



## ALREADY AUTUMN!

Welcome to the autumn edition of our quarterly newsletter. In this newsletter we will:

- Review Infant Safe Sleep
- Provide information on Medicaid Waiver Programs in Michigan
- Highlight a CSHCS eligible diagnosis: Cystic Fibrosis
- Introduce our new CSHCS team member
- Highlight fall events and activities in Kent County

## BACK TO SCHOOL BASH SUCCESS

In August we had our back-to-school event to celebrate school starting up again. We were joined by several community partners including Michigan Alliance for Families, A Kid Again, Conductive Learning Center, and Sib Shops. In addition to the community partners, the Kent County Sheriff's Office brought two horses from their mounted unit and John Ball Zoo brought several of their reptiles for a presentation. Along with a cooked meal and connections to community resources, we also provided 32 backpacks to our families filled with school supplies to prepare for school! In total we had about 43 people join us at our first annual back to school bash and we look forward to how this event continues to grow over the years.



### MEDICAID RENEWAL IS COMING BACK!!

As we return to life after the COVID-19 pandemic, Medicaid (MA) will be returning to its previous renewal process. If your address has changed, you can update it either online at [newmibridges.michigan.gov](https://newmibridges.michigan.gov) or by calling 888-642-7434. And make sure you are opening and responding to your mail and checking your online portals to guarantee you submit renewal paperwork on time!

# DIAGNOSIS OF THE QUARTER

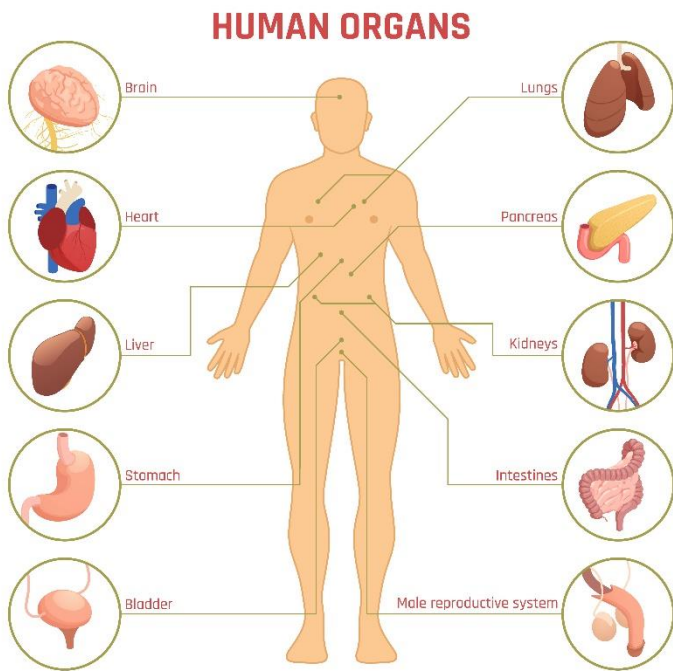


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**Cystic Fibrosis** (CF) is a genetic disease that affects the lungs, pancreas, and other organs. The genetic mutation causes one of the body's proteins to not work properly. This protein helps pull water into the body's cells, so without the help of that protein mucus begins to build up. Over time the mucus starts to block organ function causing problems for the affected individual.

In the lungs, this mucus blocks the airways and traps germs which can lead to infection, inflammation, and other complications. That is why it is so important for individuals with CF to avoid germs.

In the pancreas, mucus buildup blocks the release of the enzyme that helps the body absorb key nutrients, which causes malnutrition and poor growth.

In the liver, the mucus can block the bile duct which can lead to liver disease.

There are a variety of symptoms that can appear with CF including salty-tasting skin, frequent lung infections, shortness of breath, poor growth or weight gain, bulky or difficult bowel movements, chronic sinus infections, etc. Since it is a genetic condition, it is passed on from the parents. To get a CF diagnosis it is a multistep process that includes a newborn screening, sweat test, genetic or carrier test, and a clinical evaluation by a CF specialist. Most individuals with CF are diagnosed by the age of 2, but there are some who are diagnosed as adults.

Since CF has such a wide range of severity, each person living with CF has their own treatment plan. While many of the same elements are present in each person's plan, the treatments are tailored to the person's needs.

Treatments includes a combination of therapies such as:

- inhaled medications to thin mucus, open airways, and prevent infections
- airway clearance devices like percussion vests to loosen mucus
- pancreatic enzyme supplement to help the body absorb nutrients
- individualized fitness plans to improve lung function, energy levels, and their overall health
- CFTR modulators to target the defect in the CFTR protein, currently this is only effective for specific mutations

Years of research have provided major advancements in care for individuals with CF, leading to added years and improvements in their quality of life. In the 1950s, children with CF rarely lived past the age of 8 but today over half of individuals with CF are over the age of 18 and go on to live well into their 30s, 40s, and beyond. There is still much research to do as there is still no cure for CF. The Cystic Fibrosis foundation is committed to finding a cure and have many initiatives to bring new ideas and strategies to the table in hopes of finding one.

Cystic Fibrosis Foundation (n.d.) *About Cystic Fibrosis*. Retrieved September 19, 2022 from <https://www.cff.org/intro-cf/about-cystic-fibrosis>

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# WAIVER PROGRAMS

Network180 is Kent County's local community mental health authority serving families, adults, and children who need assistance with mental health, substance use, or intellectual & developmental disabilities. Another aspect of being the community mental health authority is evaluations for some of the Medicaid waiver programs that provide access to additional services for individuals who qualify.

## Children's Waiver Program

Enables MA to fund services for children with developmental disabilities regardless of parent's income

- Must have a developmental disability
- Under 18 years old
- In active need of treatment and habilitation services
- Meet ICF/IID facility requirements

## Social/Emotional Disturbance Waiver

Enables MA to fund mental health services regardless of parent's income

- Under 18 years old
- Diagnosis of mental illness
- Meet criteria for state psychiatric inpatient admission
- Need for intense level of service

## Habilitation Supports Waiver (HSW)

Enables individuals with developmental disabilities to receive additional MA services

- Has a developmental disability
- Medicaid eligible
- Lives in community setting
- Would require ICF/IID facility level of care if not for HSW

Please contact our CSHCS office if you think your child may qualify for one of these programs

# SAFE SLEEP AWARENESS

October is Infant Safe Sleep Awareness month! It is the perfect time to spread the word about how many infants are lost due to being placed in an unsafe sleeping environment. You can help prevent these deaths by ensuring all babies are placed alone on their back, in a crib, bassinet, or pack-n-play. As the weather gets colder, keep your baby warm by placing them in a sleep sack or footed sleeper instead of a blanket. Snuggling up to watch a spooky movie may be tempting this month, but remember to share your room, not your bed! Every baby deserves a chance to celebrate their first birthday.

Visit us at: [www.accesskent.com/safesleep](http://www.accesskent.com/safesleep) for more information.



**23% of infant death in Kent County during 2021 were attributed to unsafe sleeping environments**



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# WELCOME TO THE TEAM

Hi! My name is Sam, and I just started here with CSHCS a few months ago as one of the Public Health Nurses. I attended nursing school at Grand Valley State University and after graduating in 2019, I worked for a year and a half at Butterworth Hospital on an adult neuroscience unit. I realized I needed a change of environment, and I chose CSHCS because I wanted to use my passion to help kids and feel connected with my community. My favorite season is fall, so I'll be spending my free time enjoying a book on the porch, baking all things pumpkin flavored, and wearing sweaters over the next few months. I also love to dance and will be performing in this year's GR Civic Theater holiday production, Mary Poppins! I look forward to working with all our beautiful CSHCS families of Kent County.



## FALL IN WEST MICHIGAN

Fall is here and there are lots of things to do in West Michigan. Below are just a few examples of accessible activities to do this season as a family.



Grand Rapids Public Museum will explore the history of the Day of the Dead from 9/3-11/27



Grand Rapids Children's Museum has an interactive exhibit based off *The Pigeon* book series

- ❖ John Ball Zoo – Washed Ashore exhibit through November 20<sup>th</sup>
- ❖ Family farms and farm markets can be found at Forest Ridge Markets
- ❖ Wandering, Waiting, Watching display at the Urban Institute for Contemporary Arts
- ❖ The Jim Henson Exhibition at the Grand Rapids Art Museum from Oct. 1<sup>st</sup> – Jan. 14<sup>th</sup>



See the changing trees on your local trails at Bradford Nature Center, Wittenbach Wege Center, & Calvin College Ecosystem Preserve



Check out the fall florals at Fredrick Meijer Gardens