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## ASK E-Newsletter | September 2020

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### Registration is Now Open for the ASK Virtual Founders Kitchen Table Breakfast!



The ASK Founders Breakfast, one of our most celebrated events, will be virtual this year. While this will seem different than the Founders Breakfasts of years past, we are excited for new opportunities such as the ability for ASK supporters from all over the state to join as we reflect on the year and celebrate the recipients of the 2020 ASK Founders awards.

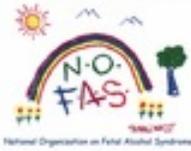
This year we will be honoring two amazing awardees. **Register to see which Indiana youth were selected for their advocacy efforts to help make the future better for other children/teens with special needs.**

The Virtual ASK Founders Breakfast will be held on Thursday, October 1, 2020, at 8:00 am. Registration is free and accessible [HERE](#).

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](#). We are incredibly grateful for our 2020 Founders Breakfast Sponsors. The 2020 Breakfast Sponsorship Packet is available [HERE](#) if you are interested in sponsoring this event.

In celebration of our Founders and in the spirit of the Breakfast, Chef Twinkle VanWinkle from the Patachou Foundation is sharing a special

September is  
**FASD**  
FETAL ALCOHOL SPECTRUM DISORDERS  
Awareness  
Month



Download the [FASD AWARENESS MONTH/DAY 2020 PACKET](#)

Sunday, August 16th was a beautiful day on the canal. Thank you for supporting ASK and Walking for Dreams.



Honoring the Special NICU Babies this Month.

Read some inspiring stories [HERE](#):



**FREE Upcoming ASK Zoom Trainings**  
Sponsored by Gordon Homes of

breakfast recipe with our extended ASK family. We are grateful to Chef Twinkle and all our ASK supporters and sponsors. You can find more information about that special recipe below.

## Chef Twinkle VanWinkle's Breakfast Recipe:

### The Homefry Frittata



It's tough coming up

with breakfast ideas every day. Some mornings you need a quick bite as you run

out the door, other days you may have time to linger over your coffee, relishing in a tasty homemade meal. The solution to this early morning dilemma is found with a quick whisk of an egg. And it's an easy one for the whole family to join in creating.

The frittata is the laid-back Italian cousin of the French omelette. It's put together quickly, with no need for perfection. It's perfect in its own way, a jumbled cornucopia of ingredients, fried or baked slowly. The frittata might be thicker, homelier, and sturdier than its delicate French cousin, but it does not lack in delicious, rich flavor. Although most traditional recipes call for frying a frittata (it derives from the word friggere that literally means "to fry"), I choose to bake mine because it turns out a bit fluffier and a little healthier. Leftover frittata is the best, too. It's great cold and served with fresh greens, the protein a perfect boost for getting going in the morning.

This recipe is one of my favorite concoctions. I used leftover home fries and roasted tomatoes with herbs from our garden. Goat cheese adds a creaminess to the egg mixture that helps keep it from drying out - and any soft cheese can be substituted, like ricotta, or even cream cheese. You will want to layer your ingredients in this instance rather than mixing them all together so your fries double as a delicious, potatoey crust.

Yum! - *Chef Twinkle*

You can access Chef Twinkle's full recipe [HERE](#).

MassMutual.

### [My Child Has Special Needs: Now What?](#)

Tuesday, 9/15/2020  
6:00-8:00 PM

### [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.

### **About Special Kids offers back to school resources for Families.**



Check out our Pinterest Boards with back to school topics [HERE](#).

### **It is Childhood Cancer Awareness Month**



## **The Bonus of Cooking with Your Kids**

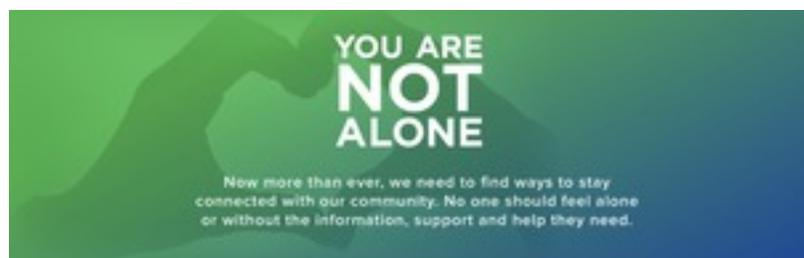
An article posted on the American Academy of Pediatrics website, HealthyChildren.Org, describes how one of the best ways to familiarize children with healthy food choices is to encourage them to cook with you. Dr. Nimali Fernando, MD, MPH, FAAP, is a practicing physician and makes the following suggestions for making cooking as a family an enjoyable experience while encouraging your children to be adventurous eaters at the same time.

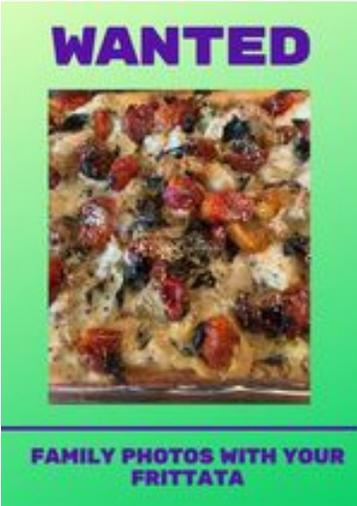


1. Engage the other senses such as touch and smell.
2. Use cooking to introduce new ideas. Practice measuring and discuss temperature. Following a recipe demonstrates planning skills.
3. Make cooking a part of the family culture and a commitment to healthy choices.
4. Keep it safe. Always supervise and be aware of your child's abilities and stage of development. Demonstrate the safe use of tools.
5. Ask for input. Collaboration makes children feel more included. Let them help make the shopping list and be "in charge" of certain details.

You can read the entire AAP article [HERE](#).

## **September is Suicide Prevention Awareness Month**





When preparing your Founders Breakfast Frittata, please forward your photos to [kathy@aboutspeakalkids.org](mailto:kathy@aboutspeakalkids.org).

We will share these on social media.

September is National Suicide Prevention Awareness Month - a time to share resources and stories in an effort to shed light on a highly taboo and often stigmatized topic.

Suicidal thoughts, much like mental health conditions, can affect anyone regardless of age, gender or background. In fact, suicide is often the result of an untreated mental health condition. Suicidal thoughts, although common, should not be considered normal and often indicate more serious issues.

Our friends at NAMI have wonderful resources that can be found [HERE](#).

## A Special Thank You to MDwise The ASK Founders Breakfast Title Sponsor



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