

Medicaid renewals for children begin July 1, after a five-year pause

BY MELISSA PATRICK
Kentucky Health News

Starting July 1, Kentucky families must once again complete annual Medicaid renewals for their children, following a five-year pause on the requirement that began during the Covid-19 pandemic.

This change will impact more than 600,000 Kentucky children who are covered by Medicaid and the Kentucky Children's Health Insurance Program, more commonly known as KCHIP.

At a June 17 ThriveKY webinar that gave an update on state and federal policies that impact the state's safety net programs, Priscilla Easterling, director of outreach and enrollment at Kentucky Voices for Health, said the most important thing for Kentuckians with children to do is to make sure their contact information is up to date at kynect.ky.gov or by calling 855-4kynect (855-459-6328).

"You can do that by logging into your own self-service portal or calling the call center or reaching out to a Kynector," she said.

Kynectors are available to help Kentuckians enroll in health coverage through Kynect. Their services are free and they are available in every county.

ThriveKy is a coalition that works to meet the basic needs of Kentuckians. It is co-led by KVH and the Kentucky Center for Economic Policy.

Easterling also reminded Kentuckians to check to see if their children qualify for health insurance through Medicaid, even if the adults in the household do not. In other words, she said, don't assume anything — let the system make the determination. That's because the income limit for children is "much, much higher" than for adults.

"For example, for a household of four, the limit, the income limit for adults, is \$44,000 — so above \$44,000 the adults would not be eligible," she said. "But for children, they would be eligible up to \$70,000... in the household's income. So just keep that in mind. When in doubt, just fill it out."

Other suggestions for families include:

■ Watch for mail, email, or phone notices from the state about their child's renewal.

■ Respond quickly to any of the state's requests for information or forms.

■ When in doubt, find free help from a Kynector or a local Department for Community Based Services (DCBS) office.

Measles exposure reported in Jessamine County

BY CASEY ROBERTS

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Health officials are urging the public to be aware of a confirmed case of measles exposure at the Riney-B Aquatic Center in Jessamine County on June 20 between 2 p.m. and 7 p.m.

According to the Kentucky Department for Public Health (KDPH) and the Jessamine County Health Department, individuals who visited the facility during that timeframe may have been exposed to the virus. Measles is a highly contagious airborne illness that can pose serious risks, particularly for infants, young children, and people with weakened immune systems.

Visitors to the water park during the identified period are encouraged to closely monitor for symptoms over the next three weeks. Measles symptoms typically appear 7 to 21 days after exposure and include fever, cough, runny nose, red eyes, and a rash that usually begins on the face before spreading.

Anyone who begins experiencing symptoms is advised to stay home and call a healthcare provider before going to a clinic. Medical professionals recommend wearing a mask if seeking treatment in person.

The health department also advises checking immunization status. Most individuals are considered protected from measles if they were born before 1957, have received two doses of the Measles, Mumps, and Rubella (MMR) vaccine, or have lab-confirmed immunity.



(Photo by Bruce Mars/Unsplash)

Don't let summer boredom default to screen time

BY ANGELA HOUCHINS
University of Kentucky

Summer is in full swing, but for many kids, the excitement of no school has already been tempered by their greatest nemesis: boredom.

Camps, vacations and trips to visit family are classic summer pastimes, but they don't take up every hour of every day; kids are turning to their TVs, tablets, phones and gaming devices to fill the void. While screens are part of everyday life and can help kids learn, connect and have fun, too much screen time can lead to such problems as sleep disturbance, behavior issues, and exposure to inappropriate content.

While the American Academy of Pediatrics (AAP) has recommendations for how families can implement a thoughtful, balanced approach for screentime, every family is different. Use the tips below to develop a media plan that works for your family.

Age is a factor. For older kids, set consistent limits to ensure that screen time isn't replacing sleep, exercise, or in-person interactions. For kids under five, limit screen time to about an hour of quality, age-appropriate programming and always watch it with them. For babies, except for occasionally video chatting with friends and family, avoid screens altogether.

Consider the content. Not all media is equal. Educational content and creative games can help kids learn and grow. But

fast-moving or violent shows, or apps with ads and in-app purchases, may not be healthy. Choose high-quality content that fits your child's age and helps them learn or be creative.

Make it a family affair. Kids tend to mimic the behavior and habits that their parents exhibit so be a good role model. If you're on your phone for hours each day, they will be too. Talk to your child about what they're playing or watching and try to find a way to turn it into a real-world activity. Designate a time of day to be screen-free or replace solo screen time with fam-

ily movie night.

Start a conversation. Use screen time as a way to teach and connect. Ask questions like, "Do you think that could happen in real life?" or "What would you do in that situation?" Co-viewing and talking about what you saw help children understand and become smart, thoughtful media users.

Let them be bored. Letting kids experience boredom is a positive thing. During bored times, they become creative and invent ways to entertain themselves. This fosters independence, problem-solving skills and an opportunity

to discover new interests. Playing a video game might be a short-term solution but learning how to manage unstructured time is an essential skill that will be stunted if they aren't allowed to be bored.

By creating healthy screen habits and encouraging a balance of digital and real-world experiences, families can make the most of summer downtime. A little planning, a lot of conversation, and room for creativity can help kids build lifelong skills — and maybe even make some unforgettable summer memories along the way.



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LIBRARY EVENTS*

Baby Storytime
Mondays • 10 AM
(COMMUNITY ROOM;
0-18 MOS W/CAREGIVER)

**Behind the Scenes of
'Shrek the Musical'**
Mon. 7/7 • 10 AM
(WEST T. HILL THEATRE; ALL AGES)

**All Abilities
Crafting Club**
Mon. 7/7 • 12 PM
(COMM. ROOM; 18+)

**Kids Studio:
Clay Modeling**
Mon. 7/7 • 3:30 PM
(COMM. ROOM; 6-10)

Summer Storytime
Tuesdays • 11 AM
(LIBRARY PARK; 1-5)

YA Jewelrycraft
Tue. 7/8 • 2:30 PM
(COMM. ROOM; 11-17)

Boyle Co. Writers
Tue. 7/8 • 5:30 PM
(CONFERENCE ROOM; 18+)

Summer Game Night
Tue. 7/8 • 6-8 PM
(COMM. ROOM; ALL AGES)

**Downtown
Walking Tour**
Wednesdays • 10 AM
(STARTS AT GRAYSON'S
TAVERN; ALL AGES)

**KY Career Center
Job Assistance**
Wed. 7/9
2:30-4:30 PM
(MAP ROOM; 18+)

Curiosity 101: Art* | Wed. 7/9 • 3:30 PM
Part 1: Theater. Keep learning with us!
Take a field trip to West T. Hill
Community Theatre. *Register online.
(WEST T. HILL COMMUNITY THEATRE-DANVILLE; 18+)

**Thursday FunDay: Tember's
Tales** | Thu. 7/10 • 10:30 AM
(AT BOYLE CO. PERFORMING ARTS
CENTER—BCMS; ALL AGES)

YA Workshop: Painting*
Thu. 7/10 • 2:30-4 PM
(*REGISTRATION REQUIRED; 11-17)

Kitten Café with DBCHS
Thu. 7/10 • 5 & 6:30 PM
Meet adoptable cats & kittens!
(COMM. ROOM; ALL AGES)

Local Artist Spotlight
Fri. 7/11 • 1-3 PM
Mimi Becker—Quilting.
(GRAYSON'S TAVERN; ALL AGES)

Family History Detectives*
Fri. 7/11 • 3:30 PM
*Register online.
(COMM. ROOM; 6-10)

Starlight Movie Night | Fridays • 9 PM
See website for movie. (LIBRARY PARK; ALL AGES)

*Register & find event info at BoylePubLib.org

Contact the Library

Email BCPL: library@boylepublib.org

Call BCPL: 859-238-7323

Live Chat: BoylePubLib.org/chat