



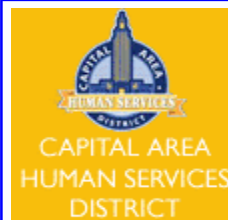
**It's who we are.
It's what we do.**

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The Capital Area Quarterly

OCTOBER – DECEMBER 2008



**Capital Area
Human Services
District
Relocating**

Due to Hurricane Gustav, the Capital Area Human Services District office has temporarily changed location.

The Developmental Disabilities Division and administrative office are at Bon Carre, 7173 Florida Blvd., Baton Rouge, LA 70806, Room 200B.

Baton Rouge Mental Health Center's adult services, Baton Rouge Mental Health Center's Children's Behavioral Health Clinic and the Center for Addictive Disorders is at 3455 Florida Blvd., Baton Rouge, LA 70806.

**If you have any questions, please call 225-922-2693. The FHFGBR office will keep an up to date list of location changes.
225-216-7474**

**October 22, 2008
9:00 am - 1:00 pm
Louisiana Technical College
3250 N. Acadian Thruway, Baton Rouge, LA 70805**



**Job Fair
for
People
with
DisAbilities**



Check out our website!
www.fhfgr.org

FHFGBR is Changing our Office Hours

Effective October 1, 2008, FHFGBR is changing office hours. The office will be open 8 A.M.–4 P.M. This change will be made to accommodate working and nonworking families. FHFGBR will still be taking appointments to meet with families before or after office hours.

225-216-7474



OUR MISSION

To provide the individualized services, information, resources and support needed to positively enhance the independence, productivity and integration of persons with disabilities into the community.

Our Staff

Jamie S. Tindle

Executive Director
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Transition Parent Facilitator
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Johanna Schroth

Newsletter Editor
jschroth@fhfgbr.org

Barbara Varmall

LaSIG Family Facilitator—EBR
bvarmall@fhfgbr.org

Parents' Night Out

Parents with special needs children ages 2-12, are invited to have a worry-free night out, while their child enjoys pizza, fun activities and friendship! Adult and youth volunteers will care for children with special needs and their siblings to create a fun night for them. A medical professional will be available to assist children with their special needs. Parents' Night Out will be held on the Friday's listed below from 6:30-9:30 PM in Fr. Engles Hall at St. Jean Vianney. A \$5 donation per family is suggested.

Please contact Kristen Thompson at 225-756-9231 or kthompsn@papersoft.com for more information or to register for one of the following dates:

October 24, 2008
November 14, 2008
December 12, 2008

Jambalaya Sale



Come pick up jambalaya for lunch at the FHFGBR center located at 778 Chevelle Drive. You can pre-order your ticket by calling our office at 225-216-7474. Tickets are \$7 each. Pick up will be on Wednesday, October 8, 2008 from 11 AM-1 PM. Proceeds will go to Lisa and Zane Kiriakos.



LOUISIANA
Parent Training
and Information
Center

Promoting the appropriate education of children with disabilities

Louisiana Parent Training and Information Center offers a variety of workshops and trainings to parents and professionals alike. Some topics include: The Individualized Education Plan, Section 504, Behavior Management and the Individuals with Disabilities Education Act (IDEA). For information on upcoming trainings or to request a training in your area please contact Summer Mizell at 225-216-7474.



People First of Louisiana Meetings

People First of Louisiana has a network of local self-advocacy chapters in the state. Self-advocates represent themselves on critical issues with Legislators and in their home communities.

November 1, 2008
1 P.M.-3 P.M.

December 6, 2008
1 P.M.-3 P.M.

Call Rose Garrett to register:
225-216-7474

FHFGBR would like to recognize and honor the generous donations made to our center by:

- **Parkview Baptist Church**
- **Audubon Kiwanis Club**
- **St. Andrew's UMC**
- **TouchFX**

Thank you!!!!!!

LOUISIANA CITIZENS FOR ACTION NOW

Advocating for Louisiana Citizens with Developmental Disabilities

Calling all LaCAN Members!

- *Let your Legislators get to know your family.**
- *Tell them what concerns you have for your special needs family member.**
- *Be a part of a grass roots effort for change.**

Contact: Cindy Ardoin Region 2 LaCAN Leader
225-216-7474 or email cardoin@fhfgbr.org

Board of Directors

Chairperson	John Samaha
Vice Chairperson	Belynda Gauthier
Treasurer	Roy Hebert
Secretary	Stacey Atkins
Directors	Alvin Mack Thomas Sellars Cherri E. Penton, Ph. D. Richard Born Katrina Coots Robin Clark Jim Levelle, Ph. D. John Balfantz

*BOARD MEETING WILL BE HELD ON
NOVEMBER 13, 2008
FROM 11:30 A.M. UNTIL 1:00 P.M.
AT OUR CENTER*

Social Security Workshop:

October 24, 2008 from 9:30 A.M.–11:30 A.M.

BREC Park Room 137, 7505 Independence Blvd., Baton Rouge, LA 70806

Contact Cindy Ardoin to register. 225-216-7474 or cardoin@fhfgbr.org

FHFGBR Position Opening:



The ECSS Parent Facilitator position requires 15 hours a week. The position holder is required to provide information, referral and support to families of children that attend ECSS, assist ECSS staff as needed as well as attend and help facilitate workshops, conferences and support groups.

If you are interested in this position, please contact Jamie Tindle at 225-216-7474 or jamietindle@fhfgbr.org



Lights On Afterschool!

Thursday, October 16, 2008
5:00 pm-8:00pm

BREC Independence Park Theatre and Cultural Center
7800 Independence Blvd.
Baton Rouge, LA 70806

Lights On Afterschool is celebrated nationwide to call attention to the importance of afterschool programs for America's children, families and communities.

Parents, students, educators, business and community leaders are invited to attend the Metro Baton Rouge rally.

Activities Include:
Instrumental, Singing and Dance Performances; and remarks by Mayor-President Kip Holden

For More Information, Contact:
The YWCA Center for Family Empowerment @ 225.338.0028
or
Marion Cousin, EBRPSS @ 225.922.5593

Join us to obtain information and provide continued support for afterschool programs.



Baton Rouge Parent University



Families Helping Families of Greater Baton Rouge and BREC presents...

Baton Rouge Idol

Talented singers, dancers, comics, and musicians wanted!

Ages 21 & Up

November 14, 2008

6 - 9 p.m.

BREC Administration Building
6201 Florida Blvd.

Free for performers!

\$5 for guests.
Fee includes dinner.

This event is for adults with disabilities and their families and friends.



It all starts at BREC!



To register, contact Katrina Coots by calling 225-926-4659 or email: kcoots@brec.org



Wrightslaw

Education Station

“By learning we teach, by teaching we learn.”



Inclusion

Get Active. Get Involved.

As Education Advocates we have the incredible opportunity to work with the Louisiana Department of Education and the U.S. Department of Education to stay informed of any changes to state or federal education laws. We find these trainings a valuable component of our job, providing us with the most up-to-date information needed to assist and serve families. However, as a parent, you have many of the same resources available to educate yourself as an advocate for your child. Many resources can be found online and can serve as a map to navigate the confusing special education maze.

- www.ed.gov The U.S. Department of Education Website
- www.doe.state.la.us The Louisiana Department of Education Website
- www.wrightslaw.com A fantastic resource for Parents, Advocates and Educators alike.
- www.nichcy.org National Dissemination Center for Children with Disabilities

In addition to knowing the law, parents often have a strong desire to get involved and become more active in a more critical level of their child’s education, but are unsure where to begin. We have provided some suggestions to help you, as a parent, know how to get active and get involved.

- Ask your child’s Principal about their School Improvement Team and how you can get involved.
- Get to know your local School Board members.
- Attend School Board meetings regularly.
- Check out the School Board meeting agenda on your parish website or request a printed copy ahead of time to prepare.
- Attend BESE (Board of Elementary and Secondary Education) meetings. You can learn more about BESE on the La Department of Education website.
- Join LaTEACH-Louisiana Together Educating All Children

<http://www.fhfsvla.org/la-teach.php>



Cynthia Chesterfield—
Sr. IEP Facilitator for Inclusive
Education and Therapeutic
Recreation Resource
Specialist

Summer Mizell—
Education Advocate
SDE Transition Parent
Facilitator



Myths about Down Syndrome

*Adapted from Myths and Truths about Down Syndrome by NDSS
Brought to you by the Louisiana Family to Family Health Information Center*



October is Down syndrome awareness month. Individuals with Down syndrome are living more included lives in communities all around the country. They are participating in all aspects of life—education, recreation and socialization. They are working, paying taxes and getting married. Accurate information and high expectations are critical to anyone’s success, particularly for someone with Down syndrome. Here are some of the myths and truths about Down syndrome.

Myth: Down syndrome is a rare genetic disorder.

Truth: Down syndrome is common. One in every 733 live births is a child with Down syndrome, representing approximately 5,000 births per year in the U.S.

Myth: Most children with Down syndrome are born to older parents.

Truth: 80% of children with Down syndrome are born to women younger than 35-years-old.

Myth: People with Down syndrome have severe cognitive delays.

Truth: Most people with Down syndrome have IQs that fall in the mild to moderate range of delay.

Myth: Most people with Down syndrome are institutionalized.

Truth: People with Down syndrome live at home and are active participants in the educational, vocational, social and recreational activities of the community.

Myth: Children with Down syndrome must be placed in segregated special education programs.

Truth: Children with Down syndrome have been included in regular academic classrooms in schools across the country. Sometimes in specific courses, other times, they are fully included. The degree of inclusion depends on the individual, but the trend is for full inclusion.

Myth: People with Down syndrome are always happy.

Truth: People with Down syndrome have feelings just like everyone else in the population. They respond to positive expressions of friendship and they are hurt and upset by inconsiderate behavior.

Myth: Adults with Down syndrome are unable to form close interpersonal relationships leading to marriage.

Truth: People with Down syndrome date, socialize and form ongoing relationships. Some are beginning to marry. Women with Down syndrome can and do have children, but there is a 50 percent chance that their child will have Down syndrome. Men with Down syndrome are believed to be sterile, with only one documented instance of a male with Down syndrome who has fathered a child.

For more information about Down syndrome, contact the Louisiana Family to Family Health Information Center at 800-331-5570.



**Reading Is For Everyone at
The State Library
of Louisiana**



STATE LIBRARY OF LOUISIANA

Louisiana’s State Librarian Rebecca Hamilton and her staff are committed to providing library service to all citizens of Louisiana, including services for special needs populations. All over Louisiana, students and adults are enjoying the magic of reading through the State Library of Louisiana’s Services for the Blind and Physically Handicapped (SBPH). This free program is available for eligible individuals who can not read standard print due to a visual, physical or reading disability (such as dyslexia or ADHD). The SBPH library primarily provides books on cassette tape, although books are also available in Braille and in large print. The program loans each participant a four-track cassette player needed to play specially recorded books on tape. Schools may also register for our program to provide services for students. While we do not have textbooks in our collection, SBPH offers thousands of books that students can use in their schoolwork.

If you have questions, would like an application mailed to you, or need additional information, please call: 1-800-453-4702 (toll-free in Louisiana) or 225-342-4945 (in Baton Rouge). You may also visit our website at www.state.lib.la.us and go under the link “Visually Impaired.”

C AAAAN
Capital Area Action for
Adults with Autism Network

MISSION: To advocate, promote and positively enhance lifelong opportunities for adults with Autism Spectrum Disorder (ASD) in the Greater Baton Rouge area.

October 18, 2008
10 A.M. – 12 P.M.
Trinity Lutheran Church
10925 Florida Blvd



For more information, contact Becky White at 578-3921 or Pat Giamanco at 757-8890



Greater Baton Rouge Chapter
Autism Society of America

October 11, 2008
November 8, 2008
December 13, 2008

3 P.M. – 5 P.M.
Jones Creek Regional Library
6222 Jones Creek Road
Baton Rouge, LA 70817

Call Beryl Herbert for more info @ 273-3984

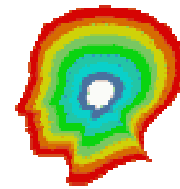
Spinal Cord Injury
Support Group



SCI support group for Patients
AND
Caregivers

For support and information:

Contacts: Vanessa @ 933-4961
Denise @ 241-8205
Michael @ 315-4594
Monique @ 231-3077



Baton Rouge Head Injury Support

October 1, 2008
November 5, 2008
December 3, 2008
7 P.M. – 9 P.M.

Greenwell Springs Library @ 11300 Greenwell Springs Rd.
Baton Rouge, LA 70814
978-3990 or wmoakbbiala@aol.com
<http://www.brhia.org>

OR

Traumatic Brain Injury Support Group

October 9 & 23, 2008
November 6 & 20, 2008
December 4 & 18, 2008
5 P.M. @ NeuroMedical Center Clinic
10101 Park Rowe Ave.
Baton Rouge, LA 70810
769-2200

<http://www.theneuromedicalcenter.com/info.php#Q08>



**Picnic in
the Park**

The Baton Rouge Head Injury Support Group invites you to attend a Picnic in the Park. The event will be held at the Baton Rouge Zoo. Lunch and zoo entry will be provided. Please call 225-978-3990 or email wmoakbbiala@aol.com to register.

October 11, 2008
Lunch will be served at 11:30 A.M.



Important Dates to Remember

DATE/TIME	EVENT	LOCATION	CONTACT
October 1 November 5 December 3 7 PM–9 PM	Baton Rouge Head Injury Support Group Meeting	Greenwell Springs Library 11300 Greenwell Springs Road Baton Rouge, LA 70814	William Moak 225-978-3990 wmoakbbiala@aol.com
October 4 9 AM–1 PM	The ARC of Baton Rouge's 1st Annual Plane Pull and Festival	Baton Rouge Metro Airport	225-927-0855
October 8 11 AM–1 PM	Jambalaya Sale	FHFGBR Center 778 Chevelle Drive Baton Rouge, LA 70806	Monica Hughes 225-216-7474 mhughes@fhfgr.org
October 9 & 23 November 6 & 20 December 4 & 18 5 PM	Traumatic Brain Injury Support Group Meeting	NeuroMedical Center Clinic 10101 Park Rowe Ave. Baton Rouge, LA 70810	225-769-2200
October 11 November 8 December 13 3 PM–5 PM	Greater Baton Rouge Chapter: Autism Society of America Meeting	Jones Creek Regional Library 6222 Jones Creek Road Baton Rouge, LA 70817	Beryl Herbert 225-273-3984
October 11 Lunch at 11:30 AM	Traumatic Brain Injury Picnic in the Park *Lunch and zoo entry will be provided	Baton Rouge Zoo 3601 Thomas Road Baton Rouge, LA 70807	William Moak 225-978-3990 wmoakbbiala@aol.com
October 16 5 PM–8 PM	Lights on Afterschool: B.R. Parent University	BREC Independence Park Theatre 7800 Independence Blvd. Baton Rouge, LA 70806	Marlon Cousin 225-922-5593
October 18 10 AM–12 PM	Capital Area Action for Adults with Autism Network Meeting	Trinity Lutheran Church 10925 Florida Blvd. Baton Rouge, LA 70815	Pat Giamanco 225-757-8890 pjmanco@cox.net
October 22 9 AM–1 PM	Job Fair for People with Disabilities	Louisiana Technical College 3250 N. Acadian Thruway Baton Rouge, LA 70805	1-888-544-7996
October 24 December 12 6 PM–9 PM	Sunshine Social	BREC Independence Park Room 126 7505 Independence Blvd. Baton Rouge, LA 70806	Rose Garrett 225-216-7474 rgarrett@fhfgr.org
October 24 9:30 AM–11:30 AM	Social Security Workshop	BREC Independence Park Room 137 7505 Independence Blvd. Baton Rouge, LA 70806	Cindy Ardoin 255-216-7474 cardoin@fhfgr.org
October 24 November 12 December 12 6:30 PM–9:30 PM	Parent's Night Out	Fr. Engles Hall @ St. Jean Vianney	Kristen Thompson 225-756-9231 kthompsn@papersoft.com
November 1 December 6 1 PM–3PM	People First of Louisiana Meeting	Arc of Louisiana 606 Colonial Drive, Ste. G Baton Rouge, LA 70806	Rose Garrett 225-216-7474 rgarrett@fhfgr.org
November 14 6 PM–9 PM	Baton Rouge Idol	BREC Administration Bldg. 6201 Florida Blvd. Baton Rouge, LA 70806	Rose Garrett 225-216-7474 rgarrett@fhfgr.org
October 26 December 7 2:30 PM	CHADD	Jones Creek Regional Library 6222 Jones Creek Road Baton Rouge, LA 70817	www.lacachadd.org
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Baton Rouge, LA 70806*



Families Helping Families of Greater Baton Rouge would like to welcome Executive Director Brandon Burris and Assistant Director Joey Cooper to the Governor's Office of Disability Affairs (GODA). GODA is designed to address and resolve disability issues throughout the entire state. We look forward to working with both of you towards the common goal of enhancing the lives of individuals with disabilities. FHFGBR

encourages family members and individuals with disabilities to contact GODA on any disability-related issues.

visit their website at <http://goda.louisiana.gov/>

or call 225-219-7550