

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

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@family.resource.network

The Family Resource Network Teen Scene and Dragon Dates Programs are excited to announce our 2022 Cook-a-Long Challenge!

Over the past year and a half our Virtual Cook-a-Longs have been one of our most popular events. For this reason, in 2022 not only have we decided to start offering them monthly, we have also added another incentive for youth and families who complete three or more Cook-a-Long events with FRN! We have selected various cooking, baking and generic kitchen supplies and utensils that are useful not only for our events but everyday use in your homes. The first 30 families to complete the challenge will receive their very own kits. If you have already completed 3 Cook-a-longs you are eligible for the kit now.

Contact Kristin @607-432-0001 for more information.

The Cook-a-long Challenge Kits will Include:

- Set of 3 mixing bowls
- 10 inch frying pan
- 11x14in cutting board
- 10 piece measuring cups and spoons
- Stainless steel grater
- 7 quart Crockpot
- 5 quart Dutch Oven pot
- Basting and pasta Spoon
- 4 piece cookie cutters
- Cookie sheet
- Whisk
- 12 cup muffin pan
- 5 speed hand mixer
- Dough blender
- 9 inch cake pan
- Vegetable peeler
- Collapsible colander
- Rolling pin and pastry mat
- Silicone spatula
- 3 Piece tongs set

connections

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

**January-February 2022
in this issue:**

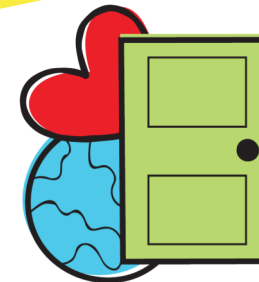
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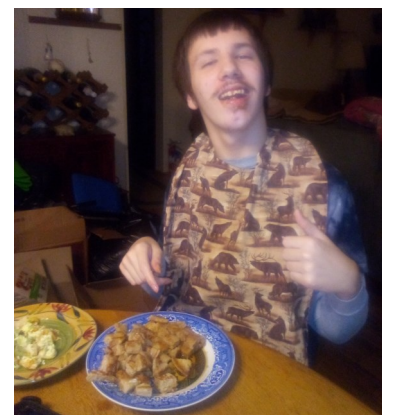
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**Family
Resource
Network**



Although we weren't able to meet in-person as we rounded out 2021, the Family Resource Network Teen Scene and Dragon Dates programs made the best of our virtual events this past December! We ended the year with one more Cook-a-Long, Breakfast for Dinner, and then had a Winter Themed Arts and



Crafts Night! Thank you to everyone who has joined in on these events all year. Despite many of our meetings being remote we have had so much fun with the youth and families who have participated. We especially love to see your finished products at the end of each event and wanted to take this opportunity



to showcase as many as we can! We look forward to seeing everyone during our events in 2022 and hope to be able to continue to add more in-person events into the mix!



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.

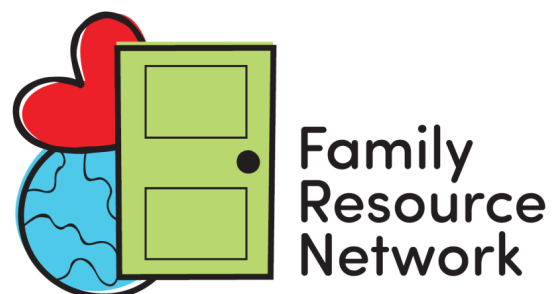
Purpose:

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
 Barbara Finkelstein: FPA-YPA Supervisor
 Mary Fralick: Family Peer Advocate
 Leslie Goodrich: Administrative Support
 Karyn Kanzer: Family Peer Advocate
 Jennifer Moore: Family Peer Advocate
 Avery Piefer: Youth 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!



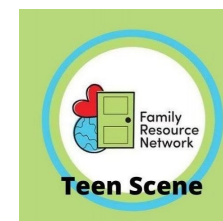
Find us on Facebook:
 @familyrn

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:
Bring Your Child's IEP Night

With the new school year approaching, do you know what your child's IEP really says? Our advocates will walk you through the NY State IEP and discuss what each section means. 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.

Wednesday, January 26
6:00-8:00 pm
Online via ZOOM

Learn about:

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

*****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 Workshop on:
Preparing for Your Child's CSE Meeting

The past two years have disrupted education for almost every student in the world. As this year's CSE Meetings approach, it is more important than ever to be prepared. What can you do to prepare for your child's CSE meeting and ensure you have meaningful participation in the IEP Process?

Education Advocates Robin Piefer and Terry DiLuzio will discuss:

- Preparing for in-person, video-conference, and telephone conference meetings
- 6 things you can do to prepare for your meeting
 - 5 things to remember during your meeting
 - 3 things you should do after your meeting

Wednesday, February 16, 2021
6:00-8:00 pm
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. To register by phone, call the Family Resource Network at 432-0001.

For questions or assistance with registration, call Terry at (607)287-3816.

*****This training is provided 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. For assistance in adding this to your budget, please contact Robin at (607) 287-6358.*****

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. Based on participants' schedule if this time will not work for you there is the potential to host this class in the afternoon. Please mention this at the time of registration:

Thursday, January 13	Thursday, February 24
Thursday, January 20	Thursday, March 3
Thursday, January 27	Thursday, March 10
Thursday, February 3	Thursday, March 17
Thursday, February 10	Thursday, March 24*
Thursday, February 17	Thursday, March 31*
	*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.

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

*****THE FAMILY RESOURCE NETWORK IS CURRENTLY OFFERING A \$3000.00 SIGN-ON BONUS FOR FULL-TIME FAMILY PEER ADVOCATES. THE BONUS WILL BE PAID OUT AT 6 MONTHS (\$1500.00) AND 12 MONTHS (\$1500.00) AFTER HIRE DATE*****

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, January 4 6:30 pm	Thursday, January 6 10:00 am
Tuesday, January 11 6:30 pm	Thursday, January 13 10:00 am
Tuesday, January 18 6:30 pm	Thursday, January 20 10:00 am
Tuesday, January 25 6:30 pm	Thursday, January 27 10:00 am
Tuesday, February 1 6:30 pm	Thursday, February 3 10:00 am
Tuesday, February 8 6:30pm	Thursday, February 10 10:00 am
Tuesday, February 15 6:30 pm	Thursday, February 17 10:00 am
Tuesday, February 22 6:30 pm	Thursday, February 24 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: Emergency Preparedness for Families of Individuals with Special Needs

For the millions of Americans who have special needs, emergencies such as a fire, flood, or severe weather, present a real challenge. Protecting yourself and your loved ones for such a disaster requires planning ahead. Alex Scorzafava, Emergency Preparedness Coordinator for Otsego County, will present on ways to prepare your family and home for emergencies.

**Wednesday, February
9:00-11:00 am
Online via ZOOM**

Registration is required.

To register online, go to www.familyrn.org and click on "News and Events" and "Events Calendar". For questions or assistance with registration, 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.

Please join the Family Resource Network and Starbridge for a Lay Advocacy Training on
**Homeschooling for Students with Disabilities with
 presenter Kara Georgi**

Deciding to homeschool is a big decision for any family. For families of students with disabilities, you may be wondering whether this affects the services they receive through your school district. Join us to discuss the basic questions to consider, how to notify your school, and what special education services are available for homeschooled students.

- Understand the basic steps when notifying your school about your intent to homeschool
- Gain an understanding on how homeschooling will impact your child's special education supports and services
- Learn strategies to understand this process and questions you can ask

**Friday, January 14
 9:00-10:30 am
 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 and Starbridge for a Lay Advocacy
 Training on:
Continuum of Services

**Friday, February 11
 9:00-11:00 am
 Online via ZOOM**

Special education is a service, not a place. A variety of placements and related services are available to provide an appropriate education for students who have disabilities. Learn about the process used to determine special education placement and services. Explore the many educational options available and varying configurations of those options.

- **Learn the answers to questions like:**
 1. What is a consultant teacher?
 2. What is a self-contained classroom?
 3. What does 12:1:3 mean?
 4. What supports can help a student who has a disability to succeed in a general education classroom?
- **Learn about the variety of placements and services that comprise special education, including related services, special classes, and private schools.**
- **Understand the concept of Least Restrictive Environment (LRE)**

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.

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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 Teen Scene and Dragon Dates Programs for our upcoming event



Virtual Cook-a-Long: Fiesta!

Monday, January 24th
5:00pm-6:30pm
Online via ZOOM

The Family Resource Network is excited to be able to offer another virtual cook-a-long! To kick off the new year we will be having a Fiesta! FRN will lead participants through two recipes, including one for tacos and one for quesadillas and we will supply the ingredients! Please register by Wednesday, January 19th in order to receive your free supply kit. If you live within 10 miles of the Family Resource Network office it can be delivered. If you live farther away, you can schedule a time to pick up the kit.

Registration is required

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

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.

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

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!

Please join the Family Resource Network for our upcoming event:
Virtual Game Night!



Monday, January 10th
5:00pm-6:30pm
Online via Zoom

Have a fun family game night at home in the company of friends from FRN. Kahoot, our trivia style game, was such a big hit during our last game night, we will be playing it again in addition to BINGO. There will be multiple rounds of each. All family members are encouraged to join in! Prizes will be given to the winners of each round.

Registration is required

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

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.

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Please join the Family Resource Network Teen Scene and Dragon Dates Programs for our upcoming event
Virtual Cook-a-Long: Sweet Treats!

Monday, February 14th
5:00pm-6:30pm
Online via ZOOM

The Family Resource Network is excited to be able to offer another virtual cook-a-long! To celebrate Valentines Day we will be baking several treats together! FRN will lead



participants through two recipes and we will supply the ingredients!

Please register by Wednesday, February 9th order to receive your free supply kit. If you live within 10 miles of the



Family Resource Network office it can be delivered. If you live farther away, you can schedule a time to pick up the kit.

Registration is required

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Please join the Family Resource Network Teen Scene and Dragon Dates Programs for our upcoming event
Virtual Paint and Dip

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

Join us for a night of painting with friends! The Family Resource Network is excited to be able to offer a virtual Paint and Dip!

Our in-person directed paintings were always super popular so we thought why not try it virtual! Program Coordinator Kristin will guide participants through a winter themed painting. This will give every participant the opportunity to enjoy painting while putting their own spin on the same pattern.

Each participant will receive their own canvas, paints, paintbrushes and snack to enjoy while painting from home. Please register by Wednesday, February 23rd in order to receive your free supply kit. If you live within 10 miles of the Family Resource Network office it can be delivered. If you live farther away, you can schedule a time to pick up the kit.



Registration is required

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

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.

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