

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

JULY – SEPTEMBER 2009



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FHFGBR Thanks Central Community School System for the Generous Donation

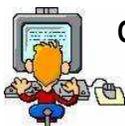
FHFGBR recently received a generous donation from Central Community School System. Central Community School System was formed out of the community's desires to provide children with the best possible education. The school system believes that the more parents who have information about disabilities and support handling at-home issues, the more parents are likely to be a true educational partner.

April is Autism Awareness month and this past April, Central Community School System spread awareness of Autism by sending information home to parents and giving teachers a packet of professional development handouts about Autism. Also, Dr. Lilliam Steigler presented to elementary school teachers about Autism and communication. Central Community School System recognized the need for educating parents and teachers about Autism and is taking steps to do just that.

Aside from educating parents and teachers, Central wanted to have a fundraiser so it could donate funds to an organization that would have a positive impact on Central Community School System families. The fundraiser was Free Dress Day. On April 24th, teachers or elementary students could donate \$1 and not wear a uniform. Nearly 2,000 people participated.

Central gave all proceeds of this fundraiser to FHFGBR. "Because of the wonderful reputation FHFGBR has, we knew y'all would use the funds to really help parents," Dottie Logerot, Director of Special Programs, said.

Thanks Central Community School System for helping FHFGBR help families!



Check out our website!
www.fhfgr.org

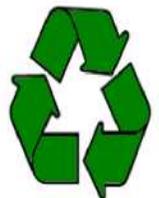


OUR MISSION

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.

Last Newsletter Mail-Out

FHFGBR is officially going green. This is the last newsletter you will receive by mail. From now on, newsletters will be sent by email. If you do not already receive emails from FHFGBR, please call us to give us your email address. If you do not have email or access to a computer, we will continue to mail you the newsletter but you MUST call the Center at 216-7474 or 866-216-7474 to request your newsletter be sent in the mail. You can also send an email to info@fhfgr.org to sign up for the e-newsletter.



Thanks for Helping FHFGBR be a little greener!

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FHFGBR currently has an opening for a part-time position: the Children's Special Health Services (CSHS) Parent Liaison.

Parent Liaisons provide information and support for families participating in clinics, home visits and other personal contacts. The Liaison will offer meetings to families at the clinic to determine services received or needed. Parent Liaisons also promote outreach at various health fairs and meetings

High School Diploma or GED required. Also, CSHS Parent Liaison must be a parent of a child with a disability & 1 year of experience in volunteer work related to parent activities.

If you are interested in this 15-hour per week position, please fax your resume to 216-7977 or email to jamietindle@fhfgbr.org

Board of Directors

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THE NEXT BOARD MEETING WILL BE HELD
ON
JULY 16TH & SEPTEMBER 10TH
FROM 11:30 A.M. UNTIL 1:00 P.M.



Partners in Policy Making

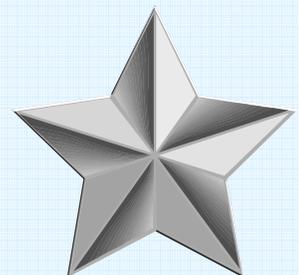
Partners in Policy Making is for people with developmental disabilities and parents of young children with developmental disabilities.

It provides the most current knowledge about disability issues and develops the competencies necessary for effective advocacy to influence public policy at all levels of government.

The goal of Partners in Policymaking is to achieve productive partnerships between people needing and using services and those who make public policy and laws. It is designed to provide knowledge and skills building so that participants may work to obtain state of the art services for themselves and others.

- Participants attend weekend training sessions each month from January through June
- Attendance at all sessions is mandatory
- Lodging and meals are provided. Respite care for participants will be reimbursed.

For more information or to register for Partners in Policy Making, visit www.laddc.org/main/?page_id=36 or call FHFGBR at 216-7474





Inclusion = Everyone

- ◆ **Inclusion means everyone can participate no matter what**
- ◆ **Inclusion allows persons with disabilities to be educated, to work and to live like everyone else**
- ◆ **Inclusion gives persons with disabilities the chance to do their best, to be their best and to reach goals**

Showcase your talent by submitting posters, essays, artwork or performance art entries that promote inclusion of people with disabilities.

Entries Due October 5, 2009

For more details, visit www.laddc.org (go to Council Initiatives) OR

Contact Robbie Gray at 800-450-8108 or robbie.gray@la.gov

For an application, contact the FHFGBR office at 216-7474



LOUISIANA
Parent Training
and Information
Center

Promoting the appropriate education of children with disabilities

Do you need more information about the education of children with disabilities but don't want to leave your home to get it? LaPTIC is offering free, online classes as close as your computer. To register, send an e-mail to info@laptic.org or call us at 216-7474 or toll free at 1-866-216-7474. For more information, you can also visit LaPTIC's website at www.laptic.org

Once you are registered you will receive a ReadyTalk e-mail invitation with login instructions, a button to click on, or the web address to copy and paste into your browser. Either option will bring you to the online classroom. The audio portion will be provided by telephone conference call. The email invitation will include the conference call phone number with instructions so that you can hear the presentation.

NOTE: LaPTIC Online Trainings are hosted by www.ReadyTalk.com. The ReadyTalk e-mail invitation includes a test to check your computer's compatibility before the meeting. We highly recommend you use the opportunity to check your computer's compatibility before logging in to eliminate any technical issues before joining the class.

Invest in Families Helping Families of Greater Baton Rouge

Families Helping Families of Greater Baton Rouge (FHFGBR) is a 501 (c)3 nonprofit organization that relies on donations to meet the needs of the agency's mission. You can help FHFGBR invest in individuals with disabilities by making your tax deductible donation for any amount you wish.

Consider making a donation in honor of a special occasion, in memory of a loved one, to thank a special person or to simply show your support for FHFGBR and the work it does for individuals with disabilities. When you make a donation, you are supporting an organization that promotes a better life and future for individuals with disabilities and their families.

How to Make a Tax Deductible Donation

- Mail a check payable to Families Helping Families of Greater Baton Rouge to 778 Chevelle Drive, Baton Rouge, LA 70806
- You can also ask your employer about matching gifts. Many employers are now matching employee gifts, which means double the money.

Once we receive your donation, you will receive a letter for us acknowledging your donation and giving you our tax identification number for income tax purposes. For more information, call 216-7474 or email jamietindle@fhfgr.org

FHFGBR Wish List

- Because FHFGBR is serving more and more families, it needs a larger facility to accommodate this growth
 - Crisis Funding for Families with Disabilities



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



Next membership meeting is Sept. 22 at 7 PM at Oschner Medical Center, Suite 109. Contact Lisa LeBeau for more information at 715-4827 or llebeau@totalsafety.com



Wrightslaw

Education Station

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



Inclusion

Parents Helping Children to Develop Good Study Habits

One of the main things that kids struggle with during their school years are proper study habits. Developing a habit can take a couple of weeks, so be consistent, and implement these ten tips to help them study better.

1. A consistent time and place is best. If your child has a desk, have them use it to study, and they should study at a regular time each day. If no desk is available, establish a "study place" to use each time.
2. Studying should begin immediately when your child sits down. Don't let them fall into other distractions, like answering emails from friends or doodling. They can do those things later, as a reward for themselves, when they get their studying done!
3. Help your child plan what they need to accomplish. At the beginning of the study session, help them write down exactly what they want to get done (complete two pages of an essay, finish a paper, write a short story, answer ten math questions, learn a new computer function, etc).
4. Large tasks should be broken down into smaller ones. For example, if an essay is to be written, the tasks might include coming up with a thesis, writing a solid first paragraph, planning out the points that need to be covered, researching those points, writing each section, etc.
5. Keep a "log book" or record of needs to be accomplished in each study section. Your child can look over it later and be impressed with themselves!
6. Keep studying supplies in a handy place, like in a shoe box. Have your child organize them so they can grab what they want quickly, without having to rummage around.
7. Be aware of when your child starts to daydream, and stop them right away. Help them concentrate for blocks of time, but be sure to allow them regular breaks to refresh their brain. Have them try studying for 45 minutes, then resting for 15 minutes.
8. Getting enough sleep is important for effective studying and remembering. Be sure your child has an established bedtime at a reasonable time each night. Avoid caffeine a few hours before bedtime so sleep is uninterrupted.
9. Eating well gives your body and brain the fuel it needs. Children should eat three good meals a day and should not skip breakfast. Try to have them eat a balanced diet of good healthy foods and not too much junk.
10. Exercise will increase memory and study stamina, as well as making you feel generally more confident. Older children should aim for three to four exercise sessions a week, doing 20 or more minutes in each workout session. Always consult your child's physician before beginning any exercise program.

As children grow into young adults, it's important that we as parents provide the skills and habits they will need for life. Establishing good study habits now will set them up for success in the future!



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

Summer Mizell—
Education Advocate
Transition Parent Facilitator



GOING BACK TO THE IEP TABLE THIS FALL? THINK ABOUT HEALTH GOALS FOR INDEPENDENCE!



“He who has health has hope; and he who has hope has everything.
~Arabic Proverb

It's not something we think about. You take your child to the doctor and you and the doctor talk about his or her health, school, and other issues. But as parents of children with special needs, we need to make sure we think about teaching our children health skills and how to work with their doctors.

To be successful, kids need to know how to take care of their health and understand their own health needs. Let's face it, we won't be around forever to care for them and support them. But where do you begin? Individualized Health Plans aren't plans to teach your child health skills. They're there for the school system to manage your child's health care while at school.

By federal law, a transition to the adult world must begin for students with disabilities at age 16. Some parishes in Louisiana even begin at age 14. But we can begin teaching health skills for future independence to children at a young age by looking at the grade level expectations (GLE's) and then considering what health skills might be beneficial. GLE's are a list of what all kids are supposed to be taught each year in Louisiana schools as determined by the LA State Board of Elementary and Secondary Education. You can find a list of all the GLE's for every grade level by going to <http://www.doe.state.la.us/ide/saa/1819.html>.

After looking at GLE's you'll want to consider some skills that your child might need. Basic skills include understanding a balanced diet, understanding how our bodies function, tracking how we feel, what we eat and being able to communicate with doctors. Being able to develop the language skills necessary to communicate health concerns and issues is extremely important to children and youth with special needs and their independence.

More intermediate and advanced skills would include teaching your child their doctors' names, understanding how to take their medicine on their own or with minimal supports, learning the side effects of their medications, understanding their illness or disability and knowing the changes in their condition that need to be reported to a doctor immediately. Additional health concerns would be healthy diet and exercise, developing emergency plans for a variety of possibilities, understanding the effects of risky behavior on their condition and knowing how to refill a prescription.

Here are some examples of health-related goals that incorporate Louisiana state GLE's. For more information on teaching children health-related skills and incorporating them into their IEPs, contact the LA Family to Family Health Information Center at 1-800-331-5570.

Basic Health Skills Example:

IEP Goal: Johnny will talk to Ms. Smith each day about how he feels.

Objective 1: Johnny will learn 10 of 20 body parts.

Objective 2: Johnny will learn what each body part does.

Objective 3: Johnny will learn words to describe how his body feels.

Intermediate-Advanced Skills Examples:

IEP Goal: Carlos will learn more about Celiac Disease and his health needs related to his Celiac Disease.

Objective 1: Carlos will learn what causes Celiac Disease and how it is treated.

Objective 2: Carlos will learn 10 points about the diet necessary to stay healthy with Celiac Disease.

Objective 3: Carlos will learn the effects of improper diet and Celiac Disease.

Objective 4: Carlos will make a 5 minute presentation to the class on Celiac Disease and write a 3 page report.

IEP Goal: Hannah will learn about ADHD and the effects of drugs and alcohol on her ADHD and medications.

Objective 1: Hannah will learn what ADHD is.

Objective 2: Hannah will identify 5 ways that her ADHD affects her.

Objective 3: Hannah will identify stress situations that make her ADHD symptoms worse.

Objective 4: Hannah will learn the side effects of her medication for ADHD.

Objective 5: Hannah will learn the effects of taking other drugs with her medications.

Objective 6: Hannah will learn the effects of drinking and taking her ADHD medication.

IEP Goal: Liam will learn more about the potential emergency hazards in his area and how to prepare for those possibilities.

Objective 1: Liam will research possible emergency conditions that could occur in his area.

Objective 2: Liam will develop a plan for at least 1 emergency contingency that is not a hurricane.

Objective 3: Liam will develop a plan for evacuation during a hurricane emergency.

Objective 4: Liam will develop a list for packing for evacuation.

Latebloomers

Latebloomers is a group that is a great place to vent your frustrations, share your child's accomplishments or hold the hand of another parent who needs your support. Latebloomers is for parents of all children with developmental delays. Latebloomers is a group of parents who discuss therapy (ST, OT, PT) as well as experiences with doctors and other medical personnel. Having a diagnosis is not required. To visit Latebloomers, go to <http://groups.yahoo.com/group/brlatebloomers/>

PARENT SUPPORT GROUP



FHFGBR congratulates Clarice Eichelberger on winning the Donna Yancey Goodwill Ambassador Award.

The Donna Yancey Goodwill Ambassador Award is presented to an individual, organization or group who spreads goodwill on behalf of persons who have a disability. The Ambassador fosters goodwill, collaboration and cooperation among organizations, agencies and the community at large. The Ambassador’s efforts help enhance the quality of life for persons with disabilities.

Thank you, Clarice, for your dedication to individuals with disabilities.



Say Cheese!

FHFGBR wants to show the families we serve on our website, brochure and other communication materials. Instead of people that we don't know, FHFGBR wants to show citizens residing in the greater Baton Rouge area. Your child could be the face that represents FHFGBR. We will be using various pictures so feel free to send in any images you think would be a great addition to FHFGBR.

Precious Gems Personal Care Services

“Where your loved one is our most precious gem!”



Precious Gems PCA Services, Inc. provides hands-on care to children under the age of 21, adults age 21 or older with disabilities and adults age 65 or older. You must be authorized by the state to receive Medicaid Waiver services and/or LT-PCS. We can assist with bathing, dressing, grooming, light housekeeping, toileting, transfers, medical appts, etc. Please give us a call at 952-0746 and speak to a PCS coordinator for instructions on how to enroll or you may contact ACS toll free at 1-866-229-5222 to apply.

Services Provided: LT-PCS, EDA Waiver, EPSDT, Sitters & Private Duty



Through a grant with the Louisiana Developmental Disabilities Council (La DDC), FHFGBR provides support to individuals with developmental disabilities and their family members to attend conferences and other training events which advance their knowledge of community-based individual supports for people with developmental disabilities. This grant will provide stipends for travel and related expenses. Please contact FHFGBR at 216-7474 or info@fhfgr.org if you would like to apply for a stipend.

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

July 24, August 28 and September 25.

FHFGBR does not endorse any specific treatments, legislation, products, companies or organizations.

People First of Louisiana Seeks Advisor!

Volunteer Advisor will work with energetic self advocates to become empowered and effective decision makers. Your volunteer efforts will help people with disabilities gain more independence and enjoy life as equal citizens in our community. The chapter hosts a monthly 1 hour meeting at the Arc of Louisiana. Typically, advisors spend an additional hour per week supporting chapter leaders preparing for meetings and activities.



Please send letters of interest or applications to People First of Louisiana, 606 Colonial Dr., Baton Rouge, Louisiana 70806

Call 383-1033 for more information.

Dates to Remember

DATE/TIME	EVENT	LOCATION	CONTACT
July 1, Aug. 5 & Sept. 2 7 PM—9 PM	Baton Rouge Head Injury Support Group Meeting	Greenwell Springs Library 11300 Greenwell Springs Rd. Baton Rouge, LA 70814	775-2780 wmoakbbiala@aol.com
July 2 2 PM-3 PM July 28 10 AM—11 AM	Preparedness for Families Coping with Alzheimer's or Dementia	Alzheimer's Services 3772 North Blvd. Baton Rouge, LA 70806	334-7494 1-800-548-1211
July 9 10 AM—12 PM	Understanding the School Building Level Committee (SBLC)	FHFGBR 778 Chevelle Drive Baton Rouge, LA 70806	Summer Mizell & Cynthia Chesterfield 216-7474
July 11, Aug. 8 & Sept. 12 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 Hebert 273-3984
July 13- 7 PM August 23 2:30 PM	CHADD Support Group Meeting	Jones Creek Regional Library 6222 Jones Creek Road Baton Rouge, LA 70817	Belynda Gauthier lacachadd@hotmail.com
July 15 10 AM—11 AM	Children Enrolled by Their Parents in Private School—What services must school districts give children with disabilities in private schools?	Online Training— Must register by calling 504-888-9111 or 800-776-7736 or emailing info@laptic.org	Summer Mizell 216-7474 smizell@laptic.org
July 18, Aug. 15 & Sept. 12 10 AM—12 PM	IEP Bootcamp	FHFGBR 778 Chevelle Drive Baton Rouge, LA 70806	Summer Mizell 216-7474 smizell@laptic.org
July 19 4 PM—7 PM	Circle Civitan Summer Dance	American Legion Post 38 151 South Wooddale Blvd. Baton Rouge, LA 70806	Linda Corkern 275-6687
July 22 9 AM—12 PM	Information & Resource Workshop for Parents—Behavioral Issues	Capital Area Human Services District 4615 Government Street, Room 136 Baton Rouge, LA 70806	Linda Melancon 922-0445
July 22 12 PM—1 PM Sept. 17 10 AM—11 AM	Discipline—What happens if a child who has an IEP does not follow school rules?	Online- Must register by calling 504-888-9111 or 800-776-7736 or emailing info@laptic.org	Summer Mizell 216-7474 smizell@laptic.org
Aug. 20 10 AM—11 AM	I Disagree— What happens when school members and parent members of the IEP Team disagree?	Online- Must register by calling 504-888-9111 or 800-776-7736 or emailing info@laptic.org	Summer Mizell 216-7474 smizell@laptic.org
Aug. 21 6:30 PM—9 PM	Sunshine Social Dance	BREC Independence Park 7505 Independence Blvd., Room 126 Baton Rouge, LA 70806	Rose Garrett 216-7474 rgarrett@fhfgr.org
Aug. 24 10 AM—12 PM	Create & Take— Create a portfolio for your child to introduce them to new teachers.	FHFGBR 778 Chevelle Drive Baton Rouge, LA 70806	Summer Mizell 216-7474 smizell@laptic.org
Aug. 27 10 AM—11 AM	IEP Team Members—Who must be present at an IEP meeting?	Online- Must register by calling 504-888-9111 or 800-776-7736 or emailing info@laptic.org	Summer Mizell 216-7474 smizell@laptic.org
Sept. 14 6 PM—7:30 PM	Exceptional Student Services Advisory Board Meeting	1022 Foster Drive Baton Rouge, LA 70806	Judy Barbay 929-8692
Sept. 15 12:30 PM—1:30 PM	Rights— What protections does your child have under IDEA 2004?	Online- Must register by calling 504-888-9111 or 800-776-7736 or emailing info@laptic.org	Summer Mizell 216-7474 smizell@laptic.org
Sept. 30 10 AM—12 PM	Effective Communication	FHFGBR 778 Chevelle Drive, Baton Rouge, LA 70806	Summer Mizell 216-7474 smizell@laptic.org



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

778 Chevelle Drive
Baton Rouge, LA 70806

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Ability Awareness Training

FHFGBR is now offering Ability Awareness Trainings (AAT) to businesses, corporations, organizations, public service professions, education classes and other interested groups.

This training teaches people unfamiliar with disabilities how to communicate effectively with individuals with disabilities in the workplace, schools and community as a tool to promote inclusion globally.

AAT teaches businesses how to better serve individuals with disabilities as customers. AAT teaches public service professionals how to better serve individuals with disabilities as citizens. AAT teaches students how to better communicate with individuals with disabilities as peers. AAT teaches everyone about the abilities of individuals with disabilities.

Research shows that people refrain from communicating with individuals with disabilities because they are uncomfortable and unsure of how to approach them. Let FHFGBR break down this barrier.

FHFGBR offers this training to various entities at no cost. AAT is a great professional development opportunity.

For more information or to schedule an Ability Awareness Training, contact Kay Lewis at 216-7474 or klewis@fhfgbr.org

