

TeleFamilies Times

Volume 2, Issue 2

Spring, 2012

SUGGESTED WEBLINKS

Wheeled sport safety tip sheet

www.childrensmn.org/web/whatsnew/198200.pdf

Tips to avoid sunburn

www.childrensmn.org/blog/kidshealth/2011/07/five-tips-to-avoid-sunburns/

Other tip and info sheets

www.childrensmn.org/Services/Emergency/MakingSafeSimple/

St Paul Adaptive Recreation

www.stpaul.gov/index.aspx?NID=1249

Courage Center camps

www.couragecenter.org/ContentPages/camphomepage.aspx

National Center on Physical Activities and Disability

www.ncpad.org/get/discover/index.html

Summer is Near: Fun and planning take the place of schedule and routine!

The seasons are changing and the school year is rapidly coming to a close. Parents and kids are shifting gears. The structure provided by the school day is ending—or changing—with shorter summer school sessions or summer camps. This means allergies and injuries associated with outdoor summer activities are also upon us. Here are some thoughts to get you moving in the right direction for a healthy and safe summer.

Skin protection: Remember even early spring sun can cause sunburn. Some medications increase the risk of sunburn, so always use sunscreen.

Allergies/Asthma: Spring and summer bring new allergens and asthma triggers. Review your child's triggers and be sure you have refills of seasonal allergy medication on hand.

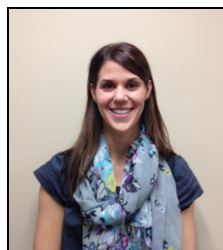
Sprains, strains and skinned knees: If your kids explode out the door on nice summer days be prepared for stumbles and scrapes. Use support devices and protective gear as indicated for your child's activity level.

Sport safety: Whether at the park or Special Olympics remember "Helmets on wheels." Knee, elbow, wrist and hip protectors may also be indicated.

Camps physical forms: Summer is a good time for annual well check-ups (i.e., physicals). Your child will need a recent physical for camp. Be sure to get the forms into the clinic as early as possible.

If you are unsure if your child is up-to-date with their physical, call the clinic before submitting camp forms. If a physical is needed, a check-up can be scheduled.

The Newest TeleFamilies Team Members



Heidi Goeder

Please join us in welcoming two new staff members to the TeleFamilies Study: Heidi Goeder and Margaret Celebrezze. Heidi will be working as research assistant and you may see her at clinic visits. She is originally from Wisconsin and is currently in graduate school at the University of Minnesota. Outside of work and school, Heidi enjoys running around Minnesota's many lakes, traveling, concerts, and cooking.



Margaret Celebrezze

Margaret joins the TeleFamilies study with years of study coordinator experience. She will help to maintain and monitor the study's progress.

Margaret is married and the mother of a soon-to-be high schooler. She enjoys spending time with her family, cooking/eating ethnic food, reading and biking along the River Road to work! She can be reach at 612-625-4989 or celeb004@umn.edu.

"Happiness does not depend on outward things, but on the way we see them."

- Leo Tolstoy

Meet Rhonda Cady, PhD University of Minnesota Research Fellow



Chances are that you have spoken with Rhonda Cady on the phone or at a clinic visit. For the past two years Rhonda has worked as a TeleFamilies research assistant. In April Rhonda graduated from the Health Informatics program at the University of Minnesota and has now taken on a post-doctoral position

with the project. Her research interests focus on understanding how technology changes the way a nurse works.

Rhonda moved to Minnesota from Milwaukee, Wisconsin in 1997, but still considers the Green Bay Packers 'the hometown team.' She enjoys biking, sailing and gardening. Rhonda lives in the west metro area with her husband, two sons (ages 16 and 19) and a dog named Jake.



Did you know there is an **email option** for the monthly calendar data?

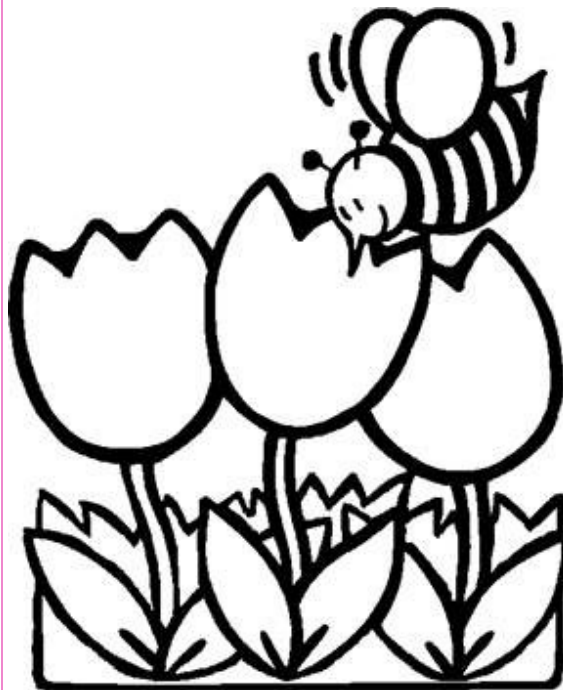
If you are interested in submitting your calendar information via email, send a quick note to telehlth@umn.edu and Sara will follow-up with you.



The TeleFamilies Team:

- ◆ Stanley Finkelstein, PhD
Project Director
- ◆ Ann Garwick, PhD, RN
Study Investigator
- ◆ Wendy Looman, PhD, RN
Study Investigator
- ◆ Carrie Pettey, MD
Study Investigator
- ◆ Anne Kelly, MD
TeleFamilies Consultant
- ◆ Hongfei Guo, PhD
Biostatistician
- ◆ Scott Lunos, MS
Biostatistician
- ◆ Mary Erickson, DNP, RN
Nurse Practitioner
- ◆ Rhonda Cady, PhD
Research Fellow
- ◆ Margaret Celebrezze
Study Coordinator
- ◆ Cathy Erickson
Heidi Goeders
Sara Romanski
Research Assistants
- ◆ Lizzie Berndt
Student Intern

Kids Corner



Coloring page: <http://printables.kaboose.com/busy-bee-with-tulips.html>

Connect the dots: <http://www.easter-coloring.com/pages/duck/012-easter-duck-connect-dots.html>

TeleFamilies Contact Information

Address	Telephone and E-mail
Children's Clinic—St. Paul Mail Stop 70-302 345 Smith Avenue North St. Paul, MN 55105	Cathy and Rhonda 612-625-9431 Sara 612-625-9127 Margaret 612-625-4989 telehlth@umn.edu

