

SUMMER IS HERE!

Welcome to the summer edition of our quarterly newsletter. In this newsletter we will go over:

- Back to school prep
- Highlight the Michigan Alliance for families
- Review water safety
- Provide a list of swim lesson programs in Kent County
- Highlight a diagnosis that may be more affected through the warmer months

BACK TO SCHOOL PREP

As you enjoy the warm weather and the summer break, we want to make sure you are ready for the next school year, which will be here sooner than your kids would probably like! Here are a few things that you want to make sure you have plans for before the next school year starts:

- Vaccines up to date
- Sports physicals
- Hearing & vision screenings

You can contact the Kent County Health Department's vaccine clinic at (616) 632-7200 to schedule an appointment or contact your child's primary care provider for your child to get the vaccines they need for the next school year.

If your child participates in sports through school, you will want to make sure you get their yearly sports physical scheduled so they can continue to participate.

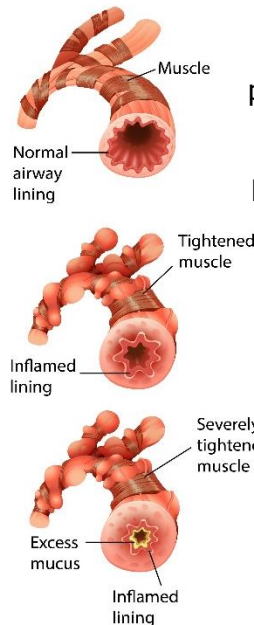
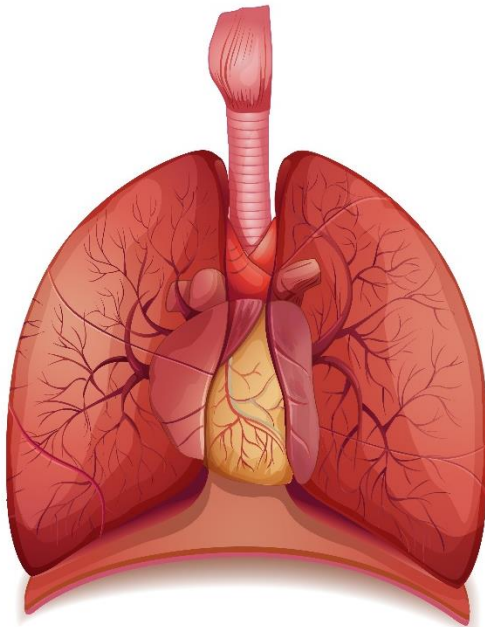
Lastly, remember hearing & vision screenings occur for children three years old through high school. Screenings are routinely scheduled in schools, so be sure to alert your child's school if they are unable to have either screening completed in school.



JOIN OUR FACEBOOK PAGE!

Kent County CSHCS has a parent run Facebook group called *Families with Special Needs Connect* that is a place where parents can ask questions, find resources, or learn about community events & opportunities. To join, you will complete a simple questionnaire then our Parent Partner, Brenda West-Bierens, will review it and add parents to the page to be able to engage with other parents and posts!

DIAGNOSIS OF THE QUARTER



Asthma is a chronic condition that affects how person's lungs function. When someone with asthma has an asthma attack, which is a flare up of symptoms, a few things happen physically in their lungs. First, their airway muscles tighten making the airway too narrow for air to move easily. Then the airway's lining becomes inflamed causing it to become narrower while your body increases mucus production, clogging the airway. As the airway narrows, one may start to make wheezing sounds when they breathe.

Although it is unknown why some people develop asthma, there are certain risk factors that can increase the chance of developing asthma. A few include being exposed to certain environmental factors like toxins or second/third hand-smoke, allergies, genetics, and respiratory infections.

The type of asthma someone has is based on the cause and severity of symptoms the individual is experiencing. Asthma can be intermittent, meaning it comes and goes, or it can be persistent, meaning you have symptoms most of the time. With persistent asthma symptoms can vary from mild to severe. Further classifications include allergic or non-allergic, adult-onset or pediatric, and the specific causation like exercise-induced.

To get an official diagnosis of asthma, a person may visit a pulmonologist's office where they specialize in lung function. The pulmonologist may order lung functioning tests to see how the air flows through the lungs or they may order a chest x-ray, blood test, or skin test. All these tests can lead to a diagnosis that will then determine what type of treatment may be prescribed. Treatment can vary depending on each person's symptoms. The most common medications used to treat asthma are bronchodilators, which relax the muscles in the airway to allow the air to move more easily, or anti-inflammatory medicines, they reduce swelling and mucus in the airway. Individuals with asthma usually have rescue medication in the instance an asthma attack occurs. If the rescue medication does not work, they should go to the emergency room or contact their specialist. Medications may be used daily for moderate to severe, persistent asthma or they may be used as rescue medication for individuals who have intermittent or more mild cases of asthma (Cleveland Clinic, 2022).

<https://www.freepik.com/vectors/science-infographic> Science infographic vector created by brgfx

MICHIGAN ALLIANCE FOR FAMILIES

Michigan Alliance for Families (MAF) is a statewide resource to connect families of children with disabilities to resources to help improve their children's education. They help facilitate parent involvement as a means of improving educational services and outcomes for students with disabilities. Every staff member at MAF is a parent or family member of an individual with disabilities who has experienced firsthand the special education system. Kent county has two regional parent mentors who can assist in navigating the educational system and are knowledgeable about state and local resources.

MAF provides informational resources, talks with parents and professionals about special education and related services, hosts workshops, and supports parents in leadership roles.

To find out more about Michigan Alliance for Families or contact with the Kent parent mentors, visit their website:

<https://www.michiganallianceforfamilies.org/>

**Michigan
Alliance
for Families**

Information
Education
Support



www.michiganallianceforfamilies.org



FIMR OVERVIEW

The Fetal Infant Mortality Review Program is a two-tiered program consisting of a Case Review Team and a Community Action Team. The role of the Case Review Team is to act as the information processors who look into the story of what happened to the infant and the family from conception until the death of the infant. Kent County's Case Review Team consists of doctors, nurses, midlevel providers, social workers, and first responders from various disciplines who determine what factors of infant death were present in the case, and which factors contributed to the death. With the findings from the review, the Case Review Team then drafts recommendations on how to improve maternal and infant health outcomes. Those recommendations are then sent to the Community Action Team to be put into action in the community.

THE KENT COUNTY CSHCS & FIMR TEAM

We want to reintroduce you to your Kent County CSHCS & FIMR team members as we have lots of new families on CSHCS. This is our current team, and we are working on hiring another nurse to join us as well.

Brandi Berry

- CSHCS & FIMR Program Supervisor
- Has been with CSHCS for a year
- Enjoys reading and traveling in the summer

Tammy Woollett

- CSHCS Rep
- Has been with CSHCS for 24.5 years
- Enjoys camping with her husband and dogs in the summer

Shanda Christie

- CSHCS Rep
- Has been with CSHCS for 11.5 years
- Enjoys camping and fishing in the summer

Lisa Kuiper

- CSHCS Public Health Nurse
- Has been with CSHCS for 3.5 years
- Enjoys gardening in the summer

Anna Derr

- CSHCS Public Health Nurse
- Has been with CSHCS for a year & 3 months
- Enjoys relaxing in the sunshine during the summer

Vien Taliana

- CSHCS Public Health Nurse
- Has been with CSHCS for a year
- Enjoys fishing, biking, and boating in the summer

Marissa Brown

- FIMR Public Health Nurse
- Has been with FIMR for 1.5 years
- Enjoys boating, going to the beach, or floating down

Please reach out to our team at the below phone number or email address with questions regarding CSHCS enrollment, CSHCS renewal, pharmacy problems, billing concerns, or other questions about the program. We will be happy to assist you in whatever way we can!



616-632-7066



CSHCS@kentcountymi.gov



700 Fuller Ave NE

SWIM CLASSES

With summer comes water activities, to ensure your child is safe and feels confident in and around water, check out the swim programs available at these locations in Kent County:

- Goldfish Swim School
- YMCA
- MVP Sportsplex
- swimEGR Lessons
- Julie's Swim School
- City of Grand Rapids – Aquatics
- The Kroc Center Swim Camp
- Infant Swimming Resource Grand Rapids

Most programs have a base fee per session and offer lessons for a wide range of ages, skill level, and ability.



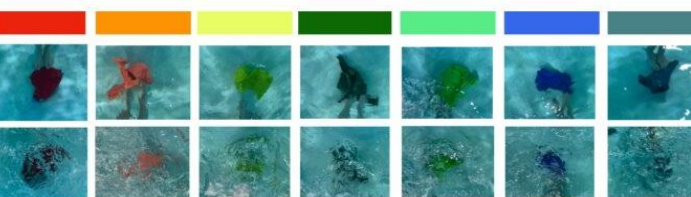
WATER SAFETY

Here are a few water safety reminders as we head into summer & spend more time around the water!

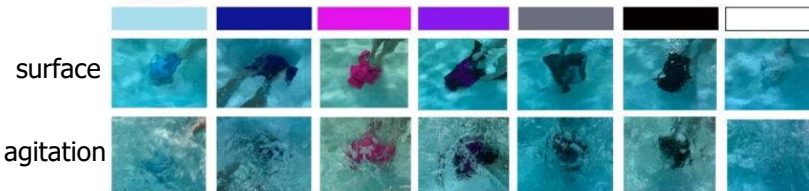
- ✓ Get your child a swimsuit that will be visible in both still and disrupted water, as well as from varying distances. Swimsuits that are bright yellow, green, and orange are best
- ✓ Never leave your child unattended when water is present, even if it is just a few inches of water
- ✓ Use approved personal flotation devices on children who have not yet learned to swim or float
- ✓ Learn CPR, infant/child first aid, and ensure safety equipment is near by
- ✓ Do not dive in waters that are less than 9 feet deep
- ✓ Do not rely on flotation devices or swimming lessons to protect your child
- ✓ Remove all toys from in and around the pool when children aren't in them
- ✓ Drain any bucket, pail, or kiddie pool after use, even if just a little water is left



ALIVE SOLUTIONS SWIMSUIT COLOR TEST RESULTS - LAKE



ALIVE SOLUTIONS SWIM SUIT COLOR TEST RESULTS



<https://alive-solutions.com/f/buying-swimwearthink-safety>