

ASK



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Answers for families of kids with special needs

January 2017 ~ E-Newsletter

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ASK is Pleased to Introduce Sara



Sara is ASK's newest team member serving Indiana families as a parent liaison. She received her Master's degree from UNC-Chapel Hill where her career goal was to work with individuals with disabilities and their families, advocating and educating. Several years later, she had her own child with a disability. Sara has been a volunteer for Spina Bifida Association of Indiana, as an outreach coordinator. She would often be the first point of contact for a family after the birth of their child. She also conducted support group meetings and helped families navigate the world of Spina Bifida. Her past work experience includes clinical work with Damar Services and Valle Vista Health Systems. She is the mother of two children and three dogs. In her spare time, Sara enjoys simply hanging out with her family. Sara is excited to be a member of the ASK team and looks forward to serving families in Indiana.

Please Join us in Welcoming Sara to the ASK Team



Trending at ASK

ASK parent liaisons are answering questions from caregivers about bullying. What is bullying?

According to stopbullying.gov: Bullying is unwanted, aggressive behavior among school aged children that involves a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated, over time. Both kids who are bullied and who bully others may have [serious, lasting problems](#).

In order to be considered bullying, the behavior must be aggressive and include:

- An Imbalance of Power: Kids who bully use their power—such as physical strength, access to embarrassing information, or popularity—to control or harm others. Power imbalances can change over time and in different situations, even if they involve the same people.
- Repetition: Bullying behaviors happen more than once or have the potential to happen more than once.

Bullying includes actions such as making threats, spreading rumors, attacking someone physically or verbally, and excluding someone from a group on purpose. [Learn More](#)



Hungry?

This month's recipe comes courtesy of Lorrie Dunkleberger, ASK parent liaison since 2008. Checkout her [bio](#)

Manicotti

Homemade Shells

- 1-1/2 cups flour
- 1 cup milk
- 3 large eggs
- 1/2 tsp salt

Mix all together grease a small frying pan put just enough dough to cover bottom of pan. Cook until done on both sides. Stack between wax paper. Should make around 18

Filling

- 1-1/2 Cups Ricotta cheese



1/4 Cup Romano cheese
2 large eggs
1/2 cup Mozzarella cheese
1 tbsp. parsley
Garlic to taste

Sauce

24 oz. of your favorite spaghetti sauce

Preheat oven to 325 degrees. Mix all of filling ingredients together. Take a 9x13 baking dish put spaghetti sauce on the bottom. Take Shells and fill one side and roll. Place in baking dish seam side down. Continue until all shells are filled. Place Provolone cheese on top of the manicotti and then the rest of the spaghetti sauce. Bake at 325 until cheese is all melted.



Enjoy!

Need Ingredients for Your Manicotti?

Consider shopping for them at Kroger with your Kroger Plus Card.

Kroger offers a wonderful Community Rewards ® program that you can enroll, each time you swipe your Kroger Plus Card a percentage of your purchase comes to ASK. Last year, Kroger donated more than \$51-million to charities their customers chose to support with their shopper's card.

This is a very easy way you, your friends, and your family can shop for groceries while supporting About Special Kids. The GREAT thing is that you still get your normal point perks.

This takes just a couple of minutes to complete!

See below on how to Enroll or Renew in the program – please share with everyone in your social/family network

TO HELP **ASK** THROUGH KROGER'S COMMUNITY REWARDS PROGRAM:

- Simply register online at krogercommunityrewards.com
- Be sure to have your Kroger Plus card handy and register your card with About Special Kids when you sign up. (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 are 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.

Go Online Today to make sure you have ASK as your charity of choice – You need to renew your selection annually in order to continue to support ASK. To verify you are supporting ASK at the bottom of your receipt you will see

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ABOUT SPECIAL KIDS

Upcoming ASK Community Workshops

Life with Stress, Balance and a Plan

- February 2nd – 1:00 – 3:00 p.m. – Ft Wayne
- March 16th – 6:00 – 8:00 p.m. – Ft. Wayne

My Child Has Special Needs: Now What?

- February 9th – 6:00 – 8:00 p.m. – Ft. Wayne
- February 23rd – 1:00 – 3:00 p.m. - Indianapolis
- March 6th – 6:00 – 8:00 p.m. – Lafayette
- March 22nd – 10:00 – 12:00 p.m. – Ft. Wayne

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

- February 21st – 1:00 – 3:00 p.m. – Ft. Wayne
- February 22nd – 6:00 – 8:00 p.m. – Lafayette

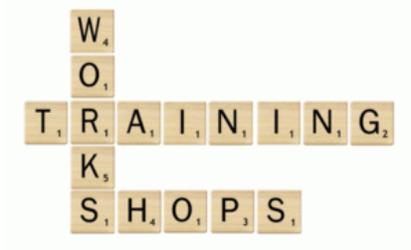
Roadmap to Special Education: Laws and Process

- March 7th – 8:30 – 4:00 p.m. – Ft. Wayne

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

- February 14th – 10:00 – 3:00 p.m. – Indianapolis

To learn more and register <http://www.aboutspecialkids.org/training/training-descriptions/>



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