



November 2016 ~ E-Newsletter

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ASK Needs Your Help as We Head Into the Holiday Season

When faced with an arduous task, do you ever say to yourself, "I wish I didn't have to do this?" Here at ASK, we sometimes feel the same way. We wish there were not 270,000 children in Indiana living with a disability. We wish parents didn't have to face the uncertainties and stresses they have in their journey. However, the families ASK has served over the last 29-years are sure glad we are here to join them in their personal journey.

At ASK, everything we do is personal. Everything we do helps shape and support the choices and decisions that thousands of parents and professionals make to help children with special needs lead better lives. We take this responsibility very seriously and have continued to earn the confidence and trust of generations of Indiana families of children with special needs who have turned to ASK since we began in 1987. Your gift to ASK is "personal" it will help parents find hope for their child.

With your help, this holiday season, we can further our mission to help children with special needs live better lives by educating, empowering and connecting their families. Being a parent is not easy, in fact, being a parent is hard work. Having a child with a cognitive delay, birth defect, terminal illness, or traumatic brain injury or any other kind of disability adds a level of complexity that many parents never anticipate. ASK's parent liaisons also have a child with special needs, they personally understand the complexities, they are continually trained on the latest in the world of special needs.



We would like for you to help us serve our families by sending in your gift during this holiday season. It costs \$308 to serve a family for a year. Our support gets them through their initial crisis. We then, guide them to appropriate wrap around services for their child and family. ASK also explains their options for insurance, helps with school issues, and effective ways to properly advocate for their child. This model helps take strain off of the family and the community as a whole by empowering the family to address needs as they arise rather than continually being in crises.

We are not asking you to simply make a donation; we are asking you to help us make a difference in the lives of children with special needs. Please consider a meaningful gift to empower Indiana families.

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

Trending at ASK

Courtesy – Consortium for Citizens with Disabilities

Do Your Homework NOW

Do you already have health insurance through the Marketplace?

It is important to update your income and household information in the Marketplace to make sure you get the assistance that is available.

- This is a good time to check your health insurance coverage and see if it still meets your healthcare needs.
- You may enroll in a different plan each year or you will be automatically re-enrolled in your current plan or a similar one by December 15, 2016.
- If a new plan does not cover your providers or services, seek more information about transition rights.
- You should carefully read all health insurance notices and updates.

Why should you check your coverage?

- Even if you like your current health plan, new plans may be available and premiums or cost sharing may have changed since last year.
- Even if your income has not changed, you could be eligible for more financial assistance.
- If your income has increased, updating your information with the Marketplace will help avoid paying future penalties.

If you have a disability or a health condition, pay attention to details or possible changes:

- Are a broad range of health care providers included in the health plan's network of providers?
- Are there enough medical specialists in the network to meet your needs?
- Are needed medications included in the plan's list of covered drugs?
- Is there adequate access to non-clinical, disability-specific services and supports?
- Does the plan have service limits, such as caps or limits on the number of office visits for therapy services?
- Are mental health services covered to the same extent that other "physical" health benefits are covered?

Where to get help?

Purchasing health insurance can be complicated. If you or your family member needs assistance with understanding the options, healthcare.gov can help. This website has information about seeking assistance in local communities, explanations of health insurance terms, enrollment information, assistance with out-of-pocket cost estimation and much more. There is also a 24-hour phone line for consumer assistance at 1-800-318-2596 to call for help.

Upcoming ASK Community Workshop

Public Health Insurance: What You Don't Know Can Cost You

This training provides parents and professionals with information about public health insurance programs that can be accessed by families caring for children with special needs. It includes information on Medicaid, Medicaid Disability, Medicaid Waivers, Children's Special Healthcare Services, Hoosier Healthwise, SSI (Supplemental Security Income), and private insurance.

November 12 – 9:00 – 12:30

Rolling Fields Baptist Church

1858 E 8th St, Jeffersonville, IN 47130

Cost: (\$40 – Family Member / \$75 – Professional)

[Register](#)

Mi hijo tiene necesidades especiales: ¿Qué debo hacer? - Indianapolis

Descubrir que su hijo tiene necesidades especiales puede ser agobiante. Algunas reacciones comunes pueden ser "¿Qué hago ahora?", "¿Dónde comienzo?" Esta formación proporciona a las familias una idea general simplificada de lo que pueden hacer para:

- encontrar apoyo para su hijo y la familia,
- encontrar apoyo para su hijo y la familia,
- encontrar los recursos financieros para pagar los servicios, y
- le ayudará a comenzar a pensar sobre el futuro

Esta formación está orientada a ayudar a los padres a planificar los próximos pasos para sus hijos y la familia.

November 21 – 7:00 - 8:45pm

St. Lawrence Church

4650 N Shadeland Ave

Indianapolis, IN 46226

Cost: FREE

[Register](#)

Contact: Patty Reed

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Hungry?

This month's recipe comes courtesy of Gina Petty, ASK receptionist, has been at About Special Kids since 2009. [Check out her bio](#)

Easy Chicken Pot Pie

Ingredients

- 6-boneless, skinless chicken tenders
- 1-pkg. prepared pie crust (containing 2 pie crusts)
- 1-bag frozen mixed vegetables
- 1-can cream of chicken soup (not mixed with milk)
- 1-2 sprinkles of tarragon
- Salt & pepper to taste (I use Mrs. Dash)
- 1-onion chopped
- 2-potatoes boiled, skinned, and diced

Instructions

- > Add ¼ cup water to skillet sprayed with olive oil spray, cook/steam chicken tenders until tender and juicy and dice.
- > Unfold one of the pie crusts and place in pie plate. Cover edges of pie crust with foil so they won't overbake. Bake as instructed on package.
- > Mix vegetables, chicken, soup, onion, potatoes, and seasoning in the skillet with chicken drippings and cook over medium heat until hot – don't overcook.
- > Pour into baked pie crust.
- > Carefully unfold 2nd pie crust and place on top of filling. Pinch around edges of pie crust to seal. With knife make several slits to vent. Bake as instructed for pie crust. If you want you can cover edges with foil and remove to brown the last 6 minutes or so.



Giving Tuesday

This year, on Tuesday, November 29, About Special Kids is participating in #GivingTuesday, a global day dedicated to giving.

Last year, more than 45,000 organizations in 71 countries came together to celebrate #GivingTuesday. Since its founding in 2012, #GivingTuesday has inspired giving around the world, resulting in greater donations, volunteer hours, and activities that bring about real change in communities. We invite you to join the movement and to help get out and give this November 29

Stay Tuned

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