

The Family Resource Network, Inc.
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Oneonta, NY 13820

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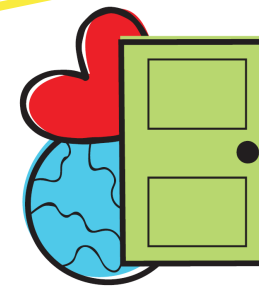
The Family Resource Network would like to thank everyone who purchased tickets for this year's Duck Derby that was held virtually on Giving Tuesday!

We would like to send out a special thank you to Neal Miller from Miller Financial Solutions for sponsoring this year's event!

Finally we would like to thank everyone who has given donations to our agency throughout the year, considering our cause worthy of your support among so many deserving non-profits in our community. We deeply appreciate your support!

connections

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



**Family
Resource
Network**

**January & February 2020
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2020 has been a very challenging year for so many as our community, our country and our world has been faced with the COVID-19 pandemic for almost a year now. From quarantining, physical distancing and remote learning to economic shutdowns, the additional burdens on our nations healthcare system and the threat to our personal health and safety, we are all struggling to navigate what many have dubbed the "new normal" for this year.

This being said, the Family Resource Network wants you to know we are still here to help. During these trying and challenging times we know our services are more important now than ever and we will continue to support our families and the communities we serve in every way possible.

At the beginning of 2020 we were challenged to find new ways to connect with youth and families that didn't involve the face to face and in-person meetings and events that have always been key elements of our service delivery. We are now able to safely and effectively provide family and youth peer advocacy services, education advocacy, conferences and trainings, parent support groups and parenting classes as well as our Teen Scene and Dragon Dates social skills programs virtually.

That being said, do virtual services pose challenges of their own? Of course. Do we miss being able to have the in-person interactions that our agency was built on? Absolutely! And we eagerly anticipate and await the time when we will all be able to gather together again! But, until that time comes, the Family Resource Network will do everything we can to support our families within the current restrictions we must follow to ensure the health and safety of our staff and families we serve.

As we enter into 2021, we are optimistic that the time will come where we will slowly be able to return to a normal where we can meet with youth and families in-person again, when our favorite events such as our Duck Derby Family Fun Day and Community Softball Game can be held again. However, until then the Family Resource Network will be here, helping navigate whatever the current "normal" is, and doing out best to empower those we serve to find the help and support they need!

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
 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
 Brooke Parmalee: Youth Peer Advocate
 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
 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

Find us on Instagram:
 @_frnteenscene_



Please Join the Family Resource Network for our Upcoming Workshop:

Bring Your Child's IEP Night:

With CSE season just around the corner, do you know what your child's IEP really says?

Wednesday, February 10, 2021

6:00-8:00 pm

Online

Our advocates will walk you through the NY State IEP and discuss what each section means. If you'd like, bring a copy of your child's IEP and follow along. Advocates will be available at the end of the presentation for individual questions and consultations. Learn about:

- IEP Classifications
- Present Levels of Performance
- Where in the IEP are YOUR concerns included
- SMART Goals
- Testing Accommodations
- Transition Plans
- And more...

Registration is required. To register online, go to www.familyrn.org and click on "News and Events" and then "Events Calendar". For assistance with registration or for questions about this workshop, please call Terry at (607)287-3816.

****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 and adding this to your budget.***



SAVE THE DATE

Be on the lookout for information about the next session of **Nurturing Parenting Classes** the Family Resource Network will be offering this Spring.

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 areas where additional support is needed and are facilitated by our team of trained and credentialed Family Peer Advocates.

If you have questions about the program or to find out how to register for the 10 week course being offered this Spring please call the FRN @ 607-432-0001 and ask for Kristin

Please join Family Resource Network for a workshop on:
Service Dogs, Therapy Dogs, and Emotional Support Animals

Representatives from the ARC Ontario Therapy Dog Training Program will discuss:

- The differences between service animals, therapy animals, and emotional support animals
- What legal protections does each kind of animal have?
- How are these animals trained?
- Is a service or support animal right for your family?

Date and Time TBA

Please check our website and facebook page for updates Online

Registration is required.

To register online, go to www.familyrn.org and click on "News and Events" and then "Events Calendar". For assistance with registration or for questions, please call Terry at (607)287-3816.

This workshop is funded through a grant from the Office for 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.

Teen Scene and Dragon Dates Combined Events: January & February

To highlight our Fitness Challenge, for the Month of January all of our events will be based around the theme of Health and Fitness! You do NOT have to be a part of the challenge to register but if you are you can earn extra raffle tickets by participating in these weekly events!

Upcoming Virtual Meetings :

Tuesday, January 5th, 5:00pm-6:30pm via ZOOM

Active BINGO. Join us for virtual BINGO...with a fun twist! Each Letter/Number combination has an exercise associated with it. If a letter/number combination is called and you can put a chip on that combination – you will do the exercise associated with it. Prizes will be given to the first person to get BINGO in each round.

Monday, January 11th, 5:00pm-6:00pm via ZOOM

Yoga! We are so excited to have Kelly Morrissey from the Oneonta Family YMCA lead us in a virtual Yoga class! Yoga is the practice of physical exercise, breath control, relaxation, and meditation aimed at developing harmony in the body, mind, and environment. It is best to do yoga on an empty stomach or having allowed the body to digest for 1½ hours prior to practice. This will alleviate stomach upset. Don't forget to have water with you too!

Tuesday, January 19th, 5:00pm-6:30pm via ZOOM

Virtual Cook-a-Long. Join Teen Scene for a virtual cooking class.

This month we will be focusing on healthy meals and snacks! Participants will be guided through various recipes including two (Garden Salad and Wraps) that we will supply the ingredients for! Please register by Wednesday, January 13th in order to receive your free supply kit.



Monday, January 25th, 5:00pm-6:30pm via ZOOM

Taekwondo! We are so excited for our second guest instructors of the month! Levi and Brooke will be guiding youth through the basics of stretching, breathing, the tenets of Taekwondo and the proper form for punching and kicking. Levi is a former Taekwondo student and is excited to help youth learn more about the martial art. Levi began taking Taekwondo lessons and a child to learn how to control his breathing and prevent asthma attacks. Brooke is one of our youth peer advocates and will be assisting Levi in teaching the basics of Taekwondo. They are very excited to be bring this opportunity to Teen Scene and can not wait to get started!

Wednesday, February 10th, 5:00-6:30pm via ZOOM

Virtual UNO! Have a fun family game night at home in the company of friends from FRN through virtual UNO! We will be playing multiple hands of UNO! Prizes will be given for the winner of each round.



With the need for physical distancing, Family Resource Network Teen Scene and Dragon Dates will continue hosting virtual events via Zoom until further notice. The age range for **Teen Scene** events has been expanded and these will be open to any school aged youth.

Dragon Dates events are for individuals with OPWDD eligibility living in the family home in Broome, Chenango, Otsego, Delaware, Tioga or Tompkins County.

Registration for all events is REQUIRED. To register please visit our website @ www.familyrn.org and click on "News and Events" and then "Events Calendar".

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

Please Join the Family Resource Network Teen Scene for a workshop on:
Getting Organized-A Fresh Start for a New Year!

Do you struggle with keeping track of all your obligations, appointments, assignments, extracurricular activities, etc? This month we have a special training targeted at our older youth (ages 12-19) to help you get organized!

Monday, February 22nd
5:00-6:30pm
Via ZOOM

During the workshop participants will:

- Gain tools for prioritizing commitments and responsibilities
- Learn how to utilize a planner to keep track of homework, appointments, events, extracurricular activities and more!
- Learn ways to effectively take and organize notes to study more efficiently.
- And more!

Everyone who registers will also be able to chose from 3 options for their very own planner to put into practice tools they have gained during the workshop!

Registration is required

To register please visit our website @ www.familyrn.org and click on "News and Events" and then "Events Calendar".

For more information or to register by phone please call
 FRN @ 607-432-0001 and ask for Kristin

Please join the Family Resource Network for our January and February meetings of our
Lunch and Learn Series

Upcoming Meetings:

Friday, January 15, 2021
11:30 am
Online

Friday, February 19, 2021
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. For the month of January Family Resource Network staff will present on the many programs that the agency has to offer. February's presenter and topic are TBA. Please check our website and facebook page for additional details.

Registration is required.

To register online, go to 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 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, January 5 6:30 pm	Thursday, January 7 10:00 am
Tuesday, January 12 6:30 pm	Thursday, January 14 10:00 am
Tuesday January 19 6:30 pm	Thursday, January 21 10:00 am
Tuesday, January 26 6:30 pm	Thursday, January 28 10:00 am
Tuesday, February 2 6:30 pm	Thursday, February 4 10:00 am
Tuesday, February 9 6:30 pm	Thursday, February 11 10:00 am
Tuesday, February 16 6:30 pm	Thursday, February 18 10:00 am
Tuesday, February 23 6:30 pm	Thursday, February 25 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 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.

Please join the Family Resource Network for a workshop on: **Social Stories**

Date: Wednesday, January 27

Time: 6-8 pm

Online

Presenter Robin Buchman will discuss:

- What is a social story?
How to use social stories
- How to write a social story for your loved one
- Registration is required.

To register online, go to www.familyrn.org and click on "**News and Events**" and then "**Events Calendar**". For assistance with registration or for questions, please call Terry at (607)287-3816.

This workshop is funded through a grant from the Office for 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.

Join the Family Resource Network Teen Scene this May for our: **Coping Skills Challenge**

May is Mental Health Awareness Month. We thought this would be the perfect time for a fun challenge that would help us foster our coping skills, practicing those we already use as well as implementing and experimenting with other healthy ways to deal with stress and challenges we face each day.

**For more information or to find out how to register now call FRN
@ 607-432-0001**