



## April 2017 ~ E-Newsletter

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### Grab the Leash, Pooch and Family

Come and join ASK on May 21<sup>st</sup> as we Go Walking for Dreams; a fun family and pet 5k walk. Walking for Dreams is kid friendly with plenty of music & face painting – the GEICO Gecko may be there to dance with too.

Go online to [register](#) get your family and friends to do the same – have a fun competition to see who can raise the most and to get together the most walkers to join your team to help About Special Kids. **New This Year** – you can now join as a family or group – so get your office, church, or sports team involved in one fell swoop. **Prizes for team/individual that raise the most money and team with the most walkers!!!!**



1. Go to [www.walkingfordreams.org](http://www.walkingfordreams.org)
2. Left side of page click – **Register to Walk**
3. On the opening page for registration – you will have to click **I Agree** to proceed
4. You will see the following selections – choose the one that fits you best

### Event Registration

I would like to:

[Start a Team](#)

[Join a Team](#)

[Register as an individual](#)

[Register as a family or group](#)



If you do not want to create your own team, ASK has already created one; just select – "About Special Kids – Leader: Andrew VanGordon" ~ ask your family and friends too



**A Great Big Thank You to the following Walk Sponsors Supporting ASK (to date)**

### Event Sponsors





**HighStepper Sponsor**



**Hydration Station Sponsor**



**Complete Instructions and to Register**

## Autism Clinical Trial for Children 3 – 8 years (Sponsored)

Do you know a 3-8 year old who has Autism?  
Would you like to learn about something new in Autism Research?

The Blüm Study is a Phase 3 clinical research study for autism – it is enrolling across the United States!

CM-AT, an investigational drug, represents a new approach to treating autism that focuses on the important relationship between the gut and the brain.

There are no needles and no pills!

Meet the Blüm Study team from the Research Institute of Deaconess Clinic. Call us at (812) 474-7184 to learn more.  
[www.blumstudy.com](http://www.blumstudy.com)

Research Institute of Deaconess Clinic  
Newburgh, IN

[info@blumstudy.com](mailto:info@blumstudy.com)

Do you know a 3-8 year old child who has autism?

Introducing a 14-week study to see if an investigational medication may reduce symptoms of autism.

**NO PILLS**

**NO NEEDLES**

**NO COST**

Participants receive:

- study-related examinations and medication
- reimbursement for travel

To learn more, please contact:

Research Institute of Deaconess Clinic  
Phone: (812) 474-7184  
Toll Free: (877) 654-0311  
Email: [Amanda.Johnson@deaconess.com](mailto:Amanda.Johnson@deaconess.com)  
Website: [www.blumstudy.com](http://www.blumstudy.com)

**blüm**

## Trending at ASK Public Hearings Set on VR - "Order of Selection" Proposal

Public hearings have been scheduled in Indianapolis, South Bend and Evansville for the public to provide comments regarding Indiana's Bureau of Rehabilitation Services proposal to implement "Order of Selection" in providing vocational rehabilitation (VR) services.

**Under the proposal, individuals with the most significant disabilities will be selected first to receive VR services.**

What does "individual with a most significant disability" mean? Federal regulations do not specifically define "individual with a most significant disability." Guidance is provided that the Order of Selection "must be based on a refinement of the three criteria in the definition of 'individual with a significant disability.' The three criteria includes:

1. The person must have "a severe physical or mental impairment that seriously limits one or more functional capacities (such as mobility, communication, self-care, self-direction, interpersonal skills, work tolerance, or work skills) in terms of an employment outcome;"
2. The person's VR needs "can be expected to require multiple [VR] services over an extended period of time;" and
3. The person "has one or more physical or mental disabilities resulting from [a very comprehensive list of enumerated conditions], or another disability or combination of disabilities determined ... to cause comparable substantial functional limitation.

Comments can be provided at one of the public meetings, at a call in meeting, or can be mailed in. Comments will be accepted until 4 p.m. (EST), April 25, 2017.

[Learn more](#)



## Hungry?

This month's recipe comes courtesy of a Parent Liaison – [Learn more about ASK's staff](#)

## Mini Ham Sandwiches



### Ingredients

- 2 – Packages small Pepperidge Farm Party Rolls
- 1 – 8 oz. package sliced ham
- 1 – 6 oz. package sliced Swiss cheese
- 1 – Stick of butter or margarine, melted
- 1-½ – tbs poppy seeds
- 1-½ – tbs Worcestershire
- 1-½ – tbs prepared mustard
- 1 – tsp minced onion

### Directions

Slice rolls lengthwise

Layer ham and cheese on bottom of rolls.

Put top half of rolls back in place.

Mix remaining ingredients and pour over rolls.

Pre-heat oven - 350°

Allow margarine to set in by leaving rolls on counter.

Cover with foil and bake for 20-minutes at 350°.

**Enjoy!**

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## Upcoming Trainings and Workshops

### **Roadmap to Special Education: Laws and Process**

This all-day workshop provides basic information about special education laws and regulations for Indiana children ages 3-21. In addition, this training will provide information on how to prepare for a case conference and write an IEP. This is a great learning opportunity for family members and professionals who advocate for children with disabilities or chronic illnesses.



**Family Member:** \$40

**Professionals:** \$75

April 26 ~ 8:30 AM  
ProKids  
6923 Hillside Court  
Indianapolis, IN 46250  
[Register](#)

April 26 ~ 8:30 AM  
The WILL Center  
One Dreiser Square  
Terre Haute, IN 47807  
[Register](#)

### **My Child is Transitioning to Adulthood: What Now?**

Transition planning offers youth with disabilities a path to connect their daily high school activities to their goals for independent life after completing high school. This training will discuss options and how to start making plans to set up a positive future. Some areas covered will be:

- Transition IEPs
- Options for after High School: Employment, Secondary Education, Day Centers, etc.
- How to stay involved in the Community: Volunteering, Recreation, etc.
- Independent Living / Support Living
- Financial Planning
- Other Community and State Resources

**Family Member:** \$0

**Professionals:** \$25

April 25 ~ 9:30 AM  
The Commons  
300 Washington Street  
Columbus, IN 47201  
[Register](#)

May 3 ~ 1:00 PM  
ProKids  
6923 Hillside Court  
Indianapolis, IN 46250  
[Register](#)

May 16 ~ 6:00 PM  
The League for the Blind and Disabled  
5821 S Anthony Blvd - Community Room A  
Ft. Wayne, IN 46816  
[Register](#)

### **It's Not WHAT You Say . . . It's HOW You Say It: Effective Communication**

Communication is a key factor when working with individuals and organizations. This is geared to help you build positive working relationships with schools, medical professionals, and groups or committees through improved communication skills. Topics such as partnerships, negotiation, and listening will be addressed.

**Family Member:** \$10  
**Professionals:** \$10

May 2 ~ 6:00 PM  
First Baptist Church  
309 E Adams Street  
Muncie, IN 47302  
[Register](#)

May 9 ~ 1:00 PM  
About Special Kids  
7172 Graham Road, Suite 100  
Indianapolis, IN 46250  
[Register](#)

### A Life with Stress, Balance and a Plan

Parents of children with special needs live with added emotional, medical, social and financial challenges. These extenuating circumstances can often lead to feelings of loneliness, depression, marital and family problems and health issues. We will focus on identifying types of stressors, coping mechanisms and providing ways to incorporate them into everyday life, and the importance of good communication.

**Family Member:** \$10  
**Professionals:** \$25

April 26 ~ 9:00 AM  
The League for the Blind and Disabled  
5821 S Anthony Blvd - Community Room A  
Ft. Wayne, IN 46816  
[Register](#)

April 17 ~ 6:00 PM  
The WILL Center  
One Dreiser Square  
Terre Haute, IN 47807  
[Register](#)

### ASK & Learn Sessions

The family-specific sessions are an opportunity for parents or caregivers to ask questions and learn about resources, programs, and services that may benefit their child, with the added benefit of a small group, community-based setting and face-to-face interaction with trained and experienced ASK Parent Liaisons.

Sessions are geared to families that have called and spoken with a parent liaison at least once within the past year; however, ASK is happy to serve any family raising a child with special needs that may have an interest in attending (*if space allows*). Please note that any family that is new to ASK will need to provide additional information for our documentation.

At ASK & Learn, parents or caregivers can expect to:

- hear and receive information on various topical resources that are of interest to many families raising children with special needs;
- have the opportunity to have some of their specific questions addressed
- learn from the questions that other parents ask, as they are answered and discussed
- be empowered with more information, resources and ideas that can be used to help their child reach his/her potential.

Space is Limited and **Registration is Required.**

Each session is intentionally limited in size to allow for individualized attention, facilitation of discussion and resource sharing.

Please note that children CANNOT be accommodated due to session formatting and space.

**Family Member:** \$0  
**Professionals:** \$0

April 18 ~ 2:00 PM ~ [Register](#)

May 12 ~ 12:00 PM ~ [Register](#)

May 24 ~ 2:00 PM ~ [Register](#)

[Questions asktraining@aboutspecialkids.org](mailto:asktraining@aboutspecialkids.org)

### ASK thanks our 2017 Sponsors



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