



THE HSC HEALTH CARE SYSTEM
Health Services for Children
with Special Needs, Inc.

HSCSN health connection

HSCSN's Newsletter for Families with Children and Young Adults with Special Health Care Needs Summer 2018

HSCSN Summer Activities

Youth Athletic Program

Do you want your child to be active this summer? You are in luck! HSCSN holds the Youth Athletic Program (YAP) every summer. This sports program is for children ages 5 and older. It is open to children with special health care needs and others.

There are spots open for:

- Lacrosse (June)
- Basketball (July)
- Soccer (August)

YAP is a great way for your child to play team sports. They can also make new friends and gain confidence. At the same time, your child will learn other skills. They will learn discipline, courtesy, respect, and team building. Please contact Customer Care Services at **(202) 467-2737** for more information.



Did You Know?



Children who exercise more have lower levels of stress. U.S. guidelines recommend that kids get 60 minutes exercise every day. Even a little activity has benefits. Just 5 minutes of exercise can have some anti-anxiety effects. Get moving to work out stress!

Adaptive Sports Camp

The HSC Pediatric Center's Kids in Action program is partnering with National Rehabilitation Hospital. They will host their 3rd annual Adaptive Sports Camp this summer. Children will choose from many fun activities. Join us for:

- Adaptive fitness
- Badminton
- Boccia
- Crafts
- Cycling
- Outings
- Swimming
- Wheelchair basketball
- Wheelchair lacrosse
- Wheelchair tennis
- So much more!

This camp is for children and teens 6 to 18 years old with physical disabilities.

Children do not need prior sports experience. Campers must be able to work their own wheelchair. You can sign your child up for one or two weeks.

Please note: This is the only Kids in Action event where parents can drop off their children. You do not have to stay on site. Hurry, there are limited spots open!

To sign up, contact:

Robyn Cohen
rwinston@hschealth.org

Date and Time:

Week One: July 30–August 3
(9 a.m.–4 p.m.)

Week Two: August 6–August 10
(9 a.m.–4 p.m.)

Location: Trinity University

125 Michigan Avenue NE
Washington, DC 20017

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National Health Center Week: Celebrating FCD

July marks National Health Center Week: We want to celebrate HSCSN's Family and Community Development Center. The center has been part of D.C.'s community health centers for over 20 years.

FCD staff makes sure that certain people who live in the District know about HSCSN's services. This includes people who are younger than 26 and are eligible for Supplemental Security Income (SSI) benefits.



We know there are things other than health care that are important to your health and well-being. The FCD connects our members to services and programs that can help.

FCD plans community programs. These can be learning activities, community events, and support groups. Our programs focus on the needs of our members and their families. FCD works with local groups and schools. We try to help you with your health, social and environmental needs. We work

Do you need more information about programs and services?

Denise Chisolm, Interim Director
Family and Community
Development Center
202-467-2712
or DChisolm@hschealth.org

to let you know about HSCSN benefits that affect housing and nutrition. We also want you to know about how to work with your child's school. We want you to have transition tools, too.

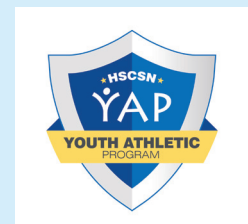
Visit FCD!

2124 Martin Luther King Jr. Avenue
SE, Washington, D.C., 20020.

Family and Community Development Programs

The Family and Community Development Center (FCD) hosts regular trainings, meetings and family support activities. For HSCSN members, all of our programs are free and we provide transportation to events and child care during events. To learn more, please contact FCD at **202-580-6485**, or visit our website at **www.hschealth.org**.

- Community Services Advisory Council's Community Forum
- Community PALS
- Family Resource Corner
- HSCSN's Health Living Program
- Male Caregivers Advocacy Support Group
- Young Adult Support Group
- Youth Athletic Program



Take More Walks to Lower Obesity Risk

Walking more is a great way to get more activity every day. You don't need special training or equipment. It is also good for many health needs and fitness levels. Now, a new study has found another benefit: People who walk regularly are less likely to be obese.

Stanford University researchers used data from a smartphone app. The app measured daily steps. Researchers looked at data from more than 717,000 people in 111 countries. They tracked their steps for about three months. The study appeared in the journal *Nature*.

More Walking, Less Obesity

Researchers focused on "activity inequality." They measured the number of steps for people in a given country. Then, they compared

people who walked the most with those who walked the least. A bigger gap between these groups meant higher rates of obesity.

For example, the U.S. had a large activity gap. That means a lot of people were very inactive. The obesity rate here is high. In contrast, Sweden had a small activity gap. This means most people there walked a similar amount. The obesity rate there is much lower.

Brisk Walking Drops Disease Risk

Walking doesn't just burn calories. It also cuts your risk for serious health problems. These include high blood pressure, heart disease, and diabetes. Take a step toward better health with these tips:

- Walk in a variety of places. Change your route often to keep things fresh.
- Find a walking buddy. You're more likely to get out and walk when someone is waiting for you.
- Log your walks. Use a paper chart, phone app, or wearable fitness tracker.

For more tips on how to make walking a healthy habit, go to www.heart.org/walking.



HSC Pediatric Center Prom

The HSC Pediatric Center held its fourth annual prom on May 11, 2018. The Pediatric Center hosted an exciting night. The prom had dancing and food. There was even a red carpet for photos. It was a night of laughter and smiles. The theme was "Under the H.S. Sea." It was an evening to remember. We would like to thank our volunteers:

- Hair and makeup:
 - Anthony Stokes from Twin Barber & Co
 - Marquita Chambers from Artistry by Marketa
 - Courtney Lawson, hairstylist
- Music and event planning:
 - Amanda Hall
 - Monica Lawson
- University volunteers:
 - Holly Frost, advisor for the George Washington Masters Physiology Program



An "Under the H.S. Sea" prom guest dressed to impress at The Pediatric Center.

Keep Your Benefits Call Today!

Is this the month you lose
Medicaid eligibility? If you lose
eligibility, you will not be able to:

**take your child to the doctor;
get medicine your child needs;
use transportation services.**

HSCSN can help so that you do
not lose your medical benefits.
Call us Monday through Friday
between 8 a.m. and 5 p.m. at

202-467-2737.

**Health Services for Children with
Special Needs, Inc. (HSCSN)**
1101 Vermont Avenue NW, 12th Floor
Washington, D.C. 20005

Postmaster: Please deliver between
July 9 and 13.

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HEALTH SERVICES
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WE ARE
DC GOVERNMENT OF THE
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MURIEL BOWSER, MAYOR



THE HSC HEALTH CARE SYSTEM

Health Services for Children
with Special Needs, Inc.

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For more information, visit:

www.hschealth.org

For reasonable accommodations, please
call Denise Chisolm, Interim Director,
Department of Family and Community
Development, at (202) 467-2708.

If you do not speak and/or read English, please call 202-467-2737 between
7:00 a.m. and 5:30 p.m. A representative will assist you.

Si no habla o lee inglés, llame al 202-467-2737 entre las 7:00 a.m. y las 5:30 p.m.
Un representante se complacerá en asistirle.

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ጊዜ በስልክ ቁጥር 202-467-2737 በመደወል እርዳታ ማግኘት ይችላሉ።

Nếu bạn không nói và/hoặc đọc tiếng Anh, xin gọi 202-467-2737 từ 7 giờ 00 sáng
đến 5 giờ 30 chiều. Sẽ có người đại diện giúp bạn.

如果您不能講和/或不能閱讀英語，請在上午 7:00到下午 5:30之間給 202-467-2737
打電話，我們會有代表幫助您。

영어로 대화를 못하시거나 영어를 읽지 못하시는 경우, 오전 7시 00분에서 오후
5시 30분 사이에 202-467-2737번으로 전화해 주시기 바랍니다. 담당 직원이
도와드립니다.

Si vous ne parlez pas ou lisez l'anglais, s'il vous plaît appeler 202-467-2737 entre
7:00 du matin et 5:30 du soir. Un représentant vous aidera.

Autism Awareness in African-American Communities

Saturday, May 19 was a
good day for staff and
leaders from HSC Health
Care System. They went
to the first National
African American Autism
Community Network
(NAAACN) Town Hall and
Resource Fair. The
NAAACN mission is to make
the public more aware of

autism in African-
Americans.

The HSC Health Care
System is proud to support
NAAACN. Both groups
work to help families. We
also try to help people with
complex needs. We help
them find resources. And
we help them find better
health care access.

