

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



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@familyrn



@family.resource.network

The Family Resource Network would like to thank Tau Kappa Epsilon (TKE) Sigma Epsilon Chapter Alumni Association at SUNY Oneonta for their generous donation to our organization. It is greatly appreciated and we look forward to being able to partner with them in the future!



connections

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

September-October 2022
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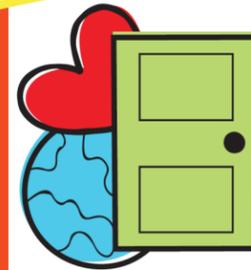
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Family
Resource
Network



What a fun, busy summer we have had here at the Family Resource Network! It has been so nice to see many of the youth and families we work with in-person during our Teen Scene and Dragon Dates events. We look forward to hosting more in-person events this fall, including our annual Apple Picking event at Middlefield Orchard and a Nature Walk and Scavenger Hunt on the newly paved Mill Race Trail at Neahwa Park! To find out more information about these events as well as all of our upcoming trainings and events for September and October, please check out this edition of our Connections Newsletter!



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:

Sara Bonafine: Family Peer Advocate
 Heather Cotten: Family Peer Advocate
 Terry Diluzio: Education Advocate
 Barbara Finkelstein: FPA-YPA Supervisor
 Mary Fralick: Family Peer Advocate
 Karyn Kanzer: Family Peer Advocate
 Pattie Kinter: Education 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:

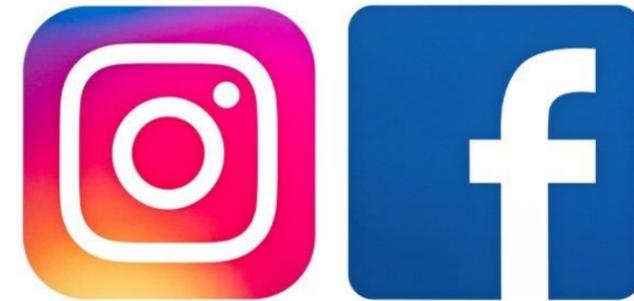
Services for Families with OPWDD Eligibility

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!



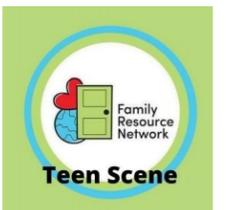
Find us on Facebook:
 @familyrn

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_



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 6 6:30 pm	Thursday, September 1 6:30 pm
Tuesday, September 13 6:30 pm	Thursday, September 8 10:00 am
Tuesday, September 20 6:30 pm	Thursday, September 15 10:00 am
Tuesday, September 27 6:30 pm	Thursday, September 22 10:00 am
Tuesday, October 4 6:30 pm	Thursday, September 29 10:00 am
Tuesday, October 11 6:30pm	Thursday, October 6 10:00 am
Tuesday, October 18 6:30 pm	Thursday, October 13 10:00 am
Tuesday, October 25 6:30 pm	Thursday, October 20 10:00 am
	Thursday, October 27 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 sessions presented by our team of credentialed Family Peer Advocates and trained facilitators focusing on positive parenting of children birth-19 years of age.

- | | |
|-------------------------|-------------------------|
| Wednesday, September 14 | Wednesday October 26 |
| Wednesday, September 21 | Wednesday, November 2 |
| Wednesday, September 28 | Wednesday, November 9 |
| Wednesday, October 5 | Wednesday, November 16 |
| Wednesday, October 12 | Wednesday, November 23* |
| Wednesday, October 19 | Wednesday, November 30* |
- *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 19 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 for our Virtual Nurturing Parenting: The Nurturing Program for Parents of Children with Special Needs and Health Challenges

Sibling Support: What About Me?

Siblings of children with special needs face additional challenges themselves, and it can be challenging for families to know how to meet their needs. The Family Resource Network will be offering this single session workshop presented by Robin Piefer and Terry DiLuzio, Education Advocates and trained facilitators focusing on positive parenting of children diagnosed with special needs 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.

Wednesday, 09/21/2022
6:00 p.m. to 8:00 p.m.

Registration is required

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

For questions or assistance with registration, please contact 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 training on:
Bullying: Intervention Strategies

Bullying is an increasingly serious problem in schools. Families, teachers, and children need help and support in knowing how to respond. This workshop introduces participants to definitions of bullying, how to recognize it, and how to respond to it both at home and in school.

- Be able to define bullying behavior and distinguish it from typical peer conflict
- Identify your own emotional responses to your child or student being bullied
- Learn coping strategies for yourself and strategies to help your child or student
- Learn effective ways to intervene in the child's school or home environment

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, Chenango, Madison, Otsego, and Delaware Counties.

Friday, 10/14/2022
9:00 a.m. to 11:00 a.m.
ONLINE

****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)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 at 607-432-0001.

Please join the Family Resource Network for an Attorney Training with Patrick Radel

Students with Disabilities & Challenging Behavior: Legal Tips & Practical Strategies

An overview of the law governing the intersection of challenging behavior and students with disabilities. The presentation will include practical advocacy strategies, along with a summary of the applicable laws.

Topics will include:

- Student Discipline
- Behavior Plan Development
- Placement Issues

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.

**Wednesday, 9/28/2022
9:30 a.m. to 11:30 a.m.
ONLINE**

****REGISTRATION is REQUIRED****

You can find all of our events by going to our events calendar on our website www.familyrn.org and go to the "News and Events" tab and then clicking "Events Calendar" link. If you have questions or need assistance, please contact Terry at 607-287-3816.

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 Lay Advocacy Training:

Advocacy Steps and Effective Communication

Do you come away from meetings 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 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.

- **Identify barriers to effective communication**
- **Learn techniques to remove barriers**
- **Learn elements for effective teamwork and positive interactions**

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, Chenango, Madison, Otsego, and Delaware Counties.

**Friday, 9/30/2022
9:00 a.m. to 11:00 a.m.
ONLINE**

****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)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 at 607-432-0001.

Come join the Family Resource Network's Teen Scene and Dragon Dates Programs for an In-Person Apple Picking Event!

Middlefield  Orchard

Saturday, September 17, 2022
2:00-4:00pm

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 12th

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.

This is a family event. FRN is not responsible for supervision.

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

Virtual Cook-a-Long: Potluck Picnic



Monday, September 26th
5:00pm-6:30pm
Online via ZOOM

The Family Resource Network is excited for this month's virtual cook-a-long! For September we will be having a potluck picnic! FRN will lead participants through two recipes including Hawaiian Sliders and a Broccoli Pasta Salad and will supply the ingredients! **Please register by Monday, September 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.

Please join the Family Resource Network Teen Scene and Dragon Dates programs for a Nature Walk!



**Saturday, October 15th
1-3pm**

**Neahwa Park, Mill Race Trail
15 James Georgeson Ave,
Oneonta, NY**



We are excited to walk through Neahwa Park on the newly paved Mill Race Trail. The Mill Race is a small stream that branches off the Susquehanna River, arcs through the center of the City of Oneonta, and rejoins the Susquehanna. The Mill Race Trail follows the stream at the northern edge of Neahwa Park, running between the two park entrances. During our walk we will have a scavenger hunt for all participants to complete. After the walk we will reconvene at the large pavilion for a trail mix bar. There will also be supplies to create leaf rubbings of any of the treasures you found during your adventure through the park!



Please Register by October 9th

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.

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

Virtual Cook-a-Long: Let's Bake Pies!



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

The Family Resource Network is excited for this month's virtual cook-a-long! With Fall setting in we thought October would be the perfect time to bake pies together! FRN will lead participants through recipes for an Apple Pie and a Chicken Pot Pie and we will supply the ingredients! **Please register by Monday, October 17th 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.