

# St. Lawrence County Public Health Children's Programs Newsletter



**Public Health**  
Prevent. Promote. Protect.  
ESTABLISHED 1986

**October 2022**

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## **READY WRIGLEY PREPARES FOR**



## **WINTER WEATHER**



### **Emergency Preparedness and Planning For Your Family:**

The Centers for Disease Control and Prevention has games, activities, and resources available to families to help prepare and plan for emergencies. This preparedness is important for all families, and especially for families with children with disabilities or other special needs.

Activities and free downloadable Ready Wrigley emergency preparedness books are available at <https://www.cdc.gov/childrenindisasters/children.html>

Additional information and resources for families of children with special healthcare needs can be found at <https://blogs.cdc.gov/publichealthmatters/2019/12/preparing-children-with-special-healthcare-needs-for-an-emergency/>

### **Transition Series:**

#### **Adult Career and Continuing Education Services-Vocational Rehabilitation (ACCES-VR) Student and Youth Transition Services**

Transition from school to work requires a variety of supports and collaborative efforts among education and workforce programs. No one institution or organization can provide the full range of services that may be required to serve youth with disabilities. However, collaboration and coordinated efforts among education and workforce programs, including vocational rehabilitation, is essential in assisting students with disabilities to make the transition from school to work.

By working closely with school districts, the P-12 Office of Special Education and community providers, ACCES-VR helps to ensure that all youth with disabilities are prepared for employment, post-secondary education and community living when they leave school. ACCES-VR can provide a range of services to help eligible individuals reach an employment goal.

Find more information about ACCES-VR at <http://www.acces.nysed.gov/vr>



## Family Forever!

Serving Adoptive and KinGap Families in the North Country

Permanency Resource Centers

A Program of the  
Child Care Coordinating  
Council of the North Country



FAMILY FOREVER OFFERS UNIQUE SERVICES TO POST ADOPTED, LEGAL GUARDIANSHIP AND KINGAP FAMILIES.

### Services we offer:

★ Advocacy

★ Respite Care

★ Support Groups

★ Need based information and assistance

★ Educational Workshops

★ Youth Programs

★ Family Socials

★ Various Referral Services

SERVING FRANKLIN, ESSEX, CLINTON, HAMILTON, AND ST. LAWRENCE COUNTIES.  
CALL 518-561-4999 FOR MORE INFORMATION

Children and Youth with  
Special Healthcare Needs



CYSHCN provides resources and referrals to families with a child from birth to 21 years old who has or may have a physical, behavioral, or emotional condition or delay in development that requires special health related services.

If you would like more information or need resources you can reach the CYSHCN program at 315-386-2325 ext. 3420.

[Children With Special Health Care Needs Program | St. Lawrence County \(stlawco.org\)](#)

[NY State CYSHCN link has multiple resources available to families and can be located at this link:](#)

[Children and Youth with Special Health Care Needs \(CYSHCN\) Program \(ny.gov\)](#)



healthychildren.org

Powered by pediatricians. Trusted by parents.  
from the American Academy of Pediatrics

HealthyChildren.org is the official American Academy of Pediatrics Web site for parents. Backed by 66,000 pediatricians, HealthyChildren.org offers general information about children's health as well as specific guidance on parenting issues.

Parents can find information on their child's ages and stages, healthy living, safety and prevention, family life, and health issues, as well as newsletters and interactive tools like the KidsDocSymptom Checker, Ask the Pediatrician, and the Physical Developmental Delays: What to Look For Tool.

### Bureau of Early Intervention: Stay Connected!

The Bureau of Early Intervention wants to make sure families stay connected to what's happening in the Early Intervention Program.

If you are interested in upcoming trainings for families, resources on developmental delays and disabilities, learning more about new guidance and policies, or would like to share your ideas with the Bureau, join our Listserv and Facebook group today!

Find BEI on Facebook at:

NYSDOH – Early Intervention Community of Families

or email [listserv@listserv.health.state.ny.us](mailto:listserv@listserv.health.state.ny.us) with the subject "Subscribe"



# COVID-19 and Flu

## Get Yourself & Your Family Vaccinated

### Is It Safe to Get the COVID-19 and Flu Vaccine at the same time?

Yes, you can get a COVID-19 vaccine/booster and a flu vaccine at the same time if you are eligible and the timing coincides.

If you have concerns about getting both vaccines at the same time, you should speak with a health care provider.

### Can children get a COVID-19 vaccine and a flu vaccine during the same visit?

Yes, children who are eligible for COVID-19 vaccination can get a COVID-19 vaccine and a flu vaccine at the same visit.

If your child is eligible, get them up to date on their recommended COVID-19 vaccine and annual flu vaccine as soon as possible.

You can get both vaccines at the same time, but don't delay either vaccination in order to get them both at the same visit. Both vaccines are recommended, and your child should get the recommended doses for each vaccine.

### Who Should Get the Flu and COVID-19 Vaccinations

FLU	COVID-19
Everyone 6 months and older	Children and teens ages 6 months-17 years
Vaccination is particularly important for people who are at higher risk of serious complications from influenza. For more information, visit CDC website. <u>People at Higher Risk of Developing Flu-Related Complications.</u> ( <a href="http://www.cdc.gov/flu/highrisk/index.htm">www.cdc.gov/flu/highrisk/index.htm</a> )	Adults ages 18 years and older
	People ages 5 years and older receive one updated (bivalent) booster
More information <u>Seasonal Flu Vaccines</u> ( <a href="http://www.cdc.gov/flu/prevent/flushot.htm">www.cdc.gov/flu/prevent/flushot.htm</a> )	More information <u>Stay Up to Date with COVID-19 Vaccines Including Boosters</u> ( <a href="http://www.cdc.gov/coronavirus/2019-ncov/vaccines/stay-up-to-date">www.cdc.gov/coronavirus/2019-ncov/vaccines/stay-up-to-date</a> )

Speak with your healthcare provider about the Flu and COVID-19 vaccinations. Keep updated on St. Lawrence County Public Health vaccination clinics by visiting, [stlawco.org/Departments/PublicHealth/](http://stlawco.org/Departments/PublicHealth/)



# SNAP-Ed Recipe Highlight



## Pumpkin Pudding

No cooking required for this tasty pumpkin pudding! Kids can help prepare with supervision.



### Ingredients

- 1 can pumpkin (15 ounces, or 2 cups cooked mashed squash such as Hubbard)
- 2 teaspoons pumpkin pie spice (or 1 teaspoon cinnamon, 1/2 teaspoon ginger, 1/4 teaspoon nutmeg and 1/4 teaspoon cloves)
- 1/8 teaspoon salt
- 1 1/2 cups milk (1% low-fat)
- 1 vanilla pudding (instant, 3.5 oz (small box))

### Nutrition Information

Serving Size: 3/4 cup

Nutrients	Amount
Calories:	112
Total Fat:	1 g
Saturated Fat:	1 g
Cholesterol:	3 mg
Sodium:	417 mg
Total Carbohydrates:	24 g
Dietary Fiber:	2 g
Total Sugars:	20 g
Added Sugars:	14 g
Protein	3 g
Vitamin D	1 mcg
Calcium	100 mg
Iron	1 mg
Potassium	242 mg

### Utensils Needed

Large  
Mixing Bowl  
Measuring Spoons  
Liquid Measuring Cup  
Can Opener  
Mixing Spoon

### Directions:

1. Remember to start by washing your hands. In a large bowl, mix pumpkin, salt and pumpkin spice together.
2. Slowly stir in milk and mix well. Add instant pudding mix and stir for 2 minutes until it thickens. Refrigerate until serving time.

For additional recipes or SNAP information Subscribe to SNAP-Ed updates [here!](#)

We look forward to providing this newsletter. Please feel free to share suggestions for future topics or questions on our Facebook page @SLCPublicHealth or email to [CYSHCN@stlawco.org](mailto:CYSHCN@stlawco.org)

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