

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

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@familyrn



@family.resource.network

The Family Resource Network is excited to begin offering some outdoor, in-person Teen Scene and Dragon Dates events for the upcoming Summer and Fall!

Potential events include:

**Mini Golf
Berry Picking
Apple Picking
Nature Walks
Family Picnics
and more!**

We will be sharing details as we get things scheduled via email, our Facebook page and the Family Resource Network website.

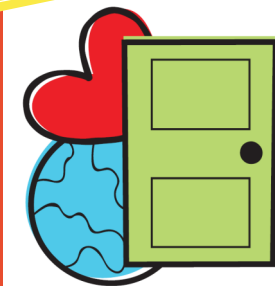
We would love to get your feedback if you have some ideas as well! For more information on these upcoming events or to share any suggestions you may have please contact Kristin at the Family Resource Network by calling 607-432-0001 or via email @ kwinn@familyrn.org

connections

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

May-June 2022
in this issue:

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Helping Children Cope w/ Change, Grief and Loss p. 10
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**Family
Resource
Network**

Its hard to believe we are already rounding out the first half of 2022! That being said, FRN and our Teen Scene and Dragon Date's participants have been having so much fun with our Virtual Cook-a-Longs this year. We have already completed Fiesta, Sweet Treats, Breakfast for Dinner and Rainbow Foods themed events and are looking forward to making a Spaghetti Dinner and Stir-Fry together in the upcoming months. Look inside for the details on these events and how to register!

This year our participants have also been working at completing a Cook-a-Long Challenge! The first 30 youth and families who successfully complete three or more virtual Cook-a-Longs with FRN is eligible for our Cook-a-Long Challenge kit (pictured below, center). We are thrilled to say we have already awarded more than half of these kits! Some of our Challenge Winners are pictured below. Great job to everyone who has completed the Challenge so far and keep up the good work to everyone still working towards this goal!



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
 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:

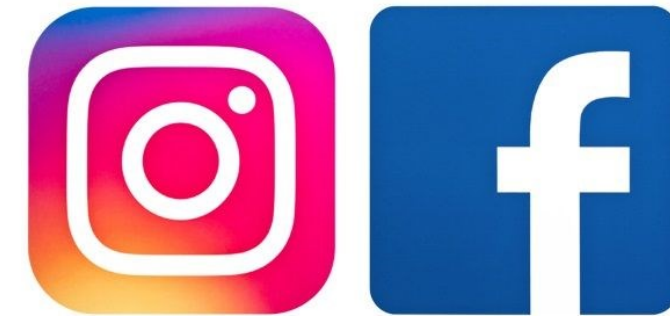
Services for Families with OPWDD Eligibility

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!



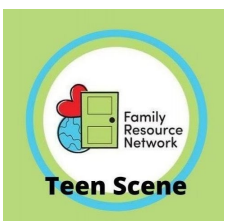
Find us on Facebook:
 @familyrn

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_



Please Join the Family Resource Network for an Attorney Training on:
Least Restrictive Environment and Inclusion

Wednesday, May 11, 2022
9:30-11:30 am
Online

Your child with a disability has the right to a Free and Appropriate Public Education (FAPE) in the Least Restrictive Environment (LRE). This means that schools must, to the maximum extent appropriate, educate students with special needs in the regular classroom along with their non-disabled peers in the same school they would attend if they did not have special needs (Inclusion).

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 training is provided through a grant from OPWDD. Self-directing families must add "Advocacy" to their budgets prior to attending. Please contact Robin at (607)287-6358 for assistance adding this program to your self-direction budget.

Please Join the Family Resource Network and Starbridge for a Training on:
Taking Care of You

Friday, May 20, 2022
9:00-11:00 am
Online

Caregivers and professionals in the human services field can benefit from real, honest conversations about the personal impacts of providing care and support to a person who has a disability. Learn to recognize and reduce stressors, as well as increase self-awareness about your role and responsibilities. The goal is to create more balance and resilience so we can continue to give our best to those we love and support.

Participants will:

- Increase awareness of personal barriers to wellness and balance
- Learn strategies and steps to help create more work-life balance
- Identify ways to nurture your health and develop resiliency

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 training is provided through a grant from OPWDD. Self-directing families must add "Training Groups" to their budgets prior to attending. Please contact Robin at (607)287-6358 for assistance adding this program to your self-direction 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 3 6:30 pm	Thursday, May 5 10:00 am
Tuesday, May 10 6:30 pm	Thursday, May 12 10:00 am
Tuesday, May 17 6:30 pm	Thursday, May 19 10:00 am
Tuesday, May 24 6:30 pm	Thursday, May 26 10:00 am
Tuesday, May 31 6:30 pm	Thursday, June 2 10:00 am
Tuesday, June 7 6:30pm	Thursday, June 9 10:00 am
Tuesday, June 14 6:30 pm	Thursday, June 16 10:00 am
Tuesday, June 21 6:30 pm	Thursday, June 23 10:00 am
Tuesday, June 28 6:30 pm	Thursday, June 30 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
VIRTUAL NURTURING PARENTING SERIES:

NURTURING SKILLS FOR FAMILIES STRENGTH BASE APPROACH TO POSITIVE PARENTING



The Family Resource Network will be offering a ten session course with 2 make- up session 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, May 5th	Thursday, June 16th
Thursday, May 12th	Thursday, June 23rd
Thursday, May 19th	Thursday, June 30th
Thursday, May 26th	Thursday, July 7th
Thursday, June 2nd	Thursday, July 14th*
Thursday, June 9th	Thursday, July 21st*

*Make up sessions

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.



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

Transplanting and Beginning our Gardens Outdoors

Thursday, June 9th
5:00pm-6:30pm
Online via Zoom

Join FRN for Part 3 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 during our May 9th Transplanting Event.



If you did not participate in Part 1 or 2 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 Friday, June 3rd****

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.

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

Virtual Cook-a-Long: Spaghetti Dinner!



Thursday, May 19th
5:00pm-6:30pm
Online via ZOOM

The Family Resource Network is excited for this month's virtual cook-a-long! For May we will be cooking a hearty Spaghetti dinner together! FRN will lead participants through a recipe for homemade tomato sauce to be served over pasta and garlic knots and we will supply the ingredients! **Please register by Monday, May 16th 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.

Please Join the Family Resource Network for our Upcoming Workshop:

Supplemental Needs Trusts and Guardianship

Presented by Greg Catarella, Esq.

Wednesday, May 25, 2022

9a-12p

(Online via Zoom)

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.

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

You can register online by going 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 607-287-3816.

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 Teen Scene and Dragon Dates Programs for our upcoming event



Virtual Cook-a-Long: Stir-Fry

Monday, June 27th

5:00pm-6:30pm

Online via ZOOM

The Family Resource Network is excited for this month's virtual cook-a-long! FRN will lead participants through a Vegetable Stir-fry recipe and we will supply the ingredients! **Please register by Wednesday, June 22nd 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!

Local NAMI affiliate looking for people interested in being trained to be co-teachers for a National Alliance on Mental Illness (NAMI) Basics course

This single session of the Nurturing Parenting for Parents of Children with Special Needs and Health Challenges will focus on:

- Grief and Resilience
- How to provide Transition Support for Grief – the five P's
 - The Developmental Stages and Responses to Grief
 - Activities to help reinforce what you learn

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.

Wednesday, May 18, 2022
6-8 pm
Online

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 training is funded by 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.

The prospective teacher must be a parent or other caregiver of an individual who exhibited mental illness symptoms prior to age 13 (the formal diagnosis may have been made years later, but symptoms appeared prior to age 13). Ideally will have taken the NAMI Basics course, but this is not required, allowing for expanding the program into underserved areas.

The next training program is expected to be the weekend of June 11th & 12th, 2022.

*If this sounds like a program you would like to co-teach and would like a description of the program, **please contact Sandy at 607-604-4467 or by email at smdu08@gmail.com***

NAMI Basics is the signature education program for parents and other caregivers of children and adolescents living with mental illness. It is a six-session course, with each session lasting roughly 2½ hours, taught by trained teachers who themselves are the parent or other caregiver of an individual who developed symptoms of mental illness prior to age 13, and is FREE for all participants.

Some of the central components of this program include:

- Recognition of mental illness as a continuing traumatic event for the child and the family.
- Sensitivity to the subjective emotional issues faced by family caregivers and well children in the family.
- Recognition of the need to help ameliorate the day-to-day objective burdens of care and management.
- Gaining confidence and stamina for what can be a lifelong role of family understanding and support.

What are the goals of the NAMI Basics program?

- To give the parent/caregiver the basic information necessary to be as effective a caregiver as possible.
- To help the parent/caregiver cope with the impact that mental illness has on the child living with the illness and the entire family.
- To provide tools for the parent/caregiver to use after completing the program that will assist in making the best decisions possible for the care of the child.

***G&E Therapies is excited to announce the
2022 Summer Recreation Program for elementary through high
school eligible children!***

**The Summer Program will be held at:
Our Lady of Sorrows
801 Main St.
Vestal, NY**

The Summer Program starts Monday, July 11 and runs through Friday, August 19 (6 weeks) from 8:30pm to 2:30pm.

OPWDD qualified children and young adults have no out-of-pocket costs associated with the program.

Each fun-filled week will have its own theme based activities with the day broken into segments that include Recreation, Music and Movement, Arts and Crafts, and Free Choice time.

Based on what the participants are interested in learning, we will have special guests that will share their talents including weekly visits from local musicians and scientists to round the learning experience. We don't stop there; the local Fire Department, Police K9 team, Therapy Dogs, and the Red Cross are just to name a few special guests planned in addition to our local talents.



Parents need to provide transportation for their children to and from Our Lady of Sorrows, 801 Main St., Vestal, NY. When off-site field trips will be planned, parent or guardians need to provide transportation and must stay for the duration of the event.

Any parent interested in having their child attend can download the application at **www.GandETherapies.com** and submit an application for review and acceptance into the program.

Applications can be sent to Melissa Wilson, Office manager, **mwilson@gandetherapies.com**

Program related questions can be directed to Dr. Chris Baumbach, **cbaumbach@gandetherapies.com** or calling/ texting **607-624-9172**.



**G&E
THERAPIES**
"Quality, Family Centered Care"

SAVE THE DATE

The Family Resource Network and Starbridge will be offering a Training on Ideas for Summer Enrichment with presenter Kara Georgi

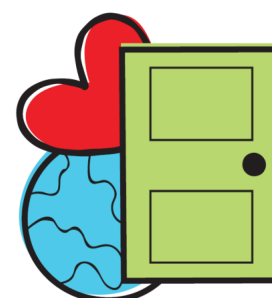
**Tuesday, June 14, 2022
9:00am-11:00am
Online via ZOOM**

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.



**Family
Resource
Network**



We are excited to be reintroducing an in-person option for our trainings starting soon!

If you are not able to attend our trainings by Zoom, please contact the Family Resource Network. We can make arrangements for you to participate in the training from our office. Please call us at (607)432-0001.