

NFHF Board

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Lynda Bradley

NFHF Board Meetings

You are always welcome at NFHF Board Meetings. Our Board meetings are on the **second** Thursday of every other month at 5:30 pm at our Resource Center. If you would like to address the Board, call Sue Ellen Stewart at (985) 875-0511.

Opinions contained herein do not necessarily represent those of the funding source, and no endorsement should be inferred.



January-March 2013

Carbone Conference was a Huge Success!

Last November, Northshore Families Helping Families partnered with *soar* to bring Vincent Carbone, Ed.D., BCBA to the Northshore for a phenomenal 3 day conference entitled "Introduction to Verbal Behavior: Teaching Communication Skills to Children with Autism & Other Developmental Disabilities." Over 120 family members, line therapists, educators, Board Certified Behavior Analysts (BCBAs) and other professionals gathered to learn behavioral approaches from Dr. Carbone, an expert in the field with over 30 years of experience in designing learning environments, and director of a center-based clinic in New York which provides consultation, training and therapeutic services to children, families and their instructional teams.

Feedback from conference attendees was overwhelming positive and left feeling confident that they had been given useful tools to improve communication skills and were very likely to begin using techniques learned immediately. Comments from parents, who represented over half of the participant population, included, "I wish I could have had this opportunity when my son was first diagnosed, but am thankful to NFHF and *soar* for providing the opportunity now" and "Thank you! You have changed my life and will change my son's life for the better." Families were appreciative of school districts who provided grants to educators to attend the training. Educators stated, "Dr. Carbone gave a very extensive explanation of Verbal Behavior and detailed teaching strategies" and referred to him as the "master" whose "expertise is nothing short of miraculous." BCBAs reflected on the excellent organization of the conference and appreciated learning about updates to literature, while a line therapist stated the conference gave her "new ideas for planning and prompted the rethinking current programs."

Northshore Families Helping Families' staff thoroughly enjoyed Dr. Carbone's presentation and appreciated the feedback from the conference, along with ideas for future topics. Keep checking your email for future events!



The work of NFHF, including publication of this newsletter, is funded in part by the Louisiana Developmental Disabilities Council, Florida Parishes Human Services Authority and the Louisiana Department of Education. Northshore Families Helping Families is a United Way recipient.

Sibling Adventures

This past November Northshore Families Helping Families brought back another exciting program to our local families, Sibling Adventures. This program is designed for children ranging in age from 6 to 12 who have a brother or sister with a developmental disability, terminal illness, or chronic medical condition. It provides an opportunity to have fun and talk with other siblings who “get it.” A parent whose child participated in the program stated, “My daughter attend in Slidell today and had a great time! She was able to meet new people, have fun and release some of her feelings without sitting through a therapy session. Having something like this is a truly wonderful experience for our children and allows them to see they are not alone.”



Breakfast With Santa

On December 8th, 2012, NFHF celebrated our 7th annual Breakfast with Santa with 235 adults and youth from the community. The day was hosted by NFHF's Volunteer and Community Partners Coordinator, Lynda Bradley, Financial Coordinator, Julia LaBorde and Executive Director, Sue Ellen Stewart. NFHF's Ambassadors in Action, Alex Espinal and Lauren Riddel, volunteered along with many of our friends and family members.

Guests experienced a festive morning beautifully decorated at the Clarion Inn & Suites with breakfast provided by WOW Cafe' and Outstanding Catering Group. Photos with Santa Claus were provided by Shot-by-Joel Photography. NFHF's own board member played an vital role in each picture! While the kids enjoyed the games and toys donated from LA State Police-Troop L and Employment Research Services, parents were entertained by pianist Philip Constantine.



We are honored to have many of our families returning to this event each year and are extremely grateful to all of the sponsors that donated time, money and tireless efforts to make this day so special for our families.

We hope to see you next December!



STAFF

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Executive Director

REBECCA ELLIS
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Volunteer and Community
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Adult Program Coordinator

HOPE SMITH
Resource Specialist

NFHF Office:

204 W. 21st Avenue
Covington, LA 70433

(985) 875-0511

(800) 383-8700

info@fhfnorthshore.org

Office Hours:

9:00 am—4:00 pm



NFHF News

Welcomes Board Members!

Bo Jakins was appointed to the NFHF board in October. Bo provides solutions to local business owners struggling with technology headaches. Building on a successful career that spanned Fortune 500 companies and international consulting, Bo established roots in 2003 working as a senior technology security engineer for the Department of Energy's Strategic Petroleum Reserve. His entrepreneurial spirit took over in 2007 and BridgeNet Technology Consultants was formed shortly after. Graduating with Magna Cum Laude honors, Bo earned a Bachelor of Science in Electrical Engineering and a Master of Business Administration degree from Mississippi State University. Bo is a 2012 graduate of Leadership St. Tammany.

Bo married Covington native Ashley Stein in 1996. He enjoys watching his daughter dance and helping his boys in baseball. You will find Bo out and about in the community when he is volunteering at his children's school or coaching at the local recreation district.

Chad A. Danenhower joins us as a new board member in January. Chad is a resident of Folsom with his wife, a teacher and librarian in St. Tammany, and two sons, the oldest having a mild form of Muscular Dystrophy (FSH), and the youngest son having Cystic Fibrosis.

Chad is an associate attorney at Sessions, Fishman, Nathan and Israel LLC, working in the employment and government relations sections of the firm. Returning to Law School in 2006, Chad graduated in the top 10% of his class and was recognized as a Crowe Scholar. Chad is currently the board chair of Sigma Phi Epsilon LA Gamma Alumni Volunteer Corp. Chad also volunteers at St. Paul's School and for the Cystic Fibrosis Foundation.

Mission

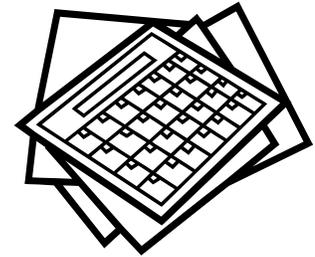
To provide the individualized services, information, resources and support needed to positively enhance the independence, productivity and inclusion of persons with disabilities.

Vision

To ensure all individuals with disabilities have the opportunity to attend school, live, work and recreate in their own communities.

NFHF Recent & Upcoming Events

January 15th – A Waiver, What’s That? Presented by Representatives from Florida Parishes Human Services Authority (Greensburg, St. Helena Parish)



January 18th – LaCAN/LaTEACH Legislative Roundtable (Hammond, Tangipahoa Parish)

January 24th – LaCAN/LaTEACH Legislative Roundtable (Mandeville, St. Tammany Parish)

January 29th - St. Tammany Parish Special Education Department Family Information Fair, Presented by STPSB (Slidell, St. Tammany Parish)

January 29th – Special Needs Trust Workshop, Presented by Patrick Reso, Board Certified Estate Planning and Administration Specialist, Seale & Ross, PLC (Denham Springs, Livingston Parish)

February 8th - iCAN Mardi Gras Ball (See flyer on page 5)

February 23rd - Bullying, Harassment and Suicide: Tackling the 3 R's of Recognizing, Reporting and Responding, Presented by Kimberly L. Mason, Ph.D., LPC, NCC (See flyer on page 6)

February 27th - IEP Boot Camp, Presented by LaPTIC (See flyer on page 7)

March 28th - Progress Monitoring, Presented by LaPTIC (See flyer on page 8)



iCAN Mardi Gras Ball

**It is time to party!
Northshore Families Helping Families invites you to
celebrate Fat Tuesday and dance the night away!**

**Indulge in some King Cake and share in the
iCAN mission to impact adults of all abilities.**

**Come dressed in your Mardi Gras attire, ready to have
a Ball! Costumes are optional... but prizes will be
awarded to the most outrageously dressed.**

Dinner & refreshments provided!

**Special thanks to
St. Timothy and Project Independence
for helping to make this FREE event possible.**

Registration Required: www.fhfnorthshore.org

**Friday, February 8, 5:30 - 8:30 PM
St. Timothy UMC Gym
335 Asbury Drive
Mandeville, LA 70471**



Bullying, Harassment and Suicide: Tackling the 3 Rs of Recognizing, Reporting and Responding

Presenter: Dr. Kimberly L. Mason, Ph.D., LPC, NCC

Saturday, February 23, 2013

9:00am-3:00pm

Slidell Memorial Hospital Founders Building

1150 Robert Boulevard

Slidell, LA 70458

Registration is required www.fhfnorthshore.org

This event is free. Lunch will be provided.

Questions? (985) 875-0511

- Understand bullying and children with disabilities
- Recognize the warning signs, different types of bullying and understanding the negative impacts
- Recognize warning signs of suicidal ideation
- Identify how to "ACT" immediately in suicidal ideation
- Identify how to "TALK" with youth to get help
- Identify ways to promote self-confidence and self-esteem in children with disabilities to help prevent bullying and suicidal ideation from occurring
- Learn and articulate different strategies to prevent bullying and suicidal ideation

This program is made possible through funding from the
Louisiana State Department of Education



www.fhfnorthshore.org
info@fhfnorthshore.org



“IEP Boot Camp”



**Presenter: Shanida Mathieu
Education Advocate**

**Wednesday, February 27, 2013
5:00 p.m. - 8:00 p.m.**

**Lakeview Regional Hospital
Pelican Room
95 Judge Tanner Blvd., Covington 70433**

**To register, call 504.888.9111,
800.766.7736 or email
smathieu@laptic.org**

A free collaborative training between:



The Individuals with Disabilities Education Act (IDEA) outlines a process for IEP meetings; although IEP services are individualized for each child; the IEP process **should** be routine and predictable so parents learn to participate. If your child qualifies for special education, you need Boot Camp! Why? IEP Boot Camp is a place where everybody gets the same basic instruction and information. You will learn to:

- be a part of developing your child's education program
- know what services to ask for
- ask confidently for services your child needs.

You will receive a copy of *A Good IDEA for Louisiana: A Guide for Parents and Students About Special Education Services*.

Louisiana Parent Training and Information Center is a project of Families Helping Families of Jefferson.

Is Your Child *REALLY* Learning? Find Out with Progress Monitoring!



**Presenter: Shanida Mathieu
Education Advocate**

**Thursday, March 28, 2013
5:00 - 8:00 p.m.**

**Lakeview Regional Hospital
Pelican Room
95 Judge Tanner Blvd., Covington, LA**

**To register, call 504 888 9111
or 800 766 7736 or email
smathieu@laptic.org**

A free collaborative training between:



All parents want the teaching methods that are used with their children to WORK! If the methods don't work, we want to know quickly, so the teaching can be changed. Using effective teaching methods is an important part of the *No Child Left Behind Act* and the *Individuals with Disabilities Education Act*. In this workshop you will learn about Progress Monitoring (PM), an effective and fast way educators may show your child's progress so instructional decisions may be made.

You will learn:

- ◆ How to know Progress Monitoring when you see it;
- ◆ How to know if it is being done correctly;
- ◆ How to keep your own records of your child's progress.

Louisiana Parent Training and Information Center is a project of Families Helping Families of Jefferson.



Empowered Parents Network Group

Meets the Fourth Wednesday of Every Month

**St. Tammany Parish Hospital Parenting Center
1505 N. Florida Street, Suite B
Covington, LA 70433
985-898-4435**

This network group is open to all disabilities and designed to empower parents and provide the opportunity to network, support and share information with other families dealing with similar issues.

Upcoming Dates:

January 23rd

February 27th

March 27th

April 24th

May 22nd

**This program is made possible through funding from
Florida Parishes Human Services Authority.**



www.fhfnorthshore.org
info@fhfnorthshore.org
(985) 875-0511



Network Group Meeting Schedule

Empowered Parents for All Disabilities Network Meeting, 10-12pm

St. Tammany Parish Hospital Parenting Center,
1505 N. Florida Street Suite B, Covington
Meets the 4th Wednesday of every month

Livingston Autism Spectrum Disorders Network Meeting, 6:30-8:30pm

Denham Springs / Walker Branch Library, 8101 Hwy 190, Denham Springs
Meets the 1st Wednesday of every month

Tangipahoa Autism Spectrum Disorders Network Meeting, 7-9pm

Hammond Health Unit, 15481 W. Club Deluxe Road, Hammond
Meets the 2nd Monday of every month

St Tammany Morning Autism Spectrum Disorders Network Meeting, 9-11am

Slidell Memorial Hospital Parenting Center, 2nd Floor Conference Room
SMH Wellness Pavilion, 501 Robert Blvd., Slidell
Meets the 2nd Wednesday of every month

St. Tammany Evening Autism Spectrum Disorders Network Meeting, 7-9pm

Northshore Families Helping Families Office, 204 W. 21st Avenue, Covington
Meets the 3rd Tuesday of every month

Washington Autism Spectrum Disorders Network Meeting, 6-8pm

Centenary United Methodist Church Library, 1015 Cleveland Street, Franklinton
Meets the 4th Thursday of every month



inclusive community adult network

iCAN excites individuals of all abilities to live life to the fullest. The heart of this mission is to build true friendships across all boundaries. iCAN is a program of Northshore Families Helping Families that gives individuals with developmental disabilities the freedom to experience real adventure. This is played out as relationships are built through weekly events of laughter, singing, food and fun, as well as opportunities to enhance life skills. Designed for individuals ages sixteen and up, iCAN also facilitates a smooth transition from high school into adulthood. Our vision is that life-long friendships will develop among iCAN's participants and volunteers. Through iCAN, friends encounter the life they are meant to live, a life of personal growth, while learning what it means to grow together. iCAN believes that we all live with great purpose; that when joining together "I can!"

iCAN Move It! - great exercise experience

Every Tuesday & Thursday~ 3:30–4:15pm, \$5 donation

Franco's: 100 Bon Temps Roule, Mandeville, LA 70471

iCAN Bowl - lunch, bowling & lots of fun

Every Saturday ~ 11-1pm and every Thursday ~ 4:30–6:00pm, \$4 for 2 games & shoes

Tiffany Lanes: 4400 Highway 22, Mandeville, LA 70471

iCAN Eat More Chicken - dinner & friendship

2nd Friday of the month ~ 6-8pm

Chick-fil-A: 69280 Highway 21, Covington, LA 70433

Job Openings



LaTEACH Area Coordinator Position Available: Region 9 covers Livingston, St. Helena, Tangipahoa, St. Tammany and Washington Parishes. The Area Coordinator will receive a monthly stipend of \$400 and supply and/or travel reimbursement.

Requirements for Position: Parent or family member of a child or adult with a disability or an individual with a disability; Strong belief in full inclusion of people with disabilities including educational opportunities, community involvement and participation; Able to demonstrate good communication, computer, presentation and networking skills; Ability to work approximately 40 hours per month on LaTEACH issues and activities; Ability to travel both regionally and statewide; Ability to attend meetings and/or events during regular work hours throughout the year.

Those interested in this position are encouraged to send a resume' and a letter of interest that explains your personal beliefs and philosophy of inclusive education to Susan Benoit: smbenoit@fhfswla.org. For more information on the position, click [here](#) or visit www.lateach.org.



Region 9 LaCAN Leader Vacancy: The Louisiana Developmental Disabilities Council is accepting applications for the Region 9 Leader, which is based out of Northshore Families Helping Families. Contractual agreement for up to 80 hrs/month. Starting pay is \$10-11/hr depending on experience.

LaCAN Leader responsibilities include: Ensuring the retention and engagement of regional LaCAN members in order to increase the size and activity level of the network; Recruiting of new members; Assisting members in developing relationships with their legislators, carrying out action alerts, and engaging in legislative advocacy; Organizing and hosting regional LaCAN activities (i.e., rallies, roundtables).

Applicants must have: Excellent oral and written communication skills; Excellent organizational skills; Proficiency in Microsoft Word and Excel; Public speaking experience; (Paid or non-paid) experience working/advocating with the legislature; An unwavering belief that ALL people with disabilities, regardless of the severity of the disability, can and should live in their own home in the community with appropriate supports; An unwavering belief that people with disabilities should not be segregated.

Those interested in applying should send a cover letter, resume, and the names of three professional references to: Brandi Lin Jones: brandi.jones@la.gov. Direct questions to Brandi at 225.342.6804.



End of the Year Update from the La Family to Family Health Information Center

By Karen Scallan
Program Director, La F2FHIC

Season's Greetings from the La Family to Family Health Information Center, your resource for health, health care financing, Medicaid and insurance questions for families of children and youth with special health care needs and disabilities (CYSHCN), ages 0-26.

Bayou Health and Waiver Recipients

To date, Medicaid Waiver Recipients are NOT included in the Bayou Health, Managed Care program. This could change sometime in the future; however, we have no indication if or when it could change from the State. For now, Waiver recipients will remain on "Legacy" Medicaid.

Prescription Limits through Legacy Medicaid

There is a 4 prescription limit through Legacy Medicaid, HOWEVER, that limit can be overridden by the pharmacy if the doctor correctly indicates for an override on the prescription. If you are denied a prescription, you and/or your pharmacist should call the physician to discuss if an override is appropriate.

Pharmacy Benefits and Bayou Health

Three of the 5 Bayou Health Plans began providing pharmacy benefits. Louisiana Healthcare Connections, LaCare and Amerigroup plan members began getting their prescriptions through their plans on November 1st. If you have Medicaid through Community Health Solutions or United Health Care you will still receive their prescriptions through "Legacy" Medicaid. For more info on how these changes will affect your prescription drug coverage, visit <http://new.dhh.louisiana.gov/index.cfm/page/1328/n/362>.

Medicaid Managed Care and Children with Special Health Care Needs

Do you have a child with complex medical needs and need to choose a Bayou Health Plan? You may want to check out the DHH Informational Bulletins which give more information critical to families of CYSHCN than the brochures being sent out. These bulletins explain the differences in plans on things like referral and pre-authorization policies, and EPSDT. You can find out more by visiting: <http://new.dhh.louisiana.gov/index.cfm/page/1198/n/311>.

How Will Changes to the DSM-5 Effect Diagnosis of CYSHCN?

The new Diagnostic and Statistical Manual of Mental Disorders is almost complete and new criteria change the way doctors diagnose things like Autism, Asperger's and other disorders. The following article in Forbes magazine discusses some of the changes.

<http://www.forbes.com/sites/alicegwalton/2012/12/03/what-effect-will-changes-to-the-dsm-5-have-on-people-with-and-without-mental-health-issues/DSM-V>. For more information on the DSM-5 which will be issued in May 2013, visit the American Psychiatric Association at <http://www.dsm5.org/Pages/Default.aspx>.

Social Security Administration Announces 200 New Diagnoses which Qualify for Fast Track Disability Approval

SSA allows for certain disability diagnoses to be "fast track" diagnoses for disability benefits approval. They are called "Compassionate Allowance Conditions." By definition, these conditions are so severe that SSA does not need to fully develop the applicant's work history to make a decision. For more information on the New Compassionate Allowances added, please visit www.socialsecurity.gov/compassionateallowances.

Best wishes for a safe and happy holiday season from all of us at the La F2FHIC!

For more info on any of the above topics or other assistance, contact the Louisiana Family to Family Health Information Center at 1-800-331-5570.

ALL ABOARD! LAPTIC TRAINING EXPRESS

Provided by the Louisiana Parent Training and Information Center (LaPTIC)



LOUISIANA
Parent Training
and Information
Center

Promoting the appropriate education of children with disabilities

LaPTIC provides fast access to 1 hour training by computer and phone to meet the demands of your busy life! Hear guest speakers on interesting topics, plus LaPTIC Staff providing information! **Register:** Visit our website, www.fhfjefferson.org and click "Trainings and Events." LaPTIC uses a ReadyTalk Virtual Classroom to provide online trainings. Once you register for a webinar, you will get an Email invitation that includes a test to check your computer's compatibility with ReadyTalk before the meeting. We highly recommend you check your computer's compatibility before logging in so you can resolve any technical issues before joining the class. You may also call Families Helping Families of Jefferson at (504) 888-9111 or (800) 766-7736 or email info@laptic.org to register.

February 2013

Special Education: What Parents Need to Know: Children deserve an IEP that meets their unique academic and social needs. Parents need this important information to request appropriate IEP services. This webinar will help parents of children with disabilities understand what special education is; how to resolve disagreements; what role parents play and what rights protect parents and children with disabilities.

Date: Wednesday, February 6, 2013
Time: 10:00am-11:00am
Date: Thursday, February 21, 2013
Time: 11:30am-12:30pm
Staff Presenter: Shanida Mathieu & Eden Heilman, Senior Staff Attorney

Self-advocacy and Self-determination: This training explains what self-advocacy and self-determination are. It examines the meaning of self-advocacy and the principles of self-determination, as well as exploring how they can be developed and included in your life. Self-advocacy and self-determination are essential for true community inclusion.

Date: Friday, February 8, 2013
Time: 10:30am-11:30am
Guest Presenters: Sharon Hennessey, MEd

February 2013

Transition the lifelong process for children with disabilities: This webinar covers the basics of transition as required by IDEA and the personal perspectives from a father with twenty years of experience teaching others the things he experienced firsthand. It is not unrealistic for parents of children with disabilities to want the same things as others do, that their children leave home and live independently and have quality of life of their own choosing. Consequently, we as parents also have the right to an expectation of independence once our children have transitioned. An empty nest is a beautiful thing.

Date: Friday, February 8, 2013
Time: 6:00pm - 7:00pm
Guest Presenter: Wilbur Hawke

Caregiver Stress Management and Burnout Avoidance: This webinar will focus on the caregiver. You should learn about the nature of stress and its impact on the body, and you should acquire skills to manage stress. You should also learn about burnout as it applies to caregivers, be able to recognize signs of burnout, and develop tools to avoid burnout.

Date: Wednesday, February 13, 2013
Time: 8:30pm-9:30pm
Guest Presenter: Kelly Fischer, MA, LMHC

Test Success: This webinar is designed to help parents assist their school aged children in performing their best when it comes to standardized testing. You will focus on ideal ways to prepare for test success, and will also gain strategies to manage test anxiety.

Date: Saturday, February 16, 2013
Time: 11:00am-12:00pm
Guest Presenter: Kelly Fischer, MA, LMHC

The State of Education: A discussion on the direction Louisiana's education system is moving. Recent changes to policy families should be aware of and upcoming issues to keep an eye on. So join us for an informative hour.

Date: Saturday, February 20, 2013
Time: 11:00am-12:00pm
Guest Presenter: Christy Cormier, LaTEACH Statewide Coordinator

March 2013

Special Education: What Parents Need to Know: Children deserve an IEP that meets their unique academic and social needs. Parents need this important information to request appropriate IEP services. This webinar will help parents of children with disabilities understand what special education is; how to resolve disagreements; what role parents play and what rights protect parents and children with disabilities.

Date: Wednesday, March 6, 2013

Time: 10:00am-11:00am

Date: Thursday, March 21, 2013

Time: 11:30am-12:30pm

Staff Presenter: Shanida Mathieu

DADVOCATES: The importance of Dad's as Advocates or Dadvocates and the involvement of fathers in the lives of their children with disabilities cannot be understood. Brought back thru request to Louisiana DADS. LaPTIC offers a live forum by webinar for fathers to learn, voice their thoughts and network with other fathers. Dads get online on a Friday night and join Wilbur Hawke, an experienced Dadvocate, for a father's forum.

Date: Friday, March 8, 2013

Time: 6:00pm-7:00pm

Guest Presenter: Wilbur Hawke

The Caregiver as the Advocate: This webinar is designed to empower caregivers to become more confident advocates. You should gain a greater understanding of what it means to advocate, learn your role as a team member in the educational, medical, or occupational setting, and learn about the variety of resources in our community that work to assist the advocate.

Date: Thursday, March 14, 2013

Time: 8:30pm-9:30pm

Guest Presenter: Kelly Fischer, MA, LMHC

Behavior Management: Making positive behaviors happen more often, and making negative behaviors happen less often: This webinar is designed to give you the most basic understanding of learning theories (the foundation of Applied Behavioral Analysis). You should be able to identify behaviors of concern, and learn how one might design situations to increase the frequency of desirable behaviors and decrease the frequency of undesirable behaviors.

Date: Wednesday, March 20, 2013

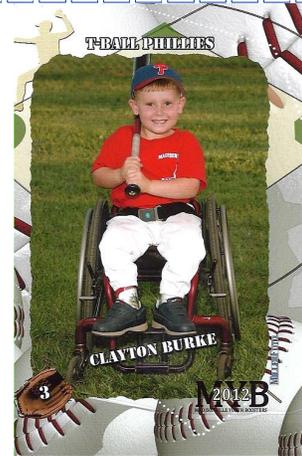
Time: 10:30am-11:30am

Guest Presenter: Kelly Fisher, MA, LMHC

Community News

Miracle on the Northshore

Coquille Sports Complex in Covington, LA is going to be the site for a Miracle League field! What is the Miracle League? It is a specially designed ball field with a rubberized surface that allows people with disabilities to play baseball and even soccer. The first Miracle League field was built in Georgia and they are now country-wide, including New Orleans on "The Fly" by Children's Hospital. They run their own leagues and include as team members all those with emotional, mental or physical disabilities. You can see photos, videos and more information at the main website, www.miracleleague.com.



If you would be interested in helping with this great project, know someone who would like to play on this field, or are interested in serving on a committee to coordinate fundraising and promotion, please contact Susan Burke - susan@bayousailing.com, (985) 845-7468 or (985) 778-9908. Once the field is built there will be on-going coordination of teams and game schedules.



Save the Date!

YES WE CAN 2013

Saturday, April 13th

10am - 2pm

First Baptist Church Covington



Third Annual Autism Awareness Walk and Family Fun Day

where?

Tammany Trace
Kids Konnection Playground
21490 Koop Drive
Mandeville, LA

when?

Saturday, April 6, 2013
10:00am - 2:00pm

for more info:

visit www.soarwithautism.org
email info@soarwithautism.org
or call 985.786.SOAR (7627)

* This walk is
under 1/2 a mile



why walk?

when you can



strengthening outcomes
with autism resources

Come walk, soar, or play!

All proceeds stay in community.

A.C.T. Now for Autism

(Awareness, Communication, Teamwork)

Spacewalk!!

Door Prizes & Special Awards for 5K!!
 Caricature Artist!

FUN RUN/WALK & 5K

Refreshments, face painting and other family fun available!!

Saturday April 6, 2013

5K registration starts at 7:15. Run is at 7:45 with awards at 9:00
 Fun Run/Walk Registration starts at 8:45, with event at 9:45
 Washington Parish Fairgrounds

Registration: \$15 for kids 12 & under, \$20 ages 13 & up; includes t-shirt! Early registration ends March 15! Late registration on site - \$25. (T-shirt not guaranteed with late registration!)

-----**Entry Form**-----

Age Group: Children (12 years and under) Youth (13 – 17 years) Adult (18 & up)

T-shirt Size: Youth S Youth M Youth L Event: 5K Fun Run/Walk (1 mile)

Adult S Adult M Adult L

Adult XL Adult XXL

Gender: Male Female

Name: _____ Phone Number: _____

Address: _____

Parent Name: (if under 18) _____

All 5K and Fun Run/Walk participants enter at their own risk and accept any responsibility for injury before, during or after the event. By signing this registration form, I understand that neither Washington Parish School Board nor any of its employees can be held responsible for any injury or damage that occurs as a result of my participation in this event, and I am responsible for myself and/or my child who is less than 18 years old.

Participant's Signature: _____ Date: _____

Parent's Signature: (if under 18) _____ Date: _____

Mail or return (with entry fee) to: Sheryl Holliday, Department of Special Education, 616 TW Barker Drive, Franklinton, LA 70438. Make checks payable to "ACT Now at FJHS"



Come enjoy a day in the park to benefit
our local Down syndrome group



It will kick off with a 1/4 mile fun walk
followed by music, food & fun!

Saturday, March 16th

**10:00 until 2:00
(check-in: 8:30-10:00)**

**Kids Konnection Park
Koop Drive, Mandeville**

PRE-REGISTRATION REQUIRED

For information and registration visit us at
www.up21foundation.org

Community Support Groups

Helping Hands Down Syndrome

Chromosome Disorder Support Group



This is a place where you can receive the acceptance and understanding from others in similar circumstances. We offer an abundance of information, resources and support in a social setting. All family members welcome - childcare available (at no cost). Come relax in an environment with other families where you can express yourself freely, share stories of success and hardships, trade information, give and gain support, learn from each other and make friendships to last a lifetime. Monthly meetings (2nd Thursday each month) from 7pm-9pm at Crossroads Church, 1006 N. Oak St., Hammond.

For more information please call or text Tamara Cannon at (985) 507-3050, email at helpinghandsdssg@yahoo.com, or join our private group page on Facebook at www.facebook.com/groups/groups/helpinghandssupport/

St. Tammany Dietary Meeting 7p-9p St. Tammany Hospital - Abita Room
1202 S. Tyler Street, Covington; Meets first Tuesday of every month
For more info contact snowicki@soarwithautism.org



strengthening outcomes
with autism resources

www.soarwithautism.org
info@soarwithautism.org
985-796-7627 (soar)

Slidell Morning ASD Support Meeting 9a-11a Slidell Memorial Hospital
Parenting Center, 2nd floor classroom SMH Wellness Pavilion
501 Robert Ave Blvd., Slidell; Meets the 3rd Wednesday of every month
For more info contact agaliano@soarwithautism.org

Tangipahoa Morning ASD Support Meeting. For more info contact shouin@soarwithautism.org

St Tammany ASD Support Meeting 10a-12 Live Oak Behavioral Psychology, 56 Louis Prima Dr #270,
Covington; Meets the 2nd Wednesday of every month



Upcoming support groups: January 10 at 1:00, January 14 at 6:30, and January 22 at 10:00 am.

Updates on support groups and upcoming workshops can be found on our Facebook page and on <http://autismanswersla.org/Home.html>. Upcoming workshop titles include Apps for Autism, Potty Training, Sign Language, Autism 101, and Intro to GF/CF Diet.

206 JW Davis Suite 105, Hammond, LA — info@autismanswersofla.org —
(985) 549-0836

Bible Study 4 Mom's Special Needs Kids
What on Earth Am I Here For? By Rick Warren
Thursday, February 21 @ 9:30 a.m.
PJs Coffee in Mandeville on Hwy 59, next to McDonald's
For more information contact Lisa.miller.page@att.net

Community Support Groups

Northshore Brain Injury Support Group

Meets 3rd Saturday of the month 9:30am-12pm
St. Tammany Parish Hospital Conference Room

1202 S. Tyler Street, Covington
Ann Mejia 985-640-0498 or anntm70@yahoo.com
for more information

Dyslexia Support Group

2nd Saturday of the month

1:00 pm- 2:30 pm

Ponchatoula Library
380 North Fifth Street
Ponchatoula, LA 70454

NAMI St Tammany (National Alliance on Mental Illness) hosts monthly support groups to provide a place to share, discuss and resolve issues. Groups are led by a trained facilitator and offer the support needed by families and caregivers who have a loved one with a mental illness.

For more info, contact NAMI at 985-626-6538 or www.namisttammany.org for detailed list of times and locations

Connection Group: 6:30pm- 8:00pm in Covington, Hammond & Slidell

Family to Family Group: 7:00pm-9:00pm in Covington & Hammond



When: 2nd Tuesday of the month

Time: 7:00 pm—8:30 pm

Where: Mandeville High School

#1 Skipper Drive, Mandeville

For more information contact Susan at susantheriot4242@gmail.com
or Peggy at parmstrong6751@aol.com.

Grandparents and Others Raising Grandchildren Support Group of St. Tammany Parish

1st Monday of Every Month from 11am - 1pm; 3rd Monday of Every Month from 7pm - 9pm

World Prayer Tabernacle
73202 E. Stadium Dr.
Covington LA 70433