

Medical Home Newsletter

Winter 2009



WHAT IS A MEDICAL HOME?

A medical home is not a building, house or hospital, but rather a way to provide high-quality healthcare services in a cost-effective manner.

A medical home is a process of care offered by primary care providers in partnership with families of Children with Special Health Care Needs (CSHCN).

Children and families are recognized, welcomed and supported by their medical home. More information about the medical home concept can be found at www.medicalhome.org or by contacting Dr. Mary Wild

DR. MARY ANSWERS QUESTIONS ABOUT FLU SHOTS

IS IT TOO LATE TO GET A FLU SHOT? This year's flu season has just started. So, it is definitely NOT too late to get your flu shot.

ARE FLU SHOTS STILL AVAILABLE? Yes, shots are available. Contact the office to schedule an appointment to have your child vaccinated.

IT'S NOT TOO EARLY TO START THINKING ABOUT SUMMER CAMP – Check out:
www.couragecenter.org/camps
www.friendshipventures.org

A NEW FACE IN THE OFFICE

Join us in welcoming Bridget Kzaley, a nurse with Dr. Mary and part of our Medical Home Team. She earned her associate degree in Applied Science/ Practical Nursing at Northwest Technical College in Bemidji. She brings a wealth of pediatric experience from her work in home care and in a pediatric setting. She says, "I discovered some of the challenging yet rewarding experiences you can have with any child in any stage of life and I look forward to getting to know you and your children in the near future."

KEEP YOUR KIDS MOVING THIS WINTER

Cold winter days have now replaced the warmth and activity of summer. Staying active can often be a challenge when you are stuck inside. To ease the stress and anxiety of the winter months, consider taking your children to an indoor play area, the local YMCA or a fun walk in the mall. Any of these activities will allow them to alleviate some of their energy and get some exercise.

Research shows physical activity decreases stress, improves mood and sleep, and promotes family time. Consider creating obstacle courses at home. While watching TV, perform physical activities during commercial breaks or dance to age appropriate videos. Be creative; your kids will love it!

Remember, just because we live in Minnesota does not mean that we have to stay inside. There are a variety of fun activities that families can do together while outside, like skating, sledding or building a snow man.

No matter what time of year, it's important for parents to get involved and be active with their kids. Be a role model for your children and set a positive example.

WOULD A MEDICAL ALERT SYSTEM BENEFIT YOUR FAMILY?

Remember: in an emergency, every second counts. Have you ever thought of getting your child a medical alert device?

Children who have severe allergies, seizures or various other medical conditions can all benefit from some type of medical alert device.

www.medicalert.org

**"There are no limits,
only possibilities."**

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