# Washington State Family to Family Health Information Center

## Newsletter #16 – June 2022

### Affordable Connectivity Program

## [June 2022 Calendar](https://www.familyvoicesofwashington.org/calendar/)

All events, unless noted, are free and on-line

[Bilingualism for Children with Special Needs](https://fathersnetwork.org/training-workshops/) – June 7

[Pediatric Complex Care Seminar: Dysautonomia](https://www.familyvoicesofwashington.org/event/pediatric-complex-care-seminar-sleep-2-2/?instance_id=786) – June 9

[Dads Helping Dads](https://us02web.zoom.us/meeting/register/tZItdOihqj8pEtQrWmxsy2Kh4_-EI9jNiBim) – June 9

[Reuniones Familiares Virtuales 2022](https://www.familyvoicesofwashington.org/event/reuniones-familiares-virtuales-2022/?instance_id=820) – June 10

[Sharing Down Syndrome in Pierce County](https://www.familyvoicesofwashington.org/event/sharing-down-syndrome-in-pierce-county-parents-night-in/?instance_id=234) – June 10

[Calling Autistic Parents in Seattle](https://www.familyvoicesofwashington.org/event/calling-autistic-parents/?instance_id=358) – June 12

[WA State Sibling Connection](https://www.familyvoicesofwashington.org/event/wa-state-sibling-connection/?instance_id=949) – June 16

[Fathers Network Campout in Anacortes](https://www.familyvoicesofwashington.org/event/fathers-network-campout/?instance_id=986) – June 17-19

[Understanding Guardianship](https://www.familyvoicesofwashington.org/event/creating-connections-understanding-guardianship/?instance_id=984) – June 18

[Virtual Support Group for People with Disabilities](https://www.familyvoicesofwashington.org/event/virtual-support-group-for-people-with-disabilities/?instance_id=826) – June 18

[Cerebral Palsy Caregiver Support Group](https://www.familyvoicesofwashington.org/event/cerebral-palsy-caregiver-support-group-2/?instance_id=829) – June 20

[Virtual Smooth Talkers](https://www.familyvoicesofwashington.org/event/virtual-smooth-talkers/?instance_id=959) – June 25

[Thriving on Two Spectrums 2022](https://www.familyvoicesofwashington.org/event/thriving-on-two-spectrums-2022/?instance_id=962) – June 26

[Relatives as Parents Program in Shoreline](https://www.familyvoicesofwashington.org/event/family-support-relatives-as-parents-program/?instance_id=970) – June 28

[Familias Resilientes](https://www.familyvoicesofwashington.org/event/familias-resilientes/?instance_id=661) – June 28

There is a newly approved Federal Program for low-income internet services. The benefit provides a discount of up to $30 per month toward internet service for eligible households and up to $75 per month for households on qualifying Tribal lands. Eligible households can also receive a one-time discount of up to $100 to purchase a laptop, desktop computer, or tablet from participating providers if they contribute more than $10 and less than $50 toward the purchase price.

There are numerous ways of determining if a family is eligible for this program; Those who are automatically eligible include anyone who is on SSI, SNAP, or Medicaid. The [FCC’s website](https://www.fcc.gov/acp) had all the eligibility details. To apply, you must first be verified through the [Lifeline program](https://nv.fcc.gov/lifeline/?id=nv_flow&ebbp=true). For those [already enrolled in Lifeline](https://www.affordableconnectivity.gov/how-to-apply/), signing up can be done through talking to the Lifeline provider or another internet provider.

### Baby Formula Shortage

The recent infant formula shortage has affected many families in Washington and will take some time to resolve. In the meantime, the Washington State Department of Health has created a [website for families who need resources](https://doh.wa.gov/emergencies/current-hazards-and-issues/infant-formula-shortage) during this shortage, as has [Healthy Children](https://www.healthychildren.org/English/tips-tools/ask-the-pediatrician/Pages/Are-there-shortages-of-infant-formula-due-to-COVID-19.aspx). They recommend calling local pharmacies and small stores to see if they have any formula in stock. If formula cannot be found, they recommend talking to a doctor or advanced medical provider for alternatives. If a family does not feel comfortable contacting a medical provider, Gerber has certified nutritionist and lactation consultants available through their online [MyGerber Baby Expert](https://www.gerber.com/mygerber-baby-expert) chat.

The [American Academy of Pediatrics](https://www.aap.org/) strongly advises against making your own baby formula and says that toddler formulas are not recommended for babies. But the organization says if you have no other choice, toddler formula is safe for a few days for babies close to one year old.

The Women, Infants, and Children Nutrition Program (WIC) has a lot of [information about formula](https://doh.wa.gov/you-and-your-family/wic/wic-foods/infant-formula) and the formula shortage. WIC participants and families can contact their [local WIC clinic](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMTAsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMjA1MTguNTgwOTc4MzEiLCJ1cmwiOiJodHRwOi8vcGFyZW50aGVscDEyMy5vcmcvcmVzb3VyY2VzL3dpYy1mYW1pbHktcGxhbm5pbmcvIn0.Uejns3fu1EKxCXBhlF_enzdeD2cBVAr0A9v_8zxKEWY/s/1365234246/br/131515911988-l) to get infant formula benefits replaced or change baby formulas. WIC has expanded the types of formula they provide to offer more choices for families participating in the program. They can often tell you which stores have formula in stock. If you can’t reach your local clinic, call the state WIC office at 1-800-841-1410.