

Salt Lake Area Family to Family Network

A Network Supported by the Utah Parent Center
(801)272-1051 or (800)468-1160



November 2009 Newsletter

The mission of the Family to Family Network is: to educate, strengthen, and support families of persons with disabilities. The Family to Family Network is a grassroots volunteer group composed of family members across Utah who have a relative with a disability.

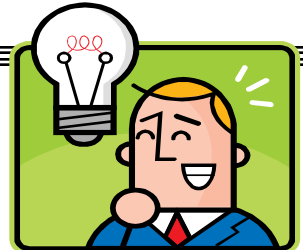
<http://www.utahfamilytofamilynetwork.org>

Carolyn's Story

For years I heard about Family to Family Network wondering exactly what it was about. But, as a single Mom with a child with disabilities and 6 other children, how could I possibly fit another meeting into my life!?

But, as time went on, I decided to go and investigate. It has definitely changed my life and the life of my family for good. The contacts with other mothers and the leaders were heaven-sent. We would talk and learn and get information and contacts from one another and the speakers. It helped so much.

Sometimes you do not realize that you are not in your situation alone. I learned so much from Family to Family that I felt bad that I had not made an effort to attend sooner. If you are wondering or contemplating attending Family to Family, come and give it a try. You will love it.



You are invited!
"Put Your Mind At Ease"

Tuesday Nov 10th
7-9 PM

South Valley School
8600 South Redwood Road

Let's start 2010 ready to relax. Each presenter listed below will have 10 minutes to explain what their topic is and then you can walk around and look at all the tables, ask questions and get more information.

We will have tables showing and explaining the following:

- ~ Everyday organizing ideas for the upcoming year, ex. Calendars, cleaning etc.
- ~ Emergency Preparedness (with focus on a person with a disability)
- ~ How to plan a household budget / get out of debt / live debt free
 - ~ Behavior and incentive programs / ideas
 - ~ Organize your important papers
 - ~ Organize papers, mail etc.
 - ~ Organize your finances
 - ~ Organize medicine

If you have ideas or could share an idea with others, please contact Jen Kuhn
(801) 548-8610 or jenuhn.kuhn@gmail.com.

All Moms Welcome

Ladies Night Out continues! On Monday, November 16th, at 7:00 pm. we will meet at the Village Inn on 3500 South and 4800 West (in the same parking lot as Shopko). Come for early pie and great talk about the joys and new stuff in our family's lives. We all pay for our own meal and get to take a breath together.



You are invited!
Tuesday December 8th
7-9 pm
South Valley High School
8600 South Redwood Road

Ins and Outs of Private Support Coordination

Are you confused about private support coordinators? Who are they? What are your rights and responsibilities? How do you find, interview, hire and maintain a working relationship with a support coordinator? We have the answers. Come and get them.

From 7:00-8:00, we will be explaining who they are, how to find them, how to choose one. We will show off our acting skills by doing a mock interview and tell of ways to maintain a working relationship with your support coordinator.

From 8:00-9:00, we will have a meet and greet of private support coordinators. We will have them there and they will each have a table with their information.

FAMILY TO FAMILY NETWORK FUNDRAISER

Monday, December 14 5-8 PM
Ten Thousand Villages
1941 S 1100 E (SLC)
(east of the Post Office)

Handcrafted items from under developed countries

Unusual gifts for everyone on your shopping list

Unique holiday decorations

Fairly traded coffee & tea

Gift certificates

Jewelry * Candy

Family to Family Network will receive
20% of your purchase price.



You will be glad you came!



Tuesday, January 12th
South Valley School
8600 South Redwood Rd
7-9 pm

Round Table Discussion

Medicaid

Housing

Social Security / PASS / Ticket to Work

Transportation

Employment

Come and hear what they have to say.
All Family Members Welcome!



January 27
Daytime Meeting
10:00 – 12:00
Utah Parent Center
2290 East 4500 South
Suite #110
(Carriage Hill Bldg)

Topic TBA

For more information, please contact
Carolyn at 801-943-7709
or Karen at 801-272-2606

February 3
Legislative
Coalition for people
with Disabilities
Legislative
Reception
Watch for more



information at
www.lcpdut.org

“Citizens Working Together
to Improve Public Policy”

The West Family to Family Network is developing online meetings to begin in November. E-mail Julia at runnamokk@hotmail.com to get that information. Please type 'online Family to Family Network' on the subject line.



The Pacific Islander Family to Family Network is looking at ways to make a difference for the people with disabilities and their families in this community. We would love help with organizing presenters and a meeting place for all who are interested. Please contact Julia at runnamokk@hotmail.com with your name and ideas. Watch for future meeting information.



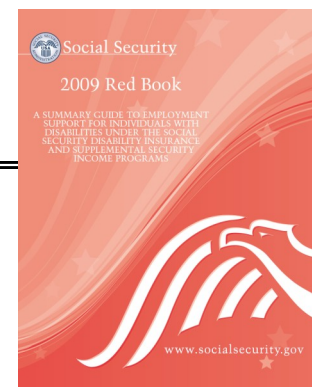
Did you know??



New rules about voting; Valid
Voter Identification ID is now
required before voting.
(Effective May 12, 2009)

SSA (Social Security Administration) has developed procedures for people with disabilities who receive benefits and who want to work. Both SSDI and SSI have employment supports called work incentives. These work incentives help people test becoming part of the workforce.

The Red Book is Social Security's publication to explain these work incentives. It contains general descriptions of SSA's disability policies. There is information about applying for benefits, what documentation is needed, how income is counted and each of the work incentives, for example, IRWEs (Impairment-Related Work Expenses), SEIE (Student Earned Income Exclusion) and TWP (Trial Work Period). The Red Book is available online at www.socialsecurity.gov/redbook. It is also available in Spanish. You will still want to contact SSA to learn how these work incentives apply to you.



Can't get out to meetings? Watch a webinar!

A Webinar (short for Web-based Seminar) is a seminar or presentation that's transmitted over the Internet.

Several are available on the Utah Parent Center website at http://www.utahparentcenter.org/resources_webinars.htm

Big Changes at DSPD
Ready or Not...Here They Come!
Presented by Alan Ormsby, Division of Services
for People with Disabilities
Running Time: 1 hour 51 minutes

Assessment: What Parents Need to Know
About Students with Disabilities'
Participation in Schoolwide Assessments
Presented by Wendy Carver,
Utah State Office of Education
Running Time: 1 hour 11 minutes

Other webinars available through the
Parent Center include:
~Positive Behavioral Supports
~Transition to Adult Services
~Planning for Employment for Students with Disabilities
~What Students with Disabilities Need to Know
about Going to College
~What Parents and Youth Should Know
About Transition

and

["Employment Today" Webinar](http://www.gcpd.org) is available at
www.gcpd.org.



Financial Planning for your loved one with disabilities is essential to provide for their future and protect government benefits. Below are two professionals who can help you. These names are provided as an informational resource ONLY. The Family to Family Network does not endorse any programs, providers or services.



MetDESK, ® MetLife's Division of Estate Planning for Special Kids, is dedicated to helping families secure both lifetime care and quality of life for their children or other dependents with special needs. Its mission is to help families plan for the critical areas that must be addressed. These include:

1. Government benefit eligibility for SSI and Medicaid.
2. Special Needs Trusts
3. Guardianship, Conservatorship and Client Self-Determination.
4. Appropriate funding vehicles to guarantee your child's future quality of life.

For a complimentary consultation, please call
Jon Nielson at 801-999-3786

Special Care



Are you caring for a person with a disability or other special needs – a child, a spouse or a dependent parent? Take a look at our Special Care Program to find helpful information, specialists, and financial products and services to assist people with disabilities and other special needs and their families.

***You might have to give back
Grandma's gift this year***

For more information, contact
Bret W. Hortin, CLU. CASL
Special Care Planner
801-453-2264 or 801-560-7661 (cell)



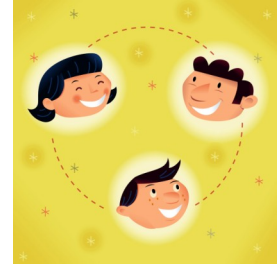
GAP

Watch for meetings being held in your area regarding the Grassroots Advocacy Partnership (G.A.P.) helping people, educating policymakers and the community as a whole about the issues of people living with disabilities.

Take the first step now and get involved. The GAP needs your energy and commitment today! Go to the Developmental Disabilities Council's website to get connected. www.utahddc.org or call 801-533-3968.

Helpful Hints from other parents

~ Call you school to see if you qualify for *free or reduced school breakfast or lunch*. Kids get to eat a warm meal and increase their social skills and it helps saves you money. This is a great program if your child has to ride a bus and gets to school early.



~ Have a pre-schooler but money is tight? Look into HeadStart. It's a *free pre-school* for those who qualify. If possible speak to a caseworker. They take into account your personal situation. Call 1-866-763-6481 and ask for the office in your area. The preschooler may have the opportunity to have a bus ride to and from school each day along with breakfast and lunch.

~ To see if you qualify for *food stamps* go to www.jobs.utah.gov and click on "how to qualify".

~ The "*Heat Assistance*" Program starts in Nov 2 and goes until April 1st. Take advantage of it, that's why it is here. For information, contact Work Force Services at 801-526-9675. Or, you can go to www.housing.utah.gov/seal/offices.html or call them directly at (801) 521-6107.

*Tip – you can only qualify once a year. So, make sure your heat bill is a big one.

*Tip – they really look at individual situations so best bet is to make an appointment. Or, they will take walk-ins on certain days if you have a disconnection notice.

*Tip – don't be one minute late.

If you do qualify for heat, you automatically qualify for the phone assistance program. However, if you do not qualify for heat, you may still qualify for the phone assistance. Also, if you qualify for the heat assistance, you will get a large voucher for the food bank.

THE COMMUNITY **FOOD CO-OP** OF UTAH
A Community Minded Food Network



It's a simple idea, really – provide quality, healthy food at a substantial savings through cooperative purchasing; and build a sense of community by bringing people together and promoting volunteer service.

The Community Food Co-op is for *everyone*. Whether you are struggling to meet your basic food needs or are just looking for a way to share in community, you can be part of this simple exchange: giving and receiving. You can buy quality, healthy food for up to 50% off retail from The Community Food Co-op.

Each month, we select about 15 items that you're most likely to buy at the grocery store—mostly fresh fruit, vegetables, staple items and frozen meat. Then, through collective purchasing, we order mass quantities of these items at very low prices. Our food will come from the same wholesalers that supply your local grocery store, so you can expect the same quality. The food will NEVER be donated, out-dated, or damaged.

For information about locations, schedules, and order forms call (801) 746-7878 or go to community@crossroads-u-c.org.



Non-Profit Organization
US Postage
PAID
Salt Lake City, UT
Permit #4823

Family to Family Network
c/o Utah Parent Center
2290 East 4500 South Suite 110
Salt Lake City, UT 84117-4428
801-272-1051
801-272-1067 (Espanol)

Heads Up!

Due to time and budget constraints, we are moving to electronic communications. Watch for information on the website. www.utahfamilytofamilynetwork.org or send your e-mail address to conneesch@comcast.net.

FAMILY TO FAMILY NETWORK INFORMATION DISCLAIMER

Phone: (801)272.1051 • Toll Free Utah: (800)468.1160 • Fax: (801)272.8907

Email: information@utahfamilytofamilynetwork.org • Website: www.utahfamilytofamilynetwork.org

Our Mission: To educate, strengthen, and support families of persons with disabilities. The Family to Family Network (Network or Networks) is a grassroots volunteer group composed of family members across Utah who have a relative with a disability. Networks host regular meetings and activities across the state of Utah. We can help you by providing: information, referrals, family-to-family support, advocacy, and information on how to work with the Division of Services for People with Disabilities (DSPD).

The Family to Family Network (Network or Networks) and the contract agencies (the Utah Parent Center (UPC) and Division of Services for People with Disabilities (DSPD)) do not represent or endorse any particular point of view, unless expressly stated. Every effort is made to provide accurate and complete information. The content of this newsletter is provided as an informational resource ONLY. For items from other individuals or organizations, we encourage readers to contact the original source with questions or concerns. Only approved items will be included. The Networks are not responsible for content contained on, distributed through, or linked, downloaded, or accessed through this message. This newsletter is NOT a discussion group and you will only receive official newsletters from the Networks. We do not trade nor sell the addresses of our subscribers. Permission to forward and reprint the information herein is granted with complete attribution. Please share this information with your friends and colleagues that may be interested in subscribing to this newsletter.