

THE
INCLUSIVE CONNECTION

NORTHSHORE
 Families
Helping
Families



THE
INCLUSIVE CONNECTION

Quarterly

April • May • June

2018

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Northshore Families Helping Families

204 W. 21st Avenue

Covington, LA 70433

(985) 875-0511 • (800) 383-8700

info@fhfnorthshore.org

Our Center is Open

9:00 am to 4:00 pm

Monday - Friday

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, recreate in their own communities.

The work of NFHF, including publication of this newsletter, is funded by Florida Parishes Human Services Authority, Louisiana State Department of Education, Louisiana Department of Health, Louisiana Developmental Disabilities Council, and is supported by corporate and individual contributions.

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



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Board of Directors

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April Ducuing

Chris Knoblauch

Jennifer Brunning

Jason Durham

Annie Cummer

Shanee Holmes

Jennifer Lee

You are always welcome at NFHF Board Meetings, which are held each month at the NFHF Center.

[If you would like to address the board, please contact Katie Corkern at 985-875-0511.](#)

Supporting NFHF

...

Your support helps provide information to new parents of a child with a life changing diagnosis. We can help keep them informed about disability services and together we can let them know they aren't alone in their journey!

...

Your support helps provide education liaisons to stand by and support hundreds of parents of a child in Special Education where they'll learn their rights, advocacy tips, and have a better understanding of the Special Education process!

...

Your support helps provide inclusive opportunities for adults with developmental disabilities to socialize, recreate, learn, and self advocate in their community with everyone else!

...

You can support NFHF in a variety of ways; please know that your support is appreciated not only by the NFHF Board of Directors and Staff, but also by the Thousands of Families We Serve across the Northshore!

Please Click on the Box Below To Donate

**Thank You
for
Your
Support!**

Now Serving Over 10,000 Individuals
and Family Members Across 6 Parishes



1

FOLLOW US ON SOCIAL MEDIA

Your vote of confidence by following us social media let's others know you support our mission. Your simple click helps us touch more lives!

2

LIKE, COMMENT, AND SHARE OUR POSTS

For an extra oomph on social media you can like, share and comment on our posts. Your telling others about why you support NFHF helps share our name and mission! (Be sure to use the hashtag #NFHF)

3

FORWARD OUR EMAIL TO SOMEONE IN NEED

Next time you receive an email from us, think about who you know that could benefit from NFHF and our programs. Referrals are an easy way to support NFHF!

4

TELL US YOUR STORY

NFHF loves hearing heartfelt stories from the people we serve. Your compelling story will help us share with others what we do, and why we do it!

5

VOLUNTEER

NFHF is always in need of an extra hand in the office and for our many events. Do you have a special skill or interest that could assist in our efforts? Let us know!

6

FACEBOOK BIRTHDAY FUNDRAISERS

Did you know you can "donate" your birthday to a charity on FB? Watch for the "Pick a Charity" notification before your birthday, choose NFHF as your charity of choice, and invite your friends to donate!

7

AMAZON SMILE

At no cost to you, a portion of the revenue from your Amazon purchase will go directly to NFHF. Go to smile.amazon.com and chose NFHF!

8

CONNECT US WITH OTHERS

Do you know a blogger, newsperson, or other influential person who would be interested in promoting or helping NFHF? We'd love for you to connect us!

9

ATTEND OUR FUNDRAISERS

What better way to support NFHF than having fun while supporting a great cause! Subscribe to our email list to be notified of our upcoming events.

10

FINANCIAL DONATIONS

Every donation makes a difference - yes even the small ones! Your financial gift allows NFHF to continue providing resources and services to individuals with disabilities and their families across the Northshore!

Our Story

In the early 1990's, families partnered with the Louisiana Developmental Disabilities Council to be the driving force that founded & formed Families Helping Families of Louisiana. It all began at a conference sponsored by the Louisiana Developmental Disabilities Council in 1988 that focused on community supports and services for people with disabilities. The conference was attended by many young parents, who wanted to have full inclusion for their children with disabilities, in the communities where they lived and worked. During the wrap up portion of the conference one parent asked that the flip chart full of great ideas to serve a purpose besides covering the walls. The Louisiana Developmental Disabilities Council took the challenge and began pilot projects and gathered information to write the legislation that created **Act 378 of 1989** known as the **Community and Family Support Act**.

Through these efforts 10 Families Helping Families centers were created across Louisiana. Each center is independent and have their own 501(c)3 from the Internal Revenue Service and are governed independently by their own Board of Directors. No center is subordinate to another and each center's independent Board of Directors selects the Executive Director of their respective FHF Center. Each center builds its programs based on the needs in its own region. The common mission, philosophy, creation, and dedication to people with disabilities and their family member make all centers similar.

Northshore Families Helping Families was established in 1992. NFHF is the only family-driven resource center that serves individuals with disabilities on the Northshore. Every staff member has a family member with a disability or is a self-advocate, and a majority of our board members must have a family member with a disability. We serve individuals with disabilities throughout the lifespan, from initial diagnosis through adulthood.

Understanding the family as a whole is important, we work to address the well being of each family member and the family unit. We understand the challenges a family faces and are committed to reaching out to other families with similar experiences. NFHF gives parents and adults with disabilities knowledge, support and confidence by providing peer to peer support, information and referrals to disability resources, and education and training.

We give PARENTS knowledge, support, and confidence.

We connect ADULTS with disabilities to vital resources.

We support PROFESSIONALS that serve individuals with disabilities.

We empower YOUTHS to become self-advocates.



Katie Corkern

NFHF's Executive Director Receives "Hometown Hero" Award

Please join us in congratulating our very own Katie Corkern as the recipient of the The Modern Woodmen of America's Hometown Hero Award, which honors individuals who are dedicated to improving the lives of all their community members.

This award was presented in front of the NFHF's ABLE Club group members by Toscha Smith Robinson with Modern Woodmen of America. In addition to this award, a donation was given on Katie's behalf to NFHF.

Thank you Katie for your continued efforts to support and empower individuals with disabilities in every aspect of our community.



NFHF's Katie Corkern spoke to a class of future special education teachers at Southeastern Louisiana University on the importance of family-professional partnerships. As a parent and former special education teacher, Katie was able to share her unique perspective and insights with future education leaders.



EPNS is a series of short interviews with individuals with disabilities, their parents or caregivers.

These Exceptional stories are shared online and in our quarterly newsletter.

If you are interested in having your son or daughter (or an adult) who has an exceptionality/disability to be highlighted in NFHF's new EPNS series please email the name of the individual, age, diagnosis, and town of residence to katicecorkern@fhfnorthshore.org

Chatting with *Katie*



Chatting with Katie is a FB live video series created to provide current disability related information & discuss topics of interest to the those we serve.

Please join us for our upcoming broadcasts and catch up on a few previous episodes by clicking on images shown below.



Chatting with Katie : Miracle League Northshore



Chatting with Katie :: Children's Dental Health Month with Dr. Vo



Chatting with Katie :: What is Self Direction with Carmen O'Mara



Chatting with Katie :: Seizure First Aid with Allison...

**Have something to share with the individuals and families served by NFHF?
We'd like to hear from you! Contact Us @ info@fhfnorthshore.org**

NFHF Parents Dine Out

☰ PARENTS DINE OUT ☰

Join us for our next
Parents Dine Out
To See What It's All About!

Are you the parent or caregiver to a son or daughter with a disability?
Want to connect with other parents who understand what it's like to
raise a child with a disability?

Join us as we host monthly Parents Dine Out at
various restaurants in our community where you can
meet other parents and make meaningful connections.

Parents Dine Out is on the first Tuesday of the month.
Participants must register to attend by calling the
NFHF center or register online.

(Participants must pay for their meal)
Follow us on Facebook for Times & Locations
Interested in Hosting a Parents Dine Out?
Contact NFHF Executive Director, Katie Corkern @
985-875-0511 or by email at katiecorkern@fhfnorthshore.org



PARENTS DINE OUT
CAFE NOLA

NORTHSHORE
 Families
Helping
Families

1625 Hwy 51
Ponchatoula
APRIL 5, 2018
6PM TO 8PM



Parents Dine Out

May 3, 2018
6pm to 8pm

**Fatty's
Seafood**
1300 Gause Blvd A-1
Slidell



Are you the parent or caregiver to a son or daughter with a
disability? Want to connect with other parents who
understand what it's like to raise a child with a disability?

Join us as we host monthly Parents Dine Out events in
various restaurants in our community where you can meet
other parents and make meaningful connections and
receive peer to peer support!

All attendees are expected to pay for their meal and drinks.
Visit Fatty's website for menu and pricing info.



LET US KNOW YOU'RE COMING SO WE CAN
SAVE YOU A SEAT!
CALL 985-875-0511 OR EMAIL US
INFO@FHFNORTHSHORE.ORG



Parents Dine Out



JUNE 7, 2018
6PM TO 8PM

27010 Crossing Circle
Denham Springs

Are you the parent or caregiver to a son or daughter with a
disability? Want to connect with other parents who
understand what it's like to raise a child with a disability?

Join us as we host monthly Parents Dine Out events in
various restaurants in our community where you can meet
other parents and make meaningful connections and
receive peer to peer support!

All attendees are expected to pay for their meal and drinks.
Visit Walk On's website for menu and pricing info.



LET US KNOW YOU'RE COMING SO WE CAN
SAVE YOU A SEAT!
CALL 985-875-0511 OR EMAIL US
INFO@FHFNORTHSHORE.ORG

Click On Images To Register Today!

The purpose of these events is to provide folks who are 16 and older with the opportunity to meet new people, have fun and be included in their community.

NFHF Adult Program Coordinator
 Rachael Sykes



Click On Images for Info About Each Event & Register to Attend




NORTHSHORE Families Helping Families
ABLE Club
Book & Journal Club
Meets Every Wednesday
1 pm to 2 pm
@ St. John's Coffee Shop
535 E. Boston Street in
Downtown Covington

NORTHSHORE Families Helping Families
ABLE CLUB
ADULTS BUILDING LIFE EXPERIENCES

Dinner Club

GRAND BUFFET
 1171 COLLINS BLVD.
 COVINGTON
THURSDAY, APRIL 12, 2018
6 PM TO 8 PM

RSVP
 985-875-0511 or info@fhnorthshore.org

TACO THURSDAY

MAY 10, 2018
 LA CARETTA
 812 N. HWY 190
 COVINGTON
6 PM TO 8 PM

A NIGHT OF FUN AND FOOD

NORTHSHORE Families Helping Families
ABLE CLUB
ADULTS BUILDING LIFE EXPERIENCES

Join Us for Dinner
 at
Piccadilly
 69008 Hwy 190 Service Road
 in Covington

Thursday, June 14th
6 pm to 8 pm

ABLE Club Members
 Reserved Space is Limited
 Register Today!

NORTHSHORE Families Helping Families
ABLE Club
Adults Building Life Experiences

INFO@FHNORTHSHORE.ORG 985-875-0511

NORTHSHORE Families Helping Families
ABLE CLUB
ADULTS BUILDING LIFE EXPERIENCES

Join Rachael
Saturday
April 28, 2018
 @
Global Wildlife Center
 26590 Hwy. 40
 Folsom, La.

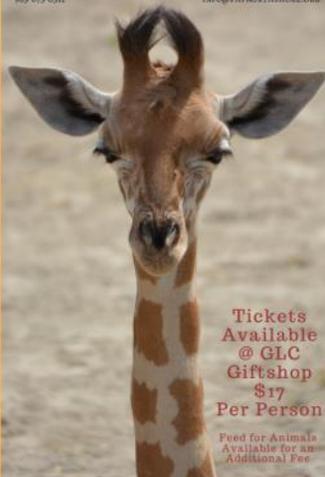
Arrive by 9:15 am
 Tour Starts @ 10:00 am

Attendees Must
 Purchase Their Own
 Tickets & Provide Their
 Own Transportation

Tour Wagons are
 Accessible

Tickets Available @ GLC Giftshop \$17 Per Person

Feed for Animals Available for an Additional Fee



Flashback Movies with Rachael

Join Rachael Sykes, the NFHF Adult Program Coordinator, for movie night once a month at the Movie Tavern.

Movie Picks Are Announced on the ABLE Club Facebook Group Page & by Email to ABLE Club Members

Want to Know More About Movie Times & Dates
 Rachael's Movie Picks or How to Register?
 Contact her @

rachaelsykes@fhnorthshore.org
or call
985-875-0511

Ready to be an ABLE Club Member? Rachael can help you with that too!
 Get Your Tickets - Food - Drinks at the Movie Tavern!



ABLE CLUB Tangipahoa Chapter Leader Wanted

Do you love social events? Are you Passionate about inclusion for individuals with disabilities?

Can you Volunteer a few hours a week? Let's Talk! Contact

Katie Corkern, Executive Director @ katiecorkern@fhnorthshore.org

NFHF In the Community



We love partnering with parents, schools, and other organizations to get input on what parents and caregivers really need for their families.

NFHF, Washington Parish School System, Livingston Parish Parents and Exceptional Lives came together to explore resources and get input from parents on the best way to deliver the information they need.



Inclusive Education Specialist, Ashley Nielsen, along with Katie Corkern attended a family information fair in Covington to share information about the education services we provide. Ashley and Katie met many parents who want and need to be effective and informed voices for their children.

NFHF is proud to provide the information and support they need by phone, in person, through our education training events, and community events like this one throughout the Florida Parishes region .



NFHF & Forward of St. Tammany joined forces to show our support of the "Spread the Word to End the Word" Campaign by having a Word-Up and Zumba with Kyle event at the Mandeville Trailhead.

Many thanks to everyone who came out to take the pledge and join in the fun. A huge Thank You goes out to Katie Lee who choreographed a special Word-Up Zumba dance! Thank you Forward for everything you do for families in our community! Be sure to check them out on their Facebook page and join in the Zumba events!



NFHF Executive Director, Katie Corkern along with her son Connor, and Board Member, Jeff Arseneaux spent a morning in the park at the Fifth Annual Northshore Parent Easter Egg Hunt.

Northshore Parent has been a long time supporter of NFHF and an important part of our community.



MAKING YOUR VOICE HEARD

How you can become your
child's best advocate.

Presented by

KAREN ARTUS

TUESDAY, APRIL 17, 2018
9 AM TO 11 AM

@

NFHF CENTER
204 W. 21ST AVENUE
COVINGTON, LA 70433



Louisiana Developmental
Disabilities Council

info@fhfnorthshore.org 985-875-0511

Join Karen for Coffee, Donuts and Tips on Being Your Child's Best Advocate

Karen will also be sharing about the state of the state as it pertains to legislative issues affecting adults, children and parents in Region 9.

Register Now and Bring a Friend

- Click on Image to Register -

Transitioning from Early Steps: What Parents Need to Know

Kelly McGehee

- Region 9 Early Steps Community Outreach Specialist-
will walk parents through the process of transitioning out of
Early Steps into the public school system.

Parents will also hear from
Washington Parish School System's Child Search Coordinator
and representatives from

Florida Parishes Human Services Authority
to gain a better understanding of services offered.

Monday, April 23, 2018 **Student Support Services Auditorium**
10:00 am to 12:00 pm 616 T W Barker Drive - Franklinton, La. 70438



info@fhfnorthshore.org

985-875-0511

Exceptional People of the Northshore



When having a baby, our first baby at that, we were overwhelmed with feelings of joy and excitement. When the neonatologist walked into the room and announced that Grady had many characteristics of DS you could have heard a pin drop. The room silenced and I knew our lives would be changed forever; but in a different way than I could've ever imagined. It wasn't until hours later that we could see our precious new little babe. There he was in the NICU trying to thrive, and there I was in a dark hole questioning everything. Being a new mother in itself is exhausting. The back and forth to the pediatrician, cardiologist, hospital, and trying to get early intervention started wasn't what I pictured for my newborn son.

I worry about someone bullying Grady or him not being able to communicate with me verbally. There are so many different worries, but as my grandmother says, "Worrying is like a rocking chair; you can sit and rock in it all day but it ain't gettin' ya nowhere."

You can follow Grady's journey on Instagram @xtra_gradytude

Kyle, Haley, & Grady (then 10 Months) - Down Syndrome
Tangipahoa Parish

Florida Parishes Human Services Authority

Who Are They & What Do They Do?

Presented by

Rona Burkett

FPHSA Waiver Manager

- ✓ What FPHSA does for children with
Developmental Disabilities
- ✓ Developmental Disabilities Services
- ✓ Eligibility Information
- ✓ How to Apply for Services
- ✓ Waiver Info & More

Thursday, May 17, 2018 - 9 am to 11 am

Tangipahoa Parish Convention & Visitors Bureau

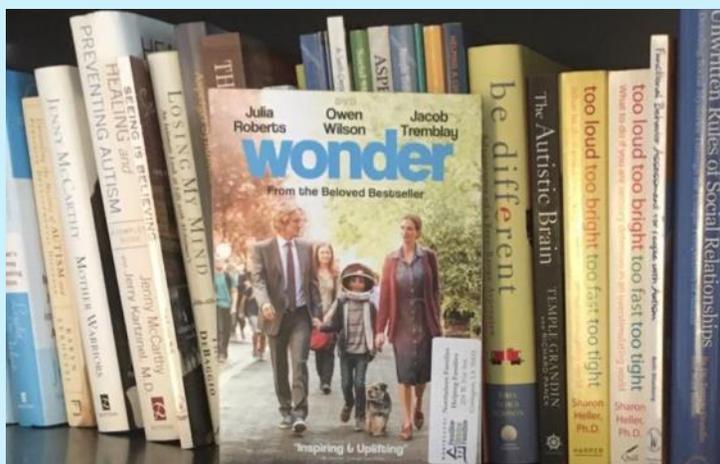
13143 Wardline Road in Hammond



NFHF

985-875-0511

INFO@FHFNORTHSHORE.ORG



Did you know the NFHF Lending Library Includes Movies?
Parents, Individuals with Disabilities, Educators and Professionals are invited to stop by and see our growing collection of books and videos.

Want to Watch Wonder?
Stop by to Pick Up a Copy!

Rona Burkett
[FPHSA's Waiver Manager]
will explain what exactly the
Florida Parishes
Human Services Authority
does and how it pertains to your
child with a developmental
disability.

Join us to learn about

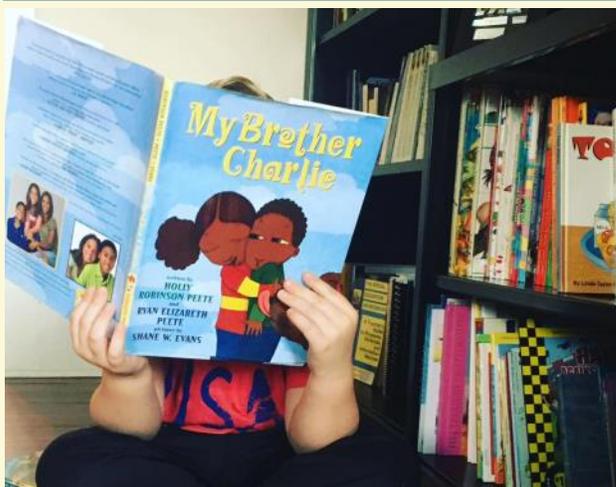
- Developmental Disabilities Services
- Eligibility
- How to Apply for Services
- Waiver Information & More

Parents of children of all ages are
encouraged to attend!

info@fhfnorthshore.org
985-875-0511



Thursday
June 14, 2018
6 pm to 8 pm
Hillcrest Baptist Church
2201 Washington St.
Franklinton, LA



We have children's books!

"My Brother Charlie" was written by actress Holly Robinson Peete and her daughter, Ryan. The book is based on Ryan's twin brother who happens to have Autism!

This is such a great read for siblings; we have many other great books for them too. Come see us and browse our Lending Library today!

We're here until 4pm



The **Office for Citizens with Developmental Disabilities (OCDD)** is holding community meetings to share information regarding our move to a Tiered Waiver System, a change from the current first-come, first-served basis. Individuals or family members who are currently on the New Opportunity Waiver Request for Services Registry, known as "the waiting list" are invited to join us. Regional meetings will be held from either 10-11:30 a.m. or 5-6:30 p.m. at the locations below. RSVP is not required for attendance. For more information, call [1-866-517-7687](tel:1-866-517-7687) or email ocdd-hcbs@la.gov

March 20 • Pineville

Both Sessions
Kees Park Community Center
2450 Hwy 28 East
71360

March 26 • Lake Charles

Both Sessions
Allen P. August Multi-Purpose Annex
2001 Moeling Street
70601

March 27 • Shreveport

Morning Session
The Hamilton/Caddo Branch Library
2111 Bert Kouns Industrial Loop
71118

Evening Session
AmeriHealth Caritas Louisiana Community
Wellness Center
3709 Jewella Avenue
71109

March 28 • Monroe

Both Sessions
Ray Oliver Wright, Health Unit
Harriet B. Foster Community Room
1650 Desiard Street
71201

April 3 • Harvey

Morning Session
Jane O'Brien Chatelain West Bank Regional
Library
2751 Manhattan Boulevard
70058

April 3 • Metairie

Evening Session
East Bank Regional Library, Napoleon Room
4747 West Napoleon Avenue
70001

April 4 • Covington

Morning Session
Northshore Catholic Center
4465 E. Highway 190 Service Road
70433

April 4 • Hammond

Evening Session
Hammond Health Unit
15481 W. Club Deluxe Road
70403

April 9 • Lafayette

Both Sessions
Lafayette Parish Public Library - South Regional
6101 Johnston Street
70503

April 10 • Buras

Morning Session
Plaquemines Parish Library
35572 Highway 11
70041

April 10 • New Orleans

Evening Session
Robert E. Smith Library
6301 Canal Boulevard
70124

April 11 • Gray

Both Sessions
Terrebonne Parish Library North Branch
4130 West Park Avenue
70359

April 16 • Baton Rouge

Both Sessions
Fairwood Branch Library
12910 Old Hammond Highway
70816

Strategy to See: Strategies for Students with Cerebral/Cortical Visual Impairment



Presented by:

Diane Sheline

Louisiana School for the Visually Impaired
October 19, 2018 @8:00 am

Registration Fee: \$50 (includes book)

Click here to register [FILL OUT FORM](#)

****Deadline to register is September 21st****

The LA Association for Education & Rehabilitation of the Blind & Visually Impaired (AER) Chapter and ABL will be hosting a 1-day CVI training. This course will benefit anyone who works with children with CVI. Each attendee will receive the book: *Strategy to See: Strategies for Students with Cerebral/Cortical Visual Impairment*

ACVREP credits are available for this presentation.



Association for Education and
Rehabilitation of the Blind and
Visually Impaired



**Affiliated Blind
of Louisiana**
TRAINING CENTER



**Louisiana School for the
Visually Impaired**

LSDVI Student Center
2888 Brightside Lane
Baton Rouge, LA 70820

For more information contact:
Blanche Faulk (225) 757-3489
bfaulk@lsdvi.org

Nabiha Mujahid
nmujahid@lsdvi.org

Region 9 LaCAN Leader



Karen Artus

kartus@lacanadvocates.org

I'm Karen, a parent and advocate for individuals with developmental disabilities in Livingston, St. Tammany, St. Helena, Tangipahoa and Washington Parishes. I help adults, parents and caregivers by providing information and support in their advocacy efforts. I can answer your questions about content or actions needed for the latest advocacy alerts, assist you when writing your legislator, schedule a legislative visit, and help you prepare public testimony.

It's Time to Advocate!

The regular legislative session is underway! Watch for LaCAN Action Alerts through social media and member email. Review the alert and voice your concerns by a call or email to your policymaker on how proposed policy changes will effect your family. Then contact me to confirm your action or "cc" me when emailing your policymaker.



We need you at LaCAN Yellow Shirt Days!

When you receive a Yellow Shirt Action Alert let me know if you can make the committee date. LaCAN yellow shirts remind policymakers that their decisions affect people with disabilities.

Region 9 Legislative Roundtable

To all who attended, thanks for making this year's Region 9 Legislative Roundtable a success. Special thanks to Senator Sharon Hewitt and Senator Beth Mizell as well as Representative Scott Simon for sharing their insights. Thank you to the parents and adults who shared how policies impact the quality of daily life of an individual with a disability for the Developmental Disabilities Council's (DDC) 2018 Legislative Agenda:



Rhonda Arinde

*Testimony on Fund Waivers:
Meet Urgent Needs Now*

"It was 2007 and he was put on the waiver waiting list...Without the possibility of waiver services, Calvin would surely be institutionalized which costs more than paying for resources that would keep him home with his (loving) family..."



Mark, Susan & Max Waller

*Testimony on Enhance Rate for
People with Complex Needs*

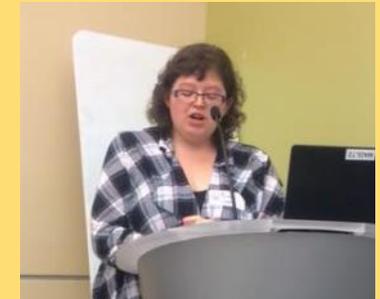
"Max deserves the best qualified support worker and that skilled worker should be paid for that experience and skill set just as in the private sector. So we ask, please put families first and provide the funding for an enhanced waiver rate."



Tara Nunez Smith

*Testimony on Fund and
Implement TEFRA*

"In Arkansas we were able to obtain Medicaid coverage through the TEFRA option because it is needs based, not income based...Most families on the waiver waiting list end up giving up desperately needed services because they simply cannot afford them."



Michele Lappin

*Testimony on LDOE
Behavior Support Plan*

"I asked for more interventions... His teacher did everything she could, but she didn't have adequate training or support. If effective, research-based behavioral practices had been established and maintained... she would have known the proper way of handling situations and deescalating them."

LOUISIANA REGION 9 STATE SENATORS

Senator Beth Mizell

1051 Main Street
Franklinton, LA 70438
Office Phone: 985-839-5121
Fax: 985-839-7714
Email: mizellb@legis.la.gov



Serves: St. Tammany, Tangipahoa, & Washington

Senator Sharon Hewitt

2055 2nd Street, Suite A
Slidell, LA 70470458
Office Phone: 985-646-6490
Fax: 985-646-6497
Email: hewitts@legis.la.gov



Serves: Orleans, Plaquemines, St. Bernard & St. Tammany

Senator Jack Donahue

P.O. Box 896
Mandeville, LA 70470
Office Phone: 985-727-7949
Fax: 985-727-9904
Email: donahuej@legis.la.gov



Serves: St. Tammany & Tangipahoa

Senator Dale Erdey

P.O. Box 908
Livingston, LA 70754
Office Phone: 225-686-2881
Fax: 225-686-7353
Email: erdeyd@legis.la.gov



Serves: East Baton Rouge, Livingston & Tangipahoa

**Senate Capitol Switchboard:
225-342-2040**

LOUISIANA REGION 9 STATE REPRESENTATIVES

Representative Robby Carter

225 NW Central Ave.
Amite, LA 70422
Office Phone
985-748-2245
Fax
985-748-2247



Email: carterr@legis.la.gov

Serves St. Helena & Tangipahoa

Representative Clay Schexnayder

6473 Hwy 44, Suite 205
Gonzales, LA 70737
Office Phone
225-473-6016
Fax
225-473-6018



Email: schexnayderc@legis.la.gov

**Serves Ascension, Livingston,
St. James, & St. John The Baptist**

Representative Malinda B. White

116 Georgia Ave.,
Suite 40
Bogalusa, LA 70427
Office Phone
985-730-2137
Fax
985-730-2149



Email: whitema@legis.la.gov

Serves St. Tammany & Washington

Representative Gregory Cromer

P.O. Box 2088
Slidell, LA 70459
Office Phone
985-645-3592
Fax
985-645-3594



Email: cromerg@legis.state.la.us

Serves St. Tammany

Representative Mark Wright

522 N New Hampshire S
Suite 1&2
Covington, LA 70433
Office Phone
985-893-6262
Fax
985-893-6261



Email: wrightm@legis.la.gov

Serves St. Tammany & Tangipahoa

Representative J. Rogers Pope

P.O. Box 555
Denham Springs, LA
70727
Office Phone
225-667-3588
Fax
225-667-3590



Email: poper@legis.la.gov

Serves Livingston

LOUISIANA REGION 9 STATE REPRESENTATIVES

Representative J. Kevin Pearson

1349 Corporate Square
Suite 6
Slidell, LA 70458
Office Phone
985-646-6487
Fax
985-646-6489

Email: pearsonj@legis.la.gov
Serves St. Tammany



Representative Stephen Pugh

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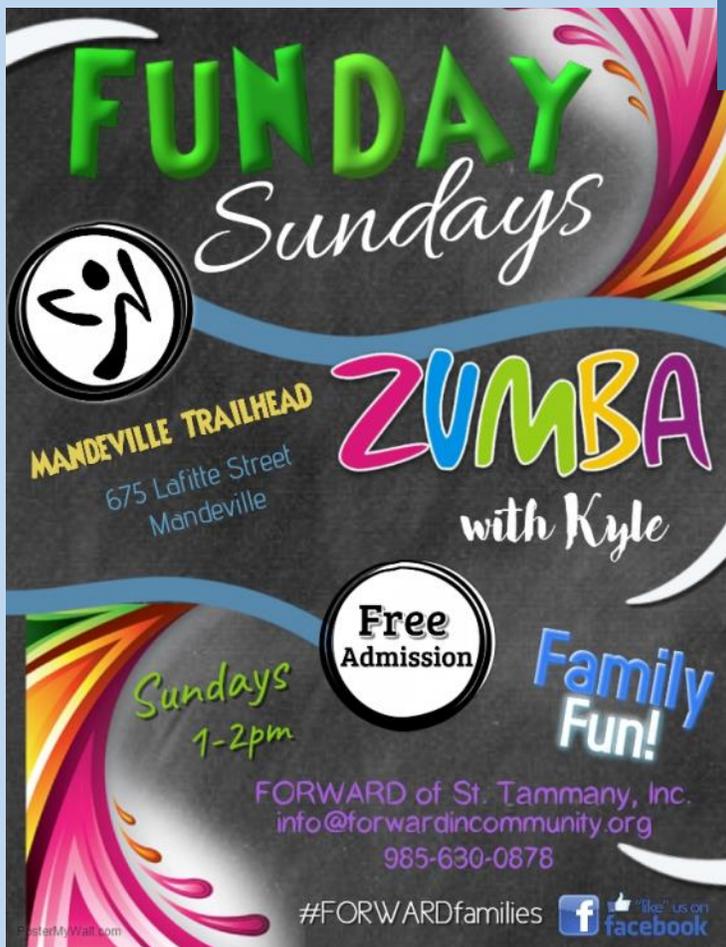
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St. Helena, Avoyelles, part of
Ascension, part of Iberville,
East Baton Rouge, part of
West Baton Rouge, part of
St. Landry, & part of PT Coupee

House of Representatives Capitol Switchboard
225-342-6945

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Community Groups



FUN DAY
Sundays



MANDEVILLE TRAILHEAD
675 Lafitte Street
Mandeville

ZUMBA
with Kyle

Free Admission

Family Fun!

Sundays
1-2pm

FORWARD of St. Tammany, Inc.
info@forwardincommunity.org
985-630-0878

#FORWARDfamilies  Like us on facebook

PosterMyWall.com

Upcoming Autism Support Groups

Hosted By:



East St. Tammany

Slidell Memorial Hospital Parenting Center
501 Robert Blvd., Slidell, LA

3rd Wednesday of every month from 9-11 am

For more info contact 985-370-2300 or
agalliano@soarwithautism.org

Tangi

SOAR Center

112 Lake Orleans Blvd., Ponchatoula

4th Thursday of every month from 6-7 pm

For more information contact 985-370-2300 or
ehermann@soarwithautism.org

People First
of Louisiana



People with disabilities moving forward for change in Louisiana

People First of Louisiana is part of a national coalition of organizations of people with Disabilities. As a statewide organization they support people with disabilities to Empower themselves to become effective decision makers, to gain independence, and to enjoy life as equal citizens of the United States of America.

NORTHSHORE CHAPTER

Learn about self-advocacy, rights & responsibilities of individuals with disabilities at monthly meetings on the third Wednesday of each month from 1:00pm to 2:00pm

At Arc of GNO

Northshore Community Center • 106 E. 25th Avenue in Covington



What Families Can Do to Avoid "Surprise" Medical Bills?

Most families with CYSHCN are familiar with managed care and understand that they have better health care coverage if they stay within their plan's network. However, even when families go to network hospitals, they are sometimes hit with surprise medical bills.

How Does This Happen?

Even if a hospital is in a family's plan network, not all of the providers who provide services at the hospital may be in the network. It is important that parents know if individual doctors are also participating in the plan. This can be important to know for routine visits to a children's hospital as well as for in-patient or emergency care.

In-Patient Care

Parents may have been diligent in finding both a hospital and also a provider who works there in their plan's network. However, if their child needs surgery or other care, it is possible that the anesthesiologist, for example, may not be participating in their plan. Then the family receives an "out-of-network" bill.

Emergency Care

The situation is even more difficult during an emergency. Families may have to go to the nearest hospital or perhaps get admitted or transferred to a hospital that may be out-of-network.

What Can Families Do?

- Use in-network hospitals.
- For medical appointments, check that the providers at the hospital are also in-network.
- If using Medicaid as secondary payor, get an out-of-state authorization. NOTE: Even non-participating providers can bill Medicaid out-of-network as secondary to private insurance.
- File a complaint, see <https://consumersunion.org/insurance-complaint-tool/>.

Families need to be vigilant about using in-network providers to ensure that their insurance will cover medical services. Plans should make information on network providers "transparent", or disclose estimated costs out-of-network, so families don't get unexpected medical bills. Some states have proposed protections, including for self-funded/self-insured plans. For more information on what families and advocates can do, see Resources below.





Exceptional Lives Louisiana is web based information portal with easy-to-follow information for parents and caregivers of children and young adults with disabilities.

Resource Directory

A searchable online database of disability programs and providers in Louisiana.

Interactive How-To Guides

The guides walk you through complex processes and connect you to the agencies that offer benefits and services.

Personal Support

Helpline provides free support by phone or email.

(Click Above Image to Access Website)

Exceptional People of the Northshore

“Benjamin is a young man with a very full life! He is extremely close to his brother and sister. Brody, his brother, is 20 years old and is in the Army National Guard. When Brody is home, he and Benjamin enjoy going out to eat. Benjamin has always looked up to his “baby” brother and has always wanted to do everything he does.....including being a soldier! He loves his sister, Mason, equally. Mason is 19 years old and attends SELU. She and Ben love watching movies together. Benjamin’s all-time favorite movie is Wizard of Oz. He also has two dogs that he absolutely adores! Kimo, his Yorkie, is 12 years old and Tank, his boxer, is 2 years old.

Benjamin graduated high school in May 2016. During his senior year, he was voted Mr. Live Oak, a very prestigious senior superlative voted on by his peers. He also received the Yes I Can! Award in the area of advocacy on the state level! Upon exiting high school, he obtained employment at his alma mater. Currently, he is working as a classroom assistant at Live Oak High School. We could not be any prouder of Benjamin!”

Benjamin, 21 years old
Down Syndrome
Livingston Parish



NFHF Calendar of Events

APRIL		MAY		JUNE	
5	Parents Dine Out	3	Parents Dine Out	7	Parents Dine Out
12	ABLE Club Dinner	10	ABLE Club Dinner	14	ABLE Club Dinner
17	Making Your Voice Heard Presentation @ NFHF Center	17	All About Florida Parishes Human Services Authority	14	All About Florida Parishes Human Services Authority
17	LaCAN Member Update @ NFHF Center	TBA	ABLE Club Movie Night	TBA	ABLE Club Movie Night
23	Transitioning From Early Steps Workshop in Franklin				
28	ABLE Club Members @ Global Wildlife Center				
TBA	ABLE Club Movie Night				

ON THE COVER

Abigail & Savannah



Abigail and Savannah became fast friends when they met almost five years ago when Abigail was 9 months old and Savannah was 6.

Abigail is a vivacious 5 year old who lives with her daddy, mom, and 2 brothers, 3 chickens, 3 bunnies and cat; Gabby in St. Tammany Parish. She enjoys going to "Jesus house", helping her daddy with the animals, helping her mom with the dishes, drawing and music.

Savannah is a sassy 11 year old that lives in Tangipahoa Parish with her Mom, Dad, and brothers. She loves animals, especially her dog Emmett. Savannah enjoys making pictures and cards for her family and friends. She also wants to work at Justice clothing store when she grows up.