From the Desk of Leslie Ver Duin BSN, RN  
CSHCS Program Coordinator

Dear CSHCS Families,

From the colorful fall leaves, to warmer wardrobes, to meals with heartier fare, to preparing for the winter to come, change is in the air! Though change can be unsettling, with careful planning and taking one step at a time, things begin to calm and feel more settled.

Ottawa County CSHCS has seen many recent changes, with the retirement of Janine Chittenden and my promotion to fill her very big shoes as the new CSHCS Program Coordinator. I am proud to be leading such a knowledgeable and compassionate CSHCS team.

We hired Kyrian Kish, BSN, RN to work with Kelsey De Mull as program nurse. She is soon to be finished with her intensive training and well on her way to helping CSHCS families.

The addition of a second Spanish speaking nurse has allowed us to make slight changes to the nurse coverage areas, which means that some families may have a new CSHCS program nurse. To find out if this change affects you, please see the new nurse coverage areas listed on page three, or feel free to contact any team member with questions.

We have planned for the changes, and step by step, we are moving forward, things are feeling calmer as we settle. As always, our entire Ottawa County CSHCS team remains committed to supporting our special needs families, helping find solution to the challenges you face and advocating on your behalf.

With Care,

Leslie Ver Duin, BSN, RN
CSHCS Program Coordinator
Getting to Know Your CSHCS Nurse

Our CSHCS team is honored and excited to welcome **Kyrian Kish**!

Having a second Spanish speaking nurse has allowed us to slightly adjust the coverage areas of our nurses. This means that some families will have a new CSHCS nurse.

To find YOUR CSHCS nurse, see the revised coverage areas on page three.

We hope you’ll enjoy learning a bit about our skilled and caring CSHCS nurses!

**Kyrian Kish, BSN, RN**

Prior to joining the wonderful CSHCS team, I gained valuable experience as a nurse at Holland Hospital, but my dream is to help kiddos and their families feel a little bit of love and peace amidst the craziness of growing up with a chronic diagnosis.

I studied Spanish during college and in Spain and Mexico, and look forward to serving many of CSHCS’s Spanish-speaking families. I am excited for the privilege of getting to know many CSHCS families and to providing support and encouragement throughout their journeys. Every child has a story and I hope to help each of them look up and reach forward.

Outside of work, I love to spend time with my husband, Rob, and our new puppy, Remy – a 12 week old Goldendoodle. We love spending time in nature and with friends/family playing games and chatting for hours! I love tacos, flowers, walks, sandy toes, Jesus, crunchy leaves, and swims in our beautiful Lake Michigan. In my spare time, I run my own photography business.

**Kelsey De Mull, BSN, RN, MPH**

Prior to joining CSHCS four years ago, I worked with the Peace Corps in Guatemala, teaching preventative health to the local women. After my time with the Peace Corps, I added a Master’s degree in Public Health from U of M (Go Blue!) to my nursing degree from GVSU.

I speak Spanish and work to remain fluent to allow me to serve many of the Spanish-speaking families in the CSHCS program. As a CSHCS program nurse, I enjoy the privilege of being able to step into the lives of CSHSC families in order to provide the support they need in order for a child to reach his or her full potential.

I was born and raised in West Michigan. In my free time, I enjoy spending time with my family and being active outdoors.
Amy Fontaine, Parent Consultant  
616-393-4440  
afontaine@miottawa.org  
Contact Amy for:  
- Billing and insurance issues  
- Income changes or financial concerns  
- Adding or changing specialty providers  
- Annual renewals  
- Travel and lodging requests  
- Scheduling a CSHCS nurse appointment

Irene Atwood, Support Staff  
616-393-4439  
iatwood@miottawa.org  
Contact Irene for:  
- Insurance changes  
- Name changes for you or your child  
- A new home or email address or phone number

Brenda Kempf, Representative  
616-393-4445  
bkempf@miottawa.org  
Contact Brenda for:  
- Billing and insurance issues  
- Income changes or financial concerns  
- Adding or changing specialty providers  
- Annual renewals  
- Travel and lodging requests  
- Scheduling a CSHCS nurse appointment

Contact your CSHCS nurse below for:  
- Plans of care  
- Medical questions  
- Coverage questions  
- Adding a new diagnosis or specialty provider

Kelsey Demull BSN, RN, MPH  
CSHCS Program Nurse  
616-393-4442  
kdemull@miottawa.org  
Kelsey is the CSHCS nurse for families in:  
- Zeeland  
- Holland Zip Codes:  
  - 49422
- Jenison  
- Grandville  
- Byron Center  
- Hudsonville

Kyrian Kish, BSN, RN  
CSHCS Program Nurse  
616-393-4436  
kkish@miottawa.org  
Kyrian is the CSHCS nurse for families in:  
- Grand Haven  
- Spring Lake  
- Ferrysburg  
- Nunica  
- Conklin  
- Marne  
- West Olive  
- Coopersville  
- Allendale  
- Holland Zip Code:  
  - 49424  
  - Parts of Greater Grand Rapids

Sandra Lake, BSN, RN, MPH  
OCDPH Community Health Manager:  
CSHCS, MIHP, and Hearing & Vision Programs  
slake@miottawa.org  
CSHCS Program Fax:  616-393-4435

Pictured left to right: Kyrian, Irene, Amy, Brenda, Leslie, Kelsey, and Sandra
Life with Zeke: Our story of fostering and loving medically fragile children

Shared from the heart of Tim Kuiper

Being a parent is hard, no one ever has a book to follow and all of our situations are a little different. Most of us are lucky to have children who are born healthy, with no need to think about life with a medically fragile child. Just the idea, for most of us, is too frightening to even consider.

My wife and I got our first taste of having a medically fragile child when our daughter Allison chose to bless us with her presence eight weeks early. She was a tiny three pounds four ounces with breathing issues, so we spent the next seven weeks by her side in the neonatal intensive care unit, learning to care for her, preparing to bring her home, not knowing if she would have any major health problems. Today, thankfully for us, Allison has grown to be a healthy young woman, but our time in the NICU never left our minds.

Nearly eight years ago my wife and I made the choice to become foster parents. Our oldest daughter needed help caring for our grandson, so for the next year, we raised him as our foster child. After they were reunited, we chose to maintain our license in case he was ever placed in foster care again.

Plans changed when our licensing worker called my wife to ask if we would be willing to care for a five month old boy who was shaken and beaten by his previous foster mother. We had never really talked about caring for other children, let alone a child with medical needs. As my wife listed all of his health needs, my heart sank; how could someone do this to an innocent child? How could we care for him? My wife Chris, an EMT with a local ambulance service, reassured me that she could do it and would help me learn. We called our worker back, agreeing to take placement of this little boy.

Over the next three weeks, we visited Zeke daily, learning about his care and the therapy that he’d need. The doctors and nurses told us not to expect him to do much, that it was possible he would be a vegetable for the rest of his life. This was hard to accept—the first time I held Zeke I could see he was a fighter. Laying there with sixteen broken bones, his face so swollen that you could hardly see his eyes, he still managed to smile and hold our fingers.

This was the beginning of a crazy adventure for our family. Over the next year and a half we fostered Zeke, bringing him to visits with his dad, holding him during countless medical procedures, worrying and praying through multiple surgeries. We tried to balance our life as best we could to put Zeke’s needs first. Chris gave up her full time job, as it was difficult with all the Drs. appointments. I was able to work nights, and either took vacation or sick days when Zeke had hospital stays or doctor’s appointments across the state.

Taking Zeke to a new doctor was challenging, as the staff would see that he was a shaken baby survivor and immediately assume I was guilty. On more than one occasion I was asked to leave the room. It hurt so badly that we were wrongly judged for what someone else had done. Once the doctors learned we were Zeke’s foster parents, it got better, but there were, and always will be, a few that assume.

After almost two years, Zeke’s dad, who’d continued to struggle with addiction, voluntarily terminated his rights, allowing us to adopt Zeke. Once we set the adoption process in motion, we thought that would be the end of our fostering career. But, our plans changed again. Our caseworker, knowing our experience caring for Zeke, asked us to foster more children with medical needs.

Over the last eight years, we’ve been blessed to share our home with 18 children, most of whom have medical needs. These kids have taught me more about life, love and caring in the last eight years than I ever knew was possible.
RAISE HOPE AND FOSTER DREAMS
If you love kids and have a big heart, kids in foster care need you!
When children enter foster care their lives are turned upside down. They have to leave their homes and families and are often sent to live in other communities. This means they lose everything that is familiar and safe.

Kids in foster care need caring adults to provide loving homes while their families sort things out. The right family can help a child get through a tough time.

The main goal of foster care is to reunite the child with his or her parents. This can take time. Without caring adults to help them, children suffer even more.

If you can be a foster parent to a child who needs your help, please call:
1-855-MICHKIDS
or visit: www.michigan.gov/hopeforahome

Your Opinion Matters!
We strive for excellence in our service to our CSHCS families. We’d love to hear from you about your experience working with our team.

Please send us your ideas, comments, and critiques by contacting any staff member—see page 3, or send a confidential e-mail to our CSHCS Parent Consultant, Amy Fontaine: afontaine@miottawa.org.

Helpful CSHCS Info:
Ottawa County CSHCS Website with Answers to FAQs:
https://www.miottawa.org/health/OCHD/Child_Sp_Health_Care.htm

State of Michigan CSHCS Website:
www.michigan.gov/cshcs

The Family Center Phone Line:
1-800-359-3722
Mon.—Fri. 8 am to 5 pm
cshcsfc@michigan.gov

Special Families’ Corner Facebook Group
Join our growing community of fellow special needs parents and caregivers!
Learn about issues affecting special needs families!
Find resources, supports, and events for the special needs community!
Get answers to questions and inspiration from parents who get it!

Here’s the link: https://www.facebook.com/groups/480920718777204/

Special Families’ Corner is made possible by a grant from The Family Center for Children and Youth with Special Health Care Needs.
The Family Center phone line: 1-800-359-3722 is open to parents and caregivers of special needs children, regardless of CSHCS enrollment.
**LEAD IN CHILDREN: WHAT YOU NEED TO KNOW**

**There is no safe level of lead in children!**

Even at levels once thought safe, there is evidence of behavioral difficulties, learning problems, and lowered intelligence. According to the World Health Organization, “Young children are particularly vulnerable to the toxic effects of lead and can suffer profound and permanent adverse health effects, particularly affecting the development of the brain and nervous system.”

**Children with elevated blood lead levels can experience symptoms that include:**
- Changes in behavior, irritability, or aggression
- Loss of appetite, constipation, and weight loss
- Headaches or stomachaches
- Anemia & general fatigue
- Slowed growth,
- Developmental & speech delays
- Difficulty paying attention
- Learning difficulties, reduced IQ

**Common sources of lead exposure:**
- The most common source is lead based paint found in homes built before 1978
- Contaminated soil
- Water that flows through old lead pipes
- Imported toys or old toys with lead paint
- Soft plastic toys (lead is used as a softener)
- Toy jewelry (if mouthed or ingested)
- Imported food, candy or folk remedies
- Hobbies like stained glass making, car repair, target shooting/bullet making

**Should your child be tested for lead?**

If you live in a pre-1978 home or think your child may have been exposed through another source, talk to your child’s primary care doctor and ask for a blood lead test.

**Testing Your Water:** The Ottawa County Health Department offers a lead specific test kit for $18. Pick up the test container at any health department location, but drop off filled containers at the Holland location.

**The good news is, lead exposure is preventable:**

**If you live in an older home—constructed before 1978:**
- Check for chipping or deteriorating paint and promptly paint over and clean up paint chips
- Wet wipe hard surfaces and window sashes often, vacuum or wet mop floors regularly
- Wash your child’s hands and toys often
- If you plan on remodeling your older home, get educated about how to work safely in lead based paint areas and how to clean up after your work. To learn more go to: https://www.epa.gov/sites/production/files/documents/renovaterrightbookletsept2011.pdf
- Remove shoes before entering your house
- Keep children from playing in bare soil; Use grass, groundcovers and play sand

**If you participate in a lead-contact hobby or are employed in a lead-contact field:**
- Be sure to always change your clothes and wash your hands before interacting with children
- Keep children away from hobby areas and away from supplies

**Avoid buying toys, food items or folk remedies that are made in other countries**

**Keep an eye out for toys that have been recalled due to lead. You can check here:**
https://www.safekids.org/product-recalls

**Visit the U.S. Consumer Product Safety Commission website for product recalls:**
http://www.cpsc.gov/

**Resources used and to learn more:**
- Lead Hotline—National Lead Information Center: 1-800-424-LEAD [5323]
- https://www.michigan.gov/lead
- https://www.cdc.gov/nceh/lead/default.htm
- https://www.epa.gov/lead
- https://www.michigan.gov/lead

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Michigan Alliance for Families (MAF) Parent Mentors work to empower families of children with disabilities to:
- Be involved in their child’s education
- Know their rights
- Better understand the special education process
- Effectively communicate their child’s needs
- Connect to appropriate developmental and learning resources

As an MAF Parent Mentor, my goal is to help parents cultivate a healthy and productive school-parent relationship by providing support and information, strengthening collaboration, and community building.

I am here to help! I can assist with navigating the educational system and am knowledgeable about state & local resources.

I am available for one-on-one meetings, e-mentoring, and group learning opportunities. I also support existing and emerging parent leaders involved with groups, such as PACs, LICCs, SEAC, and the MICC.

Though I am not able to attend an I.E.P. (Individual Education Program) meeting with a parent or advocate on their behalf, I can refer a parent to an advocate if one is needed.

My Contact info:
derbier@michiganalliance
forfamilies.org

The Michigan Alliance for Families website is your source for:
- Special Education Resources on topics from A to Z
- Disability Specific Information and Resources
- Development and Early Intervention Services
- An Upcoming Events List for workshops in your area
- Webinar Recordings on: IEPs, Parents’ Rights, Early On, Behavior, Transition, and more!

Find the MAF Website here: https://www.michiganallianceforfamilies.org/

Sign up here for your region’s MAF “E-Newsletter” here:
http://tinyurl.com/newmaf

Michigan Alliance for Families (MAF) is the Parent Training & Information Center for the State of Michigan, funded by the Michigan Department of Education through an IDEA Grant Initiative

OAISD Parent Advisory Committee (PAC)
Representatives are available to assist families of students with IEP’s who attend the public, private, and charter schools of the OAISD.

The OAISD PAC:
- is a voice for the interests & concerns of students with special needs and their families
- works to promote collaboration between parents, students, local districts, and the ISD by facilitating communication and cooperation
- provides input to the OAISD on behalf of families raising children with disabilities in order to represent their views about policies and programs that affect them.

Your PAC Rep can help you:
- Learn about Special Education programs and services
- Navigate the Special Education system
- Advocate on issues concerning your child’s education
- Locate community resources and support

Find your PAC Rep at: www.oaisd.org/PAC
Or contact your local special education department

A Message from Debbie Rock, MAF Parent Mentor
for Kent, Ionia, Barry, Montcalm & Ottawa Counties

All OAISD PAC meetings are open to anyone that would like to attend. For meeting dates and times, see the PAC website and Facebook page, or contact your local PAC representative.
Announce the Opening of the Grand Haven Dental Center  
801 S. Beacon Blvd  
Grand Haven, MI 49417 

On Monday October 29th 

Serving Children and Adults enrolled in Medicaid, Healthy Kids Dental, Healthy Michigan Plan and private dental insurance 

Offering MyDental Plan, which provides reduced fees based on household income for patients without dental insurance 

Initial Dental Exam & X-rays—$39 for new patients only 

Patients are seen by appointment 
Monday through Friday 
8 am to 4:30 pm 

To register as a patient or to schedule your appointment: 
Call: 1-877-313-6232 
or visit: www.mydental.org 

You’re Invited to our Grand Opening Celebration 
Wednesday, November 7th  
4:30 to 6 pm 

Meet the dental team, tour the dental center, and enjoy light refreshments 

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Sensory Toolkits are available for checkout at the GRCM! These kits are packed with therapist-recommended tools that can help children with a variety of needs to better enjoy their museum experience. 

Each kit includes: noise-reduction headphones, a weighted compression vest or suspenders, a Therapy Tangle, a Squigglet bracelet, a set of emotion recognition flashcards, a copy of the GRCM’s Social Story, and a set of three stress balls. 

Museums for All Program at the GRCM: As part of this national initiative, the GRCM is proud to offer $1.75 admission for families with an EBT or WIC card to ensure that every family can afford to play!
**2018 Halloween Edition of the Safe Snack Guide**


Just in time for trick-or-treat the guide features:

- a section dedicated to Halloween-themed and bulk-packaged candies and chocolate, including size/packaging information and whether the items are individually wrapped
- some non-food ideas for those participating in the Teal Pumpkin Project
- links to Halloween resources at [FARE, Kids with Food Allergies](https://snacksafely.com/), and [FAACT](https://snacksafely.com/)

“Though we have yet to find a manufacturer of allergy-friendly eye of newt, toe of frog, or wool of bat, we’ve scoured the pumpkin patch and found a cauldron-full of treats that are peanut, tree nut, and Top 8 allergen-free!”

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**The Family Center**

For Children & Youth with Special Health Care Needs

The parent-directed center within CSHCS and MDHHS

Contact the Family Center for:

- CSHCS enrollment questions or help navigating the CSHCS system
- Emotional support from fellow special needs parents via The Family Support Network
- Health resource information
- Scholarships for disability-related conferences and camps for parents and youth

**The Family Center Phone Line**

1-800-359-3722

Mon.—Fri. 8 am to 5 pm
cshcsfc@michigan.gov

Family Center services are available to all special needs families, regardless of CSHCS enrollment

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**Michigan Family To Family Health Information Center**

Resources, information and education for children and youth with special health care needs, the families who love them and the professionals who support them

**Visit Family to Family’s NEW RESOURCE REPOSITORY**

www.f2fmichigan.org

Do you know a valuable resource that should be included? Please tell us about it here: https://f2fmichigan.org/who-we-are/contact-us/

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**Snack Safely**

**Kids' Corner**

**ROLL A JACK-O-LANTERN**

*You'll need paper, crayons, and dice*

- Roll a one: **DRAW A PUMPKIN**
- Roll a two: **ADD TWO EYES**
- Roll a three: **ADD A NOSE**
- Roll a four: **ADD A MOUTH & A FEW TEETH**
- Roll a five: **ADD A STEM ON TOP**
- Roll a six: **NAME YOUR PUMPKIN**

Play until everyone’s jack-o-lantern is done
Have a Safe and Happy Halloween!!!

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**Kids’ Corner Links: Halloween Fun**

**Old Black Witch’s Bewitching Blueberry Pancake Recipe:**
https://www.purplehousepress.com/pancakes.htm

**Halloween Yoga:**
https://www.kidsyogastories.com/halloween-yoga/

**Monster Boogie by Laurie Berkner**
https://www.youtube.com/watch?v=W75qojZOvXE

**Sensory Fun:**

**Creating an Inclusive Halloween:**
https://www.connectingforkids.org/Halloween

**Free Halloween Color by Number:**
https://www.pinterest.com/pin/427349452115347100/

**Halloween Games and Activities:**
http://www.childfun.com/holidays/halloween/games-activities/

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**Five Little Pumpkins**

Five little pumpkins
Sitting on a gate.

The first one said,
“Oh, my it’s getting late!”

The second one said,
“There are witches in the air!”

The third one said,
“Well, I don’t care!”

The fourth one said,
“Let’s run and run and run!”

The fifth one said,
“I’m ready for some fun!”

Ooooo went the wind
And out went the lights
And the five little pumpkins
Rolled out of sight.

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The second one said,
“Let’s run and run and run!”