

## # 91 Important Announcement from Heidi J. Moore

Dearest Advocates:

As many of you are aware, I have been very involved with disability issues over the last 6 years. It all started with my first healthcare rally (Save Our Special (SOS) Kids) with about 200 families and has grown to an email distribution list of over 2,500 all over the state of Georgia. Since those early days, I've met legislators, families, parent organizations, providers and people all over the state to try to improve the healthcare system in Georgia for families of children with special needs.

I've developed a web site, a small consulting business and the newsletter to keep families informed regarding what has been happening in the state. Unfortunately, as my network of families has grown, so have the demands on my time. I receive over 1000 emails per week and close to 40 phone calls in that same time period from families needing my help.

I have found it increasingly difficult to help individual families because there simply isn't enough time in the day to help each one. I did start a consulting business early last year in an effort to help individual families. My intent was never to make money, but simply cover some of the costs of the web site, the email distribution list, etc. 95% of what I do is free of charge and even the small revenue I've made from consulting business has not covered all of my costs.

While I'm not complaining as I freely chose this path, it has taken a large toll on my physical and emotional health as well as that of my family that supports me. Therefore, I have decided to take a few months off so that I can get a break and recharge my batteries. I would also like to use this time to figure out how I can help people, without sacrificing so much of myself so that I can regain some balance in my life.

My goal is to continue to use the talents God gave me to help individuals with disabilities and their families, but I need this time away to help myself develop a plan of action that I can live with in the coming years.

**As of today, I will not be sending out any newsletters (except emergency situations) over the summer, answering questions via email and phone, or responding to individual requests for help. Therefore, please do not expect a response. I want to be email/voice mail stress free during this time of reflection and searching for answers.**

I hope you can understand that I need to take this time for myself and family. I will continue to work on the various committees that I have already committed to, but the daily communication that you have been accustomed too will discontinue during this hiatus.

I hope to reveal a new plan with priorities and set some boundaries for communication and helping others by the Fall 2009.

Thank you in advance for respecting this very difficult decision. During this transitional time, feel free to contact any of the following organizations:

Governor's Council on Developmental Disabilities  
<http://web.me.com/gcdd/GCDD/Home.html>

Atlanta Alliance on Developmental Disabilities  
<http://www.aadd.org/>

Unlock the Waiting Lists  
<http://www.unlockthewaitinglists.com/facts.html>

Families of Children Under Stress  
<http://focus-ga.org/>

Parent to Parent of Georgia  
<http://www.parenttoparentofga.org/>

Kirk Advocacy and Consulting, Inc.  
<http://www.disabilitiesissuesandanswers.com/>

Georgia Advocacy Office  
<http://www.thegao.org/>

Dept. of Community Health  
[http://dch.georgia.gov/00/channel\\_title/0,2094,31446711\\_31944826,00.html](http://dch.georgia.gov/00/channel_title/0,2094,31446711_31944826,00.html)

Dept. of Human Resources – MHDDAD (soon to be a new dept on 7-1-09: Behavioral Health and Developmental Disabilities)  
<http://dhr.georgia.gov/portal/site/DHR/menuitem.24259484221d3c0b50c8798dd03036a0/?vgnnextoid=80c9e1d09cb4ff00VgnVCM100000bf01010aRCRD>

Dept. of Education – Exceptional Children  
[http://www.doe.k12.ga.us/ci\\_exceptional.aspx](http://www.doe.k12.ga.us/ci_exceptional.aspx)

As a final note, a dear friend sent me this wonderful YouTube video. Just think about advocating for your child as you watch this video and how powerful we are when we unite our voices to make a difference for our precious children. A lot can be said regarding the below video. When you have a minute, please watch. VERY inspirational on the power of working together!

[http://www.youtube.com/watch?v=7EYAUazLI9k&a%20mp;annotation\\_id=annotation\\_72265&feature=iv](http://www.youtube.com/watch?v=7EYAUazLI9k&a%20mp;annotation_id=annotation_72265&feature=iv)

***“UNITED – WE WILL MAKE A DIFFERENCE!”***

As always, I truly appreciate everyone’s support and understanding.

Have a great summer!  
Sincerely,

***Heidi***

**(Proud Mother to Jacob - 9 yrs old with Down syndrome and Jared - 7 yrs old)**

***“Help the Children Now, So They Can Help Themselves Later!”***

[www.heidjmoore.com](http://www.heidjmoore.com)