

Medically Fragile Newsletter

December 2022 | Medically Fragile Case Management Program |



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Albuquerque River of Lights

November 26 – December 30, 2022

5:00 – 10:00 p.m.

ABQ BioPark Botanic Garden

2601 Central Ave. SW, Albuquerque, NM
87104

<https://riveroflights.org/>



Christmas on the Pecos

Celebrate the holidays with an enchanting boat tour through a fairyland of twinkling light displays along the Pecos River. Wheelchair accessible.

PECOS RIVER VILLAGE - 711 Muscatel Ave Carlsbad, New Mexico 88220

<https://www.christmasonthepecos.com/>

Equipment and Supplies

We have some different medical equipment and supplies available from families that no longer have a need for them. A list has been sent out via email, if you did not receive this list please make sure that you are receiving emails from Nichole and that you haven't blocked emails from the CDD. If you need the list re sent to you or you have items that you would like to pass along to other families, please email Nichole at: nrajala@salud.unm.edu

CDD LIBRARY

DID YOU KNOW THAT THERE IS A LIBRARY RESOURCE AVAILABLE TO YOU?

The University of New Mexico Center for Development and Disability Information Network Library contains the largest collection of disability-related books, eBooks, and DVDs in the state of New Mexico. Materials are available for check out or onsite use by public.

Contact the CDD Library
Call Library Services: 505-272-0281
Toll Free: 844-231-5003
Email: HSC-InfoNet@salud.unm.edu
Hours of Operation
Monday – Friday
8:30 am - 5:00 pm

Where is the CDD Library located?
The library is located at 2300 Menaul Blvd. NE, Albuquerque, between University and Carlisle. It is on the first floor of the west building next to the reception area. Free parking is available south of the buildings. The buildings are labeled Midtown Center on the south side.

Making Connections

We're interested in putting together some coffee dates or lunch dates. Are you interested?

We will be discussing these options at our next Family Advisory Board (FAB) meeting in January. If you are interested in discussing how to put on a casual meet up or interested in what the FAB does and how to possibly join to get your thoughts heard, please email Nichole nrajala@salud.unm.edu (or reach out to your Case Manager for more information.)

Hello,

It's nice to meet you.

VISIT CORONADO CENTER FOR SANTA CARES DAY

Capture magical moments with Santa!

Join us before the mall opens for Santa Cares Day. Children within all spectrums of special needs and their families are welcome to a sensory-friendly visit for fun family photos with Santa!

- Dates: **December 4, 2022**
- Location: **Coronado Center**
- **6600 Menaul Blvd. N.E., Albuquerque, NM 87110**
- Time: **9:00 AM to 10:00 AM**

<https://www.coronadocenter.com/en/events/santa-cares-day-41064.html>



Proud to Be Me

Free Dance Therapy Classes for Children with Developmental Disabilities!

This dance class is designed for elementary and middle schoolers with any intellectual, developmental, or sensory impairments! Our beginner-level dance and movement classes currently take place through Zoom and provide a fun outlet for children to let out energy and meet new people. The free class is also designed to help refine and improve things like motor skills, concentration, social/communication abilities, and general happiness.

For more information click here:

<https://sites.google.com/view/ptbmdance-and-movement-therapy/class-description>



Where: Family Strengths Network

Date: Tuesday, Dec. 13th

Time: 5 to 7 pm

*** Must register to attend.

Join us at FSN for a Sensory Friendly Holiday Celebration featuring holiday crafts, activities, and a chance to meet Santa in a sensory friendly environment.

3540 Orange St., Los Alamos, New Mexico, 87544, United States

505.662.4515

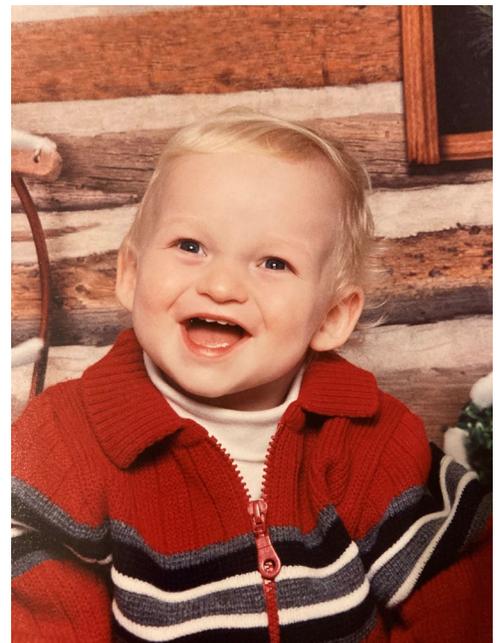
Hello Alex!

Alex is a 19-year-old ray of sunshine with a big toothy grin. Alex's parents are great advocates for inclusivity and are Alex's biggest fans. Alex's two younger siblings adore him and love to make him laugh. Alex has Angelman's Syndrome and his family works hard to educate and spread awareness of his diagnosis.

Favorite things: riding horses, macaroni and cheese, coloring, dancing at prom and hiding from his case manager

Super powers: operating the ice dispenser, cleaning out the cabinets without being asked, charming educational assistants and sneaking into the bathroom and turning on the water in the bathtub

Helpful tip: Alex's mom makes a pudding with a packet of Carnation Breakfast Essentials and heavy cream. It tastes pretty good and gives Alex the extra calories he needs.





Record Keeping

Tuesday, December 6th

10:00am -11:30am

Learn about record keeping for your child's healthcare and education information. Learn how to organize and utilize these documents in advocating for your child. (We can send the notebook and tools after attending at no cost.)

[Click Here to register](#)

Keeping It All Together

Organizing your child's records



Healthcare Transition from Pediatric to Adult Healthcare



Healthcare Transition from Pediatric to Adult Healthcare

Thursday, December 15th

10:00am -11:30am

Learn about how to prepare for health care transition, issues that may arise, why transitions may break down, and some strategies and resources to help make it easier.

[Click Here to register](#)