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[www.aboutspecialkids.org](http://www.aboutspecialkids.org)



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*ASK E-Newsletter | January 2014*



## **Contact Us**

### **About Special Kids (ASK)**

Central Office  
7172 Graham Road  
Suite 100  
Indianapolis, IN 46250  
317.257.8683  
1.800.964.4746 (toll-free)  
[familynetw@aboutspecialkids.org](mailto:familynetw@aboutspecialkids.org)



Member of the Parent to Parent USA Alliance.  
Committed to Parent to Parent USA-Endorsed Practices

## **2014 Trainings**

## **Legacy Fund Grant**

Legacy Fund a CICF affiliate, has awarded a \$5,000 programming grant to About Special Kids (ASK), a statewide non-profit organization that helps children with special needs live better lives by educating, empowering and connecting their families.

“This grant award is a heart-felt vote of confidence, almost like a seal of approval of the value and need for ASK’s programming for families in Hamilton County,” said Joe Brubaker, ASK Executive Director

The grant will be used by ASK to help Hamilton County parents of children with special needs by providing answers to questions, conducting trainings, connecting parents to other parents, and introducing families to resources, networks, and information. “With this support for our programming, ASK will now be able to reach more of the county’s estimated 8,465 families of children with special needs,” Brubaker added.

“Investing in ASK programming is an important step toward helping Hamilton County children with special needs – and their families – realize safe, healthy and productive lives,” said Liz Tate, Vice President, CICF Community Investments. “We are proud to support ASK staff as they help those with special needs find and use the services and resources available to them.”

## **Influenza Vaccination**

by: Jonathan Salisbury, M.D.

### ***What is influenza?***

Influenza is a disease spread through the air that can cause a variety of symptoms including congestion, cough, fever, muscle aches, and sore throat. You can become infected when someone coughs, sneezes, or

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](http://www.aboutspecialkids.org).



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### **Now Hiring: Parent Liaison**

About Special Kids (ASK) is currently hiring a Parent Liaison to serve Blackford, Jay, Madison, Delaware, Randolph, Henry, Wayne, Rush, Fayette, and Union counties. Candidate must reside in one of these counties. The Parent Liaison will help families of children with special needs identify and navigate through available resources and programs to meet their child's physical, mental, emotional, and educational needs. This position will be 20 hours per week, with the possibility of more hours added at a later date. Applicants must be a parent of a child with special needs (physical disabilities, mental health diagnoses, chronic health conditions, developmental disabilities, etc) for this position that will provide parent to parent support in the counties identified. Please send a cover letter and resume to Jane Scott, Director of Family Support at [jane@aboutspecialkids.org](mailto:jane@aboutspecialkids.org) or fax to 317-251-7488.



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### **Holiday Hours**

The ASK office will be closed on January 20th in observance of Martin Luther King, Jr. Day.

talks within six feet of you one to five days after he or she has been infected themselves. Infections with the influenza virus can be mild but in older individuals, young children, and pregnant women infection can be very serious, even requiring hospitalization.

#### ***What is the influenza vaccine?***

The influenza vaccine changes year to year, just like the virus itself. Every year researchers do their best to predict what strains of the virus will be most common and make sure the vaccine protects against those strains. After getting the influenza vaccine your body begins making virus fighting proteins called antibodies that develop two weeks after receiving the vaccine. Influenza vaccines typically become available in doctors' offices in October and generally will offer the vaccine as long as it is available. Influenza season peaks typically in January, but can extend well into the early spring. The earlier you get the vaccine the earlier your body will have antibodies to protect you from the influenza virus.

#### ***Who should get the vaccine?***

**Everyone** older than six months of age should receive the influenza vaccine but there are several groups of individuals who are more likely to develop serious illness. Any individual with asthma, diabetes, or chronic lung disease are more likely to develop pneumonia when infected with the influenza virus. Children under the age of five, especially children under the age of two, need the influenza vaccine to help their immune system to fight off the virus. Along the same lines, any individual who cares for children with chronic medical conditions or children less than six months of age need to be vaccinated.

#### ***What are the side effects?***

Contrary to popular belief, the influenza vaccine cannot give you the influenza virus. The influenza vaccine does not contain live, active influenza virus but there can be side effects associated with vaccination. Side effects are generally mild and last for a short period of time. Side effects of the influenza shot include low grade fever, redness/soreness around vaccine site, and generalized aches and pains.

The influenza virus is a common preventable winter virus that can have serious complications in certain individuals. The best way to prevent getting the influenza is to be vaccinated early in the influenza season.

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### **Upcoming 2014 Dates Mark Your Calendars**

May 18th - Walking for Dreams Family & Pet Walk  
May 20th - ASK Golf Tournament

More information coming soon!

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Indianapolis, IN 46250  
United States

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