



Spring 2018

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Grandparents as Caregivers

Grandparents are providing a large share of caregiving today in our country. According to the **United States Census 2015 American Community Survey**:

- 7.3 The number of grandparents whose grandchildren younger than 18 were living with them in 2010
- 2.6 million grandparents were responsible for the basic needs of one or more grandchildren under the age of 18
- 642,852 of the grandparents had a disability and were responsible for their grandchildren

As you can see by these numbers, grandparents are providing a lot of care to their grandchildren. To help support them in the Roanoke Valley, West End United Methodist Church is offering a Grandparent Support Group. Details are below:

West End United Methodist Church | Parenting Again

When: First Thursday of Each Month

Time: 6:30 -8:00 PM

Place: West End United Methodist Church

1221 Campbell Avenue, SW

Roanoke, VA

This is a way for grandparents to fellowship, learn about community resources and care for their grandchildren. Childcare is available, but must make a reservation.

For information please contact the church office at: 540-344-0206 or Diane Kelly at: 540-632-5484.

Individualized Education Program (IEP)

Before the IEP meeting you've been writing down plans and organizing your child's information for the IEP meeting. Now that you are in the meeting, what happens now? Here are some suggestions from www.greatschools.org that you may find helpful:

- Know that as a parent, you are an essential member of the IEP team. **Federal law requires schools to insure that the IEP teams include the parents of the child.**
- Find a way to personalize your child. You know your child's strengths, dreams, interests, and needs.
- Be prepared for staff to refer to assessment data and their observations to support their opinions about what's appropriate for your child. Try to see your child from a different point-of-view.
- **Keep focused** on what you want answered or provided for your child, not on how to get there – this is the job of your child's teacher(s) and other school staff.
- Don't hesitate to ask questions and seek clarification.
- Bring a trusted person with you (another set of ears).
- Involve your child in the IEP meeting that's appropriate to your child's age. It's never too early to include your child in the process.
- Ask to take the IEP home to review if you're unable to make a final decision at the meeting. Make sure you do sign where you attended the meeting.

Tips for a Successful IEP Meeting @ <https://www.greatschools.org/gk/articles/tips-for-a-successful-iep-meeting/>

School Breakfast

Students who eat breakfast are more likely to:

- Maintain a healthy weight
- Have a better concentration and memory
- Be more alert
- Reach higher levels of achievement in reading, math and score higher on standardized tests
- Drink more milk and eat more fruit daily

Read more about school nutrition @

<https://schoolnutrition.org/Meetings/Events/NSBW/2018/>

Spring Observances

Please read about some of the spring observances below.

- **Brain Injury Awareness Month** – More than 3.5 million children and adults sustain an acquired brain injury (ABI) each year, but the total incidence is unknown. *Brain Injury Association of America* <https://www.biausa.org/public-affairs/media/brain-injury-fact-sheet>
- **National Kidney Month** - It affects 30 million people in the U.S. (15% of the adult population) and, approximately 90% of those with kidney disease don't even know they have it. (For people at the earliest stages of kidney disease, 96% don't know.) 1 in 3 Americans is at risk for CKD. Kidney disease is the 9th leading cause of death in the U.S. and is growing in prevalence. National Kidney Foundation <https://www.kidney.org/news/newsroom/factsheets/KidneyDiseaseBasics>
- **Trisomy Awareness Month** - Trisomy occurs when a person has an extra chromosome in most or all of his or her cells—47 chromosomes instead of the usual 46. An extra chromosome can cause health problems ranging from mild intellectual and developmental disabilities (IDDs) to severe physical and cognitive problems. One of the best known trisomy's is Down Syndrome or Trisomy 21 <https://www.nichd.nih.gov/news/resources/spotlight/030614-trisomy-awareness>.
- **National Autism Awareness Month** – According to Centers for Disease Control and Prevention, autism spectrum disorder (ASD) is a [developmental disability](#) that can cause significant social, communication and behavioral challenges. 1 in 68 children has been identified with autism. Boys were 4.5 times more likely to be identified with ASD than girls. Among children identified with ASD who had IQ scores available, about a third also had intellectual disability <https://www.cdc.gov/ncbddd/autism/facts.html>
- **National Child Abuse Prevention Month** - In 2015, an estimated 1,670 children died from abuse and neglect in the United States. An estimated 683,000 children (unique incidents) were victims of abuse and neglect in 2015, the most recent year for which there is national data. <http://www.nationalchildrensalliance.org/media-room/media-kit/national-statistics-child-abuse>

You can find out about other national observances at Healthfinder.gov @ <https://healthfinder.gov/NHO/>



Events

Roanoke Care Connection for Children | Parent Advisory Committee

The Parent Advisory Committee comes together four times a year to provide thoughts, ideas and resources that can assist Care Connection for Children in future decision making.

Upcoming Meeting Dates:

March 28, 2018 - May 30, 2018 - July 25, 2018

If interested, please contact your Care Coordinator or call: 540-985-8470

17th Annual Autism Conference: Raising Expectations

Date: March 7 & 8, 2018

Place: The Westin - Richmond, VA

[Registration is now open!](#)

5th Annual Roanoke Valley Audible Egg Hunt

An Audible Easter Egg Hunt for Children that have Visual Impairments



Date and Time: Saturday, March 24, 2018, 1:00 PM – 3:00 PM

Place: Lord Botetourt High School

1435 Roanoke Rd., Daleville, VA 24083

Admission is free, but must register by: March 16, 2018 by emailing:

mkbrown@rcps.info or calling 540-853-1911

There will be a Community Egg Hunt open to all up to age 12 (no registration required) from 10:00 – Noon.

 **2018 Annual VT Autism Conference**

Sponsored by the Virginia Tech | Autism Clinic and Center for Autism Research
Autism Service | Access for All: Empowering Rural Communities

Date and Time: Friday, March 23, 2018, 8:00 AM – 4:30 PM

Place: Hyatt Place

650 University City Blvd

Blacksburg, VA 24060

RSVP by March 8, to VTautismcenter@gmail.com or call: 540-231-8747.

 **ParentCamp 2018: The Unconference to Build Family, School and Community Partnerships**

ParentCamp is a time for parents, teachers, administrators, and community stakeholders to come together on an even playing field and hold face-to-face conversations about what is best for kids.

Date and Time: Saturday, March 24, 2018 at 10:00 a.m.-2:00 p.m.

Place: Northside Middle School

6810 Northside High School Road

Roanoke, Virginia 24019

Register @ <https://www.eventbrite.com/e/parentcamp-va-2018-tickets-42456345071>

 **Blue Ridge Independent Living Center | Independent Living Expo 2018**

Assistive technology, environmental modifications, durable medical equipment, etc...
Service providers who assist individuals with disabilities to be independent will also be present.

Date and Time: Saturday, April 14, 2018, 9:00 AM – 3:00 PM

Place: Salem Civic Center

Salem, VA

 **PEATC's 2018 Parent Institute**

This training is for new parents that have never attended Parent Institute Only!!

When: April 26 – 27, 2018

Place: Sheraton Roanoke Hotel & Conference Center

Roanoke, VA

To register, please go to: <https://www.surveymonkey.com/r/5NGPZMK>

Virginia Family Network | Advanced Parent Leadership Training

Date: April 28 – 29, 2018

Place: Leesburg, VA

Go to this link for details @

<https://namivirginia.org/programs/for-parents-of-children-and-youth-virginia-family-network/advanced-parent-leadership-training/>

PEATC's 4th Annual Advocacy Symposium

Date: May 14 – 15, 2018

Place: Stonewall Jackson Hotel, Staunton, VA

To register, please go to this link: <https://www.surveymonkey.com/r/5PGGSR6>

2018 Youth Leadership Academy

The Youth Leadership Academy is now accepting applications for the 2018 session.

Date: July 8-12, 2018

Place: Virginia State University.

The deadline to submit the application is **March 16, 2018**.

For instructions on how to apply, please go to the following link:

<https://www.vaboard.org/YLA.htm>

I'm Determined Youth and Parent Summit

The Youth and Parent Summit is a two-day event where youth with disabilities from across the Commonwealth meet to network and discuss issues of importance to youth and young adults with disabilities. Virginia Youth with disabilities ages 13 – 21 and parent(s)

Date: June 13 – 15, 2018

Place: James Madison University in Harrisonburg, VA

Application date: 5:00 PM on **March 9, 2018**

Reference due date: 5:00 PM on **March 12, 2018**

Learn and apply at: <https://www.imdetermined.org/youth-summit/>

Just a Reminder!

The flu this year has hit many families very hard. Please know it's not too late to get a flu shot. Contact your doctor, local health department, pharmacy, free clinic or health center. The link below will help you find a center by putting in your zip code.

<https://findahealthcenter.hrsa.gov/>