



# NICKY'S GARDENS OF HOPE

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

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

## Goings on in the Gardens



Volum 1 | Issue 1 | NGOH

### *Who we are*

Nicky's Gardens of Hope is building permanent homes for autistic and intellectually developmentally disabled (IDD) adults. We provide progressive services for an inclusive community, such as employment training, on site business opportunities & family support & lodging. We are dedicated to providing a revolutionary level of care for America's rapidly growing and aging Autistic and IDD population.

### *Join the Revolution!*

"The harvest is plenty, the workers are few."

Get involved: Donate and/or volunteer

#### *Our contact information*

Websites:

<https://nickysgardensofhope.com>

<https://ngohllc.com>

[Facebook](#) , [Twitter](#) [Instagram](#)

Phone: (914) 440-4751

Address: 750 Lexington, 9<sup>th</sup> Floor, New York, NY 10022, US



## Meet Adriana, CEO of Nicky's Gardens of Hope

“I’m not a doctor, teacher, psychologist, lawyer, or scientist but I’m a mom of 3 boys: 6-year-old twins Alex and Max, and a very special 19-year-old boy, Nicky. Last year I made a decision.

I put my Wall Street career on hold. My partners and I are working on Nicky’s Gardens of Hope. The pilot project will build a facility that can truly help families with children and adults like Nicky.

Lets make the change together.”

*To read more about Adriana’s story, continue to pages 4-5.*

Recent Media (click text to follow): [Adriana’s Newest Podcast: Max’s podcast](#) [Adriana’s blog on Scary Mommy](#) [Adriana’s First Podcast](#) [IDD & ME: I Wish He Could Talk](#) [IDD & ME: Max, Alex & Nicky](#) [There Is No Other Choice](#)

### **Upcoming Events in the Gardens:**

**Coming in AUGUST: Support & Connection for IDD & Autism :**

**Live event with NGOH, 8/17, 4-7 pm, Rainey Park, NYC.** Come join us for this first annual event with NGOH! A casual get together for IDD/Autism affected individuals, parents/caregivers & family members.

Enjoy some of our newly developed Autism friendly foods, enjoy musical entertainment, art activities, and get the opportunity to connect with a like minded tribe for some awesome community engagement

**Parent/Caregiver/Family Group Support Conference Call, 8/20, 8PM EST, 7PM CST, 6PM MT, 5PM PST**

Join us locally in the #NYC area or via Phone/Computer- Info on our Facebook Page & <https://nickysgardensofhope.com>

## From the Kitchen

**Gitta Lakatos** is an Alternative healing therapist at **Healing Infocus** and is a practitioner at Massage, Magnet and Reflexology. One of her roles at **Nicky's Gardens of Hope** is developing a line of food products that use natural, locally sourced ingredients for those with IDD/Autism with the goal of improving overall nutrition and minimizing gastrointestinal issues common to these populations. Food sensitivities often go undiagnosed, particularly in non verbal individuals and issues such as inflammation, mood instability, sleep difficulties can often be traced to poor diet and gut health. Gitta is building all the food items from the ground to the edible product, utilizing spices & herbs in different combinations with to ensure maximum flavor with minimal post meal discomfort and directly contributing to improved health and overall quality of life.

**From Gitta:** *All food is linked to some degree of flatulence, also known as gas! The food you eat allows different bacteria to thrive, which impacts gas composition. Trouble comes when bacteria in your gut go into fermenting overdrive. To combat gas try eliminating gas causing foods from your diet. The average person passes gas 14 times per day. Some comes from carbonated drinks, chewing gum or eating too fast. This can launch the food into "fermented overdrive" when it meets the bacteria living in our digestive tracts. All human beings have bacteria living in their digestive tracts. Undigested fermented food reaches this bacterium living in the lower intestine. Different bacteria break down different foods. Complex carbs, sugar produce odiferous gas as a result. Sulfur containing gases, such as hydrogen sulfide, methane & dimethyl sulfide all contribute to bloating or excessive gas. Certain carbohydrates promoting gas fall into category of FODMAPs: fermentable oligosaccharides, disaccharides, monosaccharides, polyols. Foods with these carbohydrates resist break down in the upper GI tract and end up fueling bad bacteria in lower gut. Dairy!! Dairy can lead to gas intolerance and malabsorption particularly if there are not enough lactose enzymes in your digestive system which is often the case for people who have a lactose intolerance. The carbs in the FODMAPs category can also trigger inflammation in the gut lining. Lactose, fructose, sugar alcohols, raffinose, stadyos are all contributing culprits. Try cutting out or lowering FODMAP containing carbs and you can often improve or avoid or lessen the impact of such chronic digestive issues such as Irritable Bowel Syndrome, Leaky Gut Syndrome, Crohn's Disease, Celiac Diseases & Small Intestine Overgrowth (SIBO), to name a few. Just as your gut bacteria influence your mood and mind, high mental stress can also worsen digestion problem that cause gas. Eat clean, grass fed animal protein whenever possible! Stay tuned for more next month from Gitta on nutrition including "autism friendly" recipes. Contribute some of your own "autism friendly" "recipes! We will share them in this monthly newsletter. Email to [gittal@ngohllc.com](mailto:gittal@ngohllc.com)*



## Did you know??

**SUPPLEMENTS, WORMS, AND STOOL,  
HOW FAMILIES ARE TRYING TO GAME  
THE GUT TO TREAT AUTISM TRAITS:**

“Treatments that shake up the balance of organisms in the gut are known to affect the brain. Almost 20 years ago, for example, researchers noticed that antibiotics could bring about short-lived improvements in autistic children who had lost their language abilities and social skills.”

Read more:

<https://www.spectrumnews.org/features/deep-dive/supplements-worms-stool-families-trying-game-gut-treat-autism-traits/>

## Faces, Families & Stories of Why

Add a little bit of body text



<https://nickysgardensofhope.com>

## Under pressure?

“ Often Those affected in some way by these diagnoses (IDD/autism) are often subject to daily hits to self-esteem, suffering, grief, despair and uncertainty. Simply going to the grocery store can result in a gauntlet of stares both impatient and pitiable.

It is important to realize this is a common experience, the disconnects with which we must contend are legion and mounting and our society is not prepared for the long term impact and planning needed to allow for any hope of quality of life for those affected. ” – Parent of 23 year old with TSC & Autism

*Flash forward to 2018. Adriana thought long and hard about her life, Nicky's life, her twin sons born in 2012 and the long-term options for Nicky that were terrifying and inadequate. He was closing in on turning 21, a time when the services and supports provided for those with special needs such as Nicky start to fall away. She could not sleep at night knowing what lay ahead for Nicky and so many like Nicky for whom the system has not allowed for any measure of the quality of life nor offers any options for long term care for so many individuals affected by disabilities, independent of income or resources.*

## Family Perspective

Meet Adriana.

Adriana Piltz, who is the visionary, Founder & CEO of Nicky's Gardens of Hope has quite a story of inner strength, perseverance and overriding love for her family that is the driving force behind this revolutionary new program. It starts like this. Adriana came to the US over 20 years ago from Slovakia without a penny to her name. She arrived in NYC looking for a better life as the wife of a man she had not yet met, who didn't speak a word of her native Slovakian tongue. Sleeping on park benches and taking whatever work she could find to make ends meet was how she initially survived. Her depth of determination, despite many hurdles, drove her to work incredibly hard and keep taking the next step in front of her to build a better life for herself, her husband and eventually their young son Nicky. Adriana talks about going to college in the evenings, waitressing all day and barely sleeping. She never hesitated to learn from those around her, seek opportunity and do whatever it would take to pursue her vision of the American Dream.

She took a risk and applied for an office job with a Wall St financial company that launched her early career, rising up through the ranks of Wall ST to eventually own her own firm. Along the way, she gave birth to her son Nicky in 1998 yet continued to work to provide health insurance and financial security for her family. When her son Nicky started having Infantile Spasms (a rare type of seizure) at three months of age and was diagnosed with Tuberous Sclerosis Complex, she was devastated and life as she knew it was forever changed. Nicky would eventually need brain surgery to stop the 100 + seizure a day he was then having.

The surgery was successful in stopping the seizures, but Nicky is severely affected by this extremely unpredictable and variable condition (TSC) and does not talk, cannot walk more than a short distance, feed himself or use the toilet independently. Despite this devastating setback, Adriana knew she had to continue pushing herself to work hard at her career, provide stability for her family especially now with the additional medical bills and other financial considerations related to having a son with significant special needs. Flash forward to 2018. Adriana thought long and hard about her life, Nicky's life, her twin sons born in 2012 and the long-term options for Nicky that were terrifying and inadequate. He was closing in on turning 21, a time when the services and supports provided for those with special needs such as Nicky start to fall away. She could not sleep at night knowing what lay ahead for Nicky and so many like Nicky for whom the system has not allowed for any measure of the quality of life nor offers any options for long term care for so many individuals affected by disabilities, independent of income or resources. She looked far and wide and there was just nothing even close to acceptable out there. She knew what she had to do. She gave up her Wall Street career and after wrangling together a group of her closest financial connections she founded NGOH, a place where IDD adults can live, work and have a dignified life.

And here we are. Adriana and her team are well on their way to getting this revolutionary new program off the ground and thanks to her and her teams financial savvy, combining a non profit which is Nicky's Gardens of Hope, with a for-profit, NGOH LLC, Inc and creating a Balanced Risk Revenue Model which allows for less dependent on government services and funding and includes opportunity for business enterprise integrated with IDD individuals. Her vision of providing hope and quality of life for millions of families in this country coming up to the edge of the cliff of turning 21 is well underway. Today Adriana has a strong team with a varied background working around the clock to make this program a reality. She still needs your help. Please consider sharing our story and this unique program with opportunity at every level, from volunteer support to investor donations. Adriana will not quit until Nicky's Gardens of Hope is a household word and those of us living with fear and uncertainty springing from unpredictable medical emergencies, tests and procedures, financial strain, insurance snafus and more all as we manage the needs of our IDD affected loved ones can rest assured that there is a solid chance at hope, a new way of life, and long term stability that the program at NGOH has to offer.

