



Proud Aspy Mom Newsletter  
September 2025

## It's HARD



## Science Does NOT Lie

Recently it has felt like déjà vu. I remember when our daughter was first diagnosed and all the crazy lanes of theories I explored. While it seems ridiculous, parents do grasp at straws, wonder what triggered their child's diagnosis, pray for some sort of reasonable explanation and hope for the best. BUT that was then and this is NOW! Let me be very clear, I am NOT a Physician and have zero medical knowledge. I DO have 19 years of experience raising a child on the spectrum, have advocated for countless families and researched autism on a weekly basis for about 15 years. And all the years of my advocacy and working with families – Tylenol never came up. Not once. Not ever.



As I do an all topics, I would encourage you to research reliable data for yourselves. The links below evaluate opposing viewpoints on this issue. The MORE you know. The MORE you grow!! Science does not lie!

[Learn More](#)



## Environmental Health

### BMC Environmental Health

“Co-author of study linking Tylenol to autism says pain reliever still an option The work of epidemiologist Ann Bauer and her co-authors was cited by President Trump in remarks linking Tylenol or acetaminophen with an increased incidence of autism.”

[Read Article](#)

## What is The FCCF?

Again- I have done significant research over the years but it is still -despite best efforts difficult to thread supporting agencies together and understand their purpose and impact. The FCCF is one of them. So what is it? FCCF stands for the Florida Care Councils of Florida.

Family Care Councils of Florida (FCCF) “...educate and empower individuals with developmental disabilities and their families, partnering with the Agency for Persons with Disabilities, to bring quality services to individuals with dignity and choice.”



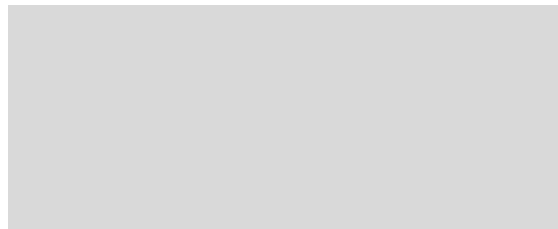
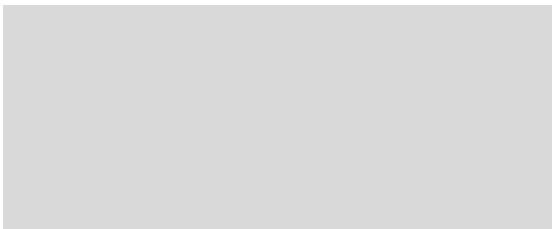
### APD Mission

The agency supports individuals with disabilities and their families in living, learning and working within their communities by creating multiple pathways to possibilities.

[Learn More](#)

## The Arc of Florida Resources & Partners

From a pragmatic standpoint-the goal of the councils is to give persons with disabilities and their families a voice across the state and provide a vehicle for input for delivery of services. I am still exploring but in the interim - find your local county hub and speak up!





### Pinellas County Region - Area 5

[Read All About It](#)



### Suncoast Region - West Area 23

[Learn More](#)

## The ABLE-Invest Wisely

So you do not know what you DO not know. Over the past 15 years I have been focused on care and education for our daughter. Rarely did I think about what happens when she becomes an adult. I mean I thought about it but not in grave detail because families like ours are truthfully battling micro challenges daily. When I previously heard about an ABLE account I thought it was a good vehicle but I did not explore beyond this. NOW I am keenly aware that was a mistake.

A short search suggests the costs range from 1.2 to 2.4 MILLION dollars!!!! I dug a little deeper and although this amount increased dramatically over the past 10 years it has always been quite expensive to care for someone with an Individual Developmental Disability, (IDD).

Through my research I found an old documentary with a guide on how to care for a loved one. We need more of these. In the interim - if you are caring for someone with IDD, make a plan. An ABLE account is a good start.



*Mimi & Dona*

### Sophie Sartain, Mimi and Dona

"I grew as a parent to my own children by witnessing the aweinspiring love Mimi gave Dona her " entire life."  
*Sophie Sartain*

[Read the Discussion Guide](#)



### ABLE account video

[Watch Video](#)



### ABLE FAQ

[Get More Info](#)

# Stacey Hoagland

Sometimes you need to speak to someone at just the right time. I did not know that I needed to fellowship with people with similar circumstances until just recently. Not that I was ever opposed, I was just living and caring for my family. This past summer that mindset shifted when I realized I have so much more advocacy ahead of me. For the first time ever I had to tell my daughter that life is not fair, people can be unkind and we can always advocate but the odds may not be in our favor. At this crucial moment I had the honor of meeting Stacey Hoagland who is introducing me to an entire new world. She is a mother and champion of persons with disabilities and she both knows and enforces the law. Grateful to be a new soldier in her army of champions.



[Visit Youtube Channel](#)

## Lastly!

Love always matters I went home this weekend and my family was the exact dose of love I needed to keep moving forward. Keep us lifted!



In case you missed it! [August Newsletter](#)

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LOVE  
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