

# Sentido TALK

March 2021

## INTRODUCING ...

Sentido Health is very excited to introduce Sentido Talk! This monthly newsletter was

created to engage with patients and families by providing valuable resources and useful content. Through this, we hope to strengthen our Sentido community! We encourage each of you to take the time to read this newsletter.

You can expect Sentido Talk to be published on the 15th of each month moving forward. If you have input on what you would like to read about in this newsletter, please submit your ideas in the suggestion form on the last page. We would greatly appreciate any suggestions you might have. We look forward to your feedback and connecting with you all!

## TABLE OF CONTENTS

March Calendar.....	pg 2
Nutrition Month.....	pg 2
Nutrition Resources.....	pg 2
Noteworthy News.....	pg 3
HHSC Proposed Rule	
Patient Resources.....	pg 4
Gravity Feeding Tutorial	
Patient Spotlight.....	pg 5
March Blog Post.....	pg 6
How to have Family Mealtimes with Picky Eaters	
Monthly Motivation.....	pg 6
Suggestion Form.....	pg 6

Monthly Focus:  
Nutrition



# MARCH CALENDAR

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10 Registered Dietitian Day	11	12	13
14 Daylight Savings	15	16	17 St. Patrick's Day	18	19 Certified Nurses Day	20
21 Down Syndrome Day	22	23	24	25 Physicians Week 25-31	26 Epilepsy Awareness Day	27
28	29	30 National Doctor's Day	31			

## NATIONAL NUTRITION MONTH

March is National Nutrition Month! This annual campaign was created by The Academy of Nutrition and Dietetics and was established in 1980. The purpose of this campaign is to promote optimal health. Educating others, as well as yourself, on the benefits of nutrition is extremely important. Check out these resources to get familiar with nutrition and how you can improve your overall health!

### Resources

**Eating Right for a Healthy Weight**

**20 Ways to Enjoy Fruits and Vegetables**

**20 Health Tips for 2021**

**Smart Tips for Reading Menus**

**2021 NNM Presentation**

Click [HERE](#) to view these resources and more!



**Sentido Health**

# NOTEWORTHY NEWS

## Announcements & Reminders

### HHSC PROPOSED RULE DIRECTLY AFFECTING PATIENT AND PROVIDERS

The Texas Health and Human Services Commission (HHSC) has proposed a rule that essentially eliminates the ability for a large population of complex medical needs patients to choose their provider. This rule narrows the eligibility to only those patients under 21 with a primary (commercial) insurance, and only applies to a limited number of providers. As we know, kids with complex medical needs grow to be adults with complex medical needs, and a large number of that population only has Medicaid. Sentido, being a DME provider, is a specialized provider type. We work closely with these populations. The fact that we have been carved out via the rule, places us and families with managed care plans in a vulnerable position. Essentially, the plans would be able to cut rates, limit networks, and install preferred providers. This rule goes against what the Senate Bill (SB) was intended for. Currently, there is a comment window and we would appreciate your support in fighting for the patients that will be impacted if HHSC moves forward with the proposed language.

**\*\*Comments can be emailed to [hhsrulescoordinationoffice@hhs.texas.gov](mailto:hhsrulescoordinationoffice@hhs.texas.gov) with the subject line “comments on Proposed Rule 21R032”.**



Sentido Health

# PATIENT RESOURCES

## Patient Education Video - Gravity Feeding Tutorial

Sentido is starting a new patient education video series that will be launched on our YouTube channel! These videos will be posted monthly. This month, our video is a "Gravity Feeding Tutorial". This tutorial will walk you through how to perform a gravity feed in the event that your equipment stops working correctly, you have a power

outage, or any other event that effects your tube feed. If a situation like this occurs, please utilize your emergency gravity feeding kit. If there is an issue with your feeding pump, please contact us at 713-955-2123. A Sentido representative will be able to help 24-hours a day, 7 days a week! We hope you find this video helpful.



**If you are in need of an emergency kit please call or text us!**



**Sentido Health**

# PATIENT SPOTLIGHT

March Patient Spotlight goes to all the patients involved in Tube Feeding Awareness Week last month! Check out the video below!



*"She has eosinophilic esophagitis and sometimes it's hard to eat so a gtube gives all the fluids and nutrients she needs. Her tube friend the stuff."*



Sentido Health

# MARCH BLOG POST!

## How to have Family Mealtimes with Picky Eaters

Picky Eaters are toddlers who have strong food preferences, leading them to be extremely selective about what they eat. Picky eating can put stress on parents, but hang in there because most toddlers will outgrow this phase after the age of 5. For those of you currently dealing with picky eaters, Sentido is here to help! In this blog, you will learn 6 valuable tips on how to have family mealtimes with picky eaters. We hope this will be a useful tool for you that can ease the stress of parenting and create enjoyable family time. First things first –


### 1. Prepare one meal for the entire family

Do not prepare special meals for picky eaters! Everyone in the family will get a serving of the same meal. All items on the menu will be served on each plate, even if it is a small amount of some foods. The goal is to have your picky eater be okay with all the items being on the plate. Remember, you can only provide the meal. Your child has to choose to eat it! That being said –

### 1. Encourage picky eaters to try foods

To read the full blog post click [HERE](#)

## MONTHLY MOTIVATION



“The harder you work for something, the greater you’ll feel when you achieve it.”

[Newsletter Suggestion Form](#)



Sentido Health