



March 2017 ~ E-Newsletter

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Trending at ASK

Effective April 1, 2017, **MDwise** will no longer be an authorized health plan for Hoosier Care Connect (HCC).

Both **Managed Health Services (MHS)** and **Anthem WILL** remain with the program, meaning that MDwise Hoosier Care Connect members will have the option to choose either MHS or Anthem to coordinate their care. To see a side-by-side plan comparison [click here](#).

MDwise will continue to serve Healthy Indiana Plan and Hoosier Healthwise members. If you are unsure what plan you have, call MDwise at 1-800-356-1204 or HHC Helpline at 1-866-963-7383.

Members who are currently served by MDwise Hoosier Care Connect should have received a letter informing you there was a **one-month** open enrollment period, this **ENDS TOMORROW**. Members who have not chosen either MHS or Anthem by **March 15, 2017**, will be assigned to one of these two health plans.

In addition, members will need to contact their new plan provider and inquire about in-network pharmacies. It is important to note that MDwise members only use Walgreens and Anthem and MHS members cannot use Walgreens.



We encourage you to share this message with others. If you would like to better understand your options contact your parent liaison at About Special Kids – 317-257-8683 / 800-964-4746

[Click to read the full press release](#)

March Is Disability Awareness Month

By Indiana Governor's Council for People with Disabilities



GOVERNOR'S COUNCIL FOR PEOPLE WITH DISABILITIES

Often, people with disabilities who are successful, athletic, employed or simply good neighbors are put in the spotlight as an inspiration to others. Through portrait-style photography and attention-grabbing copy, this year's Disability Awareness Month theme and poster artwork - "I'm Not Your Inspiration" - emphasizes that people with disabilities are people first. They are co-workers, classmates and neighbors who want to be fully included in their communities - just like everyone else.

[Find Out more Information and Where Awareness Events are in Your Community](#)

Hungry?

This month's recipe comes courtesy of Andrew VanGordon, ASK development & marketing manager since 2014. Checkout his [bio](#)

Egg & Sausage Casserole

Ingredients

- 1 – pound Pork Sausage
- 1 (8 ounce) package refrigerated crescent roll dough
- 8 eggs, beaten
- 2 cups shredded mozzarella cheese
- 2 cups shredded Cheddar cheese
- 1 teaspoon dried oregano



Directions

Prep 15 m ~ Cook 35 m ~ Ready In 50 m

- Place sausage in a large, deep skillet. Cook over medium-high heat until evenly brown. Drain, crumble, and set aside.
- Preheat oven to 325 degrees.
- Lightly grease a 9x13 inch baking dish.
- Line the bottom of the prepared baking dish with crescent roll dough, and sprinkle with crumbled sausage.
- In a large bowl, mix beaten eggs, mozzarella, and Cheddar. Season the mixture with oregano, and pour over the sausage and crescent rolls.
- Bake 25 to 30 minutes in the preheated oven, or until a knife inserted in the center comes out clean.

Tip ~ Aluminum foil can be used to keep food moist, cook it evenly, and make clean-up easier.



Enjoy!

Need Ingredients for Your Casserole?

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

Kroger offers a wonderful Community Rewards ® program in which 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!

[Follow this link for info on how to Enroll or Renew your card – please share with everyone in your social/family network](#)

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. Look on the bottom of your cash register receipt to verify you are supporting ASK, where you will see:

**2017 Kroger Community Rewards
Thanks for joining us in supporting
ABOUT SPECIAL KIDS**

Upcoming ASK Community Workshop

My Child Has Special Needs: Now What? - Ft. Wayne

Mad Anthony's Children's Hope House

7922 W. Jefferson Blvd.
Ft. Wayne, IN 46804
March 22, 2017
10:00 AM - 12:00 PM

[Click ~ To learn more and register](#)

Price for Family Member: \$0

Professionals: \$25

Contact: Cindy Robinson ~ asktraining@abouthealthkids.org

Phone: 317-257-8683 / 800-964-4746



Is a Service Animal Right for Your Child

By Amanda Stovall, Indiana University Pediatric Physician Resident

We all need a little help from friends at one point or another. These relationships help us grow and support us in doing things that we might not have thought we were capable of achieving. For those with a disability, who often have to rely on others for many different aspects of daily living, having another "someone" to help open doors, both literally and figuratively, can greatly improve their quality of life.

According to the Americans with Disabilities Act, a service animal is a dog that is trained to do work, or perform tasks for people with a disability. You may have seen a dog guiding a visually-impaired person across the street, or one that picks up a bag dropped by someone in a wheelchair, but dogs can be trained in many more ways to help people with various physical and mental disabilities. For example, dogs

can detect when someone with diabetes has low blood sugar, and alert them. They can also be trained to stop a repetitive, potentially harmful behavior, such as in someone with Obsessive Compulsive Disorder. Other common assistance include providing support for walking or transferring from a bed to a wheelchair, retrieving objects on command, and alerting to the sound of a door bell or alarm. Whatever the person's disability, service dogs are trained to help them lead the most independent lives possible.



Service animals are allowed to go wherever the general public can go. This includes schools, stores, restaurants, and doctors' offices. There are no breed specifications, although some of the most common breeds include Labrador retrievers, golden retrievers, and German Shepherds. They are often seen wearing vests, or collars that show they are a service animal, and must be kept on leashes in public, as long as it does not affect their ability to perform their duties.

Emotional support animals can also provide a great service for children and families. Unlike service animals, which are restricted to dogs and miniature horses, emotional support animals can be any animal, and do not require the extensive training of service dogs. An emotional support animal provides comfort and companionship for someone who has a mental health disorder. For example, for someone suffering from depression, having a dog or cat at home can provide a relationship that booster one's sense of well-being. Caring for the animal can also provide a sense of purpose and reliance. These animals are not allowed in public areas off limit to other animal like service dogs; however, they are considered a "reasonable accommodation" according to the federal Fair Housing Act. This means that they would be allowed to live in an apartment/house that has a "no pets" rule. (Note there are some major exceptions to this rule, and would need to be discussed with the individual's landlord.)

Having a service dog or emotional support animal can provide many great benefits for someone with a disability, but it is a two-way street! Just like any other pet, they need to be provided with a loving home where they are taken out multiple times per day, be provided with food and water, and can get exercise and play daily. Everyone in the home needs to be on board to help make the match a success for both the person and animal.

If you believe a service animal, or emotional support animal would benefit your child and family, please contact your local ASK parent liaison and see the links below for further information and how to start the process of applying.

To Learn More About Service Animals:

Canine Companions for Independence: <http://www.cci.org>

ICAN (Indiana Canine Assistance Network): <http://www.icandog.org>

American's with Disabilities Act: https://www.ada.gov/service_animals_2010.htm

Michigan State Animal Law: <https://www.animallaw.info/article/faqs-emotional-support-animals#sl>

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