

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

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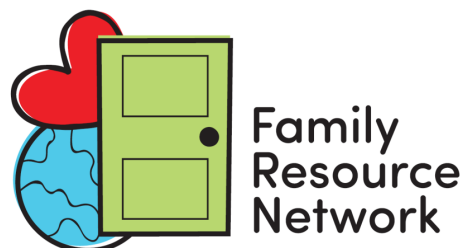


@family.resource.network

## The Family Resource Network is looking for people like YOU!

If you are reading our newsletter, it is a safe bet that you already make a positive difference in the life of someone with a special need and have attended one of the many conferences or workshops sponsored by The Family Resource Network. Have you ever wished for the opportunity to share your knowledge and/or help others? The board of directors at The Family Resource Network consists of members of our community who believe in the mission of the agency and we are currently looking for people to join our board of directors.

For more information regarding the Family Resource Network, our mission statement and the role of a board member please contact board president Rhiannon Ham at (607) 278-5758 or call the Family Resource Network at (607) 432-0001.



# connections

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

May & June 2023  
in this issue:

Workshop: Special Needs Trust and Guardianship p. 6  
Training: Advocacy Steps and Effective Communication p. 7  
Workshop: Growing Skills all Summer Long p. 8  
Upcoming Teen Scene and Dragon Dates Events p. 11-14



As summer is fast approaching, the Family Resource Network is busy gearing up for two of our favorite community events! We are excited to share that not only will we be hosting our first post-COVID Duck Derby and Family Fun Day in Neahwa Park in June, this July we will also be collaborating with the Oneonta Job Corps Academy for our 5th Annual Community Softball Game at Damaschke Field.



FRN's 6th Annual Duck Derby and Family Fun Day will be held on June 3rd from 12pm-3pm. Our Duck Derby had become a much-anticipated, family friendly, community event that combined the excitement of multiple rubber duck races down the Mill Creek, face painting, music, and tons of make and take crafts as well as provided an opportunity for other area non-profit organizations to come together and connect with community members about the wonderful programs that they offer. We are so happy to be able to bring back this event after a 3 year hiatus.

On Friday, July 14th FRN youth and staff will be playing our friends from the Oneonta Job Corps Academy in a fun, friendly game of softball! The game will begin at 7pm. In addition to the ballgame, fun contests, prizes and entertainment, local agencies will be set up sharing information about the programs and services they provide in our community.



For more information about both of these events as well as all of our upcoming trainings, workshops, support groups and youth programming please check out the rest of our May/June 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  
 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:

## GETTING ORGANIZED: KID IN A BOOK (TEEN and ADULT IN A BOOK)

The Family Resource Network will demonstrate a helpful tool for organizing records for your loved one with a disability. Kid in a Book (KIB) is a hands-on workshop where we will guide participants through the process of organizing for their loved ones':

- health records
- education records
- other important papers and documents of a loved one with special needs.

KIB is an invaluable resource for many parents, providing easy access to all of your loved one's information for medical appointments, CPSE and CSE meetings, parent-teacher conferences, and everyday reference.

Teen in a Book contains the same information as Kid in a Book plus pages to help teens and parents navigate the transition years with a little more confidence, comfort, and ease -- helping your loved one enter into the adult world effectively, armed with the information to be their own advocate.

In-person participants will receive their choice of a Kid in a Book binder, or Teen in a Book binder, or an Adult in a Book binder. Online participants will receive a digital file of their choice of binders.

This workshop will be presented by Robin Piefer, Pattie Kinter, and Terry DiLuzio from the Family Resource Network.

Wednesday, June 28, 2023

6:00 to 8:00 p.m.

HYBRID

IN-PERSON @ FRN Office and ZOOM  
 46 Oneida Street, Oneonta NY

**\*Registration is required\***

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 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, May 2 6:30 pm	Thursday, May 4 10:00 am
Tuesday, May 9 6:30 pm	Thursday, May 11 10:00 am
Tuesday, May 16 6:30 pm	Thursday, May 18 10:00 am
Tuesday, May 23 6:30 pm	Thursday, May 25 10:00 am
Tuesday, May 30 6:30 pm	Thursday, June 1 10:00 am
Tuesday, June 6 6:30 pm	Thursday, June 8 10:00 am
Tuesday, June 13 6:30 pm	Thursday, June 15 10:00 am
Tuesday, June 20 6:30pm	Thursday, June 22 10:00 am
Tuesday, June 27 6:30 pm	Thursday, June 29 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.\*\*\*

Please join the Family Resource Network for a workshop on:  
**Supplemental Needs Trusts and Guardianship**  
Presented by Greg Catarella, Esq.

**Wednesday, May 24, 2023**  
**9:00 a.m. to 12:00 p.m.**  
**(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.\*\*\*

*Please join the Family Resource Network and Starbridge for our upcoming 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, May 12, 2023  
9:00 a.m. to 11:00 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 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 and Starbridge for a Training on:*  
**Growing Skills All Summer Long**

**Friday, June 9  
9:00am-11:00am  
via ZOOM**

Summer is a great time to relax but can also be an opportunity to teach your child in everyday and fun moments. Participants will get to explore ways to interact with technology on a needed basis and how to encourage technology free play and activities. This training will provide you an opportunity to consider some of those opportunities and to share how you help your child keep on growing throughout the summer.

**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 is very excited to announce  
the return of our 1st "Post-Covid,"  
6th 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, awesome music, 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:

1st-\$100.00  
2nd-\$75.00  
3rd-\$50.00

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!

This event has become our signature, annual fundraiser and agency showcase for the Family Resource Network. The goal of our Duck Derby is to raise money for projects and programs not covered through any of our other funding sources.

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.

The Family Resource Network would like to thank all of the businesses and individuals who have helped make this year's Duck Derby possible!

***We deeply appreciate the generosity of our 2023 Sponsors:***

**Miller Financial Services  
The Peachin Group LLC  
Empire Toyota  
Benson Agency Real Estate LLC  
Hobiaica Law Office  
The Bonadio Group  
Amish Barn Company  
NBT Bank  
Robert and Marcy Birch  
Community Bank, NA  
Circulars Unlimited  
Scholet Furniture  
Mona Noble  
Clover Hill Farm  
Davenport Garden Center**

Interested in being a sponsor for FRN's 6th Annual Duck Derby and Family Fun Day?.... It's not too late! 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 \$ \_\_\_\_\_



Come join the Family Resource Network's Teen Scene and Dragon Dates Programs for our Spring Mini Golf Event!



Saturday, May 20, 2023  
11:00am-1:00pm

Oneonta Sports Park  
132 County Hwy 47  
Oneonta, NY

Enjoy a round of mini golf with the Family Resource Network! The Family Resource Network will cover a game of Mini golf for each family member followed by a pizza lunch at the picnic area at the Sports Park.

Please Register by May 18th

**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: Making Cookies



Monday, May 22nd  
5:00pm-6:30pm  
Online via ZOOM

The Family Resource Network is excited for this month's virtual cook-a-long. For May we will be appealing to everyone's sweet tooth! FRN will lead participants through two cookie recipes, No Bake and Chocolate Chip and we will help cover the cost of the ingredients. We have decided to try something different for supplies. Rather than FRN purchasing the supplies and delivering or scheduling pick ups, we will be providing families gift cards and a supply list that they can use to get the ingredients they need. **Please register by Monday, May 15th in order to receive your gift card prior to the event.**

You will have the option to select from Walmart, Hannaford or Price Chopper and we will mail your gift card after the registration deadline.



**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 for our upcoming events this summer:

## Duck Derby and Family Fun Day

**Saturday, June 3rd**

**12:00-3:00pm**

**Neahwa Park**

**Oneonta, NY**

Families of participants of our Teen Scene and Dragon Dates programs who register in advance will be eligible for a free “6 quack” entered in the Derby as well as a Duck Derby goodie bag and lunch for all members of the family! For more information of all the fun going on during the afternoon please see page 9 for all the event specifics!

**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".

## SAVE THE DATE

Please join the Family Resource Network and the Oneonta Job Corps Academy for our Fifth Annual

## Community Softball Game



**Friday, July 14th**  
**Doors open @ 6:00pm**  
**Damaschke Field**  
**15 James Georgeson Ave**  
**Oneonta, NY**



Family  
Resource  
Network

Watch FRN youth and staff play the Oneonta Job Corps Academy youth and staff in a fun, friendly game of softball!

If you would like more information about this event or to find out how you can participate please contact Kristin at the Family Resource Network by calling 607-432-0001 or via email at [kwinn@familyrn.org](mailto:kwinn@familyrn.org).

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

## Virtual Cook-a-Long: Summertime Picnic

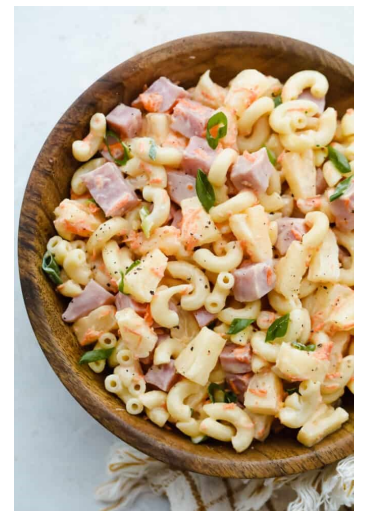


**Monday, June 26th**  
**5:00pm-6:30pm**  
**Online via ZOOM**



The Family Resource Network is excited for this month's virtual cook-a-long. For June we will be making two recipes perfect for a summer picnic! FRN will lead participants through wraps and macaroni salad and we will help cover the ingredients! Rather than FRN purchasing the supplies and delivering or scheduling pick ups, we will be providing families gift cards and a supply list that they can use to get the ingredients they need.

**Please register by Monday, June 19th in order to receive your gift card prior to the event.** You will have the option to select from Walmart, Hannaford or Price Chopper and we will mail your gift card after the registration deadline.



**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.