



TeleFamilies Times

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SUGGESTED FAMILY WEBLINKS:

www.cshcn.org

Create a Care Notebook to help track your child's medical information.

Visit the Teen Portal to learn more about planning for the future, advocating for one's self, and moving to adult health care.

www.acacamps.org

American Camp Association search tool.

Find a summer camp in any state by category (activity type, age group, special needs).

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.



Seated: Scott Lunos, Wendy Looman, Stan Finkelstein
Standing: Rhonda Cady, Anne Kelly, Mary Erickson, Hongfei Guo, Ann Garwick, Cathy Erickson

If you have any questions or concerns about the study, please call (612-625-9431) or e-mail (telehth@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

"Happiness often sneaks in through a door you didn't know you left open"

-John Barrymore

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

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A Life Lived Well

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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

Apple Opens New App Store

"Special Education: Learning for Everyone" offers apps under the headings: Sign Language, Communication, Hearing, Emotional Development, Language Development, Literacy & Learning, Organization and Life skills.

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.

From *Parenting Special Needs Magazine* Nov/Dec 2010



The TeleFamilies Team:

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Project Director
- ◆ Ann Garwick, PhD
Study Investigator
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- ◆ Scott Lunos, MS
Biostatistician
- ◆ Mary Erickson, DNP
Nurse Practitioner
- ◆ Cathy Erickson
Research Assistant
- ◆ Rhonda Cady
Research Assistant

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.

Contact Information

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