



# TeleFamilies Times

Volume 2, Issue 3

Summer, 2012

The TeleFamilies study is entering its final year. This means we will begin sending final surveys to families in the fall. We will offer a \$20 Target gift card as a small token of our appreciation.

Your participation makes this research possible.



If you have questions or concerns, please contact us at [telehlth@umn.edu](mailto:telehlth@umn.edu) or 612-625-9431

## School Forms reminder

Before you know it, summer will be over. In anticipation of the return to school, please remember to **submit your school forms to the Special Needs Clinic early**. It can often take up to two weeks for the clinic to process forms.

Forms may be needed for school, sports, or other school-related activities. Some families may have received forms at the end of the last school year. Others may receive them in the mail this summer. Please be sure to check your paper files and mail stacks. Updating school forms is especially important for children who are changing schools this fall.

Medication administration forms—including administration of acetaminophen (Tylenol™) and/or ibuprofen (Advil™), treatment plans along with asthma, anaphylaxis, and seizure plans need to be updated each school year.

If you have an Individualized Education Program (IEP) or other school plans that is being updated and includes medical information, be sure to allow sufficient time for your doctor and their team to review and update its medical content.



## Meet Cathy Erickson, TeleFamilies RA



*Cathy Erickson*

Cathy is in her last year of the doctor of nursing practice (DNP) program at the University of Minnesota School of Nursing –

Children with Special Health Care Needs program and a part-time research assistant (RA) for the TeleFamilies study. She also owns a small case management company and has worked as a nurse specialist in a newborn intensive care unit.

Cathy loves kids and is an active community volunteer. She has served as a nurse at a camp for children with asthma for many years. More recently, together with her daughter,

Maggie, she has developed a 'Girls Night Out' program with the Highland Friendship Club (see the HFC sidebar to your left). The organization provides social and recreational activities for teens with special needs. Cathy also serves on the Leadership Board of the American Lung Association of Minnesota. Outside of work, school, and her volunteer activities, Cathy gardens, golfs, sails and is a huge baseball fan. Her greatest source of joy is her 21 year old daughter, Maggie. Maggie is a typical teen with a busy social life and a fun personality; she also happens to have Down syndrome, loves boys and has helped us with TeleFamilies newsletter mailings many times!



The Highland Friendship Club is "a chance to make friends, a place to explore new interests, a way to make connections with other people and the community, personal choice and independence, about appreciating abilities and valuing individual gifts and talents, open to all teens and young adults of all abilities and best of all FUN!!

<http://highlandfriendshipclub.org/>

# Plan for Fall and Winter Illnesses

The fall season can expose people to unexpected triggers that may make their asthma or allergies worse. Be sure that you are ready and have your child's **prevention plans and medication refills** in place. This includes contacting your pharmacy if you need refills and sharing your child's updated medication form and asthma action plan with their school.

The **BEST** prevention for minor illnesses is **good hand washing**. This means using soap and water, rubbing hands together for at least 20

seconds—try humming the "Happy Birthday" song from beginning to end twice—rinsing and drying.



An **influenza ("flu") vaccine** is also recommended each fall. The vaccine is usually available in early October but the timing

can vary. Note it on your calendar now and keep an eye out for a reminder from the clinic in the early fall. Then, get the flu shot scheduled.

*"The best and most beautiful things in this world cannot be seen or even heard, but must be felt with the heart."*

—Helen Keller

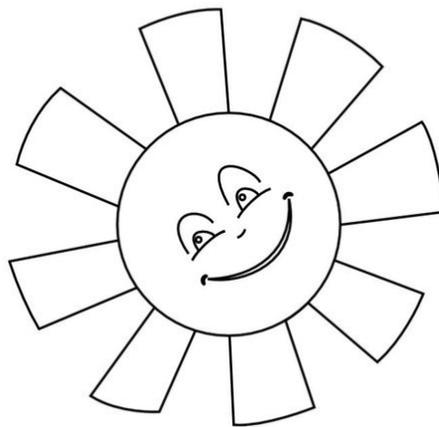


### The TeleFamilies Team:

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- ◆ Lizzie Berndt  
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## Kids Corner

### S is for Summer



TwistyNoodle.com



Coloring page: <http://twistynoodle.com/s-is-for-summer-3-coloring-page/>

Connect the dots: <http://allkidsnetwork.com/dot-to-dot/Detail.asp?fil=connect-the-dots-flower.jpg>

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