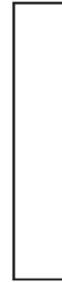


The Family Resource Network, Inc.  
46 Oneida Street  
Oneonta, NY 13820



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@familyrn



@family.resource.network

### A Gift that Makes a Difference this Holiday Season:

Many people have someone on their gift list that does not need any traditional gift item. Often these people would appreciate a gift being made in their name to a cause that they are passionate about. A donation to the Family Resource Network is a great idea for anyone who is a supporter of people with special needs that wants to be involved in improving the quality of life for these individuals.

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.

A gift this season will help to ensure that the services our agency provides continue to be available to families in our local communities who are in need of the support provided through programs such as Peer Advocacy, Educational Advocacy, Parent Trainings, Youth Programming and more.

If you wish to donate, checks can be mailed to:  
Family Resource Network, Inc.  
46 Oneida Street, Oneonta, NY 13820.

Thank you for your support!

# connections

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

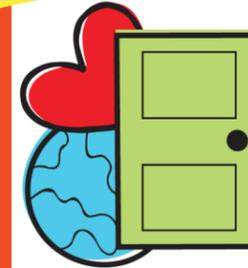
November-December 2022  
in this issue:

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Training: Bring your Child's IEP Night p. 9

Attorney Training: Guardianship and Special Needs Trusts p. 10

Upcoming Teen Scene and Dragon Dates Events p. 11-14



Family  
Resource  
Network

With November being FRN's last virtual Cook-a-Long of the year, we wanted to spotlight this event in our November/December Newsletter! This year our Dragon Dates and Teen Scene members have had the opportunity to participate in monthly virtual Cook-a-Longs. Our themes have ranged from "Potluck Picnic" to "Sweet Treats" and we have had so much fun learning and sharing new recipes and cooking techniques along the way! In addition to the monthly Cook-a-Longs, we also had a Cook-a-Long Challenge. The first 30 families to complete three of these events were awarded kits with various cooking and kitchen supplies to use during our events and anytime they were cooking and baking at home! By August we had already handed out all of the kits, meaning more than 30 families have been joining in on our cooking events regularly throughout the year. For our final Cook-a-Long of 2022 we will be doing an extra special theme, "Holiday Side Dishes!" We are excited to make two of our favorite side dishes for this time of year while learning about some of yours.

Finally, we love to be able to share some of our participants' amazing work! Below, several of our Teen Scene and Dragon Dates participants show off their pies from FRN's October event, "Let's Bake Pies!"



### 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!



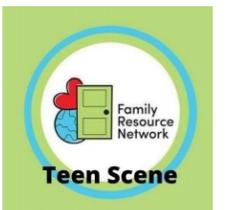
Find us on Facebook:  
[@familyrn](#)

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](http://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, November 1 6:30 pm                               | Thursday, November 3 10:00 am     |
| Tuesday, November 8 6:30 pm                               | Thursday, November 10 10:00 am    |
| Tuesday, November 15 6:30 pm                              | Thursday, November 17 10:00 am    |
| Tuesday, November 22 6:30 pm                              | *No Meeting Thursday, November 24 |
| Tuesday, November 29 6:30 pm                              | Thursday, December 1 10:00 am     |
| Tuesday, December 6 6:30 pm                               | Thursday, December 8 10:00 am     |
| Tuesday, December 13 6:30pm                               | Thursday, December 15 10:00 am    |
| Tuesday, December 20 6:30 pm                              | Thursday, December 22 10:00 am    |
| *No Meeting Tuesday, December 27 or Thursday, December 29 |                                   |

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 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.\*\*\*



Date: Tuesday, Nov. 29, 2022

Where: Oneonta Family YMCA

Time: 7-9:30 pm

Call 607-432-0010; option 9 to register

## Games, swimming, food!

Sponsored by:



Family  
Resource  
Network



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

FREE FOR 6<sup>TH</sup> GRADE AND UP!

Please join the Family Resource Network for a full day Autism Conference:  
**Preparing for Life: Managing Overwhelming Emotions and Teaching Key Life Skills**

**Friday, December 16, 2022**  
**9:00 am- 3:00 pm**  
**Online**

Individuals with social-behavioral challenges and/or ASD often present with difficulty regulating their feelings and interacting socially. The first part of this workshop outlines predictors of better outcome and how to maximize motivation and engagement of students. The second part discusses the pitfalls of a traditional escalating disciplinary model and the need to understand why students are having behavioral challenges. The focus is on both soothing moments of dysregulation, de-escalating meltdowns, and problem solving repeat problems. This problem solving involves identifying triggers to overwhelming frustration and anxiety, and designing effective behavior plans for each of those triggers. The third part of the presentation details strategies to teach social skills, how to generalize skills into the natural setting and increase acceptance and tolerance from peers. Information will be imparted through lecture, interactive exercises, and video clips.

**Our Presenter:** Jed Baker, Ph.D. is the director of the Social Skills Training Project, an organization serving individuals with autism and social communication problems. He writes, lectures, and provides training internationally on the topic of social skills training and managing challenging behaviors. He is an award winning author of 8 books, including *Social Skills Training for Children and Adolescents with Aspergers Syndrome and Social Communication Problems*;



*Preparing for Life: The Complete Handbook for the Transition to Adulthood for Those with Autism and Aspergers Syndrome; The Social Skills Picture Book; The Social Skills Picture Book for High School and Beyond; No More Meltdowns: Positive Strategies for Managing and Preventing Out-of-Control Behavior; No More Victims: Protecting those with Autism from Cyber Bullying, Internet Predators & Scams; Overcoming Anxiety in Children and Teens; and School Shadow Guidelines.* His work has also been featured on ABC World News, Nightline, the CBS Early Show, and the Discovery Health Channel.

### Conference Outline:

#### Predictors of successful outcomes in those with special needs:

- Building self-awareness
- Promoting motivation and active engagement
- Collaborative problem solving

#### Understanding of challenging behaviors precedes effective intervention:

- Fear as the most common feeling behind oppositional/defiant behaviors in individuals with ASD, ADHD, Bipolar and multiple learning disabilities
- How caregivers can first manage their own anxiety before dealing with their kid's behaviors
- Developing the right attitude to address challenging behaviors: Research on hope and attributional style of teachers and parents

#### Managing and preventing challenging behaviors:

- Crisis management: De-escalating meltdowns through distraction/soothing
- Identifying the 7 common triggers to frustration and anxiety
- Creating prevention plans for each of the 7 common triggers
- Anxiety management

#### Why most social skills programs fail! Six key Components of Social Skills Training:

- One size does not fit all: Prioritizing relevant skill goals

### **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. 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 "Enhanced Autism Training" to their budgets prior to attending. Please contact Robin for assistance adding this to your budget at 607-432-0001.

**\*\*Do you miss our in-person events? If you would like to participate in this online conference with other families, please contact Family Resource Network. Come watch the conference with us! Lunch will be provided.\*\***

*Upcoming FRN Training:*  
**Bring Your Child's IEP Night**

It's almost IEP season. 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.

Learn about:

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

**Monday, December 19, 2022**  
**6:00-8:00 pm**  
**Online**

***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. 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 Robin for assistance adding this to your budget at 607-432-0001.\*\*\*



*Please Join the Family Resource Network for our Upcoming Workshop:*  
**Supplemental Needs Trusts and Guardianship**

*Presented by Greg Catarella, Esq.*

**Wednesday, November 30th, 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](http://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.\*\*\*

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



Saturday, November 19th, 2022  
1:30pm-3:30pm

East Main Lanes & Lounge  
1 East Main Street  
Sidney, NY

Enjoy an afternoon of fun at the Bowling Alley! Family Resource Network will pay for shoe rental and two games of bowling per family. A pizza lunch will be provided!

Please Register by November 15th

**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". 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: Holiday Side Dishes



Monday, November 21st  
5:00pm-6:30pm  
Online via ZOOM

The Family Resource Network is excited for this month's virtual cook-a-long, and our last cook-a-long for 2022! For November we will be getting ready for the holidays! FRN will lead participants through two holiday side dish recipes including a casserole and stuffing that we will supply the ingredients for! **Please register by Monday, November 14th 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](http://www.familyrn.org) and click on "News and Events" and then "Events Calendar".

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.

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

**Please join the Family Resource Network Teen Scene and Dragon Dates programs for an in-person Paint and Dip!**



**Monday, December 12th  
5:00pm-6:30pm  
Elm Park United Methodist Church  
401 Chestnut Street  
Oneonta, NY**

Join us for a night of painting with friends! The Family Resource Network is excited to be able to offer an in-person Paint and Dip! This is a directed painting activity and Program Coordinator Kristin will guide participants through a winter themed design (pictured above). This will give every participant the opportunity to enjoy painting while putting their own spin on the same pattern. All necessary supplies will be provided and each participant will get to take home their unique piece of art! A pizza dinner will be provided.

Please Register by December 9th  
**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". 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 for our upcoming event:*  
**Virtual Game Night!**



**Monday, December 5th  
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](http://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. 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.

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