

ASK



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Answers for families of kids with special needs

May 2016 ~ E-Newsletter

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Spring Time at ASK

Andrew VanGordon, Development & Marketing Manager

We are celebrating spring at About Special Kids! The common refrain around here is *Oh My! I Can't Believe School is almost Out!*

We are all looking at calendars to plan vacations, camps and coverage for our kids over the next couple of months. We are also very excited about two fun events that you can participate in with us. These events allow us to continue to serve families throughout Indiana. The details on how to register for them are below.

Walking for Dreams is a truly fun family friendly event. My family brings our dogs and wheels our son along the canal and celebrate that we helped raise a few dollars that ASK will use to help more families like ours. It would be great for you to join us, registration info is below – ask your friends and families to join and support you. We will have a registration table for you to sign in – but more importantly, we would enjoy meeting you.

Make sure to come and dance with the GEICO Gecko - he will be there during registration.



Golf Outing – thanks to **Anthem**, our title sponsor – we have a great outing planned for the 27th – come out and celebrate ASK beginning its 30th year of serving families and the 100th running of the Indy 500. A great way to sneak in a 4-day weekend and help About Special Kids.



**Grab The Leash and Join ASK
at
Walking for Dreams**

**Family and Pet 5k Walk
Sunday, May 22, 2016
2:00 pm Step-off**

Indianapolis Downtown Canal at Buggs Temple

Register to Walk

1. Go to www.walkingfordreams.org/
2. Left side of page click – **Walker Registration**
3. On the opening page for registration – you will have to click **I Agree** to proceed
4. You will see the following options – choose the one that fits you best
 - o Start a Team
 - o Join a Team
 - o Register as an individual



Don't want to create your own team – join About Special Kids team; then ask your family and friends to do so also.

[Sponsor a Walker / Donate](#)

1. Go to www.walkingfordreams.org
2. Left side of page click – **Make a Donation**
 - o Under 'Credit My Donation' click either Individual Walker, Team or **About Special Kids**

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About Special Kids Golf Outing

Friday, May 27, 2016
Registration and lunch 10:45 am
Shotgun 11:45 am



Hickory Stick Golf Club
4422 Hickory Stick Blvd.
Greenwood, IN 46143

[Register Here](#)



About Special Kids - needs Volunteers

May 22 ~ at Walking for Dreams
and/or
May 27 ~ at ASK's Golf Outing

Walk – volunteers are needed to help with set up and registration.

Time: **10:45 am – 1:30 pm (approx.)**
Location: **Buggs Temple on the Downtown Canal**

Golf Outing – volunteers are needed to help with set up, registration, greeting players, driving a cart (beverage or photo).

Time: **Varies by Task**
Location: **Hickory Stick Golf Course**

If you are able to help please let us know.
For complete details – email FamilyNetW@abousspecialkids.org

Preparing for Camp!

Peter Harris Baenziger, IU Pediatric Resident

Remember your first s'more or watching frogs splash into the water as you moved along the bank? Summer camps can be a source of great adventure and energy for kids during the summer (and a bit of a respite for parents, too)! Take the time today to find a summer experience for your child, whether day program or overnight or with the whole family. The ASK resource directory (<http://www.abousspecialkids.org/directory/>) can help; search for “camp” and filter to the counties surrounding you. Here are some tips for making the best of summer fun.

- Assess if your child is ready. Kids are probably emotionally ready for time away if they are asking to attend camp and they are comfortable with sleepovers or large crowds. If you're not sure, send with a buddy or hold off another year.
- Communicate the medical stuff. Send your child with a written complete medical history including diagnoses, allergies, medicines, surgeries, and devices. An ID bracelet is especially important for those with allergies, diabetes, seizures, and any medical devices like shunts, pumps, or g-tubes. (See the Riley Safety Store for ID bracelets: <https://safetystore.iu.edu/>)

- Get a checkup before you go. Be sure your child has had a complete health exam by a physician within the last year (contact your general pediatrician, who can also help with the aforementioned medical history).
- Ask camp about their plans. Ask about first aid supplies, medical protocols, and availability of medical personnel. A quality camp will have nursing present or nearby and a medical director on call at all times as well as protocols in case of injury or illness.
- Talk with your child about homesickness using words like “missing home” or “wanting mom and dad” and come up with a plan on what to do when feeling this way. Consider sending a comfort object easily held or worn during times of homesickness and tell the camp workers the “homesick plan”.
- Protect the skin. Send bug spray with 10-30% DEET (or 5-10% picaridin). This prevents uncomfortable bites as well as infectious diseases spread by mosquitos. Use a separate sunscreen with SPF-30 and zinc as one of the ingredients.



References:

- “[Resource Directory](#)” About Special Kids
- “[2015 Summer Safety Tips](#)” American Academy of Pediatrics
- “[Sun and Water Safety Tips](#)” American Academy of Pediatrics
- “[Keeping Kids Safe at Summer Camp](#)” WebMD



Trending at ASK

Students for APSE (SFA) 2016 - a collaborative program with [Project SEARCH](#) - will take place on June 19 and June 20, 2016 in Cincinnati, Ohio (at the Cincinnati Hilton Netherlands Plaza Hotel) in conjunction with the [2016 APSE National Conference](#).

**Please help them spread the word about this unique opportunity.
Registration is free and limited to 130 people.**

Event Description

This unique two-day program teaches high school transition students career strategies and provides hands-on experiences to prepare them for independence and success in the workplace. This event will also provide guidance to teachers and parents on how best to support young people going through the transition from high school to post-secondary education and/or the work world. Sessions will include navigating Social Security benefits, employer engagement, best practices and more.

Who Should Attend

- **High School Transition Students** looking to learn from recent graduates about the work world.
- **Parents and Families of High School Students** who want to have a chance to connect to other parents who are in a similar place as well as connect and learn from families who have helped their son/daughter navigate services after they completed high school.
- **Transition Teachers** looking to add employer engagement tools to their toolbox and learn about post-secondary education opportunities for their students.

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About Special Kids
7172 Graham Road
Suite 100
Indianapolis, IN 46250
USA

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