

THE Inclusive Connection

QUARTERLY



KATIES
CORNER

WHAT ABOUT
WAIVERS

RUN, WALK
& ROLL

ORGANIZED & SERENE IN
2019

INTRO TO WAIVERS

NFHF 5K ON THE WAY

NORTHSHORE FAMILIES HELPING FAMILIES

THE Inclusive Connection

Quarterly Newsletter
January • February • March
2019

In this Issue



- 3 NFHF Staff & Board Information
- 4 Katie's Corner
- 6 Support NFHF
- 7 Save the Date / Run, Walk, and Roll
- 8 NFHF Special Education Webinar
- 9 Who We Are Webinar
- 10 Financial Workshop
- 11 ABA 101 Webinar
- 12 Whatever it Takes Act 378
- 13 Meet Kristen / EPNS
Relationship & Intimacy:
- 14 Preventing Exploitation of Persons with
Developmental or Intellectual Disabilities
- 15 Building Healthy Relationships
- 16 ABLE Club Activities
- 17 Meet Gianna / EPNS
- 18 Reading with Toddlers
- 19 Community Links
- 20 Families Dine Out Activities
- 21 NFHF Tshirts
- 22 Meet Tristan / EPNS
- 23 Legislative Information
- 24 What About Waivers
- 26 Waiver Application Flowchart
- 27 Meet Lampton / EPNS
- 28 Community Groups
- 29 Community Events
- 30 Contact Us
- 31 Looking Back

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 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.

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 the Training and Resource Center for
Individuals with Disabilities, Parents and Caregivers.
We are proud to serve more than 10,000 Individuals and Family Members Across
6 Parishes of Louisiana's Northshore.*

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Treasurer

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Sharon Delvisco

Amy Donarski

Shelley Marengo

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.

ORGANIZED & SERENE IN 2019

Benjamin Franklin said, “For every minute spent in organizing, an hour is earned.” And you know what? He was right. Getting organized is typically one of the top New Year’s resolutions amongst Americans. We long for peace amongst our chaos. We long for clean amongst our clutter. We long for a place for everything and everything in its place. But this thing that we long for takes time to create and implement.

We parents of sons and daughters with disabilities and/or diagnoses live a life full of stuff. Medical equipment. Sensory toys. Feeding tube supplies. Medications. Diapers. Medical supplies. Formula. Medical Records. Trach supplies. Special Education records. Disability services records. SO MUCH STUFF! Where do we put it? How do we organize one pile of papers from the next pile of papers? What do we do with this mountain of diapers we’re sent every month? How can I keep up with her current IEP? Where in the world is his last MRI scan the doctor sent me?

I’m here to give all you parents, like me, a few tips on how you can start the New Year organized with some things that work for my family and others. It is my hope that you can implement one, a few, or all of the tips listed so you can start earning your extra hour ole Ben mentioned above!

RECORDS:

- I highly recommend buying a filing cabinet (search Facebook marketplace or check out your local Goodwill for an inexpensive gently used one) to store your records. One drawer for medical, one drawer for disability services, one drawer for school, one drawer for medical equipment user manuals, and so on. Purchase a pack of hanging file folders for each drawer and organize by year. (Also keep report cards, certificates, drawings, school work, etc. in here!)
- I am a big believer in having a binder for IEP/504 plans AND a medical one should you need it. You can grab this handy dandy binder as you run out the door to the next IEP meeting or to the next GI appointment. We have templates created for you [HERE](#) and [HERE](#)!

SUPPLIES:

- Cubby shelves and foldable bins are my favorite way of organizing supplies in a bedroom. Each bin holds a different item (diapers, feeding bags, syringes, etc). As you get more of that supply, you refill it.
- Over the door plastic shoe organizers are another great option to store supplies, or toys!
- Bookshelves keep foldable bins and binders in the same place every day and give you a place to keep other needed items rather than on the floor. Again, look on Facebook marketplace or a consignment shop for a gently used one.
- Plastic drawer bins keep small (or big) things together and allow for easy access. We use a small drawer bin for my son’s gtube button buddies, thermometers, pulse ox, and other items that are needed on a daily basis.
- Utilize closet space as best as you can with more bins/plastic containers. Keep it clutter free by cleaning out clothes, shoes, etc a few times a year.
- Use wall space, if possible, by installing wire shelving to serve as storage space with more foldable bins.
- If you have an attic space you can store extra supplies like diapers and other items that don’t need much of a controlled temperature in big plastic bins. This will give you more space in the bedroom.

SUPPLIES: (Cont.)

- Hang a clipboard or whiteboard on the wall for upcoming appointments, needed supplies, etc. for an easy way to keep track of things coming up or needed. As soon as you see you are running low on something, add it to your list.

EQUIPMENT:

- While some equipment has no other place to go besides on the floor next to your child's bed, or another designated place, some items like suctioning machines, humidifiers, nebulizers, and other small equipment can be placed on a rolling heavy duty utility cart at the head or foot of the bed (if you have enough room). This gives you easy and quick access to the needed equipment at a moment's notice. Keep the cart clean and organized so it doesn't get cluttered with other supplies that belong elsewhere.

MEDICATION:

- Create a "medication station" by assigning a place in your home where you'll keep all your child's medications and sterile supplies. My son's station is in our kitchen where we have assigned a top cabinet and drawer to the task. Everything in this cabinet drawer is just for his medications and supplies so nothing can get confused with another family member. A small three drawer bin is great for keeping syringes and other small supplies.

TOYS:

- Bins that serve as seats AND storage are always a plus in my book!
- Utilize an emptied out bean bag chair and fill it with all those stuffed animals or extra pillows!
- Use Ziploc bags to keep all those puzzle pieces or Legos as Ziploc bags take up less space than boxes and bins. Be sure to write what is inside that bag or put a picture of the puzzle/masterpiece inside the bag for future use!
- Rotate toys with the seasons by having your child place the items they aren't playing with lately in a bag or bin that you will then store in a closet, attic, or under the bed. Be sure to thoroughly explain to your child that you aren't getting rid of these toys, but letting them take a "rest" for a few months before taking them back out and switching with other toys. This has worked fantastically with my kids!
- Purchase an over the door plastic shoe organizer for all those tiny toys like Barbies, race cars, animals, figurines, etc!
- Utilize wall space with hooks and round laundry baskets for holding other toys that have previously lived on the floor!

VEHICLE:

- Keep a bin or duffel bag with items your kid needs and/or enjoys for long trips, unexpected delays, or just any ole day. I keep diapers, wipes, extra set of clothes, list of medication/diagnoses/physicians, and a few toys in our van duffel bag. (These items must be able to withstand the extreme temps being in your vehicle year round.)

Organization takes time, some money, and commitment in the beginning. Start with one thing and work from there. Don't bite off more than you can chew (or afford) and get overwhelmed. Start small and keep going until you're satisfied. Once you're finished you'll love your new organization system but most importantly you'll have more time to spend with those you love.

Do you have other organization tips? Please share them with us!

Katie Corkern



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

We get to know our families. We know their names, their situations, and their child's diagnosis. Knowing them is helping them. Let me explain...

One of our new moms, Jenn, reached out to us months ago. Her son was recently diagnosed with autism. He was a runner. He never slept. He was brilliant, and nonverbal. Jenn was exhausted and felt alone when she was surrounded by her own family and friends. They just couldn't get it even though they tried.

We invited her to one of our monthly Families Dine Out events. We wanted to show Jenn she wasn't alone in the least. Jenn came that night and I asked her to sit by Becky. Becky was a seasoned autism momma with an older son. She had been in Jenn's shoes and she was exactly what Jenn needed.

Fast forward three months later, Jenn emailed me thanking NFHF for introducing her to Becky. This peer support was the answer to her prayers. The calm to her storm. The reason her strength was renewed. Jenn and Becky are now close friends, their boys have their own unique friendship, and they have each other to lean on in good times and bad.

NFHF loves nothing more than connecting families. An introduction through an event may seem so simple, but it's deeply significant. And these families are only connected because of YOU - our wonderful, generous community.

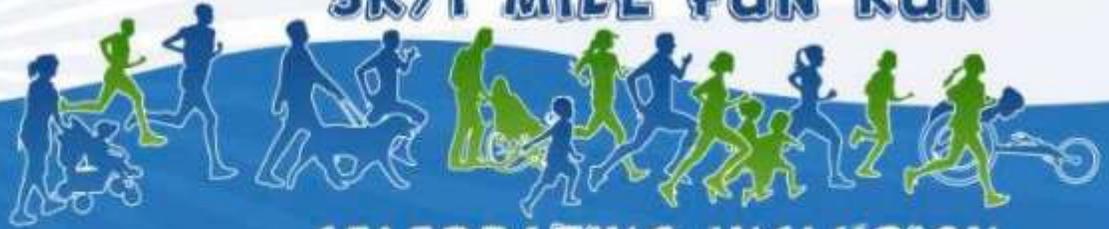
More families like Jenn and Becky are out there waiting to be connected, and you can help connect them where they no longer feel like they are the only person wearing these shoes. You can provide the calm to their storm. Thank you for supporting our beautiful families!

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 provide the continued support families need. Thank you for being a part of our community!

REGISTER TODAY

WALK, RUN, & ROLL 5K/1 MILE FUN RUN

NORTHSHORE
Families
Helping
Families



CELEBRATING INCLUSION

03.30.2019

CATE SQUARE PARK HAMMOND, LA

NFHF is the Northshore's only family led resource center for people with all disabilities
of all ages, & their families!

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

Join in the Fun

Register as a Team or Individual Participant!

Join as a Virtual Runner or Get A Spectator Pass

We've Got Something for People of All Abilities and All Ages

[GET STARTED BY CLICKING HERE!](#)

Join NFHF Families & Friends for Our First 5K & 1 Mile Fun Run Celebrating Inclusion. This is a day where friends, families, businesses, and other community members can come together to learn, teach, discuss, play, and enjoy a day of activities and exercise that will bring awareness of our extraordinary family members that thrive off of the involvement of their community and surroundings.

It is a day to celebrate as an inclusive community!

BECOME A SPONSOR!

[Click Here for Sponsorship Details](#)

SPECIAL EDUCATION webinars



NFHF Special Education Webinars are Designed to Inform and Empower Parents and Caregivers who are Navigating the Special Education System on Louisiana's Northshore. Being Informed is One of the Most Valuable Tools You Can Utilize to Ensure Your Child is Receiving the Proper Instruction, Accommodations and Modifications in the Least Restrictive Environment as Required by Law.

BASIC RIGHTS UNDER IDEA

There are basic rights that every parent needs to know in order to ensure their child receives an appropriate education. This webinar is your time to learn about those rights and a time for you to get your special education questions answered. This information will be presented on the dates and time listed below, please register for a date and time that works best for your schedule.

February 5th @ 10:00 am
<https://tinyurl.com/y9d43rw9>
Click Here to Register

February 18th @ 7:00 pm
<https://tinyurl.com/yazcgwfg>
Click Here to Register

February 26th @ 2:00 pm
<https://tinyurl.com/yc7frtjk>
Click Here to Register

IEP 101

What works for one child may not work for another. Parents and caregivers need to know what makes for a great IEP for their child and how to ensure that IEP is workable. This webinar was created to help parents and caregivers have a better understanding of what an IEP is and what should be included to help your child meet their educational goals. This information will be presented on the dates and time listed below, please register for a date and time that works best for your schedule.

February 12th @ 10:00 am
<https://tinyurl.com/yao5nxke>
Click Here to Register

February 20th @ 7:00 pm
<https://tinyurl.com/yavle3b7>
Click Here to Register

February 28th @ 2:00 pm
<https://tinyurl.com/y7nh87x3>
Click Here to Register

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

NFHF Special Education webinars are provided at no cost to you thanks to generous contributions from community members and NFHF funders.

Pre-Register
to view webinar live or later!

**WHO
WE ARE**

NFHF

WHAT WE DO

JOIN NFHF'S EXECUTIVE DIRECTOR, KATIE
CORKERN, AS SHE TALKS ABOUT NFHF,
OUR PROGRAMS AND SERVICES AND
HOW WE CAN SERVE YOU!

Tuesday

January 22nd

10:00 am to 10:30 am

Register
Here

This Webinar was made possible thanks to generous contributions from our
community and NFHF Funders.

THE ABLE ACT



You're Invited

To Attend a Financial Planning &
Special Needs Trusts Workshop

To Learn About The ABLE Act
Along with Other Planning Options
for Individuals with Disabilities

FEB 6, 2019

5:30 pm - 7:30 pm

Northshore Pastoral Center
4465 Hwy 190 E. Service Rd
Covington, La. 70433



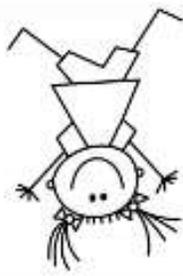
Presented By

STEVEN R. FISHER
Financial Planner

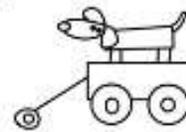
PAT RESO
Attorney

**A LIGHT DINNER WILL BE PROVIDED FOR PRE-REGISTERED ATTENDEES
CLICK HERE TO REGISTER NOW!**

This workshop was made possible thanks to generous contributions from our
community and NFHF Funders.



ABA 101



What Exactly Is Applied Behavior Analysis?
Who Exactly Can ABA Help?
How Does it Work?

Where Can I Find ABA Near Me?

Join us for this quick webinar presented by

Amber Deano

M.S., CCC, Speech-Language Pathologist
Board Certified Behavior Analyst

Feb. 19, 2019 @ 5:30pm

Register @ Link Below

<http://tinyurl.com/ABA101>

This is a Watch Live or Later Webinar

Register to Reserve Your Spot & Watch at Your Convenience



CLICK HERE TO REGISTER



ACT 378

WHATEVER IT TAKES

WEBINAR

MARCH 18, 2019 / 10:00 AM



PRE-REGISTER FOR
LIVE WEBINAR OR
TUNE IN
ON DEMAND

CLICK
HERE
TO
REGISTER

THE LOUISIANA SYSTEM OF SUPPORTS FOR
INDIVIDUALS WITH DISABILITIES HAS CHANGED
OVER THE PAST 30 YEARS, TUNE IN TO SEE WHERE
WE ARE TODAY

#NFHF #ACT378 #INCLUSION

PRESENTED BY





Kristen

Age 23

Spina Bifida
Tangipahoa Parish

THINGS I LIKE TO DO FOR FUN:

- Fish!
- Hang out with friends!
- Watch movies!

SOME OF MY FAVES:

- I love shows such as MASH, Happy Days, and Welcome Back Kotter!
- My favorite movie is Age of Adaline!

MY SPIRIT ANIMAL IS:

- A dolphin because I am playful and loyal!

I BET YOU DIDN'T KNOW:

- I want to be a sign language interpreter!

LASTLY, YOU SHOULD KNOW:

- I am a Board Member for the Spina Bifida of Greater New Orleans organization and the current Ambassador for the Very Special Miss Louisiana Pageant!
- I can accomplish anything I set my mind to!

Relationships and Intimacy: Preventing Exploitation of Persons with Developmental or Intellectual Disabilities

**See dates
and locations
below for
upcoming
training
events!**

This training is for people with developmental or intellectual disabilities (Self Advocates) and their family members and/or caregivers.

Sexuality is a basic part of being human and sexual development begins when we are born and continues throughout our lives. As a person with a developmental disability you deserve to learn about your sexuality and the physical, emotional, and social growth and you have the freedom to learn about these things in a way that is non-judgmental, free of fear, shame, and exploitation. This will be an open and honest discussion about sexuality and keeping yourself safe.

Many family members and caregivers struggle with discussing the topic of relationships, intimacy, sexuality and safety and also how to present the information in a way that the person with a developmental disability will understand. Thus, it is necessary to empower caregivers so they can empower the people they care about. There will be a session for self advocates and a session for family members/caregivers at each location listed.

Self Advocates with Developmental and Intellectual Disabilities, Family Members, Caregivers and Professionals are encouraged to register for this free and informative training.

Covington Workshop
April 12, 2019 10:00 am to 12:00 pm
Northshore Pastoral Center
4465 Hwy 190 E Service Road
Covington, La. 70433

Space is limited & Registration is required.
[CLICK HERE TO REGISTER](#)



Louisiana Developmental
Disabilities Council

Approved for 2 SW General CEU hours & for 2 Legal CLE hours

Training will be cancelled and rescheduled if minimum registration number of 15 participants is not met.



PROMOTING HEALTHY SEXUALITY



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 and 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.

Building Healthy Relationships

One of the most important life skills we can teach our children is how to build healthy relationships with others. This is the foundation for healthy sexual relationships. The American Academy Of Pediatrics (AAP) provides helpful information:

Characteristics of Healthy Relationships

- **Respect:** Take the time to listen to find out what the other person is thinking. One person does not control the other.
- **Common Interests:** Share ideas and activities that both people enjoy. It isn't necessary that ALL interests and hobbies are in common.
- **Life outside the Relationship:** It is good to have friends outside the relationship--and be okay with that.
- **Settling Disagreements Agreeably:** No two people agree on everything. An important sign of a healthy relationship is the ability to settle disagreements respectfully--and recognizing the right to disagree.

Characteristics of Unhealthy Relationships

Just as it is important to recognize healthy relationships, it is also important to recognize signs that the relationship is not healthy.

- **Lack of Respect:** One person dismisses the ideas and feelings of the other.
- **Holding Back:** One partner discourages the other from succeeding in school or sports.
- **Controlling Behavior:** One partner insists on knowing everything the other is doing.
- **Laying Blame:** One partner blames the other for anything that goes wrong.
- **Continual Jealousy:** Jealousy is a normal feeling, but when it becomes constant, it can damage a good relationship.

For more information on healthy relationships, go to:

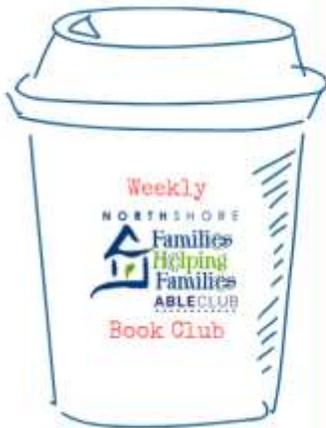
- AAP: <http://www.healthychildren.org/English/ages-stages/teen/dating-sex/Pages/Expect-Respect-Healthy-Relationships.aspx>
- Healthfinder.gov: <http://healthfinder.gov/HealthTopics/Category/parenting/healthy-communication-and-relationships/talk-with-your-teen-about-healthy-relationships>



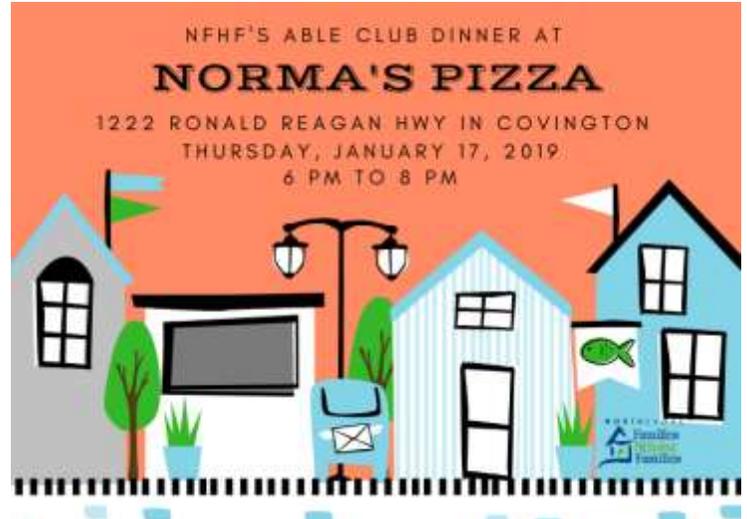
Adults 16 and Older are Invited to Join our Adult Program Coordinator,
Rachael Sykes, for Monthly Social Events in and around St. Tammany.
Meet New People, Have Fun, Explore and Be A Part of the
Community You Live In!
Have a Question? Contact rachaelSykes@fhfnorthshore.org



Adults Building Life Experiences



Join Rachael
 &
 Able Club Members
 @ St. John's
 Coffee Shop
 in Downtown Covington
 Every Wednesday from
 1:00 pm to 2:00 pm
 for
 Drinks and Conversation
 Want to know more about
 Book Club?
 Contact
rachaelSykes@fhfnorthshore.org



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

“I have had this desire my whole life to prove people wrong, to show them I could do things they didn’t think I could do.” *David A. Paterson*



Gianna Age 5

*Spina Bifida, Hydrocephalus, Club Feet
St. Tammany Parish*

THINGS I LIKE TO DO FOR FUN:

- Arts & Crafts!
- Play Outside!
- Swim!

SOME OF MY FAVES:

- Finding Dory!
- French Fries!
- Purple!
- Playing with dogs!

DID YOU KNOW:

- I am very open and accepting of other children!
- I love to shred paper!

MY SPIRIT ANIMAL IS:

- A sea otter because I am cuddly and I love to swim...just like the otters in Finding Dory!

LASTLY, YOU SHOULD KNOW:

- I have the biggest heart and everyone says how sweet I am!
- I want to be treated like any other 5 year old. I am capable of doing so much more than most people think!

Reading with Toddlers

More than words and pictures.

There's more to reading together than just saying the words. When you read with your toddler you are sharing important bonding time and introducing them to the world of communication. Alphabet, number and picture books can be some of the most toddler friendly books to use when you start reading with your child.

These books tend to have thicker pages that are easier to turn, pretty great for a little one who is developing fine motor skills. They also have big, bold, colorful letters and numbers that are just the right size for little hands to trace - even if they need a little help.

And the pictures, yep, they're perfect for helping your child learn to count and make letter sounds. You'll probably still be saying the "Buh Buh" sound in your head for a while every time you buy banana's but don't worry, it'll pass.

Not only do these pictures help your child learn the name of animals, objects and places - they also help your child begin to understand bigger concepts, like relationships. You've probably pointed to the Mom or Dad in a book and said I'm Your Mom (or Dad).

Reading with your young child is important and more than words and pictures in books, it's an opportunity for you to spend time with your child and take part in the journey as they learn and grow. Here's a few friendly tips for Happy Reading:

Don't expect your toddler to sit still for a book. Get engaging books. Let your child "pretend" read their favorite book to you. Think Short, Simple & Often.



Thanks to Chesbrough Elementary inclusion teacher Mrs. Ockman and their 4-H students for an awesome book donation! We can't wait to give these great books to kids in need.

If you have new or gently used books for children, of all ages, that you would like to donate please contact us!

Community Links

Learn more about resources that are available online and in our community by clicking on the images below.



LATI Initiative

The Louisiana Assistive Technology Initiative (LATI) is a project to promote information, resources and professional development about assistive technology for educators and families.



People First of LA

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.



Exceptional Lives LA

Exceptional Lives Louisiana website provides guides for parents and caregivers of children and young adults with disabilities.



Regina Coeli Head Start

Head Start Performance Standards require a minimum of 10% enrolled children with an identified disability. The children are enrolled in classrooms with typical children in order for all children to learn about children with different types of abilities.



Advocacy Center of LA

The Advocacy Center of Louisiana is the protection and advocacy system for Louisiana. AC protects, empowers, and advocates for people with disabilities throughout the state, and for adults over age 60 in Orleans Parish. The Advocacy Center Services are Free of Charge.



Early Steps

EarlySteps provides services to families with infants and toddlers aged birth to three years (36 months) who have a medical condition likely to result in a developmental delay, or who have developmental delays.



The Arc of Louisiana

The Arc is the nation's leading advocate for all people with intellectual and developmental disabilities and their families and the premier provider of the supports and services people want and need.



Ruby's Rainbow

The goal and mission at Ruby's Rainbow is to grant scholarships to adults with Down syndrome who are seeking post-secondary education, enrichment or vocational classes, helping them achieve their dreams of higher education while spreading awareness of their capabilities and general awesomeness.



LA ABLA

The Louisiana Achieving a Better Life Experience (ABLE) account program allows individuals and families to save private funds to support persons with disabilities in endeavors to maintain health, independence, and quality of life.



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.

“I’ve lost so many friends along the way and it wasn’t anyone’s fault, but now it feels like I’m finding new ones.”

DOES THIS SOUND FAMILIAR?
 GET TO FAMILIES WHO GET IT IN YOUR OWN COMMUNITIES.
 JOIN US FOR OUR MONTHLY FAMILIES DINE OUT!



REGISTER IN THE LINKS BELOW OR BY PHONE
 985-875-0511

FAMILIES DINE OUT@THE
SUGAR SHACK
 1223 WASHINGTON ST- FRANKLINTON LA

6 PM
8 PM

THURSDAY
 JANUARY 10, 2019
 REGISTER ONLINE
 OR BY PHONE
 985-875-0511

FAMILIES DINE OUT@THE
CICI'S PIZZA
 140 GAUZE BLVD. - SLIDELL LA

6 PM
8 PM

THURSDAY
 FEBRUARY 28, 2019
 REGISTER ONLINE
 OR BY PHONE
 985-875-0511

NORTHSHORE Families Helping Families
 FAMILIES DINE OUT @ THE
CHARLIE'S SEAFOOD
 30123 HWY 22, SPRINGFIELD LA 70462

6 PM
8 PM

THURSDAY
 MARCH 14, 2019
 REGISTER ONLINE
 OR BY PHONE
 985-875-0511

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

NFHF SHIRTS



Where is everyone getting those fabulous shirts?

**From NFHF!
Click on the shirts to order yours now!**



Both shirts will be on sale until Jan. 25th and will ship around the first week of February!



Tristan Age 8

Dyslexia, ADHD
Washington Parish

THINGS I LIKE TO DO FOR FUN:

- Play video games!
- Dance!
- Tell stories & make people laugh!

SOME OF MY FAVES:

- Red Beans!
- The color red!
- Minecraft!
- My dog Bella!

I'M GOOD AT:

- Puzzles!
- Math!
- Remembering anyone's pet's name!

MY SPIRIT ANIMAL IS:

- A kangaroo because I am so full of life and energy, but I love curling up in my mom's safe arms for protection.

LASTLY, YOU SHOULD KNOW:

- I hope to be a Zookeeper one day because I love animals so much!
- Even though I have trouble reading and spelling, there are so many things that I do well and sometimes even better than others!



Save the Date

**Thursday, February 21, 2019
10:00 am - 12:30 pm**

St. Tammany Parish Library
1123 Main Street
Madisonville, LA 70447

RSVP to Karen Artus
985-875-0511 / 985-264-1186
kartus@lacanadvocates.org

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.

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).



ADVOCACY UPDATE



The Louisiana Developmental Disabilities Council (LaDDC) and its grassroots advocacy network, LaCAN, are improving the way you will receive Action Alerts, Info Alerts, and the LaDDC News. The new and improved system is called Voter Voice.

To continue receiving LaCAN Alerts and the LaDDC News, you MUST make sure your correct information is linked to Voter Voice.

(The information collected will be used for these purposes only).

Please click the link To verify and update your information.

For more information please contact our Region 9 Leader, Karen Artus at
kartus@lacanadvocates.org

[CLICK HERE FOR MORE INFORMATION](#)

What About Waivers

Unsure of what waiver is designed for who and what you can expect to receive from these programs? This guide introduces you to the basics of each waiver.

The Children's Choice Waiver (CC)

The Children's Choice Waiver program provides services in the home and in the community to individuals 0 through 20 years of age, who currently live at home with their families or who will leave an institution to return home.

This waiver provides an individualized support package with a maximum cost of \$16,410 per year, and is designed for maximum flexibility. Youth who reach the age of 18 and want to work may choose to transition to a Supports Waiver as long as they remain eligible for waiver services.

Youth who continue in the Children's Choice Waiver beyond age 18 will age out of Children's Choice Waiver when they reach their 21st birthday. They will transition to the most appropriate waiver that meets their needs as long as they remain eligible for waiver services.

This program is not intended to provide 24 hours a day support.

If you qualify you may receive
Support Coordination / Family Support / Crisis Support / Center-Based Respite / Family Training
Environmental Accessibility Adaptions
Specialized Medical Equipment / Permanent Supportive Housing Stabilization / Permanent Supportive Housing Stabilization Transition
Therapy Services / Aquatic Therapy / Art Therapy
Music Therapy / Hippo-Therapy/Therapeutic Horseback Riding / Sensory Integration

*Individuals who receive the CC Waiver may also receive EPSDT services.

The New Opportunities Waiver (NOW)

the New Opportunities Waiver program provides services in the home and in the community to individuals 3 years of age or older who are eligible to receive OCDD waiver services. The NOW is intended to provide specific activity-focused services rather than continuous custodial care.

If you qualify you may receive
Individual and Family Support (IFS) for Day, Night, Shared or Can be Self-Directed
Center-Based Respite
Community Integration and Development
Environmental Adaptions
Specialized Medical Equipment
Supported Living
Substitute Family Care
Day Habilitation and Transportation
Supported Employment and Transportation
Prevocational Services
Personal Emergency Response
Skilled Nursing One time transitional services
Housing Stabilization Transition
Housing Stabilization

*Individuals will receive Support Coordination services via state plan.

*Individuals who receive the NOW may NOT receive LT-PCS services.

The Residential Options Waiver (ROW)

The Residential Options Waiver program provides services in the home and in the community to individuals of all ages who are eligible to receive OCDD waiver services.

It is a capped waiver where the person's individual annual budget is based upon the person's assessed support needs.

Supports needs are determined by an Inventory for Client and Agency Planning (ICAP) assessment.

This program is not intended to provide 24 hours a day of one to one support.

If you qualify you may receive

Support Coordination / Community Living Supports

Host Home Services / Companion Care Services

Shared Living / Adult Day Health Care

Respite Care-Out of Home

Personal Emergency Response System

One Time Transition Services

Environmental Accessibility Adaptations

Assistive Technology

Specialized Medical Equipment and Supplies

Transportation-Community Access

Professional Services / Nursing Services

Dental Services / Supported Employment

Prevocational Services / Day Habilitation

Housing Stabilization Service

Housing Stabilization Transition Services

*Individuals under 21 years of age must access

Early Periodic Screening and Diagnostic

Treatment (ESPDT) services.

*Individuals who receive the ROW may NOT

receive Long Term - Personal Care Services

(LT-PCS) when in this program.

The Supports Waiver (SW)

The Supports Waiver program provides services in the home and in the community to individuals 18 years of age or older, who are eligible to receive OCDD waiver services.

This program is not intended to provide 24 hours a day support.

If you qualify you may receive

Support Coordination

Supported Employment (Individual or Group)

Day Habilitation

Prevocational

Habilitation

Respite (center-based or in home)

Permanent Supportive Housing Stabilization

Permanent Supportive Housing

Stabilization Transition

Personal Emergency Response System (PERS)

*Individuals under 21 years of age may access

Early Periodic Screening and Diagnostic

Treatment (ESPDT) services.

*Individuals who receive the SW may also receive

Long Term Personal Care Services.(LTPCS)

Additional program information, including Eligibility Requirements and details for each Waiver program can be obtained by contacting

Florida Parishes Human Services Authority

835 Pride Drive, Suite B

Hammond, La. 70401

(985) 543-4730



DD / Waiver Services Flowchart

Confused about the process and what to expect when you request Developmental Disability Services to Obtain Waiver Services on the Northshore?
Here's a brief guide to help you understand the process.

- 1 Request Services at Florida Parishes Human Services Authority
- 2 Take Part in the Eligibility Determination Process
- 3 Receive Eligibility Determination.

4 Yes. You're Eligible
A Statement of Approval (SOA) letter will be sent to you.
You will now take part in the Sun Screening process.

4 No. You're not eligible to receive OCDD Services.
You will receive a letter informing you of the decision along with your appeal rights and procedures. Contact FPHSA for re-determination if more information becomes available.

5 After receiving your Statement of Approval You will Take Part in the Sun Screening Process and level of need will be determined.

If Your SUN Score is

0 or 1 or 2

You will be placed on a Registry and be referred to other non-waiver services.

If Your SUN Score is

3 or 4

You will receive a Waiver Offer.



Return the Waiver Offer and Documents Including
Medicaid Application and Choose a Support Coordination Agency
Meet with Support Coordinator to Complete Assessment and
Plan of Care and Choose Provider

Upon Approval of Plan of Care and Completion of Financial Eligibility Determination You Will Begin Receiving Services

Reminder : Contact Florida Parishes Human Services Authority if You Have a Change in Diagnosis or Need, and keep your Address and Phone Information Up to Date.



Lampton Age 1

*Trisomy 21, Complete AV Canal Defect,
Deaf in Right Ear
Tangipahoa Parish*

THINGS I LIKE TO DO FOR FUN:

- Play with my brothers & sisters
- Watch Mickey Mouse Clubhouse
- Swing

SOME OF MY FAVES:

- Apple Sauce!
- Dogs!
- Anything Mickey Mouse!

SURPRISE, SURPRISE:

- I'm a big flirt with the ladies!
- I'm a fantastic snuggler!

MY SPIRIT ANIMAL IS:

- A dog because I am always loving, caring, sweet, and a friend to all who know me, always ready to cheer them up!

LASTLY, YOU SHOULD KNOW:

- Yes, I have Down syndrome, but that doesn't stop me from doing everything other kids can do.
- I've jumped many hurdles at only 15 months old, but I'm determined to not let anything stop me. I'm a fighter!



Students, Parents, and Caregivers are invited to join NFHF's Education Focus Group on FB to discuss education, find timely articles and information and network with parents in your community.



Northshore
PARENTS
& CAREGIVERS OF
Individuals
WITH
Disabilities

Parents & Caregivers Connect on FB Group Page

This group is for parents and caregivers for networking, supporting, encouraging, and discussing all aspects of raising and caring for a children, teens or adults with disabilities.



Upcoming Autism Networking & Support Groups

St. Tammany
Slidell Memorial Hospital Parenting Center
501 Robert Blvd. Slidell, LA
Third Wednesday of each month
9 - 11 am

For more information, contact Anne @
agaliano@soarwithautism.org

Tangipahoa
SOAR Center
21 Industrial Pkwy. Bldg A, Ponchatoula, LA
First Tuesday of each month
6:30 - 7:30 pm

For more information, contact SOAR @
info@soarwithautism.org

Hosted by  **soar**

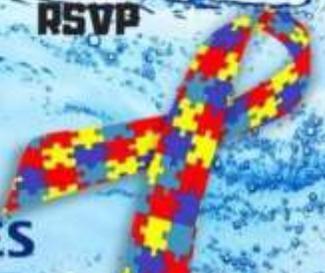
PosterMyWall.com

Autism Swims

First Friday of the Month
5:30 til 7pm

Private Event for members/non-members and their families
Sign up at the desk!
GAUSE Blvd
or call 985-643-3500 to RSVP





St. Tammany Parish Special Education Department
And Local Agencies Working Together to Make...

CONNECTIONS



A FAMILY RESOURCE FAIR FOR CHILDREN WITH SPECIAL NEEDS

Annual Family Information Fair
Ages Birth to Twenty-One

Two Dates and Two Locations

Harrison Curriculum Center 706 West 28 th Avenue Covington, LA 70433 Tuesday January 28, 2019 4:00 P.M. - 6:00 P.M.	Brooks Educational Complex 2544 Sgt. Alfred Drive Slidell, LA 70458 Tuesday February 5, 2019 4:00 P.M. - 6:00 P.M.
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Local Agencies and Supports Include:

Florida Parishes Human Services Authority	LATAN
ARC of Greater New Orleans, Northshore Community Center (ARC)	Library Services for the Blind
Services Training Advocacy Resources and Community (STARC)	Early Steps
Louisiana Rehabilitation Services (LRS)	OPTIONS Inc.
Northshore Technical Community College	NAMI
Miracle League	TEEM Academy
LA ABLE	Easter Seals
People First	SLU Lions Connect

Northshore Families Helping Families and Many More...

Performance Presentation
Footnote:
Time 4:30 P.M. - 4:45 P.M.
Presented by: High School Students and Adapted Physical Education Department

For further assistance, contact Saclé Hughes, 985/898-3300 or saclé.hughes@stph.org.



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DANCING DRUM WORKSHOPS



Drumming Workshops for Individuals with Exceptionalities.

Join Mr. Steve of Dancing Drum for some interactive drumming fun at the YMCA!

These 45 minute workshops will focus on exploring the sounds of the drum, playing rhythm patterns to build motor skills and experiencing the joy of making music together! Drums and percussion instruments provided. Limit 15 students per workshop. To register contact the West St. Tammany YMCA at 985-893-9622. Registration must be completed before Workshop as spots are limited.

- Free for Participants
- All Ages
- Must have a Chaperone (if Applicable)

WHEN: January 5, January 26 and February 2, 2019
TIME: 2:00 p.m. - 2:45 p.m.
LOCATION: WEST ST. TAMMANY YMCA
71256 Francis Rd.
Covington, LA 70433

Very Special Miss Louisiana

5th Annual Pageant
January 18-19, 2019
at Oak Tree Church
Hammond, LA




Fun, Friends, Family & Memories That Will Last A Life Time...

985.507.1985
www.verspecialmisslouisiana.com

Kristen Duhe



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.



How are we doing?



Providing the services and support you need is important to us. Please click on this picture to answer a few questions to let us know how we're doing.




 Thank you to our
 Breakfast with Santa
 sponsors!
 Clarion Inn & Suites Covington
 Joel Treadwell Photography
 Sheriff Randy Smith
 Mayor Mike Cooper
 Mayor Donald Villere
 Safari Quest
 Crestwood Estates Subdivision

