

Family Faculty

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Family to Family

A Newsletter to families from families

Family Faculty Who are We? (Feature Article) By Pat O'Hanlon

We are families just like you. We've been bringing our special needs children to Children's Specialized Hospital for services and are now working side by side with staff to help Children's Specialized be the best provider for our children and their families. Children's Specialized believes in patient and family centered care and one of the ways that belief has been put into action is to hire families as staff. The families hired are called Family Faculty and their role is to meet and welcome new families and talk with families who have been coming for awhile to listen to their stories and concerns. It is also their role to support staff and to give a family perspective on what it's like to receive services at Children's

Specialized. There are fifteen families employed at Children's Specialized Hospital working at the Mountainside, New Brunswick, Toms River and Hamilton sites. These fifteen Family Faculty also participate in hospital committees sitting side by side with senior leadership to represent all families and share with them what it's like to walk in the shoes of a parent of child with special needs. I've been a Family Faculty for three years and my son has been coming to Children's Specialized for nineteen years and I know that Families are valued and respected at our hospital and our partnership with staff is key to helping our children. Best wishes to all of you and if Family Faculty can assist you in any way please contact us.



Family-Centered Care

Hand in Hand (Building Family) by Josanne Pearsall

Monthly meetings were initiated in Mountainside, Long Term Care this past summer between family and staff. These meetings provided a forum for families and staff to share updates, ideas and importantly work together to build a supportive, caring environment.

In January, Family and Staff meetings expanded to Toms River Long Term Care. Also, Family Faculty will partner with Recreational Therapy to bring Family Sharing time to Mountainside. Families will have the opportunity to gather and engage in activities that

families with children at home enjoy, such as scrapbooking, movie afternoons, live entertainment and other areas of interest. This will provide a venue for families to get to know each other better and just have fun with their child and other families.

Parent Tips

- Looking for a place to buy adaptive clothes for kids in wheelchairs? Try www.AdaptationsbyAdrian.com The clothes are great & shopping online is easy!
- Waiting in lines (at the store, at the bank, at the post office) this time of year is a given, so try to bring snacks and remember to take the kids to the bathroom before getting in line.
- Don't forget to take time for yourself, its the right thing to do for your family.
- Before traveling this time of year, visit the dollar store and pick up a few items (crayons, small toys). Wrap them and take in your carry on, pull out a gift every so often to keep them entertained.

Healthy and Happy (Health and Wellbeing) By Jessica Krill

More Fresh Air and Sunshine - We need oxygen to breathe. The rule is: more is better. Strive for good ventilation and natural lighting at home and in the workplace. Spend time outdoors to breathe fresh air and take in sunshine. Your color and your energy level will improve.

Plenty of Nutritious Food and Water - We are what we eat. Also, many of our modern day diseases are traceable to a faulty diet. The rule of thumb for good food is - go natural. As much as possible, stay away from highly proc-

essed foods. Minimize your fat, salt and sugar intake. Select foods which would naturally spoil over time. Try to cook your own meals, selecting fresh ingredients. You save money and reap nutritional benefits. Drink plenty of water. Water helps to remove toxins from our body.

Regular Exercise - A regular exercise program, such as vigorous walking, can do a lot of wonders to our physical condition. Exercise will increase our intake of oxygen, improve the efficiency of our heart and lungs and pro-

vide better blood circulation. Also, exercising is one of the best ways to reduce the stress in our lives. Ask your local gym if they are offering a FREE week or month to try it out.



"exercising is one of the best ways to reduce the stress in our lives"

Did You Know? (Educational Tidbits) By Linda Waddell

The Catastrophic Illness in Children Relief Fund Commission can make a difference in the lives of many families in NJ facing high uncovered medical expenses for their children. The Fund, established in 1988, is intended to provide NJ family's financial support for children with significant health problems. A catastrophic illness, is any illness or condition, acute or chronic, for which expenses are incurred that are not fully covered by insurance, state and federal pro-

"CIRIC has made a difference in my family's life and may assist you."

grams. To be eligible, expenses must exceed 10% of the family's income, in any 12 month period dating back to 1988, 15% if your income exceeds \$100,000.00.

Personally, having submitted to the fund on behalf of my own child, I can honestly say, that it has been worth

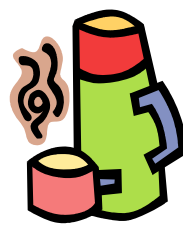
the application process and effort involved.

To apply for benefits you may call the Toll Free Family Information Line at 1-800-335-Fund (3863) for information and an application. Representatives are available to assist and answer your questions.

Family Fun (Family Activities) By Heather Valeo

Winter is here along with the question that all mommies dread....what can we do? Having 3 children under 10 here is what we do to clear away the winter blues...

Pack a thermos of hot cocoa, pretzel rods, no mess-cups, napkins, and go to the park. All bundled up to play on the swings or collect pine cones to turn into fun crafts. Put the pine cones and icing in a zip lock bag and mush icing



all over the pine cones, add the bird seed, tie a string and hang

outside when you get home. Kids love to watch the birds and squirrels eat their treat and you can make up funny stories about their new animal friends. Looking for a tropical getaway? So are your kids!!!! I make smoothies, put them in the fridge, put some Beach Boys music on and fill up the tub. Bathing suits are a must as well as your favorite beach towel and yes,

mom has to participate. Splash around, dry off, have your smoothie and talk about all the fun things you can do when summer comes. You might take a look at these ideas and say who has the time??? I have been there and can honestly say when I don't answer the phone, say the laundry can wait, order a pizza and spend some time with my girls doing crazy things that they love the whole feeling in our house changes. It is a really nice way to show your children what is important-they are.

