

WHAT'S UP HAMPTON  
ROADS?

SPECIAL  
POINTS OF  
INTEREST:

- **The HEART of Cooking**
- **Virginia Medicaid Waivers**
- **Who Says Video Games Are Bad?**
- **The Special Needs Post**
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# The Special Needs Club

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## The HEART of Cooking

The HEART of Cooking contains over 170 recipes from over 130 of your favorite authors.

For a complete author list, please visit our website.

Many of the contributing authors are New York Times and USA Today Bestsellers.

Each recipe is accompanied by a short blurb about the author.

Several of the recipes contain personal stories as to how the recipe came about.

Our stock is running low. So buy one for yourself and your family and friends. Your purchase is tax -deductible.

For additional information email us at [celebritycook-book@snap4kids.org](mailto:celebritycook-book@snap4kids.org).

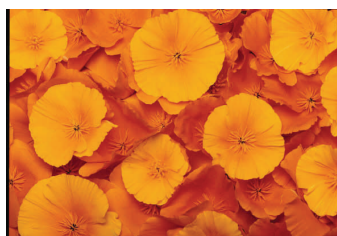
You can order The HEART of

Cooking by visiting our website at [www.snap4kids.org](http://www.snap4kids.org).

Each cookbook cost \$12.50 and includes shipping.

web order.

If you have any questions, just let us know.



### The smell of Fall is in the air

However, this rate does not apply to International orders. Shipping for those orders are computed at the time of your

## Medicaid Waivers

What's important to remember about Medicaid waivers is that they do NOT include the parents include. Only that of the child/ recipient.

Virginia has seven waivers. They are:

Alzheimer's Assisted Living

(AAL) Waiver; Day Support; Elderly or Disabled with Consumer Direction (EDCD); HIV/AIDS; Individual and Family Developmental Disabilities Supports (IFDDS); Intellectual Disabilities/ Mental Retardation (ID/MR); Technology Assisted (Tech)

If you have any questions you can contact your local Consumer Services Board or visit our website for additional information.



Take time out for yourself.

*“Chocolate makes even an IEP meeting a little less stressful.”*

## Things to do at an IEP Meeting

1. Tape record every single IEP meeting and watch the tone of the committee change. P.S. You do NOT need permission to do this and they canNOT deny your right to do so.
2. Buy one of those plastic knives that they sell around Halloween and bring it to the meeting. Sit it right in front of you on the table, for all to see. When someone finally gets up the courage to ask you why did you bring the knife, simple say, “It’s so you can literally stab me in the back this time.”
3. If you show up for your meeting and there’s people there that you didn’t invite, or that you refused to allow to attend, just leave or better yet, walk in, smile, say hi, and bye then walk away. Once the shock wears off someone will call or come after you, you can either ignore them as you leave the building or simply say, when you decide to play by the rules and adhere to the guests list then we can try this again.
4. Bring someone with you! I don’t care if it’s a homeless person that you’ve promised a Happy Meal to, just bring someone with you.
5. Dress as if you’re going to a funeral because in a way

## Young Life Capernaum

Capernaum is Young Life’s, [www.younglife.org](http://www.younglife.org), outreach to young people with physical and/or mental disabilities.

The goal of Capernaum is to give kids with disabilities the same chance to hear the Gospel and experience the gift of life as able-bodied kids.

Young Life is a non-denominational organization committed to making an im-

pact on kids’ lives and preparing them for the future.

Young Life is active in all 50 states and more than 45 countries, reaching an estimated 1 million teenagers annually.

Chaz is 18 years old, with cerebral palsy, a developmental delay, and is in a power wheelchair. He has been part of Capernaum for several years now.

He’s made life-long friends, even a girlfriend or two.

He looks forward to hanging out with other people his age and with similar disability. Only, when they’re together no one has a disability.

It’s fun. Great for socialization. And is a chance to hear about God.

## Who Says Video Games Are Bad?



Some people feel that video games are bad for teenagers. We have to disagree.

We have found that video game playing is actually very good at physical, occupational and speech therapy lessons.

Using the controller is great for the hands.

If you have a Wii, it’s great for the body. Even if you’re in a wheelchair, you can play sports and build up some upper body strength.

Video games also benefit teenagers by forcing them to read

the screens, so they’ll know what they have to do next.

That brings us to the brain. Playing video games is great exercise for the brain. And don’t we all need to keep our brains sharp?

# Special Needs Post



by a dad of a son with cerebral palsy. He wanted a safe haven for his son to chat online with other people with CP and in wheelchairs.

The Special Needs Post is an up and coming website, kind of like Facebook, but for the disabled.

You can visit them at <http://specialneedspost.socialgo.com>.

The Special Needs Post was started

## Snappy Finder

We developed a Snappy Finder, especially for you. You can download the mini version from our website. However, the actual Snappy Finder, in a binder, costs \$25, includes shipping in the United States only.

We are trying to get a grant to cover the actual costs of our Snappy Finder's so that we can provide them to families of children

with special needs, especially the physically challenged, for free.

Our Snappy Finder is divided into several sections to help you organize your child's medical and educational needs.

It's nice to have everything you might need, in one place. A portable place at that.

If you think we're missing some-

thing in our Snappy Finders, please shoot us an email, we'll be happy to include it.

***"Fight for your child. Every day!"***

## IEP Tip

What they don't tell you in an IEP meeting is that you can tape it. Whether it be video tape or audio tape.

Don't let them tell you that you can't. Of course, we recommend that you give them a head's up, even if it's just a same day's notice, as they will want to tape it too.

Once the school system tapes your

IEP meeting it becomes part of your child's permanent school file.

If you're having an ongoing problem with your child's school, we highly recommend taping every IEP meeting.

It's good to have as a reference for later on.

Especially, if you are constantly told different things by different people,

on different days.

It's great to have when it comes time to file a state complaint. Which we also highly recommend when you have an ongoing or major problem.



## What's Up Hampton Roads?

Snap4kids

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**The Special Needs Club is a product of Snap4kids**

**Our mission is to assist families of children with special needs, especially the physically challenged, in helping their child reach his/her maximum (fullest) potential through information, workshops, referral, education, support and modest grants for medical and therapeutic equipment, as well as assistive technology, not covered by health insurance or in the case of no health insurance, throughout the United States, from birth to age 22.**

**By helping children with special needs in reaching their maximum (fullest) potential, we are giving them the greatest gift that we possibly can.**

# Things to do at an IEP Meeting

- it is, you are mourning the loss of your self-respect, dignity and sanity.
6. Carry, "I'm moving" or "I've moved" cards with you to hand out. The new address should read, The Insane Asylum due to IEP committee.
  7. Yes, your child can go to school till they are 22. Unless you're someone that loves torture and voluntarily aggravation then why would you willingly go through that? All those additional IEP meetings/triennials and evaluations. Too much grief I think.
  8. Bring someone with you. It doesn't matter if it's your neighbor, friend, or relative. It's just good to have someone else in your corner. And if you can
  9. bring several people with you then that's even better.
  9. If you can find the time, and your child is in self-contained classrooms, drop in for an impromptu visit, once in a while. Sometimes this is the best way to see what your child is doing and if that particular class is the proper placement for him/her.
  10. Wear bright colors. Like pinks, purples and bright blues. It shows that you're not going to let anything bring you down or ruin your day. It brightens up the room and makes others smiles. Try it.
  11. Bring lots of water. After all you get dehydrated easily when you're being sucked dry.
  12. They say that you catch more bees with honey. But threats don't hurt your cause.
  13. Bring chocolate. Chocolate always help make a bad situation better.



**Happy Thanksgiving!**