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ASK E-Newsletter / February 2014



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ASK Welcomes Andrew VanGordon

In December 2013, we announced a capacity-building grant awarded to ASK by Lilly Endowment. The grant allowed us to create a new position to help strengthen development-related activities. We are very pleased to announce that Andrew VanGordon has joined our staff as our new Development and Marketing Manager.

Andrew has been married to his wife Michelle, a corporate paralegal, for nearly 18-years. They have two children one with special needs. When he is not working, he enjoys managing his daughter's soccer team and playing and reading to his son. Being a husband and dad are high priorities and very satisfying for him. When not tending to family and work, Andrew spends time on the golf course. Although he admitted that he is not very good at golf, it is the one thing that can make him happy, mad, and ecstatic all on the same hole.

Andrew and his family have lived in Indianapolis since 1998. For 12-years, he served as the Deputy Director of the Indianapolis Senior Center. Since then he has held positions as Director of Development for non-profits and commercial organizations.

He is excited about his work with About Special Kids and looks forward to helping further the mission and vision of this great organization. Over the next couple of years he expects ASK to grow in public awareness, its avenues of funding, and its outreach. The close personal understanding of what ASK does every day will give Andrew the opportunity to utilize his professional experience to bring resources to ASK which will allow us to help many more families.

2014 Trainings

Training dates and locations are being scheduled for 2014. These will be listed on the training calendar on our website as they are scheduled.

To view the calendar or register for a training, visit our website at www.aboutspecialkids.org.



Upcoming ASK Webinar: Child Safety

ASK and the Riley Safety Store will be holding a webinar on child safety. This webinar will include information on safety around the home and in the community. Information on safety for children with disabilities will also be presented.

This webinar will be presented in Spanish.

Date: March, 18, 2014
11:00 am – 12:00 pm EST

For more information, please visit our [website](#).



Family 2 Family Listserv

ASK is now monitoring the Indiana Family 2 Family Listserv. Indiana F2F Parents is for all families of children with disabilities or special needs who are interested in networking with other families. Use this group to exchange information and resources with one another. Let us know about helpful websites you use. What support groups have you found helpful? What good books, magazines or newsletters would you recommend as a resource to other families? Do you know of an upcoming training



Save the Date Walking for Dreams

The 2014 Walking for Dreams Family & Pet Walk will be taking place on Sunday, May 18th. Please mark this on your calendar and join us for this wonderful event. More information about how to register to walk or donate is coming soon.

Taking Care of the Caregiver

by: Gretchen Winter, M.D.

Taking time to take care of ourselves often seems like a luxury we cannot afford. As caregivers of “special kids” it is easy to overlook our own needs when the child’s needs seem more immediate and important. However, it is crucial to attend to our own needs. Not only does self-care help you, it actually helps the child by giving them a more effective caregiver.

There are many benefits to self-care. Taking time for yourself actually improves your relationships with others because you are more relaxed, happy, and peaceful. You are also less likely to encounter burnout. Self-care helps you to control your stress and avoid letting your stress affect you and those you interact with negatively. The simple truth is that you cannot take care of others without first taking care of yourself.

Self-care is something that requires purpose and intent. It does not happen without you making the time intentionally to do things that bring you joy, peace, and relief. For each person, self-care may look different and consist of different activities. Everyone has different needs, and you must decide what activities will benefit you most. It is important to use your self-care time to do something positive. Do not do something that you would regret later and would cause more stress (i.e., spending money you do not have or eating excessive junk food). Some ideas for self-care include:

- Working Out
- Taking a Bubble Bath
- Spending Time with Friends
- Getting a Massage
- Baking
- Art Work
- Yoga or Meditation

We have limited time, but rather than focusing on how little time you have, focus on how you spend it. For instance, you may get much more relief and energy from a 15 minute bubble bath or a 30 minute jog than you would from a 3 hour TV-watching marathon. Self-care is about purposely focusing on doing activities that rejuvenate you. Engaging in self-care is a great goal for the new year... both for you and for the children.

that parents may want to attend? Do you participate on a local board or council? Can you help advise parents who want to do so? Please share information that will help build the knowledge base and leadership skills of other Indiana families.

To join, send an email to INF2Fparents-subscribe@yahoogroups.com . You will receive an email with further instructions about how register on the yahoo site and begin receiving messages.

ASK

Annual Golf Tournament

**Join us for a day
of fun and golf!!**

**Save the
date!**

Date: Friday, May 30, 2014

Location: Hickory Stick Golf Course
4422 Hickory Stick Blvd.
Greenwood, IN 46143

Register online :
www.aboutspecialkids.org



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