



Hi {Firstname},

As the days grow longer and the vibrant colors of spring emerge, we are reminded of the fresh opportunities this season brings for growth, renewal and connection.

In keeping with this theme of renewal and growth, this month we a lucky enough to feature an article by **Carinne Mossa** the founder of [It Takes a Village Special Needs Parent Coaching LLC](#). In Carinne's article, [Spring Pruning for Special Needs Parents](#), she turns our attention to a different kind of spring cleaning—one that starts within our mindset as special needs parents. She shares how the renewal of spring invites us to take a closer look at what we've been carrying and how to create space for new growth, renewed strength, and a healthier, more vibrant season ahead.

We also are excited to announce several upcoming events designed to foster inclusion and learning in the special needs community. Below you will find more details about these events/workshops and links to various articles, including our feature article.

As always, we hope you find our monthly newsletter informative and if we can be of assistance please reach out.



On May 29th, 2026 I will be presenting a webinar, **Two Households, One Future**, hosted by the Arc of Northern Virginia.

Navigating divorce is complex enough—adding the financial and caregiving considerations of a child with disabilities makes thoughtful planning essential. Two Households, One Future is a practical, guidance-driven seminar designed to help families protect what matters most during times of transition. We'll explore how to structure financial agreements, preserve eligibility for critical benefits, and coordinate long-term planning across two households. You'll gain insight into tools such as special needs trusts, support strategies, and collaborative planning approaches that keep your child's future secure—no matter how family dynamics change.

[RSVP HERE](#)



Planning for a loved one with disabilities can feel overwhelming, but you don't have to navigate it alone. This interactive workshop guides you through the first steps of building a clear, practical plan, with hands-on tools to help you start creating your family's roadmap with confidence.

Who Should Attend

This seminar is for parents, caregivers, and family members of individuals with disabilities, including siblings and grandparents involved in planning. Professionals like educators, advocates, and service providers may also benefit from learning how to better guide families.

Key Topics Covered

While the exact content may adapt to the needs of participants, the workshop typically covers:

- Understanding the Elements of a Futures Plan – legal, financial, personal, and community-based components.
- Balancing Priorities – how to think about planning for your loved one's needs alongside your own retirement and family goals.
- Government Benefits and Supports – an overview of Medicaid waivers, SSI/SSDI, and how these fit into a long-term plan.
- Legal Tools – the role of special needs trusts, ABLE accounts, guardianship and alternatives, and letters of intent.
- Vision Planning – capturing what's most important about your loved one's quality of life, independence, and values.
- Practical Tools and Templates – concrete resources you can take home and use immediately.

[REGISTER HERE](#)



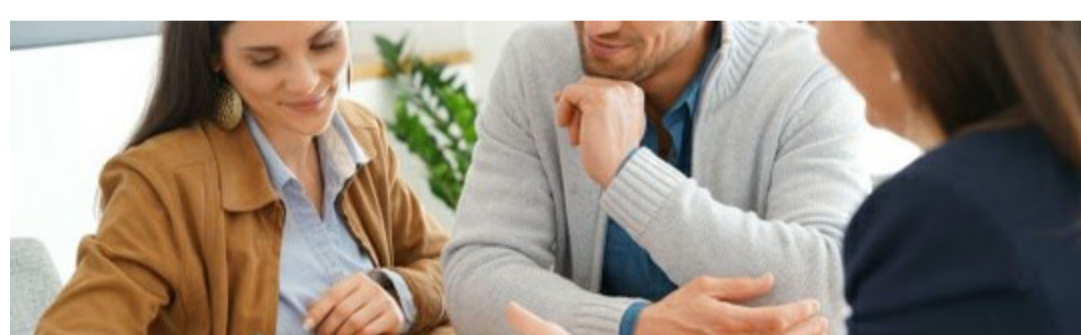
Spring Pruning for Special Needs Parents

As warmer weather begins to settle in across the country, it feels like the perfect time to turn our attention to a different kind of spring cleaning—one that starts within our mindset as special needs parents. There's something about the renewal of spring that invites us to take a closer look at what we've been carrying. [READ MORE](#)



Don't Let DAC Benefits Disrupt Medicaid and SSI

Disabled Adult Child (DAC) benefits can end Supplemental Security Income (SSI) and put Medicaid at risk, but many people can keep Medicaid under a federal protection. Learn who qualifies and what to do when a DAC award letter arrives. [READ MORE](#)



Who Are the Key Players in Special Needs Planning?

Many professionals offer specialized services to individuals with disabilities and their families. Understanding what these professionals do can help families support their loved one with a disability. [READ MORE](#)



ABLE Accounts for Housing Without Losing Benefits

One of the most practical uses of an ABLE account is paying housing costs such as rent and utilities directly while staying aligned with Supplemental Security Income (SSI) and Medicaid rules. [READ MORE](#)



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