

Medically Fragile Newsletter



November | *Medically Fragile Case Management Program* |

Excited to be here

Hello families! I wanted to take a moment to introduce myself to you all. My name is Nichole Rajala and I am the Family Specialist with the Medically Fragile Program. I'm excited and thankful to be here and to help make a positive experience for our families. I feel like I'm in a unique position here, as I have 2 children with Cystic Fibrosis and I understand the needs, wants, and worries for families that have medically fragile children.

I'm looking forward to meeting more families throughout the state, putting on events, helping you navigate the program and being a specialized support for you.

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Fun at the Patch!

We hope all that got to attend the pumpkin patch with us in October had a fantastic time! It was so great seeing families out and enjoying the animals and games and great fall weather!



Family Advisory Board (FAB)

We need you!

The Family Advisory Board would love more families to join! This is a great opportunity for families to provide input into the program. The FAB meets every other month (November) via Zoom. Contact Nichole for more information: nrajala@salud.unm.edu

Tips and Tricks

Infinity Feeding Bags (ENFit transition)

If you've been struggling with the new ENFit connections on Infinity feeding bags and accompanying enteral supplies you're not alone! This transition has been difficult with many supplies needing updating, for example, the new bags are not easily compatible with the accompanying medical equipment that worked on the previous bags. Below are links to a few websites that have the new equipment and adapters. Please contact your DME provider to assist you in getting the supplies you need.

<https://www.appliedmedical.net/enteral/enfit/>

<https://www.vescomedical.com/enfit-syringes-sterile>

We want to hear from you! If you have any tips and tricks that you would like to share on equipment or nutrition, please email Nichole at:

nrajala@salud.unm.edu

Making Connections

Are you interested in connecting with other Med Fragile families? Let's get you together!

Please email [Nichole](#) or your case manager about connecting with other families. Please let us know if you are interested in just making a general connection, connect with a family that lives near you, or connect with a family that also shares the same medical diagnosis.

1st Care of New Mexico, LLC
would like to Bless you and your family this Thanksgiving with a **FREE turkey!**



FIRST COME FIRST SERVE

VALENCIA COUNTY	ALBUQUERQUE
DATE: NOV 17, 2022	DATE: NOV 18TH, 2022
LOCATION: DANIEL FERNANDEZ PARK 1103 NM-314 LOS LUNAS, NM 87031	LOCATION: QUIGLEY PARK 2801 SAN PEDRO DR. NE ALB, NM 87110
TIME: 12PM-2:00PM	TIME: 12PM-2:00PM

1st Care of New Mexico, LLC
Home Healthcare

Why choose second choice home healthcare, when you deserve 1st Care!

Belen	Albuquerque	Los Lunas
861-7100	508-0799	865-6887

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NM LEND 2022 Legislative Advocacy Workshop

- ✓ Are you interested in learning more about public policy and advocacy?
- ✓ Do you want to learn more about our New Mexico legislature and how to talk to your legislator?

Part 1 Friday, November 18, 2022, 8:30 - 10:45
Part 2 Friday, December 2, 2022, 8:30-2:00

NM LEND (Leadership Education in Neurodevelopmental and Related Disabilities Program) at the Center for Development and Disability is providing a workshop for NM LEND trainees and guests, including family members and self-advocates from the community.

A stipend will be offered to family members and advocates who attend.

**Friday, November 20 and
Friday, December 2**

8:15 AM: Log into Zoom
8:30 AM: Workshop

Presenters and panelists:

LEND faculty
Former director of Disability
Rights New Mexico
Current legislators and lobbyists

Register by November 1st
email HSC-NM-LEND@salud.unm.edu

You will receive registration confirmation, program agenda, recorded sessions to watch prior to the institute, and a direct link to the Zoom conference.
This training is sponsored by NM LEND and the New Mexico Developmental Disabilities Planning Council



A University Center for Excellence
In Developmental Disabilities
Education, Research and Service

University of New Mexico Center for Development and Disability
2300 Menaul Blvd, NE Albuquerque, NM 87107
Phone: (505) 272-3000 Website: www.cdd.unm.edu

Highlight a Kid!

We would love to start introducing kids in the program and their families! If you are interested please email Nichole at:

nrajala@salud.unm.edu

NM LEND Legislative Advocacy Workshop

Are you interested in learning more about public policy and advocacy?

Do you want to learn more about our New Mexico legislature and how to talk to your legislator?

If yes, please join the UNM LEND program on Friday November 18, 2022, 8:30 am- 10:45 am (part 1) and Friday December 2, 2022 8:30 am- 2:00 pm (part 2). **Make sure to register by November 1st: HSC-NM-LEND@salud.unm.edu**

FREE FLU SHOTS



2022-2023 FLU SEASON CLINICS





DELIVERING MORE

PUBLIC FLU SHOT CLINICS

Anyone 6 months or older can get the regular flu vaccine. The flu vaccine designed specifically for people 65 years and older is not available at these clinics. See details below.

Below are dates and locations of primary care **drive-through** , and **walk-up/walk-in**  flu shot clinics. Please share this information with your family, friends and community members.

DATE/TIME	AGE	CLINIC TYPE	CLINIC	ADDRESS
Wed., 9/28 10AM - 2PM	6 mo.+		 Fiesta de Flu	Domenici Bldg. (outside), 1001 Stanford Dr. NE, Albuquerque, NM 87131
Sat., 10/1 9AM - 2PM	6 mo.+		Westside Family Practice Clinic at Cibola High School	1510 Ellison Dr. NW, Albuquerque, NM 87114
Tues., 10/4 5PM - 7PM	6 mo.+		Atrisco Heritage Family Practice Clinic at Atrisco Heritage High School	10800 Dennis Chavez Blvd, Albuquerque, NM 87121
Wed., 10/5 10AM - 2PM	18 yrs+		 UNM Student Health and Counseling (SHAC)	300 Cornell Dr. SE, Bldg. 73 (Plaza level), Albuquerque, NM, 87131
Thur., 10/6 10AM - 2PM	18 yrs+		 UNM Student Health and Counseling (SHAC)	300 Cornell Dr. SE, Bldg. 73 (Plaza Level) Albuquerque, NM, 87131
Sat., 10/8 9AM - 2PM	6 mo.+		Family Medicine Clinic at Central New Mexico Community College (CNM) Brasher Hall	717 University Blvd. SE, Albuquerque, NM 87106
Sat., 10/15 9AM - 2PM	6 mo.+		Southwest Mesa Family Practice Clinic at West Mesa High School	6701 Fortuna Rd. NW, Albuquerque, NM 87121
Sat., 10/15 9AM - 2PM	9 yrs +		UNM Sandoval Regional Medical Center	3001 Broadmoor Blvd. NE, Rio Rancho, NM 87144
Sat., 10/15 8:30 - 12:30PM	6 mo.+		UNMH Young Children's Health Center	306 San Pablo St. SE #A, Albuquerque, NM 87108
Wed., 10/19 5PM - 7PM	6 mo.+		Atrisco Heritage Family Practice Clinic at Atrisco Heritage High School	10800 Dennis Chavez Blvd., Albuquerque, NM 87121
Sat., 10/22 9AM - 2PM	6 mo.+		1209 Family Practice Clinic at UNM Dental Clinic	1801 Camino de Salud NE, Albuquerque NM, 87102
Sat., 10/29 8:30AM - 12PM	6 mo.+		Carrie Tingley Hospital/Pediatric Urgent Care/Eubank Pediatric Clinic	1127 University Blvd. NE, Albuquerque, NM 87102
Sat., 10/29 9AM - 2PM	6 mo.+		Northeast Heights Family Practice Clinic at Del Norte High School	5323 Montgomery Blvd. NE, Albuquerque, NM 87110
Sat., 11/5 9AM - 2PM	6 mo.+		UNM Health Family Health Grande Clinic	1790 Grande Blvd. SE, Rio Rancho, NM 87124
Sat., 11/5 9AM - 2PM	6 mo.+		Southeast Heights Family Practice Clinic at Van Buren Middle School	700 Louisiana Blvd. SE, Albuquerque, NM 87108

 UNM clinics are for students, faculty, staff and family



The Magic of Kevin Spencer is a performance for people of all ages and abilities. It features award-winning magician Kevin Spencer in a fun-filled show that combines storytelling, stage magic, and audience participation.

This sensory-inclusive performance is designed to create an experience that is welcoming to all audiences, including families with children with autism or other developmental or intellectual disabilities that create sensory sensitivities.

Immanuel Presbyterian Church
114 Carlisle Blvd SE
Albuquerque, NM 87106

Parking
Parking lots are located on the east side of the building and on the corner of Hermosa and Silver.

THIS IS A SHOW THE ENTIRE FAMILY WILL ENJOY!

 HUTTON <small>BROADCASTING</small> NM EXPERIENCES <small>SEASON MEDIA SPONSORS</small>	 <small>THE JOSEPH AND ROBERT CORNELL MEMORIAL FOUNDATION</small> <small>SEASON SPONSOR</small>	 <small>THE BROWN FOUNDATION, INC. HOTEL SANTA FE</small> <small>LENSIC PRESENTS SUPPORT</small>
LENSIC.ORG <small>211 W. SAN FRANCISCO ST. SANTA FE, NM 87501</small>		505-988-1234

Feedback

Hello Families, did you enjoy this newsletter? I'd like to hear from you! If you have any positive feedback you'd like to share with me or ideas on information you'd like to see in the next newsletter please email me!

nrajala@salud.unm.edu

Q&A

Do you have a question that your fellow Med Fragile families can answer? Or maybe a nurse case manager can answer? Send me your question and we will post your question and accompanying answer in the next newsletter!

nrajala@salud.unm.edu

Next Issue

Going forward all newsletters will be sent via Email. If you would like a paper copy mailed to you please email Nichole to let her know.
nrajala@salud.unm.edu