



DIVISION OF DEVELOPMENTAL DISABILITIES

Member Update - December 2019

Wellness Toolkits for Your Healthiest Self

No two people are the same. Each of us has our own bodies, feelings, habits and influences. Every part of your world can affect how you feel. This also means your health needs are unlike anyone else because they are unique to you. The National Institutes of Health (NIH) has created “Wellness Toolkits” that can help you find ways to improve your personal well-being. Learn more at the [NIH website](#).

Immunizations Are Not Just for Kids



Many people know that infants and children often get immunized from a variety of preventable diseases when they are young. However, according to the Arizona Partnership for Immunization (TAPI), teens and adults can also benefit from immunizations.

Common vaccines for staying healthy as a teenager and an adult include Tdap, HPV, Influenza, Pneumococcal and Shingles. [TAPI's website](#) offers many resources on available vaccines and how to talk to your doctor about what is right for you.

DDD Town Hall Meetings

DDD is hosting regularly scheduled Town Hall meetings, twice a year in all districts. DDD will present details about Division initiatives and other news. This includes sharing the results from the Raising Special Kids forums held in Spring 2019. We are also asking for member, family and provider feedback about Division initiatives and issues important to them. See the schedule on the DDD website for dates, locations and times.

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DEPARTMENT OF ECONOMIC SECURITY

Your Partner For A Stronger Arizona

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Councils and Committees

There are many ways you can volunteer and positively impact the DD community. Visit the [DDD website](#) to see all of the councils and committees you can volunteer to be on.

Share this Newsletter

If you have friends who are not receiving this monthly email, tell them to sign up at http://bit.ly/ddd_news.

DDD is Here to Help

If you have questions, please contact your Support Coordinator or the DDD Customer Service Center at 1-844-770-9500 ext. 1 (TTY/TDD 711).

Call the DDD Customer Service Center at 1-844-770-9500 ext. 1, TTY/TDD 711, to ask for this material in other formats. Language help is available at no cost to you.