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ASK E-Newsletter | March 2021

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About Special Kids (ASK)

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About Special Kids is a Proud Member of Parent to Parent USA.



PARENT TO PARENT
USA

P2P USA is currently celebrating their 15th anniversary with a new logo. Learn more about P2P and how the organization has grown [HERE](#).

It's Not WHAT You Say It's HOW You Say It: Effective Communication Zoom Training

3/09/2021
6:00 to 7:30 PM

Communication is a key factor when working with individuals and organizations. This training is geared to help you build positive working relationships with schools, medical professionals, and groups or committees through improved communication skills.

FREE Training - Please

March is Disability Awareness Month!



In recognition, we will be sharing parents' insights and the many joys that come with raising our children. Send us a message if you would like to share your story!

Celebrating Ben!

"One thing is for certain, we celebrate. I practically threw a party when my son first said 'Mommy'. No, I don't mean just clapping and smiling. He was five years old. I gathered the troops and cried my eyes out with pride. We have celebrated each milestone along our journey, and believe me, we are now celebrating an accomplishment, one that HE chose and that WE achieved together.



Ben and I trained hard for just about two years, tested, and TOGETHER received our 1st Dan Black Belt in Taekwondo. WE ARE CELEBRATING! We are not just smiling and clapping. There are tears of joy and pride! This young man amazes me around every single corner, and I am so proud I get to be his Mom." - **Lisa Kutschera - ASK Director of Family Support**

Hunger and Food Insecurity in Indiana

About Special Kids and Walking for Dreams

Sunday, May 23rd
Buggs Temple at the Canal
Indianapolis, IN



We are looking for like minded organizations to sponsor ASK. All funds raised go directly to support our main Parent Education Project and Parent Liaison support for families. Please email Kathy Berman at kathy@aboutspecialkids.org.

Hunger is a common problem in Indiana. It can be from not having enough money to buy food or not having enough healthy foods. In Indiana, 20% of families are hungry. Families with children with special needs have even higher rates, almost 50%, because of medical costs and not having a stable job.

What are the effects of hunger on a child's health? These children have higher chances for having birth defects, low blood count, asthma, anxiety, depression, high blood pressure, kidney disease, and dental cavities. These chances get worse the longer a child is not getting healthy foods. Additionally, they tend to visit doctors or get admitted to the hospital more.

What can be done? Many families are hungry, and the pandemic has made it more difficult. There are many people who want to help, and below are some of them:

For Marion County Residents:

- Community Compass: A mobile app that will help locate food pantries and soup kitchens. It also helps with signing up for food stamps!
- Text "Hi" to 317-434-3758. This text message phone number will provide you the same information as the Community Compass.
- Lyft Food Access Program: Pay \$1 to get a Lyft ride to a nearby grocery store by using promo code "FEEDINDY".

For others and Marion County Residents:

- Feeding Indiana's Hungry: Find a local food bank by going to <http://feedingindianashungry.org>. If you do not have access to the Internet, please call 317-396-9355 or 317-452-9829 for more information.
- Aunt Bertha (<http://findhelp.org>): This website will provide you with information on finding meal delivery services, food pantries, or helping you apply for food stamps.

World Down Syndrome Day

Sunday, March 21st



For celebration ideas please visit our friends at Down Syndrome Indiana [HERE](#).



Melvin Chan, MD/MPH
Medicine/Pediatric Resident
Indiana University School of Medicine

Intro to ASK for Professionals Training



Our next Intro to ASK Zoom training for professionals will be held on Tuesday, March 9th from 3:00 to 4:00 PM. More information is available on the ASK website [HERE](#).

Join us to learn about:

My Child is Transitioning to Adulthood - What Now? Zoom Training

4/22/2021
6:00 to 8:00 PM

FREE Training
Sponsored by Gordon Homes
of Mass Mutual
More information and

registration [HERE](#).

- ASK Services
- How we impact families
- How our services and supports enhance those provided by our valued professionals
- How to refer a family to an ASK parent liaison for free support

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