

# ASK

About • Special • Kids



Resource Directory



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**ASK E-Newsletter | November 2017**

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**Our ASK Founders**

## **Upcoming ASK Trainings**

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

[November 27th - Indianapolis](#)  
[10:00 a.m. - 12:00 p.m.](#)

[November 27th - Muncie](#)  
[6:00 p.m. - 8:00 p.m.](#)

### **My Child Has Special Needs: Now What?**

[November 16th - Linton](#)  
[6:00 p.m. - 8:00 p.m.](#)

[February 17th - Jeffersonville](#)  
[12:30 p.m. - 2:30 p.m.](#)

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

[January 20th - Jeffersonville](#)

## **Celebrating Our Beginning & Honoring Our Founders**

About Special Kids was incorporated as the Indiana Parent Information Network (IPIN) 30 years ago by two parents (one from a family of a child with a developmental disability and one from a family of a child with serious chronic illness) and two professionals (one in medical social services and one in special education).



On November 2nd we remembered our beginnings at a kitchen table, a very personal place that brought our co-founders together in 1987, to talk, plan and create the vision for IPIN, now ASK. The kitchen table is where families of children with

special needs will always come together to talk about challenges, questions, and dreams that we all share through ASK's unwavering mission to **help children with special needs live better lives by educating, empowering, and connecting their families.**

At our 1st Annual Kitchen Table event we honored our four amazing founders, Donna Gore Olsen, Linda Hankins, Dr. Lann Thompson, and Gary Collings. We would like to thank our MC for the day, Patty Spittler, as well as everyone that came out to celebrate with us.



## **Navigating the Transition to Adulthood**

*by Riley Children's Health*

The Center for Youth and Adults With Conditions of Childhood (CYACC) at Riley Hospital for Children at Indiana University

[12:30 p.m. - 2:30 p.m.](#)



## Contact Us

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## ASK Thanks Our 2017 Sponsors

Health is a program run by Riley Hospital physician Dr. Mary Ciccarelli. The center helps youth ages 11 to 22 with chronic health conditions transition from seeing pediatric physicians to adult care physicians.

A smooth transition sets the path for a better future for youth and their families. The teen years can be a vulnerable time, including urges to try risky activities. Youth need their families through this time, and parents need the skills to support and educate their children.

The CYACC is a unique, creative solution to the healthcare issues children face during teen and young adult years. At the first transition visit, Riley's team of social workers, nurses, and doctors will work with you and your child to look at strengths, current services, and future goals and needs. Together, our team collaborates with families to work through tough topics like independent living, healthcare financing, primary and subspecialty care, health habits, self-management, mental health, decision making, education and employment, family and caregiver support, socialization, and transportation. After the appointment, our care coordinators help you and your child work your way through the transition process.

To learn more about the Center for Youth and Adults With Conditions of Childhood, [click here](#). To schedule your first transition visit, call the CYACC at 866.551.0093 or [click here](#) to make an online appointment.

## *Meet an ASK Founder*

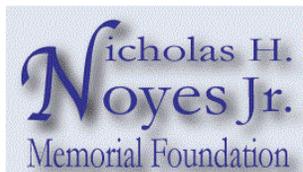
This is About Special Kids 30th year of serving Indiana families of children with special needs. In 1987 we were founded by four individuals under the name Indiana Parent Information Network (IPIN). On November 2nd ASK honored our founders at a fundraising breakfast. Last month we introduced you to Linda Hankins. This month we would like to introduce you to:



**Dr. Lann Thompson.** Lann has a Doctorate and a Masters Degree in Counseling Psychology along with a Masters Degree in Social Work. He has over 44 years of experience working with interdisciplinary treatment teams serving persons with disabilities and their families in Indiana, South Dakota, and Wisconsin. He retired in August 2013 as Associate Director for the Riley Hospital Child Development Center LEND (Leadership Education



**Riley Children's Health**  
Indiana University Health



**ESKENAZI**  
**HEALTH**



**Trending at ASK:**  
**Open Enrollment**

Open Enrollment for 2018 health insurance started November 1st. You can enroll, re-enroll, or change plans for 2018 through the Health Insurance

in Neurodevelopmental and related Disabilities) Interdisciplinary Training Program at the Indiana University School of Medicine. He remains on faculty teaching graduate courses at the Indiana University School of Social Work (IUSSW). Dr. Thompson is recognized for his enthusiastic devotion to teaching, interdisciplinary teamwork, telehealth, expertise in grant development and review, distance learning, knowledge of transition issues for youth and families, and advocacy for minorities.

Dr. Thompson has held leadership roles on many national and state boards, including service as President of the Indiana Chapter, National Association of Social Workers (NASW).

As a founding board member of About Special Kids, Inc., Dr. Thompson served on the board for many years. In addition to teaching as Associate Faculty at IUSSW he provides training workshops and continues to support various organizations and coalitions through committee and board leadership.

### **Preparing for Cold Weather**

*by Dr. Alyson Greenwell*

The leaves are changing, Halloween has come and gone and the weather is getting colder. The weather poses a difficult situation for children with special healthcare needs, as they may not be able to communicate if they are too cold or too warm.

If your child is unable to communicate if they are at a comfortable temperature, be sure to dress your child similar to the way you are dressed. For example, if you are comfortable outside in just a light jacket, a light jacket and maybe one additional layer should be sufficient. If you require a winter coat, hat, gloves and a scarf, your child will require those as well.

For children with abnormal temperature regulation (hypothalamic dysfunction or autonomic storming among others, unable to regulate his or her temperature well), they will require more monitoring while out in the cold, bring a thermometer and periodically check their temperature and if their skin feels cold. Be sure to bring additional hats, gloves, scarfs and blankets whenever you plan to be outside. Also be sure to bring waterproof or water resistant clothing and shoes/boots in case of rain, sleet or snow. A wheelchair bag is an excellent place to store these during the winter months.

It can be easy to overdo the winter apparel and your child may become uncomfortably warm. Be sure to monitor how your child is doing while outside, if they start sweating, become

Marketplace.

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<https://www.healthcare.gov/blog/open-enrollment-2018-tips/>

flushed or acting more fussy/irritable, they may be uncomfortably warm. If this is the case, remove layers gradually to avoid rapid temperature changes. For example, remove a scarf or blanket or replace large winter coat with a lighter coat.

Another consideration is that certain medications are affected by freezing weather, be sure to store medications in an area that can maintain an adequate temperature.

Winter can be worrying for families of children with special health care needs. However, if families are well prepared for the cold and wet weather, children can enjoy the fun activities of the season.