



QUARTERLY NEWSLETTER

July •August •September

2017

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.

NFHF Office:
204 W. 21st Avenue
Covington, LA 70433
(985) 875-0511
(800) 383-8700
Office Hours:
9:00 am - 4:00 pm
Monday - Friday





**QUARTERLY
NEWSLETTER**
**July • August • September
2017**

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

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Jason Durham

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Advisory Board Members

Michelle Anderson

Chad Danenhower

Nicole Justice

Bernadette Lala

You are always welcome at NFHF Board Meetings.

Meetings are typically held on the third Thursday of the month. The next meeting will be held on Thursday, July 20th, 2017 at 5:30 pm at the NFHF office.

If you would like to address the board, call Katie Corkern at 985-875-0511.

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. Northshore Families Helping Families is a United Way recipient.

Katie's Corner



The Power of Parents

When I brought my son Connor home from his month long hospital stay as a newborn with numerous life altering diagnoses I felt lost. I didn't know which way was up or down so to even begin thinking of how to navigate the service delivery system for individuals with disabilities frightened me like nothing else.

As parents and caregivers to children with disabilities we have the daunting job of learning our way through this new life as if it's trial by fire. We quickly learn what overstimulates our child, what material is sensory overload, which doctor NOT to go to, which therapy center is the best fit, and we learn that we are indeed the expert on our child.

We rely on specialists to give us their insight on best practices, medications, procedures, and so on. We rely on therapists to give us their recommendations on physical, occupational, speech and vision therapy, applied behavior analysis, and so on. We rely on pediatricians to give us their attention while helping to keep our child well and healthy. We rely on school teachers to give us their time and energy ensuring our child is seen as a valuable asset to their classroom and worthy of learning the curriculum they are teaching. These professionals assist us every day and we are grateful for them, but who is there to give their honest input on navigating the winding road of services available to children and adults with developmental disabilities?

While consoling my screaming 5 month old Connor in the waiting room at physical therapy one day another mom glanced at me and smiled. I noticed how she looked so put together. I noticed how her child, who seemed to be around 12 years old, was contently playing on the floor with blocks. I noticed how her demeanor was so calm and cool and collected. I instantly wondered how she was able to pull all of this off. I tried to smile back, but the knot in my throat was getting tighter and my tears were inching closer to falling. Noticing my emotions she walked over to me, grabbed my hand, and gave me some much needed encouragement. Those five minutes forever changed me.

You see we as parents of children or adults with disabilities are the ones who are there to help each other with the complexities of our lives when professionals cannot. We are the ones other parents turn to when no one else can guide them, give answers, or provide clarity. Generations of parents before us paved the way, they planted the trees from which we enjoy its shade, they pushed forward and taught the parents that came behind them how to avoid the potholes, road closures, the detours, and assured those fragile, new parents that there is a (somewhat) smooth ride ahead once you get through all those obstacles in the beginning.

Through our own experiences we have become experts on numerous aspects of developmental disabilities that a professional school can teach. Having this unique power allows us to be able to share with other parents going through similar life situations and we should share our knowledge often.

As I look back over my son's past 10 years I can say with absolute certainty that I received the best support, information, and guidance from other parents walking the same path. We are each other's best allies.

If you are a parent of a child with a disability in the early stages of your new life journey I hope you feel comfortable reaching out to other parents because we've walked a mile in your shoes. If you are the parent of a child with a disability who has been traveling this journey for a while now, I hope you are reaching out to the parents who are in the trenches, lost and confused with nowhere to turn, and offering them your guidance and support. No one can understand the daily struggles and constant confusion we face like other parents of individuals with disabilities. It's like having your own cheer squad or support network all day, every day. We are all in this together.

"Alone we can do so little; together we can do so much." –Helen Keller

Katie Corkum

Northshore Families Helping Families Welcomes Jeff Arseneaux as Adult Program Coordinator

As a self-advocate, Jeff brings a lifetime of knowledge and understanding to his new role as Adult Program Coordinator.

With a “No matter what it takes, I will succeed” attitude, Jeff has become a mentor and leader in the community. He is enthusiastic about living and learning. He’s also tireless in his promotion of community, inclusion, advocacy and acceptance of individuals with disabilities.

Jeff works with community partners to provide opportunities for adults with disabilities to socialize and try new things in the community they live in. He is a leader who connects with the people around him and encourages the adult program participants to engage with others, develop life skills, seek solutions, develop meaningful relationships and support each other.



Did you know you can catch live broadcasts of “Chatting with Katie” episodes on our Facebook Page?

Join in the conversation to get useful tips, learn about services, ask questions & more!



When You Support

Northshore Families Helping Families

Your Donation Helps Us to:

Fulfill our Mission of Providing Resources to Individuals with Disabilities

Offer Workshops & Conferences

Promote Inclusion

Support Existing Programs & Create New Innovative Programs

Provide Support Groups

& So Much More!

DONATE
CLICK HERE TO GIVE >>

Thank You for Your Support!

NFHF

Save the Date



TOUCH A TRUCK



ANNUAL FUNDRAISER BENEFITING NORTHSORE FAMILIES HELPING FAMILIES

Providing programs & support to individuals with disabilities to build an inclusive community

SAVE THE DATE

Touch a Truck 2017

Saturday - September 23, 2017

10:00 am to 1:00 pm @ Church of the King in Mandeville

**JOIN THE
NFHF
MAILING LIST**
CLICK HERE

What is it?

**A fantastic event where kids of all ages can climb, discover & explore
their favorite things on wheels!**

Join us for a family friendly event with music, food and fun!

NFHF
Volunteer Opportunities



WE NEED VOLUNTEERS!

You make a difference! Get Involved!



Would You Like To:

Support Individuals with Disabilities?

Share Your Experience, Talents & Energy?

Positively Impact Someone's Life?

Be a Leader in Your Community?

Can You:

Hand Out Brochures in Your Community?

Help with Outreach Activities?

(visit churches, therapy centers, etc. to share
NFHF brochures)

Assist other Families in need of
Encouragement & Support?

Help with Fundraisers in Your Area?

Assist with Day to Day Duties in Our Center?

Northshore Families Helping Families is in the early stages of creating parent/caregiver
volunteer committees in each parish we serve and we need your help!

We're looking for leaders who can help us reach more families in St. Tammany,
Washington, Tangipahoa, Livingston & St. Helena Parish

• • • •

Interested in joining your parish's committee and helping NFHF expand its reach?

Want to learn more about volunteer opportunities or discuss specific skills you have to offer?

Contact our Executive Director, Katie Corkern

(985) 875-0511 or send her an email katiecorkern@fhfnorthshore.org

Thank You for Supporting Northshore Families Helping Families!

NFHF WORKSHOP

Click on Location to
Register to attend.

Tuesday
July 25th
10 am - 11:30 am

Our Lady of the Lake Hospital

5000 O'Donovan Blvd.
Walker, La. 70785

Wednesday
July 26th
6 pm - 7:30 pm

St. Tammany Parish Hospital

Mandeville Room

1202 S. Tyler Street
Covington, La. 70433

REGISTER TODAY

Northshore Families
Helping Families
204 W. 21st Avenue
Covington, La. 70433
985-875-0511
info@fhfnorthshore.org

Anatomy of an IEP

- What really is an IEP?**
- What should be included in all of those boxes?**
- Who should be invited to IEP's?**
- What should a goal look like?**
- What's the difference in Regular & Special Education minutes?**
- What are my rights?**

**Get answers to all of these questions & more!
If you want to know more about IEPs and be
your child's best advocate,
join us for this great workshop!**

PRESENTED BY:

NFHF INCLUSIVE EDUCATION SPECIALISTS
Gaynelle Franklin & Ashley Nielsen



This training is supported under contract with the Louisiana Department of Education with funds under Part B of the Individuals with Disabilities Improvement Act of 2004.

**NFHF
WORKSHOP**

Click on Location to
Register to attend.

Tuesday
August 1st
10 am - 12 pm

Northshore
Pastoral Center
4465 Hwy. 190
East Service Road
Covington, La.
70433

Thursday
August 3rd
6 pm - 8 pm
Tangipahoa
Health Unit
15841 W. Club
Deluxe Road
Hammond, La.
70403

**REGISTER
TODAY**

Northshore Families
Helping Families
204 W. 21st Avenue
Covington, La. 70433
985-875-0511

info@fhfnorthshore.org

Emergency Preparedness

JOIN US TO LEARN MORE ABOUT

**Karen Scallan will discuss ways
you can be All-Hazard prepared for
emergencies, considerations for your
emergency plan in your Waiver plan of
care, and what you need to know about
Medicaid and Healthy Louisiana plans if
you evacuate for an emergency.
Attendees will also receive a NFHF
Emergency Preparedness booklet where
they can start their own preparations.**

PRESENTED BY:
Karen Scallan



This training is supported under contract with the Florida Parishes Human Services Authority.

**NFHF
WORKSHOP**

Click on Location to
Register to attend.

Monday
August 14th
6 pm - 8 pm

**Tangipahoa
Health Unit**
**15841 W. Club
Deluxe Road**

Hammond, La. 70403

**REGISTER
TODAY**

Northshore Families
Helping Families
204 W. 21st Avenue
Covington, La. 70433
985-875-0511
info@fhfnorthshore.org

Transition IEPs

JOIN US TO LEARN MORE ABOUT

What is a transition IEP?
Who should be attending transition IEPs?
What does a transition goal look like?

**If your child is nearing high school age
you won't want to miss this opportunity
to gain valuable knowledge & get
important information to help you
navigate high school transitions.**

PRESENTED BY:

Gaynelle Franklin
NFHF
INCLUSIVE EDUCATION SPECIALIST



This training is supported under contract with the Louisiana Department of Education with funds under Part B of the Individuals with Disabilities Improvement Act of 2004.

Community Presentations



My Family's Experience With Self-Direction

Do you have questions about your ability to self-direct your waiver services and how your family can benefit?

Come hear how one family benefits from self-direction and manages the responsibilities.

Choose a time and location that's most convenient for you.

Thursday • August 31st

11:00 am – 1:00 pm

Tangipahoa Parish Library

Hammond Branch 314 East Thomas Street

Hammond, LA 70401

Thursday • September 7th

6:00 pm – 7:30 pm

Denham Springs Library - Walker Branch

8101 U.S. Highway 190

Denham Springs, LA 70726

Presenter: Angela Lorio

Sponsored by:



Co-Hosted by:



Community News & Groups



NFHF PARENTS DINE OUT

Are you the parent or caregiver to a son or daughter with a disability?

Are you looking to connect with other parents who understand what it's like to raise a child with a disability?

Join us as Northshore Families Helping Families hosts monthly Parents Dine Out in various restaurants throughout Region 9 where you can meet other parents and make meaningful connections.

Parents Dine Out will be held on the first Tuesday of the month.

- Interested participants must register to attend by calling the NFHF center or online. •
 - Participants must pay for their meal. •

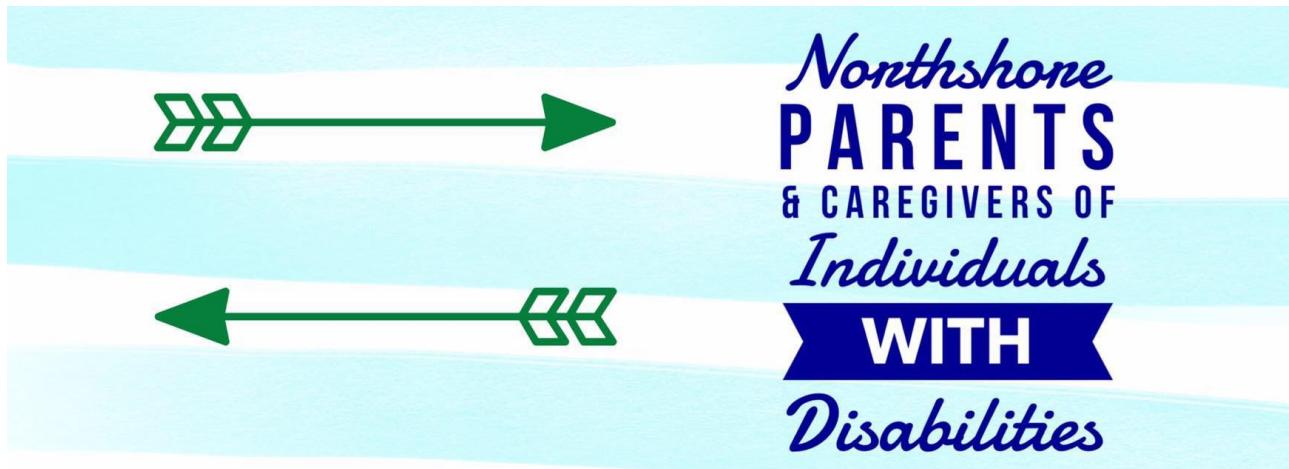
Mark Your Calendar & Join Us!

August 1st Dine Out in Tangipahoa Parish

September 5th Dine Out in St. Tammany Parish

October 3rd Dine Out in Livingston Parish

November 7th Dine Out in Washington Parish



Parents & Caregivers are Connecting on new FB Group Page Offering Information and Support.

This group is for parents and caregivers for networking, supporting, encouraging, and discussing all aspects of raising/caring for a child/teenager/adult with special needs on the Northshore!

Visit the Northshore Parents & Caregivers of Individuals with Disabilities Page

Clicking on the Image Above.

Community News & Groups



Meet Your Region 9 LaCAN Leader **Karen Artus**

kartus@lacanadvocates.org

Education, Home & Community Based Services

Karen is a parent and advocate for individuals with developmental disabilities in Livingston, St. Tammany, St. Helena, Tangipahoa and Washington Parishes.

Karen helps parents and caregivers by providing information and support in their advocacy efforts. She can answer your questions about content or actions needed for the latest advocacy alerts and assist you when writing your legislator, scheduling a legislative visit, or preparing public testimony.



Is your child on the 12 year waiting list for a developmental disabilities waiver?

Is your child's services through Florida Parishes Human Services Authority affected by state budget cuts?

Would you be interested in telling your story at Louisiana's State Capitol?

We need more passionate advocates for citizens with developmental disabilities in Louisiana and that could be you!! [Join LaCAN today!](#)

Community Links



The ADA Symposium is free to attend and will feature national accessibility expert Kristi J. Avalos, the President and CEO of Accessology.

Attendees will be able to participate in a Q & A session with Ms. Avalos and discussed various topics relative to accessibility in Louisiana.

There will also be breakout sessions for businesses, local governments, and higher education to further network and discuss programmatic and physical accessibility.

ADA SYMPOSIUM

hosted by GOVERNOR'S OFFICE OF DISABILITY AFFAIRS

JULY 26, 2017
9 am to 4 pm

LOUISIANA PURCHASE ROOM
Claiborne Building

TO RSVP contact:

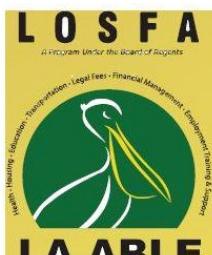
JOLAN.JOLIVETTE@LA.GOV or (225) 219-7553

SPEAKER - KRISTI J. AVALOS

includes breakout sessions for PROGRAMMATIC and PHYSICAL ACCESSIBILITY for BUSINESSES, LOCAL GOVERNMENTS AND HIGHER EDUCATION

Click on Above Image to Register

The Louisiana Achieving a Better Life Experience Act is a program which allows families to save for disability related expenses of their loved ones. The advantage of this program is that it allows the family to save without worrying about whether the assets in an account will be counted as an asset for purposes of determining eligibility for federal and state benefits programs such as Medicaid and Social Security.



**FINALLY,
A PROGRAM TO
HELP PEOPLE WITH
DISABILITIES SAVE FOR
THEIR FUTURE.**

www.able.osfa.la.gov



Click on the image above to learn more.

Community Links



PRIVATE INSURANCE CHECKLIST



Understanding what your insurance covers, and what is doesn't, is vital when you're getting services for you or your child. This checklist can be a useful tool to help you identify needs and coverage for:

Inpatient Hospital Coverage

Outpatient Services & Home Care Coverage

Adaptive Equipment

Therapies & Services

Durable Medical Equipment

You'll also find Questions to Ask Your Insurer and General Tips to Follow When Working with Health Plans

(Click on the Family picture above for the Private Insurance Checklist)



PARTNERS IN POLICYMAKING®

*For People with
Developmental
Disabilities and Parents of
Young Children with
Developmental
Disabilities*

“Partners in Policymaking® is a national leadership training program for people with developmental disabilities and parents of young children with developmental disabilities. It provides the most current information about disability issues and develops the competencies necessary for effective advocacy to influence public policy at all levels of government.”

(Click on Image to learn more)



Louisiana Developmental
Disabilities Council

Adult Program

July Events



The purpose of these events is to provide folks who are 16 and older with the opportunity to meet new people, have fun and try new things!

Book & Journal Club



This group meets every Wednesday @ 1:00 @ St. John's Coffee Shop 535 E. Boston Street in Downtown Covington

Save the Dates:
July 5th • July 12th
July 19th • July 26th

Breakfast & a Flick



Friends & family get together on the third Saturday of each month to enjoy a movie, breakfast and socializing. Join us @ 8:30 a.m. @ Movie Tavern 201 N. Hwy 190 in Covington. Movie tickets are \$8.25 per person and breakfast items range in price from \$5 to \$9. Drinks are \$3 to \$5.

Save the Date: July 15th

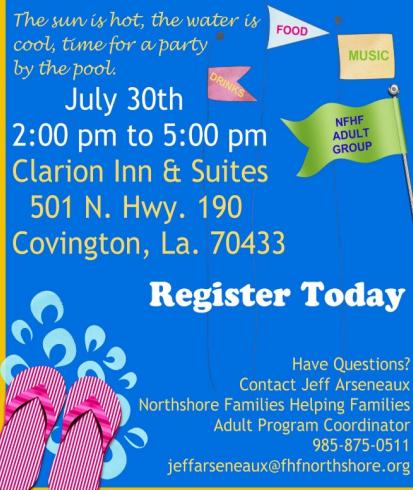
PEOPLE FIRST NORTHSORE CHAPTER

Learn about self-advocacy, rights and responsibilities of individuals with disabilities @ monthly meetings on the third Wednesday of each month from 1—2 pm @ Arc of GNO Northshore Community Center @ 106 E. 25th Avenue in Covington.



Save the Date: July 19th

POOL PARTY



Want to know what's happening with the NFHF Adult Group? Join us on Facebook!

We're sharing the latest info about our events, things to do, places to go & opportunities to be more active in our community! Have Questions? Contact Jeff Arseneaux jeffarseneaux@fhfnorthshore.org or call 985-875-0511

Adult Program

August Events



The purpose of these events is to provide folks who are 16 and older with the opportunity to meet new people, have fun and try new things!

Book & Journal Club



This group meets every Wednesday @ 1:00 @ St. John's Coffee Shop 535 E. Boston Street in Downtown Covington

Save the Dates:
Aug. 2nd • Aug. 9th • Aug. 16th
Aug. 23rd • Aug. 30th

Dinner Club

Join this group for dinner on the second Tuesday of each month at restaurants in our community. Dinner Club is hosted by Jeff Arseneaux, our adult program coordinator. Join the NFHF Adult Program FB Group for time, location & updates or call our office @ 985-875-0511 for more information.

Save the Date: August 8th



PEOPLE FIRST NORTHSHORE CHAPTER

Learn about self-advocacy, rights & responsibilities of individuals with disabilities @ monthly meetings on the third Wednesday of each month from 1—2 pm @ Arc of GNO Northshore Community Center @ 106 E. 25th Avenue in Covington.

Save the Date: August 16th

Breakfast & a Flick

Friends & family get together on the third Saturday of each month to enjoy a movie, breakfast and socializing. Join us @ 8:30 a.m. @ Movie Tavern 201 N. Hwy 190 in Covington. Movie tickets are \$8.25 per person and breakfast items range in price from \$5 to \$9. Drinks are \$3 to \$5.



Save the Date: August 19th

Have an idea for a group activity you think others may enjoy? We'd like to hear from you!

Contact Jeff Arseneaux @ 985-875-0511 or by email at jeffarseneaux@fhfnorthshore.org

Adult Program

September Events



The purpose of these events is to provide folks who are 16 and older with the opportunity to meet new people, have fun and try new things!

Book & Journal Club



This group meets every Wednesday @ 1:00 @ St. John's Coffee Shop 535 E. Boston Street in Downtown Covington

Save the Dates:
Sept. 6th • Sept. 13th
Sept. 20th • Sept. 27th

Dinner Club

Join this group for dinner on the second Tuesday of each month at restaurants in our community. Dinner Club is hosted by Jeff Arseneaux, our adult program coordinator. Join the NFHF Adult Program FB Group for time, location & updates or call our office @ 985-875-0511 for more information.



Save the Date: September 12th

Breakfast & a Flick



Friends & family get together on the third Saturday of each month to enjoy a movie, breakfast and socializing. Join us @ 8:30 a.m. @ Movie Tavern

201 N. Hwy 190 in Covington.

Movie tickets are \$8.25 per person and breakfast items range in price from \$5 to \$9,

Drinks are \$3 to \$5.

Save the Date: September 16th

PEOPLE FIRST

NORTHSHORE CHAPTER

Learn about self-advocacy, rights & responsibilities of individuals with disabilities @ monthly meetings on the third Wednesday of each month from 1—2 pm @ Arc of GNO Northshore Community Center @ 106 E. 25th Avenue in Covington.

Save the Date: September 20th



“Kindness is a Language that the Deaf can Hear and the Blind can See.”

• Mark Twain •

September Calendar Of Events



July 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5 *AP Book Club	6	7	8
9	10	11	12 *AP Book Club	13	14	15 *AP Breakfast & a Flick
16	17	18	19 *AP Book Club *People First	20	21	22
23	24	25 *Anatomy of an IEP @ Walker	26 *Anatomy of an IEP @ Covington *AP Book Club	27	28	29
30 *AP Pool Party	31					

September Calendar Of Events



August 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 * NFHF Parents Dine Out @ Tangipahoa * Emergency Preparation @ Covington	2 * AP Book Club	3 * Emergency Preparation @ Hammond	4	5
6	7	8 * AP Dinner Club	9 * AP Book Club	10	11	12
13	14 • Transition IEP's @ Hammond	15	16 * AP Book Club * People First	17	18	19 * AP Breakfast & a Flick
20	21	22	23 * AP Book Club	24	25	26
27	28	29	30 * AP Book Club	31 * Self Direction @ Ham- mond		

September Calendar Of Events



September 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5 * NFHF Parents Dine Out @ St. Tammany	6 * AP Book Club	7 * Self Direction @ Denham Springs	8	9
10	11	12 * AP Dinner Club	13 * AP Book Club	14	15	16 * AP Breakfast & a Flick
17	18	19	20 * AP Book Club * People First	21	22	23 * Touch a Truck
24	25	26	27 * AP Book Club	28	29	30