

SSD/Maplewood- Richmond Heights

March 2023

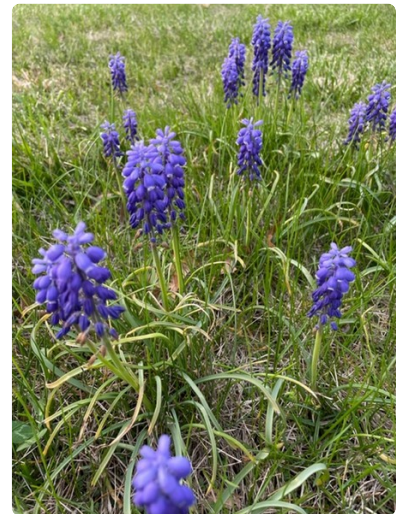
Dear MRH Families,

It's starting to feel like spring. With spring comes new growth (and learning). I hope you'll be able to join us March 14 for an excellent learning opportunity provided by Special School District's Family and Community Engagement department. This event will be held at ECC. Please read on for more details.

Respectfully,

Ben Gleason

Lead Special Education Coordinator



Upcoming

March 14- Family Workshop hosted by MRH (see below for details)

March 24- No School (Professional Development Day)

March 27-31- No School (Spring Break)

Family Workshop- March 14- 6:30-8:00 p.m. at ECC

Charting the Course to a "Good Life": Tools for Creating a Plan for Your Child at Any Age or Stage
Life is a journey with many different paths, adventures, and even roadblocks sometimes. It can be overwhelming figuring out steps for the next day and even more overwhelming thinking about the future.

This workshop will provide an overview about utilizing the Charting the LifeCourse framework, which has been adopted by local and state agencies. This framework promotes the core belief that "All people have the right to live, love, work, play and pursue their life aspirations in their community". Come learn how to create individual plans for your student and family. Information about summer recreation and funding for summer programs will be included.

Debra Fiasco, Administrator in Special School District's Family and Community Engagement department, will lead this workshop. The workshop will take place March 14 from 6:30-8:00 p.m. in the Preschool Multipurpose room at MRH ECC (2810 Burgess Avenue).



2023 Summer Resource Guide in Now Available

Our Mission
We aim to connect individuals of all ages with developmental disabilities with a variety of recreation activities and programs across the greater St. Louis area. We work to ensure individuals are aware of and have access through funding to recreation opportunities, including community inclusive recreation programs, specialized city programs and camps and other community resources. Through these connections, we encourage them to build communities of their own.

Recreation Council OF GREATER ST. LOUIS

Are you looking for

- Summer Programs?
- Free, Fun Activities?
- Adventure and trips for older youth?

Need Financial Assistance
Vouchers May Be Available
Call to learn more

Contact Information:
Sue Fleming
314-726-6044 ext.101
Peggy Welker
314-726-6044 ext. 103

Click 2023 Summer Guide www.recreationcouncil.org

In partnership with Productive Living Board, Developmental Disability Resource Board, and DD Resources



UCP Heartland

SPRING & SUMMER Day Camps

ABOUT UCPH CAMP:

Dates

- Spring break camp:
 - March 20 - March 24
- Summer camp:
 - June 5 - July 28; closed July 4
 - Families can select which weeks they'd like to apply; no limit on number of weeks
 - Half days offered during June SSD ESY

Eligibility
For St. Louis County youth ages 6-20 that have a diagnosis of an intellectual or developmental disability, and are still in school. Campers must be able to participate in a 1 counselor to 3 camper staffing ratio.

Program Structure
Program time is 9:30a-5:30p. Campers may be dropped off as early as 8am and picked up no later than 5:30pm. Groups are divided by age. Campers will be involved in physical activities and games, create arts & crafts, practice social and life skills with peers, and take community trips. Support and assistance will be provided throughout the day.

APPLICATIONS ARE OPEN!
Click [HERE](#) to visit our STL Camps page on our website and click on the application link. Spots are limited and applications are accepted on a first come, first served basis for eligible campers.

QUESTIONS?
For questions or assistance completing the application, email camp@ucpheartland.org or call 314-624-0596

2023 Summer Resource Guide

UCP Spring & Summer Day Camps

MRH Parent Advisory Council

The MRH Parent Advisory Council offers an opportunity to connect with other parents of students with disabilities and to learn about topics of interest. Please contact MRH parent [Mrs. Kim Gifford](#) if you are interested in participating.

Wellness - Spring is (almost) here!

March has a wealth of names - Developmental Disabilities Awareness Month, National Trisomy Awareness Monday, National Cerebral Palsy Month, National Brain Injury Awareness, National Nutrition Month, and even National Umbrella Month!

As we transition from cold and snowy to rainy and soon sunnier days, it is important for us to celebrate another season! From small celebrations to big accomplishments, it is helpful to our physical and mental health to recognize success and how we got there. Coping skills or self-care strategies are like having an umbrella on a rainy day. We might get stressed but we will weather the storm a lot better with our skills...even St. Louis weather!

As parents, we feel not only our own stress but often our children's stress as well. Finding outlets and strategies for our stress are critical. Whether it is a walk around the block or 10 minutes listening to music or a favorite podcast, finding little ways to celebrate and relax. On the flip side, taking things off our plate, saying No to new yet unnecessary tasks and listening to our bodies are all forms of self-care and strategies that will help us. Even simply carrying a water bottle so that you increase your water intake is helpful! Like we shared last month, start small and just get out there.

For more information or ideas, check out NAMI's article on [Taking Care of Yourself as a Caregiver](#) Or reach out to your SSD Social Worker. We are here to help.

[From Pathways2Success.com](#)

Medicaid Eligibility Annual Renewals to Resume April 1

Medicaid Eligibility Annual Renewals to Resume April 1 with Federal Legislation signed into Law

JEFFERSON CITY, MO –The federal government has announced that states will be required to resume annual renewals for MO HealthNet (Missouri Medicaid) beginning April 1, 2023. Annual renewals have not been required since January 2020, which is when the Federal Public Health Emergency was put in place in response to the COVID-19 outbreak. The federal legislation signed into law yesterday set a specific date to resume renewals, despite the ongoing Federal Public Health Emergency.

*“Over the past three years, waivers and special circumstances allowed more Missourians than ever to qualify for public assistance benefits,” said **Robert J. Knodell, Department of Social Services Acting Director**. “Today’s announcement means that anyone who gets MO HealthNet will need to keep an eye out for an official letter from the Family Support Division and complete any steps required to keep their healthcare coverage. We cannot stress enough how imperative it is to make sure your address is up to date before April 1 so you can get these important updates.”*

Here is what this means for Missourians who get healthcare coverage through MO HealthNet or any of the Managed Care health plans (Healthy Blue, Home State Health, or United Healthcare):

- At some point between May 2023 and April 2024, you will again be required to complete an annual renewal to make sure you are still eligible for help. Your annual renewal typically takes place towards the end of your coverage period. Important letters with more information will be mailed when your annual renewal is due.*
- If a response is required, you must submit it by the deadline in your letter to keep your healthcare coverage (if you are still eligible).*

Important notices will be mailed to Missourians who are impacted by these changes. The Family Support Division (FSD) will send this information to the address on file. If an individual has moved in the last three years, they should make sure FSD has their updated address. The easiest way to do this is to [report a change online](#).

“There are a lot of Missourians who qualified for Medicaid coverage for the first time during the Public Health Emergency or through Adult Expansion who have never had to complete an annual renewal before,” explained **Kim Evans, Family Support Division Director**. “We want to ensure that everyone who is still eligible for healthcare coverage through MO HealthNet can keep that coverage, and we are committed to doing everything we can to make sure participants understand how this process works and what is required of them.”

Participants can visit the [Department of Social Services' new website](#) dedicated to the annual renewal process to learn more about how to prepare, what they need to do to complete an annual renewal, and explore answers to frequently asked questions.

As of November 2022, more than 1.4 million Missourians were enrolled in MO HealthNet. Once annual renewals begin, there will be Missourians who were receiving continuous coverage due to the Public Health Emergency that will no longer be eligible for MO HealthNet. For these participants, the Family Support Division will send their information to the federal Health Care Marketplace, as required by CMS, for help with alternative health care options. The [caseload counter](#) will continue to provide the most up to date number of MO HealthNet enrollees each month.

Missourians in need of information on SNAP, Medicaid, Child Care Subsidy, or Temporary Assistance benefit programs can visit [dss.mo.gov](#). Individuals can also apply for these services 24/7 online by visiting [MyDSS.mo.gov](#), by uploading completed applications and verification documents to [myDSSupload.mo.gov](#), or by faxing them to 573-526-9400. To learn more about resources available in Missouri to help individuals move towards a healthier, more stable future, review the [Missouri Resource Guide](#).

The mission of the Department of Social Services is to empower Missourians to live safe, healthy, and productive lives.

Let's Talk!

Let's Talk is an open invitation from Special School District (SSD) to tell us what's on your mind. Let's Talk is an easy way to submit feedback at your convenience directly to the SSD staff member who can help.

Additional Resources

- [SSD Superintendent Updates](#)
- [SSD Parent Advisory Council](#)
- [SSD Partner District - Maplewood-Richmond Heights](#)

- [Academic and Related Services Toolkit](#)



Ben Gleason

Lead Special Education Coordinator

Contact Ben



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