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Northshore Families Helping Families
204 W. 21st Avenue
Covington, La. 70433
(985) 875-0511
(800) 383-8700
info@fhfnorthshore.org
Center Hours:
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, and recreate in their own communities.



The work of NFHF, including the 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.

NORTHSHORE FAMILIES HELPING FAMILIES

Northshore Families Helping Families is a 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.

KATHY DILLON

EXECUTIVE DIRECTOR

ASHLEY NIELSEN

EDUCATION LIAISON

GAYNELLE FRANKLIN

EDUCATION LIAISON

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KATHLEEN MARTINELL

BOARD MEMBER

SEAN MORRISON

BOARD MEMBER

You are always welcome at NFHF Board Meetings, which are held monthly at the
NFHF Center. If you would like to address the board, please contact
Kathy Dillon at 985-875-0511.

Interested in serving on NFHF's Board of Directors?
Email Kathy Dillon at kdillon@fhfnorthshore.org

Friendship...

Last night, as I was sitting in the den, I could hear laughing coming from Mitch's bedroom. I knew this was his nightly facetime with his best friend, Andy. Mitch and Andy met when they were 4 years old. It was because they both have Down syndrome that Andy's mom and I first became best friends. The boys had no choice but to be friends it seemed. Stephanie and I would get together for lunch, we'd talk during OT and Speech sessions or we'd just meet up to commiserate about ALL of our kids. At first, the boys didn't really want to be friends. But somewhere along the way they started to "click".

Everyone needs that friend who gets them. And Mitch and Andy get each other. Mitch with his ease of greeting people he passes and ability to find something to say to everyone he meets. Andy with his sweet grin, ready hug and his 'Hi Mom' that he greets me with whenever I see him. As they got older and because they didn't go to the same school, it was tough to find times to get them together, but because of their persistence, we arranged playdates, that turned into hanging out or going out for burgers.

When people say to me, "Oh, children with Down syndrome are always so innocent, or forever children" I just laugh out loud! When Mitch and Andy were in their early teens, when we thought they were still little, sweet innocent boys, one of them thought it would be a good idea to google "sexy babes". I'm not even going to go into what I saw, but I knew then that these boys were no longer babies!! These two moms had to figure out how to teach them proper internet etiquette.



When work brought our family back to our home of Louisiana, the toughest part was Mitch leaving Andy. Sometimes their master of technology does come in handy. Both have iphones and ipads. Every evening and most mornings, and some afternoons, these two will facetime each other and talk about who-knows-what. They spend time just catching up (I guess!) and arguing about who is Batman or who loves Taylor Swift more. These guys came into friendship like most of us do. It just happened. It's wonderful when two people can find things they have in common and when they "click". Whether its Batman, Taylor Swift, or even Down syndrome. It's not always easy, but keep looking. The ABLE Book Club is a great way for adults with and without disabilities to just hang out and make friends. If you're interested, give us a call.

Kathy Dillon



**NOVEMBER 2, 2019
10:00 AM TO 2:00 PM**

Touch a Truck is NFHF's annual fundraiser and a fun family event where kids and adults have the opportunity to see, touch, interact with and learn about dozens of cool vehicles.

Kids of all ages and abilities can touch, discover and explore their favorite things on wheels. There will be vehicles representing community emergency services, businesses, military, construction, tractor/farm vehicles, and cars just to name a few.

Along with the vehicles, there will be food, music, games, and activities.

All funds generated from Touch a Truck help provide much needed services to over 6,000 families caring for a loved one with a disability across the five Northshore parishes!

**Interested in becoming a Touch a Truck Sponsor?
Contact our Executive Director, Kathy Dillon @
985-875-0511 or kdillon@fhfnorthshore.org.**

**Looking for Volunteer Opportunities? Send us an email or give us a call.
info@fhfnorthshore.org**

NOW SERVING OVER 10,000 INDIVIDUALS AND FAMILIES ACROSS 6 PARISHES



YOUR SUPPORT...

Your support helps provide information to new parents of a child with a life changing diagnosis. We can help keep them informed about disability services and together we can let them know they aren't alone in their journey! ... Your support helps provide education liaisons to stand by and support hundreds of parents of a child in Special Education where they'll learn their rights, advocacy tips, and have a better understanding of the Special Education process! ... Your support helps provide inclusive opportunities for adults with developmental disabilities to socialize, recreate, learn, and self advocate in their community with everyone else! ... You can support NFHF in a variety of ways; please know that your support is appreciated not only by the NFHF Board of Directors and Staff, but also by the Thousands of Families We Serve across the Northshore! Please Click Below To Donate
Thank You for Your Support!

...MAKES A DIFFERENCE

CLICK HERE TO DONATE
N O R T H S H O R E





Northshore Families Helping Families welcomes
Sheree M. Coltora as the new Resource Specialist!

Sheree is a Northshore parent and resident who has been advocating alongside NFHF with Parents Against Bullying in our region. She also enjoys martial arts, fishing and reading. Stop by the center and say Hi. She has lots of resources to share with you!

Emergency Preparedness For Children With Special Needs

Follow these steps to help you prepare for an emergency or disaster with your child's special health care needs or disability in mind.



Create a Plan

The first step to creating an emergency plan is to sit down and talk with your family about different types of emergencies, how to prepare for them, and brainstorm ideas of how to care for your child with special needs during an emergency.

1. Assess your situation

Reflect and plan for your child's needs if there was:

- No water, electricity, telephone, heat, air conditioning, or refrigeration
- No local access to prescription refills or health products
- Separation from family members
- Inability to leave your home or need for evacuation

- Limited health care access and emergency rescue services

- A lack of transportation

2. Start Planning

- Plan for backup sources of heat, refrigeration, and electricity.
- You can use a Red Cross shelter for storing medicine, charging equipment and getting meals. You do not have to be staying in a shelter to use its resources.
- If your child depends on dialysis or other life sustaining treatment, know the location of more than one facility: find out the facility's plans for emergencies and how your child will get treatment, medications, etc. Get their emergency contact numbers.
- Create and practice an escape plan for your home.
- Be sure there are clear exit paths for a child who uses mobility devices or has vision loss.
- Talk to your local police and fire departments to see if they have emergency services or plans for people with special needs.
- [Smart 911 is a free service](#) that allows families to create a safety profile for their household that includes any information they want 9-1-1 to have in the event of an emergency.
- Obtain a medical alert and/or identification bracelet for your child. Some organizations sell decals that can be put on the home or car to alert responders that there is a child with special needs ([see example](#)).
- Ask for the emergency plan at your child's school or child care. Plan with them how your child will get the care they need in an emergency.

3. Create a support network

Create a network of family, neighbors or friends that can help you and your child.

- Tell them about your child's special needs and share your emergency plan and where your emergency supplies are stored.
- Give a trusted member of your network a key to your home.
- Agree upon a system with your network to signal for help if phones, electricity and internet/networks are not working.
- Show others how to handle your child's wheelchair or other equipment.

- Download our 'Emergency Preparedness for Children with Special Needs' tips ([English](#), [Spanish](#)).

Pack an Emergency Supply Kit

In addition to supplies needed for a general disaster kit, you may need to add several things to the kit for your child with special needs.

General Information and Supplies:

- A current copy of your child's [Care Plan](#), including the [In Case of Emergency Form](#).
- Current medical information and records stored on a CD, flash drive, or phone app (keep one paper copy in a waterproof bag).
- Batteries for hearing aids and communication devices.
- Special dietary foods and supplies.
- Items that calm or entertain your child.
- Identification to be [carried](#) by each child in case your family gets separated.

Power Supplies:

- A generator for back up power support (due to deadly fumes, **never** use a generator indoors).
- An AC adaptor for your car to charge small electrical equipment such as a nebulizer.
- Battery powered versions of medical equipment your child uses.
- Manual wheelchair or other non-electric equipment.
- Backup chargers a cell phones. This include a hand-cranked USB cell phone emergency charger, a solar charger, or a battery pack. Some weather radios have a built in hand crank charger.
- Backup chargers for a laptop or tablet could include a 12V USB adapter that plugs into a car, an inverter, or a battery jump pack with a USB port.

Medical Supplies and Medications:

- Talk with your child's doctor about how to get an emergency supply of medicines. If your child takes medicine given by a clinic or hospital, talk with them about how to plan for a stoppage due to a disaster.
- Ask your pharmacist how long the medicine can last and storage needs of the medicines.
- Keep a two-week supply of medical care items such as needles, nasal cannulas, bandages, etc.

- Keep a cooler and chemical ice packs for storing medications that must be kept cold.
- Keep prescription information in your wallet, survival kit and car that includes the name, location and phone number of an out of town pharmacy.

Other Helpful Tips:

- Pack smaller "to go" kits for use in an evacuation. Store them in multiple places such as your car, at work and at school.
- Update supplies yearly, replace water every six months, and update emergency contact and medical forms as needed.
- If you can't contact your doctor or pharmacy in a disaster, ask for help from emergency responders or staff at emergency shelters or service centers. You can get help in getting medication from a Red Cross shelter or by dialing 211 for the Washington State Information Network.

Emergency Preparedness Resource List

Special Needs Information

- For children with special nutritional needs: [Disaster Preparedness Checklist](#)
- [Keeping Children and Youth with Special Health Care Needs Safe During Emergencies and Disasters](#) from Family Voices.
- [Emergency Preparedness for Individuals with Disabilities or Access and Functional Needs](#) from Ready.gov
- For public health professional and health providers—training courses on [Emergency Preparedness and Response for Vulnerable Populations](#) from PERLC/Northwest Center for Public Health Practice.

General Emergency Preparedness Information

- [American Red Cross](#)
- <https://cshcn.org/resources-contacts/emergency-preparedness-for-children-with-special-needs/>



Northshore Families Helping Families Presents

EMPLOYMENT FOR ADULTS WITH DISABILITIES

WEBINAR

**JULY 24, 2019
@ 2:00 PM**

Join NFHF Executive Director, Kathy Dillon, as she's joined by Elizabeth Maillian from Louisiana Rehabilitation Services to learn more about employment for adults with disabilities in Region 9

Click Here to Register Now!



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

This workshop is made possible thanks to contributions from our community and NFHF funders.

NFHF WORKSHOPS / WEBINARS / 10

webinar

HOW
NFHF
CAN HELP
YOU

Register
Here

Who We Are & What We Do
Join NFHF's Executive
Director, Kathy Dillon, as she
talks about NFHF, Our
Programs and Services and
How We Can Serve You!



Tuesday
August 13th
10:00 am

First Annual St. Helena Education Resource Fair

presented by



**NORTHSHORE TECHNICAL
COMMUNITY COLLEGE
GREENSBURG, LA 70441**

**WEDNESDAY
AUGUST 14TH
10:00 AM TO 2:00 PM**

Learn More About

**EARLY LITERACY
DISABILITIES AND WHERE TO GO FOR HELP
MENTAL HEALTH ISSUES AND WHERE TO GET HELP
EARLY CHILDHOOD PROGRAMS
CAR SEAT SAFETY
HOW TO EDUCATE YOUR CHILDREN ABOUT DRUGS AND ALCOHOL
THE IMPORTANCE OF HEALTHY EATING
HOW TO GET HELP FOR OPIOID ADDICTION
YOUR SCHOOL SYSTEM**

JOIN THE
CONVERSATION



SOCIAL
STRATEGIES FOR
ADULTS
WITH DISABILITIES



Join NFHF Executive Director, Kathy Dillon, as she welcomes Self Advocates, Community Leaders, Parents and Professionals for a conversation about the importance of Socializing and being a part of the Community you live in.

Attendees will also learn about NFHF's ABLE Club, as well as other groups and opportunities to explore what our community has to offer.

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

Tuesday
August 20, 2019
@ 10:00 AM

CLICK HERE TO RESERVE YOUR SPOT!

OR REGISTER BY:

PHONE (985) 875-0511
BY EMAIL INFO@FHFNORTHSHORE.ORG
ON WEBSITE WWW.FHFNORTHSHORE.ORG

This workshop is made possible thanks to contributions from our community and NFHF funders.

 **Transitioning from
Early Steps
A Caregiver's Guide**

Louisiana's early intervention system

Do you know what to do when your child
ages out of Early Steps?
Want to know more about the School System?
Wondering what services may be available
for your child?

This Workshop is for You!

Jennifer Johnson & Selina Gilliland
from Region 9 Early Steps

will walk parents through the process of transitioning
out of Early Steps into the public school system.

Kathy Dillon

Northshore Families Helping Families Executive Director
will also be sharing information about the programs &
services NFHF provides for children, adults, and families of
individuals with disabilities.

Wednesday, Sept. 18, 2019 12:00 pm to 1:00 pm

Livingston Parish Library - Main Branch

20390 Iowa Street - Livingston, LA 70754

Click Here to Reserve Your Spot



or Register by
phone (985) 875-0511
by email info@fhfnorthshore.org
on website www.fhfnorthshore.org

What is Families Dine Out?



Families Dine Out was started to give families an opportunity to go out for dinner and meet others in our community. It's simply a chance to get together for good food, interesting conversations and meet other people in our community.



Thinking about Joining Us?

We Hope You Will!

We like to make sure we reserve a large enough space, so please let us know if you are planning to join us.

You can register by clicking on any dates listed to the side or by calling our center at

985-875-0511



FAMILIES DINE OUT

AUGUST 20, 2019

6 PM TO 8 PM

CHINA PALACE

1050 ROMA AVE.

HAMMOND, LA

PARTICIPANTS ARE RESPONSIBLE FOR
THE PURCHASE OF FOOD AND DRINKS
FOR EACH PERSON IN THEIR GROUP.



FAMILIES DINE OUT

SEPT 17, 2019

6 PM TO 8 PM

DON JUAN MEXICAN RESTAURANT

1137 WASHINGTON ST

FRANKLINTON, LA

PARTICIPANTS ARE RESPONSIBLE FOR
THE PURCHASE OF FOOD AND DRINKS
FOR EACH PERSON IN THEIR GROUP.





ABLE Adults Building Life Experiences

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



Register by Phone, Email or Click on Images to Register Online



Tips on Transitioning from Pediatric Care to Adult Care

by Stephenie Miller



Young adults with special healthcare needs are transitioning from pediatric physicians to adult physicians every day across the country. Sometimes this process can be challenging, but it doesn't have to be.

Successful transition to adult services for youth with special health care needs should start early. Youth and their families should ideally begin planning before the age of 14.

Pediatric clinic settings offer parents support and resources to navigate services in which can be carried over to adulthood with the right coordination of care. The planning should cater to the young adult, his or her specific age, and their family. However, it should be noted that age alone should not determine the time and extent for transition.

The young adult is embarking on many transitions at this point in their life (graduating from high school, college and new to the workforce) and so this transition must be done in a meaningful, effective way.

Families and caregivers can influence the success of transition by introducing the process of transition through their educational plan in high school and in clinic settings.

Ensure the young adult is part of the decision making team and not only is he or she aware of what is being discussed, but plays an active role. After all, they are learning important adult decision making skills when they participate in these meetings.

Successful and meaningful transition services are the result of careful planning. The transition should improve the ability for youth to advocate for themselves by knowing their diagnoses and the names of their medications, but also to manage their own health while effectively using the health services.

These health services will develop healthy habits in everyday life such as adequate sleep, diet, hygiene and to be a self-advocate. With the help of health diaries, (all clinic information disclosed to the patient over the years) transition would be less challenging for youth with special health care needs.

With the proper tools and resources, families and youth can transition from pediatric care to adult care in an effective way that leads to better outcomes for that young adult.

As a parent myself, I know that letting go and allowing our son or daughter to start making their own decisions about their life is somewhat frightening, but with careful planning the transition can be successful, and ultimately it will allow our young adults to lead a more empowered life!

Click titles below for more information and resources on transition for families and youth.



Medical Home & Care Coordination for Families and Caregivers

In order to have a smooth transition of care, children and teens should receive support from their doctors and family members on a wide variety of topics, including independent life skills, preparing for health care, and utilizing new medical providers. Young people who successfully transition to adult care will have an easier time accessing health care, decrease health care costs, increase their ability to live independently, and increase the likelihood of reaching social milestones.

Children's Special Health Services (CSHS)

CSHS serves Louisiana residents under the age of 21 who are diagnosed or suspected to have certain chronic physical illnesses or serious disabilities.

These illnesses and disabilities are likely to cause impairments which could significantly limit major life activities.

CSHS connects caregivers and families to relevant resources, collaborates with health and social service providers to improve service provision and care coordination, and works to build up systems of support for children and youth with special healthcare needs.

Advocacy Works

with KAREN ARTUS



NFHF

When did the Louisiana Legislative Session end and how did our community contribute to advancing positive outcomes for individuals with disabilities in our community?

KAREN ARTUS

"The Louisiana Legislative Session ended June 6 as advocates pushed voicing concerns that impacts individuals with developmental disabilities and their families.

"These diligent advocates made their voice heard by contacting policymakers, attending committee meetings, testifying in committee and speaking with policymakers at the capital.

During session individuals with disabilities, parents, caregivers, support providers, and other stakeholders took some 267 actions in our area, Region 9.

As LaCAN Leader for Region 9, our advocacy efforts begin with educating our legislators on what and how their decisions effect our loved ones with disabilities and our families."

"This process begins long before the legislative session starts. Many families join me on legislative visits and participate at the Legislative Roundtable in February. Advocates and policymakers learn about current concerns in education as well as home and community-based supports across the state. These are key elements that lay the foundation for a successful legislative session."

LaCAN's 2019 legislative advocacy outcome:

Funding appropriated to restore home and community-based provider rates to 2008 levels.

New program serving TEFRA population for 2020, provided CMS approves.

\$1 million additional funding for Florida Parishes Human Services Authority and \$1 million for Northwest Human Services District: these are the lowest funded in the state.

Cameras in special education self-contained classrooms by request failed to pass.

Thank you to local LaCAN advocates who were present to testify on above issues:

Jennifer Coats, Kathleen Cannino, Kellie D'Aunoy-Jones, Amy Donarski,
Dana Duke, Kelly Duke, Jamie Hattier, Christy Paulsell

For more in-depth information on above and other legislative session outcomes, please visit:
<https://laddc.org/wp-content/uploads/2019/06/2019-Legislative-Session-.pdf>

Region 9 includes:

Livingston, Tangipahoa, St. Helena, Washington and St. Tammany Parishes.

Over 135 participated in advocacy opportunities and 365 made a difference by taking action before or during legislative session.

Special thank you to Region 9 Senators and Representatives who carried legislation and embraced our advocacy efforts.

Your support of the developmental disabilities community is appreciated.



LaCAN is the grass roots advocacy arm of the Louisiana Developmental Disabilities Council. Advocacy works when we join our voice with others across the state, sharing the same message at the same time with policymakers. Find out more about LaCAN and how you can get involved by contacting kartus@lacanadvocates.org



Click the image above to join LaCAN

"Advocacy works, and it's never wasted."

~ Karen Artus ~



**Florida Parishes Human Services Authority
Presents an:**

Employment Fair for Individuals with Disabilities



**Thursday, July 25, 2019
1:00 p.m. – 3:00 p.m.**

**FIRST PENTECOSTAL CHURCH
1020 SOUTH RANGE AVENUE
DENHAM SPRINGS, LA 70726**

(Registration is not required for participants)

For more information or if you are a business or organization interested in having a table at no charge, email EmploymentFair@fphsa.org or call (985) 543-4333.

Florida Parishes Human Services Authority (FPHSA) believes people with disabilities are unique, capable assets for employment in diverse fields. FPHSA directs the operation and relative to developmental disabilities, mental health and addictive disorders services. Since 2004, FPHSA has been lighting the path forward for residents in the parishes of Livingston, St. Helena, St. Tammany, Tangipahoa, and Washington.

Interested in Employment?

Florida Parishes Human Services Authority (FPHSA), Developmental Disabilities Services is hosting an Employment Fair in Denham Springs on Thursday, July 25, 2019 from 1:00 pm – 3:00 pm at the First Pentecostal Church located at 1020 South Range Avenue. FPHSA is partnering with local businesses to interview and hire (either now or later) individuals with disabilities who attend the employment fair.

People with disabilities can work when given the opportunity and the right supports and training. Local businesses are learning about the supports available to assist individuals with disabilities in becoming a successful employee.

There is no registration fee for individuals or businesses. If you are a business and would like to participate in the fair, please contact Floyd Colkmire by email at EmploymentFair@fphsa.org or by phone at 985-543-4333, extension 1205.

Governor's Office of Disabilities Affairs Conference

Friday, July 26th, 2019

9:00 am - 4:30 pm

Claiborne Building

1201 N. 3rd St. Baton Rouge, Louisiana 70802

The Governor's Office of Disabilities Affairs Conference is free to attend and will feature national accessibility expert

Kristi J. Avalos

President and CEO of Accessology

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

There will also be breakout sessions regarding different topics pertaining to education, employment, healthcare, housing, emergency preparedness, transportation and other matters important to the disability community.

For more information, email
disability.affairs@la.gov
or call (225) 219-7553



Access
Health Louisiana
Your Community Healthcare Network



SUPPLIES FOR SUCCESS



Tangipahoa
Community Health Center
A Member of the Access Health Louisiana Network

Friday, July 19, 2019,
1p-2:30pm



Washington
Community Health Center
A Member of the Access Health Louisiana Network

Saturday, July 20, 2019,
9am-10:30am



St. Bernard
Community Health Center
A Member of the Access Health Louisiana Network

Friday, July 26, 2019,
1p-2:30pm



Kenner
Community Health Center
A Member of the Access Health Louisiana Network

Saturday, July 27, 2019,
10a-11:30am

Free community event providing free school supplies & health screenings for the entire family. While supplies last. Child must be present with an adult to receive backpack.

Proudly Sponsored By



Healthy Blue



louisiana
healthcare
connections



AC protects, empowers, and advocates for the human and legal rights of people with disabilities and seniors living in Louisiana, in order that they may live an integrated life in the community, free from abuse, neglect, and exploitation. AC does this through direct legal representation, information and referral, education and training, and systems advocacy.

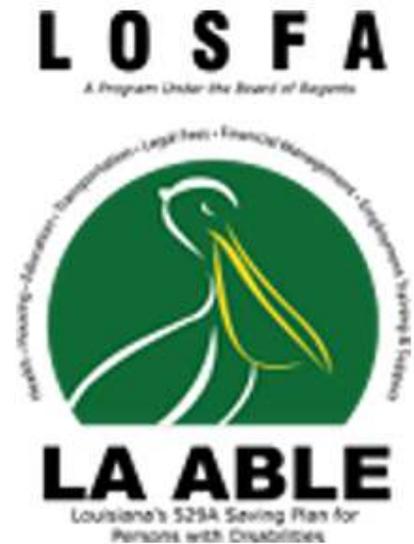


Along with traditional clinic services, such as evaluation, therapy, and medication management, a number of various other services are provided through contract providers, such as respite care, case management, crisis intervention, in-home therapy, vocational training, housing supports, etc. FPHSA serves both adults and children who meet the treatment criteria for services in the areas of addictive disorders, developmental disabilities, and/or mental health.



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

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.



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. Services are designed to improve the family's capacity to enhance their child's development.



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



The NFHF Education Focus Group on Facebook was created to provide parents and caregivers with a outlet for education related information, tips, and articles.

This page is managed by NFHF Education Liaison, Gaynelle Franklin. Please visit and share the information that you have found useful with your friends and family members.





SENSORY Sunday NCF



North Cypress Fitness is proud to support families who have children with autism and other special needs. We will offer a sensory-friendly experience each Sunday morning during the months of June and July. Our aquatics deck will be staffed with certified lifeguards to ensure that all guests will be safe in a family friendly environment. We realize that swimming can be very stimulating for any child, so our mission is to create an environment in which our pools are less busy for ALL kids to simply "Be a kid" on Sunday mornings from 9 a.m. - 11 a.m.

**NORTH CYPRESS
F • I • T • N • E • S • S**

Every Sunday in June & July

9 a.m. - 11 a.m. | FREE for the entire family! Non Members Welcome

Contact Megan at 985 370-2300 for more information



Proper Swim Attire must be worn in pools. Water features in splash pad "WILL" be turned on. Parent or guardian participation is required. Those that are not able to swim must wear approved flotation device. Weather permitting

Regional Child Abuse & Neglect Prevention Town Hall Meeting

Prevention is the best hope for reducing child abuse and neglect and improving the lives of children and families. Strengthening families and preventing child abuse requires a shared commitment of individuals and organizations in every community, particularly in the State of Louisiana. According to the Louisiana Child Death Review Report, from 2014-2016, 2,208 children died, and 717 of those deaths were due to injury. Between 2014-2016, Louisiana had the highest rate of mortality for children ages 1-14 in the United States. About one-third of infant and childhood deaths in Louisiana are due to injury and are potentially preventable.

Effective prevention efforts are critical to ensuring the immediate and long-term safety and well-being of children in Louisiana. Your voice in preparing our State Plan is vital! Within the Plan we will include recommendations and ideas shared by YOU our stakeholders and partners. Your suggestions will assist us in mapping out a plan to build our communities by connecting families with resources as we continue to support parenting education, home and hospital visitation programs, train volunteers and service providers and collaborate with community based service organizations to ensure the safety and well-being of our most valuable asset.....our children!

Join us at the meeting in your region!

<p>Lafayette—June 13 at Noon Family Tree http://bit.ly/LCTFLAF</p>	<p>Monroe—June 18 at 2pm ULM Student Union http://bit.ly/LCTFMNR</p>	<p>Lake Charles—July 16 at Noon Southwest Louisiana Entrepreneurial and Economic Development Center http://bit.ly/LCTFLC</p>
<p>Baton Rouge—July 17 at Noon LA Resource Center for Educators http://bit.ly/LCTFBRG</p>	<p>Vacherie—July 30 at Noon Greater Grace Charter Academy http://bit.ly/LCTFVAC</p>	<p>Shreveport—August 7 at Noon Acadiana Legal Services http://bit.ly/LCTFSHRV</p>
<p>Alexandria—August 8 at 2pm Westside Library http://bit.ly/LCTFALEX</p>	<p>Covington—August 12 at Noon James Storehouse Louisiana http://bit.ly/LCTFCOV</p>	<p>New Orleans—August 13 at Noon Louisiana Children's Hospital http://bit.ly/LCTFNOLA</p>

We need to have an estimate of attendees, please pre-register to attend!

Refreshments and community resources will be shared at the meetings.

If you are a leader of a community program, faith-based program or local municipality program coordinator that helps prevent child abuse and neglect, please bring information (flyers, business cards) for networking.

Questions?

Call Team Dynamics at 985-624-3514



Louisiana Children's Trust Fund
State Plan for Child Abuse and Neglect Prevention



JULY

**24 - Employment for
Adults with Disabilities
Webinar**

**25 - FPHSA Employment
Fair for Individuals with
Disabilities**

**26 - Governor's Office of
Disabilities Affairs
Conference**

AUGUST

**1 - How NFHF Can Help
You Webinar**

**14 - 1st Annual St. Helena
Education Resource Fair**

**15 - ABLE Club Dinner in
Covington**

**20- Social Strategies for
Adults with Disabilities
Presentation**

**20 - Families Dine Out in
Hammond**

SEPTEMBER

**17 - Families Dine Out in
Franklinton**

**18 - Transitioning From
Early Steps Workshop**

**26 - ABLE Club Game
Night in Covington**

Select Northshore Families Helping Families as Your Preferred Non-Profit when you shop on Amazon Smile



and a portion of your purchase will be donated to our organization!



The ABLE Club, Adults Building Life Experiences, is a group of adults who share fun, recreation, and friendship!

One Sunday, you might find them enjoying time at the Aquarium, and then Wednesday afternoon, you might find them sharing time over coffee and scones at the coffeehouse. *COMMUNITYEVENTS/23*

There is always something going on with the ABLE Club, thanks to Rachael Sykes, our Adult Program Coordinator.

Check out the Facebook page, NFHF Able Club, for updates on events.

Article Contributors

KATHY DILLON: Pg. 4

Kathy is a parent and long time advocate for individuals with disabilities. In her new role of Executive Director of NFHF, she is working toward building community awareness and develop partnerships within our community to better serve the individuals and families we serve.



STEPHENIE MILLER: Pg. 18

Stephenie has been a part of Northshore Families Helping Families organization for more than 10 years as a Parent Liaison for Region 9 Children's Special Health Services. She enjoys being a part of the journey of educating and building an inclusive community for all people. Being the mother of a child with a disability, Stephenie can understand the families journey.



KAREN ARTUS: Pg. 20

Being a parent gives you true insight to the rewards and challenges of raising an exceptional child. Combine that insight with legislative advocacy experience and you've got Karen, a voice of leadership and guidance for individuals and families in our community. Karen is the Region 9 Leader of LaCAN and she works year round to help people effectively share their story with policymakers.

