

# THE Inclusive Connection



## KATIES CORNER

STORY OF A  
NORTHSHORE MOM

## TWICE EXCEPTIONAL STUDENTS

MORE THAN GIFTED

## TO SLEEP, OR MAYBE TO DREAM

TEENAGERS & SLEEP

# THE Inclusive Connection

Quarterly Newsletter  
October • November • December  
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](mailto:info@fhfnorthshore.org)

Our Center is Open

9:00 am to 4:00 pm

Monday - Friday

### MISSION

To provide individuals with disabilities the services, information, resources and support needed to enhance their independence, productivity and inclusion within our community.

### VISION

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

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



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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### **Sue Ellen Stewart**

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### **Shanee Holmes**

Secretary

### **Sharon Delvisco**

Treasurer

## Board Members

**Jeff Arseneaux**

**April Ducuing**

**Jennifer Brunning**

**Chris Knoblauch**

**Annie Cummer**

**Jennifer Lee**

## Advisory Board Members

**Jason Durham**

You are always welcome at NFHF Board Meetings, which are held bi-monthly at the NFHF Center.

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



I'd like to tell you about a young mom from the Northshore. This mom had a husband and a 2 year old son, and was expecting another son as she finished her college years at Southeastern Louisiana University. They lived a great life with so much potential. They enjoyed spending time with their families, going to Gulf Shores on vacation, were active in their church community, and were just like most of the families around here. She finished student teaching early so she could have her new son in time so she could walk at her much anticipated college graduation. On November 30, 2006 she gave birth to a beautiful boy and was thrilled to know she'd be able to walk at graduation after nearly 5 ½ years of college.

That dream soon ended when her baby boy was whisked from her arms shortly after his birth and the doctor delivered the news that her baby boy was the “sickest baby in the hospital”. Fast forward two months, this mom sat cradling her son in Children’s Hospital as doctors delivered the news that her two month old baby had a brain malformation that resulted in 6 different diagnoses that would cause him to be severely developmentally delayed and the likelihood of him living past his toddlerhood would be incredibly small. Two weeks later, she and her husband left Children’s with their precious baby feeling lost and alone with broken hearts for the dreams they had for their new son. Their life had been turned upside down.

A few months later this mom began a conversation with another mom in the waiting room of North Oaks physical therapy. The stranger in that waiting room advised her to call Northshore Families Helping Families as soon as possible. This mom didn’t really know why she was calling them, but she did. After an hour of talking to one of NFHF’s staff she exhaled a huge sigh of relief. She had a game plan of what she needed to do for her son, what disability services she needed to sign up for, and she found a support system for when she had questions and needed a shoulder to cry on from someone who had walked in her shoes.

This young mom was me nearly 12 years ago. Finding solace in NFHF so early in my son Connor’s life gave me support that I feared I’d never have. It gave me a place to turn to when I felt like no one else in my community or circle of friends could understand. Raising a child with a disability is incredibly lonely. You have so many questions that go unanswered by doctors, teachers, and therapists because they don’t work in the disability field, and they simply don’t know how to help in this area of life. Finding NFHF 12 years ago has provided me with countless workshops and trainings on disability related topics, unlimited research information and phone calls to answer my unending questions, and most importantly it connected me to other families living a similar life... which has been the greatest blessing for both my husband and I, and also my children.

I never imagined when Connor was born that my profession would be anything other than a teacher, but life has a way of turning your plans upside down all so that you can achieve what you were destined to become. Today I write this as NFHF’s Executive Director. Serving as this organization’s ED is such an honor and I feel so privileged to help so many families who are standing in the shoes I once stood in. It is my greatest hope that families can find NFHF early in their child’s life and continually reach out to us as they need guidance. Our journey can be gruesome, complicated, and exhausting, but it can also be wonderful, joyful, exciting, and uplifting. I welcome you aboard this roller coaster of life and I can’t wait to experience all the ups and downs with you!

*Katie Corkern*

BREAKFAST WITH  
**SANTA**  
A CHRISTMAS PARTY

for the families served this year by

**Northshore Families Helping Families**

to enable children with disabilities to enjoy the Christmas spirit of Santa's sharing, caring and giving in an inclusive environment.

**Saturday, December 8, 2018**

**9:00 am - 11:00 am**

**The Clarion Inn & Suites Conference Center**

501 North Hwy 190  
Covington, La. 70433

**Families Enjoy a Breakfast Buffet & Each Child  
Receives a Toy from Santa's Toy Shop**

**Digital Pictures with Santa to share with family & friends  
will be sent via email free of charge.**

**A printed picture is available for a \$2 donation.**

Sponsored by:

Northshore Families Helping Families

Clarion Inn & Suites

Shot by Joel Photography

Funded by Generous Donations from the Community



Call 985-875-0511 to Register  
Registration is Required to Attend





*We've walked a mile in your shoes...*

NFHF serves more than 10,000 Individuals and Family Members Across 6 Parishes. Our staff members are parents, self-advocates and family members who have walked the path these individuals and family members are navigating today. Your donation helps us to these families receive the continued support they need. Thank you for being a part of our community!



**Keely Cassidy**  
NFHF Resource Specialist

## How can Keely help you?

*Our Resource Specialist provides referrals and information as they relate to a variety of disability related needs...*

*OT, PT, ABA & Speech Therapists  
Waiver & Self-Direction Info  
Resources & Info on Special Needs  
Trusts  
Assistive Devices  
Service Dogs  
Support groups  
and much more*

*Need Some Help? Contact Keely*

*keelycassidy@fhfnorthshore.org  
985-875-0511*



## Caroline

### Age 26

Down Syndrome  
Tangipahoa Parish

#### THINGS I LIKE TO DO FOR FUN:

- Go out to eat!
- Listen to music!
- Go to the beach!

#### A FEW OF MY FAVES:

- Chicken Nuggets
- French Fries

#### I'M REALLY GOOD AT:

- Making people laugh!

#### MY SPIRIT ANIMAL IS:

- a dog bc I love my
- family & friends!

#### I BET YOU DIDN'T KNOW:

- I LOVE to talk!
- I was the 2009 Krewe of Little Rascals Queen!
- I am employed at Oaks Montessori School!



**Work is an important part of life. People with disabilities, like everyone else, and the benefits of working are more than financial. Individuals with disabilities who are employed have more self-confidence, develop a wider range of skills and benefit from a better social life. Individuals with disabilities have something to offer their community, including the work place.**

Please click on each title to learn what each service and initiative has to offer for individuals with disabilities seeking employment opportunities.

## [EasterSeals Workforce Development Services](#)

Workforce development services are tailored to prepare people with disabilities to find and keep a job through services like career exploration, job search assistance, job placement, and coaching. If you're a person with a disability please reach out to your local Easterseals or contact the national office for more information.

## [OCDD Employment First Initiative](#)

The Office for Citizens with Developmental Disabilities (OCDD) believes that it is time to improve employment outcomes for people with intellectual and/or developmental disabilities in Louisiana, and that all people with intellectual and developmental disabilities can work and contribute to their community, when given the opportunity, training, and supports that build on their strengths

## [Louisiana Rehabilitation Services](#)

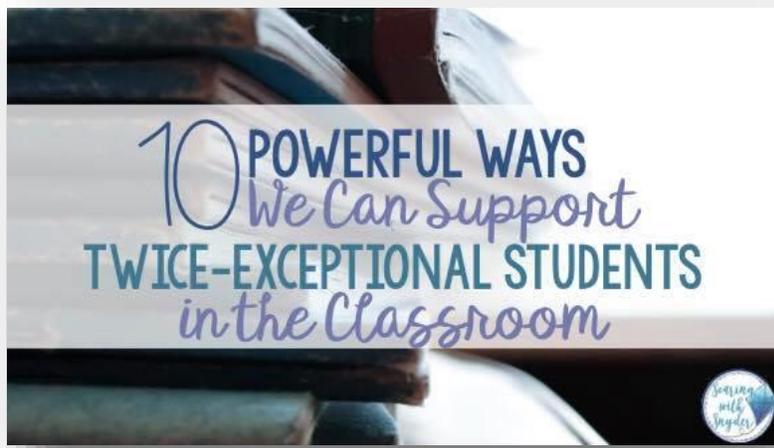
Vocational Rehabilitation is a State program that helps persons with disabilities obtain the skills and other resources they need to get a job, keep a job, and develop a lifetime career.

## [Work Pays](#)

Work Pays is designed to support a coordinated system of employment supports and services for people with disabilities in Louisiana. The ultimate goal of Work Pays is to chart a course of collaborative action resulting in improved services and supports vital to enhancing employment opportunities and maintaining employment for people with disabilities.

*\* Links are provided for Informational purpose only and do not indicate endorsement from NFHF*





**Twice exceptional students are in our classrooms, all across the Northshore and are so very misunderstood.**

“The term “twice-exceptional,” also referred to as “2e,” is used to describe gifted children who, have the characteristics of gifted students with the potential for high achievement and give evidence of one or more disabilities as defined by federal or state eligibility criteria. These disabilities may include specific learning disabilities (SpLD), speech and language disorders, emotional/behavioral disorders, physical disabilities, autism spectrum, or other impairments such as attention deficit hyperactivity disorder (ADHD).”

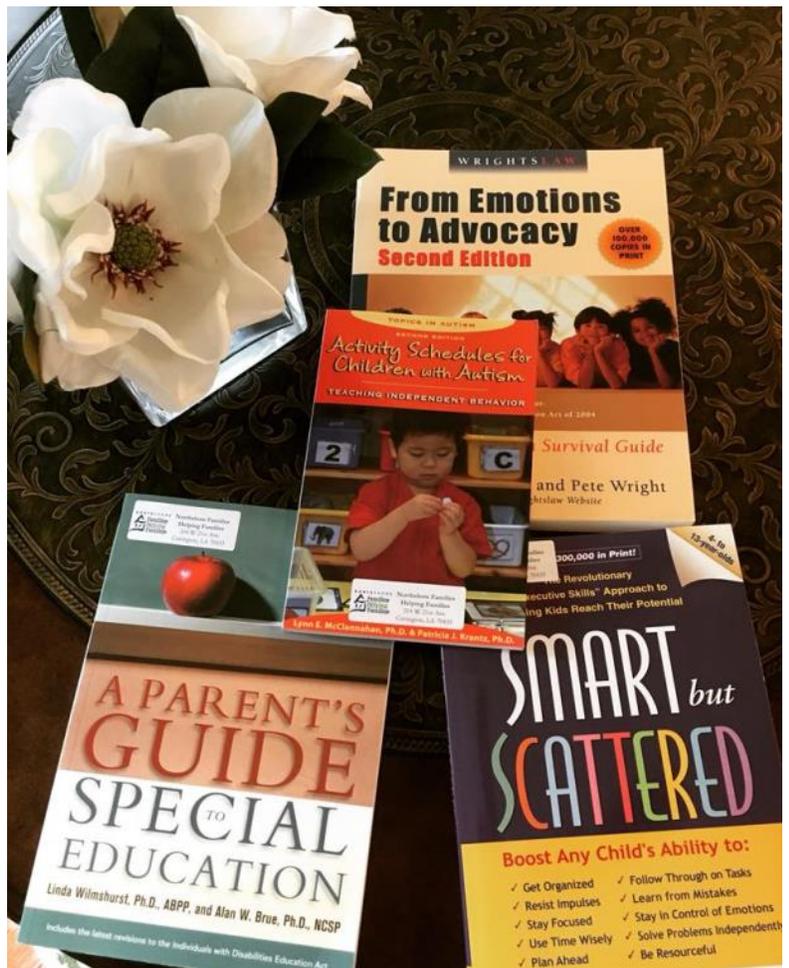
This article is a fantastic resource for educators, and also parents of 2e students!

(Click on the Image Above to Read the Complete Article)

**There is nothing like a good book!**

These books plus tons more are just waiting to inform and empower parents, self advocates, and professionals.

Come check out our lending library any weekday from 9am-4pm and have a cup of coffee with us!



Click Images to see the NFHF Lending Library Book List



**FAMILY FUN NIGHT**  
**OCT. 26, 2018**  
**4 PM TO 8 PM**



200 Hewitt Road  
 Suite A  
 Hammond, La. 70403  
 985-340-5858



GRAB THE KIDS &  
 HEAD OUT FOR A  
 NIGHT OF FUN

**EACH \$20  
 WRISTBAND**

GETS YOU  
 UNLIMITED  
 LASER TAG GAMES  
 SOFT DRINKS  
 &  
 2 CLIMBS UP THE  
 COCONUT TREES

(ADD \$3 FOR TWO  
 SLICES OF PIZZA  
 FROM ISABELLA'S)

NFHF will receive a portion of proceeds  
 from your purchase - thank you for  
 supporting our community!

**NFHF Night @  
 X FUSION**  
 Family Arena

**Friday**  
**Nov. 9, 2018**  
**6pm to 9pm**



ARE YOU READY TO TRY...  
 Rock Climbing  
 Ninja Obstacle Courses  
 Indoor Arena Games  
 Tire Wall Racing  
 Toddler Playroom  
 Zip Line Rides

YOU CHOOSE HOW LONG TO PLAY  
 \$10 for 1 hour or \$15 for 2 hours  
 \$7 per One or \$10 for 2  
 Zip Line Rides

Purchase snacks from the vending machine or bring your own  
 food & drinks to enjoy in the sitting area.  
 (What a great option for our families who have specific dietary needs!)

X Fusion Family Arena  
 1455 N. Collins Blvd., Covington, La. 70433  
 985-327-7167

A portion of your purchase will be donated to NFHF! Thank You X Fusion Family Arena!

**NEHF**  
**FAMILY NIGHT**



**RAISE MONEY!**  
 at **CHUCK E. CHEESE'S**

**NORTHSHORE**  
**Families**  
**Helping**  
**Families**

69252 LA-21  
 COVINGTON, LA  
 70433

A portion of your purchase will be  
 donated to NFHF.  
 Thank You Chuck E. Cheese!

Four Reasons  
 to be at NFHF's  
 Family Night Fundraiser

- ✓ I DON'T FEEL LIKE COOKING
- ✓ THE KIDS ARE HUNGRY
- ✓ THE KIDS WANT TO PLAY
- ✓ I LIKE SUPPORTING NFHF

Friday  
 November 9, 2018  
 3 pm to 9 pm

## NFHF has Amazing Community Partners!

We are thankful for our Community Partners. Their help enables us to provide families the resources and training they need throughout the Greater Northshore area!  
 Please let them know how much your support means to our community and mark your calendar to attend these upcoming events.



# NFHF IS LOOKING FOR SOME EXCEPTIONAL PEOPLE!



## Exceptional People of the Northshore

Live on the Northshore, and  
 want to share your  
 exceptional son or daughter's  
 story with others?

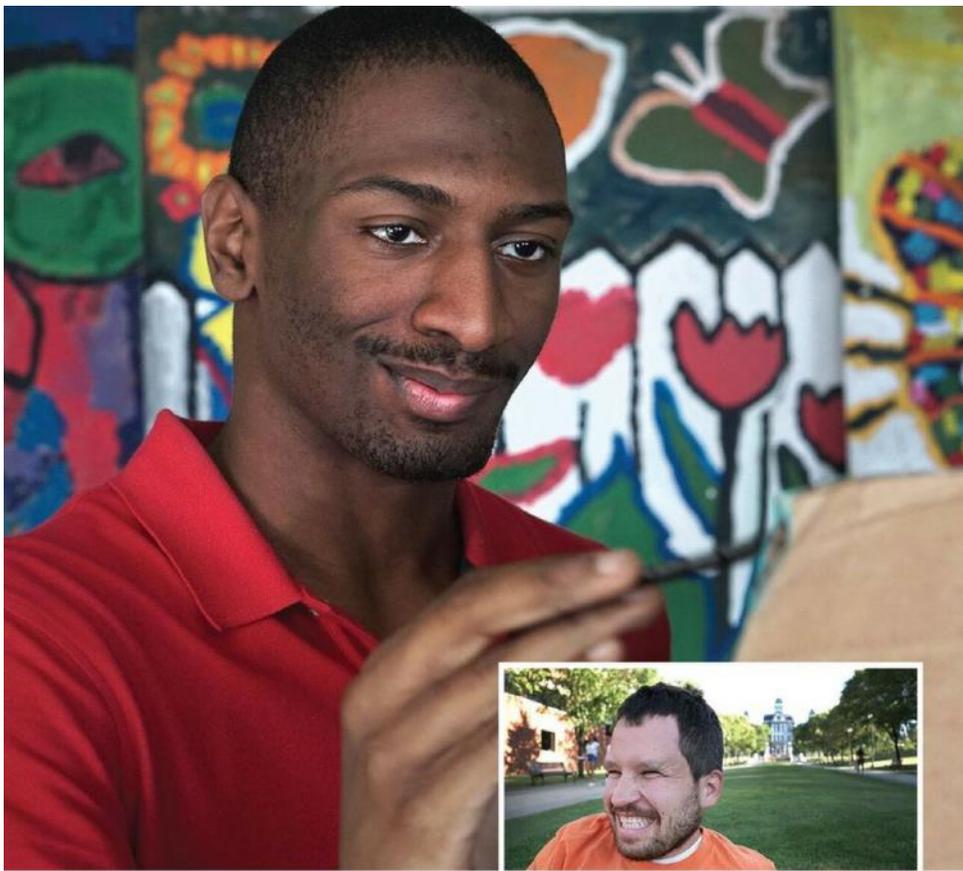


Simply answer a few questions,  
 submit their pic, and just like that  
 you're helping create a more  
 accepting and inclusive  
 community!

**SUBMIT YOUR EPNS ENTRY TODAY! GO TO:**

**[HTTPS://TINYURL.COM/NFHFE PNS1](https://tinyurl.com/nfhfepns1)**

EPNS is an initiative of NFHF where we feature various people with disabilities on our social media pages, website, and quarterly newsletter.



INTELLIGENT LIVES stars three pioneering young American adults with intellectual disabilities – Micah, Naieer, and Naomie – who challenge perceptions of intelligence as they navigate high school, college, and the workforce. Academy Award-winning actor and narrator Chris Cooper contextualizes the lives of these central characters through the emotional personal story of his son Jesse, as the film unpacks the shameful and ongoing track record of intelligence testing in the U.S.

You never know  
what people can do

intelligent *lives*  
a film by dan habib

**Join us for a free screening of Intelligent Lives!**



Friday, October 19th

6:00 pm to 8:00 pm

Northshore Pastoral Center  
4465 Hwy 190 East Service Rd.  
Covington, LA 70433

Light drinks and refreshments will be provided.

Space is limited, so please reserve your spot!

Call (985) 875-0511 or email [info@fhfnorthshore.org](mailto:info@fhfnorthshore.org)



## MENTAL HEALTH

### To Sleep, Or Maybe to Dream—Teenagers and Sleep

A report from the National Sleep Foundation, *Adolescent Sleep Needs and Patterns: Research Report and Resource Guide*, describes what many parents of teens have noticed: their teens stay up later, get up later, and are sleepier in the day. This is a typical pattern, but with potentially serious consequences.



With an Improving Understanding of MCH grant, Family Voices IMPACT works to develop ways to improve health and wellness for all children and families, and to encourage partnerships between families and professionals for children's good health.  
[www.familyvoices.org](http://www.familyvoices.org) and [www.brightfuturesforfamilies.org](http://www.brightfuturesforfamilies.org). This digest is funded by the U.S. Department of Health and Human Services—Health Resources and Services Administration—Maternal and Child Health Bureau, Division of Child, Adolescent, and Family Health UCMC21535.

- Increased risk of unintentional injuries and death. Drowsiness and fatigue in drivers 25 and younger caused more than 55% of fall-asleep crashes in North Carolina alone.
- Low grades and poor school performance. While lack of sleep has not been shown to cause poor grades, teens who are struggling at school report later bedtimes and more irregular sleep schedules.
- Negative moods. Sleepy teens are more likely to feel depressed, angry, or fearful.
- Increased likelihood of stimulant use. Sleepy teens are more likely to use caffeine, nicotine, alcohol, and other substances to deal with effects of poor sleep.

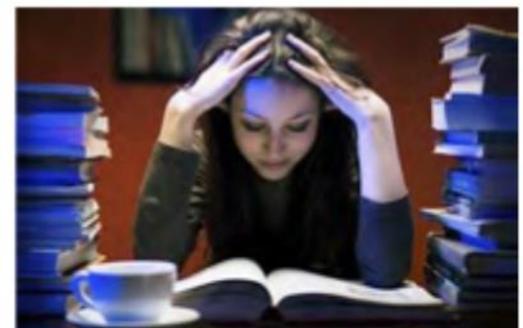
help sleepy teens perform better in and out of school. Positive ways schools can influence teen sleep patterns include:

- Educate teachers, school nurses, and other staff about teen sleep needs and patterns, as well as the signs of sleep loss. Signs include: difficulty waking in the morning; irritability later in the day; falling asleep spontaneously during quiet times of day; and sleeping for extra long periods on the weekends.
- Educate teens about the benefits of sleep and the consequences of too little sleep. Include sleep lessons in biology and health classes, and driver's education courses.
- Change the school schedule. Some high schools start classes after 9am, with positive results. This puts teens in class during times of day when they are naturally more alert. Students report feeling better, and schools report fewer behavior problems.

To read more go to: [www.sleepfoundation.org/sites/default/files/sleep\\_and\\_teens\\_report1.pdf](http://www.sleepfoundation.org/sites/default/files/sleep_and_teens_report1.pdf)

### Sleep-Friendly Schools—Just a Dream or a Needed Reality?

Because the changes in normal sleep behavior are at least partly biological for a teen, some schools are making changes to





Do you have a child with a developmental disability? Do you know there are services out there designed to assist your loved one with a disability live a full and productive life? This is where Florida Parishes Human Services Authority comes in...

Florida Parishes Human Services Authority is the single point of entry for developmental disabilities services in the following parishes: Livingston, St. Helena, St. Tammany, Tangipahoa, and Washington Parish.

And they are ready to serve YOU!

Join us for the following webinars as FPHSA staff members present important information you need to know as you care for your son or daughter!

**Individual and Family Support & Flexible Family Funds:**

What are they?

How can I apply for these services?

Get these questions answered and more!

Presented by:

Kasey Hill, FPHSA Family Support Flexible Family Fund Supervisor

October 15, 2018

10:00 am to 11:00 am

[Click Here to Register for the Individual and Family Support & Flexible Family Funds](#)

**Waivers and the Sun Screener:**

What exactly is a waiver?

How can I apply for a waiver?

Why does the Sun Screener ask all these questions?

Get these questions answered and more!

Presented by:

Rona Burkett, FPHSA Medicaid Waiver Supervisor

November 19, 2018

10:00 am to 11:00 am

[Click Here to Register for the Waivers and the Sun Screener Webinar](#)

**Eligibility for DD Services:**

What all do I need to bring for my child's evaluation appointment? Why should I

have my child evaluated through the school system

every 3 years instead of waiving it? Get these

questions answered and

more! Presented by: Maurie Duhe, FPHSA Community Services

Professional 3

December 10, 2018

10:00 am to 11:00 am

[Click Here to Register for the Eligibility for DD Services Webinar](#)

# Financial Planning & Special Needs Trusts

KNOW HOW TO PLAN FOR THE FINANCIAL FUTURE OF YOUR LOVED ONE?  
WANT TO KNOW WHO SHOULD BE ON YOUR PLANNING TEAM AND WHY?  
WONDERING ABOUT GOVERNMENT BENEFITS?

UNDERSTAND GUARDIANSHIP'S?

GET ANSWERS TO YOUR QUESTIONS AT THIS FREE & INFORMATIVE  
PRESENTATION BY

**STEVEN R. FISHER**

Financial Planner

&

**PAT RESO**

Attorney

WEDNESDAY  
OCTOBER 17, 2018  
5:30 PM TO 7:30 PM

ST. TAMMANY  
PARISH LIBRARY  
555 ROBERT BLVD.  
SLIDELL, LA 70458



REGISTER ONLINE  
[WWW.FHFNORTHSHORE.ORG](http://WWW.FHFNORTHSHORE.ORG)

REGISTER BY PHONE  
(985) 875-0511



Please Click on Image to Register to Attend

# Moving From One Grade to the Next and to Graduation: What Parents Need to Know



GUEST PRESENTERS

## **Ashley McReynolds**

*Statewide LaCAN Leader and Distinguished Merit Awardee by the  
Governor's Office of Disability Affairs for Leadership in Disability Affairs*

## **Dr. Lauren Mayfield**

*Director of Special Education, Bienville Parish*

Louisiana now Provides Pathways for All Students with Disabilities to be  
Promoted from Grade to Grade and to Earn a High School Diploma  
through the IEP Process.

Join us to Learn How and When to Begin the Pathways Process and  
Get Your Progress and Diploma Questions Answered

**Tuesday**  
**October 23, 2018**  
**10:00 am to 12:30 pm**

**St. Tammany**  
**Parish Library**  
**1123 Main Street**  
**Madisonville, La. 70447**

Early Registration is Recommended  
Website: [www.fhfnorthshore.org](http://www.fhfnorthshore.org)  
Email: [info@fhfnorthshore.org](mailto:info@fhfnorthshore.org)  
Phone: (985) 875-0511



Please Click on Image to Register to Attend



# Louisiana Disability Legal Resources

*The ADA & Access to Justice for  
Individuals with an Intellectual Disability*



## People with Developmental Disabilities & the Criminal Justice System

### WHAT

A training for law enforcement where participants can learn how to identify persons with a disability, communication strategies, strategies for successful encounters and resources in the local community.

### WHERE

Archdiocese of New Orleans' Northshore Pastoral Center  
4465 Hwy 190 East Service Rd.  
Covington, LA 70433

### WHEN

November 14, 2018  
9:30am - 12:00pm

### PURPOSE

To Improve interaction between the Louisiana criminal justice system and individuals with disabilities and their families.

### HOSTED BY

The Arc of Louisiana & Northshore Families Helping Families

**REGISTER TODAY!**

**CALL NORTHSORE FAMILIES HELPING FAMILIES  
(985) 875-0511**

### LOUISIANA DISABILITY LEGAL RESOURCES

[www.ldr.org](http://www.ldr.org)

The LDLR is funded through a grant (90DP0092-01-00) from the National Institute on Disability and Rehabilitation (NIDRR) and the Southwest ADA Center

### DEVELOPMENTAL DISABILITY

- What is a developmental disability (DD)?
- How to identify an individual with a DD?
- Communication Tips

### FEDERAL AND LOUISIANA PROGRAMS TO BENEFIT INDIVIDUALS

- SSI/SSDI
- Medicaid
- Waiver programs

### TOOLS AND OTHER RESOURCES

- Online resources
- Handouts
- Trainings
- A guide for legal professionals is available per request

*For more information, contact The Arc of Louisiana at (225) 383-1033 OR Northshore Families Helping Families at (985) 875-0511*



Please Click on Image to Register to Attend



FALL LaCAN MEETING & TRAINING

# STORY TELLING

*Your Story Well Told*

What if you could talk to policymakers and help them to understand how you and your family are impacted by decisions made?

*Your personal story is most impactful when you and others share a united message with policymakers.*

Join the conversation as Region 9 LaCAN Leader, Karen Artus, shares tips to help you communicate with policymakers in a sincere and effective way. Attendees will learn more about

- The Legislative Process
- How to tell Your Story
- About opportunities to Share Your Story
- What to Expect During a Legislative Visit

*Thursday, November 29, 2018*

*10:00 am to 12:30 pm @*

*Northshore Families Helping Families Center  
204 W. 21st Avenue in Covington*



Contact Karen Artus with Questions

[kartus@lacanadvocates.org](mailto:kartus@lacanadvocates.org)

Please Click on Image to Register to Attend





# BASIC RIGHTS IN SPECIAL EDUCATION

WHAT EVERY PARENT NEEDS TO KNOW

*Are you getting the  
correct info in your  
child's IEP meeting?*

---

WEBINARS  
DECEMBER 13TH  
11:00 A.M.  
&  
7:00 P.M.

Register Now to Save Your Spot

Send your questions in early to  
[gaynellefranklin@fhfnorthshore.org](mailto:gaynellefranklin@fhfnorthshore.org)

If you're new to special education or have a been walking the walk and talking the talk for some time, this is the webinar for you.

Gaynelle will provide families with an intro to rights and responsibilities as parents of children with special needs under IDEA (Individuals with Disabilities Act)

If you have specific questions about rights and responsibilities, please email Gaynelle before the webinar so she can include the them in her presentation.

[CLICK HERE TO REGISTER FOR THE 11:00 AM  
WEBINAR ON DECEMBER 13, 2018](#)

[CLICK HERE TO REGISTER FOR THE 7:00 PM  
WEBINAR ON DECEMBER 13, 2018](#)

“When inclusive education is fully embraced, we abandon the idea that children have to become ‘normal’ in order to contribute to the world. We begin to look beyond typical ways of becoming valued members of the community, and in doing so, begin to realize the achievable goal of providing all children with an authentic sense of belonging.”

Norman Kunc



## Juliana Age 7

Autism, ADHD, OCD, Tic Syndrome  
Tangipahoa Parish

### THINGS I LIKE TO DO FOR FUN:

- Play with dolls!
- Watch cartoons!
- Run and play!

### A FEW OF MY FAVES:

- Plain Cheeseburgers
- Pink
- Coco the movie

### I'M REALLY GOOD AT:

- Helping other people!

### MY SPIRIT ANIMAL IS:

- a lion b/c I have so much courage and strength in overcoming difficulties; nothing will stop me!

### I BET YOU DIDN'T KNOW:

- I love math!
- I love hugging everyone; I'm super loving!
- I want to be a Veterinarian when I grow up!



JOIN US EVERY MONTH FOR NFHF

# FAMILIES DINE OUT

A COMMUNITY GATHERING

What started as an idea for families to get to know other families in their community has turned into a growing community of parents, children and friends gathering to exchange stories, connect with friends and meet new people while enjoying dinner at restaurants on the Northshore.

Raising a child with a disability is extremely rewarding, but can also be extremely lonely. Our families enjoy getting to know others “get it” and can truly empathize with the ups and downs our lives bring.

**Being a part of this community is easy, just join us for dinner!**

**Families Dine Out**  
 Tuesday, October 9, 2018  
 6:00 pm to 8:00 pm

**Los Sombreros Mexican Restaurant**  
 28050 Walker Road in Walker



Register by phone 985-875-0511 or by email [info@fhfnorthshore.org](mailto:info@fhfnorthshore.org)

Please Click on Images to Register to Attend Families Dine Out

**Attendees are responsible for the purchase of food and beverages for their group / family.**

**Families Dine Out**  
 Thursday  
 Nov. 1, 2018  
 6:00 pm

**Maria's Mexican Restaurant**  
 200 Austin St.  
 Bogalusa




**Families Dine Out**  
 Thursday  
 Dec. 6, 2018  
 6:00 pm

**Bar-B-Que Station**  
 563 W. Railroad Avenue  
 Independence





*Adults 16 and Older are Invited to Join our Adult Program Coordinator, Rachael Sykes, for Monthly Social Events in and around St. Tammany. Meet New People, Have Fun and be Included in the Community You Live In!*  
*Have a Question? Contact Rachael @ [rachaelsykes@fhfnorthshore.org](mailto:rachaelsykes@fhfnorthshore.org)*



## ABLE BOOK CLUB

**MEET RACHAEL EVERY WEDNESDAY AT ST. JOHN'S COFFEE SHOP IN DOWNTOWN COVINGTON 1:00 PM TO 2:00 PM**

*"Some people read books and some people just sit around and talk. I like to help people and I'm glad I get to help them be a part of the community."  
 Rachael Sykes*

*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.*

## ABLE CLUB DINNER

**OCTOBER 11, 2018  
 6 PM TO 8 PM  
 @  
 IHOP  
 325 NORTH HWY. 190  
 IN COVINGTON**

Please Register to Save Your Spot!  
 985-875-0511  
[info@fhfnorthshore.org](mailto:info@fhfnorthshore.org)

*"A disability doesn't have to be a Social Barrier. Good Etiquette begins with inclusion, not exclusion."  
 Robert M Hensel*

## ABLE CLUB DINNER

**NOVEMBER 8, 2018  
 6 PM TO 8 PM  
 @  
 WALK ON'S  
 69796 STIRLING BLVD.  
 IN COVINGTON**

Please Register to Save Your Spot!  
 985-875-0511  
[info@fhfnorthshore.org](mailto:info@fhfnorthshore.org)

*"I wouldn't change you for the world, but I would change the world for you."*

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

JOIN US FOR OUR ANNUAL HOLIDAY PARTY  
FOR ADULTS 16 & OLDER

# UGLY sweater party

**Music & Dancing**

*Ugly Christmas Sweater  
Contest*

*Pot Luck Dinner*  
Bring Your Favorite Dish

*Gift Card Exchange*  
Bring a \$5 Gift Card

**ABITA TOWN HALL**

**22161 LEVEL STREET, ABITA SPRINGS, LA**

**DECEMBER 12TH 2018 6 PM - 8 PM**

Register by phone (985) 875-0511 or by email [info@fhfnorthshore.org](mailto:info@fhfnorthshore.org)

Please Click on Image to Register to Attend



# TALKING WITH LEGISLATORS

## Everyone Has a Story to Tell...

Telling your family's story helps legislators and policymakers understand how issues, policies and legislation affect people every day. Tell your story in a memorable way.



### Snap Shots

Focus on one important point and remember that too much information and detail will make your story less effective and less likely to be remembered.

Give them a Snap Shot of the Bigger Picture!



### Have a Clear Message

Your story should clearly state how current issues, policies and legislation will impact your life or the life of a loved one.



### Your Passion Shows

We're more expressive and descriptive when we talk about someone or something we're passionate about. Tell your story in a way that helps the other person understand the feelings, needs and concerns you came to discuss.



### Keep Time in Mind

You'll only have a few minutes to speak with policymakers and legislators. Plan what you want to say. Your story doesn't have to be long to be effective.



### Practice & Repeat

Think about your story and practice what you want to say. Create a script that will help you deliver your message in a short amount of time and help you stay focused.



### Your Voice Matters!

LaCAN members from our region let lawmakers know how proposed developmental disability (DD) service cuts would affect their loved ones during the last legislative session. Their concerns were heard! Legislators made individuals with developmental disabilities a priority.

Now is the time for your voice and your story to be heard. As your LaCAN leader, Karen will support your efforts and provide training so you can effectively make your voice heard.

### Join us for our LaCAN Fall Training

**November 29, 2018**

**10:00 am @**

**Northshore Families Helping Families**

**Email [kartus@lacanadvocates.org](mailto:kartus@lacanadvocates.org)**

**to register**



LaCAN links lawmakers, individuals with disabilities, and family members to advocate (support and promote) inclusion everywhere people with developmental disabilities learn, work, live and play. Members are immediately recognized at key meetings by LaCAN yellow shirts worn when "Yellow Shirt Days" are called.

Advocacy opportunities include visiting legislators, sharing your family's story publicly and contacting legislators on proposed policy changes that could impact your family.

LaCAN is the statewide grassroots advocacy network of the Louisiana Developmental Disabilities Council (DDC).



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

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



### Upcoming Networking + Support Groups

East St. Tammany  
Slidell Memorial Hospital Parenting Center  
501 Robert Blvd., Slidell, LA  
Wednesday, September 19, 2018 from 9-11 am  
For more info contact [agalliano@soarwithautism.org](mailto:agalliano@soarwithautism.org)

Tangipahoa  
SOAR Center  
21 Industrial Pkwy, Bldg A. Ponchatoula  
Tuesday, September 4, 2018 from 6:30-7:30 pm  
For more information contact [aserpas@soarwithautism.org](mailto:aserpas@soarwithautism.org)

West St. Tammany  
Northshore Catholic Center  
4465 E. Hwy 190 Svc Rd., Covington  
Tuesday, September 25, 2018 from 11 am - 1 pm  
For more information contact [aserpas@soarwithautism.org](mailto:aserpas@soarwithautism.org)

Hosted By:



Please Join Us!  
For the very first St. Tammany Parish

# DYSLEXIA AWARENESS

## Community Event

**When:** Saturday, October 27, 2018  
**Where:** Hosanna Lutheran Church  
2480 US-190, Mandeville, LA  
**Time:** 9:00-12:00

**Presented by:**  
The Community of St. Tammany Dyslexia Therapists, Friends, and Advocates

**Keynote Speaker:**  
*Cena Holifield, Ph.D., CALT-QI*

**NEW TIME!** ZUMBA® with kyle

Zumba with Kyle at West St. Tammany YMCA for ARC and FORWARD families!

**FRIDAYS 11:00am-11:45am**  
**West St. Tammany YMCA**  
the Y 71256 Francis Rd. Covington  
985-893-9622

**FITNESS & FAMILY FUN!**

**FORWARD** of St. Tammany, Inc. #ForwardFamilies #ZumbaWithKyle  
info@forwardincommunity.org / 985-630-0878



# FLORIDA PARISHES HUMAN SERVICES AUTHORITY

## DEVELOPMENTAL DISABILITIES SERVICES

### What are Individual and Family Support Services?

Individual and family support services provide assistance, not available from any other resource that will assist people with developmental disabilities to live in their own homes or with their families in their own community.

Examples of services include respite care, personal assistance services, specialized clothing, equipment and supplies, communication services, crisis intervention, specialized utility costs, specialized nutrition, and family education. Services are provided through contractual individualized agreements with individuals and families who select their own service providers.

### Individual and Family Support Funds Available!

The Florida Parishes Human Services Authority, Developmental Disabilities Services, has funding for services through the Individual and Family Support Program.

You are encouraged to call FPHSA at 985-543-4730 to submit a request for funding.



**ExceptionalLives**  
*Louisiana*

**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)

## NORTHSHORE FAMILIES HELPING FAMILIES & KIWANIS CLUB OF GREATER COVINGTON

Check out this awesome piece featuring NFHF and Kiwanis Club of Greater Covington's partnership on WGNO News with a Twist! (Click on Image to see video).

Don't forget to check out the brief article on WGNO's website too!

[\(Click here to read article\)](#)



### IEP BOOTCAMP

Parents want and need information and tools to aid them in getting and maintaining the services their children need to be successful in school. NFHF workshops and presentations are designed to give parents what they need. Ashley, one of NFHF's Education Liaisons, worked with St. Tammany parents, walking them through each part of the IEP, empowering parents by educating them on pertinent information regarding



### A DAY AT THE MUSEUM

Our Executive Director had too much fun at Louisiana's Children's Museum in New Orleans! LCM reached out to NFHF and a few other disability organizations to help them better meet the needs of children with sensory concerns, as well as creating a welcoming and inclusive environment for all children to explore and play together!



### DOG DAYS OF SUMMER

NFHF Community Partners are always coming up with fun and innovative ideas and we appreciate their continued support and generosity. Rachael and Katie had a great time introducing NFHF to people and watching the Hot Dog Challenge.

### PONCHATOULA PARENTS & PROFESSIONALS

Here at NFHF we aren't fond of serving fish to our families, we'd rather teach them to fish because they have many, many years of advocacy to go! SPED Coordinator, Mrs. Traci Giannobile invited NFHF to present crucial information pertaining to students with IEPs to parents and professionals at Ponchatoula Jr High.



### FINANCIAL PLANNING WORKSHOP

NFHF strives to provide the information and resources our families need. Keely, our Resource Specialist, joined Financial Planner Steve Fisher and Attorney Pat Reso at our Financial Planning Workshop in St. Tammany to answer questions and provide the information parents and adults need to plan for a secure future.



### KENDRA GIVES BACK

NFHF Board Members spent the day in New Orleans at our Kendra Gives Back fundraising event. Our board members are committed to supporting our mission and vision to provide essential resources and services to the families we serve.

Thank you Annie, April & Jeff for representing NFHF in NOLA!



October		November		December	
9	Families Dine Out in Walker	1	Families Dine Out in Bogalusa	6	Families Dine Out in Independence
11	ABLE Club Dinner at IHOP	8	ABLE Club Dinner @ Walk-Ons in Covington	8	Breakfast with Santa in Covington
15	Individual & Family Support & Flexible Family Funding Webinar	9	NFHF Night @ X FUSION Family Arena in Covington	10	Eligibility for DD Services Webinar
17	Financial Planning & Special Needs Trust Workshop in Slidell	14	Law Enforcement Training in Covington	12	ABLE Club Holiday Party in Abita Springs
19	Intelligent Lives Film Screening in Covington	19	Waivers & Sun Screener Webinar	13	Basic Rights in Special Education Webinars
23	ACT 833 Grade Promotion & Graduation Workshop	29	Story Telling Discussion & LaCAN Meeting		
26	NFHF Night at Safari Quest in Hammond				
	Every Wednesday @ St. Johns in Covington ABLE Book Club				



**There are no strangers here;  
 only friends who haven't yet met.**

William Butler Yeats

Have you contacted NFHF recently?

Please take a moment to complete a brief survey to help us ensure you are getting the services and support you need!

Click on the image to the left to let us know how we're doing!  
 Thank You!



# Daniel

# Age 31

Autism

St. Tammany Parish

## THINGS I LIKE TO DO FOR FUN:

- Swim!
- Work out at Cross Gates!
- Hang out at PJs!

## A FEW OF MY FAVES:

- Unpopular Foods like Brussel Sprouts, Grilled Tofu!
- Big Rock Candy Mountain!

## I'M REALLY GOOD AT:

- Following Directions!
- Pretty much everything!

## I BET YOU DIDN'T KNOW:

- I am full of personality and I like to meet new people!

## LASTLY, I WANT YOU TO KNOW:

- Just because I have autism doesn't mean I don't want to have relationships with others, or just because I'm nonverbal that I have nothing to say.