

# TEC NURSING NEWS

Health Resources for TEC Community

ISSUE 3

4/17/2020

## In this issue



Helping Children Cope with Covid 19



Telehealth



Tips for Nutrition during Pandemic and Physical Isolation



Food Shopping during Physical Distancing

## How to Help your Child Cope with COVID 19 and Answer their Questions

- ◆ Stay calm, listen to their concerns, and offer reassurance
- ◆ Be a role model-children will react to and follow your reactions
- ◆ Here is a resource on how to talk to your child: A Social story for Covid : [Coronavirus Story](#)
  - \* [Additional Resource for parents of a child with disabilities](#)
- ◆ Focus on the good-celebrate having more time to spend together as a family!
- ◆ Establish and maintain a daily routine-this provides a sense of control, calm, and well-being
- ◆ Use Communication devices to share your feelings.
  - \* [Ann's videos on communicating with POP.](#)
- ◆ Visit [kidshelpline.com](http://kidshelpline.com) to learn how to express your feelings in a safe and healthy way:
- ◆ Learn the importance of using your words with TEC music therapist Mara:
  - \* [Using Your Words - March 27, 2020 - YouTube](#)
- ◆ -Most importantly help your children STAY POSITIVE- sing along with Mara and
  - \* [Keep your head up!](#)
- ◆ Use Humor. Laughter can be the best medicine

### Joke of the Week

brought to you today by Daniel Faria

#### Daniel's Joke of Week

Looking for student volunteers to record Joke of the week each week. If your child is interested email any of the nurses. Our email contacts are on the next page



## Telehealth and Gaining Access

- Many families and health care providers are using Telehealth for their health care delivery as a result of COVID-19.
- Do you lack access to technology resources?
- The Lifeline Program is a Government benefit program that provides free or low cost phone or internet service to those who qualify.
  - \*Click here to learn more about the [Lifeline Program.](#)
- \*Forms to fill out to prepare Individuals with Developmental/Intellectual Disabilities in case of Hospitalization [Disability Covid19 Forms](#)

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## Nutrition During Covid 19 Pandemic

- ◆ Eat a balanced diet that is high in lean protein, fruits and vegetables
- ◆ Make healthy food choices for meals and snacks.
  - \* For tips on healthy cereals for breakfast watch TEC teacher Sean's video
- ◆ Stay hydrated, drink plenty of water and avoid sugary beverages
- ◆ Involve your children in food prep. Work together in the kitchen and make it fun!
- ◆ Want to prepare an easy healthy lunch with your child? Watch TEC teacher Susan's video on **preparing a grilled cheese.**
- ◆ If ordering out make sure to make healthy choices. Look for foods that are roasted, baked or steamed .

## Tips for Food Shopping

- ◆ Limit trips to grocery store...Get organized, plan your meals and make a list of items you need before shopping ,
- ◆ If possible, order online and pickup or have delivered, most stores have delivery/pickup options
- ◆ Wash hands before and after your trip to the store. Wear a mask or face covering and wipe handles of carriage with spray or wipes.
- ◆ Try shopping at off peak hours and maintain a 6 foot distance from others while shopping.
- ◆ When returning home, remove groceries from bags, discard any store bags.
- ◆ Wash all fresh fruits and vegetables, before putting away.
- ◆ Remember to wash your hands after putting away groceries and sanitize your counter tops .



## TEC Nursing Support

The Nursing Staff has office hours available and listed on the remote learning plans. We are always available by email to answer any questions for students, families or staff .

Kerry Kubera RN Nurse Leader [kkubera@tec-coop.org](mailto:kkubera@tec-coop.org)

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Mary Beth Kilcommons RN [mkilcommons@tec-coop.org](mailto:mkilcommons@tec-coop.org)

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**TOGETHER WE WILL GET THROUGH THIS!!!**



Please see the following page for a list of resources available to all .

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## Some Resources For Students, Families and Staff

Some trusted sources to stay informed on Covid 19

- ◆ <https://www.mass.gov/covid19>
- ◆ Call 2-1-1 and choose call2talk option

Worried about symptoms? Buoyhealth helps residents assess their symptoms and find the right care. Access this free tool at

- ◆ [Buoyhealth.com](https://www.buoyhealth.com)

Resources for Mental Health

- ◆ Mental Health Crisis hotline open 24/7 Samaritans 1-877-870-4673
- ◆ Crisis Text Line 24/7 text HOME to 741741
- ◆ MA Dept of Mental Health Emergency/Crisis Service  
24/7 1-877-382-1609

Resource for parents ensuring access to Personal Care Attendant (PCA)

Services

- ◆ Call 1-844-422-6277  
to be connected to home health services in your region.

Quitting vaping or other tobacco products

- ◆ Call or text Start My Quit to 855-891-9989 or visit [teen.smokefree.gov](https://teen.smokefree.gov)

Forms to fill out to prepare Individuals with Developmental/Intellectual Disabilities in case of Hospitalization

- ◆ [Disability Covid19 Forms](#)

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