

The Family Resource Network, Inc.
46 Oneida Street
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@familyrn



@family.resource.network

Although we have not picked out a date for our 2021 event, the Family Resource Network is excited to be hosting our 6th Annual Duck Derby sometime this Summer or Fall!

If you or your agency is interested in finding out how to sponsor this event please reach out to the Family Resource Network at 607-432-0001 for more information.

connections

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



**Family
Resource
Network**

**March & April 2021
in this issue:**

Upcoming Teen Scene & Dragon Dates Event p. 4 & 13

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Upcoming Workshop: Guardianship p. 11

Over the past year, a lot has changed for Teen Scene and in the lives of our participants. Teen Scene has transitioned to virtual events to ensure our participants, their families, and our staff are able to remain safe during these times.

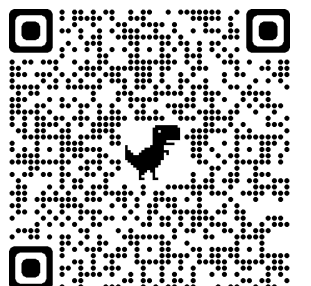
Staff understand the challenges that youth are facing with less opportunities to socialize due to the need for physical distancing. With that being said, Teen Scene is now open to all school aged youth with hopes that our events can support more youth to continue to feel connected to others.

Teen Scene Staff are currently in the planning phase for our second month long challenge. We are very excited for what is coming up in the next few months! We are thankful for all our participants who have stayed with us through the virtual transition and everyone who has joined us along the way.

Here are some photos to highlight what we have done in the past few months and the fantastic participation we have had:



As we are continuing to get new participants in our events, we want to ensure we are continuing to ask for your feedback on our events and ideas for upcoming events. Please follow the QR Code to complete a survey to tell Teen Scene Staff what topics, activities, or themes you are interested in seeing in our events for the remainder of 2021!



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.

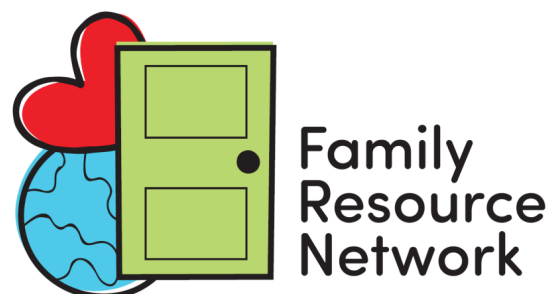
Purpose:

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:

Heather Cotten: Family Peer Advocate
 Terry Diluzio: Education Advocate
 William Drew: Education Advocate
 Barbara Finkelstein: FPA-YPA Supervisor
 Mary Fralick: Family Peer Advocate
 Karyn Kanzer: Family Peer Advocate
 Darcy McElligott: Youth Peer Advocate
 Jennifer Moore: Family Peer Advocate
 Brooke Parmalee: Youth Peer Advocate
 Robin Piefer: FSS Supervisor
 Joleane Robinson: Family Peer Advocate
 Twyla Shaffer: Medicaid Billing
 Kristin Winn: HR Supervisor/Program Coordinator
 Michelle Zuk: Executive Director



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

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

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_



Rescheduled

Please join the Family Resource Network for our upcoming training:
IDEA: An Overview

Friday, May 7th
 9:00am-12:00pm
 via ZOOM

Children who have disabilities are entitled to appropriate, individualized, educational services that meet their unique learning needs. This workshop will explain the history and provisions of the Individuals with Disabilities Education Act (IDEA) and the Family Education Rights and Privacy Act (FERPA), two federal laws that govern education for students with disabilities. Families, educators, and human service professionals will learn about children's rights, how children qualify for special education services, and how these services may be delivered.

Participants will:

- Gain information on the history and provisions of the Individuals with Disabilities Education Act (IDEA)
- Understand the rights protected by the Family Education Rights and Privacy Act (FERPA)
- Know where to find state regulations online

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 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.



The Family Resource Network would like to recognize all of its staff for the hard work and effort they have put in over the past year when it has come to adapting the services we provide to families. With the outbreak of the Covid-19 pandemic last March, almost all of our service delivery had to be immediately transitioned to virtual and remote. From the beginning our staff have been dedicated to making this transition as seamless as possible to families and still providing the same quality and level of support. We want them to know how much everything they do on a daily basis is appreciated and that what they have been able to accomplish over the past year by continuing to help the families we serve in this capacity has been no easy feat! With that being said, the Family Resource Network will be individually recognizing a staff person each month with the "Quacktastic" Award as a special thank you!

Congratulations to Darcy McElligott, YPA!

Recipient of the Quacktastic Award in recognition of her hard work, dedication and determination!

Darcy is a professional by all standards, and has the ability to connect to anyone from any group, race, age, or creed. Darcy has shown terrific progress in delivering positive outcomes with the youth she supports through Youth Peer Support by promoting Self-Advocacy, efficacy and achievement. As well as her participation and support to all Youth attending the Teen Scene group activities she co-facilitates. Darcy is stellar at representing the Family Resource Network in the community!

FRN has received positive feedback from our community leaders about Darcy's contribution and participation during provider meetings, school meetings, community services meetings, and System of Care Collaboration. Darcy is very articulate when sharing and describing the work she is doing with the Youth we serve, to which her passion is so noted.

Role Model!

Darcy is a positive Role Model to all, particularly for our newer staff! Darcy will work in Collaboration with her Supervisor to provide necessary Peer Mentorship with the utmost respect and encouragement to her Peers.

Recognition:

Darcy never expects special recognition, she just does her job to the best of her ability! Though this month we would like to give the much deserved and earned special recognition to Darcy McElligott, Youth Peer Advocate.

Thank you Darcy for all you do to support the Youth we serve and for being an exemplary Staff Member!



Teen Scene and Dragon Dates Combined Events: May & June 2021

With the need for physical distancing, Family Resource Network Teen Scene and Dragon Dates will continue hosting virtual events via Zoom until further notice.

Upcoming Virtual Meetings :

Throughout the month of May, FRN will host events that are related to our theme of mental health and coping skills. Registered youth can attend the weekly Teen Scene/ Dragon Dates events to participate in discussions and activities that can count towards their participation in the Coping Skills Challenge for that day. **However, anyone can participate in the May Teen Scene events even if they are not registered for the Coping Skills challenge.**

Teen Scene and Dragon Dates events for the month of May are:

Monday, May 4th, 5:00-6:30pm via ZOOM

Creatively Coping with Stress: Star Wars Directed Art. Get artsy with FRN as our special guests, Jeffrey and Eli, lead the group in creating selected art pieces. As the event is being held virtually, the art will be demonstrated with a variety of mediums which we hope you can find within your own home. Some ideas are acrylic paint, watercolor, crayons, colored pencils, colorful pens, markers or mixed media. Come prepared with your selected supplies! We do request for you to have a pencil/pen and paper to participate in the ice breaker where Jeffrey will guide you through an easy Grogu (Baby Yoda) sketch. And don't forget to brush up on you Star Wars trivia, throughout the event we will have a bunch of fun trivia to go through!

Wednesday, May 12th, 5:00-6:30pm via ZOOM

Relieving Stress Through Physical Activity. FRN is excited to hold a second Taekwondo event with returning guest Levi! At the last event, Levi walked participants through the basic steps of Taekwondo. This time, Levi will review the proper stretching, breathing and form. Then, walk participants through the next steps in the Taekwondo sequence!

Monday, May 17th, 5:00-6:30pm via ZOOM

Pet Show and Tell! We all always love it when our furry friends sneak into our Zoom meetings with us so we figured why not have an entire event showcasing them! As spending time with animals and pets can be a great way to destress after a hard day, we thought this was the perfect time to talk about our pets and share some of our favorite things about them with our friends from FRN!

Wednesday, May 26th, 5:00-6:30pm via ZOOM

Coping Skills BINGO: Join us for virtual BINGO...with a fun twist! Each Letter/Number combination has a scenario associated with it. If a letter/number combination is called and you can put a chip on that combination – you will pick a coping skill that you would use in that situation. This will give everyone an opportunity to think about and apply some things they have learned over the month as well as discuss what works best for them! Prizes will be given to the first person to get BINGO in each round.

Wednesday, June 9th, 5:00pm-6:30pm via ZOOM

Transplanting and Beginning Our Gardens Outdoors. Join FRN for of our virtual gardening series! It is now time to transition our plants to the outdoors. Some of you may be using raised beds/buckets/pots while others may choose to transplant your plants directly into the ground. We will go over both, as well as talk about some other plants you may want to start directly from seeds now! Leading up to this event you will want to acclimate your baby plants to the outdoor environment. Each day for about a week prior to this event (weather permitting...don't put them out if its overly windy, raining really hard) place your plants outdoors in natural sunlight for several hours. More detailed instructions will be provided on this process will be provided at the time of registration.

If you did not participate in part one or two or your baby plants didn't grow as expected, that's ok! You can still participate in this event!

****In order to receive the free supply kit prior to event participants must register by May 26th****

Monday, June 14th, 5:00 –6:00pm via ZOOM

CDO Workforce! The Family Resource Network Teen Scene Staff are excited to host the Transitions Through High School and Beyond Series. Throughout the series, the Family Resource Network will collaborate with various community organizations to bring helpful information to our participants. Join the Family Resource Network and special guests Alan and Kathy for our first event with a presentation on CDO Workforce Out-of-School Youth Services and Summer Youth Employment Program.

- Career Guidance
- Work-Readiness Training/Work Experience
- Supportive Services
 - Transportation assistance (to include obtaining your driver's license)
 - Work-related clothing and tools assistance
- Leadership Development
- Free On-Line and Classroom Job Training and Job Bank.
- High School Equivalency Diploma (HSED) Preparation
- Summer Youth Employment is available for youth ages 14 to 20 both in-school and out of school. (family income guidelines apply)
- Incentives: receive financial rewards as you complete steps to reach your employment goal

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

Virtual Cook-a-Long! We are excited to host another virtual cooking class. During our last cooking event we had a request for a Carnival Themed Menu and we thought what better time to make Fair foods than the summer! Participants will be guided through various Fair themed recipes such as fried dough and other fried treats, flavored popcorn and candied apples and will have the opportunity to create some treats with us. Please register by Tuesday, June 22nd in order to receive your free supply kit.

The age range for **Teen Scene** events has been expanded and these will be open to any school aged youth in Otsego, Delaware and Chenango County.

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 (607) 287-3264 and ask for Brooke

Please Join the Family Resource Network for our upcoming Lay
Advocacy Training:
Documenting Regression and Gains

Friday, June 4, 2021
9:00- 11:00 am
Online

This workshop is an opportunity to review your child's gains or regression and see where they are at in meeting their goals, as well as how to work with your child's school team to make forward progress.

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 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.****



Please Join the Family Resource Network for our upcoming Series:
Virtual Transition Nights

Wednesday, May 12 6:00-8:00 Planning for Transition Online

Wednesday, May 19 6:30-8:30 College Night Online

Wednesday, May 26 6:00-8:00 Transition Services and Adult Services Night Online

Transition from high school to the adult world can be an exciting, scary, and sometimes confusing time. Join Family Resource Network for this three night event to learn about:

Pathways to Graduation
The transition process
Services and Supports available to adults with disabilities
Disability supports offered by college programs
Skill building transition programs
Traditional adult services

This series is intended for high school aged students, young adults, and their families, but anyone who is interested is welcome to register. Each night will include presentations and opportunities to speak with representatives from different organizations.

Registration is required. To register, visit www.familyrn.org and click on "news and events" and then "event calendar. For questions or assistance with registration, please contact Will at (607)353-2551.

****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.****

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, May 4 6:30 pm	Thursday, May 6 10:00 am
Tuesday, May 11 6:30 pm	Thursday, May 13 10:00 am
Tuesday, May 18 6:30 pm	Thursday, May 20 10:00 am
Tuesday, May 25 6:30 pm	Thursday, May 27 10:00 am
Tuesday, June 1 6:30 pm	Thursday, June 3 10:00 am
Tuesday, June 8 6:30pm	Thursday, June 10 10:00 am
Tuesday, June 15 6:30 pm	Thursday, June 17 10:00 am
Tuesday, June 22 6:30 pm	Thursday, June 24 10:00 am
Tuesday, June 29 6:30 pm	

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 Terry at (607)287-3816.

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 Our Self Care Workshop for Parents and Caregivers: Chair Yoga

**Monday, June 7, 2021
6:30 p.m. to 7:30 p.m.
Via Zoom**

Chair yoga is a gentle practice with the support of a sturdy kitchen chair which can be done anywhere. You will be taken through a sequence of poses, seated & standing, to increase range of motion & build strength in muscles including those surrounding joints.

Breath work will be included to promote a deeper sense of relaxation and improve lung capacity. Practice will be followed by a cooldown period including 4 minutes of progressive relaxation and a few minutes of final relaxation (Savasana).

It is important during these last few minutes of class to avoid as many distractions as possible to receive full benefit.

You will walk away feeling relaxed, refreshed, and rejuvenated.

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!



ABOUT OUR INSTRUCTOR Kelly Morrissey

Kelly Morrissey has been teaching yoga since 2011. She is a Yoga Alliance 200 hour Registered Yoga Teacher as well as an ACE Certified Personal Trainer, an ACE Fitness Nutrition Specialist, and Silver Sneakers instructor. Kelly has been working in various capacities at the Oneonta Family YMCA since 2006. For some side yoga fun Kelly has been teaching Goat Yoga at the Gilbertsville Farm House, in Gilbertsville, for the past 5 years. In her spare time Kelly enjoys gardening, cooking, hiking, time with her family, and caring for her cat and 7 guinea hens.

This event is FREE for individuals with OPWDD eligibility and their family members. Individuals with OPWDD eligibility must be living in the family home in Broome, Tioga, Tompkins, Chenango, Otsego or Delaware County.

REGISTRATION IS REQUIRED:

To register please go to www.familyrn.org and click on the News & Events and Calendar Events

For questions please call Terry at (607)287-3816.

***Training and workshops 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.

Looking Ahead: Teen Scene and Dragon Dates Events and Ideas for the Summer

Monday, July 12th, 5:00-6:30pm

Virtual BINGO! Have a fun family game night at home in the company of friends from FRN through a virtual BINGO game! We will be playing multiple rounds. All family members are encouraged to join in! Prizes will be given to the first person to get BINGO in each round.

Wednesday, July 28th, 5:00-6:30pm

Open Mic Music Night. Tonight participants will have the chance to share their musical interests with their friends from our Teen Scene and Dragon Dates programs! Those youth who are comfortable performing will have the opportunity to play an instrument or sing a song they would like to showcase to the group. Participants can also use this event as an opportunity to pick a song that is meaningful to them (recorded by a musical artist) and talk about why it is significant and special to them.

Reality Check TBD

Tobacco Free Communities Delaware, Otsego & Schoharie a New York State Department of Health grant funded program of St. Peters Health Partners, educates and mobilizes community members around the problems that tobacco addiction causes in local communities and helps decision makers understand the types of choices that they have to address these problems. Reality Check is a youth led adult supported program of TFC-DOS that elevates the youth voice in this process by highlighting the importance of community action through peer education, community action and civic engagement.

Potential events for August:

Blueberry Picking at a local patch. We have missed seeing members of our Teen Scene and Dragon Dates Programs in person! We are hoping to schedule an in person event where safe physical distancing measures can be followed to host one of our first events of this nature in almost a year! Early August in upstate NY is a great time for Blueberry picking and we have some awesome places close to home to choose from!

Virtual Cook-a-long/Harvesting Event. Now that our gardens are yielding produce that is ready to eat we thought the end of August would be a great time to share some of our favorite recipes and canning techniques to use some of these fresh veggies in!

If you have other ideas for events this Summer/Fall please email YPA Brooke at bparmalee@familyrn.org...we would love to hear what you have in mind!

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 Thursdays from 6:00pm-8:00pm via Zoom:

Thursday, June 24
Thursday, July 1
Thursday, July 8
Thursday, July 15
Thursday, July 22
Thursday, July 29

Thursday, August 5
Thursday, August 12
Thursday, August 19
Thursday, August 26
Thursday, September 2*
Thursday, September 9*
*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 Leslie.

Please join Family Resource Network's Teen Scene this May for our first ever 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.

Participants will be provided all the supplies they need to make their own stress balls upon registering, as well as, a binder full of information, activities and worksheets to keep track of the coping skills they are utilizing throughout the month!

This event is open to all school aged youth. In the case that there are multiple youth in one household participating, a registration form must be completed individually for each youth.

IF REGISTERING AFTER 4/19/21 YOU WILL NOT RECEIVE THE BINDER, BUT WILL BE PROVIDED A DIGITAL COPY

To register online please follow the link below:
<https://forms.gle/GAz7xvrcWPLegSP1A>

There will be prizes awarded to each youth who reaches the goals of 10, 20, and 31 days of coping skills. There will be a calendar to document the coping skills completed within the binder that will need to be signed by a parent/guardian and returned to the Family Resource Network at the end of May. Once Teen Scene staff is able to review the coping skills calendars prizes will be sent out.

The Family Resource Network is excited for the events and activities we have planned to go along with our Coping Skills Challenge! Please consider joining us for one, some or all of these upcoming events. For event descriptions please see page 4:

Tuesday, May 4th, 5:00-6:30pm via ZOOM
Creatively Coping with Stress: Star Wars Directed Artwork

Wednesday, May 12th, 5:00-6:30pm via ZOOM
Relieving Stress Through Physical Activity: Taekwondo with Levi

Monday, May 17th, 5:00-6:30pm via ZOOM
Pet Show and Tell!

Wednesday, May 26th, 5:00-6:30pm via ZOOM
Coping Skills BINGO

If you would like more information or have any questions, please contact the Family Resource Network at 607-432-0001.

Please join the Family Resource Network's Teen Scene for a Workshop Series Focusing on

Transitions Through High School and Beyond!

This summer and fall FRN Teen Scene is excited to be offering a virtual series to our older youth! This series will focus on the decisions and transitions youth face and experience throughout their high school career and beyond! Potential topics and options to be covered include:

- **Getting a job/internship**
- **Trade schools**
- **College**
- **Building your perfect resume**
- **And More!**

We will be inviting community members who specialize in these areas to lead discussions and activities about each topic and answer any questions you may have! If there is any particular transition topic you are interested in learning more about or if you are a community member interested in leading a workshop for local youth about one of these topics please email YPA Brooke @ bparmalee@familyrn.org for more information! As these workshops will be focusing on topics appropriate for Transition Aged youth these workshops will be for individuals 14-21 years of age.

The Family Resource Network Teen Scene is excited to be partnering with the CDO Workforce for the first workshop in our Transition Series!

Monday, June 14th, 5:00 –6:00pm via ZOOM
CDO Workforce! Out-of-School Youth Services and Summer Youth Employment Program.

Reality Check TBD

The problems tobacco addiction causes to you and your community

For a description of these event see page 4.

If you would like more information or have any questions, please contact the Family Resource Network at 607-432-0001.