



## Questions & Answers: BULLYING

*"My child hates going to school because there's a student who teases and picks on my child every day. What can I do to help?"*  
~ Jesse

### Having to deal with a bully is hard for kids — especially at school.

Listen to your child's worries and convey that they're perfectly understandable and that it's OK for him or her to feel that way. Offer assurance without making your child feel like you're trying to talk him or her out of feeling that way or dismissing his or her feelings.

As your child tells you how he or she feels, be sure to repeat back his or her thoughts and feelings using phrases like, "I know you're feeling worried." When your child feels understood by you, he or she will be more receptive to your help and any advice on coping that you offer.

Let your child know that everyone worries, even adults, at one time or another. But also make sure your child knows that there are ways to feel better and less fearful. Go over some strategies that your child can use if someone teases him or her. Ignoring the bully and simply walking away or using humor to combat aggressiveness might get the bully to stop. Bullies often give up when they don't get a response from their target.

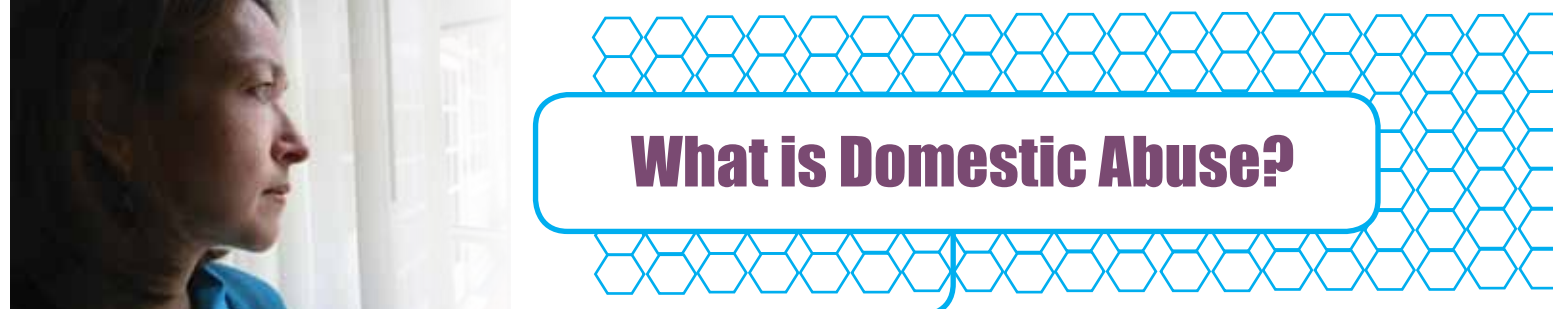
Try to get your child to talk about what has been going on at school — just listening can be helpful. Although kids can resolve many incidents of bullying on their own, do keep an eye on the situation. If it persists, get involved by talking to your child's teacher or school counselor.

© 1995- 2011. The Nemours Foundation/KidsHealth®. Reprinted with permission.



## GET PREGNANCY TIPS SENT DIRECTLY TO YOUR CELL PHONE

CHNCT has partnered with Text4baby, a free mobile information service designed to promote maternal and child health. Through this service, you can receive free text messages to your cell phone that will help you through your pregnancy and your baby's first year. This will help you give your baby the best possible start in life. You can sign up for this free service by texting BABY to **511411**. You will then start receiving free SMS text messages each week, timed to your due date or the baby's date of birth. (Messages are still free even if you do not have a text messaging plan. If you have a limited texting plan, Text4baby will not take away from your total number of messages allowed.)



## What is Domestic Abuse?

Each day there are people of all ages, races, and income levels who are harmed by those close to them. If you are being abused, now is the time to plan and prepare for a new life. With information and support, you can begin the journey. Domestic abuse is a crime that invades the home. Women and children are often the targets.

### 1 HOW DOMESTIC ABUSE HAPPENS

- Bodily harm may be done to you. It can range from pushing or slapping to broken bones or forced sex.
- Emotional control may isolate you from others. You may be threatened with bodily harm or the loss of your children.
- Verbal insults can damage your belief in yourself. You may be called names, put down, harassed or blamed without cause.

### 2 THE PATTERN OF ABUSE

If you are the target of abuse, days or weeks may pass between attacks. But you may recognize a dangerous pattern that repeats:

- The abuser attacks with words or actions.
- The abuser begs forgiveness and may promise to change.
- The abuser starts acting tense, angry or depressed. These are signs that abuse will start again.

### 3 SEEK LEGAL PROTECTION

Domestic abuse is against the law. Find out what your rights are. Women's shelters or hotlines can help you get started.

### YOU'RE NOT ALONE

Remember that you are not alone. Look to friends, family, clergy, and counselors for support. Women's shelters and social services can also help. Check the phone book for listings or call the National Domestic Violence Hotline at 1.800.799.7233.

*\* Information provided by Krames Online*

Move to the front of the line with online appointment scheduling from **Quest Diagnostics**.



FIND A CONVENIENT  
PATIENT SERVICE CENTER  
NEAREST YOU.



CHNCT has partnered with Quest Diagnostics to provide you with quality lab testing and added convenience through services like online appointment scheduling.

- 24/7 online appointment scheduling lets you sign on at your convenience to confirm the lab testing time that's right for you
- Lab test appointments help you turn wait time into free time

To schedule a lab testing appointment at your local Patient Service Center, please visit:

[www.QuestDiagnostics.com/patient](http://www.QuestDiagnostics.com/patient)  
1.866.MYQUEST (1.866.697.8378)

# 2-1-1

NEED HELP? DIAL

CONNECTICUT RESIDENTS CALL 2-1-1 FOR MANY DIFFERENT TYPES OF HELP. SOME TYPICAL CALLS ARE:

**2-1-1 is an integrated system of help via the telephone. It is a single source for information about community services, referrals to human services, and crisis intervention. You can call 2-1-1 toll-free from anywhere in the state. All you have to do is dial 2-1-1. It operates 24 hours a day, 365 days a year. Multilingual call specialists and TDD access is available.**

- The mother of a 12-year-old seeks counseling for her son who is not going to school regularly.
- A single mother is worried about the gas shutoff notice she just received.
- The caller needs information about eligibility for Food Stamps.
- A teenager has problems at home, a father who drinks, and needs someone to talk to.
- A recently divorced employee is frequently missing work; he needs affordable, reliable child care.

Please call 9-1-1 for police, fire or EMS.  
Please call 4-1-1 for telephone directory information.



Winter  
2011

# community Sunrise

A NEWSLETTER FOR SUN FAMILY MEMBERS / UNA HOJA INFORMATIVA PARA MIEMBROS DE LA FAMILIA DEL SOL  
Si le gustaria recibir este envio en Español, por favor llame at 1.800.859.9889



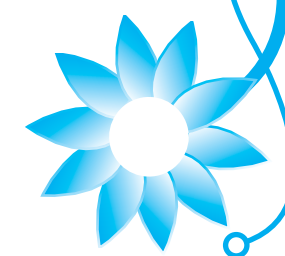
Attend a CHNCT  
**HEALTHY  
COOKING CLASS**  
+ Get a **FREE  
Reusable Bag  
and Groceries  
Worth \$25**

LOOK INSIDE

### IMPORTANT PHONE NUMBERS

DEPARTMENT	NUMBERS	FAX
Member Services	800.859.9889	203.265.3197
Fraud Reporting	866.700.6109	

## “The One with the Sun” Community Health Network of Connecticut, Inc.



11 Fairfield Blvd., Suite 1  
Wallingford, CT 06492

Community  
Health Network  
of Connecticut, Inc.™



PRSR1 STD  
AUTO  
U.S. Postage Paid  
Marion CT  
Permit No. 17

## Cold, Ice & Snow Safety

Winter isn't a time to just stay indoors and wait for spring. There's a whole wonderland of sports out there for the entire family — sledding, snowmobiling, and snowboarding, to mention a few. Plus, someone has to shovel the snow, right?



Take precautions to keep your family safe. In ice and snow, accidents can occur easily, and before you know it you might be on your way to the emergency room. It's easy to keep safe — and stay fit — during the cold months. By following a few tips, you can have a great time, no matter how much white stuff piles up outside.

If your kids decide to go sledding on their own for the day, make sure you know about the hill where they will be playing. Is it steep or covered with trees? If so, it's not a good location for sledding. Also, watch out for hills with rocks or those near busy roads.

Sledding injuries can be very serious, resulting in head trauma, neck trauma and broken bones. In serious injuries, there often is internal bleeding and abdominal trauma, which is why it's wise to supervise when your kids are sledding.

Ice-skating and ice hockey are great cold-weather activities, but they require safety smarts. Make sure your kids avoid sports injuries by wearing supportive and properly fitted skates. In addition, rinks are always safer than ponds for skating. If you only have access to a pond, check the thickness of the ice yourself to prevent falls through the ice and supervise your kids while they skate.

**Snowmobiling is more popular than ever, and the machines also go faster than ever. When snowmobiling, follow these safety steps:**

- Travel in groups and make sure someone knows where the snowmobilers are going.
- Know your machine and its capabilities.
- Respect snowmobilers and yield to those who have the right of way.
- If it's necessary to snowmobile on frozen bodies of water, do so with extra caution.
- When crossing a roadway, make sure the way is clear in both directions.
- Operate at a reasonable and prudent speed for trail conditions.

For more information on outdoor winter safety, please visit [http://kidshealth.org/parent/firstaid\\_safe/outdoor/winter\\_safety.html#](http://kidshealth.org/parent/firstaid_safe/outdoor/winter_safety.html#)  
© 1995 - 2011. The Nemours Foundation/KidsHealth®. Reprinted with permission.

## Welcome and Thank You from CHNCT We Need Your Help

All of us at CHNCT are working hard to ensure that you receive the best health care possible. Soon you will receive a call from Mary Beth or Mercedes\*, who will ask you questions about your health.

### Please Don't Hang Up

We want you to listen because your answers are important to us. As part of CHNCT's family, Mary Beth or Mercedes will call to educate you on diabetes, emergency room use, well child visit reminders, health risk assessments, flu vaccine, lead, mammogram, PAP test reminders and more.

Please remember that Mary Beth and Mercedes are part of the CHNCT team, so please listen, learn and answer. This will help us keep you well.

\*Mary Beth and Mercedes are personas created by Warm Health, Inc.

## Dental Care and Physical Health

It is now clear that dental health is closely connected to your physical health. Several studies have shown that dental problems such as gum disease can seriously affect your heart, lungs, and even your unborn child. The mouth is normally filled with germs. With daily brushing and flossing of your teeth, you can keep these germs under control. Your saliva also fights against germs and viruses. Saliva contains substances called enzymes that destroy germs. But with gum disease, a way for the germs to enter your bloodstream can happen. And if that occurs, you can become sick.

**BELOW ARE A FEW WAYS YOUR HEALTH CAN BE IMPACTED BY POOR DENTAL HYGIENE:**



- **HEART DISEASE:** Studies have shown that several types of heart disease may be linked to oral health. These include clogged arteries and stroke.
- **PREGNANCY AND BIRTH:** Gum disease has been linked to premature birth. That's why it's so important to have excellent oral health before and while you're pregnant.
- **DIABETES:** Diabetes can raise your risk of gum disease, tooth loss, cavities and oral infections. At the same time, if you have poor dental health, your Diabetes may be more difficult to control. Infections may cause your blood sugar to rise and you may need more insulin to keep your blood sugar under control.
- **HIV/AIDS:** It is common to have mouth problems if you have HIV/AIDS. The problems may show up as ulcers or dry mouth.
- **OSTEOPOROSIS:** Osteoporosis, or the thinning of bone tissue with the loss of density of the bone, may cause the bone in your jaw supporting your teeth to be more at risk to infectious destruction. During a routine dental examination with dental X-rays, your dentist may be able to spot this and advise you to seek advice from your Primary Care Provider to stop the osteoporosis from getting worse.

**THINGS YOU CAN DO TO MAKE SURE THAT YOU HAVE GOOD DENTAL HEALTH:**

1. Brush twice a day. And don't forget to brush your tongue too.
2. Floss daily.
3. If you chew gum, stick to sugar free. Sugar mixes with germs in your mouth, forming acids that break down your teeth. If you chew sugar free gum, however, it helps create saliva which is good for your teeth.
4. Decrease the amount of sugar and sugary foods you eat each day.
5. Switch from soda and other sugary drinks to water.

The Connecticut Dental Health Partnership (CTDHP) is your dental benefit plan and will coordinate your dental care. We encourage you to take advantage of your dental benefits to ensure good oral health for yourself and your family. If you have any questions or need more information about your dental plan, please call 1.866.420.2924 Monday through Friday from 8 a.m. to 5 p.m. You can also visit its website at [www.ctdhp.com](http://www.ctdhp.com).



**REMINDER: CHNCT's Nurse Help Line  
Assistance Available  
24 Hours a Day, 7 Days a Week  
1.866.803.7496**

If you need to speak with a nurse 24 hours a day, 7 days a week, please call CHNCT's Nurse Help Line. The number is 1.866.803.7496. Our nurses can answer health-related questions. They can also help you get the services you need to stay healthy.

## CHOICES: Adult Workshops

March 8, 2011 – Dixwell-Yale Learning Center  
New Haven: 6:30 pm - 8 pm

March 15, 2011 – The Village for Families & Children  
Hartford: 6 pm - 8 pm

March 22, 2011 – River Baldwin Recreation Center  
Waterbury: 6 pm - 8 pm

March 29, 2011 – Curtis Cultural Center  
Meriden: 6 pm - 8 pm

April 7, 2011 – Burroughs Community Center  
Bridgeport: 6 pm - 8 pm

April 13, 2011 – Wesleyan University  
Middletown: 7 pm - 9 pm

April 21, 2011 – New Britain Public Library  
New Britain: 6 pm - 8 pm

## CHOICES: Keeping our Seedlings Healthy (4-6 years old)

CHNCT is expanding its Choices healthy cooking classes in 2011. Beginning in March, CHNCT will begin offering a series of healthy cooking classes for children ages four to six, and a second series for children ages seven to 10. The fun and interactive workshops will be held on Saturday mornings across the state.

The workshops will include age-appropriate nutrition education, cooking demonstrations and hand-on activities. Our goal is to promote healthy eating habits and teach kids how to make healthy snacks, all while discussing the importance of fruits and vegetables. This workshop is for CHNCT members only. A parent or guardian must attend the workshop with the child. If you would like your child to attend a class, please call 203.949.4028. Your child must be registered in order to attend. You must speak with a CHNCT employee in order to register. Space is limited. Please reserve your spot early.

Each family will receive a reusable grocery bag and groceries worth \$25.

March 12, 2011 – The Village for Families & Children  
Hartford: 10 am - 12 pm

March 26, 2011 – Dixwell-Yale Learning Center  
New Haven: 10 am - 12 pm

April 9, 2011 – River Baldwin Recreation Center  
Waterbury: 10 am - 12 pm

April 23, 2011 – Public Library of New London  
New London: 11 am - 1 pm

## QUICK CHILI 7 servings, 1 cup each

### INGREDIENTS:

- 1/2 pound lean ground meat
- 1/2 medium onion, chopped
- 1 can (15.5 ounces) kidney beans, drained
- 1 can (14.5 ounces) diced tomatoes with liquid
- 1 1/2 tablespoons chili powder

### DIRECTIONS:

1. Brown meat and onions in a large skillet over medium-high heat (350 degrees in an electric skillet). Drain fat.
2. Add beans, tomatoes, and chili powder.
3. Reduce heat to low (250 degrees in an electric skillet), cover and cook for 10 minutes.
4. Serve hot.
5. Refrigerate leftovers within 2-3 hours.

### Bright Ideas:

- Use pinto or black beans instead of kidney beans.

