



# TeleFamilies Times

Volume 1, Issue 2

Spring, 2011

## SUGGESTED FAMILY WEBLINKS:

<http://parentingspecialneeds.org>

Free online magazine for parents of children with special needs. Tips, activities, resources.

*Use the Events Calendar to search for upcoming activities near your home.*



## TeleFamilies Study Progress Report

Greetings. From time to time we will include an update on the TeleFamilies Study to keep you, our valuable participants, informed about the progress. As of mid-May, we have 151 participating families and are close to our goal of 168 families. **All our participants should be congratulated for helping the study move forward.** We appreciate the monthly reporting of your child's visits to the doctor, emergency room and hospital. Half of the families have also received the first Survey Packet. This information helps us measure other important aspects of your child's care.

The TeleFamilies Newsletter is another sign of study progress. This is the second issue of what will be a quarterly publication. Please let Cathy

or Rhonda know if there are topics you would like to see added to the newsletter. Better yet, send us items to include in the newsletter such as games, activities, artwork and interesting websites or articles. A TeleFamilies website is also under construction.

Finally, I would like to let you know that we are sharing the ideas of TeleFamilies with other doctors, nurses and researchers around the country during national and regional conferences. A list of these presentations and articles will appear in the Newsletter twice a year. We look forward to an on-going partnership with you and your child. Wishing everyone a pleasant and rewarding summer.

Stan Finkelstein, PhD

Professor and Program Director

## Other Parents Say ...

Written by Hartley Steiner

March/April 2011 edition of Parenting Special Needs magazine

*"The only way we can be there for our children is to be there for ourselves."*

*-Anonymous*

"The kind of stress I am under every single day as a special needs parent is not the kind that dissolves with a 20 minute shower. Not even close. Because we have special kids, we somehow have convinced ourselves that taking care of our own personal needs is a luxury. It's not a luxury. A Mercedes Benz is a

luxury. A Roles is a luxury. 10,000 thread count sheets is a luxury.

Taking a shower, spending time with our spouse, or even going out with our friends is not my definition of a 'luxury'. ...I started my new self-care campaign by committing to getting myself a shower....but showering

was only part of the plan!"

READ MORE AT  
[www.mydigitalpublication.com/publication/?i=63594](http://www.mydigitalpublication.com/publication/?i=63594).

No internet access?

Leave a message for Rhonda or Cathy to send you a paper copy of the article (612-625-9431).

## Meet Anne Kelly, MD, MPH TeleFamilies Consultant

Dr. Kelly completed her residency and fellowship in Academic Pediatrics at the University of Minnesota. Her first publication with mentor, Dr. Robert Bruininks, described the healthcare and education systems for children with special needs as bureaucratic, inefficient and fragmented. The paper would become a roadmap for Dr. Kelly's career. Following her fellowship she developed a program for children with complex medical problems. U Special Kids, a program that relied on

advanced practice nurses and telehealth to manage care of children with life threatening conditions in their home and community. Her research, writing, and advocacy efforts all focus on the provision of services that enable children and youth with special needs to achieve optimal health and functioning.



**"Kindness is a language which the deaf can hear and the blind can see."**

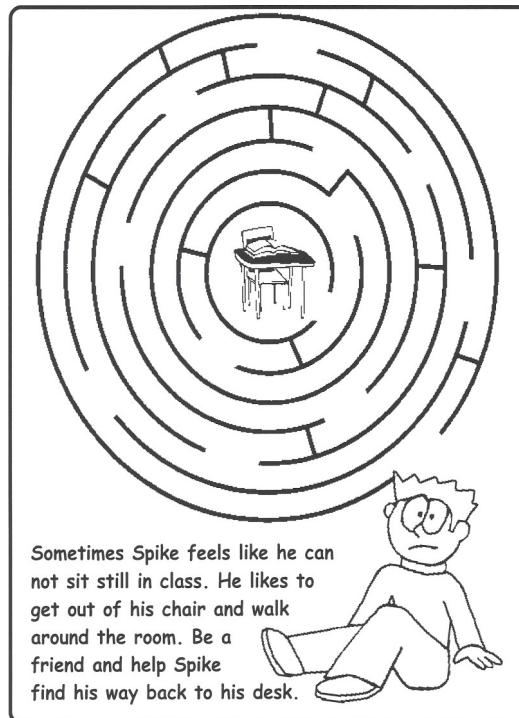
-Mark Twain



### The TeleFamilies Team:

- ◆ Stanley Finkelstein, PhD  
*Project Director*
- ◆ Ann Garwick, PhD, RN  
*Study Investigator*
- ◆ Wendy Looman, PhD, RN  
*Study Investigator*
- ◆ Jim McCord, MD  
Carrie Petty, MD  
*Medical Directors*
- ◆ Anne Kelly, MD  
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- ◆ Scott Lunos, MS  
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- ◆ Mary Erickson, DNP, RN  
*Nurse Practitioner*
- ◆ Cathy Erickson  
*Research Assistant*
- ◆ Rhonda Cady  
*Research Assistant*

## Kids Corner



Maya is worried. She has lost her things for school. Help her feel better by finding the missing items.



'How Do You Feel' Coloring & Activity Book, US Dept of Health and Human Services  
<http://centerforchildwelfare.fmhi.usf.edu/kb/prprouthome/How do you feel - activity book.pdf>



### Contact Information

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