

# Washington State Family to Family Health Information Center



## Newsletter #3 – May 2021

### Addressing concerns about the COVID-19 vaccine

Deciding whether to get the COVID-19 vaccine is not always a straightforward matter. Individuals who have complex health care needs, or those who live with people who have complex health care needs, may have questions about getting the COVID-19 vaccine. Family to Family has gathered the medical information necessary to better understand the COVID vaccine, its benefits and risks, and ways to talk to your doctor about the decision. A [pdf version](#) of this information is available.

### Stay Stubborn! One Girl's Self-Determination while Navigating Healthcare

By Kyann Flint

Being stubborn is the right approach when it means self-determination. Having the drive to learn what you want and need and then speak up for yourself gives you control over your life.

I learned that lesson young. By age 6, I was advocating in my own healthcare. My doctor wanted to stick a swab up my nose and down my throat at the same time. I told him, "No!" and asked, "What would that accomplish?" I was not sick. Why put me through that? I had been through enough tests. If this one was not going to improve my pain or give me a diagnosis, then it did not need to happen. Because I spoke up, it didn't.

My parents supported my growing self-advocacy and also advocated for me. As my voice blossomed, so did my skills for self-determination. The self-determination skills I worked on throughout childhood have helped me gain independence and make some of the most important adult decisions of my life.

When I was 8, I was diagnosed with a type of genetic peripheral neuropathy called Charcot Marie Tooth (CMT). The coating around my nerves becomes scarred and cannot be repaired, making it hard for my brain to tell my legs, arms, feet, and hands what to do.

[Read the rest of the article on F2F's Youth Voices Page.](#)

### May 2021 Calendar

*All events are free and on-line*

[Children's Behavioral Health Summit](#) – May 3<sup>rd</sup>

[What to Expect in Your Telehealth Visit](#) – May 5<sup>th</sup>

[WA State Family Caregiver Support Group](#) – May 6<sup>th</sup>

[Pierce County Caregiver Conference 2021](#) – May 8<sup>th</sup> & 15<sup>th</sup>

[Telling Your Story with a Purpose Workshop](#) – May 11<sup>th</sup>

[Train the Trainer: Become a NEAR Sciences Presenter](#)- Starting May 13<sup>th</sup>

[Spring Parent Weekend](#) – May 14<sup>th</sup>-16<sup>th</sup>

[SFN Dads Virtual Conference](#) – May 14<sup>th</sup> & 15<sup>th</sup>

[Washington Hands & Voices What's Up Mondays](#) – May 17<sup>th</sup>

[Childhood Brain Injury: Best Practices in Return to School](#) – May 21<sup>st</sup>

[Arc of King County's Spring Social: The Art of Zen](#) – May 22<sup>nd</sup>

[Trauma Informed Approach for Families](#) – May 26<sup>th</sup>

### What to Expect in Your Telehealth Visit



Wednesday, May 5th, 10-11am

Find out what to expect from a telehealth visit from people who have been through it themselves



register at <https://qrgo.page.link/227EC>

Free and open to everyone

