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ConnectCare News

Your Medicaid and ARKids First Connection to a Medical Home • Summer 2012

Summer Meals. Feeding Children after School Lets Out!

A child's need for good, nutritious food does not end when school lets out, just as learning doesn't! During the summer break, the Summer Food Service Program will provide healthy meals and snacks at no charge to children in low-income areas. These foods help children continue to get the nutrition they need to learn, play and grow during months they are out of school. When they return to school, they are more healthy and ready to learn.

At most summer meal sites, children ages 18 or younger can get one or two meals per day at no charge. Meals and snacks are also given to persons 19 and older who participate in school programs for the mentally or physically disabled.



Frequently Asked Questions and Answers

Do I have to register my children for Summer Meals?

No, you do not have to register.

Can my grandchildren who are visiting from another town enjoy these summer meals?

Yes, all children are welcome at any site.

Where are the summer meals for children located?

Summer Meals are provided at schools, churches, camps, boys & girls clubs, recreation centers and other community settings.

How can I find a Summer Meals Feeding Site near where I live?

To find a list of Summer Meals sites in your county, go to the ConnectCare website at www.seeyourdoc.org and click the Summer Meals link or call **1-888-4KID4AR** or text **FoodAR** to **877-877**.

*Submitted by: Patricia Winders, MS, RD, LD
Arkansas Department of Education,
Child Nutrition Unit 1-888-454-3427*

START GETTING READY FOR THE NEW SCHOOL YEAR!

Even though the summer months are ahead, it's not too early to start getting ready for school this fall.

Here's a list of things to have ready to register your child for school.

- **Birth certificate** – If you need a birth certificate, call Vital Records 1-800-637-9314.
- **Social Security card**- If you need a social security card call 1-800-772-1213.
- **Physical exam** (for children starting kindergarten) call your doctor for an appointment.
- **Shot record** – If you have questions about the shots your child needs, call your doctor or local health unit.

If your child:

- **Has any health problems** that the nurse needs to know about, call the school nurse before school starts.
- **Takes medicine**, get new prescription orders over the summer from the doctor.
- **Needs special foods**, get a doctor's order and meet with the school nurse and food director.
- **Has special needs**, call the school nurse before school starts.

Be sure to check with your local school to find out if there are other things you will need to sign your child up for school.



Article submitted by: Paula Smith, RNP, MNsc, State School Nurse Consultant, Arkansas Department of Health/Arkansas Department of Education



Yum! Cool Summer Recipe Apple Tuna Sandwiches (Makes 3 Servings)

Ingredients:

- 1 can (6 ½ oz) tuna, packed in water and drained
- 1 large apple
- ¼ cup vanilla yogurt, low-fat
- 1 teaspoon mustard
- 1 teaspoon honey
- 6 slices whole wheat bread
- 3 lettuce leaves

Directions:

1. Wash and peel the apple. Chop into small pieces.
2. Drain the water from the can of tuna.
3. Put the tuna, apple, yogurt, mustard and honey in a medium bowl. Stir well.
4. Spread ½ cup of tuna mixture onto each of the 3 slices of bread.
5. Top each sandwich with a washed lettuce leaf and slice of bread. Serve.

Recipe used courtesy of The Pennsylvania Nutrition Education Program. For more recipes and information about how to eat healthy, go to www.fruitsandveggiesmorematters.org

What's New in ConnectCare?

ConnectCare has made changes to the choices that callers can choose from when they call for help in finding a doctor. This will help you get quicker service.

Callers can now choose from these three choices:

- Press 1 – to assign a doctor
- Press 2 – to change a doctor
- Press 3 – for other questions

Have your Medicaid number ready. You can call ConnectCare at 1-800-275-1131 on Monday - Friday from 6 a.m. to 10 p.m.



Apply for DHS Services in New Mobile Vans

Eight new vans are being used as mobile offices by the Department of Human Services (DHS). You can go to the vans to apply for DHS services. The vans will also be used during emergencies and disasters to help you apply for services.

The vans will have computers that you can use to see what services are available for you. You can apply for food stamps, ARKids 1st, child care help and many other services. Each van will have DHS workers to help you use the computers or you can go to the DHS website: www.Access.Arkansas.gov and apply. Contact your local DHS office for the date the van will be in your area.



Text4Baby

Text4baby is a new way to help pregnant women and new moms get information about caring for their health and giving their babies a good start in life. Text4baby gives good health tips and information.

How Does Text4baby Work?

There are two ways to sign up:

- Online at www.text4baby.org
- Or text the word BABY (or BEBE for Spanish) to the number 511411

Enter your baby's due date or your baby's birthday and your zip code. After you sign up, you will receive free messages with tips for your pregnancy or caring for your baby.

When you have your baby, be sure to text UPDATE with your baby's birthday so you can keep getting messages.

If you want to stop receiving messages from text4baby, text STOPS to 511411. To start receiving the messages again, you will need to sign up by sending BABY to 511411 (BEBE to 511411 for Spanish messages).

Messages are Free

All messages you receive from text4baby are free! Even without a text messaging plan you can still get these free messages. If someone has limited texts per month, text4baby will not take away from that limit.



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Keeping Your Hometown Healthy



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www.seeyourdoc.org

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If you are not on our mailing list and would like to receive this newsletter, or would like to receive this newsletter in Spanish, please email us at

Connectcare.outreach@arkansas.gov or call our office.

Si usted no está en nuestra lista de correo y quisiera recibir este boletín, o quisiera recibir este boletín en Español, por favor envíenos un correo electrónico a Connectcare.outreach@arkansas.gov o llame a nuestra oficina.

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HELPLINE

Call 1-800-275-1131
TDD 1-800-285-1131
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 choose a doctor from a different county from where I live?

- You can choose a doctor within two counties from where you live.
- The two counties can be in any direction from the county you live.
- ConnectCare can help you find a doctor in a county near you.

Call Connect Care at 1-800-275-1131
Monday – Friday from 6 a.m. – 10 p.m.