

To: All Trillium Members and Stakeholders
From: Cindy Ehlers, Executive Vice President
Date: October 16, 2020
Subject: Text Messaging Survey, Healthy Movement at Home, Small Business Startup Funds, Flu Vaccines, Brain Injury ECHO

As the State of North Carolina continues reopening, Trillium will share information with our members, their families or guardians, and our community stakeholders. While some temporary COVID-19 changes will end, such as working from home and not visiting loved ones, we realize some changes may be here to stay. Throughout this process, Trillium will send email and other communications to share news about opportunities, updates from the State, and how we are serving you during this unusual time.

TEXT MESSAGING SURVEY

In August, we started sending text messages to adult members who have shared their mobile phone numbers. Text messages from Trillium will include interesting information, links to training videos, ways you can strengthen your mental and physical health, and more.

If you received a text message, we want to know what you think! Please complete a short (only four questions) survey by clicking on [this link](#).

We will not send more than one text a month, and you can choose to stop receiving them at any time.

Trillium's name will be displayed in each text but you will not be able to respond or communicate with a Trillium staff person through these texts. If you have not provided your cell number and want to be sure you are included, [please complete the form from our website](#).

If you receive the texts and do not want to get them anymore, you can reply to the text with "STOPALL" to opt out

HEALTHY MOVEMENT AT HOME

Chronic health conditions can be improved through exercise and physical fitness can be achieved even in the safety of your own home.

 Are you a Trillium member who has received services within the last two years?

- 🌱 Do you have a chronic health condition, such as diabetes, high blood pressure, high cholesterol, heart disease or suffered a stroke or heart attack?
- 🌱 Are you interested in managing your condition through exercise at home?

Trillium's Healthy Movement At Home project is designed to support you in managing your chronic condition while staying safe at home, through exercise. After an application process, we are granting various selections of interactive home exercise equipment to our members to potentially include Mirror Home Gym, NordicTrack, and Keiser Wheelchair Accessible Total Body Trainers.

Applying for Healthy Movement At Home:

- 🌱 Applications will be accepted through this link: [Healthy Movement At Home Application](#)
- 🌱 Applications will be considered on a first come, first served basis. Priority will be given to those who are 20 miles or more from a gym or exercise facility.
- 🌱 Details on equipment being offered can be found here: [Healthy Movement](#)
- 🌱 Staff will notify members who are selected to receive a piece of equipment. Updates will be shared on the Trillium website above.

SMALL BUSINESS STARTUP FUNDS

Trillium has budgeted a total of \$50,000 for members interested in starting a new small business or sustaining their current one. We encourage our eligible members to apply as soon as possible as funds are limited. Approved applicants can receive \$100 to \$5,000 towards office supplies, technology, and raw materials.

More information and application form: <https://www.trilliumhealthresources.org/SBFunding>

FLU VACCINES

Influenza (flu) is a contagious respiratory illness that infects the nose, throat and lungs caused by influenza viruses. It can cause mild to severe illness, and at times complications from flu can lead to hospital stays and death. The best way to reduce the risk of flu and its potentially serious complications is to get a flu vaccine each year.

The U.S. healthcare system is already expected to be strained in the fall by a resurgence in COVID-19.

You are at high risk for flu complications because you are:

- 🌱 An Adult 65 years or older,
- 🌱 A Child younger than 5, but especially children younger than 2 years old,
- 🌱 Or Have a chronic medical condition(s)

Medical Conditions that puts us at high risk of developing serious flu complications:

- 🌿 Asthma
- 🌿 Neurologic and neurodevelopment conditions [including disorders of the brain, spinal cord, peripheral nerve and muscle, such as cerebral palsy, epilepsy (seizure disorders), stroke, intellectual disability, moderate to severe developmental delay, muscular dystrophy, or spinal cord injury]
- 🌿 Chronic lung disease (such as cystic fibrosis)
- 🌿 Heart disease (such as congenital heart disease, congestive heart failure and coronary artery disease)
- 🌿 Blood disorders (such as sickle cell disease)
- 🌿 Endocrine disorders (such as diabetes mellitus)
- 🌿 Kidney disorders
- 🌿 Liver disorders
- 🌿 Metabolic disorders (such as inherited metabolic disorders and mitochondrial disorders)
- 🌿 Weakened immune system due to disease or medication (such as children or adolescents with HIV or AIDS, cancer, or those on chronic steroids)
- 🌿 Children who are taking aspirin or salicylate containing medicines
- 🌿 Extreme obesity, which has been associated with severe influenza illness in some studies of adults, may also be a risk factor for children.

Treating Influenza (Flu)

FIGHT FLU

Information for People at High Risk for Serious Complications



Do you have Asthma, Diabetes, or other chronic conditions?
If so, you are at high risk for serious complications from influenza. This fact sheet provides information on how to get the best care for your condition and how to prevent influenza.

Why am I at greater risk?
Your medical condition may make you more susceptible to influenza. For example, if you have asthma, you may have trouble breathing. If you have diabetes, you may have a harder time fighting off infections. Your doctor can help you manage your condition and prevent complications.

Can flu be treated?
Yes. There are prescription medications called "antiviral drugs" that can fight influenza viruses in your respiratory tract. They are different from antibiotics.

What should I do if I think I have flu?
Check with your doctor promptly if you are in a group at high risk for serious complications. Symptoms of flu can include fever, cough, sore throat, runny or stuffy nose, and muscle aches. If you get flu, antiviral drugs are a treatment option. Your doctor may recommend them for you.

Should I still get a flu vaccine?
Yes. Antiviral drugs are not a substitute for getting a flu vaccine. While vaccination is the first and best way to prevent influenza, you should also get a second line of defense to treat flu if you get sick.

What are the benefits of antiviral drugs?
Antiviral treatment works best when started within two days of getting other symptoms and shortens the time you are sick by about one day. It also helps prevent complications like pneumonia when treatment is started early.

For people at high risk of serious flu complications, early treatment may prevent a milder illness from becoming a more serious illness that requires hospitalization. In some studies, early treatment has been reported to reduce the number of people hospitalized with flu illness.

What antiviral drugs are recommended?
There are four FDA-approved influenza antiviral drugs recommended for use: Tamiflu (oseltamivir), Relenza (zanamivir), Xofluja (baloxavir), and Peramivir (brand name Xofluja®). Oseltamivir is available as a pill or as an injection. Peramivir is administered intravenously by a health care provider. Baloxavir is administered orally by a health care provider.

Flu Information

What if my child seems very sick?
If your child is experiencing any of the following emergency warning signs, you should take him or her to the emergency room:

- Fast breathing or trouble breathing
- Bluish lips or face
- Ribs pulling in with each breath
- Chest pain
- Severe muscle pain (child refuses to walk)
- Dehydration (no urine for 8 hours, dry mouth, no tears when crying)
- Not alert or interacting when awake
- Seizures
- Fever above 104° F
- In children younger than 12 weeks, any fever
- Fever or cough that improve but then return or worsen
- Worsening of chronic medical conditions

When can my child go back to school after being sick?

- Your child should stay home for at least 24 hours after their fever is gone.
- The fever should be gone without the use of a fever-reducing medicine, such as acetaminophen or ibuprofen.
- A fever is defined as 100° F/37.8° C or greater*

*Many authorities use either 100.3° F (38° C) or 100.4° F (38° C) as a cutoff for fever, but this number can vary depending on factors such as the method of measurement and the age of the person.

Is a flu vaccine safe for my child with chronic health problems?
Yes. Flu vaccines have a good safety record and a number of them are approved for use in children older than 6 months, including healthy children and children with certain chronic health conditions. Because children with chronic health conditions are at a high risk of getting flu-related complications, it is especially important that they get vaccinated.

What flu vaccine should my child get and how many doses?
In general, children with chronic medical conditions should get a flu shot rather than a nasal spray flu vaccine. Your health care provider can help choose the best vaccine option. Additionally, children younger than 9 years old may need 2 doses of the vaccine the first time they receive flu vaccines. Talk with your health care provider to discuss how many doses are recommended for your child.

How can I plan ahead with my child's school or child care?
Find out your child's school or child care providers plan for flu season. Let them know your child is at high risk for flu-related problems.

CDC recommends that all children 6 months and older, especially those with chronic health conditions, get a seasonal flu vaccine every year.

For more information, visit www.cdc.gov/flu or call 800-CDC-INFO



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

PROTECT YOURSELF BY:

-  Getting a flu vaccine every year, as soon as vaccine is available. While everyone six months of age and older should get an annual flu vaccine, it's especially important for people at high risk of serious flu complications. High risk patients are recommended to receive the flu shot, not the nasal spray flu vaccine.
-  Asking family and caregivers to get a flu vaccine to protect you.
-  If you're 65 years or older, you should get either a regular flu shot, a high-dose flu shot, or an adjuvanted flu shot (made with smaller amounts of the virus and promotes a better response from the immune system). The latter two are designed especially for people in your age group. You should not get the nasal spray flu vaccine.

Flu vaccines are generally **free** for anyone with Medicaid, Medicare Part B, employer health insurance or other insurance that conforms to the Affordable Care Act. You can get your flu shot at doctor's office, Health Department, or Local Pharmacy.

The CDC's website has a [flu shot locator](#) that will be operational by Sept. 1, but you may have to contact each location directly for social distancing details, such as which entrance to use.

More information about flu is available online through the [Division of Public Health](#) and from the CDC at www.cdc.gov/flu. For information about COVID-19 in North Carolina, visit covid19.ncdhhs.gov.

BRAIN INJURY ECHO

WHAT IS ECHO?

It is a free virtual learning environment where a panel of Advocates and Providers share their knowledge through presentations and Q&A sessions.

WHAT HAPPENS DURING AN ECHO?

-  Each session is 90 minutes
-  The first half has a presentation on brain injury topics (e.g. daily living tips, journey to recovery, coping with fatigue) followed by questions
-  In the second half, previously submitted questions from you are answered by the panel

WHY SHOULD YOU ATTEND?

Together, as a community, we can increase our overall knowledge of brain injury in an encouraging and supportive environment.

When: Mondays from 11am to 12:30pm

How:

1. Click: bit.ly/brain-injury-echo
2. Complete the registration
3. Receive a Zoom meeting link via email
4. On Monday click the Zoom meeting link to join

Our rotating panel includes: Individuals with a brain injury, family members, a Licensed Professional Counselor who is a Certified Brain Injury Specialist, a Physical Therapist, Occupational Therapist, Long Term Care Ombudsman, and a Case Manager.

Questions? Contact Lucy Cordwell: lucy@alaskachd.org/ (907) 264-6223

For more details on Project ECHO at CHD: bit.ly/AK-ECHO-CHD

As always, members may contact our Call Center 24 hours a day through our **Access to Care Line at 1-877-685-2415**. The health, safety, and overall well-being of our community is first and foremost in everything we do. We are actively working with our local hospitals and provider agencies to coordinate care for our members and strengthen support for our direct support professionals and first responders. We are in this together.

If you were forwarded this email and have not signed up to receive these notifications, [you can do so here](#).

Any questions about this Communication Bulletin may be sent to the following email: MemberEngagement@TrilliumNC.org.

These questions will be answered in a Q&A format and published on Trillium's website.