



ASK

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Answers for families of kids with special needs



October E-Newsletter

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AboutSpecialKids.org

About Special Kids – We are Parents helping Parents!

Andrew VanGordon, ASK Development and Marketing Manager and a Parent

Twenty-eight years ago ASK was born out of need, when two parents of children with special needs and two professionals realized there are many great organizations that can help a family of a child with special needs. The problem, the organizations worked in silos only able to help the child with their service, not knowing what others could do for families. ASK's purpose is to help families connect to organizations that can help with their individual situation and to educate them on resources and laws that serve to benefit their child.

Why is this important? When a child gets a diagnosis, families experience many emotions and most feel that they are all alone in this unexpected life change. ASK's parent liaisons understand this feeling; they are also parents of children with special needs. Families that reach out to ASK for guidance are served by highly trained staff. ASK knows knowledge leads to empowerment. Parents who know about their rights and the services available to them are better able to help their child lead better lives... Who better to provide that experienced knowledge than another parent who has walked a similar road?

Participate in the Governor's Council Town Hall meetings

Register Now for October Town Hall Meetings on Disability Issues



You are invited to a Town Hall Meeting to provide input on the Five-Year Strategic Plan for the Indiana Governor's Council for People with Disabilities (Council). Your input matters. Town Hall feedback will be utilized in the development of the final plan, which will guide the work of the Council, including its training and dissemination activities, the events it sponsors, and the projects it funds.

You will be assigned to tables for the discussions based on your ranking of seven issues (Leadership, Health Care, Education, Employment, Transportation, Community Supports for Children and Adults, and Legal Justice/Rights) on the registration form. Review the Council's Policy statements on the seven issues here: <http://fifthfreedom.org/1/14>.

If you have any questions or concerns, please contact Laura Littlepage of the Institute at llittlep@iupui.edu or 317-261-3061.

There will be six Town Hall sessions held at three locations - two at each location (two took place Oct. 7)

If you are able to attend one of these sessions, register here: <http://fifthfreedom.org/1/13> . We look forward to seeing you there.

Fort Wayne: Wednesday, October 21, 2015
2:00 - 4:30 p.m. and 6:00 - 8:30 p.m.
Holiday Inn at IPFW and the Coliseum, Ball Room
4111 Paul Shaffer Drive, Fort Wayne, Indiana 47925

Fishers: Wednesday, October 28, 2015
2:00 - 4:30 p.m. and 6:00 - 8:30 p.m.
Delaware Township Community Center
9094 E. 131st Street, Fishers, Indiana 46038

Cider and Storytime

By - Nina Hu, IU Pediatric Resident

It's my favorite time of the year: cozy and cheerful (but chilly), as you bundle up and keep warm with apple cider and loved ones. Fiery pops of color dot the trees and scatter the sidewalks. The air itself smells like winter is coming.

It's my favorite time of the year, but that doesn't make it easy. The kids have only just settled into school, it seems, and now they're crowding back home for fall break, and snow days, and winter vacation. Shopping aisles can't seem to keep their holidays straight. You haven't even thought about making pie out of the pumpkins on your porch - what do you need a Christmas garland for, and why is Uncle Jon calling for the third time about who's in charge of the turkey this year?

It's time to step back, relax, and carve out some of that time for yourself. You're the cornerstone for your family, your kids, and they depend on you to be strong for them - which means they also need you to take care of *you* for a change.



I'm a big fan of the medical humanities, so I've compiled a list of three phenomenal ways to unwind (the first one is kid-friendly, too, and perfect to share as a bedtime story):

- *The Curious Incident of the Dog in the Night-Time*, by Mark Haddon – This is probably considered a classic by now, and there's a good reason for that. It's the quirky but poignant self-reflective tale of a 15 year old boy with autism named Christopher, as he undertakes adventure after adventure while investigating the murder of his neighbor's dog. It's remarkable in the fact that it transcends Christopher's diagnosis of autism and, at its core, becomes a story about what it means to be simply different and still find a place in this world.
- *The Memory Keeper's Daughter*, by Kim Edwards – A hauntingly beautiful depiction of finding family where you least expect it. A nurse in the 1960s goes rogue when a doctor abandons his just-born daughter, whom he's diagnosed with Down syndrome. Instead of institutionalizing the baby, the nurse runs off and raises the girl as her own. The book is a testimony to the depth of the human heart, and its immense capacity for both love and forgiveness.
- *The Elegance of the Hedgehog*, by Muriel Barbery – I saved my favorite for last, which was written by a professor of philosophy. This one has a more peculiar premise: an old widowed concierge of an unforgivingly bourgeois apartment complex in the wealthier part of Paris, and one of its 12-year-old tenants, find in each other the most unlikely of allies. They've both been run down by various aspects of their lives; the concierge carries an intellect dangerously above what's expected of her station, and the girl, precocious and suffering for it, feels alienated from her family and considers drastic measures of removing herself. It's an enchanting tale of two people who, alike in their differences, find in each other a life worth living and, in the process, save one another.

Be sure to cuddle up with one of these over the holidays, in between doctors' appointments and last-minute planning for that Thanksgiving feast. You won't regret it!

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

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.

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. As you know, when a family gets a disability diagnosis for a child there are far too many questions that need answered. Families begin their journey not knowing where to turn for help. When they call, ASK surrounds them with the support, resources and services 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 families in Indiana.

Governor Pence Issues Proclamation in Support of October Disability Employment Awareness Month

Trending at ASK

In recognition of National Disability Employment Awareness Month, Gov. Mike Pence has issued an executed proclamation encouraging Hoosier leaders and employers to "further advance the message that our family members, friends, and neighbors with disabilities are important to a diverse Hoosier workforce." National Disability Employment Awareness Month is a nationwide campaign that raises awareness about disability employment issues and celebrates the contributions of America's workers with disabilities, past and present. The theme for this year — which marks 70 years since the first observance — is "My Disability is One Part of Who I Am."

Coinciding with the 25th anniversary of the passage of the Americans with Disabilities Act, Gov. Pence noted that "despite our successes, less than 40 percent of working-aged Hoosiers with disabilities are employed, a reminder that we all still have work to do to ensure equal opportunity and participation in the workforce."

To read the Governor's full proclamation, [click here](#).
For more information about National Disability Employment Month, [click here](#).



Employment Resources

In addition to the many employment related resources available on the Council's website [here](#), the following featured resources can assist people with disabilities in securing and retaining employment and benefits.

[MED Works: Medicaid for Employees with Disabilities](#)

Many people with disabilities feel that they may be able to return to work, but are fearful of losing their Medicaid benefits. MED Works is a program designed to allow disabled employees to work without fear of losing their Medicaid. MED Works offers the same coverage levels as regular Medicaid. There may be small monthly premiums based on the amount of money a worker earns.

[Vocational Rehabilitation Services](#)

Vocational Rehabilitation Services (VR), provides quality individualized services to enhance and support people with disabilities to prepare for, obtain or retain employment. The individual will work closely with a VR Counselor throughout the process. Through active participation in their rehabilitation, people with disabilities achieve greater level of independence in their work place and living environments

[Benefits Information & Work Incentive Fact Sheets](#)

The fact sheets listed on the Indiana Institute for Disability and Community (IIDC) website contain information about various state and federal work incentive programs for people with disabilities who are working, training for a career, or who may be beginning a job search.

For more information and support on work incentives, contact: INDIANA WORKS Work Incentives Planning and Assistance In Northern and Central Indiana: 1-855-641-8382 (toll free) In Southern Indiana: 1-800-206-6610 (toll free)

[JobDoozy](#)

If you're a job hunter with a disability in Indiana, JobDoozy has job listings from a variety of companies actively recruiting a diverse workforce in Indiana and telecommuting workers nationwide.

Upcoming Workshops

[Roadmap to Special Education: Laws and Process](#)

October 24
8:30 – 4:00 pm
Hotel Indigo
400 Brown Street
Columbus, IN 47201

September 28
8:30 – 4:00 pm
Harsha Behavioral Center
1420 E Crossing Blvd.
Terre Haute, IN 47802

[Register Here](#)

[Public Health Insurance What You Don't Can Cost You](#)

October 19
10:00 - 3:00 pm
Speedway United Methodist Church
5065 W 16th Street
Indianapolis, IN 46224

October 21
10:00 - 3:00 pm
First Christian Church
118 W Washington Street
Shelbyville, IN 46176

[Register Here](#)

[Life with Stress, Balance and a Plan](#)

November 10
6:30 - 8:30 pm
Northside Christian Church
4407 Charlestown Road
New Albany, IN 47150

[Register Here](#)

A [CRG Transition Workshop](#)

for
high school/college students
parents
teachers
guidance counselors
psychologists
disability service providers
and...YOU!

Got BOUNCE?
Resilience During the Transition to College



Why do so many smart students with LD, ADHD, Asperger's and mental health issues struggle once they go off to college? And how do they get back on track? Call [CRG](tel:3175759111) (317) 575-9111 to register/for more info:

Students: \$25.00
Non-students: \$50.00

Back by popular demand, this transition-to-college workshop teaches students (and those who work with them) about resilience. The ability to "bounce back" when challenges come up is key to success in higher education. Come hear from the experts - two college students with learning issues who are "bouncing back," their parents, and CRG's postsecondary disability specialist.

Thursday, October 29, 2015 (6:00 p.m. to 9:00 p.m.)
[Indiana Wesleyan Conference Center](#)
2777 Priority Way S. Drive, Indy 46240

5:45 - Registration/snacks
6:00 - Successful Transitions to College:
What We Know Works (Dr. David Parker)
7:00 - Panel Discussion (Erik, Zane, and their parents)
8:00 - Small Group Q&A with Student/Parent Panelists

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