

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

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@familyrn



@family.resource.network

Interested in being a sponsor for FRN's 6th Annual Duck Derby and Family Fun Day? Please fill out the information below and mail it along with your donation to our office at the address below. If you prefer to donate online, you can use the QR code as well!

**Family Resource Network**  
**46 Oneida Street**  
**Oneonta, NY 13820**

**OR**



Your Name: \_\_\_\_\_

Business Name: \_\_\_\_\_

Business Address: \_\_\_\_\_

Business Phone & Email: \_\_\_\_\_

Sponsorship Level (please select your sponsorship level and indicate donation amount):

( ) Bronze Level: -\$5-\$100 /Your Donation Amount \$ \_\_\_\_\_

( ) Silver Level: \$101-\$250/ Your Donation Amount \$ \_\_\_\_\_

( ) Gold Level: \$251+/Your Donation Amount \$ \_\_\_\_\_

On behalf of The Family Resource Network's Board of Directors and the families we serve right here in our community, we thank you for your support and invite you to attend our Duck Derby event on Saturday, June 3rd, at Neahwa Park in Oneonta. You will be included on our sponsorship board that will proudly be displayed at the event, and will also appear on our website and be included in our monthly FRN e-newsletter. We hope to see you there!

# connections

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

January-February 2023  
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**Family  
Resource  
Network**

As the year comes to a close the Family Resource Network would like to reflect over the past 12 months and think about all of the positive moments we have had the chance to experience together as an agency. To all of the youth and families we have worked with throughout the year, be it through advocacy, support groups, trainings, Teen Scene, Dragon Dates or any one of our other programs, we hope you are able to do the same, feeling proud of your own growth, strength and resilience.

Looking forward, the Family Resource Network is very excited for everything we already have planned for 2023! For the first time since 2019 our annual Duck Derby and Family Fun Day will return to Neahwa Park this June! FRN also has several Autism Conferences already scheduled for the year in addition to the trainings and workshops we offer on a regular basis. We will continue to offer both in-person as well as virtual options for our Teen Scene and Dragon Dates events and hope to begin offering in-person meetings for our parent support group this spring as well! From the Board of Directors and staff of the Family Resource Network we wish all of the youth and families we serve a happy and healthy 2023 and look forward to seeing you all in the coming months!



## 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.

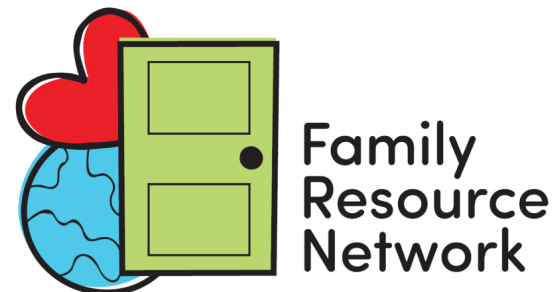
### Purpose:

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:

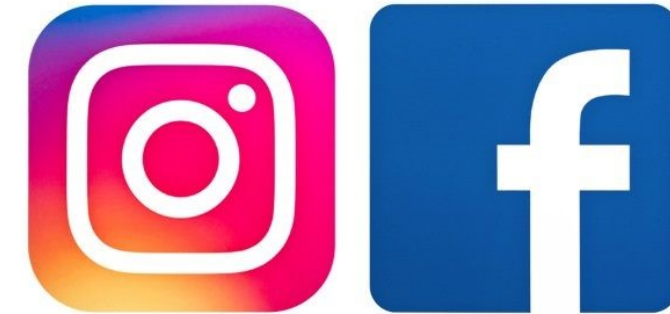
#### Services for Families with OPWDD Eligibility

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!



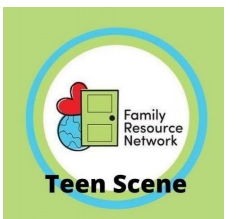
Find us on Facebook:  
 @familyrn

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, January 3 6:30 pm	Thursday, January 5 10:00 am
Tuesday, January 10 6:30 pm	Thursday, January 12 10:00 am
Tuesday, January 17 6:30 pm	Thursday, January 19 10:00 am
Tuesday, January 24 6:30 pm	Thursday, January 26 10:00 am
Tuesday, January 31 6:30 pm	Thursday, February 2 10:00 am
Tuesday, February 7 6:30 pm	Thursday, February 9 10:00 am
Tuesday, February 14 6:30pm	Thursday, February 16 10:00 am
Tuesday, February 21 6:30 pm	Thursday, February 23 10:00 am
Tuesday, February 28 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 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.\*\*\*

## ***The Family Resource Network is very excited to announce the return of our 1st "Post-Covid", Annual Duck Derby!***



**June 3rd, 2022**  
**12:00pm-3:00pm**  
**Neahwa Park, Oneonta**

The Duck Derby is a family friendly event that combines the excitement of multiple rubber duck races down the Mill Creek, face painting, an amazing DJ, and tons of make and take crafts. Every year we add more fun and accessible activities to the day! In addition, this event has become a much-anticipated opportunity for other area non-profit organizations to come together and connect with community members about the wonderful programs that they offer.

There will be multiple heats of duck races throughout the afternoon. Cash prizes will be awarded to first, second and third place finishers in each race. At the end of the day all ducks will be entered in the final race for a chance to win the grand prize!!!

While Ducks can be purchased the day of the event, they can also be purchased in advance at the Family Resource Network located at 46 Oneida Street, Oneonta. Ducks are being sold for \$5.00 each or 6 for \$20.00!

For more information on how to get involved please call the Family Resource Network at 607-432-0001 and ask for Kristin. If you would like to reserve a space for your agency to table at the event please send an email to [kwinn@familyrn.org](mailto:kwinn@familyrn.org) for more details

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This event has become our signature, annual fundraiser and agency showcase. The goal of our Duck Derby is to raise money for projects and programs not covered through any of our other funding sources. We are currently looking for corporate sponsors who would be willing to help us reach this goal. If you are interested in making a donation please use the form or the QR code on the back of this Newsletter. Thank you for your support!

*Please join the Family Resource Network for our upcoming training:*  
**Preparing for Your Child's CPSE/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, Pattie Kinter, 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

**Friday, January 13, 2023**  
**9:30 a.m. to 11:30 a.m.**  
**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 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 an upcoming training on:*  
**Summer Camps for Individuals with Developmental Disabilities**

Are you looking for a summer program for your loved one with a developmental disability? Join Family Resource Network for presentations by camp programs from around NY state, including day camps, sleep-away camps, and family camps. Learn about what to expect, how to apply, and funding options for camp.

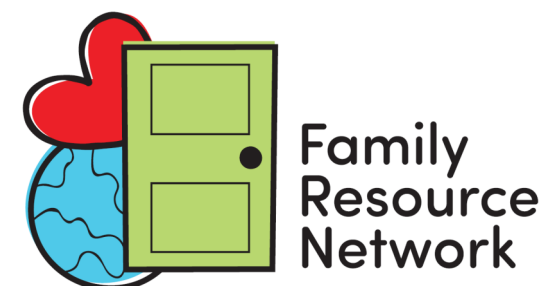
**Wednesday, 02/08/2023**  
**5:30 p.m. to 8:00 pm**  
**Online**

***REGISTRATION REQUIRED***

To register online, go to [www.familyrn.org](http://www.familyrn.org) and click on the News and Events link and the Event Calendar.

For questions or assistance with registration please contact Terry DiLuzio at 607-287-3816.

\*\*\*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 Family Resource Network Presents:*  
**The Nurturing Philosophy**

**The Nurturing Program for Parents of Children with Special Needs and Health Challenges**

- You will learn about the Six Key Values of the Nurturing Philosophy.
  - You will learn about respect, empathy, and personal power.
- How can children with special needs and health challenges feel powerful?

The Family Resource Network will be offering this single session workshop presented by Robin Piefer and Terry DiLuzio, trained Nurturing Parenting facilitators focusing on positive parenting of children diagnosed with special needs and/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.

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.

**Date: Wednesday, January 25, 2023**

**Time: 9:00 a.m. to 11:00 a.m.**

***\*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 questions or assistance with registration, 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 for our Upcoming Workshop:*  
**All About Assessments**

**Wednesday, February 15, 2023**

**9:00-11:00 am**

**Online**

"Triennial," "Psychoeducational," "Neuropsychological," "Adaptive Behavior Scale," "Standard Score," "Raw Score." What do all of these terms mean? Join Family Resource Network to learn about the different types of evaluations your child may receive, what they are for, and how to interpret the results.

***Our presenter:*** Robin Piefer was an Early Intervention Special Instructor for 12 years. She has navigated the special education system for her own family and has worked as an Education Advocate at Family Resource Network since 2017.

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



Please join the Family Resource Network's Teen Scene and Dragon Dates Programs for our upcoming virtual crafting event:

## Knot Blankets!



**Monday, February 13th, 2023**  
**5:00pm-6:30pm**  
**Online via ZOOM**

Join us for a relaxing evening of making no sew fleece knot blankets!

We thought making these cozy lap blankets would be the perfect activity during the cold winter months. **The Family Resource Network will provide the fleece needed to make the blankets to anyone who registers by Monday, February 6th.** 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. Participants will need to be prepared with their own scissors, ruler, and work space in order to complete the project.

### **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.

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

## Virtual Cook-a-Long: Breakfast for Dinner



**Monday, February 27th**  
**5:00pm-6:30pm**  
**Online via ZOOM**

Breakfast for dinner is back! The Family Resource Network excited for this month's virtual cook-a-long, and revisiting this theme. There are so many options we thought we would try two more. FRN will lead participants through two breakfast for dinner recipes including a French Toast casserole and Breakfast Burritos that we will supply the ingredients for! **Please register by Monday, February 20th 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.

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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 first virtual Cook-a-Long of the year!**



**FRN Chili Bowl 2023**  
**Monday, January 23rd**  
**5:00pm-6:30pm**  
**Online via Zoom**

The Family Resource Network is excited for this month's virtual cook-a-long, and our first cook-a-long for 2023! Although we won't be having a contest, during our Chili Bowl cook-a-long participants will learn how to make good chili any way you like it! And what better way to warm up on a cold winter night than with a hearty bowl of chili? FRN will lead participants through a versatile chili recipe that can be tailored to your families preferences. We will supply many of the necessary ingredients as well as provide a list of optional ingredients you might want to try as well! **Please register by Monday, January 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](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

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



**Monday, January 9th**  
**5:00pm-6:30pm**  
**Online via Zoom**

Have a fun family game night at home in the company of friends from FRN. We will be playing BINGO, Kahoot, our trivia style game, as well trying out a few new games we haven't played before. 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.