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ASK E-Newsletter | October 2020

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Contact Us

About Special Kids (ASK)

Central Office
7172 Graham Road
Suite 100
Indianapolis, IN 46250
317.257.8683
1.800.964.4746 (toll-free)
familynetw@aboutspeakids.org



Member of the Parent to Parent USA Alliance,
Committed to Parent to Parent USA-Endorsed Practices

It is Down Syndrome Awareness Month

Thank You for Attending the ASK Virtual Founders Kitchen Table Breakfast!

The ASK Founders Breakfast was held virtually on the morning of Thursday, October 1, 2020. We were thrilled to honor this year's ASK Founders Award recipients, Paige Moore and the Student Self-Advocates of Monroe County.



If you missed the event, you can view an archived version of the Breakfast [HERE](#). Don't miss the opportunity to learn more about ASK and our incredible honorees for 2020.

The ASK Founders Breakfast is our key fundraising event. If you would like to donate, please text SUPPORTASK to 44-321 or you can [DONATE HERE](#). It is not too late to support ASK as we continue to serve Indiana families raising children with special needs.

Fall, the Flu, and Keeping Your Family Safe

With the start of school and the summer heat cooling down, it's time to gear up for the fall! Unfortunately, besides the smells of leaves and lattes, the viral season starts to take shape alongside. This year, COVID-19 is a part of the company of influenza, RSV, and other

DOWN SYNDROME AWARENESS MONTH

"When you focus on someone's disability you'll overlook their abilities, beauty and uniqueness. Once you learn to accept and love them for who they are, you subconsciously learn to love yourself unconditionally."

-Yvonne Pierre



Learn more about celebrating the abilities of individuals with Down Syndrome [HERE](#).

October is ADHD Awareness Month



Common questions and reliable answers about ADHD [HERE](#).

FREE Upcoming ASK Zoom Training

Sponsored by Gordon Homes of MassMutual.

Life with Stress, Balance and a Plan

Tuesday, 10/20/2020
6:00-8:00 PM

Visit our website for more information and registration at [ASK Events](#) or call 800-964-4746.

October is Dyslexia Awareness Month

This is an opportunity to show

respiratory illnesses that present during the fall and winter seasons. Here are some handy tips from the American Academy of Pediatrics (AAP) to keep your child and family safe during this season.

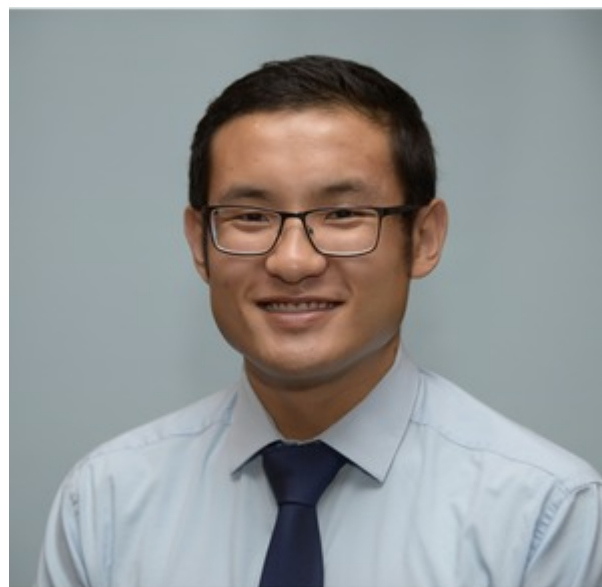
- Certain viruses can live on surfaces, objects, and even in the air for some time! To keep them at bay, always wear a face mask when leaving your home or when around others. Also avoid sharing items like eating utensils and glasses.

- Hand washing for at least 20 seconds is the best way to keep your hands clean from bacteria and viruses, including COVID-19.

- Hand sanitizer that contains at least 60% alcohol also can be used if soap and water are not readily available. The AAP recommends keeping hand sanitizers out of reach from children as a small amount of swallowed hand sanitizer can cause alcohol poisoning. Symptoms of alcohol poisoning include vomiting, sleepiness, seizures, and coma.

- Get your flu shot! Influenza is preventable and most children who become ill from the flu don't get vaccinated. Not only does it keep your child from getting sick, but it also helps protect others. Most kids and adults can get the flu vaccine, even with underlying medical conditions. Flu shots are readily available from your doctor's office, pharmacies, and even some grocery stores.

If your child starts developing symptoms of a viral infection, including fever (usually above 101°F), chills, sore throat, dry cough, vomiting, or diarrhea, you should keep your child home from school. Regarding COVID, the most common associated symptoms are cough, fever, and shortness of breath. Uniquely, a loss of smell or taste occurs more often with COVID infection than other respiratory viruses. Call your doctor if any of these symptoms are present or if there are other concerning symptoms, and he or she can give more information regarding viral testing, treatment, and home monitoring. Your doctor or health department will tell you when it is appropriate for you or your child to return to school or work.



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Internal Medicine-Pediatrics Residency Program
Indiana University School of Medicine

your support and spread awareness.



More information is available from the [International Dyslexia Association](#).

October is National Disability Employment Month



OCTOBER IS NATIONAL
DISABILITY
EMPLOYMENT MONTH

This month is the 75th year observance of National Disability Employment Awareness Month. Along with our community partners like **HANDS in Autism® Interdisciplinary Training and Resource Center**, ASK supports all efforts to ensure individuals with disabilities are provided opportunities for meaningful employment.



A Special Thank You to the 2020 ASK Founders Breakfast Sponsors

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ASK Wishes You a Safe and Happy Halloween!

Hands in Autism has recently created the following toolkit to provide guidance and resources to support individuals with ASD in the workforce. **Supporting Individuals with Autism and Related Disabilities Toolkit** is available as a [FREE Download](#). The toolkit is to assist employees and employers with awareness information for both.

Thank You to [Big Squirrel Productions](#) for Making our First Virtual Event a Tremendous Success!



Please, visit the [Event](#) page on the ASK website for family friendly opportunities in the month of October.

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7172 Graham Road
Suite 100
Indianapolis, IN 46250
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