Welcome!

Welcome to the TeleFamilies Research Program Newsletter. We are thrilled to have you involved in our research study. There are currently 135 children/families and we are growing every week. Our research team is very grateful for the calendar and survey information you have completed for the study. Thank you!

This Newsletter is one way our research team can share information including, educational information, research updates, and support for your efforts. We encourage you to call or e-mail us if you would like to add something to the Newsletter or if you have an idea or a topic you think would be interesting or helpful to other families. We care about our research families and value their input.

Our research team includes 10 people. A list of study team members is listed on the back. We will tell you about each of these individuals in upcoming newsletters.

If you have any questions or concerns about the study, please call (612-625-9431) or e-mail (telehlth@umn.edu) Rhonda Cady or Cathy Erickson, the research assistants for the study. You can also contact me (stan@umn.edu) with concerns or suggestions for making your participation easier.

Regards,

Stan Finkelstein, PhD
Professor and Study Principal Investigator

A Life Lived Well

Living well means recognizing our personal strengths and using these in our daily lives. According to the Greek philosopher Aristotle, *eudaimonia* (pronounced “you-day-MOAN-ia”) is about life satisfaction and the *life lived well*. Using our unique strengths helps us live well and pursue happy lives. The strengths of hope, zest, gratitude and curiosity positively affect life satisfaction. Gratitude connects us happily to the past, and hope connects us happily to the future. Zest and curiosity are ways we live well in the here and now.

“Signature strengths” are the things we like doing and are good at. A research study showed that people who identified a “signature strength” and used this in a...
new and different way each day for a week were happier and more satisfied with their lives.

What are your “signature strengths”? What are the strengths of the people in your family? This week, think about what is going well and how you are using your strengths. Focusing on our strengths helps us live well.

Enjoy eudaimonia.

“They call it Down syndrome but I think it is really Up syndrome, this is a pretty cool kid.”

-Parent

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Calendar of Health Care Service Use - TIPS for Busy Families:

Every month we ask for your child's "Calendar" data. We collect it often and want to make it easy. Here are some tips from other TeleFamilies:

**Carry the Calendar** along with your personal calendar and complete it when your child has a health care visit.

At the end of each month, fill out the Calendar using your personal calendar. Remember to include visits such as urgent care or emergency room visits.

No health care visits this month? This is important information—just send us the blank Calendar.

We will call you the first few months to get you started filling out the Calendar. Once you are comfortable filling it out, you can send the information to us each month.

There are several ways to send us your calendar each month. Use the method that is most convenient for you:

**Mail** the completed Calendar using an envelope from your calendar packet. Call if you need more envelopes.

**Call** our office at 612-625-9431. Leave a message with the Calendar information OR a time that we can call you back.

**E-mail** the Calendar information to telehlth@umn.edu.

**Bring** the Calendar to the St. Paul Children’s Clinic. Ask the front desk receptionist to put it in the TeleFamilies mailbox.

We know how busy your life can be. We will call or e-mail you with a friendly reminder. Leave us a voice mail or send an e-mail at anytime if you need help or have questions. Thanks again for taking the time to collect this important data.

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The TeleFamilies Team:

- Stanley Finkelstein, PhD  
  Project Director
- Ann Garwick, PhD  
  Study Investigator
- Wendy Looman, PhD  
  Study Investigator
- Jim McCord, MD  
  Medical Director
- Anne Kelly, MD  
  TeleFamilies Consultant
- Hongfei Guo, PhD  
  Biostatistician
- Scott Lunos, MS  
  Biostatistician
- Mary Erickson, DNP  
  Nurse Practitioner
- Cathy Erickson  
  Research Assistant
- Rhonda Cady  
  Research Assistant

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Apple Opens New App Store


Among the apps are Dragon Dictation for speech-to-text, iHearClearly and Internet-based support for the hearing disabled, and iSight and iChat, and Grapher, a built-in, full-featured graphic calculator.

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