

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

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@family.resource.network



**SUPPORT A
NON-PROFIT
NEAR YOU**

**GIVE BACK TO THE
COMMUNITY!**

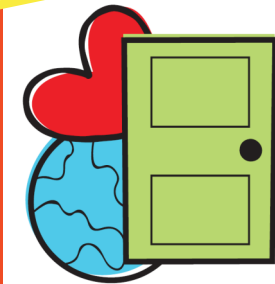
We will receive a \$1 donation for every \$12.00
Bloomin' 4 Good Bouquet with the red circle
sticker sold this month at our local Hannaford.



**Happening this December at the Oneonta
Hannaford!**

connections

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



**Family
Resource
Network**

**November-December 2021
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The Family Resource Network is so happy we were able to offer several in-person events this fall! It was a pleasure to be able to safely gather with our youth and families during our Nature Walk in Sidney, Apple Picking at Middlefield Orchard and Pumpkin Decorating activity at Wilber Park! In addition to our ongoing virtual trainings, workshops, conferences and activities we hope to continue to provide outdoor, in-person events as the weather allows!

We are excited to be rounding out 2021 with a couple of very busy months! FRN will be partnering with Starbridge to offer multiple Lay Advocacy trainings. We will also be hosting our Annual Autism Conference before the end of the year. And you can't forget about our popular virtual Cook-a-Longs and game nights in addition to the many other workshops and trainings that we have planned! Please look inside this edition of our newsletter for more information about all of the fun and informative things we have coming up!



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
 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_



Upcoming FRN Workshop:
Supplemental Needs Trusts and Guardianship
 Presented by Greg Catarella, Esq.

Have questions about setting up Trusts for your loved ones?
 Need advice about setting up a plan for a Guardianship?

Join us for an informational workshop presented by
 Greg Catarella and gain valuable information pertaining to financial
 planning for the future of your
 loved one with a disability.

Wednesday, November 17, 2021
 9:00am-12:00pm
 (Online via Zoom)

Greg S. Catarella, Esq., is licensed to practice law in the State of New York. He concentrates his law practice in the areas of Elder Law, Estate Planning and Administration, Trusts, and Guardianships. For over 20 years, Greg has been helping clients and their families find peace of mind in a world that is unnecessarily complex.

Registration 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.

Please Join the Family Resource Network for our Upcoming Workshop:
COMMUNICATION AND ADVOCACY

This stand alone training from the Nurturing Program for Parents of Children with Special Needs and Health Challenges will cover:

- Three types of communication
- The differences between "I Messages", "You Messages"
- Formula for Communicating with "I Statements"
- Practice Creating a Confrontation Formula
- All Behavior is Communication: Talking to Children
- A Skill Building Portion of this workshop

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.

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.

Date: Wednesday, November 10, 2021
Time: 6:30 p.m. to 8:30 p.m.
(Online via Zoom)

Registration is required

To register online, go to www.familyrn.org and click on the News & Events link and the Event Calendar.

For assistance with registration or for questions, please call Terry at (607)438-3978.

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 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 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.

Classes are tentatively scheduled to begin in mid-January 2022. We will be assessing the needs and schedules of class participants/registrants before determining a set schedule for weekly meetings.

The Family Resource Network is Hiring! Our agency currently has an openings in the positions listed below:

Education Advocate/ Support Group Coordinator

\$13.50 an hour plus mileage reimbursement

Family Resource Network is looking for a full time Education Advocate/Support Group Coordinator.

Responsibilities will include:

- Assisting families to navigate the Special Education system by phone, email, video-conference, and in person
- Advocating for families and their children at CSE and other school meetings
- Facilitating Support Groups in-person and through video-conferencing
- Planning, advertising, and facilitating workshops and conferences for families
- Some travel required
- Some weekend and evening hours are required
- Must have a valid driver's license and a reliable vehicle

Qualifications:

Minimum:

- General understanding of the special education system
- Strong verbal and written communication skills

Preferred:

- Personal or professional experience advocating for individuals with developmental disabilities

Strongly preferred:

- Personal experience navigating the special education system as the parent or guardian of a student with an IEP

Family Peer Advocate

\$13.50 an hour plus mileage reimbursement

Family Peer Advocates have 'lived-experience' as the parent (biological, foster, adoptive) or primary caregiver of a child/youth with a social, emotional, behavioral, mental health or developmental disability. They receive training to develop skills and strategies to empower other families. They foster effective parent-professional partnerships and promote the practice of family-driven and youth-guided approaches. Lived experience is extremely valuable when working with families in need of resources, support and advocacy.

Applicant must:

- Possess excellent organizational and communication skills
- Complete progress notes in a timely manner
- Conduct home visits with families to identify need
- Submit to a background/fingerprint check (at no cost to applicant)
- Have experience advocating within the service systems (i.e. Mental Health, Special Education, DSS, Juvenile Justice, SPOA, Foster Care)
- Have working knowledge of Microsoft Office software
- High School Diploma or Equivalent required.

All applicants should submit a resume with a cover letter describing your personal lived experience of being a parent or guardian of a child with a social, emotional, behavioral, mental health or developmental disability.

For more information please call FRN @ 607-432-0001.

Resumes and cover letters can be submitted to Kristin Winn @ kwinn@familyrn.org

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, November 2 6:30 pm	Thursday, November 4 10:00 am
Tuesday, November 9 6:30 pm	Thursday, November 18 10:00 am
Tuesday, November 16 6:30 pm	Thursday, December 2 10:00 am
Tuesday, November 23 6:30 pm	Thursday, December 9 10:00 am
Tuesday, November 30 6:30 pm	Thursday, December 16 10:00 am
Tuesday, December 7 6:30pm	
Tuesday, December 14 6:30 pm	
Tuesday, December 21 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 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, December 8, 2021

Time: 6:30 p.m. to 8:30 p.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.

SAVE THE DATE

The Family Resource Network and Starbridge will be offering a Lay Advocacy Training on Homeschooling with presenter Kara Georgi

Friday, December 10th
9:00am-11:00am
Online via ZOOM

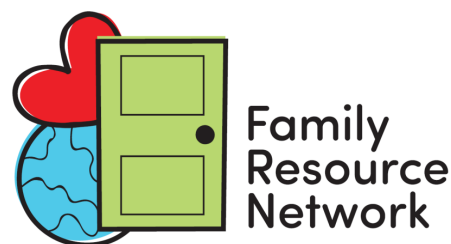
Please check our website and facebook page for more details soon!

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 is excited for our
2021 Annual Autism Conference
 this winter. Please check our website and
 facebook page for details coming soon!



Please Join the Family Resource Network and Starbridge for a Lay Advocacy Training on: **Communication and Documentation**

Do you come away from meetings or phone calls with your child's school not saying what you intended or feeling as though your viewpoint is misunderstood? Do you listen to what other team members say? How do you respond?

Communication is key to effective partnerships. Learn to find ways to document your needs and how to recognize the barriers in communication that can get in the way of collaboration and positive outcomes. Strengthen your advocacy skills by learning effective and collaborative communication strategies.

Through this workshop participants will:

- Learn to identify barriers to effective communication
- Learn techniques to improve your documentation
- Learn elements for effective teamwork and positive interactions

Friday, November 12th
9:00am-11:00am
Online 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 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 Workshop:
10 Myths about Special Education

There are many misconceptions on what schools are obligated to provide for our students. This workshop will help clear up these misconceptions. Special Education Attorney, and Parent of a special needs student. Pat Radel will provide a summary of key legal principles, discusses common misconceptions about special education law, and gives practical tips for effective advocacy.

Date: Wednesday, December 1, 2021
Time: 9:30am-11:30am
Online via ZOOM

About Our Speaker:

Patrick G. Radel, Esq. is a partner with the law firm of *Getnick Livingston Atkinson and Priore, LLP*, in Utica, New York. He received his law degree summa cum laude from the University at Buffalo Law School, where he served as Executive Editor of the Buffalo Law Review. Mr. Radel's practice includes representing families of students with disabilities at CSE meetings, due process proceedings, and in federal court.

Registration 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.

Please join the Family Resource Network for a training on:
Getting Organized-Create a Kid in a Book, Teen in a Book or Adult in a Book

The Family Resource Network will demonstrate a helpful organizing tool to use when navigating the world of special education. So much gets lost in our piles of papers scattered around the house -- if this is your current method of record keeping, we are excited to introduce you to our Kid in a Book method.

Kid in a Book (KIB) is a hands-on workshop where participants are guided through the process of organizing their loved one's health records, education records and other important papers and documents of a loved one with special needs.

KIB is an invaluable resource for many parents, providing easy access to all of your loved one's information for medical appointments, CPSE and CSE meetings, parent-teacher conferences, and everyday reference.

Teen in a Book is a similar version of Kid in a Book record keeping method. Teen in a Book (TIB) provides a go-to guide for you and your loved one to access their educational, medical, and personal information at any time, all in the same place. Teen in a Book is aimed at helping teens and parents navigate the transition years with a little more confidence, comfort, and ease -- helping your loved one enter into the adult world effectively, armed with the information to be their own advocate.

Participants will receive their choice of a Kid in a Book, Teen in a Book or Adult in a Book binder through the mail after the workshop presentation to use for their loved one, and a plan of action to tackle the various forms, records, and reports lying around.

This workshop will be presented by Robin Piefer and Terry DiLuzio, facilitators from the Family Resource Network.

Date: Monday, December 13, 2021
 Time: 6-8 pm
 Online

Registration is required
 To register online click [here](#).

For assistance with registration or for questions, please call Terry at (607)438-3978.

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: November & December

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:

Saturday, November 6th, 1:00pm-3:00pm

****In-Person Event****

Nature Walk @ Robert V. Riddell State Park in Davenport.

Please join us for one more outdoor, in-person event before winter sets in!

Our group will be adventuring through nature trails, participating in a scavenger hunt and completing leaf rubbings from some of the treasures we find along the way! Special guest Tristan Sharratt will act as our guide during our walk through the trails, covering outdoor safety and other interesting topics! A light snack will be provided to all participants. For more information about Robert V. Riddell State Park and directions on how to get there please visit the park website @ <https://parks.ny.gov/parks/18/details.aspx>

Wednesday, November 17th, 5:00pm-6:30pm via ZOOM

Emotions Through Anime: How We Feel Through How We Draw.

Join the Family Resource Network for a directed artwork activity with Anime as our theme! Learn how to draw your favorite anime characters through a wide range of emotions. Ms. Andie Alban will guide us to draw emotional anime characters with a variety of media-pencil, paint, markers, crayons, or digital! Use whatever you have on hand to create an anime character as unique as you are. **Andie Alban** is a professional illustrator, as well as a teacher- based in Cooperstown, NY. She works at ONC BOCES as the Visual Communications and Media Technology teacher in the CTE program. In her spare time (what is spare time?) Andie enjoys playing ukulele, cuddling her cats, hanging out with her friends and family and playing the occasional video game."

Monday, November 29th, 5:00pm-6:30pm via Zoom

Virtual Game Night! Have a fun family game night at home in the company of friends from FRN. In addition to BINGO we will also add a few other games in the mix this month, which may include Pictionary, Scategories and Trivia. We will be playing multiple rounds of each. All family members are encouraged to join in! Prizes will be given to the winners of each round.

Monday, December 6th, 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 cooking Breakfast for Dinner! FRN will lead participants through two recipes, including mini quiches and pancakes that we will supply the ingredients for! Please register by Wednesday, December 1st in order to receive your free supply kit.

Wednesday, December 15th, 5:00pm-6:30pm via ZOOM

Winter Craft! Join your friends from Teen Scene and Dragon Dates for a night of virtual Arts and Crafts. Participants will be guided through two winter themed crafts (To Be Announced). As we approach the holidays these would make the perfect gift for a special person in your life or just to decorate your home! Supplies for both projects will be provided by FRN if you register by Wednesday, December 8th.

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.