

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



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@familyrn



@family.resource.network

***Buying tickets for the Duck Derby is easier than ever this year!***

Just scan the QR Code to be directed to the Eventbrite page.

Here you will be able to purchase single ducks (chances) or "6 Quacks" (6 chances) right online!

**Thank you in advance for your continued support!**



# connections

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

November & December 2020  
in this issue:

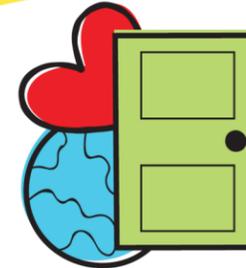
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Family  
Resource  
Network

## Please Join the Family Resource Network for Our First Ever Virtual and 5th Annual Duck Derby!

As a result of the COVID-19 pandemic the Family Resource Network has made the difficult decision to hold our 5th Annual Duck Derby Fundraiser as a virtual event. Our 2020 Duck Derby will be held on Giving Tuesday!

**Tuesday, December 1st, 2020**

Virtual Duck Races will be held throughout the day so you can still cheer your Duck on! The Duck Derby will consist of multiple heats of duck races throughout the day. CASH PRIZES will be awarded to first place finishers in each race.

Ducks are being sold for \$5.00 each or 6 for \$20.00!

Thank you for your continued support and we hope to be able to see all of you again in person in June 2021 for our 6th Annual Duck Derby and Family Fun Day!!

### 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:

- Skylar Collins: Youth Peer Advocate
- Terry Diluzio: Education Advocate
- Barbara Finkelstein: FPA-YPA Supervisor
- Mary Fralick: Family Peer Advocate
- Valerie Harris: Family Peer Advocate
- Karyn Kanzer: Family Peer Advocate
- Darcy McElligott: Youth Peer Advocate
- Jennifer Moore: Family Peer Advocate
- Jessica Morton: Team Leader
- Brooke Parmalee: Youth Peer Advocate
- Robin Piefer: FSS Supervisor
- Joleane Robinson: Family Peer Advocate
- Twyla Shaffer: Medicaid Billing
- Kristin Winn: HR Supervisor
- Michelle Zuk: Executive Director

### Family Resource Network Programs:

**Services for Families with OPWDD Eligibility**

- Education Advocacy
- Intensive Advocacy Program
- Enhanced Autism Trainings
- Support Groups
- Support to Community Groups
- Family and Provider Trainings
- Dragon Dates Program (Social Opportunities)
- Service Access Program

**Mental Health and Wellness Services**

- Family Peer Advocacy
- Residential Family Peer Advocacy
- Youth Peer Advocacy
- Teen Scene
- Monthly Parent Group
- Southern Tier Chapter of Families Together in NYS



**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



## 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](http://www.facebook.com/FRNTeenScene)

Find us on Instagram:  
[@\\_frnteenscene\\_](#)



## Please Join the Family Resource Network for our Upcoming Conference on Inclusion

As more and more students are being identified with Autism Spectrum Disorders, teachers and school staff are increasingly looking for ways to best support these students in their classrooms. This interactive session will explore key theories and strategies for creating school communities that meaningfully include students on the autism spectrum. We will consider the experience of autism in the areas of sensory and movement differences, communication, social interaction and behavior and will discuss teaching practices for educating a diverse population that includes students on the autism spectrum.



**Christine Ashby, Ph.D.** is Associate Professor of Inclusive Special Education and Disability at Syracuse University. She teaches across all levels of the program from undergraduate to doctoral, and coordinates the undergraduate Inclusive Elementary and Special Education Program and the 1-6 and 7-12 Inclusive Special Education Masters' Programs. She is also the Director of the Institute on Communication and Inclusion (ICI), which conducts research, training and dissemination of information on communication strategies for individuals with disabilities who are non-speaking or who have limited speech.

Wednesday, December 9, 2020  
9 am- 3pm  
Online

Registration is required.

Family Resource Network serves the families of people with disabilities in Broome, Chenango, Delaware, Otsego, Tioga, and Tompkins counties. Families of individuals with OPWDD eligibility living in these 6 counties will be approved first. If space allows, other families of individuals with disabilities in these 6 counties will be approved starting December 4. Families from other counties, professionals, and community members will be approved beginning December 8. Please completely answer the registration questions to ensure your registration is processed in a timely manner.

\*\*\*This conference is funded through a grant from OPWDD. Self-directing families will need to add "Autism Training" to their budgets prior to attending. Please contact Family Resource Network at (607)432-0001 for assistance adding this program to your budget.\*\*\*

THE SALVATION ARMY

ACCEPTING APPLICATIONS NOW - NOVEMBER 6TH

ANGEL TREE

CHILDREN AGES 12 AND UNDER

THE SALVATION ARMY

# Christmas SIGN-UPS

IF YOU ARE IN NEED OF TOY ASSISTANCE THIS CHRISTMAS.

COMPLETE THE ONLINE APPLICATION TODAY

SCAN THE CODE OR FOLLOW THE LINK PROVIDED

<https://forms.gle/84Zjpbq383CSqYpzX7>

**Join the Family Resource Network, Inc. for One of Our Most Popular Virtual Events:**

## Virtual BINGO!



**Monday, November 30th  
5:00pm-6:30pm  
Via ZOOM**

Have a fun family game night at home in the company of friends from FRN through a virtual BINGO game! We will be playing multiple rounds. All family members are encouraged to join in! Prizes will be given to the first person to get BINGO in each round.

*Registration is Required.*

To register please visit our website @ [www.familyrn.org](http://www.familyrn.org) and click on "News and Events" and then "Events Calendar". After you register we will send you the ZOOM link to access the event as well as your virtual BINGO card!

This event is for individuals with OPWDD eligibility living in the family home in Broome, Chenango, Otsego, Delaware, Tioga or Tompkins County.

\*\*\*Dragon Dates is funded through a grant from the Office for People with Developmental Disabilities (OPWDD). Self-directing families will need to add "Social Skills Group" to their budgets prior to attending. Please contact FRN for assistance adding this to your budget.\*\*\*

If you have any questions please call Kristin at the Family Resource Network at 607-432-0001.

**Join the Family Resource Network, Inc. for Our First Ever Combined:**

## Virtual Trivia Night!



**Monday, December 14th  
5:00pm-6:30pm  
Via ZOOM**

Participants will be competing in multiple rounds of Trivia that cover various categories including: Disney, Movies, Music, Sports and more! All Family Members are encouraged to join in! Prizes will be given for the winner of each category.

*Registration is Required.*

To register please visit our website @ [www.familyrn.org](http://www.familyrn.org) and click on "News and Events" and then "Events Calendar". After you register we will send you the ZOOM link to access the event as well as your virtual BINGO card!

This event is for individuals with OPWDD eligibility living in the family home in Broome, Chenango, Otsego, Delaware, Tioga or Tompkins County.  
\*\*\*Dragon Dates is funded through a grant from the Office for People with Developmental Disabilities (OPWDD). Self-directing families will need to add "Social Skills Group" to their budgets prior to attending. Please contact FRN for assistance adding this to your budget.\*\*\*

If you have any questions please call Kristin at the Family Resource Network at 607-432-0001.

## Teen Scene:

With the need for physical distancing, Family Resource Network Teen Scene will continue hosting virtual events via Zoom until further notice. The age range for these events has been expanded and these will be open to any school aged youth. We are excited to announce we will also begin hosting special in-person events when physical distancing is possible. Registration for all events is **REQUIRED**. To register please visit our website @ [www.familyrn.org](http://www.familyrn.org) and click on "News and Events" and then "Events Calendar".

### Upcoming Virtual Meetings :

#### **Monday, November 16th, 5:00pm-6:30pm via ZOOM**

*Virtual Scavenger Hunt.* Please join us for a fun virtual scavenger hunt as we ask participants to search their homes for various items! For tonight's ice breaker we ask you to bring 3 random objects from your home to our ZOOM meeting as well!

#### **Monday, November 30th, 5:00pm-6:30pm via ZOOM**

*Virtual BINGO!* Have a fun family game night at home in the company of friends from FRN through a virtual BINGO game! We will be playing multiple rounds. All family members are encouraged to join in! Prizes will be given to the first person to get BINGO in each round.

#### **Monday, December 14, 5:00pm-6:30pm via ZOOM**

*Virtual Trivia Night!* Join FRN Teen Scene for our first ever Virtual Trivia Night! Participants will be competing in multiple rounds of Trivia that cover various categories including: Disney, Movies, Music, Sports and more! All Family Members are encouraged to join in! Prizes will be given for the winner of each category.

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

Please join the Family Resource Network for our September and October meetings of our  
**Lunch and Learn Series**

### *Upcoming Meetings:*

<b>Friday, November 20, 2020</b> <b>11:30 am</b> <b>Online</b>	<b>Friday, December 11, 2020</b> <b>11:30 am</b> <b>Online</b>
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Our monthly Lunch and Learn Series is intended to connect our community to local resources, professionals, and leaders. We will present a different topic each month. November's presenters will be Sam Robinson from TRAIID and Don Wyckoff from Catskill Center for Independence. December's presenter and topic are TBA. Please check our website and facebook page for additional details.

*Registration is required.*

To register online, go to [www.familyrn.org](http://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.

View upcoming events by visiting our website: [www.familyrn.org](http://www.familyrn.org) and click on the News & Events link and the Event Calendar.

\*\*\*\*This workshop is funded through a grant from the Office of 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 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 3 6:30 pm	Thursday, November 5 10:00 am
Tuesday, November 10 6:30 pm	Thursday, November 12 10:00 am
Tuesday, November 17 6:30 pm	Thursday, November 19 10:00 am
Tuesday, November 24 6:30 pm	Thursday, December 3 10:00 am
Tuesday, December 1 6:30 pm	Thursday, December 10 10:00 am
Tuesday, December 8 6:30 pm	Thursday, December 17 10:00 am
Tuesday, December 15 6:30 pm	
Tuesday, December 22 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](http://www.familyrn.org) and click on "News and Events" and then "Events Calendar".

For questions, or to participate by phone, please call Robin at (607)287-6358.

\*\*\*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.\*\*\*

## Upcoming Lay Advocacy Training: Anxiety and School Avoidance

Anxiety is a natural part of childhood, but when anxiety gets in the way of a child's ability to learn, families may need support and services through the Committee on Special Education. Learn how to collaborate with your child's school and what supports and services may be available through school for a child who has anxiety.

Participants will:

- Learn how to collaborate with your child's school
- Identify supports and services available through school and your community

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.

**Friday, November 6, 2020**  
**9:00-11:00 am**  
**Online**

*Registration is required.* To register, visit [www.familyrn.org](http://www.familyrn.org) and click on "News and Events" and then "Events Calendar". For questions or assistance with registration, contact Terry at (607)287-3816.

\*\*\*This conference is funded through a grant from OPWDD. Self-directing families will need to add "Advocacy" to their budgets prior to attending. Please contact Family Resource Network at (607)432-0001 for assistance adding this program to your budget.\*\*\*

