

FAMILY RESOURCE NETWORK

NOVEMBER/DECEMBER 2011

2011: OUR YEAR IN PHOTOS...



★ Watch Will Sutton sing at www.youtube.com/watch?v=UU8buYzH_3I&feature=email ★

Executive Director: Pam Larsen **Director of Programs:** Roxane Carpenter

Advocates: Meghann Andrews-Whittaker, Michelle Cole & Michelle Zuk—Chenango, Otsego & Delaware Counties, Shelley Hubal—Broome, Tioga & Tompkins Counties

Autism Training Coordinator: Shelley Hubal

Resource Center Coordinator: Lori Treiber

CCSI Programs: Jim Geuder, Coordinator, Terry DiLuzio, Family Partner—Chenango County, Sandy DuMond, Family Partner—Otsego County

Regional Coordinator: Parent to Parent: Michelle Cole

Residential Family Advocates: Terry DiLuzio—Boys of Courage, Michelle Cole—Elmwood, Michelle Zuk—Stillwater

Special Education Parent Center: Roxane Carpenter—Director, Kathryn Ryan—Education Specialist, Nancy Bakhuizen—Resource Specialist

Dragon Dates Program Coordinator: Jackie Hunt

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"It is much easier to succeed in the face of difficulty when one is not alone"

Help with Handwriting

FRN Information Night

Join us as Kim Wiggins, OTR/L reviews the skills needed for good handwriting development including the use of Handwriting Without Tears Techniques. This workshop is designed for parents and professionals that are interested in learning techniques to use with young children or children with special needs that have significant difficulty with learning to write letters and numbers.

Kim Wiggins, OTR/L, is a licensed occupational therapist specializing in pediatrics for 10 years in the Broome County area. She has worked extensively in public school settings, outpatient, and home-based services to children of all ages with a variety of diagnoses and needs.

Date: November 3rd Time: 6 p.m. to 8 p.m.

Place: Norwich YMCA 68-70 North Broad Street Norwich, NY

To register: Email: Register@FamilyRN.org including contact info and the subject line "Handwriting".
Please call 607-432-0001 for more information.

Southern Tier Asperger's Syndrome Support Group

The Southern Tier Asperger's Syndrome Support Group, for adults and their families/significant others **meets on the third Saturday afternoon of each month at 1 - 3 pm, Picciano Building/4th Floor/Room 5-A, Wilson Hospital, Johnson City.** We would welcome new folks!

Facilitator: Alexa Heder

Phone number is 607-722-0467 e-mail: alexaheder@yahoo.com

This group is not affiliated with the Family Resource Network, Inc.

Join us!

Tri-Town Area Support Group

We are organizing a new group to support parents who have children with special needs. This group will meet once a month in the evening for about 2 hours. Child care can be arranged if you let us know in advance. You don't have to commit to being here every month. The group is for support when you need it—or are interested in a specific topic that we are discussing. If you live in the Tri-Town area (Sidney, Bainbridge, Unadilla and beyond) and are interested in participating, please let us know by calling 607-432-0001 or emailing Register@FamilyRN.org with the subject line Tri-Town. Please include contact information in the email so that we can include you in the discussion about the day, time and location that is convenient to most.

Families Together in the Southern Tier

For families of children and youth with mental health diagnosis, social, emotional and behavioral challenges. Focus of the group is supporting and networking with one another, providing access to up-to-date information on topics important to group members.

All meetings are 5:30pm—7:30pm at the Family Resource Network at 46 Oneida Street in Oneonta
(3rd Thursday of the month)

November 17th

December 15th

Light meal provided

Childcare is available **if requested** at time of registration

To register for an event, send an email with the subject "Families Together" and the month to: register@FamilyRN.org. Please include contact information and how many adults and children will be attending. For additional information, please call Sandy at 607-432-0001



South Central Parent to Parent - Michelle Cole, Regional Coordinator

Overview of Parent Matching Program

Parent to Parent of NYS is a statewide not for profit organization with a mission to support and connect families of individuals with special needs. There are offices located across New York, staffed by Regional Coordinators, who are parents or close relatives of individuals with special needs.

A Support Parent Network of over 1200 parents is the backbone of the Parent Matching Program which has been created and maintained by Parent to Parent Coordinators. This is a model program used across the country to put parents in touch on a one to one basis with other parents who have a child with a chronic illness or disability. "Support Parents" are parents of individuals with special

needs who have made the offer to speak one-on-one with "new" parents and share their experiences. Support parents are the key to this program!

When parents make the offer to be Support Parents, they are provided a skills building training, which includes an overview of how the program works, an understanding of the stages and emotions a parent or caregiver may be experiencing, as well as listening skills. The training is about two hours and can be done in person, by mail, or online. There is no set time requirement for support parents. After the training is complete, it is up to you how many parents you speak with and you always have the opportunity to say no if it is not a convenient time for you. We welcome new parents to join the Support Parent network and to share their experience.

I would like to invite new recruits to attend the Support Parent training to be held the 2nd Thursday of the month at the Family Resource Network, 46 Oneida St, Oneonta, from 5:30-7:30pm. It is my hope that we can grow our local base of support parents and provide more matches to the parents who are new to our community. If you or someone you know is interested in being a support parent but are unable to attend the Thursday training, please contact me to arrange for another personal training date or to train online or by mail.

November 10th 5:30pm-7:30pm
December 8th 5:30pm-7:30pm

Registration is required - email register@FamilyRN.org with contact info and the subject line "P2P". Call 607-432-0001 for more info.

TEEN SCENE: *Here's what folks are saying about the IFE group...*
powerful **WONDERFUL** **keeps adults in check**
fabulous **very emotional**

Teen Scene is a group of youth, ages 12-20, who meet at FRN once a month to discuss issues that are important to them. This program will address the 6C's of Youth Development: caring and compassion, confidence, character building, contribution and connection to others. Currently, our teens are working with Improvisation for Education (IFE), a *dramatic troupe* designed to help students have meaningful discussions regarding issues that they face. The teens discuss their personal experiences with topics such as: bullying, conflict & resolution, and other social issues. The youth then share their experiences through dramatizations that are shared with audiences at schools and other community organizations. We are currently planning dates for fall activities and community events—call now to get involved!

November 4th
5:30-7:30 at FRN
If you would like more information about Teen Scene, please contact FRN at 607-432-0001 or send an email to:
ElmwoodRFA@FamilyRN.org
To register, email:
register@FamilyRN.org and include "Teen Scene" in the subject

Dragon Dates

Looking for children and adolescents ages 5-19 years of age who are on the Autism Spectrum and need help with Social Skills. This event is held at SUNY Oneonta once a month from 6-7:30. Volunteers from SUNY Oneonta (undergraduate and graduate students) who major in either Special Education or Child and Families Studies are the activity leaders. Staff from SUNY Oneonta and the Family Resource Network as well as a community-based autism consultant are on site to provide activities, guidance and supervision as well. This program has been a huge hit with all the children, and they all look forward to returning each month. Some of the activities may vary by the age of the group but possibilities include structured board games, movement, drama, yoga, history, science, music and arts and crafts. If interested or looking for more information, you can enroll by submitting an application on-line at <http://www.FamilyRN.org/> or by contacting the Family Resource Network and requesting an application.

Tuesday, November 15th

Tuesday, December 6th

Send all RSVP's to Jackie Hunt at dragondates@FamilyRN.org or call FRN @ (607)432-0001



What You Need to Know: Legislative Issues for Families and Individuals with Disabilities

Join Family Resource Network, Inc. as we host Ruth Foster from Families Together in NYS for a workshop that will provide instruction and insight on the following topics:

- Mental Health legislation
- Medicaid issues
- Autism legislation
- How to meet with your legislator

Additionally, Ruth will be doing a survey of policy issues that are of concern in our communities.

Binghamton:

Date: Wednesday, November 2, 2011

Time: 11 a.m. to 1 p.m.

Place: Broome Tioga BOCES

Instructional Support Center

Room D

435 Glenwood Road

Binghamton, NY

Oneonta:

Date: Wednesday, November 2, 2011

Time: 5:30 p.m. to 7:30 p.m.

Place: Family Resource Network

46 Oneida Street

Oneonta, NY

About Our Instructor: Ruth Foster has worked with Families Together in New York State for ten years, first as the CCSI Coordinator and currently as Director of Public Policy. Ruth has also worked for a number of non-profit advocacy organizations including a national women's organization where she served as the publications director. During her tenure with Families Together, Ruth has promoted policies that improve access to services for children with social, emotional and behavioral challenges, and their families. In addition to lobbying the legislature, working in statewide coalitions, and meeting with governmental officials, Ruth has stressed the importance of the family voice in policy discussions.

Registration is required. E-mail Register@FamilyRN.org. please put "Legislative Bing" or "Legislative Oneonta" on the subject line and include contact information in your e-mail or call (607)432-0001 for more info.

Agency Fair

Please join Family Resource Network, Cornell Cooperative Extensions Groton's Families and Parent Education Network for an Agency Fair that will showcase non-profit agencies that serve families and individuals with developmental disabilities or special social/emotional or physical needs in the Ithaca and Tompkins County areas. If you are looking to expand your knowledge of local resources you won't want to miss this event.

Date: Wednesday, November 16, 2011


Time: 6 p.m. to 8 p.m.

Location: Cornell Cooperative Extension

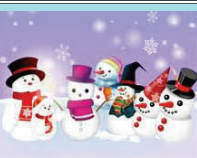

615 Willow Ave.

Ithaca, NY

Registration is requested, but not required. Please send an email to: Register@FamilyRN.org including contact information and the subject line "Agency Fair" or call 607-432-0001 for more information.

	<h1>November 2011</h1>		
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Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 Legislative Issues	3 Help with Handwriting	4 Teen Scene 5:30-7:30	5
6	7	8 Duke Fisher GST BOCES	9	10 P2P New Support Parents	11 Veteran's Day Office Closed	12
13	14	15 Dragon Dates	16 Agency Fair 6pm-8pm	17 Families Together	18	19 National Adoption Day
20	21	22	23	24 Thanksgiving Office Closed	25 Office Closed	26
27	28 Parent Member Training	29	30			

	<h1>December 2011</h1>		
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Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6 Dragon Dates	7 10 Ways ... 5:30-7:30 Lourdes Hosp	8 P2P New Support Parents	9	10
11	12	13	14	15 Families Together	16	17
18	19	20	21	22	23 Office Closed	24
25	26 Office Closed	27 Office Closed	28 Office Closed	29 Office Closed	30 Office Closed	31

10 Simple Ways to Increase Your Happiness

This workshop is designed to be relaxing and fun, and to encourage those precious "Aha" moments! Please join us as we share easy, everyday ideas to enhance happiness and lighten your load!

Please wear comfortable clothing.

Date: Wednesday December 7, 2011

Time: 5:30 p.m. to 7:30 p.m.

Location: Lourdes Hospital

East/West Dining Room

This workshop will be lead by Casey Calvey, yoga instructor and parent to a special needs adult and Shelley Hubal former yoga instructor, spiritual seeker and parent to a special needs teen.

To register: Please send an email to: Register@FamilyRN.org including contact information and the subject line "Happiness" or call 607-432-0001 for more information.



Congratulations to Michelle Cole!

At the statewide meeting of Parent to Parent of NYS in October 2011, Michelle was given an award for "Making a Difference" for families and people with disabilities.

Recent Special Notices from NYS Education Department:

Important Notice Regarding Special Education and Medicaid Billing

A Notice of Proposed Rulemaking (NPRM) to change to the federal part B Individuals with Disabilities Education Act (IDEA) regulations having to do with parental consent to access Medicaid for services has been posted at www.gpo.gov/fdsys/pkg/FR-2011-09-28/pdf/2011-22784.pdf. Individuals and organizations are encouraged to provide public comment to the U.S. Department of Education on these proposed changes.

Public Comment: Alternate Credential

Written comments on the proposed amendment of the Regulations of the Commissioner of Education to repeal the individualized education program diploma for students with disabilities and establish a Skills and Achievement Commencement Credential will be accepted for 45 days after its October 5, 2011 publication in the New York State Register. For more information, please see www.p.12.nysed.gov/specialed/comment/alternatecredential-announce.htm

Save the Date
The Family Resource Network
presents...
their Spring Conference on Autism 2012
featuring
Cecilia Koester
author of Movement Based Learning for Children of All Abilities
April 19, 2012
More information to follow.

The Southern Tier Special Education Parent Center will present:

Dr. Larry Epstein from Think: Kids
to speak on the topic of

Bullying

March 15th

Evening Presentation for Parents

March 16th

Morning Presentation for Professionals/Providers

(a Superintendent's Conference Day for B-T, DCMO and ONC BOCES!)

More information to come—
please check for more information and on-line registration at
www.familyrn.org/news_events/conferences.html

Save
the
Date

Save
the
Date

New Parent Member Training

Join us at Walton Central School for CSE Parent Member Training. Are you the parent/guardian of a child in special education? Take this training and you could become a member of your school's special education team.

November 28 11:00am—2:00pm Please register by sending an email to: Register@FamilyRN.org



The Special Education Parent Center presents...

DUKE FISHER

Duke Fisher, CEO of Learning Laboratories, will present this workshop on Advanced Communication and Collaborative Advocacy. Duke is regionally known for his "Effective Communication" presentations. If you have ever been to see Duke before, you know this will be hands-on, informative and entertaining. You will leave with many new, positive and collaborative ways to interact and communicate with your children, school personnel, other parents and family members.

This workshop is from 9:30am-2:00pm

Nov 8th

GST BOCES

Coopers Plains BOCES

To register: Email: Register@FamilyRN.org including contact information and the subject line "DUKE"
or call 607-432-0001 for more information.



The Family Resource Network, Inc
46 Oneida St.
Oneonta, NY 13820

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Permit No. 46

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November is National Adoption Awareness Month

There are many ways to celebrate November as
National Adoption Awareness Month...



**Open the door to the
world for your child**

1. Visit adoption websites such as
 - www.NYSCCC.org
 - www.NACAC.org
 - www.adoptuskids.org
 - www.adoption.com
2. Support adoption foundations.
3. Learn more about adoption and positive adoption language.
4. Write letters to your local newspaper about adoption stories.
5. Read adoption stories as a family.
6. Adopt!

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