

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:

Self-Care for the Caregiver

Nurturing Parenting: STRESS - Coping, Calming, and the Brain

Lay Advocacy: School Avoidance and Anxiety presented by Kara Georgi

connections

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

September-October 2021
in this issue:

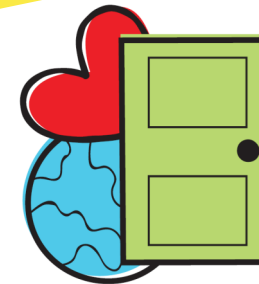
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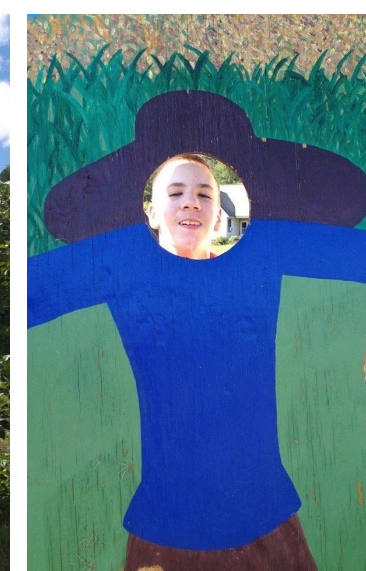
Lay Advocacy Training: School Avoidance and Anxiety p. 10



**Family
Resource
Network**

Happy Fall!

We hope everyone enjoyed their summer and were able to take advantage of the beautiful weather! The Family Resource Network is excited to announce that we will begin to resume our Teen Scene programming this September. In addition, while the weather is still nice we have planned some in-person, outdoor events throughout the fall. We are looking forward to our Annual Apple Picking Event at Middlefield Orchard which will be open to members of both our Teen Scene and Dragon Dates programs. We also have a nature walk and scavenger hunt as well as a pumpkin decorating event planned! We encourage you to look inside for details about these upcoming, in-person events as well as many other trainings, workshops and online youth events we have scheduled for September and October.



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.

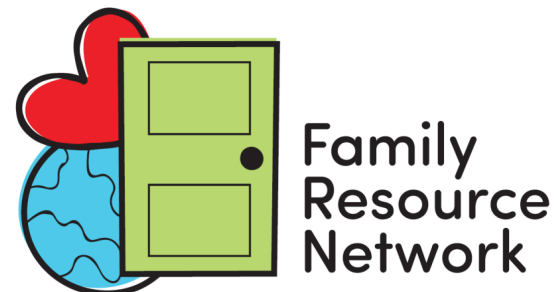
Purpose:

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
 Jennifer Moore: Family 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:

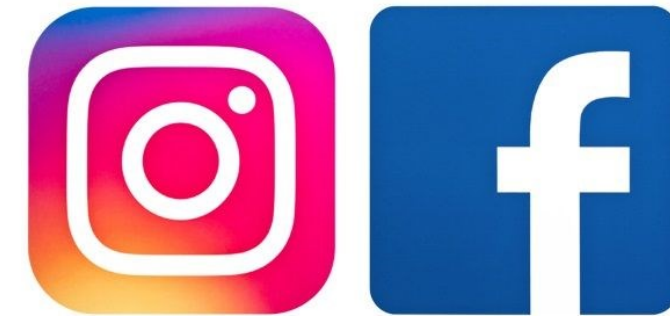
Services for Families with OPWDD Eligibility

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!



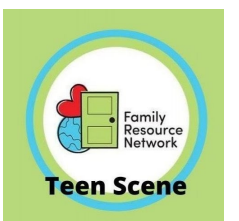
Find us on Facebook:
 @familyrn

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_



Please Join the Family Resource Network for a Lay Advocacy Training on:
School Avoidance and Anxiety with Speaker Kara Georgi

Wednesday, September 22nd

9:00am-11:00am

Via ZOOM

Anxiety is a natural part of childhood, but when anxiety gets in the way of a child's ability to learn, families may need support and services through the Committee on Special Education.

During the workshop participants will learn how to collaborate with your child's school and identify what supports and services may be available through your school and community for a child who has anxiety.

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.

Join the Family Resource Network for a Free Workshop on:
Self-Care for the Caregiver

Wednesday, September 29th

10am-12pm

Online via Zoom

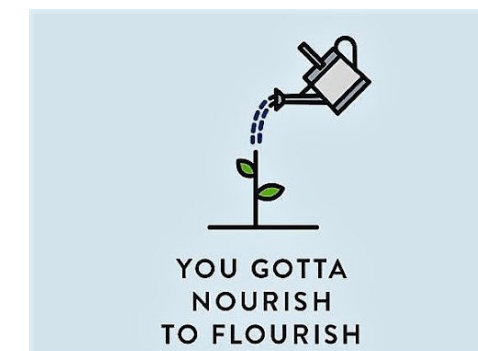
Let's face it: We're all pretty busy these days. You may think you don't have any time for self-care, but that's not true!

Join the staff of the Family Resource Network for a workshop dedicated to caregivers and parents on the go where we will discuss Do It Yourself (DIY) self-care strategies and activities that don't require much time or planning. The topics we discuss will center on practices that will help you re-energize, refocus, and hopefully get you motivated to take on your day-to-day life with a positive mindset!

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 "Training Groups" to their budgets prior to attending. Please contact FRN for assistance adding this to your budget.



Pumpkin Painting and Decorating with FRN

In Person Event!



**Wednesday, October 6th
5:00-6:30pm
Wilber Park
(Upper Level in the Large Pavilion)
Oneonta, NY**



While the weather is still nice the Family Resource Network is excited to offer another outdoor in-person event! Please join FRN and your friends from Teen Scene and Dragon Dates for an evening of arts and crafts! We will be painting pumpkins as well as doing another fun fall themed project. Each participant will get to paint and keep one pumpkin as well as one other make and take craft. A pizza dinner will be provided.

Please Register by October 1st

Registration is REQUIRED.

To register please visit our website @ www.familyrn.org and click on "News and Events" and then "Events Calendar". To register by phone or for additional information please call FRN @ 607-432-0001

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

Dragon Dates events are for the families of individuals with OPWDD eligibility living in the family home in Broome, Chenango, Otsego, Delaware, Tioga or Tompkins County. Self-directing families will need to add "Social Skills" to their budgets before attending. Please contact Robin at (607)287-6358 for assistance adding this program to your budget.

Masks will be required. We are also requiring the 6 feet Social Distancing Rule from the CDC.GOV website when we are in a group.

Come join the Family Resource Network's Teen Scene and Dragon Dates Programs for our Annual Apple Picking Event!



Saturday, September 25, 2021

1:00-3:00pm

*****Rain Date*****

Saturday, October 2nd

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

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 24th

Registration is REQUIRED. To register please visit our website @ www.familyrn.org and click on "News and Events" and then "Events Calendar". To register by phone or for additional information please call FRN @ 607-432-0001

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

Dragon Dates events are for the families of individuals with OPWDD eligibility living in the family home in Broome, Chenango, Otsego, Delaware, Tioga or Tompkins County. Self-directing families will need to add "Social Skills" to their budgets before attending. Please contact Robin at (607)287-6358 for assistance adding this program to your budget.

Masks will be required when the group is together but may be removed while we spread out picking apples. We are also requiring the 6 feet Social Distancing Rule from the CDC.GOV website when we are in a group.

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 7 6:30 pm | Thursday, September 9 10:00 am |
| Tuesday, September 14 6:30 pm | Thursday, September 16 10:00 am |
| Tuesday, September 21 6:30 pm | Thursday, September 23 10:00 am |
| Tuesday, September 28 6:30 pm | Thursday, September 30 10:00 am |
| Tuesday, October 5 6:30 pm | Thursday, October 7 10:00 am |
| Tuesday, October 12 6:30pm | Thursday, October 14 10:00 am |
| Tuesday, October 19 6:30 pm | Thursday, October 21 10:00 am |
| Tuesday, October 26 6:30 pm | Thursday, October 28 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 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 Upcoming Workshop: **STRESS - Coping, Calming, and the Brain**

The Family Resource Network will be offering this single session workshop presented by Robin Piefer and Terry DiLuzio, trained Nurturing Parenting facilitators focusing on positive parenting of children diagnosed with special needs and/or health challenges.

Parents will learn:

- About stress, brain development and how stress affects the brain
- How our children with special needs and health challenges are affected by stress/stressors
- How parents can model ways of coping and calming

Date: Wednesday, October 13, 2021

Time: 9:30 a.m. to 11:30 a.m.

Via ZOOM

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)438-3978.

The Nurturing Program for parents and Their Children with Special Needs and Health Challenges is designed to help families explore their hopes and fears, develop effective parenting skills, enhance communication, develop strategies for facing challenges and recognize opportunities for celebration and growth.

This is an interactive workshop and participants are encouraged to keep their cameras and microphones on during the session with the presenters. We do understand that everyone has different comfort levels when it comes to the use of video conferencing.

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 Upcoming Dragon Dates event:
Nature Walk, Crafts & Scavenger Hunt!

Join us for a fun late summer nature walk, crafting session, and scavenger hunt at the scenic Keith Clark Park on River Street in Sidney!

Saturday, September 11th
1:00pm-4:00pm
Keith Clark Park
70 River Street
Sidney, NY

We've secured the use of the large pavilion next to the playground so participants can sit in the shade or walk/stroll along the small paved path or larger dirt path nature walks. We also have a nature themed scavenger hunt and fall themed crafts to keep the entire family entertained!

This FREE event is 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!

Registration is Required.

To register by phone please call Will Drew at (607) 353-2551. Please have name, age, and TABS# of the individual with OPWDD eligibility, as well as total number of participants joining us. If leaving a message please provide a phone number that we can contact you at.

****This workshop is funded through a grant from the Office of People with Developmental Disabilities (OPWDD). Self-directing families will need to add "Social Skills Groups" to their budgets prior to attending. Please contact Robin Piefer at (607) 287-6358 for assistance adding this to your budget***

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

Masks will be required when the group is together. We are also requiring the 6 feet Social Distancing Rule from the CDC.GOV website when we are in a group.

Teen Scene and Dragon Dates Combined Events: September & October

With the need for physical distancing, Family Resource Network Teen Scene and Dragon Dates will continue hosting virtual events via Zoom . When the weather permits and we are able to safely meet outdoors we are excited to offer in-person events as well!

Upcoming Meetings:

Monday, September 20th, 5:00pm-6:30pm via ZOOM

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.

Saturday, September 25th, 1:00pm-3:00pm

Apple Picking @ Middlefield Orchard...See pg 9 for details.

Wednesday, October 6th, 5:00pm-6:30pm

Pumpkin Painting @ Wilber Park...See pg for details.

Monday, October 18th, 5:00pm-6:30pm via ZOOM

Virtual cook-a-long! The Family Resource Network is excited to be able to offer another virtual cook-a-long! This time we will be putting our own fun spin on the popular folktale "Stone Soup"! FRN Teen Scene will lead participants through two recipes, including a vegetable soup and a desert that we will supply the ingredients for! Please register by Wednesday, October 13th 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 FRN at 607-432-0001 and ask for Kristin.