



Fall 2025 Updates!

Dear Kentucky AAP Chapter Members,

[CATCH grant 2026](#) Cycle applications are OPEN!! Call for proposals are attached!
[CATCH Planning Grants](#), [CATCH Implementation Grants](#)

Reach out to your Chapter CATCH co-facilitators [Brit Anderson](#) and/or [Stephanie Stockburger](#) for CATCH grant assistance!

Important deadlines:

Jan. 9, 2026 – deadline to request support and assistance

Jan. 20, 2026 – Applications close

*if you are associated with a university, check with your **Office of Sponsored Projects** for additional deadlines (Proposal initiation form may be due 30 days before sponsor deadline)

Mark your Calendar: Children's Day at the Capital is **March 4th**! Make plans to attend!

Special Message from Dr. Bolling:

Mythic Times

This is not about the age of King Arthur. As I write this after a recent excursion to the AAP National Convention and Exposition, I am feeling energized by the support of colleagues, but also wary of the encroachment of lies into the public sphere regarding health. I've gotten out of the habit of talking about 'misinformation'. Let's call lies what they are: lies. I can also consider them myths in this context. For those theology, history, and philosophy geeks out there, please bear with me. Myths in those contexts can have some use. For our purposes in late 2025, the myths I am referring to are the numerous falsehoods that take root on the internet, spread rapidly, and cost lives. You know some of the more recent ones because you hear them spread by government leaders. "Pediatricians make over half their income from vaccines." "Physicians are all on the take from insurance companies and big pharma." "MMR causes autism" etc.... The trouble with myths is that they are easy to say, but difficult and time-consuming to debunk. So, busy pediatrician, what can you do? I am not an expert, but there are a few strategies that lower my blood pressure and give me some solace. Don't just do something, stand there- I will never forget this wise axiom from an internal medicine attending. Before running off to order an invasive test or start a new med, take a moment and let your patient's own healing kick in. When it comes to myths, take a

yoga breath (or a tactical breath like Navy Seals do) before responding. Use it whenever you're caught off-guard in one of those "I really don't think horse medicine is a good choice for COVID" moments. I think far too reflexively for my own good. I should remember to pause first, and then ask, "Tell me what you are worried about here." I wish I had remembered to do this more often when I was talking with legislators denying medical care to our trans patients.

Fight fire with fire- It's really hard to fight with one hand tied behind your back. Social media fans the flames of conspiracy theories. Our pamphlets and logic can only do so much. Need some young, media-savvy Instagram influencers who are on our side? Check out and follow these Instagram leaders: Registered dietitian and PhD in Nutrition, Jessica Knurick, @drjessicaknurick; Allergist and MD, Zachary Rubin, @rubin_allergy; ABC health correspondent Alok Patel, @alokpatelmd; podcaster Dr. Mona Amin, @pedsdoctalk; and my buddy from the Ohio AAP, general pediatrician Nicole Baldwin, @dr.nicolebaldwin. And there are many more. Check out these, others, and send your patients to them!

Pace yourself- Without sounding like Reverend Bolling here, give yourself some grace. The hard core are going to choose to believe what they believe. It is OK to hold your ground, not engage and move on. There are lots of patients and families out there who need your expertise and compassion. Give people the benefit of the doubt. The majority are not into conspiracy theories; they need you. And when you need a chuckle in challenging times, another great follow is Will Flanary, MD, better known as Dr. Glaucomflecken, @glaucomfleckens.

It is a crazy world out there. Stay true to your values and knowledge, and we will get through this!

Chris Bolling, MD, FAAP(and proud of it)

Special Olympics Kentucky (SOKY) is seeking physicians to help with health screenings!

Special Olympics Kentucky (SOKY) is seeking physicians to help with health screenings for Special Olympics athletes throughout the state of Kentucky, particularly in Louisville, Owensboro, Northern KY, and Richmond. This is a volunteer role for physicians that entails a short on-line training, helping to plan health screening events and attending local event(s) to perform physical exams.

Screening events typically occur once per year in each location mentioned above. By expanding our physician roster, we will be better suited to give our athletes the appropriate health care they deserve while limiting the amount of travel required by each Clinical Director. It truly takes a village; any level of involvement is appreciated. This is also a wonderful opportunity for future health professionals to gain experience working with patients with intellectual and developmental disabilities with the oversight of licensed physicians (you).

Please contact Corrie Harris at Corrie.Harris@Louisville.edu or Brennan Smith at BSmith@SOKY.org for additional information or to sign up. ([See attached flier for additional info.](#))

Check out these resources:

1. Connect to location-specific resources to address food, housing, good, transit, health, money, care, education, work, and legal matters (available in multiple languages): Findhelp.org

2. AAP: [Fact Checked News Room](#) is full of helpful information! The most recent post is about vaccines and autism. Take a look!

3. Technology resources for children and adults who are deaf or hard of hearing. Especially in case of emergencies!

What if a child who is deaf needs to call 911? Make sure families have the (free) technology they need!

<https://www.kcdhh.ky.gov/ifyky/>

4. Sowing Seeds with Faith <https://www.sowingseedswithfaith.org/>



In Louisville, families can access academic and social support after school and in the summer through Sowing Seeds with Faith. From their website:

“Through tutoring, mentoring, and summer enrichment camps, our mission is to engage youth academically and socially in the Greater Louisville community in mastering developmental challenges via educational expectations, structure, faith, and accountability.”

6. [Medicaid renewal flyers for offices](#). A number of flyers are available!

QUESTIONS ABOUT MEDICAID? *kynectors* CAN HELP!

kynectors can answer questions about Medicaid and talk to you about your coverage options.

Scan the QR code below or visit kynect.ky.gov to get started today!



KY AAP Chapter:

KY AAP Chapter has a number of amazing [Task Forces](#)! Consider joining one or several of them to get involved and find new ways to promote the health of children and adolescents!

- Legislative Task Force
- Childhood Obesity Task Force
- Adolescent Health Task Force
- Diversity, Equity, and Inclusion
- Immigrant Child Health Task Force
- Child Health and Climate Advocates

Respectfully submitted,
Community Health Task Force
Ky AAP Chapter