



# Making Connections

A Newsletter of WV Birth to Three Regions 5, 6 and 7

Volume 1, Issue 2

Summer 2009

Vacant

Region 5, Parent Partner  
1200 Harrison Avenue  
Suite 220  
Elkins, WV 26241  
1-800-449-7790

Counties Served: Barbour,  
Lewis, Preston, Randolph,  
Taylor, Tucker and  
Upshur

Gale Cole

Region 6, Parent Partner  
PO Box 1610  
Lewisburg, WV 24901  
1-866-229-0461

[galecole@wvdhhr.org](mailto:galecole@wvdhhr.org)  
Counties Served: Monroe,  
Summers, Greenbrier,  
Pocahontas, Nicholas,  
Braxton and Webster

Tammy Fleshman

Region 7, Parent Partner  
Po Box 1509  
Oceana, WV 24870  
1-800-834-7082

[tammyfleshman@wvdhhr.org](mailto:tammyfleshman@wvdhhr.org)  
Counties served:  
Fayette, Raleigh, Mercer,  
McDowell and Wyoming

## Kids First: Hearing Services

**GOAL:** To assure West Virginia's children are healthy and ready to learn.

**MISSION:** To provide hearing aid services and supplies for children ages 3, 4, 5, or 6 years who lack insurance coverage for this benefit. Ineligible are children who have Medicaid or Children's Health Insurance, or those children who have commercial coverage that includes this benefit.

### ELIGIBILITY:

- Age limitations: Children ages 3, 4, 5, or 6 years.
- Approval for hearing aids is for children with an average sensory neural hearing loss of at least 30dB in the frequency range of 500-4000 Hz, documented by a licensed audiologist report.
- Children with permanent conductive hearing loss may be eligible for the Project, if a statement of need is issued by a licensed physician.
- Only children within the age group lacking credible coverage are eligible to have the service paid using Children's Hearing Project resources.
- Prior authorization is not required; however, because there is a finite amount of resources, please send the child's name and date of birth, name of the parents, and address along with an estimate of cost, at the point the practice has reason to believe the child is uninsured for hearing aid services. This preliminary information should be sent with a copy of the hearing test to:  
Maternal, Child and Family Health  
350 Capitol Street, Room 427  
Charleston, WV 25301-3714  
Attention: Robin Simmons 1-800-642-9704/Direct line: 1-304-558-5388  
Sending this information allows us to earmark money to support the cost of the child's service.

### REIMBURSEMENT:

- If insured, but not a covered benefit, then a copy of the insurance denial must accompany the child's bill.
- A copy of the dealer's quote/cost invoice is required for reimbursement consideration.
- Payment will be based on the dealer's quote/cost invoice plus 40%.
- Hearing aid supply needs, including evaluation, molds, and six month supply of batteries, will also be covered services, paid for at Medicaid established rates.
- For children participating in Kids First, please order hearing aids that come with a standard two year warranty period. If, however, the hearing aid prescribed for the child comes with only a one year manufacturer's warranty, then we will provide payment for a warranty extension of one additional year for repair/damages.
- The Kids First Hearing Services Project does not provide additional warranty for repair and damages beyond two (2) years. There is no insurance/warranty coverage of hearing aid loss. If a participating child loses a hearing device while age-eligible for Project coverage, the request for financial aid will be given consideration, subject to the availability of funds.
- Invoices are to be sent to:

Dena Smith  
BPH Central Finance  
350 Capitol Street, Room 519  
Charleston, WV 25301

## Let's Beat The Heat Safety Tips

### The Sun

#### Babies under 6 months:

The two main recommendations from the AAP to prevent sunburn are to avoid sun exposure, and dress infants in lightweight long pants, long-sleeved shirts, and brimmed hats that shade the neck to prevent sunburn. However when adequate clothing and shade are not available, parents can apply a minimal amount of sunscreen with at least 15 SPF (sun protection factor) to small areas, such as the infant's face and the back of the hands. If an infant gets sunburn, apply cold compresses to the affected area.

#### For Young Children:

Apply sunscreen at least 30 minutes before going outside, and use sunscreen even on cloudy days. The SPF should be at least 15 and protect against UVA and UVB rays.

For Older Children:

- The first, and best, line of defense against the sun is covering up. Wear a hat with a three-inch brim or a bill facing forward, sunglasses (look for sunglasses that block 99-100% of ultraviolet rays), and cotton clothing with a tight weave.
- Stay in the shade whenever possible, and limit sun exposure during the peak intensity hours - between 10 a.m. and 4 p.m.
- Use a sunscreen with an SPF of 15 or greater. Be sure to apply enough sunscreen - about one ounce per sitting for a young adult.
- Reapply sunscreen every two hours, or after swimming or sweating.

Use extra caution near water, snow, and sand as they reflect UV rays and may result in sunburn more quickly.

### Heat Stress In Exercising Children

- The intensity of activities that last 15 minutes or more should be reduced whenever high heat and humidity reach critical levels.
- At the beginning of a strenuous exercise program or after traveling to a warmer climate, the intensity and duration of exercise should be limited initially and then gradually increased during a period of 10 to 14 days to accomplish acclimatization to the heat.
- Before prolonged physical activity, the child should be well-hydrated. During the activity, periodic drinking should be enforced, for example, each 20 minutes, 5 oz of cold tap water or a flavored sports drink for a child weighing 90 lbs, and 9 oz for an adolescent weighing 130 lbs, even if the child does not feel thirsty.
- Clothing should be light-colored and lightweight and limited to one layer of absorbent material to facilitate evaporation of sweat. Sweat-saturated shirts should be replaced by dry clothing.

Practices and games played in the heat should be shortened and more frequent water/hydration breaks should be instituted.



Source: The American Academy of Pediatrics



## Keep Family Picnics Safe at the Plate

- \* Bring: water and soap to wash hands, surfaces, cutting boards.
- \* Bring: a meat thermometer. Use it to grill to safe inside temperature: 160 degrees for burgers; 180 degrees for chicken.
- \* Store chilled foods in a cooler with ice or ice packs.
- \* Store uncooked meat, poultry, or fish for grilling in a well-sealed container. Pack it in the bottom of the cooler so juices won't leak onto other foods.
- \* Put grilled foods on a clean plate, not the plate used for uncooked foods. Disposable paper plates are great!
- \* Keep coolers in the car as you drive, not a hot trunk. At the picnic, keep them in the shade under a tree or bench.
- \* Return chilled foods to the cooler right after serving.
- \* Discard leftover meat, chicken, fish, and foods made with them if left out for more than one hour.

*(Compiled from WV Parent Blocks Newsletter)*

### Frozen Slushie

Keep some canned fruit in your freezer and you can whip up this refreshing and fruity slush in a snap.

1. Seal the canned fruit in a zip-lock bag and place the bag in the freezer.
  
2. When the kids are hot and thirsty, submerge the bag in a bowl of hot tap water until the fruit is slightly thawed (about a minute).
  
3. Pour the syrup into a food processor and slide the frozen fruit onto a cutting board. Chop the fruit into small chunks and put them in the food processor. Blend the fruit and syrup until smooth, from 30 seconds to 2 1/2 minutes, depending on the type of fruit. Serve immediately. Makes 4 half-cup servings.



Source: [www.familyfun.com](http://www.familyfun.com)

### Watermelon Pop Stars

Recipe Ingredients:

- ◆ Watermelon
- ◆ Popsicle sticks
- ◆ Star-shaped cookie cutter



1. Use a cookie cutter to cut juicy star shapes from 1-inch-thick slices of seedless watermelon.
  
2. Insert a Popsicle stick into each star, then set the pops on an aluminum foil-lined baking sheet.
  
3. Cover the stars with another sheet of foil and freeze for 1 hour or until firm.

Source: [www.familyfun.com](http://www.familyfun.com)



### Tuna Roll-ups

Ingredients:

- One 12-oz. can solid white tuna in water, drained
- 1/4 cup fat-free mayonnaise dressing
- 1/4 teaspoon curry powder, optional
- One 11-oz. can mandarin orange segments, drained
- 1/3 cup finely chopped celery or water chestnuts
- 4 small flour tortillas
- 2 cups loosely packed torn lettuce and/or smooth spinach leaves

Preparation:

In a medium bowl, use a fork to combine tuna, mayonnaise and curry powder, if using. Stir in orange segments and celery.

Spread 1/4 of tuna mixture onto each tortilla to within 1 inch of the edge. Top with 1/2 cup lettuce. Roll up; serve as finger food.

Source: [www.diy.net](http://www.diy.net)

## Fun Ways to Beat the Heat

**Take a dip in the kiddie pool:** Fill a small backyard baby pool (or tub of some kind) with cold, fresh water, sit in a chair and plunge your feet and legs into the pool for an instant cool-down! You can place the pool in a shady area, the children can also refill their water guns, for a nice way to cool down.

**Soak a bandana in cold water -- then wear it:** This is a great idea if you are taking the children on a walk, or going to the park.

**Make cold water balloons:** This is a great way to cool down at back yard cook outs, or for a fun filled scavenger hunt to keep the children entertained on a hot day.

**Freeze small water bottles:** Frozen water bottles are my cure-all. As they melt, you have cool water to drink. The bottles can also be use for first aid needs.

**Eat frozen grapes:** Buy a bunch of seedless grapes. Put them in the freezer. They make a good frozen treat, they're healthy and kids love them! I also do bananas on a stick, when I pull them from the freeze I let the children dip them in chocolate and sprinkles. (please watch the younger children due to choking hazard)

**Let the kids play in the spray of the water hose:** When it's really hot, we turn on the water hose and let the kids play chase with the stream of water. There's only one thing better than the sound of tree frogs in the summer air -- the squeals of delight from happy children.

**Fun in the backyard:** Take blankets and make tents, boxes and make tunnels and boats, and let our imagination go. We have traveled the seas, camped on deserted island, and explored abandon mines'. (using water guns, spritz bottles, and water balloons; we create all kinds of adventures and stay cool all the while.)

## Beat the Heat

Summer is a hot time for outdoor play.

But did you know kids are more vulnerable than adults to heat stress?

Here's how to manage.

- ◆ **Drink up:** Make sure your child is well hydrated before she heads outside and that she takes a few swigs (4 to 6 ounces) of cold water or a sports drink every 20 minutes while she's playing, even if she's not thirsty. (Thirst is an early sign of dehydration.)
- ◆ **Dress right:** Give her light-colored, lightweight, loose-fitting clothing made of absorbent material with a tight weave. Top it off with a brimmed hat.
- ◆ **Go easy:** On especially hot and humid days, limit the intensity and duration of outdoor activity and take more frequent water breaks.
- ◆ **Be aware:** If your child shows signs of heat exhaustion (fever, nausea, diarrhea, vomiting, headache, and dizziness), get her to an air-conditioned area, apply wet towels to her forehead and neck, and give her lots of cool liquids.

**Points of Interest**

**Region V**

**Barbour County:**

Belington Fair  
 July 12-15, 2009  
 Philippi  
 Information: 304-823-1328

Barbour County Fair  
 August 25-September 1, 2009  
 Philippi@County the fairgrounds  
 Information: 304-823-1328

**Greenbrier:**

Free Playgroups by Parents as Teachers  
 Wednesday Playgroup— Emmanuel  
 Community Church, Harts Run from  
 10-11:30 am.  
 Thursday Playgroups— Rainelle Public  
 Library, Rainelle from 10-11:30 am.  
 For more information call: 304-438-  
 6188 ext.102

**Pocahontas:**

Free Playgroups by Parents as Teachers  
 Thursday 10-11:30 am ;  
 McClintic Public Library, Marlinton  
 Information: 304-438-6188 ext 1027

Durbin Days Heritage Festival  
 July 22-25, 2009  
 Durbin, WV  
 Information: 1-800-336-7009

**Raleigh County**

“Be Creative at the Library”  
 Raleigh County Public Library  
 Beckley, WV 25801  
 July 6-August 15  
 Telephone 304-255-0511  
 Monday-Thursday 9:00am-8:00pm  
 Friday-Saturday 9:00am-5:00pm

Beckley’s Kids Classic Festival  
 Beckley, WV  
 September 6-13  
 Events are held throughout Beckley. For more  
 information contact  
 Beckley Renaissance 304-256-1776  
 Beckley Exhibition Mine 304-256-1747

**Lewis County:**

Jamboree at the Mill  
 Held at WVU Jackson's Mill  
 July 26 – 31, 2009  
 Information: 304-269-4660

Lewis County Fair  
 Held @ WVU Jackson's Mill Airstrip  
 July 28 – August 1, 2009  
 Information: 304-269-7328

**Randolph County:**

Pickin" in the Park  
 Ongoing  
 Elkins City Park/ Free  
 Information: (304) 636-2467

**Upshur County:**

Upshur County Fair  
 July 24-26, 2009  
 Rock Cave  
[upshurcountyfair@yahoo.com](mailto:upshurcountyfair@yahoo.com)

**Region VI**

**Summers County:**

REACH-FRC; Starting Points/PAT  
 Play groups held every Tuesday  
 11:00 am-1:00 pm  
 Hinton, WV  
 Information: 304-466-2226

WV Water Festival  
 July 27-Aug 2, 2009  
 Hinton, WV  
 Information: 304-466-5332

Festival of the Rivers  
 Sept. 5&6, 2009  
 Hinton, WV  
 Information: 304-466-5332

**Monroe County:**

Monroe County Farmers Market  
 May-Oct, 2009  
 Information: 304-772-3003

**Webster County:**

Cowen Historical Railroad Days  
 July 18-26, 2009  
 Cowen, WV  
 Information: 304-226-5682

**Braxton County:**

Braxton County Fairs & Festival Celebra-  
 tion  
 Holly Grey Park  
 Sutton, WV  
 Information; 304-765-0333

**Nicholas County:**

Summers County Freedom Ralley  
 August 5&6, 2009  
 Summersville, WV  
 Information; 304-872-3722

**Region VII**

**McDowell County:**

Your Family’s Health Expo  
 July 18  
 10:00am-3:00pm  
 Welch Armory  
 UniCare and 59News presents  
 The event will provide Southern West Virginia  
 families  
 with tools they need to manage their health.

**Mercer County:**

Your Family’s Health Expo  
 August 22  
 10:00am-3:00pm  
 Mercer Mall  
 UniCare and 59News presents  
 The event will provide Southern West Virginia  
 families  
 with tools they need to manage their health.

**Wyoming County:**

Kick-Off Dates for the Dolly Parton’s Imagina-  
 tion Library:  
 August 12, 2009  
 Pineville Public Library, 12:00pm-2:00pm  
 Mullens Public Library, 3:00pm-5:00pm  
 August 13, 2009  
 Hanover Public Library, 11:00am-1:00pm  
 Oceana Public Library, 3:00pm-5:00pm

## InfantSEE

Governor Joe Manchin recently declared InfantSEE .During this week there was a mobile clinic scheduled at different locations throughout the state. The clinic has now been completed, but the good news is there are some wonderful doctors that are providing this service from their offices. To obtain a doctor's location near you please call the number below or visit the web site.

### Did You Know?

- Most visual development occurs between six and twelve months of age.
- One in 10 American children have vision problems which, if undetected, can lead to life-long visual impairment, Developmental delays, and in rare cases life-threatening health risk.
- One in one hundred children will have an eye disease.

InfantSee is a no cost public health program developed to provide professional eye care for infants nationwide supported by the American Optometric Association in partnership with The Vision Care Institute of Johnson & Johnson Vision Care Inc. Participating optometrists will provide a one-time, comprehensive eye assessment to infants six to twelve months of age, offering early detection of potential eye and vision problems at no cost regardless of income.



Toll free; 1-888-396-3937

Web Site: [www.infantsee.org](http://www.infantsee.org)



RAU 5  
1200 Harrison Avenue  
Elkins, WV 26241

Mailing Label

WV Birth to Three services and supports are provided under Part C of the Individuals with Disabilities Education Act (IDEA) and administered through the West Virginia Department of Health and Human Resources, Office of Maternal, Child and Family Health. Regional Administrative Units V, VI, VII are coordinated by MountainHeart Community Services, Inc.