

## CSHCS WINTER 2025 NEWSLETTER

### Welcome Chelsea Hoffa!

We would like to extend a big, warm welcome to our new CSHCS Parent Mentor – Chelsea Hoffa. She is a mother of 3 toddlers, which includes her 3-year-old son, Justin, who was recently diagnosed with autism. Because of this, she is able to understand the challenges and joys of raising a child with special needs!

Chelsea's goal for this position is to help create a supportive community where families like hers can connect, share experiences, and find resources. Here are 3 things she is passionate about:

1. **Support and Community:** Breaking down isolation and building connections with other parents, families, and friends of children with any medical disabilities, which can include: physical disabilities, mental health challenges, intellectual disabilities, developmental delays, and emotional or behavioral challenges. She wants to create a safe space for sharing stories or information, asking questions, and find encouragement.
2. **Resources:** Navigating the system can be overwhelming! Chelsea is here to connect families with local resources, therapies, and services tailored to a child's unique needs.
3. **Inclusion:** Every child deserves a happy, fulfilled childhood! Chelsea would love to hear from you – families, friends, educators – on how to make our communities more inclusive and supportive of children with disabilities.

Chelsea is available to families for questions, ideas, and concerns, as she is hoping to create a more supportive and inclusive community. One of her goals is to start parent meetings and support groups again for our community. These groups/meetings will be a safe space for you and your family to get out of the house and meet other supportive individuals within this community. We want to make sure you do not feel alone and would love to meet you guys! We are also hoping to make these meetings for inclusive for all children!

For more up-to-date information and resources, please be sure to follow our [Parent Support Group](#) on Facebook which is led by Chelsea.



### Immunizations

Is your child up-to-date on their immunizations? In the state of Michigan, there are required vaccines for childcare, Kindergartners, and 7<sup>th</sup> graders. Without these vaccines (or a waiver) your child may be exempt from attending school until vaccinated or waived.

With any questions on your child's status or to schedule an appointment, please feel free to contact your local health department for more information! We are able to offer accommodations and private appointments, if needed, for all children/young adults.

Please see attached resources for more information on vaccines for your child.

## Camp and Conference Scholarships

Camp and Conference Scholarships are in full swing again through the Family Center! These scholarships are amazing opportunities to get your child involved and active whether it's for fun or a learning opportunity. If you are interested in applying for either of these scholarships, please reach out to your CSHCS representative for application packets.

**Camp Scholarships:** These scholarships are available to children and young adults (up to the age of 21). Now, applicants are allowed to apply every year, and the scholarships have been increased to \$500 per child. Multiple applicants from each family may also be accepted for these scholarships. However, only 10 scholarships are awarded for each camp.

It is important to note that your child does not have to be enrolled in CSHCS to receive a scholarship. However, if not enrolled, a letter from a specialty provider will be needed to verify a diagnosis or special health care need. This includes children with developmental and/or behavioral conditions.

Camps are also not required to be specialty camps. The chosen camp could also be licensed outside the state of Michigan, but these scholarships are looked at on a case-by-case basis.

**Conference Scholarships:** This opportunity is available for parents who have children (birth to 26 years) that have or are at risk of physical, developmental, behavioral, or emotional challenges. These are available for one parent to attend a conference related to the child's special need/diagnosis. Youth (ages 14-26) can also apply to attend a conference related to their own diagnosis with or without a parent. Conference scholarships can also be used for leadership development and family engagement.

Conference scholarships are limited to one conference every two years per family, and only 5 scholarships are awarded for the same conference within a fiscal year. However, these scholarships can be used for virtual or in-person conferences.

Travel/lodging reimbursement to and from the conference may also be an option for you, as you can choose a conference anywhere within the United States.

## CSHCS Parent Connect Calls

The Family Center has partnered with the Michigan Family to Family Center to create online learning opportunities, navigating healthcare connections, and parent leadership workshops. These are 1-hour, free webinars that are open to parents, and they provide resources, information, and skill development on a variety of relevant topics.

To register for an online webinar, or read more about these events, please go to this [website](#) or scan the QR code. Please let your local CSHCS rep know if you have any further questions.



## Contact Your CSHCS Representative!

We are here to help YOU! Please feel free to reach out to your local CSHCS Representative at any time with any questions or concerns.

**Dickinson County** – Cassie Gill

(906) 779-7208

[cgill@didhd.org](mailto:cgill@didhd.org)

**Iron County** — Sue Jacobson

(906) 265-4173

[sjacobson@didhd.org](mailto:sjacobson@didhd.org)

**Family Phone Line** – 1-800-359-3722

# Your child needs vaccines as they grow!

## 2025 Recommended Immunizations for Birth Through 6 Years Old

Want to learn more?  
Scan this QR code to find out which  
vaccines your child might need. Or visit  
[www2.cdc.gov/vaccines/childquiz/](http://www2.cdc.gov/vaccines/childquiz/)



VACCINE OR PREVENTIVE ANTIBODY	BIRTH	1 MONTH	2 MONTHS	4 MONTHS	6 MONTHS	7 MONTHS	8 MONTHS	12 MONTHS	15 MONTHS	18 MONTHS	19 MONTHS	20–23 MONTHS	2–3 YEARS	4–6 YEARS	
RSV antibody	Depends on mother's RSV vaccine status						Depends on child's health status								
Hepatitis B	Dose 1	Dose 2			Dose 3										
Rotavirus			Dose 1	Dose 2	Dose 3										
DTaP			Dose 1	Dose 2	Dose 3				Dose 4					Dose 5	
Hib			Dose 1	Dose 2	Dose 3			Dose 4							
Pneumococcal			Dose 1	Dose 2	Dose 3			Dose 4							
Polio			Dose 1	Dose 2	Dose 3								Dose 4		
COVID-19					At least 1 dose of the current COVID-19 vaccine										
Influenza/Flu					Every year. Two doses for some children										
MMR								Dose 1						Dose 2	
Chickenpox								Dose 1						Dose 2	
Hepatitis A								2 doses separated by 6 months							

### KEY

- ALL children should be immunized at this age
- SOME children should get this dose of vaccine or preventive antibody at this age

### Talk to your child's health care provider for more guidance if:

1. Your child has any medical condition that puts them at higher risk for infection.
2. Your child is traveling outside the United States. Visit [wwwnc.cdc.gov/travel](http://wwwnc.cdc.gov/travel) for more information.
3. Your child misses a vaccine recommended for their age.

# What diseases do these vaccines protect against?

BIRTH–6 YEARS OLD

VACCINE-PREVENTABLE DISEASE	DISEASE COMPLICATIONS
<b>RSV (Respiratory syncytial virus)</b> Contagious viral infection of the nose, throat, and sometimes lungs; spread through air and direct contact	Infection of the lungs (pneumonia) and small airways of the lungs; especially dangerous for infants and young children
<b>Hepatitis B</b> Contagious viral infection of the liver; spread through contact with infected body fluids such as blood or semen	Chronic liver infection, liver failure, liver cancer, death
<b>Rotavirus</b> Contagious viral infection of the gut; spread through the mouth from hands and food contaminated with stool	Severe diarrhea, dehydration, death
<b>Diphtheria*</b> Contagious bacterial infection of the nose, throat, and sometimes lungs; spread through air and direct contact	Swelling of the heart muscle, heart failure, coma, paralysis, death
<b>Pertussis (Whooping Cough)*</b> Contagious bacterial infection of the lungs and airway; spread through air and direct contact	Infection of the lungs (pneumonia), death; especially dangerous for babies
<b>Tetanus (Lockjaw)*</b> Bacterial infection of brain and nerves caused by spores found in soil and dust everywhere; spores enter the body through wounds or broken skin	Seizures, broken bones, difficulty breathing, death
<b>Hib (Haemophilus influenzae type b)</b> Contagious bacterial infection of the lungs, brain and spinal cord, or bloodstream; spread through air and direct contact	Depends on the part of the body infected, but can include brain damage, hearing loss, loss of arm or leg, death
<b>Pneumococcal</b> Bacterial infections of ears, sinuses, lungs, or bloodstream; spread through direct contact with respiratory droplets like saliva or mucus	Depends on the part of the body infected, but can include infection of the lungs (pneumonia), blood poisoning, infection of the lining of the brain and spinal cord, death
<b>Polio</b> Contagious viral infection of nerves and brain; spread through the mouth from stool on contaminated hands, food or liquid, and by air and direct contact	Paralysis, death
<b>COVID-19</b> Contagious viral infection of the nose, throat, or lungs; may feel like a cold or flu. Spread through air and direct contact	Infection of the lungs (pneumonia); blood clots; liver, heart or kidney damage; long COVID; death
<b>Influenza (Flu)</b> Contagious viral infection of the nose, throat, and sometimes lungs; spread through air and direct contact	Infection of the lungs (pneumonia), sinus and ear infections, worsening of underlying heart or lung conditions, death
<b>Measles (Rubeola)†</b> Contagious viral infection that causes high fever, cough, red eyes, runny nose, and rash; spread through air and direct contact	Brain swelling, infection of the lungs (pneumonia), death
<b>Mumps†</b> Contagious viral infection that causes fever, tiredness, swollen cheeks, and tender swollen jaw; spread through air and direct contact	Brain swelling, painful and swollen testicles or ovaries, deafness, death
<b>Rubella (German Measles)†</b> Contagious viral infection that causes low-grade fever, sore throat, and rash; spread through air and direct contact	Very dangerous in pregnant people; can cause miscarriage or stillbirth, premature delivery, severe birth defects
<b>Chickenpox (Varicella)</b> Contagious viral infection that causes fever, headache, and an itchy, blistering rash; spread through air and direct contact	Infected sores, brain swelling, infection of the lungs (pneumonia), death
<b>Hepatitis A</b> Contagious viral infection of the liver; spread by contaminated food or drink or close contact with an infected person	Liver failure, death

\*DTaP protects against tetanus, diphtheria, and pertussis

†MMR protects against measles, mumps, and rubella

# Older children and teens need vaccines too!

## 2025 Recommended Immunizations for Children 7–18 Years Old

Want to learn more?  
Scan this QR code to find out which  
vaccines your child might need. Or visit  
[www2.cdc.gov/vaccines/childquiz/](http://www2.cdc.gov/vaccines/childquiz/)



RECOMMENDED VACCINES	7 YEARS	8 YEARS	9 YEARS	10 YEARS	11 YEARS	12 YEARS	13 YEARS	14 YEARS	15 YEARS	16 YEARS	17 YEARS	18 YEARS
HPV												
Tdap												
Meningococcal ACWY												
Meningococcal B												
Influenza/Flu												
COVID-19												
Mpox												
Dengue												

### KEY

- ALL children in age group should get the vaccine
- ALL children in age group can get the vaccine
- SOME children in age group should get the vaccine
- Parents/caregivers should talk to their health care provider to decide if this vaccine is right for their child

### Talk to your child's health care provider for more guidance if:

1. Your child has any medical condition that puts them at higher risk for infection or is pregnant.
2. Your child is traveling outside the United States. Visit [wwwnc.cdc.gov/travel](http://wwwnc.cdc.gov/travel) for more information.
3. Your child misses any vaccine recommended for their age or for babies and young children.

# What diseases do these vaccines protect against?

7-18 YEARS OLD

VACCINE-PREVENTABLE DISEASE	DISEASE COMPLICATIONS	NUMBER OF VACCINE DOSES
<b>HPV (Human papillomavirus)</b> Contagious viral infection spread by close skin-to-skin touching, including during sex	Genital warts and many types of cancers later in life, including cancers of the cervix, vagina, penis, anus, and throat	2 or 3 doses
<b>Tetanus (Lockjaw)*</b> Infection caused by bacterial spores found in soil and dust everywhere; spores enter the body through wounds or broken skin	Seizures, broken bones, difficulty breathing, death	1 dose at age 11-12 years Additional doses if missed childhood doses 1 dose for dirty wounds
<b>Diphtheria*</b> Contagious bacterial infection of the nose, throat, and sometimes lungs; spread through air and direct contact	Swelling of the heart muscle, heart failure, coma, paralysis, death	1 dose at age 11-12 years Additional doses if missed childhood doses
<b>Pertussis (Whooping Cough)*</b> Contagious bacterial infection of the lungs and airway; spread through air and direct contact	Infection of the lungs (pneumonia), death; especially dangerous for babies	1 dose at age 11-12 years Additional doses if missed childhood doses 1 dose every pregnancy
<b>Meningococcal**</b> Contagious bacterial infection of the lining of the brain and spinal cord or the bloodstream; spread through air and direct contact	Loss of arm or leg, deafness, seizures, death	2 doses. Additional doses may be needed depending on medical condition or vaccine used.
<b>Influenza (Flu)</b> Contagious viral infection of the nose, throat, and sometimes lungs; spread through air and direct contact	Infection of the lungs (pneumonia), sinus and ear infections, worsening of underlying heart or lung conditions, death	1 dose each year 2 doses in some children aged 6months through 8 years
<b>COVID-19</b> Contagious viral infection of the nose, throat, or lungs; may feel like a cold or flu. Spread through air and direct contact	Infection of the lungs (pneumonia); blood clots; liver, heart or kidney damage; long COVID; death	1 or more doses of the current COVID-19 vaccine depending on health status. For more information: <a href="https://www.cdc.gov/covidschedule">www.cdc.gov/covidschedule</a>
<b>Mpox</b> Contagious viral infection spread through close, often skin-to-skin contact, including sex; causes a painful rash, fever, headache, tiredness, cough, runny nose, sore throat, swollen lymph nodes	Infected sores, brain swelling, infection of the lungs (pneumonia), eye infection, blindness, death	2 doses
<b>Dengue</b> Viral infection spread by bite from infected mosquito; causes fever, headache, pain behind the eyes, rash, joint pain, body ache, nausea, loss of appetite, feeling tired, abdominal pain	Severe bleeding, seizures, shock, damage to the liver, heart, and lungs, death	3 doses

\*Tdap protects against tetanus, diphtheria, and pertussis

\*\*Healthy adolescents: Meningococcal ACWY vaccine (2 doses); Meningococcal B vaccine (2 doses if needed).