

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.**

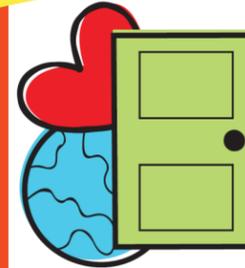
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**Family  
Resource  
Network**

This time of year, many of our local school districts are gearing up for "annual review season". This means that if you have a child with an IEP, there is a good chance you will have a CSE meeting sometime in the next three months. The annual CSE meeting is not just about listening to your child's teacher and therapists talking about the year- it is a chance for you to share your vision and long-term goals for your child and to check in on their progress toward those goals. Are you ready to fully participate in your child's CSE meeting? If not, we're here to help!

In March and April, we are offering several trainings to help parents learn about the special education system:

On March 8, our education advocates will share tips for your next meeting in "Preparing for Your Child's CSE Meeting".

On March 24, Kara Georgi, Family Education Specialist from Starbridge, Inc., will talk about special education regulations in "Understanding the Special Education System".

On March 29, Patrick Radel, Special Education Attorney, will present "10 Myths about Special Education". In this informative presentation, he will discuss common myths about the special education system and tell you what the law really says.

On April 21, Kara Georgi returns to talk about the members of the CSE team and their roles in "Committee on Special Education Overview".

As always, please call the Family Resource Network if you have specific questions about your child's IEP. Our education advocates are here to answer your questions and connect you with resources. If your child is eligible for services under the Office for People with Developmental Disabilities (OPWDD), we can help advocate for your child by helping you prepare for meetings, attending them with you, and helping you with writing letters, filing complaints, and more.

## 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



Find us on Facebook:  
 @familyrn

Find us on Instagram:  
 @family.resource.network



### 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

Please join the Family Resource Network for Our Upcoming Workshop:  
**10 Myths about Special Education**

There are many misconceptions on what schools are obligated to provide for our students. This workshop will help clear up these misconceptions. Special Education Attorney, and Parent of a special needs student. Pat Radel will provide a summary of key legal principles, discusses common misconceptions about special education law, and gives practical tips for effective advocacy.

Date: Wednesday, March 29, 2023

Time: 10:00 am- noon

Online via ZOOM

**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](http://www.familyrn.org) and click on the News & Events link and the Event Calendar. To register by phone, 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 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, March 7 6:30 pm	Thursday, March 2 10:00 am
Tuesday, March 14 6:30 pm	Thursday, March 9 10:00 am
Tuesday, March 21 6:30 pm	Thursday, March 16 10:00 am
Tuesday, March 28 6:30 pm	Thursday, March 23 10:00 am
Tuesday, April 4 6:30 pm	Thursday, March 30 10:00 am
Tuesday, April 11 7 6:30 pm	Thursday, April 6 10:00 am
Tuesday, April 18 6:30pm	Thursday, April 13 10:00 am
Tuesday, April 25 6:30 pm	Thursday, April 20 10:00 am
	Thursday, April 27 10:00am

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, 2023**  
**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 three 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, Terry DiLuzio and Pattie Kinter 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

**Wednesday, March 8, 2023**  
**6:00 p.m. to 8:00 p.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 "training groups" 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 and Starbridge for a Lay Advocacy Training on:  
**Understanding the Special Education System**

**Friday, March 24, 2023**  
**9:00am-11:00**  
**via ZOOM**

Participants will learn about legal requirements set forth in The Regulations of the Commissioner of Education Part 200-201. In addition, participants will learn how to use the regulations and understand that parents are equal partners in their child's education. Parents will also learn effective communication skills on how to work with the CSE and other staff in their child's education program, how to read the NYS Regulations and have the opportunity to learn what is included in the IEP and how it is individualized to meet the unique needs of a student. If you are a Parent, Grandparent, Family Member, Care Manager or just interested in this topic then this training is for you!

**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](http://www.familyrn.org) and click on the News & Events link and the Event Calendar. To register by phone, 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.\*\*\*

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, April 5, 2023**

**Time: 6:00 p.m. to 8:00 p.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 and Starbridge for our Upcoming Workshop:

**Committee on Special Education Overview**

Friday, April 21, 2023

9:00-11:00 am

Online via Zoom

The Committee on Special Education (CSE) is responsible for developing a child's Individualized Education Program (IEP) through a process which involves the student and family. This workshop will explain the purpose of the CSE, the required members, and the family's role on the committee.

Participants will:

- Learn strategies for effective advocacy with the CSE
- Gain an understanding of the CSE team process
- Understand the role of each CSE member
- Learn about the timetable for the CSE process
- Understand the process of developing an IEP
- Gain advocacy skills

***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](http://www.familyrn.org) and click on the News & Events link and the Event Calendar. To register by phone, 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 event:

## Virtual Game Night!



**Monday, March 13th  
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 and Kahoot, our trivia style game.

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.

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

## Virtual Cook-a-Long: Shepherd's Pie



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

The Family Resource Network is excited for this month's virtual cook-a-long. For March we will be cooking a traditional Irish dish! It's a hearty meal and a popular way of using up leftovers, as there is really no limit to what vegetables and meats can be combined to prepare the base! FRN will lead participants through Shepherd's Pie as well as Brownies for dessert and we will supply the ingredients! **Please register by Monday, March 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.

**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.

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



Saturday, April 15th, 2022  
11:00am-1:00pm

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

Enjoy a couple hours 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 April 12th

**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: Pizza Party



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

The Family Resource Network is excited for this month's virtual cook-a-long. By request, we will be hosting our 3rd annual pizza party! There are so many different types of pizza we never run out of something new to try! We will be making a variety of pizzas following recipes submitted by you! FRN will lead participants through both recipes and we will supply the ingredients! **Please register by Monday, April 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](http://www.familyrn.org) and click on "News and Events" and then "Events Calendar".

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