



The Center for Infants and Children with Special Needs

Family Newsletter

Fall & Holiday Edition 2009



Check out our Online Community Calendar

The Special Needs Resource Directory at www.cincinnatichildrens.org/special-needs

Many organizations throughout Greater Cincinnati sponsor various types of events for children with special needs and their families. The Center for Infants and Children with Special Needs at Cincinnati Children's Hospital Medical Center has compiled a calendar to make it easy for families to locate these events. Here you will also find Disability-specific support groups which can be very helpful to patients, their families and medical professionals. Groups can provide the patient and family's perspective on various issues, enable networking, offer educational literature and medical references, as well as offer relevant news on research and clinical trials. We also list fund-raisers in the community that may need your support!

Here are a few featured:

- Spina Bifida Support Group, Mondays 7:00 pm to 8:30 pm at Children's Fairfield
- Toddler Talk on Tuesdays 9:30 am to 11:00 am at base sponsored by Speech Pathology Department, DDBP
- Introduction to Kelly O'Leary Services at Cincinnati Children's, 1st Thursday of every month contact for time
- Health Reform for People with Disabilities, October 27, 10:00 am to 4:00 pm at the Hyatt Regency, Columbus, Ohio
- Autism Support Group, November 10, 7:30 pm to 9:00 pm at Kenwood Baptist Church, 8341 Kenwood Rd.
- Cincinnati Special Education Workshop: IEP's & 504's November 11, 10:00 am to 11:00 am, at base Loc S, Rm5.125
- **COMMUNITY RESOURCE INFORMATION FAIR....SPRING of 2010** (see next newsletter for details)

Our Tuesday Clinic has Moved at the Main Location of CCHMC

Your Tuesday afternoon appointments have moved temporarily to our A building on the 1st floor marked "Urology". We are in the clinic space closest to Burnet Ave, next to the Teen Center and across from Admitting/Test Referral. When entering the parking garage look for the A building parking signs and take the elevator to 1st floor.

Our welcome desks can direct you if you get lost. See you in clinic!



Cincinnati Walks for Kids

On October 10, 2009 our staff joined thousands of patients, families and supporters of CCHMC to give thanks, and honor to loved ones at Cincinnati Walks for Kids. Thanks to the amazing support of our community, patient families, volunteers and staff, the Cincinnati Walks for Kids was a tremendous success. We appreciate those who contributed and walked with the teams directly supporting our clinic. A Special Thanks goes out to Brady's Bunch and Kaylynn's Krew, who were once again a huge success and big supporters of The Center for Infants and Children with Special Needs.



Seasonal and Novel H1N1 Flu Information

Stories about the H1N1 flu are in the news almost daily, raising everyone's concerns about the potential impact on our community. Our clinic wanted to address some of your questions:

What is the flu?

The flu (influenza) is an infection of the nose, throat, and lungs caused by influenza viruses. Flu viruses cause illness, hospital stays and deaths in the United States each year. There are many different flu viruses and sometimes a new flu virus emerges to make people sick.

What is novel H1N1 flu?

Novel H1N1 flu is a new and very different influenza virus that is spreading worldwide among people. This new virus was called "swine flu" at first because it has pieces of flu viruses found in pigs in the past. However, novel H1N1 virus has not been detected in U.S. pigs.

Influenza is unpredictable, but scientists believe that the new H1N1 virus will cause illness, hospital stays and deaths in the United States over the coming months. This flu season, the new virus may cause a lot more people to get sick than during a regular flu season. It also may cause more hospital stays and potential deaths than seasonal flu.

How serious is the flu?

The flu can be very serious, especially for younger children and children of any age who have one or more chronic medical conditions like many of our patients. These conditions can result in more severe illness from influenza, including the new H1N1 virus.

How does flu spread?

Both novel H1N1 flu and seasonal flu are thought to spread mostly from person to person through the coughs and sneezes of people who are sick with influenza. People also may get sick by touching something with flu viruses on it and then touching their mouth or nose.

What are the symptoms of the flu?

Symptoms of seasonal flu and novel H1N1 flu include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Some people also may have vomiting and diarrhea.

How long can a sick person spread the flu to others?

People infected with seasonal and novel H1N1 flu shed virus and may be able to infect others from 1 day before getting sick to 5 to 7 days after. This can be longer in some people, especially children and people with weakened immune systems and in people infected with novel H1N1 flu.

How can I protect my child against flu?

Get a seasonal flu vaccine for yourself and your child. The new H1N1 vaccine may become available in late October. This vaccine is separate from the seasonal flu vaccine thus requiring TWO immunizations against flu this year. *(Call our office for vaccine availability).*

Take everyday steps to prevent the spread of all flu viruses. This includes:

- ✓ Cover your nose and mouth with a tissue when you cough or sneeze and throw the tissue in the trash after you use it.
- ✓ Wash your hands often with soap and water, especially after you cough or sneeze.
- ✓ Avoid touching your eyes, nose and mouth. Germs spread this way.
- ✓ Teach your child and encourage household guests to take these actions too.
- ✓ Try to keep your child from having close contact with sick people, including anyone in the household who is sick.
- ✓ Keep surfaces like bedside tables, surfaces in the bathroom, kitchen counters and toys for children clean by wiping them down with a household disinfectant according to directions on the product label.
- ✓ Throw away tissues and other disposable items used by sick persons in your household in the trash.

If you or your child develops flu-like symptoms, including a fever and/or cough please call and speak to one of our nurses at 636-3000.

Preparing for the WAR
on the H1N1 flu
-Dr. Fletcher





School is Back in Session

Don't forget to think about your child's IEP!

The Individualized Education Program, usually called an IEP, is a written statement of the educational program designed to meet your child's special needs. Every child who qualifies for special education under the Individuals with Disabilities Education Act (IDEA) must have an IEP. The IEP is the foundation document that details all the special education and related services needed for a student to receive a free appropriate public education, or FAPE. A meeting to develop the IEP must be held within 30 days of determining that the child is eligible to receive special education services. Key considerations in developing an IEP include assessing students in all areas related to the suspected disability(ies), considering access to the general curriculum, considering how the disability affects the student's learning, developing goals and objectives that make the biggest difference for the student, and ultimately choosing a placement in the least restrictive environment.

Your child's IEP must be reviewed and revised at least once a year. However, this can be done more often if you or have the school request it.

Start thinking about next summer too, Extended School Year (ESY) services are services beyond the regular school year that are necessary for a student with a disability to make educational progress the entire year and can be added to your IEP.

The Center for Infants and Children with Special Needs at Cincinnati Children's Hospital Medical Center provides resources to help families find the special education programs and supports they need.

For Further details please use our Special Needs Resource Directory education tab

www.cincinnatichildrens.org/special-needs

Questions.....Feel Free to Contact one of our Social Workers here at Special Needs:

Molly Sicking 636-9894

or

Suzan DeCicca 636-5473



Health Care Reform... Get Involved!!

President Obama is committed to working with Congress to pass comprehensive health reform this year in order to control rising health care costs, guarantee choice of doctor, and assure high-quality, affordable health care for all Americans.

The Administration believes that comprehensive health reform should:

- Reduce long-term growth of health care costs for businesses and government
- Protect families from bankruptcy or debt because of health care costs
- Guarantee choice of doctors and health plans
- Invest in prevention and wellness
- Improve patient safety and quality of care
- Assure affordable, quality health coverage for all Americans
- Maintain coverage when you change or lose your job
- End barriers to coverage for people with pre-existing medical conditions

We encourage you to become advocates- you too can work on behalf of promoting global issues such as state and federal health care programs. They can also play a critical role in individual patient / family focused issues including insurance, school and access to resources.

There are many resources to help parents and health care providers become effective advocates on our Special Needs Resource Directory and click on [Advocacy at www.cincinnatichildrens.org/special-needs](http://www.cincinnatichildrens.org/special-needs)

