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Helping You Find A Medical Home Newsletter • Fall 2010

# BACK TO SCHOOL ROUTINE

Become familiar with the amount of homework given to your child. Decide together on a time and place to complete homework. It is best to let kids have a break after school before settling into doing more “school work”. Allow some free time for active play, a healthy snack

or visiting with friends or parents. Discourage playing video games and watching television, as kids need to be active after school.

**In order for the brain to process and consolidate learning, there needs to be “down time” between learning periods.**

Source: Brain-Based Learning  
by Eric Jensen

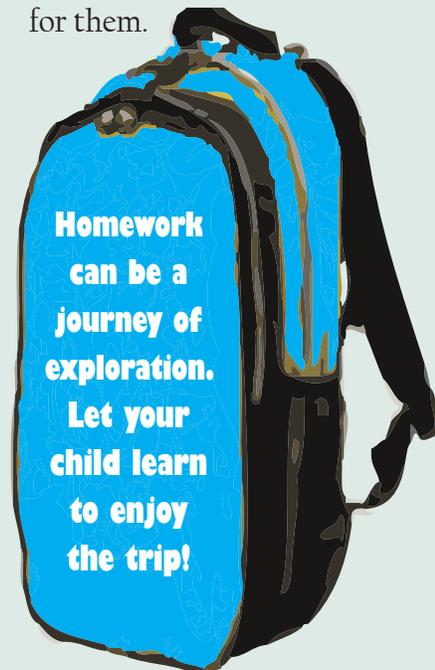
When your child has homework questions that you are not sure you can answer, think about others who might be a good resource. An

older brother or sister? A grandparent? The parent of a friend who knows a lot about the topic of the homework?

Where should kids do homework? Let your child help decide! Sometimes children are more comfortable standing up at the kitchen counter or lying on the floor in the living room than sitting at a table or a desk. The important thing is that the work gets done and kids don’t see “homework time” as something to dread.

Be available to your child during homework time but be careful not to get too involved.

Read a book or magazine or work on a project nearby. Make sure your child knows you are available to help, but you cannot do the homework for them.



Adapted and used with permission from the Gurian Institute ([www.gurianinstitute.com](http://www.gurianinstitute.com))

# New Foods for WIC Moms and Children

The Arkansas Women, Infants and Children (WIC) Program helps families make healthy food choices and promotes the health and well-being of eligible Arkansas women, infants and children through nutrition education and supplemental foods.

Recently, the WIC program has made many good additions to the foods it provides. New foods that have been added are:

- Baby food fruits and vegetables
- Fresh and frozen fruits and vegetables for children and women
- Whole grains
- Canned beans in addition to dry beans
- Soy-based beverages to use in the place of milk for children and women

WIC also has a Farmers' Market Nutrition Program offered in several counties. This program provides



coupons for locally grown fresh fruits and vegetables from farmers' markets during the summer months to women and children who receive WIC. Information about WIC can be obtained from any local county health unit Monday through

Friday between the hours of 8:00 a.m. to 4:30 p.m. or by going to the Arkansas Department of Health website at <http://healthy.arkansas.gov/>

*WIC is an equal opportunity provider.*



## The Importance of Breakfast

Research shows that children who regularly eat breakfast have better test scores, better behavior and are less hyperactive than children who skip breakfast. Provide your child a good breakfast in the morning to help them learn! Too many carbohydrates (like breakfast bars, pastry, high-sugar cereals) can make the brain groggy and make learning much harder! So, start your child's day with a healthy breakfast that includes foods such as:

- Whole grains: (whole-grain rolls, bagels, hot or cold whole-grain cereals)
- Low-fat protein: (hard-boiled eggs, peanut butter, lean slices of meat and poultry)
- Low-fat dairy: (skim milk, low-fat yogurt and low-fat cheeses including cottage cheese)
- Fruits and vegetables: (fresh fruits and vegetables or 100 percent juice beverages without added sugar)

Learn more at [www.kidshealth.org](http://www.kidshealth.org) or [www.Mayoclinic.com](http://www.Mayoclinic.com)



The WIC Cafe

## From WIC's Kitchen to Yours

### Recipe for Bean and Cheese Burrito

Makes 4 Servings

#### Ingredients:

- 2 cups cooked pinto or kidney beans and liquid (or one 15 ½ ounce can)
- ¼ teaspoon garlic powder or dry or fresh minced garlic
- 1 teaspoon chili powder
- ½ teaspoon ground cumin (optional)
- 1 cup shredded low fat cheddar cheese
- 8 10-inch whole wheat tortillas

#### Directions:

1. Preheat oven to 350°.
2. Mash beans with a fork.
3. Add seasonings to beans, mix thoroughly.
4. Place each tortilla on a flat surface. Spoon ¼ cup beans and 2 tablespoons cheese on center of each tortilla. Fold tortilla into burrito shape.
5. Place in a single layer in a baking pan.
6. Bake burritos for 15 minutes.
7. Serve hot with salsa, if desired.

# Fight the Flu

Flu is serious and can cause illness in both children and adults. The single best way to prevent the seasonal flu this fall is to get a flu shot. The best time to get a flu shot each year is between mid-October and mid-November. This allows the body's immunity – or ability to fight the disease – to peak during the height of the flu season, which is generally December through March.

In addition to getting a flu shot, the same basic steps and precautions should be taken to be prepared for any type of flu virus:

- ✓ Wash your hands often.
- ✓ Cover your coughs and sneezes.
- ✓ Stay home if you are sick.

For more information on flu, go to [www.healthy.arkansas.gov](http://www.healthy.arkansas.gov) or [www.cdc.gov/flu](http://www.cdc.gov/flu)



## READY TO QUIT USING TOBACCO?

Call **1-800-QUIT-NOW (1-800-784-8669)**

The **Arkansas Tobacco Quitline** is a great tool that is free and offered to all Arkansans that want to quit using tobacco. Here are a few examples of how using the **Quitline** raises your chances of success.

1. You can work with a Quit Coach® by phone or online to help you prepare to quit, choose a quit day, change your routines, cope with withdrawal and fight slips and relapses.
2. You can receive free nicotine-replacement therapy medications such as gum, patches and lozenges. These make it easier for you to quit and stay quit.
3. Help is open to tobacco users as young as 13, but tobacco users must be 18 or older to qualify for the free medications.
4. Pregnant women who want to quit can enroll in a special program where they receive extra support.
5. Services are offered 24 hours a day in English, Spanish, Marshallese and more than 160 other languages.

For more information, call 1-800-QUIT-NOW (1-800-784-8669), for TTY call 1-877-777-6534 or visit [www.stampoutsmoking.com](http://www.stampoutsmoking.com) Source: Miriam Karanja, Health Program Analyst, Arkansas Department of Health





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**HELPLINE**

Call 1-800-275-1131  
TDD 1-800-285-1131  
[www.seeyourdoc.org](http://www.seeyourdoc.org)

**ConnectCare Helpline can:**

- Assign or change your doctor
- Refer you for help if we cannot help you
- Tell you if your Medicaid is still active

**DENTAL PROGRAM**

Call 1-800-322-5580  
TDD 1-800-285-1131

**ConnectCare Dental Program can help:**

- Find a Medicaid dentist in your area
- Schedule dental appointments
- Assist with transportation (Medicaid and ARKids First A only)
- Remind you of appointments
- Reschedule missed appointments

**Ask the Expert:**

**Can I get transportation to my doctor's appointment?**



**Yes. Non-emergency transportation (NET) is available if you have Medicaid or ARKids First, Plan A.**

- Call the Medicaid Transportation Helpline Toll-Free 1-888-987-1200.
- Call 48 hours or two whole days before the appointment.
- Have your Medicaid number and the reason you need a ride when you call.
- Transportation can be provided for as many rides as you need within two counties of your home county.
- NET transportation is provided only to the person who has an appointment. There is no space for children or friends that are not in need of services.
- NET transportation does not provide services to persons who are in a nursing home, Qualified Medicare Beneficiary (QMB) or use ARKids First, Plan B.
- If you have to change your appointment time or cancel it, call 1-888-987-1200 48 hours before your normal appointment time and let them know.
- For more information, visit the website at [www.afmc.org](http://www.afmc.org) or call 1-800-987-1200.

**Please be ready when your ride arrives. They can wait only 15 minutes and may have to leave without you!**