January - March 2015

**INSIDE** 

- 2... Staff and Board
  - 4... Quarterly Calendar
  - 6... Upcoming Events
- 11... Adult Program
  Spotlight
  - 12... LaCAN and LaTEACH info
- 15... LADDC News
  - 29... LAPTIC Training info
- 31... Community News and Events
- 35... Community Support Groups



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Opinions contained herein do not necessarily represent those of the funding source, and no endorsement should be inferred.



#### **Breakfast With Santa**

One of our favorite appreciation events for families connected to Northshore Families Helping Families is our Breakfast with Santa. It's a morning when our staff and board members, with the help of several volunteers and sponsors, can celebrate with families. On December 13th, we held our 8th annual Breakfast with Santa with over 300 adults and youth from the community.

Guests experienced a festive morning beautifully decorated at the Clarion Inn & Suites with breakfast provided by Bistro Louisiana. Photos with Santa Claus were provided by Shot-by-Joel Photography with NFHF's own board member playing a vital role in each picture!

Kids enjoyed the games and toys donated from LA State Police-Troop L while parents enjoyed catching up with those they hadn't seen since last year's breakfast. It's always a great time to network, celebrate successes, learn new tips and support each other.

We are honored to have many families returning to this event each year and are extremely grateful to all of the sponsors that donated time, money and tireless efforts to make this day so special for our community.

Many thanks to our sponsors, as this celebration could not happen without you:

The Clarion Inn & Suites - Covington

Bistro Louisiana

Shot by Joel Photography

LA State Police - Troop L

David and Laura Cressy

Robert Rees

Donald and Colleen Villere

Chris Knoblauch



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Northshore Families Helping Families is a United Way recipient.



NFHF Office: 204 W. 21st Avenue Covington, LA 70433 (985) 875-0511 (800) 383-8700 info@fhfnorthshore.org

Office Hours: 9:00 am-4:00 pm Monday-Friday

You can help make a difference by directly donating to our organization. Many companies are interested in donating to non-profit organizations and will match an individual's contribution.

Please contact Sue Ellen Stewart with questions.



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#### **BOARD**

#### **CHAD DANENHOWER**

Chairperson

#### **CHRIS KNOBLAUCH**

Vice Chairperson

#### **JEANNE BOWER**

Secretary

Treasurer

#### MICHELLE ANDERSON BO JAKINS

**Board Members** 

You are always welcome at NFHF Board Meetings. Six meeting are held each year on the third Thursday of the month. The next meeting will be held Thursday, March 19, 2015 at 5:30pm at the NFHF office.

If you would like to address the board, call Sue Ellen Stewart at 985-875-0511.

If you are interested in joining our board, fill out this form and return it to the NFHF office.





**Mission:** To provide the individualized services, information, resources and support needed to positively enhance the independence, productivity and inclusion of persons with disabilities.

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



#### 2014 Fundraising Events

Thanks to all of our sponsors, volunteers and families supporting our fundraising events this year. Collectively you helped raise \$10,500 by supporting Pedaling with Purpose, Masquerade and Touch a Truck. These funds help us give back to you through Breakfast with Santa and many of our adult events. Additional funds also enable us cover travel expenses to attend IEPs and participate in community events throughout the region.

Pedaling 4 a Purpose Sponsors: Representative Greg Cromer, Resource Bank, Sam's Club and The Exchange Club of St Tammany

Masquerade Sponsors: Dr. Gerard Gianoli and Dr. Mary Lee Cherry, First Bank and Trust, Citizens Bank and Trust, Kiwanis Club of Northshore, Mellow Mushroom

Touch a Truck Sponsors: Amerigroup RealSolutions, Bentley Productions, Church of the King, Sam's Club, The Exchange Club of St. Tammany and WellCare Health Plans



## NFHF Quarterly Events

# **JANUARY 2015**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
				Happy New Year		
4	5	6	7	8	9	10
11	12	13	14	15 NFHF Board Meeting	16	17
18	19	20	21	22	23	24
25	26	27	28	29 Legislative Roundtable	30 Mardi Gras Party	31

# **FEBRUARY 2015**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9 Creative Crafting for Valentine's Day	10 FPHSA Workshop	11	12	13	14
15	16 NFHF Closed	17 NFHF Closed	18	19	20	21
22	23	24	25 RAC Meeting	26 People First of LA Meeting	27 Pelicans Night	28

# **MARCH 2015**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7 Education Conference
8	9	10	11	12	13	14
15	16	17	18	19 NFHF Board Meeting	20 Stargazing & Astronomy Night	21
22	23	24	25	26	27	28
29	30	31				

NFHF and 2 other Families Helping Families Centers in Southeast Louisiana are asking for your help! Gulf Coast Bank & Trust Company is awarding \$50,000 to ten local non-profits. Beginning at 12:00am on February 25th and ending at 8:00pm on March 25th, go to <a href="https://www.CommunityRewards.com">www.CommunityRewards.com</a> and vote for "Families Helping Families." Support the work that Families Helping Families Centers do in our state and vote once a day per email address. Last year we came in 5th place out of 393 non-profits, but with your help we can climb to the top of the leaderboard this year! Ask friends and family to vote too!



#### LaCAN and LaTEACH Region 9 Florida Parishes Legislative Roundtable 2015

The Legislative Roundtable is a great opportunity to learn skills related to systems change advocacy, meet legislators in your area, get current information on state issues, increase your ability to be an effective advocate, and learn techniques for sharing your personal story to encourage positive changes for individuals with disabilities.

Thursday, January 29th 8:00am - 8:30am - Breakfast 8:30am - 10:30am - Roundtable Presentation

North Oaks Diagnostic Center E Brent Dufreche Conference Center / Room B 15837 Paul Vega MD Drive Hammond, LA 70403

The following legislators are expected to be in attendance: Senators Crowe, Donahue, Erdey & Nevers and Representatives Broadwater, Edwards, Pearson, Pope, Pugh, Schroder & Simon.

#### **Register Now!**

LaCAN Legislative Advocacy Agenda LaTEACH Legislative Advocacy Agenda

Contact Sharon Delvisco at <u>lacan.region9@gmail.com</u> or Tammy Roblez at <u>tammy.roblez@lateach.org</u> or 985.875.0511 for more information.

#### LaCAN & LaTEACH Region 9 Florida Parishes



- Meet with legislators in your area
- Get current information on state issues
- Increase your ability to be an effective advocate
- Learn techniques for sharing your personal story to encourage positive changes

Date/Time	Location	RSVP To		
Thu, Jan 29 8:30 - 10:30 am	North Oaks Diagnostic Center E. Brent Dufreche Conf Center / Rm B 15837 Paul Vega MD Drive Hammond, LA 70403	Sharon <u>lacan.region9@gmail.com</u> Tammy <u>tammy.roblez@lateach.org</u> 985.875.0511		











Meet and Greet: Mardi Gras Potluck Party

Try It to See If You Like It Event

NFHF Adult Programs

Join us to celebrate the Mardi Gras Season and bring your favorite dish to share!

The purpose of this event is to provide people 16 and older

with the opportunity to meet new people,

have fun and try new things!



Friday, January 30th 6:30 pm – 8:30 pm

West St. Tammany YMCA 71256 Francis Road, Covington, LA

RSVP by January 27th

Register online: <u>www.fhfnorthshore.org</u> Questions? Contact Sharon Delvisco - <u>sharondelvisco@fhfnorthshore.org</u>



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





# Join us

# Mursday, February 26th, 2015

1:00 pm to 2:30 pm

## the Arc of GNO Northshore Community Center 106 E. 25th Avenue Covington, LA 70433

Come learn about People First and what People First is doing in our state concerning Advocacy and Self-Advocacy for People with Disabilities!

Guest Speaker: Sharon Hennessey, People First of Louisiana Executive Director

# For More Information Contact

Northshore Families Helping Families Sharon or Justine at 985.875.0511 <a href="mailto:sharondelvisco@fhfnorthshore.org">sharondelvisco@fhfnorthshore.org</a>

Join us and meet other individuals with disabilities, make new friends and learn your rights!



#### NFHF has 3 Employment Opportunities Available

Have you always wanted to work with an organization that truly gives back to the community? If so, now is your chance!

<u>Part-time Bookkeeper</u> - A self-driven professional with a can do attitude. The bookkeeper is responsible for maintaining all financial transactions accurately and timely. This position is 20 per week with a flexible schedule that meets work flow demand.

Requirements:

Proficient in QuickBooks and Excel

Experience with accounts payables/receivables

Good problem solving skills

Working knowledge of Intuit and Word

Excellent organizational and customer service skills

<u>Part-time Inclusive Education Specialist</u> - An individual who is passionate about advocating for inclusive education for students with disabilities. The education specialist's role is to support and educate families in understanding their rights under the Individuals with Disabilities Education Act and Section 504 of the Rehabilitation Act. The education specialist is not an attorney and cannot give legal advice, but offers support and advocacy throughout the IEP process. The position is 20-25 hours per week and is best suited for a parent of a child with a disability currently in school.

Requirements:

Have in-depth knowledge of IDEA, Section 504 and Louisiana Bulletins

Support inclusion

Work as a team member

Possess good problem solving skills

Have excellent verbal and written skills

Comfortable with public speaking and giving presentations

Proficient in Word, Excel and PowerPoint

Must have transportation to attend IEP meetings primarily in Tangipahoa, Livingston and St. Helena, but may also travel throughout Region 9

<u>Full-time Resource Specialist</u> - An individual who is passionate about inclusion throughout all facets of life. The resource specialist provides support and information to parents of children with disabilities and adults with disabilities and connects them to programs, services and community resources. Works in a team environments to communicate information and updated resources to all members of the team. This position is 35 hours per week and is best suited for a parent of a child with a disability who has experience navigating disability resources and systems.

Requirements:

Knowledge of services systems that provide assistance and/or services to parents of children with disabilities and individuals with disabilities

Experience researching and documenting new resources

Possess good problem solving skills

Use people first language

Have excellent verbal, written and organizational skills

Proficient in Word, Excel, PowerPoint and Publisher

Staff members of NFHF have a family member with a disability. We understand the challenges a family faces and are committed to reaching out to other families with similar experiences.

Fax or email your resume and cover letter for any of the available positions to Sue Ellen Stewart (985) 875-9979 or <a href="mailto:sestewart@fhfnorthshore.org">sestewart@fhfnorthshore.org</a>.

#### Adult Program Spotlight

Adult Christmas Party was held on Saturday, December 6th at the West St. Tammany YMCA



The Adult Program offers a variety of events for those ages 16 and older. Special events are listed on the calendar, posted on our website and sent via email. Please contact Sharon Delvisco, Adult Program Coordinator at sharondelvisco@fhfnorthshore.org or 985-875-0511 with questions.

Northshore Families Helping Families Book and Journal Club Covington at St. John's Coffee House @ 535 East Boston St Every Wednesday, 1pm

Northshore Families Helping Families Bowling
Tiffany Lanes, Mandeville
Thursdays: 4:30pm
Saturdays: 11:00am

Be sure to stay on the lookout for more Adult Program events!

Tell us how Northshore Families Helping Families has made a difference in your life and we will include it in our media publications. Send your story to <a href="mailto:info@fhfnorthshore.org">info@fhfnorthshore.org</a>.

#### Florida Parishes Human Services Authority Has Funds Available!

Individual and family support services provide assistance not available from any other resource that will allow people with developmental disabilities to live in their own homes or with their families in their own community. These services can include respite care, personal assistance services, specialized clothing, dental and medical services, equipment and supplies, communication services, crisis intervention, specialized utility costs, specialized nutrition, and family education. Services are provided through contractual agreements by private provider agencies or through individualized agreements with individuals and families who obtain their own service providers. To access Individual and family support services in Livingston, St. Helena, St. Tammany, Tangipahoa or Washington parish, contact Florida Parishes Human Services Authority (FPHSA) Developmental Disabilities Services (985) 543-4730, (800) 866-0806, or TDD Phone (985) 543-4754.





LaTEACH is a statewide grassroots advocacy network created for the purpose of effecting systems change. LaTEACH promotes appropriate, inclusive education for all students. LaTEACH works to make parents, educators, the general public, and state leadership informed and supportive of research-based and effective practices used appropriately for each student. For more information, contact Region 9 LaTEACH Leader, Tammy Roblez at 985-710-0472 or tammy.roblez@lateach.org.

LaCAN is a statewide grassroots network of individuals, families and advocates who have worked together since 1988 advocating for a service system that supports individuals with disabilities to live in their own homes rather than having to be segregated from their communities in a facility to receive support. For more information, contact Region 9 LaCAN Leader, Sharon Delvisco at 985-875-0511 or lacan.region9@gmail.com

Request for Services Registry Dates as of 11/12/2014

New Opportunities Waiver (NOW) - 8/18/2004 Supports Waiver - 2/29/2012 Children's Choice Waiver - 7/5/2005





# My Experience at the Future Horizons Conference:



When my oldest son, Jordan, was diagnosed with Autism six years ago, I began to read and study anything and everything I could get my hands to concerning ASD. I quickly came across the story of Temple Grandin. Temple is both inspiring and challenging. Her story gives me great hope. It was an honor and a privilege to be able to hear her speak in person at the conference. One of the key things I'll take with me from the conference is that we must being preparing our children for adulthood now. Finding what interests them and turning that into productivity is key. The conference was very personable and I was even able to speak with Dr. Grandin for a short time. She asked me what Jordan's interests were, and I told her these days it's microwaves and the piano. :) The possibilities are endless for my son, as well as any other child with a developmental disability or ASD. We, as parents, must remain strong advocates for inclusion and opportunities for our children so that they can get the services, supports, and help that they need so that they are able to have a meaningful adulthood. From the heartfelt stories of Temple's mom, Eustacia, to the practical tips I was able to gain from Dr. Melmed, this conference was an experience that I'll be able to take with me for years to come.

Thank you again for this opportunity. Different IS beautiful!

Tara Hudgins Mom to Jordan, age 8

Through funding from the Louisiana Developmental Disabilities Council, we provide stipends to self-advocates and family members directly involved in the support of an individual with a developmental disability to attend conferences and trainings on disability related topics. Download a stipend application here.

#### What's a Buddy Bench?



Imagine what it must feel like to be a child who has no one to play with at school recess.

In 2013, Christian Bucks, a 2<sup>nd</sup> grader living in Pennsylvania knew there were kids who felt lonely at recess and he thought about ending that by placing a "buddy bench" on the playground. He wanted to grow a dream circle of friends through caring, sharing and respect. The buddy bench is a simple idea to eliminate loneliness and foster friendship on the playground. It's about spreading the message of inclusion and kindness.

Nationally, the Buddy Bench is successfully providing inclusion opportunities for children who may be shy, the new kid on the playground, or has a disability. When a child sits on the bench, he or she is inviting a friend to play.

Shelley Marengo, a mom and resident of Covington, learned about the buddy bench project, took it to heart, and made it her mission to bring the concept to St. Tammany. Shelley, along with The Exchange Club of West St. Tammany, is committed to building 65 buddy benches to be placed in elementary and middle schools in the parish, in collaboration with St. Tammany Parish school system and Northshore Families Helping Families. Each school will be instrumental in the dedication, education and ongoing purpose of the buddy bench.

The first dedication service was held at Pine View Middle School on January 26<sup>th</sup>.



# Family Opportunity Act Can Provide Access to Medicaid for Many Children with Disabilities

Does your child have a disability, but your family income exceeds the allowable limit for Medicaid eligibility? The Family Opportunity Act Medicaid provides health coverage to children who have disabilities in families with way too much income to qualify for regular Medicaid or LaCHIP. The Family Opportunity Act Medicaid allows families in a higher income range to buy in to the Medicaid Program.

#### How Does My Family Qualify for the Family Opportunity Act Medicaid?

The child must:

- \* Be 18 years old or under.
- \* Have a disability (according to Social Security criteria).
- \* Meet financial criteria (at or below 300% of the Federal Poverty Income Guidelines). For a family of four the maximum monthly Income is \$5,963. Click here for all income limits.

Applicants must agree to pay a monthly premium of \$12 or \$35, depending on income and other insurance coverage.

Once eligible, enrollees receive the full range of services covered by Louisiana Medicaid. This includes, among others: hearing, vision, dental, medical equipment, therapies, prescription drugs, hospital services, and primary care. Some children are also eligible for personal care services, home health and other medically necessary services. Click here for a full list of services available to children eligible for Medicaid.

The Family Opportunity Act Medicaid is not new; it was first implemented in Louisiana in 2007 as the result of advocacy efforts by the DD Council, LaCAN, and others. However, many families who could benefit from this program are unaware of its existence. With the conversion of the developmental disabilities system to managed care planned for January 2016, it is vitally important for as many children with developmental disabilities as possible to become Medicaid eligible to maximize their benefits from the new system.

How Do I Apply?

You can apply for the Family Opportunity Act Medicaid in several ways:

- \* Submit an application online here.
- \* Call the Medicaid office at 1-888-342-6207
- \* Through a parish Medicaid office or local Medicaid Application Center.



# The National Council on Disability Plans Forum on Managed Care in Baton Rouge

The National Council on Disability (NCD) will be in Baton Rouge on February 12th to seek stakeholder input on Medicaid Managed Care and you are invited to attend or listen-in by phone. NCD is collaborating with federal agency representatives and disability leaders to obtain meaningful input from stakeholders into the planning and implementation of Medicaid managed care programs.

The purpose of the forum is to:

- 1. Facilitate input on experiences, preferences and desired outcomes for Medicaid managed care among disability leadership, federal and state agency representatives; health plans, providers, and consumers;
- 2. Promote the Medicaid managed care principles outlined in the NCD report, Medicaid Managed Care for People with Disabilities <a href="http://www.ncd.gov/">http://www.ncd.gov/</a>
  <a href="publications/2013/20130315/">publications/2013/20130315/</a>;
- 3. Summarize and disseminate the form proceedings and stakeholder input; and
- 4. Highlight NCD's Medicaid Managed Care recommendations to States, the U.S. Department of Health and Human Services Centers for Medicare & Medicaid Services, and Congress <a href="http://www.ncd.gov/publications/2014/11042014/">http://www.ncd.gov/publications/2014/11042014/</a>.

For more details on time, place, etc., read the forum invitation from the National Council on Disability <a href="here">here</a>.

If you would like to attend this forum, please respond to <a href="mailto:ncdforums@gmail.com">ncdforums@gmail.com</a>. Dial-in Listen Only (1-877-446-3914; Code: 647593)

**The National Council on Disability** is an independent federal agency making recommendations to the President, Congress, other federal, state, and tribal entities to enhance the quality of life for all Americans with disabilities and their families.



#### **DD Network to Hold Public Input Forums**

Individuals with developmental disabilities, their families, and other stakeholders are encouraged to attend one of two Public Forums hosted by the DD Council and its Network Partners - the Advocacy Center and the LSU Health Sciences Center Human Development Center. Stakeholder input is being sought to help guide the Network's future activities.

Every five years, the Louisiana Developmental Disabilities Council develops a new Five-Year Plan consisting of Goals, Objectives and Implementation Strategies that guide Council advocacy, capacity building, and systems change activities. Council activities contribute to a coordinated, consumer- and family-centered, and consumer- and family-directed comprehensive system of community services, individualized supports, and other forums of assistance that enable individuals with developmental disabilities to exercise self-determination, be independent, productive, and integrated and included in all facets of community life. The next Five-Year Plan will direct the Council's activities for Federal Fiscal Years 2017-2021.

Baton Rouge February 19, 2015, 11:00 a.m. - 1:30 p.m. Louisiana State Archives 3851 Essen Lane

Shreveport March 10, 2015, 11:00 a.m. - 1:30 p.m. Hamilton/South Caddo Branch Library 2111 Bert Kouns Industrial Loop

A light lunch will be provided for registered participants for each forum. Please RSVP to Paige Freemen at <a href="mailto:paige.freeman@la.gov">paige.freeman@la.gov</a> or 800-450-8108.



#### Donations to the NOW Fund on Income Tax Form

Donations to the New Opportunities Waiver Fund can now be made while filing Louisiana income tax returns. Donating all or part of your tax refund will directly benefit people with developmental disabilities and their families.

The New Opportunities Waiver (NOW) program provides a range of services intended to assist people with developmental disabilities to live as independently as possible. Money donated to the NOW Fund is used to help people with developmental disabilities live in their own home or with family members or friends instead of having to live in an institution or group home. These services include things such as assistance with bathing, dressing, and hygiene; relief for a parent or other caregiver; support in obtaining and maintaining employment; as well as specialized equipment. There are currently over 13,000 people on a waiting list for these waiver services.

Those interested in making a donation to the NOW Fund can include all or part of your tax refund on Schedule D (Line 18) of the Louisiana resident income tax return (Form IT-540). Doing so will make a huge difference in the lives of those needing these services.

#### Act 833 of 2014 Alternative Pathways for Grade Promotion and Graduation

Act 833 established alternative pathways for grade promotion and graduation for students with disabilities who have not passed standardized tests or met local requirements for promotion. This shift in policy is a monumental departure from Louisiana being among the states with the most stringent and restrictive policies for grade promotion to graduation to Louisiana joining many states in recognizing the role a student's Individualized Education Program (IEP) should have in determining student outcomes.

#### Which Students are Eligible?

#### Promotion

- · Did not pass standardized test (prior year)
- Did not meet requirements for promotion (prior year)

#### Graduation

- · Did not pass standardized tests:
  - any two (2) of most recent three (3) years; or,
  - two (2) administrations of any End-of-Course test.

#### Which Students are NOT Eligible?

Students with disabilities who have met requirements on standardized tests or for promotion and/or graduation will not be provided an alternative pathway to be promoted to the next grade or graduate.

**Introductory PowerPoint on Act 833** 

Introduction to Act 833 Training Module

Additional Information on Act 833

Rules are being promulgated to guide the implementation of Act 833.

Stakeholders will continue to ensure the rules reflect the intent and spirit of Act 833.

To join in the advocacy efforts for this and other issues relate to students with disabilities, join LaTEACH.

#### Congress Passes ABLE Act: Major Victory for Persons with Disabilities and Their Families

For First Time in Nation's History, Federal Government Recognizes Added Costs Associated to Living with a Disability

National Disability Institute Washington, DC December 17, 2014

Last night, the U.S. Senate overwhelmingly passed the Achieving a Better Life Experience (ABLE) Act of 2014 by a vote of 76 to 16. First introduced in 2006, and subsequent sessions of Congress, the ABLE Act will allow people with disabilities (with an age of onset up to 26 years old) and their families the opportunity to create a tax exempt savings account that can be used for maintaining health, independence and quality of life.

"Today marks a new day in our country's understanding and support of people with disabilities and their families," Michael Morris, National Disability Institute (NDI) Executive Director, said. "A major victory for the disability community, ABLE, for the very first time in our country's policy on disability, recognizes that there are added costs to living with a disability." He continues, "For far too long, federally imposed asset limits to remain eligible for critical public benefits have served as a roadblock toward greater financial independence for the millions of individuals living with a disability."

NDI has long championed the ABLE Act as a critical strategy to providing a pathway to a better economic future for all people with disabilities. As the nation's first nonprofit dedicated to improving the financial health and future of all people with disabilities, the organization has extensively documented and called attention to the daily reality and extra expenses associated with living with a disability, and the challenges of navigating the complex web of government rules to maintain public benefits eligibility.

In recognition of this unprecedented legislation, NDI has created a list of 10 items about ABLE accounts that individuals with disabilities and their families should know:

#### ABLE Accounts: 10 Things You Must Know

#### 1. What is an ABLE Account?

ABLE Accounts, which are tax-advantaged savings accounts for individuals with disabilities and their families, will be created as a result of the passage of the ABLE Act of 2014. Income earned by the accounts would not be taxed. Contributions to the account made by any person (the account beneficiary, family and friends) would not be tax deductible.

#### 2. Why the need for ABLE Accounts?

Millions of individuals with disabilities and their families depend on a wide variety of public benefits for income, health care and food and housing assistance. Eligibility for these public benefits (SSI, SNAP, Medicaid) require meeting a means or resource test that limits eligibility to individuals to report more than \$2,000 in cash savings, retirement funds and

other items of significant value. To remain eligible for these public benefits, an individual must remain poor. For the first time in public policy, the ABLE Act recognizes the extra and significant costs of living with a disability. These include costs, related to raising a child with significant disabilities or a working age adult with disabilities, for accessible housing and transportation, person assistance services, assistive technology and health care not covered by insurance, Medicaid or Medicare.

For the first time, eligible individuals and families will be allowed to establish ABLE savings accounts that will not affect their eligibility for SSI, Medicaid and other public benefits. The legislation explains further that an ABLE account will, with private savings, "secure funding for disability-related expenses on behalf of designated beneficiaries with disabilities that will supplement, but not supplant, benefits provided through private insurance, Medicaid, SSI, the beneficiary's employment and other sources."

#### 3. Am I eligible for an ABLE account?

Passage of legislation is a result of a series of compromises. The final version of the ABLE Act limits eligibility to individuals with significant disabilities with an age of onset of disability before turning 26 years of age. If you meet this criteria and are also receiving benefits already under SSI and/or SSDI, you are automatically eligible to establish an ABLE account. Of you are not a recipient of SSI and/or SSDI, but still meet the age of onset of disability requirement, you would still be eligible to open an ABLE account if you meet SSI criteria regarding significant functional limitations. The regulations to be written in 2015 by the Treasury Department will have to explain further the standard of proof and required medical documentation. You need not be under the age of 25 to be eligible for an ABLE account. You could be over the age of 26, but must have the documentation of disability that indicates age of onset before the age of 26.

#### 4. Are there limits to how much money can be put in an ABLE account?

The total annual contributions by all participating individuals, including family and friends, is \$14,000. The amount will be adjusted annually for inflation. Under current tax law, \$14,000 is the maximum amount that individuals can make as a gift to someone else and not pay taxes (gift tax exclusion). The total limit over time that could be made to an ABLE account will be subject to the individual state and their limit for education-related 529 savings accounts. Many states have set this limit at more than \$300,000 per plan. However, for individuals with disabilities who are recipients of SSI and Medicaid, the ABLE Act sets some further limitations. The first \$100,000 in ABLE accounts would be exempted from the SSI \$2,000 individual resource limit. If and when an ABLE account exceeds \$100,000, the beneficiary would be suspended from eligibility for SSI benefits and no longer receive that monthly income. However, the beneficiary would continue to be eligible for Medicaid. States would be able to recoup some expenses through Medicaid upon death of the beneficiary.

#### 5. Which expenses are allowed by ABLE accounts?

A "qualified disability expense" means any expense related to the designated beneficiary as a result of living a life with disabilities. These include education, housing, transportation, employment training and support, assistive technology, personal support services, health care expenses, financial management and administrative services and other expenses which will be further described in regulations to be developed in 2015 by the Treasury Department.

#### 6. Where do I go to open an ABLE account?

Each state is responsible for establishing and operating an ABLE program. If a state should choose not to establish its own program, the state may choose to contract with another state to still offer its eligible individuals with significant disabilities the opportunity to open an ABLE account.

After President Obama signs the ABLE Act, the Secretary of the Department of Treasury will begin to develop regulations that will guide states in terms of a) the information required to be presented to open an ABLE account; b) the documentation needed to meet the requirements of ABLE account eligibility for a person with a disability; and c) the definition details of "qualified expenses" and the documentation that will be needed for tax reporting.

No accounts can be established until the regulations are finalized following a public comment period on proposed rules for program implementation. States will begin to accept applications to establish ABLE accounts before the end of 2015.

#### 7. Can I have more than one ABLE account?

No, The ABLE Act limits the opportunity to one ABLE account per eligible individual.

**8.** Will states offer options to invest the savings contributed to an ABLE account? Like state 529 college savings plans, states are likely to offer qualified individuals and families multiple options to establish ABLE accounts with varied investment strategies. Each individual and family will need to project possible future needs and costs over time, and to asses their risk tolerance for possible future investment strategies to grow their savings. Account contributors or designated beneficiaries are limited, by the ABLE Act, to change the way their money is invested in the account up to two times per year.

## 9. How many eligible individuals are families might benefit from establishing an ABLE accounts?

There are 58 million individuals with disabilities in the United States. To meet the definition of significant disability required by the legislation to be eligible to establish an ABLE account, the conservative number would be approximately 10 percent of the larger group, or 5.8 million individuals and families. Further analysis is needed to understand more fully the size of this market and more about their needs for new savings and investment products.

#### 10. How is an ABLE account different that a special needs or pooled trust?

An ABLE Account will provide more choice and control for the beneficiary and family. Cost of establishing an account will be considerably less than either a Special Needs Trust (SNT) or Pooled Income Trust. With an ABLE Account, account owners will have the ability to control their funds and, if circumstances change, still have other options available to them. Determining which option is the most appropriate will depend upon individual circumstances. For many families, the ABLE account with be a significant and viable option in addition to, rather than instead of, a Trust program.

#### **About National Disability Institute**

National Disability Institute (NDI) is a national nonprofit organization dedicated to building a better economic future for people with disabilities. The first national organization committee exclusively to championing economic empowerment, financial education, asset development and financial stability for all persons with disabilities, NDI affects change through public education, policy development, training, technical assistance and innovative initiatives. NDI and its REAL Economic Impact (REI) Network have helped more than 2.3 million people with disabilities receive nearly \$2.3 billion in tax refunds and credits. To learn more, visit www.realeconomicimpact.org. Engage with NDI on Facebook: RealEconImpact ot follow NDI on Twitter: @RealEconImpact.

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Dominic Manecke National Disability Institute (202) 296-2040 dmanecke@ndi-inc.org

Check out these YouTube Videos from the National Disability Institute on the ABLE Act:

Ten Things You Must Know About ABLE Accounts

ABLE Account Planning: Six Next Steps for 2015



#### About EarlySteps

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. Children with delays in cognitive, motor, vision, hearing, communication, social-emotional or adaptive development may be eligible for services. EarlySteps services are designed to improve the family's capacity to enhance their child's development. These services are provided in the child's natural environment, such as the child's home, child care or any other community setting typical for children aged birth to 3 years (36 months).

#### **Services**

Services the EarlySteps program provides include:

- \* Assistive technology
- \* Audiology
- \* Health Services (family education, assistance with other EarlySteps services only)
- \* Medical Services (evaluation only)
- \* Nutrition Services
- \* Occupational Therapy Services
- \* Physical Therapy Services
- \* Psychological Services
- \* Service Coordination
- \* Social Work Services
- \* Special Instruction
- \* Speech Language Pathology
- \* Translation Interpreter Services (foreign language and sign language)
- \* Transportation (to and from an EarlySteps service only)
- \* Vision Services

Effective October 1, 2013 EarlySteps implemented a cost participation system which allows families to share in the cost for some early intervention services. Financial information is gathered during intake for children who are eligible for EarlySteps. Family size and income are use to determine if a family will be required to pay for some services.

#### The EarlySteps Process

Anyone can make an EarlySteps referral. Children can be referred to EarlySteps by contacting the <u>System Point of Entry</u> (SPOE) in their region. Once the <u>SPOE</u> receives the <u>referral</u>, the family will be contacted to begin the eligibility determination process.

For more information call: 985-429-1252 or 1-866-327-5978

Free Work Incentives Planning & Assistance for Social Security Disability Insurance (SSDI) or Supplemental Security Income (SSI) Beneficiaries.

For Assistance Call 1-855-877-8599 (Monday-Friday 8AM-6PM)

#### Advocacy Center's Southeast Louisiana Work Incentive Planning and Assistance (SELAWIPA) Call Us If You Have Questions About:

- · Going to work or working more
- · Social Security Work Incentives
- Medicare and Medicaid eligibility while working
- Ticket to Work

- SSI or SSDI payments while working
- Information and referral to employment programs

#### Do You Receive SSI and/or SSDI? Do You Want to Work or Work More?

#### Do you want to know how Work Pay\$?



www.work-pays.org

If you are on SSI or SSDI and you want to start working or work more, call Advocacy Center's South East Louisiana Work Incentives Planning & Assistance (SELAWIPA) program today!

To request assistance call us at

1-855-877-8599

#### What Can You Expect from The Program?

Community Work Incentive Coordinators (CWICS) will help you understand how work and earnings may affect your SSI, SSDI and other benefits. CWICS will also explain how SSA's Work Incentives, including the Ticket program, can help you start working or work more!

#### SELAWIPA Serves The Following Parishes:

Jefferson, Orleans, St. Bernard, Plaquemines, East Baton Rouge, St. Tammany, Tangipahoa, West Feliciana, East Feliciana, St. Helena, Livingston, Ascension, Terrebonne, Assumption, LaFourche, Washington, St. James, St. John the Baptist, and St. Charles

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# LRS INVOLVEMENT in a STUDENT'S TRANSITION PLAN for EMPLOYMENT

#### What Are Transition Services and Planning?

Federal law requires that school districts plan for transition of students with disabilities to independent living, higher education, or employment after they finish school.

Transition services are provided to the student by the school district and other agencies, such as Louisiana Rehabilitation Services (LRS).

#### What Is LRS and What Services Does It Offer?

LRS is a state agency that assists persons with disabilities to obtain or maintain employment.

LRS transition services include vocational guidance and counseling, vocational evaluation, instruction, community experiences, and other services as needed to achieve the employment goal. General LRS services may include assistance with college tuition or another training program, job placement services, assistive technology, rehabilitative technology, transportation, and mental or physical health assistance, as determined by a job goal and what is needed to reach this goal.

#### What Is LRS Required To Do?

LRS is required to perform outreach at schools, as well as complete the student's Individualized Plan for Employment (IPE) within 90 days of eligibility determination.

#### Who Is Eligible For LRS Services?

An applicant must have a physical or mental disability that results in a substantial barrier to employment, and must require vocational rehabilitation services to prepare for or secure employment. The student or parent can apply directly for LRS services by contacting the LRS regional office nearest them. All students with disabilities who are interested in employment should apply for LRS services. LRS will determine eligibility.

#### Who Participates In the LRS Planning Process?

The student and their LRS counselor must agree on a career goal for the student's Individualized Plan for Employment (IPE). The student's IPE is separate from their IEP (Individualized Education Plan). Various assessments may be done by LRS to determine the feasibility of an employment goal, as well as the services that will be needed to meet that goal. These services are also included in the IPE.

#### How Can the Advocacy Center Help?

The Client Assistance Program (CAP) can assist with questions and concerns during a client's application and services with LRS. CAP can also assist with appeals of eligibility denials, and other adverse decisions by LRS. To contact CAP call 1-800-960-7705.



# TRANSITION SERVICES and PLANNING

The Advocacy Center (AC) is a statewide non-profit agency providing FREE legal services to people with disabilities and seniors.

#### What Are Transition Services and Planning?

Transition services are a set of services provided to the student by the school district and sometimes other agencies. These services assist the student as he or she moves from high school to independent living, higher education (including college, vocational school and trade school) or employment. This is called "transition."

Under the Individuals with Disabilities Education Act (IDEA), public school districts must help special education students and their parents make the transition from high school to life after school. Transition planning is determining what services, education, employment, and even living skill activities will best help each student meet his or her needs. Individual Education Programs (IEP's) must provide a transition plan for meeting the student's post-school goals.



## Who Has the Right To Receive Transition Planning?

Every student with an IEP has the right to receive transition planning, no matter the student's skill level.

#### When Do Transition Services Start?

Transition services must start no later than the student's 16th birthday. Services sometimes start at a younger age. That is up to the student's IEP team. Transition planning takes place as a part of the IEP meeting.

#### Who Takes Part In the Transition Planning Process?

All IEP team members, including the student and parents, decide on transition services.

It is important for both the student and the parent to participate in transition planning, so that the student gets the best plan for his or her future.

Under IDEA, school districts are responsible for inviting representatives from other agencies, such as rehabilitative services or post-school education, to be part of the transition planning process. These agencies may also be responsible for providing some of the services needed by the student. If these other agencies do not provide the agreed upon transition services, school districts must find other ways to meet the transition goals of the student.

School districts must notify parents when transition services are to be discussed at IEP meetings and they must also get parental consent every time they want to invite a representative from an outside agency to an IEP meeting.

#### What Does Transition Planning Include?

Transition planning includes creating goals for the student after he or she finishes school. The goals will be based on transition assessments related to training, school, employment, and independent living skills. These goals should reflect the student's strengths, preferences, and interests. In determining these goals, the IEP team must determine what instruction and educational services will help prepare the student for a successful transition from school to post-school life.

As a part of transition planning, the IEP team must develop a statement of the transition services (including courses of study during the final years of high school) that the student needs in order to reach his or her post-school goals. The statement of transition services should:

- · Define every activity that must occur,
- · Identify who has primary responsibility for each activity, and
- Specify the dates that each activity will begin and end.

A student's courses of study should be meaningful to the student's future plans and motivate the student to complete his or her education.

#### **How Long Do Transition Services Continue?**

A school district is responsible for providing transition services as long as the student is eligible for special education services.

When a student graduates with a regular high school diploma or ages out of eligibility, the IDEA requires that school districts complete a summary of the student's academic achievement and performance. The summary of performance includes recommendations on how to assist in meeting the student's post-school goals.

If you need help or have questions about how the Advocacy Center assists with Transition Services and Planning, call or email us.

TOLL-FREE 1-800-960-7705 (Voice or Via Relay) 8325 Oak St • New Orleans LA 70118

> www.advocacyla.org advocacycenter@advocacyla.org www.facebook.com/advocacyla

#### Education and Resource Webinars Provided by: **Louisiana Parent Training and Information Center**



LaPTIC invites you to join us for our free webinars full of rich content. A webinar event is viewed right from your computer, where you can watch, listen and have the options to post questions and get LIVE responses. For a listing of webinars visit our website www.fhfjefferson.org and then click on "Events and Trainings" and choose a topic and regis-

ter. Louisiana Parent Training Information Center is a program of Families Helping Families of Jefferson 201 Evans Road Building, Suite 100, Harahan LA 70123, www.fhfjefferson.org, 800-766-7736.

What must every IEP team consider BEFORE a child is served anywhere but in a general education class? Accommodations and Supplementary Aids and Services! The IEP team must be sure that supplementary aids and services and accommodations in a general education classroom are considered before providing services (including accommodations) to a child, 3-21, in a resource room, selfcontained class that includes only students who have IEP services, or any other more restrictive environments (self-contained, hospital and homebound). Participants will receive a copy of the newly revised accommodations page of the IEP; the Supplementary Aids and Services Fact Sheet; a list of accommodation descriptions and learn:

- \* What accommodations are and how to list the accommodations your child needs on the pages of the IEP document?
- \* What Supplementary Aids & Services are and how to document the support your child or school staff may need to help your child succeed in a general education classroom?

Wednesday, February 4th Date: Time: 11:00 a.m. - 12:00 p.m.

8:00 p.m. - 9:00 p.m.

Presenter: Shanida Mathieu

"Ask Karen", the presenter, Karan Scallan, will update everyone on the latest from the MLTSS Advisory Group meeting scheduled for February 5, 2015. The session will then open to questions anyone may have on MLTSS, Developmental Disability Services in Louisiana, or other service or health care issues. Please consider sending questions in advance in case research needs to be done. Questions can be emailed to kscallan@gmail.com with the subject line: "Question for Ask Karen Session."

Date: Wednesday, February 11th 12:00p.m. - 1:00 p.m. Time: Karen Scallan, CPSP Presenter:

The Programs/Services Page of the IEP - Learn about the variety of important information documented on this page of the IEP and who you should be a part of deciding what is written in each of section:

- \* Will your child take the PARCC/:LAA1/LAA2 assessment and which accommodations does he/she need when taking either one of the assessments?
- What regular classes will your child participate in?
- What other activities will your child be a part of with non-disabled peers?
- Learn more about Extended School Year Services (ESYP)
- \* What supports are needed for school personnel? And last but not least, learn more about the "Comments" section of the IEP

Date: Thursday, February 12th Time: 10:00 a.m. - 11:00 a.m.

Shanida Mathieu Presenter:

Where are they now with Act 833? The Board of Elementary and Secondary Education (BESE) met in January to consider multiple issues that impact students with disabilities. You are encouraged to join us and get the latest updates from Ashley McReynolds of LaTEACH on the following:

- \* Act 833
- \* LAA-1 Eligibility Expansion
- \* Alternative School and Program Report
- \* Jump Start Graduation Pathways
- \* Certification for Early Childhood Care and Education Professionals
- \* ACT and Advanced Placement Report
  Date: Tuesday, February 24th
  Time: 12:00 p.m. 1:00 p.m.
  Presenter: Ashley McReynolds, LaTEACH

**Services/Placement Page** (aka Minutes Page) - Learn more about this page of the IEP document. We will look closely at this page because parents do not often participate during this part of the IEP. It is common for district members of the team to complete this page without parental input, merely telling what is being written rather than asking parents what would meet their child's needs. For example:

- \* Most students have a 360 minute school day but this may not meet every child's needs
- \* The number of minutes a child will spend in special classes are very important because the number determines if the student is in a regular, resource, or self-contained class

Date: Wednesday, February 25th Time: 1:00 p.m. - 2:00 p.m. 8:00 p.m. - 9:00 p.m.

Presenter: Shanida Mathieu

What is Self-Direction? Self-Direction is a service delivery option which allows participants to become the employer of the people they choose to hire and gives participants the most control over their supports, but also the most responsibility. We will discuss how to develop a good self-direction binder and developing policies and procedures for your self-direction staff.

Date: Wednesday, February 25th Time: 11:30 a.m. - 12:30 a.m.

Presenter: Karen Scallan

**Placement Page** - Learn why your attention and input are still necessary even though the meeting is almost over. You will learn who this is not just a page for the parents to sign without participating and understanding each section. This page includes a lot of wrap-up information. For example:

- \* Does your child need Special Transportation?
- \* Confirmation that the school site chosen will not result in segregation for your child
- \* When progress reports will be sent home
- \* Will your child receive a standard Louisiana high school diploma
- \* Whether you approve of the IEP

Date: Thursday, February 26th Time: 11:00 a.m. - 12:00 p.m. 8:00 p.m. - 9:00 p.m.

Presenter: Shanida Mathieu

**High School Special Education Policies:** 9th Grade Transition, the Jump Start Career Program, and Alternate Graduation Pathways. Recent revisions to state laws and policies have increased opportunities available for all high school students, including students with disabilities. To learn more about how these policies impact your child or students join us for a discussion with staff members from the Louisiana Department of Education.

Date: Thursday, February 26th 1:00 p.m. - 2:00 p.m.

Presenter: Bridget Devlin, LA Department of Education Policy Director

# **Get Involved**

NFHF is currently looking to grow our volunteer base.

If you are interested, sign up here.

# **Regional Interagency Coordinating Council (RICC)**

Each region in the state has a Regional Coordinating Council (RICC). This gives parents an opportunity locally to stay current with the latest information and provide valuable feedback to EarlySteps. Parent participation is needed at our Regional Interagency Coordinating Council Meetings. The next RICC meeting is:

January 30, 2015, 9am to 11am
Louisiana Workforce Commission
1711 Nashville Ave., Hammond, LA 70401
Presentation: Florida Parishes Human Services Authority

# **Regional Advisory Committee (RAC)**

The Regional Advisory Committee (RAC) for Developmental Disabilities Services for Florida Parishes Human Services Authority, established by legislative act, ensures public input in an advisory capacity in the development and implementation of policies, procedures, and the allocation of resources to the Office for Citizens with Developmental Disabilities. This input shall be derived from communication with, but not limited to, individuals with disabilities and their families and other concerned groups or individuals. Give comments about an interest, need or concern about issues facing families or individuals with disabilities. Get information about resources that may be available for you or others. Region 9 RAC wants to hear from you! For more information on the Regional Advisory Committee, email <a href="mailto:racddsfphsa@gmail.com">racddsfphsa@gmail.com</a>. Next RAC meeting:

Tuesday, February 24, 2015 10:00 am – 12:00 pm Florida Parishes Human Services Authority Conference Room 835 Pride Drive, Suite B, Hammond, LA

# Florida Parishes Human Services Authority Provider Meeting

Florida Parishes Human Services Authority / Developmental Disabilities Services would like to invite you to attend the next provider meeting. All Region 9 providers who serve people in the New Opportunities Waiver, the Children's Choice Waiver, Supports Waiver and the Residential Options Waiver are strongly encouraged to attend. The building manager has requested that no one park in the rear of the building, as that is for employees and judges only. Park in the front and side parking lots of the building or on the street. The next meeting is:

Thursday, February 12, 2015 9:00 am - 11:15 am Louisiana Workforce Commission 1711 Nashville Ave., Hammond, LA 70401



SO.....

You think you can SQUARE Dance?

YOU

Are invited to

Bow to your Partner, Promenade Right, Allemande Left,

Do-Si-Do

Down to the

ABITA SPRINGS TOWN HALL

22161 Level Street

For a

St. Andrew's Village Hoedown Friend Raiser

Saturday, January 24th 2-4 pm

Special Thanks to the Ozone Square Dance Club

Nick "The Party Guy" Albert - our DJ

This St. Andrew's Village Friend Raiser is for all special students over the age of 13 and local high school students. Special students should be accompanied by an adult.

Cost: SAV Donations accepted at the door (\$10.00 suggested)

Don't forget to wear your best western duds and bring your HARMONICA for a special JAM!

??? Call Peggy @ 985-778-1523





# Junior Auxiliary of Slidell presents

## Dance Club

Dance lessons for Jr. High and High School students enrolled in Special Education

Learn line dance, dance combos, and the latest moves for **free** 

Saturday March 7, 14, 21, and 28, 2015 2-3 pm at Cross Gates Family Fitness 4038 Pontchartrain Dr., Slidell, La.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturda
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Register at JASlidell@gmail.com with name and phone # before Feb. 28, 2015. Space is limited. Friends and siblings welcome.



QUESTIONS?
CONTACT BARBARA GRAVOIS
985-265-7111 OR EMAIL JASLIDELL@GMAIL.COM



# Yes We Can 2015 You Are My Hero! Saturday, March 14, 2015 10:00 am to 2:00 pm First Baptist Church – 16333 Highway 1085 – Covington, LA www.FbcCov.org – (985)892-2149

# **Community Support Groups**



Resources, Education & Advocacy for Children & Chromosome Disorder with Disabilities

Support Group

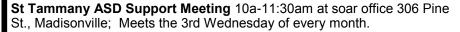


This is a place where you can receive the acceptance and understanding from others in similar circumstances. We offer an abundance of information, resources and support in a social setting. All family members welcomechildcare available (at no cost). Come relax in an environment with other families where you can express yourself freely, share stories of success and hardships, trade information, give and gain support, learn from each other and make friendships to last a lifetime.

For more information on support group times and location, please call or text Tamara Cannon at (985) 507-3050, email at helpinghandsdssg@yahoo.com, or join our private group page on Facebook at <a href="https://www.facebook.com/groups/groups/helpinghandssupport/">www.facebook.com/groups/groups/helpinghandssupport/</a>

Slidell Morning ASD Support Meeting 9am-11am Slidell Memorial Hospital Parenting Center, 2nd floor classroom SMH Wellness Pavilion 501 Robert Blvd., Slidell; Meets the 3rd Wednesday of every month.

Slidell Evening ASD Support Group 6:30pm-8:30pm SMH Community Resource Center, 501 Robert Blvd., Slidell; Meets second Monday of very month.



For more info contact info@soarwithautism.org



www.soarwithautism.org info@soarwithautism.org 985-796-7627 (soar)

NAMI St Tammany (National Alliance on Mental Illness) hosts monthly support groups to provide a place to share, discuss and resolve issues. Groups are led by a trained facilitator and offer the support needed by families and caregivers who have a loved one with a mental illness.



For more info, contact NAMI at 985-626-6538 or www.namisttammany.org for detailed list of times and locations

Connection Group: 6:30pm- 8:00pm in Covington, Hammond & Slidell

Updates on support groups and upcoming workshops can be found on the Facebook page and on www.autismanswersofla.org/.

info@autismanswers.org (985) 549-0836 PO Box 1907, Hammond, LA 70404



# **Community Support Groups**

# Grandparents and Others Raising Grandchildren Support Group of St. Tammany Parish

1st Monday of Every Month from 11am - 1pm 3rd Monday of Every Month from 7pm - 9pm

> World Prayer Tabernacle 73202 E. Stadium Dr. Covington LA 70433

Contact Jackie Weaver, 985-867-3409 or john316grg@gmail.com

#### Dyslexia Support Group

2nd Saturday of the month

1:00 pm - 2:30 pm

Ponchatoula Library 380 North Fifth Street Ponchatoula, LA 70454 985-386-6554

#### Northshore Brain Injury Support Group

Meets 3rd Saturday of the month 9:30am-12pm St. Tammany Parish Hospital Conference Room

1202 S. Tyler Street, Covington
Ann Mejia 985-640-0498 or <a href="mailto:anntm70@yahoo.com">anntm70@yahoo.com</a>
for more information



Children and Adults with Attention Deficit/Hyperactivity Disorder

When: 2nd Tuesday of the month Time: 7:00 pm—8:30 pm Where: Mandeville High School #1 Skipper Drive, Mandeville

For more information contact Pam at parmstrong6751@aol.com or Susan at susantheriot4242@gmail.com.

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