



family @ linkages

NEWSLETTER

A way to connect families of children and youth with special needs in Michigan with information, education and support

January is: National Birth Defects Prevention Month

All children deserve a chance to thrive.

Michigan's Birth Defects Follow Up Program wants:

- ✓ Children to get the care they need
- ✓ Parents to get the information they need
- ✓ Families to get the support they need
- ✓ Your input!

Was your child with an oral cleft born in 2009, 2010, or 2011?

If so, you are invited to:

- ✓ Be in a study entitled, **A Needs Assessment Survey for Parents of Children with Oral Clefts in Michigan**
- ✓ Give your feedback on a survey
- ✓ Share your experiences
- ✓ Help make our program better

If you receive a survey from us —

PLEASE COMPLETE IT!!



Please return it, too!

THANK YOU!!

Contact us at:

Michigan Birth Defects Follow Up Program
BDRFollowup@michigan.gov
1-866-852-1247 or 1-517-335-8887

“Birth Defects are Common, Costly, and Critical.”



This is the message that families and partners want to share. Every 4½ minutes a baby is born with a birth defect and birth defects cause 1 in 5 infant deaths. Nationwide, babies with these conditions and their families face more than \$2.6 billion per year in hospital costs. Babies surviving and living with birth defects are at increased risk for developing many lifelong physical, cognitive, and social challenges. Medical care and support services are often not adequate to address the financial and emotional impact on families and children facing these challenges.

Fortunately, the risks for many types of birth defects can be lowered through healthy lifestyle choices. Simple steps all women of childbearing age can take to increase the chance to have a healthy baby can be found at:

Before and During Pregnancy:

http://www.michigan.gov/mdch/0,4612,7-132-2942_4911_4916-283678--,00.html

National resources can be found:

<http://www.nbdpn.org/bdpm2013.php> and
<http://www2.cdc.gov/ncbddd/faorder/orderform.htm>



January is **National Blood Donor Month**

Red Cross Encourages Public to Honor Blood Donors by Helping Save Lives



American Red Cross
home

Since 1970, blood collection organizations like the American Red Cross have designated January as National Blood Donor Month. Each year, about 9.5 million volunteers donate around 16 million units of whole blood and red blood cells. About 20 percent of these donors are giving blood for the first time.

Blood donors are very special people whose only reward is typically the satisfaction of knowing they've helped save someone's life. January is the perfect time of year to honor blood donors and their commitment to saving lives.

Most everyone at some point in their lives will meet someone who has received blood products. Nearly 30 million blood products are transfused to 5 million patients a year. Those patients need blood for treatment of cancer and other serious diseases, for organ transplants, and for emergency care related to accidents and trauma.

So take a moment this month to say "thank you" to one of the millions of people who volunteer to give the gift of life each year. In fact, go one step further—consider rolling up your sleeve and donating blood. You'll not only save a life, but you'll also enjoy the feeling of knowing you've done something good.

For more information about the Red Cross and being a blood donor visit:

<http://www.redcross.org/>



DID YOU KNOW...

The following health problems can make you more likely to have serious effects from the flu (if you're not sure, ask your doctor):

- Mobility problems
- An ongoing health problem—like diabetes, or heart or lung disease
- Compromised health
- A weak immune system

The seasonal flu can affect you more severely, and make your health problems worse. You could end up in the hospital, or even die.



The flu shot is your best protection against the flu.

Get your flu shot as soon as it is available in your area!

This message was made possible by support from the Centers for Disease Control and Prevention to the Michigan Partnership for Health & Disability.

For more information, contact Candice Lee, Project Coordinator — Disability Health Unit, Michigan Department of Community Health at LeeC@Michigan.gov or (517) 335-3188 or visit www.flu.gov/#



Michigan ➔ Bureau of Services For Blind Persons

The Bureau of Services for Blind Persons is pleased to announce the establishment of **iCanConnect Michigan**, a program established by the Federal Communications Commission (FCC) to distribute a wide array of assistive technology to people who are deaf-blind and require special equipment to make a phone call, send an email or access the Internet.

Working in conjunction with the FCC, Perkins, Helen Keller National Center for Deaf-Blind Youth and Adults (HKNC), BSBP will connect people in Michigan who are deaf-blind with the proper equipment and training on how to utilize it. **iCanConnect** was mandated by the 21st Century Communications and Video Accessibility Act (CVAA) and provides a wide range of hardware, software and applications to suit the varying communications technology needs of people who have hearing and vision loss.



Who can benefit from iCanConnect Michigan?

- ▶ A recent college graduate who is deaf-blind and wants to use Monster.com to search for a job;
- ▶ A young girl with combined hearing and vision loss who wants to use Skype to connect via sign language with her grandmother;
- ▶ A man who has lost sight and hearing as a result of aging and wants to email and Facebook to reconnect with friends and family.

Who is eligible?

Any individual who meets the definition of deaf-blindness in the HKNC Act and has an income that does not exceed 400% of the federal poverty level can qualify to receive telephone, advanced communications and information services equipment.

Communication is essential for staying healthy, holding a job, managing a household and participating in the community. If you know someone who might benefit from the **iCanConnect Michigan** program, please contact:

iCan Connect Michigan
Cindy Caldwell
201 N. Washington Sq., 2nd Fl.
Lansing, MI 48909
(517)335-7124
or caldwellc@michigan.gov

You can also visit the new website, www.iCanConnect.org or call 1-800-825-4595.

Welcome to the New F2FHIEC Twitter!

Michigan Family-to-Family Health Information and Education Center has recently developed



another means of getting information to families of children and youth with special needs through Twitter. Followers will receive daily updates on disability, health and parenting topics.

To become a follower, visit:

<https://twitter.com> and type in Michigan F2FHIEC.



Michigan Alliance for Families Trainings: Dates/Times/Locations

What Every Parent Needs to Know — Content of the IEP

- January 23, 2013 from 6:15 PM – 8:15 PM at MSU, C104 Holmes, East Lansing, MI 48823

Your Child's Transition Individualized Education Program: What You Need to Know

- January 26, 2013 from 10:30 AM — 3:30 PM at the University of Detroit Mercy School of Law, Room 226, 651 E. Jefferson Avenue, Detroit, MI 48226

Mental Health and Education: What Parents Need to Know! Terri Henzri, Association for Children's Mental Health (ACMH)

- January 26, 2013 from 9 AM–12 PM at the Lenawee ISD TECH Center, 1372 N. Main Street, Adrian, MI 49221

Your Child's Transition Individualized Education Program: What You Need to Know

- January 31, 2013 from 5:30 PM – 8:30 PM at the Ferndale Public Library, 222 East Nine Mile Road, Ferndale 48220

Positive Behavior Supports with Aimee Miller, Behavior Specialist

- February 5, 2013 from 11:00 AM – 1:00 PM at the Grosse Pointe Public Library, Woods Branch, 20680 Mack Avenue, Grosse Pointe Woods 48236

To register for Michigan Alliance for Families trainings, visit:

www.michiganallianceforfamilies.org/upcoming-events/

2013 Winter Learning Webinar Series

Topics for our 2013 Winter Webinar Series will be announced soon. This session's topics will center on the topic of Transition.

Check out the great topics covered in our [archived webinars!](#)

Have an idea for a webinar you would like to see? [Let us know!](#)

Michigan Family-to-Family Health Information and Education Trainings: Dates/Times/Locations

Discipline for Students on IEPs

- January 11, 2013 from 9:00 AM – 3:00 PM at Macomb ISD, Room 103, 44001 Garfield Road, Clinton Township, MI 48038
- February 7, 2013 from 9:00 AM – 3:00 PM at Kalamazoo RESA, Wile Auditorium, 1819 E Milham Ave, Kalamazoo, MI 49002

Transition Planning? What's That? I Just Want to Help Young Adults Reach Their Hopes and Dreams: Part II

- February 11, 2013 from 9:00 AM – 3:00 PM at Wayne RESA, Annex-Auditorium, 5454 Venoy Road, Wayne, MI 48184

To register for Michigan F2FHIEC trainings, visit: <http://www.michiganf2fhiec.com>. Families may call the Family Phone Line at (800) 359-3722.

