

MILITARY CAREGIVING NEWSLETTER



Medicaid & Medicare: Important Resources in a Time of National Health Crisis

June 24, 2020 | 11 A.M. ET

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Over their fifty plus year history, both the Medicaid and Medicare programs have proven valuable and adaptable in the face of changing national health needs and priorities. These programs may provide health coverage and access for military families as they do for millions of Americans in a variety of familial, financial, and health situations. Whether in response to a disaster caused by a hurricane, a downturn in the economy, or in the face of the unprecedented COVID-19 health crisis, public officials turn to Medicare and Medicaid to help provide solutions and care.



[Planning for Your Child's Special Needs: Centers for Independent Living](#)

For parents, guardians and youth with special needs, transition from school to adulthood and beyond can be very challenging and scary. Service providers like Centers for Independent Living (CILs) can ease the process by providing supports at critical junctures during this transition period (18 years and above). However, not everyone is aware of what CILs are, how their services can be accessed, what services are available and most importantly when those services should be accessed.



[Caregiving, Cancer, & the Coronavirus](#)

Caregiving is difficult enough but the uncertainty of the coronavirus adds another hurdle to overcome. As a caregiver living with my adult son who has colon cancer, I am personally experiencing how the coronavirus impacts my everyday schedule and life under the stay at home mandate. Before the coronavirus I limited my time away from home so I was at hand to care for my son. I was busy doing household chores, providing hands on care, administering medications and whatever else was needed.



[Keep Calm & Carry On: Smoothing the Waters of Rage](#)

I was reminded of this recently through a webinar hosted by Dr. Hanna where he provided insights on how to work with clients experiencing emotions that may make for difficult interactions. His presentation homed-in on key concepts, such as the difference between the empathy and sympathy; understanding the importance of listening and allowing for silence in interpersonal connections; and the dynamics of client "rage" that can create disruption, disturbance, and distraction in trying to work through problems and solutions.

UPCOMING EVENTS

[The Spouse Education
& Career Opportunities
Program](#)

JULY 22 @ 11:00 A.M. ET

[Back to School: Special
Needs & Social Distancing](#)
AUG. 19 @ 11:00 A.M. ET

CE Credit Avail.



[Needing CE Credit?](#)

MFLN Military Caregiving provides a variety of FREE online learning opportunities to support professional growth and training. For some licensed and credentialed professionals, continuing education credit is approved by nationally accredited agencies for providers such as: social workers, LPC, LMFT, Case Managers, CFLE, and BCPA. Certificates of completion are available for providers interested in documenting their training activities and hours.



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Military Families Learning Network