

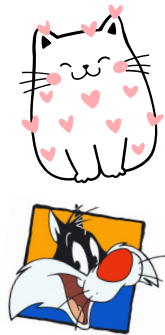


Community Newsletter

APRIL 19TH, 2024

TODAY

Is...



National Refresh your Goals Day, National Humorous Day, National Cat Lady Day, National Dog Parent Appreciation Day, National Hanging Out Day, National Sylvester The Cat Day, and more...



FCPS FAMILY SUMMIT

We are pleased to announce the FCPS Family Summit, an event hosted by Fairfax County Public Schools in collaboration with Fairfax Alliance of Black School Educators, Black Women's Educational Alliance - DC Chapter, Asian Educators Association, and Hispanic Educators Association.

The summit will be held Saturday, April 20, from 8:30 a.m. to 1 p.m. at Marshall High School, 7731 Leesburg Pike Falls Church, Virginia 22043.

We invite you to join us as we come together to create a safer, more supportive and inclusive community for all. Your participation is invaluable as we work toward this common goal."

WHAT IS IN THIS NEWSLETTER?

FCPS Family Summit - April 20th.

Family Resource Center - April Schedule.

Inova Cares for Families - provide health coverage for individuals who are uninsured/underinsured regardless of their legal status.

Free health and wellness event that Inova is hosting on Saturday, May 18th.

Inova Healthy Plate Club - Virtual Cooking Program.

Andrea Ramalheira 571-279-1225 aeramalheira@fcps.edu

Community Newsletter



2024 Family Summit

SAFE, SUPPORTED, AND INCLUDED

April 20, 2024
8:30 a.m. to 1 p.m.

Location: Marshall High School,
Cafeteria and Lecture Hall



In collaboration with:



Andrea Ramalheira 571-279-1225 aeramalheira@fcps.edu

Community Newsletter



Family Resource Center April 2024 Webinars



10-11:30 A.M.

Register Online

5
APR

Apego: Creando una relación con mi hijo donde se sienta seguro y protegido. (presentado en español)

El propósito de estos seminarios de web es apoyar y empoderar a los padres a establecer relaciones saludables y seguras con sus hijos (*apego) respondiendo de manera positiva y efectiva a las necesidades de sus hijos.

10 - 11:30 A.M.

12
APR

Supporting the Learning and Recreational Needs of 2e Learners During the Summer

Learn about how summer can be a time for twice exceptional students to encourage the love of learning, develop talent, socialize, and reflection. Find out about inclusive summer camps that serve students of all abilities.

10 - 11:30 A.M.

16
APR

Mathspace* Mastery: Elevate Independent Learning and SOL Prep

Join us to see how Mathspace fosters independent learning at every grade level! This informative session will highlight how your student can use Mathspace to independently tackle math challenges, aligned with their grade-level course.

7-8 P.M.

16
APR

Meet the Author Series: Gifted and Distractable

Does your child exhibit giftedness and behavioral issues like meltdowns, power struggles, and difficulty relating to their peers? Are they out-of-the-box thinkers requiring different teaching and learning methods?

10 - 11:30 A.M.

19
APR

Proactive Strategies for Effective Communication for Secondary Families

We will equip you with strategies for navigating the teen years. Uncover the secrets to fostering open communication, building trust, and transforming challenges into opportunities for growth.

10 - 11:30 A.M.

30
APR

Counseling Services in Virginia: How to Get the Help You Desire

Join a private practice therapist and FCPS's Senior Substance Abuse Prevention Specialist to help attendees understand how to locate and become involved with mental health and substance abuse treatment services in VA.

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Community Health

Inova Cares for Families

Inova Cares for Families provides comprehensive primary care services to the culturally diverse Northern Virginia community. Our clinics serve as medical homes for patients of all ages who qualify for Medicaid, FAMIS or Inova's financial assistance program, as well as people who are uninsured.

Healthcare for adults

- Regular physicals, ongoing health maintenance and checkups (e.g., routine lab tests, prescription refills, vaccinations, health screenings)
- Education and counseling for disease prevention
- Chronic disease management (e.g., diabetes, high blood pressure, high cholesterol)
- Care coordination for specialist referrals and other medical services
- Nurse case management
- Behavioral health management (e.g., depression, anxiety)

Healthcare for children

- Well-child visits
- Sick visits
- School and sports physicals
- Home Tomorrow visits for recently discharged newborns with bilirubin check
- Childhood immunizations (as recommended by current American Academy of Pediatrics guidelines)



Medicaid and financial assistance (charity care) application help

Eligibility

Our clinic accepts the following plans and payment types:

- Medicaid
- Medicaid MCO, except Kaiser plans
- FAMIS plans
- Pending Medicaid (application must be submitted and approved)
- Inova's financial assistance program (application must be submitted and approved)

Medicaid and charity care enrollment

Working closely with our Partnership for Healthier Communities colleagues, our team assists patients who qualify for Medicaid with the enrollment application process. For patients who do not qualify for Medicaid, we will explore the possibility of charity care with the patient.

Please call one of the clinics for more information about eligibility.

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Community Newsletter

Frequently asked questions

How do I establish care with Inova Cares for Families?

Please call the clinic to schedule an initial well-adult or well-child visit. If you need to apply for Medicaid or financial assistance, please make an appointment with an eligibility worker one hour before your medical visit and bring the necessary paperwork.

Once I am an established patient, how do I make an appointment?

Please call the clinic to schedule an appointment. Only established patients can be seen for a same-day or sick visits.

When should I arrive?

Once you are an established patient, please arrive at least 15 minutes before your scheduled appointment. If you need to meet with an eligibility worker before your appointment, please arrive one hour in advance with the necessary paperwork.

What if I am late?

If you are more than 15 minutes late, we may not be able to see you or your appointment may be shortened based on provider and appointment availability.

All clinics offer services for adults and children.
The clinics are accessible using public transportation.

For more information, please visit Inova.org/CaresforFamilies or call 703.531.3100.

Inova Cares for Families locations

To schedule an appointment, call 703.531.3100 or call your clinic phone number below.

Alexandria

4700 King St., Suite 100
Alexandria, VA 22302
Phone: 571.665.6599
Hours: Monday – Friday, 8:30 a.m. – 5 p.m.

Annandale

7617 Little River Tpke., Suite 850
Annandale, VA 22003
Phone: 571.665.6636
Hours: Monday – Friday, 8:30 a.m. – 5 p.m.

Fairfax

2740 Prosperity Ave., Suite 300
Fairfax, VA 22031
Phone: 571.623.3477
Hours: Monday – Friday, 8:30 a.m. – 5 p.m.

Herndon

600 Herndon Pkwy., Suite 200
Herndon, VA 20170
Phone: 703.464.6094
Hours: Monday – Friday, 8:30 a.m. – 5 p.m.

Manassas

8051 Sudley Rd.
Manassas, VA 20109
Phone: 571.719.4180
Hours: Monday – Friday, 8:30 a.m. – 5 p.m.

Mount Vernon

8101 Hinson Farm Rd., Suite 415
Alexandria, VA 22306
Phone: 703.664.7005
Hours: Monday – Thursday, 8:30 a.m. – 5 p.m.

Sterling

46440 Benedict Dr., Suite 208
Sterling, VA 20164
Phone: 571.665.6526
Hours: Monday – Friday, 8:30 a.m. – 5 p.m.



Inova.org

Community Newsletter



Community Health

Inova Cares for Families

Las clínicas para la atención familiar Inova Cares for Families ofrecen servicios integrales de atención médica primaria para la diversa comunidad del Norte de Virginia. Nuestras clínicas se dedican a prestar atención médica primaria a pacientes que reúnen las condiciones de Medicaid, del Acceso Familiar a la Garantía de Seguro Médico (FAMIS, por sus siglas en inglés) o del programa de asistencia financiera de Inova, así como a los que no tienen seguro.

Atención médica para adultos:

- Visitas regulares de control, seguimiento continuo y chequeos de salud (p. ej., análisis de laboratorio, renovación de recetas médicas, vacunaciones, pruebas de detección regulares).
- Educación y consejería para prevenir enfermedades.
- Manejo de enfermedades crónicas (p. ej., diabetes, hipertensión, colesterol alto).
- Coordinación de atención médica para remisiones a especialistas y otros servicios médicos.
- Gestión de casos con el personal de enfermería.
- Manejo de la salud conductual (p. ej., depresión, ansiedad).

Atención médica para niños

- Visitas de control de salud infantil.
- Consultas por enfermedad.
- Revisión de salud física para la escuela y la práctica deportiva.
- Consultas de Home Tomorrow (mañana en casa) para que los recién nacidos a quienes se les acaba de dar el alta, tengan un chequeo de la bilirrubina.
- Vacunas de la infancia (según las recomendaciones de las pautas actuales de la Academia Americana de Pediatría).



Ayuda para solicitar asistencia financiera y de Medicaid (atención de beneficencia)

Cumplimiento de los requisitos

Nuestra clínica acepta los siguientes planes y formas de pago:

- Medicaid.
- Medicaid con Organizaciones de Atención Administrada (MCO, por sus siglas en inglés), excepto los planes de Kaiser.
- Planes de FAMIS.
- Medicaid en espera de aprobación (la solicitud debe ser presentada y aprobada).
- Programa de asistencia financiera de Inova (la solicitud debe ser presentada y aprobada).

Inscripción en Medicaid y atención de beneficencia

Al trabajar junto con nuestros colegas de la Sociedad para Comunidades Más Sanas, nuestro equipo ayuda a los pacientes que reúnen los requisitos de Medicaid con el proceso de solicitud de inscripción. Para pacientes que no reúnen los requisitos de Medicaid, se explorarán las opciones de asistencia financiera o de atención de beneficencia.

No llamen a la clínica para solicitar información adicional sobre la elegibilidad.



Community Newsletter

Preguntas frecuentes

¿Cómo establezco la atención médica con Inova Cares for Families?

Por favor, llame a la clínica para programar una cita de control para adulto o de control de salud infantil. Si necesita solicitar Medicaid o asistencia financiera, programe una cita con un empleado especializado en los requisitos de Medicaid una hora antes de su consulta médica y traiga los documentos necesarios.

Una vez que me establezca como paciente, ¿cómo programo una cita?

Llame a la clínica para programar una cita. Solo los pacientes establecidos pueden venir a consulta el mismo día o por enfermedad.

¿Cuándo debo llegar?

Una vez que se haya establecido como paciente, llegue 15 minutos antes de su cita programada. Si debe reunirse con un empleado especializado en los requisitos de Medicaid antes de su cita, llegue una hora antes con los documentos necesarios.

¿Qué sucede si me retraso?

Si llega más de 15 minutos tarde a su cita, quizá no podamos atenderlo o su consulta se acortaría según la disponibilidad del proveedor y de las citas.

Todas las clínicas ofrecen servicios para adultos y niños. Se puede llegar a todas las clínicas en transporte público.

Si desea obtener más información, visite Inova.org/CaresforFamilies o llame al 703.531.3100.

Sedes de las clínicas Inova Cares for Families

Para programar una cita, llame al 703.531.3100 o llame al número de la clínica que aparece a continuación.

Alexandria

4700 King St., Suite 100
Alexandria, VA 22302
Teléfono: 571.665.6599
Horario: de lunes a viernes, de 8:30 a. m. a 5:00 p. m.

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Community Newsletter



Saville Cancer Screening and Prevention
Center / Inova Schar Cancer Institute



Saville Community Health Fair

Saturday, May 18, 2024

9:00 a.m. - 1:00 p.m.

**8081 Innovation Park Drive - The
Pavilion Fairfax, VA 22031**

Please join Inova Saville for our annual Community Health Fair

- Actionable health information for the whole family
- Complimentary health screenings
- Expert health lectures
- Food trucks
- Give aways
- Kids activities
- Nutrition demos



[Inova.org](https://www.inova.org)



Community Newsletter



Sponsored by TRUIST

Inova Healthy Plate Club FREE Virtual Cooking Program **for Kids**



Kids will learn how to make veggies taste great!

We provide the ingredients to any family who needs assistance

Who: 1st-7th graders who are eligible for free/reduced lunch and/or who attend Title 1 schools.
**Students with food allergies may not join.*

Where: Online

Time: 5:30 p.m. - 6:30 p.m.

Dates: April 29, May 6, May 20, June 3 and June 10



Interest Form

Sign Up

Space is limited!



Text: 571-328-2802



Email: HealthyPlateClub@inova.org

Community Newsletter



Sponsored by TRUIST 

Inova Healthy Plate Club

Programa de cocina virtual **GRATIS** **para niños**



Los estudiantes aprenderán a comer y cocinar saludablemente

¡Les proveemos los ingredientes por cada familia que necesite ayuda!



Quién: Estudiantes de 1.o a 7.o grado que cumplen con los requisitos para recibir almuerzo gratuito o a costo reducido, o bien asisten a las escuelas que pertenecen al programa federal educativo Título 1.

**Los estudiantes con alergias alimentarias no pueden participar del programa.*



Dónde: En línea



Hora: 5:30 p.m. - 6:30 p.m.



¿Cuándo? 29 de abril; 6 y 20 de mayo; 3 y 10 de junio

Formulario de interés



Registrarse



Mensaje de texto: 571-328-2802



Correo electrónico:

HealthyPlateClub@inova.org