



November E-Newsletter

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I am Thankful for...

By Andrew VanGordon, ASK Development & Marketing

Recently I posted a quote by Fred Rogers on [Facebook](#) that said, "Anyone who does anything to help a child in his life is a hero to me." I also said, "This is what our Parent Liaisons do every day - they are heroes in my book too."

Why did I write that? Although I am an employee of ASK I was/am a client first. My parent liaison has helped me many times since I discovered ASK when my son was just a few weeks old - he is now six. I am very thankful for the help my family received.

ASK's parent liaisons help families navigate the myriad of obstacles they encounter on their particular journey of caring for a child who has a disability or chronic illness. Their guidance and encouragement for families unfamiliar with health insurance programs, uncertain of how to seek an appropriate education for their child, or in need of community resources is invaluable. In addition to their extensive training, our parent liaisons also have children with special needs, which gives instant rapport and credibility to the families we serve. ASK believes that parents are experts on their children; our efforts go toward educating, connecting and empowering each family with the proper tools to get the help they need for their family.



I am not alone; I see great quotes from grateful clients all the time, much like this one.

I would say that ASK is probably the most brilliant, untapped resource in Indiana. I literally was overwhelmed with the unknown. There's no worse feeling in the world for a parent than not to know. Once I had ASK, I never cried again from not knowing. With ASK I've always felt, from the very first phone call, that their people are here to help because they've 'been there' and they care. - Sandi (a parent)

So, this Thanksgiving I wanted to share with you what makes me thankful. Without our parent liaison, my son's IEP would not be as good of a tool as it is today and I wouldn't know the value an evening of respite care provides to a relationship.

2015 is Speeding to its End

As we contemplate all that we have to do during the busy holiday season we hope that you think of all of the good this year brought. Families that have a child with special needs face many challenges throughout the year and don't always know where to turn for help. That is where we come in! About Special Kids helps families of children with special needs learn to overcome these obstacles but we cannot do it without support from the community we serve.



So, as this year comes to its end we invite you to support the important work we do for Indiana families. A small contribution can help ASK surround a family that just received a diagnosis with the services and resources they need. It takes \$155 for an ASK parent liaison to work with a family for a year. We are asking you to give a gift of 5, 10, 15 or 20 dollars to help a family find what they need for their child with special needs.

At **Subway** you can get a \$5 foot long. At **Burger King**, you can get 2 sandwiches for \$5. At **Little Caesars** you can get the Affordable \$5 Lunch Combo. These are all great deals!

If YOU want to do something really great with \$5, **You can Help With 5** so ASK can surround families of children with special needs with the support and services they need this holiday season. Families begin their journey not knowing where to turn for help. When they call, ASK provides them with the parent to parent support, resources and knowledge to empower them to be better able to care and advocate for the entire family.

We hope you take the time to make a \$5, \$10, or \$15 contribution today! When you do we will get to work helping more Indiana families.

Please take five to give \$5 and make a difference in a family's journey today!

Thank you for supporting and investing in Indiana's children with special needs!

ASK is ALL Indiana



ASK is ALL IN...Are you?

All Indiana has a mission: To help improve the lives of those in the Indiana community by assisting charity organizations with a 24-hour financial fundraising event, with a goal to raise \$10,000,000 in just one day. ASK's personal goal is to raise \$6,000. We need your help to reach this fundraising goal! Spread the word!

About Special Kids is happy to be a part of All Indiana event that will launch at 7:30 pm on December 9, 2015. Mark your calendar and plan to make your donation to ASK during this fundraising extravaganza. Visit <https://allindiana.org/donate/68> for more information.

Tis the Season for Catching

By Elyse Shaw – IU Pediatric Resident

As the leaves change and the days get colder, we're entering the start of influenza season. Although we often describe a wide variety of illnesses as "the flu", Influenza is an illness caused by a specific family of viruses. Influenza causes high fevers, fatigue, muscle aches and pains. It can cause serious illness, especially in the very young and old.

There are multiple ways to protect yourself and your family from getting Influenza this year. The Center for Disease Control recommends the flu shot for all individuals older than 6 months of age, unless they have had a serious reaction to egg proteins (which are contained in the vaccination).

Wondering what to do if your child is less than 6 months old? The best way to protect those who are too young to receive the shot is to ensure that everyone around them has been immunized. In addition to getting the flu shot, be sure to practice good hand hygiene. Wash your hands with soap and water, or use alcohol based hand sanitizers.



Trending at ASK

ACA important upcoming dates

- **November 1, 2015:** Open Enrollment starts - first day you can enroll in a 2016 insurance plan through the Health Insurance Marketplace. Coverage can start as soon as January 1, 2016.
 - **December 15, 2015:** Last day to enroll in or change plans for new coverage to start January 1, 2016.
 - **January 1, 2016:** 2016 coverage starts for those who enroll or change plans by December 15.
 - **January 15, 2016:** Last day to enroll in or change plans for new coverage to start February 1, 2016.
 - **January 31, 2016:** Open Enrollment ends. Enrollments or changes between January 16 and January 31 take effect March 1, 2016.
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Other Simple Ways you can support ASK all year long

The holidays are approaching and you can support ASK while you are busy shopping for gifts or groceries. By shopping at www.smile.amazon.com.

Simply click on the link and shop away: <http://smile.amazon.com/ch/35-1711669>.

And/or

Take a few minutes and enroll in the Kroger's Community Rewards ®. Each time you swipe your Kroger Plus Card a percentage of your purchase comes to ASK. This is a very easy way you, your friends, and your family can support the families we serve.

See below on how to enroll – please share with everyone in your social/family network:

Simply register online at krogercommunityrewards.com

- Be sure to have your Kroger Plus card handy
- If you do not have a Kroger Plus card, they are available at the customer service desk at any Kroger.



- Click on Sign In
 - Most participants are new online customers, so they must click on SIGN UP TODAY in the 'New Customer?' box.
 - Sign up for a Kroger Rewards Account by entering zip code, clicking on favorite store, entering your email address and creating a password, agreeing to the terms and conditions
 - You will then get a message to check your email inbox and click on the link within the body of the email.
 - Click on My Account and use your email address and password to proceed to the next step.
 - Click on Edit Kroger Community Rewards information and input your Kroger Plus card number.
 - Update or confirm your information.
 - Enter **11209** or select **About Special Kids** from list and click on confirm.
 - To verify you enrolled correctly, you will see About Special Kids on the right side of your information page.
 - REMEMBER, purchases will not count until after you register your card(s).
 - Do you use your phone number at the register? Call 800-576-4377, select option 4 to get your Kroger Plus card number.
 - Members must swipe their registered Kroger Plus Card or use the phone number that is related to their Kroger Plus Card when shopping for each purchase to count.
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