

# Child and Teen Checkups

2017

Child and Teen  
Checkups



## Parent Newsletters

### Spring 2017

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## Health Plan Frequently Asked Questions

This spring marks many changes in the Medical Assistance program. Below are some frequently asked questions from the Department of Human Services. (DHS)

### What health plans are available to me?

As of May 1, 2017, Medica will no longer be a health plan option for families and children in the Medical Assistance (MA) and MinnesotaCare programs. Scott County residents will be able to choose from UCare, Health Partners and BluePlus.

### Can I pick my health plan?

The special enrollment period that was created to choose a new health plan ended on April 15, 2017. Individuals who did not pick a program will be assigned a program by DHS.

### What will happen if I'm assigned a plan?

DHS will assign people to UCare. If assigned, they should receive their cards in the mail by May 15th.

### If I don't like my new health plan, can I change it again?

Yes, you can change your health plan within 60 days. You must request a change by June 30, 2017.

Please visit the Minnesota Department of Human Services for [additional frequently asked questions](#).

## Inside This Issue:

- Health plans FAQ's
- Mindfulness
- Mobile Clinic
- Feature Recipe

## Scott County Child and Teen Checkups Staff

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♦ (952) 496- 8014

## Health Plan Contacts

### Blue Plus Blue Advantage

- ♦ (651) 662-5545
- ♦ Toll-Free (800)-711-9862 (TTY 711)

### Health Partners

- ♦ (651) 431-2670
- ♦ Toll-Free (800) 657-3739

### Medica Choice

- ♦ (952) 945-8000
- ♦ Toll-Free (800) 952-3455

### UCare

- ♦ (651) 431-2670
- ♦ Toll-Free (800) 657-3739

## Scott County MNsure help



## Mindfulness

By Hilda Green

Mindfulness is a technique to promote a relaxation response and a sense of well-being within ourselves. It is paying attention to each moment of our internal and external experience: our thoughts, feelings, and body sensations in a non-judgmental manner. It has its roots in Buddhism. It can

be developed with the practice of meditation any moment of the day – while eating, cooking, going for a walk, gardening, and others.

### Pillars of Mindfulness:

1. Non-Judging
  - Awareness of the constant stream of judging.
  - Learn to step back from it.
2. Patience
  - Patience is a form of wisdom.
  - Things must unfold in their own time.
3. Beginner's Mind
  - Being receptive to the wonder of what is unfolding in your own experience.
4. Trust
  - Trusting the process.
  - Developing a basic trust in yourself and your feelings.



Continued →

- 5. Non-Striving
  - Do not have any purpose to accomplish anything specific. Almost everything we do, we do for a purpose to get something (do the opposite).
  - No goal other than for you to be yourself.
- 6. Acceptance
  - Means seeing things as they actually are.
- 7. Letting Go
  - Put aside the tendency to elevate some aspects of our experience and to reject others.
  - Just let our experience be what it is and practice observing it from moment to moment.
  - Accepting things where they are.

*Taken in part from Kabat-Zinn J. (1990) Full Catastrophe Living. New York. Delta*

### How do you practice mindfulness meditation?

Mindfulness could be practiced individually or in a group, any moment of the day!

Adapt an alert and relaxed body posture. One way to "sit":

- Legs, seat and spine should support the body
- Belly sticks out in front, the rear end sticks out in back
- The spine curves slightly at the waist
- Head is up, chin is in
- Ears are on line with the shoulders, shoulders are in line with the hips
- Use a cushion

*Robert A. (1982) Taking the Path to Zen. Farrar, NY. North Point Press*

### Mindfulness Meditation has many positive effects:

- Reduces stress
- Lowers blood pressure
- Improves immune system
- Better memory



*"Mindfulness is the non-judgmental observation of the ongoing stream of internal and external stimuli as they arise." Ruth Baer, University of Kentucky (2003)*

## Public Health Clinics

Do you know someone who needs health care but is uninsured or under-insured? If so, Public Health Clinics can help! See program descriptions and clinic dates below.



**Scott County Mobile Health Clinic** provides free care for short-term illness, ongoing health problems, and health screenings.



**Scott County Immunization Clinic** provides immunizations to residents age 6 weeks through adulthood.



**Scott County Walk-in Clinic** is located in Room 231 at the Workforce Center. It is open every Tuesday and Thursday 8:30 am -10:30am.

For additional healthcare resources see the Community Health Resource Guide at <https://www.scottcountymn.gov/336/Public-Health>

Mobile Clinic Savage Public Library 13090 Alabama Ave., Savage 2:00-5:00pm	Mobile Clinic Slavic Baptist Church 1205 10th Ave., Shakopee 2:00-5:00pm	Mobile Clinic Workforce Center 792 Canterbury Rd. S., Shakopee 2:00-5:00pm	Immunization Clinic Workforce Center 2:00-5:00pm
June 20	May 23 July 25	April 11, 25 May 9 June 13	April 10, 24 May 8, 22 June 5, 19

### Key Lime Honey Almond Granola Fruit Salad

Ingredients:

- 1 - 16 oz. container Key Lime yogurt
- 1 small pineapple, chopped
- 1 cantaloupe, chopped
- 2 cups green grapes
- 1 cup strawberries, chopped
- 1 cup blueberries
- 1/2 cup honey almond granola



1. Add fruit to a large bowl, then add key lime yogurt. Toss until evenly combined.
2. Chill salad until ready to serve then sprinkle granola over top OR if serving immediately, sprinkle granola over top and serve.
3. Don't mix granola with the salad unless you are going to eat the entire salad right away or the granola will get soggy.



### Scott County Public Health

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Office: 952.496.8555 Fax: 952.496.8016

[Scottcountymn.gov](http://Scottcountymn.gov)



## Measles Today

In the year 2000, medical officials announced Measles was no longer found in the United States. Today, Minnesota has over 70 children who are being treated for Measles. Most of these children have been unvaccinated.

Measles usually start with the same symptoms of a cold:

- Fever
- Cough
- Runny nose
- Watery eyes

Shortly after these symptoms, a rash will start on the face or head and spread to the rest of the body. Measles can make children feel very sick, and some may need hospitalization. Some children will get other symptoms, such as:

- Diarrhea
- Ear infections
- Pneumonia
- Seizures
- Swelling of the brain

**Vaccinations are the only way to protect your child from getting Measles**

The Measles Mumps and Rubella (MMR) vaccine is generally given in two doses, at least 28 days apart. The vaccine is both very safe and very effective. One dose of the MMR vaccine is 93% effective at preventing measles and two doses are about 97% effective. Normally, children should get their MMR vaccination at 12 months and again between the ages of 4-6.

With the Measles outbreak, health officials are recommending:

- All children in Minnesota 12 months and older who did not get the MMR vaccine yet, should get it now.
- Adults born in 1957 or later, who have never had the MMR vaccine and have never had measles, should get the vaccine now.
- Children who came to Minnesota from Somalia should get their MMR vaccines as soon as possible.
- Children who live in Hennepin, Ramsey, Crow Wing and Le Sueur counties and only had one dose of MMR, should get their second dose of MMR vaccine as soon as possible.
- Only two doses of the MMR vaccine is needed. If a child gets a second dose of the MMR vaccine before the normal age of 4-6 years old, they are done with the MMR vaccine series.



## Inside This Issue:

- Measles Today & vaccination information
- Vaping and Our Kids
- Feature Recipe

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### Scott County MNsure help

- ♦ (952) 496-8088



## Vaping and Our kids

E-cigarettes are battery-powered devices that allow users to inhale, or vape, a liquid also known as e-juice. E-cigarettes are also known as:

- Vapes
- Vape or hookah pens
- E-pipe

Vaping products are the most commonly used tobacco product with youth. About 22 percent of 11th graders in Scott County say they have used e-cigarettes while about 14 percent reported smoking cigarettes (Minnesota Student Survey data)

While fewer youth are smoking cigarettes, there are still many dangers for youth who smoke E-cigarettes. Nearly all liquid in E-cigarettes contain nicotine. Nicotine is highly addictive and can harm a teen's growing brain. A child's brain develops until about age 25, which is why there is no safe amount of nicotine for youth.

Exposure to nicotine at a young age can lead to:

- Addiction
- Poor attention
- Trouble learning

Nearly one in four Minnesota high school students who tried e-cigarettes had never tried smoking. More research shows young people who never smoked cigarettes, but use e-cigarettes, are more likely to smoke cigarettes in the future. MN Department of health

**NICOTINE EFFECTS**  
Nicotine has many health effects on young adults

**ADOLESCENTS WHO USE NICOTINE**

**EVERY DAY, ANOTHER 2,800 KIDS**  
Under the age of 18 become new daily smokers

**THE TEEN BRAIN IS STILL DEVELOPING**  
Smoking can re-wire the brain for addiction

**45.4% ADDICTION IS A DISEASE OF THE BRAIN REWARD CENTER**  
of high school teenagers try to quit but fail

**NICOTINE USE DURING TEENAGE YEARS STOPS GROWTH OF THE PREFRONTAL CORTEX**  
This means more risk-taking behaviors and less impulse control

Scott County Public Health

Nicotine: Addiction, Effects on the Adolescent Brain and Electronic Cigarettes. Neal L. Benowitz MD Professor of Medicine University of California San Francisco

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<p>June 20 August 22</p>	<p>July 25 September 26</p>	<p>June 13 July 11 August 8 September 12</p>	<p>June 5, 19 July 10, 24 August 14, 28 September 11, 25</p>

## Featured Recipe

Roasted Green Beans with Parmesan and Basil

Ingredients:

- 3/4 to 1 pound of fresh green beans (with stems off)
- 1 tablespoon extra virgin olive oil
- 3/4 teaspoon dried basil
- 1/4 teaspoon salt
- 1/4 teaspoon freshly cracked pepper
- 2 tablespoon grated parmesan



1. Preheat oven to 425 degrees.
2. Dry green beans well and spread on a rimmed baking sheet. Toss with olive oil (use your hands), so that all the beans are coated. Sprinkle with salt, pepper, basil. Toss again to coat.

Roast for 10 minutes, toss, and continue to roast for 5 more minutes. Immediately sprinkle with parmesan and serve.  
*Taken from Pinterest*



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## Wellness Checkups = Healthy Adults

Healthy children are more likely to grow up to be healthy adults. Regular medical and dental checkups give parents and doctors a chance to check on growth and development, identify concerns and treat them early.

A New Dental Clinic is open and accepting all forms of Medical Assistance.  
True North Community Dental Clinic  
415 East 1st Ave. in Shakopee  
Call 952-403-5149  
For information.

accept Medical Assistance. **Children should see their doctor** at birth, 2, 4, 6, 9, 12, 15, 18, 24 and 30 months and, every year starting at age 3 through age 20.

**Children should see their dentist** when their first tooth appears, or by age 1. Children should then see their dentist every

The Child and Teen Checkups program sends out reminder letters to parents when it is time for your child's next wellness exam. Child and Teen Checkups staff can also help you find medical providers and dentists that

6 months for a cleaning. If you are having trouble finding a doctor or dentist, call our Child and Teen Checkups office or health plan for assistance.



- Inside This Issue:**
- Checkups = Healthy Adults
  - SmartLink Dial-A-Ride
  - Mobile Clinic Schedule
  - Peanut Butter Apple Nachos

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## Helping you get there

Transportation to and from Wellness Checks can often be challenging to coordinate and expensive for riders. SmartLink Transit of Scott and Carver County is here to help! Riding the SmartLink Dial-A-Ride bus is easy and affordable. One phone call and our Reservation Specialists will help you book your ride. Reservations are taken up to seven days in advance simply by calling (952) 496-8341. The earlier you call the better as the bus rides are based on availability. We will do everything we can to answer your questions and get you where you need to be.

SmartLink's Dial-A-Ride service includes door-to-door service for as little as \$2.25 one way and children under 5 ride free with a paid adult. Door-to-door means once scheduled, the SmartLink bus will pick you up at your home, school, or work and deliver you and your child to their wellness check. There is no need to look at confusing bus schedules, worry about transfers or pay for other more expensive transportation such as a Taxi or Uber. SmartLink will make it easy for you and we are always here to help!



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♦ Dental help (952) 967-7998  
♦ Toll-Free 1-866-885-8880
- UCare**  
♦ (612) 676-3200  
♦ Dental help (651) 768-1415  
♦ Toll-Free (800) 203-7225
- Scott County MNsure help**  
♦ (952) 496-8088

# Child and Teen Checkups (C&TC) Frequent Asked Questions (FAQ's)

## Where do I get Child and Teen Checkups?

Child and Teen Checkups are done by your child's doctor – at their office.

## Do Child and Teen Checkups include dental care?

Yes, preventative dental care is also a free benefit for children ages 1 through 20 on Medical Assistance. Cleanings can be done by any dentist that accepts Medical Assistance.

## How much do Child and Teen Checkups cost?

Child and Teen Checkups are a free benefit for children age birth through 20 on Medical Assistance. The checkups are free — with no co-pays.



## Are there extra costs for Child and Teen Checkups? What if I have specific health questions?

No, there are no extra costs for Child and Teen Checkups. You are free to ask any health questions you have during exams and there will not be any additional charges.

## Why did the ages change for having Child and Teen Checkups?

Studies show preventative care increases the chance of finding and preventing serious illness. A checkup has been added at 30 months and now every year between ages 3 and 20.

## Is a Child and Teen Checkup the same as a sports physical?

No, you can use a Child and Teen Checkup as a sports physical, but the Child and Teen Checkup is more in-depth than a sports physical. In addition to a detailed body exam, C&TC checks now include hearing and vision screenings, developmental screenings, mental health screenings and various lab tests. There are also some clinics that are now doing fluoride varnish for children under age 5.

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October 24 December 26	September 26 November 28	Sept 13 *at Project Community Connect -Canterbury 10am-6pm* October 10 November 14	September 11, 25 October 2, 16 November 13, 27 December 4, 18

## Featured Recipe

### Peanut Butter Apple Nachos

#### Ingredients:

- 1 tsp. cranberries, dried
- 2 Granny Smith apples cut into wedges
- 1/4 C. all natural peanut butter
- 2 tsp. Granola



Drizzle apples with warm peanut butter and top with granola and dried fruit for a dreamy healthy snack.  
2 servings



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## Alcohol, Tobacco and Marijuana Use among Youth



In 2016, Scott County students took the state student survey. The survey is given every 3 years to students in 5<sup>th</sup>, 8<sup>th</sup>, 9<sup>th</sup> and 11<sup>th</sup> grades. The survey asks about healthy eating, mental health, and substance use. The 2016 survey results offer both good and bad news. The good

news is fewer students are drinking and smoking tobacco and marijuana. However, the number of Scott County students using alcohol and tobacco is higher than the state average. The survey also shows e-cigarettes use has risen. Students also believe using substances is not harmful to their health. It is very important that parents learn the signs and symptoms of use and know what to do.

### What to Look For

- Missing school or failing grades
- Using large amounts of room freshener
- Borrowing money often
- Missing prescription drugs

### Physical Health

- Changes in mood, bad temper, angry outbursts
- Appears afraid, anxious or paranoid
- Weight loss/gain, changes in appearance
- Shakes, tremors, slurred speech

### What to Do

- Talk early and often to your kids
- Educate yourself and family about drugs
- Lock up medications and take unused medications to “The Box”
- Monitor and guide your children
- Get to know your child’s friends and their parents



## Inside This Issue:

- Teens do not see dangers of substance use
- Is your teen stressed out?
- SmartLink is for everyone
- White Chocolate popcorn

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- ♦ Toll-Free (800) 203-7225

### Scott County MNsure help

- ♦ (952) 496- 8088

## This Season



Share  
Memories



Not  
The  
Flu!

By Following These Steps

- ⇒ Get Your Flu Shot
- ⇒ Cover your cough
- ⇒ Wash your hands
- ⇒ Rest if you are sick

Our Public Health Clinics are for Scott County residents who are uninsured or underinsured.

Mobile Clinic  
Savage Public Library  
13090 Alabama Ave., Savage  
age

December 26

Mobile Clinic  
Slavic Baptist Church  
1205 10th Ave., Shakopee  
2:00-5:00pm

Check on line for dates

Mobile Clinic  
Workforce Center  
792 Canterbury Rd. S., Shakopee

December 12

Immunization Clinic  
Workforce Center  
2:00-5:00pm

December 4, 18

### Mental Health Concerns

Mental Health is another area of concern from the 2016 survey. Many students, especially girls, reported they do not feel good about themselves or their future. The survey also showed both suicidal thoughts and attempts are on the rise. Finally, many students reported they are purposely hurting themselves.

#### What Does Teen Depression Look Like?



- Constantly feel irritable, sad, or angry
- Nothing seems fun anymore
- Feel worthless, guilty, or just "wrong"
- Sleep too much or not enough
- Cry easily and often
- Frequent, unexplained headaches or other physical problems.
- Gained or lost weight without consciously trying to
- Can't concentrate and failing grades
- Feel helpless and hopeless
- Thinking about death or suicide

Crisis help is available through Scott County Mental Health Crisis Call (952) 496-8481 between 8 a.m. to 4:30 p.m. for an appointment. Call (952) 442-7601 between 4:30 p.m. and 8 a.m. for crisis help.

### Public Health Programs

Public Health will take Information from this survey to identify issues young people are facing. From there, we will develop programs to support and improve student health.

More information on the MSS can be found on the Public Health web page [scottcountymn.gov/1232/Public-Health-Reports](http://scottcountymn.gov/1232/Public-Health-Reports)

### SmartLink buses are available for Everyone!



Why use the SmartLink bus?

- Easy to book a ride! Just call Customer Service, 952-496-8341 Ext. 1 to schedule your ride. They will need to know your pick up and drop off location and how long you plan being there.
- Door to door service! Our bus will pick you up anywhere in Scott County and deliver to your destination.
- Great option for those without a vehicle or reliable transportation
- Buses run anywhere in Scott and Carver County
- NEW Weekend hours Saturday and Sunday in Scott County from 7:30 a.m -4:30 p.m.
- Available weeknights until 9:00 p.m.
- Affordable-fares are based on time of day with Peak and Off Peak rates
  - \* Peak Rates are \$4.50 each way Weekdays 6-9 a.m. and 3-6:30 p.m.
  - \* \$3.50 per way rates all other times

### Featured Recipe

#### White Chocolate Popcorn Mix

- 10 C. Popped Popcorn
- 1 C. Mini Marshmallows
- 1/2 C. Dry Roasted Peanuts
- 1/2 C. Dried Cranberries
- 6 Oz. White Chocolate broke into pieces and melted.



Make It:

- Combine all ingredients, except chocolate in a large bowl.
- Add chocolate and toss to evenly coat popcorn mix.
- Spread onto a baking sheet
- Refrigerate for 10 min. or until chocolate is firm.



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