

AUGUST 2023

# HEALTH NOTES

*The CENTRAL DISTRICT HEALTH DEPARTMENT'S  
MONTHLY NEWSLETTER*



## Healthy Families Program In The Central District

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The "Healthy Families" program has come to the Central District with the goal of creating happier, healthier babies (and their parents).

Healthy Families Nebraska - Central District is a voluntary home visitation program for pregnant persons and parents with children up to the age of 3. As part of this program, a trained home visitor will come to you, answer any questions, connect you with services you may need and be there in case other questions come up.

This program is offered in English and Spanish and is the local piece of a larger, nation wide program.

Children don't come with an instruction manual and everyone parent needs a little help. To enroll, contact the Health Department at (308) 385-5175 or refer someone using the same number.

### IN THIS ISSUE

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**DO YOU NEED TO  
RE-ENROLL FOR  
MEDICAID? LET US HELP  
YOU FIND OUT!**

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**WIC BREASTFEEDING  
EVENT IN GRAND ISLAND  
IN AUGUST**

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**IT'S BACK TO SCHOOL  
VACCINATION TIME!**

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**NOTES FOR AUGUST**

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## Medicaid Changes Mean Many Need To Re-Enroll

During the COVID-19 pandemic, many children received medical benefits under **Medicaid** without having to re-enroll each year. Parents must now re-enroll yearly in order to continue receiving benefits, now that the official COVID-19 emergency has been ended.

Re-enrolling within 90 DAYS of your anniversary helps avoid a gap in coverage. The Health Department has bilingual staff who can help you with this issue.

During the pandemic, Medicaid enrollment rose largely due to the "continuous enrollment" provision, which mean those receiving Medicaid did not have to re-enroll each year. The Kaiser Family Foundation estimates between 8 and 24 million people will lose Medicaid benefits now that "continuous enrollment" has ended.

Call us at (308) 385-5175 to talk to one of our staff about Medicaid re-enrollment.

The Women, Infants and Children (WIC) Program is celebrating National Breastfeeding Month with a special event at the Grand Island Public Library on Wednesday, August 2.

This event, which is free to the public, will feature:

- Breastfeeding classes in English and Spanish
- Healthy snacks
- Information from other organizations in our community.

For more info call (308) 385-5188



## NOTES FOR AUGUST

-Students go back to school soon. CDHD can help get your child ready for school by getting them up to date on vaccinations. We offer clinics from 8 am - 5 pm Mon - Thurs and 8 am - 4:30 pm on Fridays. Call (308) 385-5175 for more info.

-WIC is conducting a state wide survey and are asking those who have used WIC recently to please fill it out. Go to the new [www.cdhd.ne.gov](http://www.cdhd.ne.gov) for more info.  
Have a great August!