56
- Individuals not living in a MHL service region
- Individuals with Additional Low Income Medicare Beneficiary/Qualified Individual (ALMB/QI) program coverage
- Individuals without full Medicaid coverage (including those with spend downs or deductibles)
- Individuals with Medicaid who reside in a State psychiatric hospital
- Individuals with commercial HMO coverage
- Individuals with elected hospice services (Note: If an existing MI Health Link Enrollee elects hospice services they may remain enrolled in the program)
- Individuals 21 years of age or older being served by the Children's Specialized Health Care Services program
- Individuals who are incarcerated
- Individuals with presumptive eligibility
- Individuals not eligible for Medicaid due to divestment
- Individuals residing in designated State sanctioned Veterans' Homes.

Questions related to program eligibility may be directed to the resources found [here](#).



Beneficiary Health and Welfare: Winter Safety

Winter weather is officially here in Michigan and with that comes cold temperatures, freezing rain, heavy snowfall, high winds, and icy and snow-covered sidewalks and roads. Extreme cold can bring on health emergencies for anyone, but older adults have a higher chance of being affected by the cold weather. Hazards of cold weather include falls on wintry surfaces, frostbite, and hypothermia. Some medical conditions such as Diabetes, thyroid problems, Parkinson's disease, and arthritis can make it harder to stay warm.

Preventing unsafe exposure to the cold outdoors:

- Check the weather forecast for windy and cold days. A heavy wind can quickly lower your body temperature — try to stay inside or in a warm place.
- If you must go out on windy, cold, or damp days, don't stay outside for long.
- Let others know when you're planning to spend time outdoors and carry a fully charged mobile phone.
- Keep warm blankets and extra cold-weather clothing in your car.
- Wear a hat, scarf, and gloves or mittens to prevent loss of body heat through your head and hands. Also consider using disposable or rechargeable hand and foot warming products.
- Wear warm and loose layers of clothing. The air between the layers helps to keep you warm.
- Wear a waterproof coat or jacket if it's snowing or raining.
- Change out of damp or wet clothes as soon as you can.

Stay inside when the weather is bad, if possible. Consider using services that can deliver prescriptions, groceries, and other necessities to avoid going out into the elements.

Tips to avoid falls in the cold weather:

- Keep outside walkways clear of snow and ice with an ice melt product or sand.
- Avoid shoveling snow yourself when possible. In addition to the risk of falling, there is a risk of heart attack for older adults while shoveling.
- Use railings to help avoid slipping on ice and walkways.
- Wear non-skid, rubber soled, low-heeled footwear.

Chore Services is a MI Health Link (MHL) waiver service that can assist members in keeping their walkways and driveways clear to prevent falls. The service can also

benefit the member by reducing the risk of a medical emergency such as a heart attack, frostbite and hypothermia. As outlined in the MHL Minimum Operating Standards (MOS) section 19.8, Chore Services are allowed only in cases when neither the enrollee nor anyone else in the household is able to provide and/or capable of financially paying for chore services, and where no other relative, caregiver, landlord, community or volunteer agency, or third-party payer is capable of, or responsible for, their provision. If another person lives in the same household as the enrollee and is capable of providing chore services, that person is responsible for chore tasks even if he or she does not want to provide them.

Learn more about winter weather safety [here](#).

Education and Support Opportunities

Effective Pain Management presented by Dana Rizzo RN

Wednesday January 31st, 2024 11:30AM

Explore how to evaluate patient's knowledge and beliefs about pain including cultural influences, determine the impact of the pain experience on quality of life, evaluate the effectiveness of past pain control measures with the patient, learn assessment of the patient regarding the level of pain that allows a state of comfort and appropriate functioning and attempt to keep pain at or lower than the identified level, learn environmental factors that may influence the patient's pain experience, and lastly learn to select and implement intervention options tailored to the patient's risks, benefits, and preferences to facilitate pain relief. Click [here](#) to register or for more information.

Motivational Interviewing: Beyond the Basics

Wednesday February 7th, 2024 10:00AM

Michigan Center for Rural Health brings another learning experience with Dr. Bernard Showers presenting on motivational interviewing. Participants will learn how Motivation Interviewing's emphasis on change talk makes it unique. Participants will learn tangible skills for eliciting change talk with their clients, helping them to gain and enhance motivation towards making meaningful behavioral changes. Click [here](#) for more information.

Clinical Assessments for Behavioral Health Care

Tuesday February 13th, 2024 12:00PM

The Michigan Center for Rural Health will be hosting a new Social Work Grand Round entitled “Clinical Assessments for Behavioral Health Care” on February 13th, 2024 from 12pm-1pm **EST** held via zoom webinar. This series targets social workers and counselors working in a Substance Use Disorder or Mental Health Setting: Detox/Inpatient Psych, Residential, Partial Hospitalization, Intensive Outpatient, or Outpatient. Click [here](#) for more information.

Free Webinar: An Overview of HUD Housing Programs

Tuesday February 13th, 2024 3:00PM

This webinar is an introduction and overview of HUD Housing Programs. In this webinar, participants will hear from housing experts about HUD Housing Programs that are targeted to low and moderate-income households, including older adults. This presentation will teach how client populations may be eligible for this housing and what challenges there may be in securing this affordable housing. Click [here](#) to register and learn more.



Resource Link:

The King Center

In honor of MLK Day this month it is important to highlight the ongoing work of Martin Luther King Jr and his legacy in the King Center.

Established in 1968 by Mrs. Coretta Scott King, The Martin Luther King, Jr. Center for Nonviolent Social Change (“The King Center”) has been a global destination, resource center and community institution for over a quarter century. The King Center is a 501(c)3. Nearly a million people each year make pilgrimage to the National Historic Site to learn, be inspired and pay their respects to Dr. King’s legacy.

Both a traditional memorial and programmatic nonprofit, the King Center was envisioned by its founder to be “no dead monument, but a living memorial filled with

all the vitality that was his, a center of human endeavor, committed to the causes for which he lived and died.” That vision was carried out through educational and community programs until Mrs. King’s retirement in the mid-1990’s, and today it’s being revitalized.

Squarely-focused on serving as both a local and global resource, the King Center is dedicated to educating the world on the life, legacy and teachings of Dr. Martin Luther King, Jr., inspiring new generations to carry forward his unfinished work, strengthen causes and empower change-makers who are continuing his efforts today.

Plans include a state-of-the-art renovation to the King Center’s Atlanta campus, the preservation and digitization of our one-of-a-kind archives, the launch of an innovative digital strategy and conference series to bring the King legacy to a modern audience and the development of new programs and partnerships that further Dr. King’s work in sustainable, measurable ways worldwide. Through such efforts, the King Center can rise to its true potential as a beacon of hope and progress, to a world that still desperately needs Dr. King’s voice and message.

Please visit and learn more about the King Center's resources and ongoing initiatives by clicking [here](#).



Q & A: Your Questions About MI Health Link

If you have a question about the MHL program we want to hear from you. We will work to get you the information you need.

Q: Can a beneficiary receive Non-Medical Transportation (NMT) if they are not receiving Expanded Community Living Supports (ECLS)? Do these services have to both be provided together?

A: NMT and ECLS are separate services provided under the MI Health Link waiver program and it is not a requirement to have both services. Beneficiaries can be enrolled in ECLS and may not have a need for NMT or vice versa. Please reference the Minimum Operating Standards (MOS) for a more in depth look at each service's requirements.

Please send any questions for future bulletins to Integratedcare@michigan.gov.

Topic Submission

If you have suggestions for topics to be addressed in future additions of the MI Health Link Bulletin, please send them to Integratedcare@michigan.gov



Quick Links

[MI Health Link Website](#)

[CMS Financial Alignment Website](#)

[MI Health Link Minimum Operating Standards](#)

[MDHHS Medicaid Provider Manual](#)

Previously Released MHL Bulletins

Previously released MI Health Link Bulletins can be found by visiting the [MI Health Link Website](#).



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