



The Deep South

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Table of Contents

Open House/	
Ribbon Cutting	1
Board & Staff	2
Vision/Mission	2
Social Media	2
Office Closures	2
Stipends/Donations	2
Board Meeting Schedule ..	3
Arsenic in Rice	3
From the Director	4
Early Steps COS	4
It's Apptastic!	5
People First of NOLA	5
Coming Soon!	6
Turkey Bowl Party	7
IEP Tip	8
Online Webinars	9
Voting Rights	10
Important Resources	11
Get Involved-	
Groups to Join	12

Families Helping Families of Southeast Louisiana

"It's Who We Are. It's What We Do."

Serving families in Orleans, Plaquemines and St. Bernard Parishes

Families Helping Families of Southeast Louisiana

Cordially invites you to our

Open House and Ribbon Cutting Ceremony



November 2, 2012

2:00pm – 5:00pm

7240 Crowder Boulevard

New Orleans, LA 70127

Sponsored by



Families Helping Families of Southeast Louisiana is a 501(c)3 non-profit whose mission is to educate and empower individuals with disabilities, their families, professionals and communities by providing resources, training and family-to-family support. FHF of SELA envisions a region where people with disabilities live and are fully included in school, work and recreational activities.

FHF of SELA has made the big move to Crowder Boulevard and we would like to celebrate it with the community and the families we serve. Please come to hear some local speakers, take a tour of our new facility, meet the staff and enjoy some refreshments. Whether you are a family interested in our services, a community member interested in supporting us or someone who is just curious about what we do, please come on November 2, 2012!

RSVP today with Alex by emailing her at info@fhfsela.org or calling 504-943-0343 Ext. 201.

If you forget to RSVP, don't worry! Still come on by and see what FHF of SELA is all about.

We look forward to seeing you there!

Board of Directors

Hyacinth McKee
Board Chairman

Molly Sullivan
Board Vice Chair

Adranell Murray
Secretary

Jim Durbin
Treasurer

Board Members

Donnica Conway-Strawder
Everett Henderson
Kim Jones
Valerie Read
Brenda Valteau
Georgette Wallace
Mike Yazbeck
Claudia Smith (Board Liaison)
(ad hoc)

FHF of SELA Team

Carol Calix
Executive Director

Alex Abend
Family Advocate

Tina Haines
Family Advocate

Shay Hunter
Early Steps—Community
Outreach Specialist

Aisha Johnson
Transition Specialist

LaCAN Assistant
Tiecha Keiffer
Family Advocate

Tracy Jones
MHSD Office Assistant

Willie Martin
MHSD Office Assistant

Beth Anne Merida
Bookkeeper

Delery Rice
LaCAN Leader

**Stipends/
Financial Assistance**



Financial assistance is available to parents of children with developmental disabilities and to individuals with developmental disabilities that would like to attend workshops and conferences. Please visit the websites and/or call the agencies that are hosting the event you are interested in attending to see if this is something you would benefit from if you attended. If you want to attend and need help with the cost of the registration, hotel and/or mileage, please call us for a **Stipend Application**. Funds are limited so we ask that you notify us of your request as early as possible.



Call us at **504-943-0343** or
1-877-243-7352.

Are you a fan of social media?
Find us online!



Facebook

[www.facebook.com/
FHFofSELA](http://www.facebook.com/FHFofSELA)

We post articles of interest, links to other local advocacy organizations, information about upcoming trainings and more!

Twitter

@FHFofSELA



***The office will be closed in observance
of the following holidays***

Nov 12

Veterans Day

Nov 22-23

Thanksgiving

Dec 17-Jan 1

Christmas and New Year



VISION STATEMENT

Families Helping Families of Southeast Louisiana envisions a region where people with disabilities live and are fully included in school, work, and recreational activities.

MISSION STATEMENT

Our mission is to educate and empower individuals with disabilities, their families, professionals and communities by providing resources, training, and family-to-family support.

As a non-profit doing business in Louisiana, board meetings are open to the public. Our meetings are typically scheduled bi-monthly, on the second Thursday of the month at 6 pm.

Board meetings for the rest of this fiscal year are scheduled on
December 13, February 14, April 11 and June 13, 2012.

If you are interested in information about being a board member or volunteering with FHF of SELA in any way, please call Carol at 504-943-0343.

Board meetings are held at the office at 7240 Crowder Blvd., New Orleans, LA 70127 in the main conference room located on the third floor, unless otherwise stated.



ARSENIC IN RICE AND INFANT RICE CEREALS GET THE FACTS

You may have heard in the news that tests have shown many rice products and infant rice cereals contain arsenic. Consumer Reports and other groups tested a variety of rice and rice products for arsenic and almost all have levels of arsenic. This arsenic comes from contaminated ground soil in which the rice is grown.

The Consumer Reports tests showed "significant levels of inorganic arsenic" which is known to cause cancer. Arsenic may also be harmful to the development of infants, young children and pregnant women. Some of those problems may not show up until the child gets older.

Some infant cereals in the Consumer Report test showed at least 5 times more arsenic as other cereals like oatmeal. There were also higher levels of arsenic in brown rice products than in white rice products.

Consumer Reports recommends you limit the amount of rice your family eats. For a chart of recommended limits, visit www.consumerreports.org/cro/magazine/2012/11/arsenic-in-your-food/index.htm#recommendations or contact the La Family to Family Health Information Center at 1-800-331-5570.



Moving On Up to the East Side by Carol Calix

When FHF of SELA first became a center to serve the Orleans, Plaquemines and St. Bernard areas, the region was still reeling from the devastation of hurricane Katrina. Rent was sky high. Through former Times-Picayune reporter Sheila Stroup, we reached out to the community to find an office location.

Humanitas and the Mount Taber Baptist Church contacted us with a little cottage on Franklin Avenue in Gentilly. It needed work but the price was right and we soon settled in to our office.

Fast forward to the present. We outgrew the little house. We could not add another desk to our space. We started looking for a more suitable location. Mid September we moved to a corporate location at 7240 Crowder Blvd., Suite 202, New Orleans, LA, 70127.

We miss the little house. But we are enjoying our new well-lit office with a great view of Crowder Blvd. It's a good location. There is a dentist office downstairs that does indeed cater to children AND adults with disabilities. State representative Wesley Bishop's office is upstairs. There is a stronger sense of community in this area.

Now we would like everyone to come and participate in our ribbon cutting and Open House on Friday, November 2nd from 2 - 5 pm. We would love for you to be a part of our celebration! Come and see who we are and what we do. Come and enjoy the festivities and food, fun and prizes. Please call us at 504-943-0343 or 1-877-243-7352 to register. Or register online by scanning the bar code to the right.



We are losing a very valuable and beloved staff member at the first of the year. Shay Hunter has been accepted in nursing school. It's bittersweet - we are thrilled that she is going to be able to pursue her lifelong dream, but we will miss her!

If you are a parent of a child less than 10 years of age that went through EarlySteps, this is an ideal position for you. The entire job description is posted online at <http://www.fhfsela.org/now-hiring/> or call 504-943-0343 to obtain a copy. The position is part time, 25-30 hours per week.

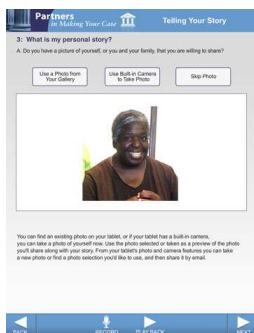
IF YOU ARE INTERESTED IN THIS POSITION, PLEASE FAX YOUR RESUME WITH A COVER LETTER TO 504-940-3242 OR EMAIL THEM TO CCALIX@FHFSELA.ORG.

NO PHONE CALLS PLEASE

It's APPtastic!!

Staff members at FHF of SELA research apps and podcasts for the iPad and iPad2 that are user friendly, informative, yet entertaining for the families that we serve.

This edition spotlights:



"Telling Your Story" is a free tool that persons with disabilities, family members, and other advocates can use to compose and practice the personal story they'll present to elected public officials or other policy makers at all levels of government when seeking policy changes or increasing awareness about disability issues. The app guides users through the steps, from introducing yourself to identifying the specific issue to the best methods for presenting a compelling personal story. After entering the text of their story, an audio recording feature allows the user to rehearse their story. Users can also select and preview a photo they may wish to include.

Families, professionals and educators can make an appointment to come to our office and test out these and many other apps on one of our iPads. Call the office at 943-0343 for more information or to make an appointment.



People First of NOLA:

- Is a self advocacy group run by people with disabilities, for people with disabilities.
- Where people learn to speak up for themselves about decisions they make.
- Members can connect with others in their community, across the nation and around the world.
- Members learn about their rights and responsibilities as citizens of the United States of America.

People First of NOLA meets every third Tuesday of the month at 4:30 pm.



Upcoming meeting dates are:

November 20, 2012
December 18, 2012
January 15, 2013
February 19, 2013
March 19, 2013
April 16, 2013
May 21, 2013
June 18, 2013

Meetings are held at:

Goodwill Headquarters
 3400 Tulane Avenue
 New Orleans, LA 70119



Coming Soon!

The Prism Project
of Greater NOLA:
A Roux-Roux Productions



The purpose of The Prism Project of Greater NOLA: A Roux-Roux Productions is to provide recreational activity, in the form of performing arts, to individuals with disabilities ages 6 – 14 as well as individuals without disabilities in the same age range. The project originates from an already established and proven program in Muncie, Indiana at Ball State University. The Prism Project of Greater NOLA will help individuals with disabilities engage and develop socially and foster inclusion amongst those with and without disabilities in the recreational setting. The program intends to close the gap in recreational activities for children with disabilities by providing children the opportunity to express themselves and engage with others. It is through this method that they will gain self-confidence, experiences and friendships. The program is open to all families of individuals with special needs in Orleans, Plaquemines and St. Bernard parishes.

If you are interested in having your child participate in this wonderful recreation program, please send an email to info@fhfsela.org

Subject: The Prism Project of Greater NOLA, or call 504-943-0343

The Prism Project of Greater NOLA: A Roux-Roux Productions is a partnership between Families Helping Families of Southeast Louisiana, NORDC, UNO and The Ball State Prism Project.

Applications for participation are not currently available. Stay tuned for application information and start dates!





**Families Helping Families
of Southeast Louisiana
Presents It's First Annual
Turkey Bowl Party at**



3000 South Carrollton Ave

New Orleans 70118

Sunday, November 25

1pm-4pm

Advance Tickets-

\$10 Adults

\$5 Children 12 & under

Door Price-

\$12 Adults

\$7 Children 12 & under

Call Families Helping Families at (504) 943-0343 to purchase tickets

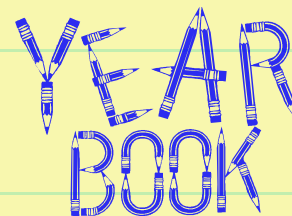
Individual and Corporate Lane Sponsorships Also Available!!

Lots of screens to watch the Saints beat San Francisco!



*A fundraising event for
Families Helping Families of
Southeast Louisiana. Come join
us for lots of bowling, food,
fun, music, 50/50 raffle, cash
bar and much, much more!*





IEP TIP

**If it's not in
writing, it
doesn't exist!**

IEP TIP

Put all requests to your child's school in writing. Hand deliver the request to the school and get a signed copy for your records. Document all conversations you have with school staff and keep them with your records. Do not throw anything away that is dealing with your child's special education services. You never know when one document will prove your point in a meeting or hearing.



Trainings can now come to you
wherever you are!



TRANSITION PLANNING ACTIVITIES AT HOME AND IN THE COMMUNITY

Many transition planning activities and objectives are carried out at school. However, unlike traditional IEP objectives, many objectives written in the Transition Plan take place outside of the school - at home and in the community. Participate in this online workshop and see what these activities may include and find out how to incorporate them in your child's transition plan.

Thursday November 15, 2012
6:00 P.M. - 7 P.M.



THE IEP AND BULLYING

The IEP can be a helpful tool in a bullying prevention plan.

Remember, every child receiving special education is entitled to a free, appropriate public education (FAPE), and bullying can sometimes become an obstacle to receiving that education. This workshop will help parents identify strategies that can be written into the IEP to help stop the bullying. It may be helpful to involve the child, when appropriate, in the decision-making process.

Friday November 16, 2012
6:00 pm - 7:00 p.m.



Scan this
to
register
online...

or call 504-943-0343
or 1-877-243-7352.

You will be given instructions
on how to join this workshop
online, wherever you may be.

These workshops are
supported under a contract
with the Louisiana
Department of Education with
funds under Part B of the
Individuals with Disabilities
Education Improvement Act



Voting Rights & Information

November 6, 2012 – Election

Early Voting In Person: Saturday October 23, 2012 to Saturday October 30, 2012

December 1, 2012 – Run-off (if needed)

Registration Deadline: November 7, 2012

Early Voting In Person: Saturday November 17, 2012 to Saturday November 24, 2012

Voting Options

⇒ Election Day

Polls are open from 6:00 am to 8:00 pm for federal elections and 7:00 am to 8:00 pm for all other elections.

⇒ Early voting

At the Registrar of Voters office and sometime other locations 7-14 days before the election, including on Saturdays

⇒ Absentee by Mail

Typically only available if you cannot vote in person

⇒ Special program for people with disabilities and seniors

People with disabilities or those 65 and older can register for the permanent absentee ballot program.

Ballots are mailed automatically at each election. If ballot is returned as undeliverable, voter is removed from the program.

Optional

Access the form to sign up:

<http://www.sos.la.gov/Portals/0/elections/pdfApplforAbsbyMailorelectronicBallot2012.pdf>



ID Requirements



Poll workers will request your ID, but it is not required.

Driver's license

a Louisiana Special ID

Other photo ID with your name and signature

If you forget your ID, you can sign an affidavit and vote. There are some restrictions on first time voters.

Special exceptions – contact the Advocacy Center.

Accessibility

All polling places will have the following available:

8 ½ x 11 magnifying glass to magnify ballots or other materials.

Audio voting attachments for all voting machines so that voters can listen to the ballot and vote using a keypad.

Voting machines can be lowered to allow a voter who uses a wheelchair to vote independently. People with disabilities are allowed to go to the front of the line. Ask the election officials or poll workers for help.

If you need help understanding how to use the voting machine, the poll worker will show you. The poll worker can not come into the voting booth after your ballot has been set so remember to ask for help as soon as possible.

Assistance in Voting

- ⇒ To receive assistance, get a note from your doctor stating that you need or may need assistance in voting or bring your mobility impairment identification card; current proof of disability showing eligibility for social security benefits, veteran's disability benefits, paratransit services, benefits from the Office for Citizens with Developmental Disabilities, or benefits from Louisiana Rehabilitation Services
- ⇒ Give it to the registrar or poll worker.
- ⇒ Your name will be marked on the list so that you can have assistance.

People with disabilities can request assistance in voting when they register to vote or later. This allows you to have someone help you vote - a person of your choice. This person will help you to mark YOUR choices on the voting machine.

IMPORTANT RESOURCES

Secretary of State

www.geauxvote.com

- Register to Vote
- Find Your Polling Place
- View Your Ballot
- View Election Results

Advocacy Center

800-960-7705 (Voice or Via 711 Relay)

855-861-3577 (TTY)

Advocacycenter@advocacyla.org

- Hotline
- Assistance during early voting
- Voting trainings

If you have any trouble voting during major elections please call the Advocacy Center, their hotline is open during elections.



ADDRESS SERVICES REQUESTED

NONPROFIT ORG.
US POSTAGE
PAID
NEW ORLEANS LA
PERMIT NO. 267

7240 Crowder Blvd., Suite 202
New Orleans, LA 70127

504-943-0343
1-877-243-7352 (Toll-Free)
504-940-3242 (Fax)

www.fhfsela.org

<http://www.facebook.com/FHFofSELA>

Follow us on Twitter @FHFofSELA.

FHF of SELA receives partial funding from the Louisiana Developmental Disabilities Council, Metropolitan Human Services District, Louisiana State Department of Education, Family to Family Health Information Center, the University of New Orleans, and Louisiana Department of Health and Hospitals.



Still Waiting for Waiver Services?

Join LaCAN NOW!

LaCAN (Louisiana Citizens for Action Now) is a statewide grassroots network of individuals and families who have worked together since 1988 advocating for a system that supports individuals to live in their own homes rather than having to move to a facility to receive needed services.

MAKE A DIFFERENCE! JOIN LACAN!

WWW.LACANADVOCATES.ORG

MAKE A DIFFERENCE!

JOIN LACAN!



LaTEACH is a grass root network of individuals that believe all children should have the opportunity to be educated with their typical peers in a typical classroom.

LaTEACH has made great strides this year but they still need **YOU** to help make a difference in improving education for our children with disabilities.

Donnica Conway-Strawder
LaTEACH Region 1 Area Coordinator
Louisiana Together Educating ALL Children
4118 Franklin Avenue
New Orleans, LA 70122
504-943-0343
1-877-243-7352



A Statewide Talk List

What is LaDisAbility Talk?

It's an e-mail talk list from Louisiana Parent Training and Information Center/Families Helping Families of Jefferson to help families of people with disabilities and their advocates in Louisiana share information, resources, and support.

What's a talk list? It is a way for e-mail users to be in a group with others who have similar interests.

Who should join? Parents of children with disabilities, self-advocates, and advocates for people with disabilities in Louisiana.

How do I join? Just send an e-mail to:
fhfprompter@yahoo.com or
LaDisabilityTalk-subscribe@yahoogroups.com.

FREE—FREE—FREE