

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

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@familyrn



@family.resource.network

**The Family Resource Network has several great trainings planned for the fall! Please check our Website and Facebook pages for more information on these trainings and all of our upcoming workshops and events!**

**Some topics we are excited to present on include:**

***Tips and Tricks for Virtual Learning from a Homeschooling Parent***

***Lay Advocacy Training: Functional Behavior Assessments and Behavior Intervention Plans presented by Kara Georgi***

# connections

Information, Resources, and Updates from **The Family Resource Network, Inc.**

September & October 2020  
in this issue:

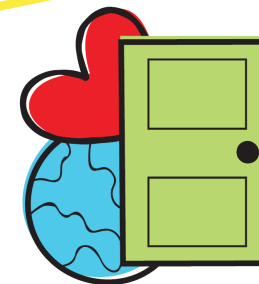
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**Family  
Resource  
Network**

It feels like forever since we have been able to be together in person with all of the families that mean so much to us at the Family Resource Network. We hope that you are all well and staying safe. We miss you more than we can say.

Thank you to all of the FRN staff for doing such an amazing job of keeping everything running smoothly and not missing a beat as you transitioned to serving families virtually from your homes. You have all risen to the challenge of meeting the ever-evolving needs of the families in our communities.

So many of us are facing difficult decisions regarding our children returning to school, working remotely, safe childcare while we return to work, adequate internet service to meet our increased needs and many more. We are thinking of all of this as we continue to offer services. Our Family Peer Advocates, Youth Peer Advocates and Education Advocates are all still available to provide assistance. Please look inside for information on some of our upcoming events and be sure to check our website for the most up to date information.

## The Family Resource Network, Inc. Mission & Purpose

### Mission Statement:

Individuals with special needs deserve every opportunity to achieve their unique potential. The Family Resource Network was founded by parents to enhance the lives of individuals with special needs and their families, empowering them to lead productive independent lives within the community.

### Purpose:

We want to make our community a better place through education and the enlisting of our citizens to bring services to those in need. We accomplish our mission through our core values.

We have been a vital part of our community for a number of years. We were founded to serve a growing segment of our community in need of inaccessible services. We have continued to grow with the help of our donors and volunteers that make our mission possible. Through all these years our purpose still remains the same: bring services to those in need.

### Family Resource Network Staff:

Skylar Collins: Youth Peer Advocate  
 Julie Dealing: Youth Peer Advocate  
 Terry Diluzio: Education Advocate  
 Barbara Finkelstein: FPA-YPA Supervisor  
 Mary Fralick: Family Peer Advocate  
 Valerie Harris: Family Peer Advocate  
 Karyn Kanzer: Family Peer Advocate  
 Darcy McElligott: Youth Peer Advocate  
 Jennifer Moore: Family Peer Advocate  
 Jessica Morton: Team Leader  
 Robin Piefer: FSS Supervisor  
 Joleane Robinson: Family Peer Advocate  
 Twyla Shaffer: Medicaid Billing  
 Kristin Winn: HR Supervisor  
 Michelle Zuk: Executive Director

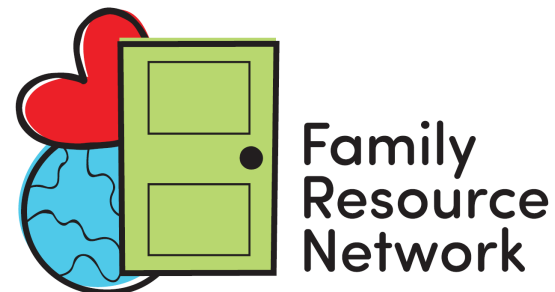
### Family Resource Network Programs:

#### Services for Families with OPWDD Eligibility

Education Advocacy  
 Intensive Advocacy Program  
 Enhanced Autism Trainings  
 Support Groups  
 Support to Community Groups  
 Family and Provider Trainings  
 Dragon Dates Program (Social Opportunities)  
 Service Access Program

#### Mental Health and Wellness Services

Family Peer Advocacy  
 Residential Family Peer Advocacy  
 Youth Peer Advocacy  
 Teen Scene  
 Monthly Parent Group  
 Southern Tier Chapter of Families Together in NYS



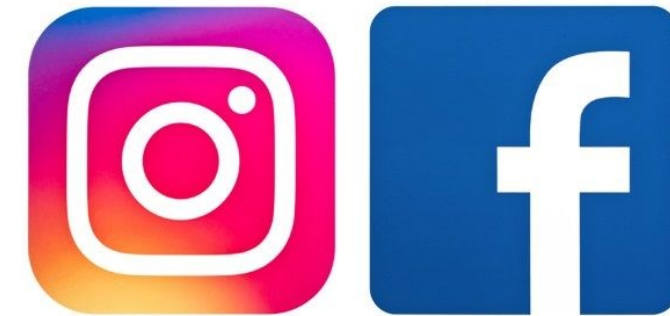
#### G & E Therapies

Summer Camp for Youth with Autism  
 After School Program for Teens with Autism-Social Skills Group (Geckos on the Go)

#### Legacy Resource Fund

Source of financial assistance

Keep up with the  
 Family Resource Network through our  
 Social Media Accounts!



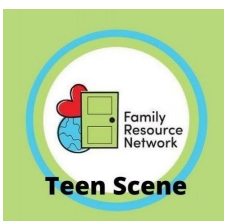
Find us on Facebook:  
 @familyrn

Find us on Instagram:  
 @family.resource.network

Interested in finding out more about our youth programming and upcoming Teen Scene events? Follow our Teen Scene pages on Facebook and Instagram!

Find us on Facebook:  
[www.facebook.com/FRNTeenScene](http://www.facebook.com/FRNTeenScene)

Find us on Instagram:  
 @\_frnteenscene\_



*Please join the Family Resource Network for our Virtual Nurturing Parenting Series:*  
**Nurturing Skills for Families-A Strength Based Approach to Positive Parenting**

The Family Resource Network will be offering a ten session course presented by our team of credentialed Family Peer Advocates and trained facilitators focusing on positive parenting of children birth-11 years of age.

The ten session, virtual workshops will meet on the following dates from 6:00pm-8:00pm via Zoom:

Wednesday, October 14  
 Wednesday, October 21  
 Wednesday, October 28  
 Wednesday, November 4  
 Wednesday, November 18  
 Wednesday, December 2

Wednesday, December 9  
 Wednesday, December 16  
 Wednesday, December 23  
 Wednesday, January 6  
 Wednesday, January 13\*  
 Wednesday, January 20\*  
 \*Make up sessions

The Nurturing Parenting Programs are a family-centered trauma-informed initiative designed to help caregivers build nurturing parenting skills and develop positive parenting techniques. The Nurturing Parenting Programs are designed to meet the family's needs based on their parenting strengths and weaknesses.

Instructors of the Nurturing Programs gather information from families in order to prepare tailored sessions. Assessments will gather information about participants' current life conditions, their childhood, their relationship with their partner, their relationship with their children, how much they already know about parenting, and the beliefs they have about raising children. The Family Resource Network strongly encourages participants to complete this assessment prior to the first meeting if possible.

What to expect if you participate in the Nurturing Parenting Series:

- The Nurturing Programs are family based interventions where parents and their children learn similar knowledge and skills for improving the quality of their lives.
- Built in assessment strategies allow facilitators and parents to chart the course of their successes.
- The flexibility within the structure of the programs allows facilitators to ensure the specific needs of families are being met.
- The nurturing philosophy of non-violent parenting focuses on the development of empathy, self-worth, self-awareness, empowerment, discipline with dignity, appropriate family roles and age-appropriate expectations of children's development.
- This 10 session course is geared towards families raising children from birth through 11 years old.

To find out more information or to register please call the Family Resource Network at 607-432-0001 and ask to speak with Kristin Winn.

## **Please Join the Family Resource Network for Our First Ever Virtual and 5th Annual Duck Derby!**

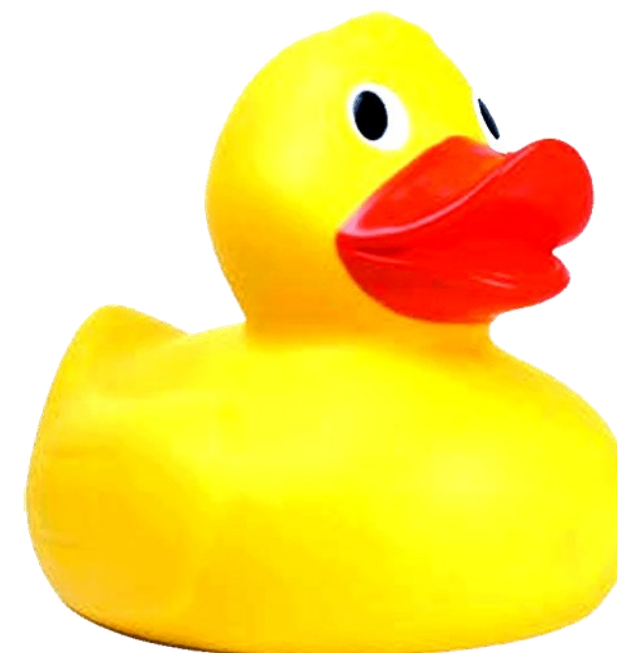
As a result of the COVID-19 pandemic the Family Resource Network has made the difficult decision to hold our 5th Annual Duck Derby Fundraiser as a virtual event. Our 2020 Duck Derby will be held on Giving Tuesday!

### **Tuesday, December 1st, 2020**

Virtual Duck Races will be held throughout the day so you can still cheer your Duck on! The Duck Derby will consist of multiple heats of duck races throughout the day. CASH PRIZES will be awarded to first place finishers in each race.

Ducks are being sold for \$5.00 each or 6 for \$20.00!

Thank you for your continued support and we hope to be able to see all of you again in person in June 2021 for our 6th Annual Duck Derby and Family Fun Day!!





***Please join the Family Resource Network for our  
September Dragon Dates Event-Apple Picking!***

**Middlefield Orchard  
2274 State Hwy 166  
Cooperstown, NY**



**Saturday, September 26, 2020  
1:00-3:00pm**

Enjoy an afternoon at Middlefield Orchard, picking apples and participating in other fun fall activities.

Family Resource Network will pay for up to 10lbs of apples per family and provide apple cider and donuts.

***Please Register by September 20th***

**\*\*\*Rain Date\*\*\***

**Saturday, October 3rd**

These events are for individuals with OPWDD eligibility living in the family home in Broome, Chenango, Otsego, Delaware, Tioga or Tompkins County. Parents/Caregivers must attend the events. Siblings are encouraged to come too!

\*\*\*Dragon Dates is funded through a grant from the Office for People with Developmental Disabilities (OPWDD). Self-directing families will need to add "Social Skills Group" to their budgets prior to attending. Please contact FRN for assistance adding this to your budget.\*\*\*

Registration for both events is required.

To register please call the Family Resource Network at (607)432-0001. Please have name, age, and TABS# of the individual with OPWDD eligibility, and total number of participants joining us. If leaving a message please provide a phone number that we can contact you at.

***\*Family Resource Network, Inc. is not responsible for supervision.\****

***Please join the Family Resource Network for our  
October Dragon Dates Bowling Event!***

**East Main Lanes & Lounge  
1 East Main Street  
Sidney, NY**



**Saturday, October 10, 2020  
1:30pm-3:30pm**

Enjoy an afternoon of fun at the Bowling Alley! Family Resource Network will pay for shoe rental and two games of bowling per family. A pizza lunch will be provided!

Masks will be required at all times unless you are seated at your assigned lane.

***Please register by October 14th***

These events are for individuals with OPWDD eligibility living in the family home in Broome, Chenango, Otsego, Delaware, Tioga or Tompkins County. Parents/Caregivers must attend the events. Siblings are encouraged to come too!

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## Teen Scene:

With the need for physical distancing, Family Resource Network Teen Scene will continue hosting virtual events via Zoom until further notice. The age range for these events has been expanded and these will be open to any school aged youth. We are excited to announce we will also begin hosting special in-person events when physical distancing is possible. Registration for all events is REQUIRED. To register please visit our website @ [www.familyrn.org](http://www.familyrn.org) and click on "News and Events" and then "Events Calendar".

### Upcoming Virtual Meetings and In-Person Events:

**Saturday, September 26th, 1:00pm-3:00pm @ Middlefield Orchard**

*Apple Picking!* Enjoy an afternoon at Middlefield Orchard, picking apples and participating in other fun fall activities. Family Resource Network will pay for up to 10lbs of apples per family and provide apple cider and donuts. Please register by September 20th.

**Monday, September 28th, 5:00pm-6:30pm via ZOOM**

*Virtual Scavenger Hunt*. With the start of school, the Family Resource Network Teen Scene has decided to move our meetings back to Monday evenings. Please join us for a fun virtual scavenger hunt as we ask participants to search their homes for various items! For tonight's ice breaker we ask you to bring 3 random objects from your home to our ZOOM meeting as well!

**Monday, October 26, 5:00pm-6:30pm via ZOOM**

*Virtual Cook-a-Long*. This will be our fourth virtual cook-a-long with Teen Scene! This time we will be focusing on tasty fall recipes including various pies, soups, chili and more! FRN Teen Scene will lead participants through various recipes including one that we will supply the ingredients for! Please register by Wednesday, October 21st in order to receive your free supply kit.

Questions? Call FRN at 607-432-0001 and ask for Kristin.

Please join the Family Resource Network for our September and October meetings of our  
**Lunch and Learn Series**

### Upcoming Meetings:

**Friday, September 18, 2020**

**11:30 am  
Online**

**Friday, October 16, 2020**

**11:30 am  
Online**

Our monthly Lunch and Learn Series is intended to connect our community to local resources, professionals, and leaders. We will present a different topic each month. September's topic is TBA. Please check our website and facebook page for additional details. For the Month of October John Cahill will be presenting on Adaptive Skiing and Snowsports.

*Registration is required.*

To register online, go to [www.familyrn.org](http://www.familyrn.org) and click on the News & Events link and the Event Calendar. To register by phone, call the Family Resource Network at 432-0001.

View upcoming events by visiting our website: [www.familyrn.org](http://www.familyrn.org) and click on the News & Events link and the Event Calendar.

\*\*\*\*This workshop is funded through a grant from the Office of People with Developmental Disabilities (OPWDD). Self-directing families will need to add "Training Groups" to their budgets prior to attending. Please contact FRN for assistance adding this to your budget\*\*\*

## Please Join the Family Resource Network for Our Online and Phone Family Support Groups:

At Family Resource Network, we recognize that during these difficult times, families of individuals with special needs are facing unique challenges and may feel even more isolated. While we can't meet in-person to support one another, we invite you to join us for online support groups. These will be conducted through Zoom Meetings, and families may participate online or by phone. We are offering these groups as an opportunity for families to form connections, support, and learn from each other.

We will be offering two groups per week: one morning and one evening.

*Registration is required.*

### Tentative Support Group Dates:

Tuesday, September 1 6:30 pm	Thursday, September 3 10:00 am
Tuesday, September 8 6:30 pm	Thursday, September 10 10:00 am
Tuesday, September 15 6:30 pm	Thursday, September 17 10:00 am
Tuesday, September 22 6:30 pm	Thursday, September 24 10:00 am
Tuesday, September 29 6:30 pm	Thursday, October 1 10:00 am
Tuesday, October 6 6:30 pm	Thursday, October 8 10:00 am
Tuesday, October 13 6:30 pm	Thursday, October 15 10:00 am
Tuesday, October 20 6:30 pm	Thursday, October 22 10:00 am
Tuesday, October 27 6:30 pm	Thursday, October 29 10:00 am

Dates may be adjusted based on interest and need as physical distancing regulations are lifted.

To register, go to [www.familyrn.org](http://www.familyrn.org) and click on "News and Events" and then "Events Calendar".

For questions, or to participate by phone, please call Robin at (607)287-6358.

\*\*\*Support Groups are funded by a grant from the Office of People with Developmental Disabilities. Self-directing families will need to add "training groups" to their budgets. Please contact Robin at (607)287-6358 for assistance adding this program to your budget.\*\*\*

## Upcoming Lay Advocacy Training: Functional Behavior Assessments and Behavior Intervention Plans presented by Kara Georgi

**Friday, October 9**  
**9:00am-11:00am**  
**Via ZOOM**

**About our Speaker:** Kara Georgi is the Parent Education Specialist for Starbridge Parent Training and Information Center. She offers support and information for families and professionals navigating the special education system in Cayuga, Tompkins, Onondaga, Cortland, Broome, Madison, Chenango, Otsego and Delaware Counties.

*Registration is required.*

To register online, go to [www.familyrn.org](http://www.familyrn.org) and click on the News & Events link and the Event Calendar. To register by phone, call the Family Resource Network at 432-0001.

\*\*\*This workshop is funded through a grant from the Office for People with Developmental Disabilities (OPWDD). Self-directing families will need to add "Advocacy" to their budgets prior to attending. Please contact FRN for assistance adding this to your budget.\*\*\*

