

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

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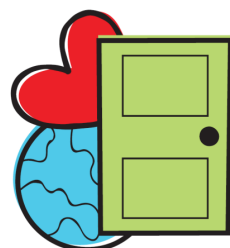
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Instagram @family.resource.network

Grateful for All



Decorate your table with a Bloomin' 4 Good Bouquet!
For the entire month of **November**, when you
purchase a Bloomin' 4 Good Bouquet at our selected
Hannaford, we'll receive \$1!

Hannaford
705 State Highway 28
Oneonta, NY



**Family
Resource
Network**

connections

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

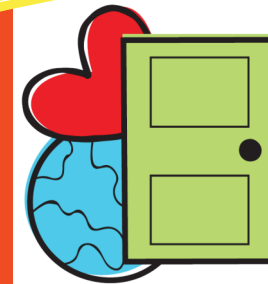
**November & December 2023
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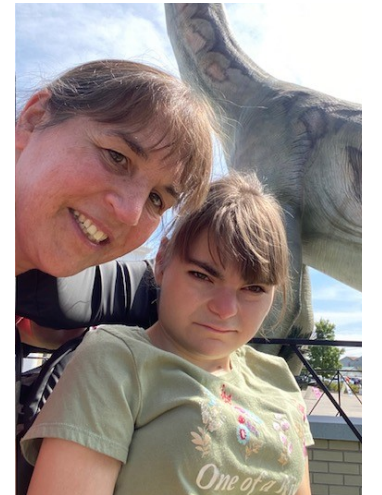
Upcoming Teen Scene and Dragon Dates events p. 11-14



**Family
Resource
Network**

The Family Resource Network is looking for people like YOU!

My name is Ruth Modinger and I joined the board at FRN almost 20 years ago. I have been a board member, secretary, treasurer, vice president, and president of the board during this time. I joined the board after FRN helped my family with transportation and fees to attend a conference to learn about my daughter's disability. I was so scared to learn about the challenges that were to come. Instead of being afraid, I was welcomed into a group of families that were facing some of the same challenges we were experiencing. After the conference, I had a network of friends that I could reach out to when we experienced something new.



I truly believe in FRN's mission to help individuals with special needs reach their full potential. I also know that FRN "was founded by parents to enhance the lives of individuals with special needs." Educating parents to become their child's best advocate helps our children reach their full potential. FRN is here for you and your family. If you have received help from FRN, consider joining the board and see how we help the next generation. We need to ensure that FRN is around to help families just like yours and mine.

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.

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:

Heather Cotten: Family Peer Advocate
Terry Diluzio: Education Advocate
Mary Fralick: Family Peer Advocate
Karyn Kanzer: Family Peer Advocate
Robin Piefer: FSS Supervisor
Kristin Winn: HR Supervisor/Program Coordinator
Michelle Zuk: Executive Director



Find us on Facebook:
@familyrn

Find us on Instagram:
@family.resource.network



Family Resource Network Programs:

Services for Families with OPWDD Eligibility

Education Advocacy
Intensive Advocacy Program
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

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

Please join the Family Resource Network for our upcoming Workshop: Supplemental Needs Trusts and Guardianship Presented by Greg Catarella, Esq.

Friday, November 3, 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

To register, please go to familyrn.org and click on news and events and events calendar. For questions or help registering, please contact 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 at 607-287-6358 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.

Support Groups meet every Tuesday evening and the first and third Thursday morning of the month.

Registration is required.

Tentative Support Group Dates:

Tuesday, November 7 6:30 pm	Thursday, November 2 10:00 am
Tuesday, November 14 6:30 pm	Thursday, November 16 10:00 am
Tuesday, November 21 6:30 pm	Thursday, Nov 23 (No Meeting)
Tuesday, November 28 6:30 pm	Thursday, Nov 30 (No Meeting)
Tuesday, December 5 6:30 pm	Thursday, December 7 10:00 am
Tuesday, December 12 6:30 pm	Thursday, December 21 10:00 am
Tuesday, December 19 6:30pm	

To register, go to 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 and Starbridge for our
upcoming training:*

Balance and Wellness for Caregivers and Professionals

November 8, 2023
9am-11am
Online via ZOOM

Caregivers and professionals in the human services field can benefit from real, honest conversations about the personal impacts of providing care and support to a person who has a disability.

Learn to recognize and reduce stressors, as well as increase self-awareness about your role and responsibilities. The goal is to create more balance and resilience so we can continue to give our best to those we love and support.

- Increase awareness of personal barriers to wellness and balance
- Learn strategies and steps to help create more work-life balance
 - Identify ways to nurture your health and develop resiliency

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.

*****Registration Required*****

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***This workshop is provided through a grant from OPWDD. Self-directing families will need to add "Training Groups" to their budgets before attending. Please contact Robin at (607)287-6358 for help adding this program to your child's budget.

Please join the Family Resource Network for our upcoming training:
Personal Power, Praise and Positive Discipline

- Parents will become familiar with the concepts of Personal Power
- Parents will learn types of Praise (being and doing)
- Parents will learn ways to Empower
- Parents will learn the 3 steps to ACTion

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, December 13, 2023
Time: 6:00 p.m. to 8:00 p.m.
Online via ZOOM

Registration is required

To register online, go to 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 training:

Pathways to Graduation

December 6, 2023
9:00am-11:00am
Online via ZOOM

Learn what "pathways to graduation" are available for students who have disabilities in New York State. What does each diploma, credential, and certificate offer for a student's future? What is the difference between a local diploma, a Regents diploma, and a Skills and Achievement Commencement Credential? This workshop will help you and your student make informed decisions regarding school, placement, and services.

- Understand the difference between each diploma and credential and the impacts on postsecondary options
- Gain information to help you and your child make informed decisions regarding school, placement, and services

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.

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Please join the Family Resource Network for a training on:

Coping, Calming, and the Brain

- Parents will learn more about stress, brain development and how stress affects the brain
- How our children with Special Health Needs are affected by stress/stressors
- How we as parents can model ways of coping and calming

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 event is for Parents and Caregivers.

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, November 15, 2023

Time: 6:00 p.m. to 8:00 p.m.

Online via Zoom

Registration is required

To register online, you can go to our website at www.familyrn.org and click on News & Events then on our events 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
FOR OUR VIRTUAL NURTURING PARENTING SERIES:

NURTURING SKILLS FOR FAMILIES STRENGTH BASE APPROACH TO POSITIVE PARENTING

The Family Resource Network will be offering a ten session course with 2 make- up session presented by our team of credentialed Family Peer Advocates and trained facilitators focusing on positive parenting of children birth-19 years of age.

Thursday, January 11
Thursday, January 18
Thursday, January 25
Thursday, February 1
Thursday, February 8
Thursday, February 15

Thursday, February 22
Thursday, February 29
Thursday, March 7
Thursday, March 14
Thursday, March 21*
Thursday, March 28*
*Make-up sessions

What to expect if you participate in the Nurturing Parenting Series:

- The Nurturing Programs are family based interventions where parents and their children learn similar knowledge and skills for improving the quality of their lives.
- Built in assessment strategies allow facilitators and parents to chart the course of their successes.
- The flexibility within the structure of the programs allows facilitators to ensure the specific needs of families are being met.
- The nurturing philosophy of non-violent parenting focuses on the development of empathy, self-worth, self-awareness, empowerment, discipline with dignity, appropriate family roles and age-appropriate expectations of children's development.
- This 10 session course is geared towards families raising children from birth through 19 years old.

To check eligibility, find out more information, or register please call the Family Resource Network at 607-432-0001 and ask to speak with Kristin Winn.

Please register by: December 15, 2023
Registration is limited



Come join the Family Resource Network's Teen Scene and Dragon Dates Programs for a Bowling Event!



Sunday, November 19, 2023
2:00pm-4:00pm

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 November 17th

Registration is REQUIRED.

To register please visit our website @ 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: Casserole for a Chilly Day

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



The Family Resource Network is excited for this month's virtual cook-a-long. For a chilly November evening we are going to warm up with a Casserole for dinner. FRN will lead participants through two recipes, one for a hearty casserole dish and the other for cornbread and we will help cover the cost of the ingredients. FRN will be providing families gift cards and a supply list



that they can use to get the ingredients they need to prepare both recipes. **Please register by Monday, November 20th 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 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.

Introducing the Family Resource Network's Embark Program

More families are being asked by OPWDD to use Family Support Services before qualifying for the Home and Community Based Services (HCBS) waiver. At Family Resource Network, we offer a variety of Family Support Services. Family Resource Network Embark is a group of services designed to support the families of young children with developmental disabilities. Our goal is to make caring for a child with a developmental disability easier by helping families build confidence and understanding, learn advocacy skills, and connect with other families to reduce isolation.

- Access to 1:1 support from one of our advocates to help you understand your child's disability, connect with resources and services, and navigate the special education system, OPWDD, mental health, and other systems for your child.
- An online support group for families of children under 8 with developmental disabilities. This will meet twice a month.
- Monthly trainings geared toward the needs and interests of families of young children with developmental disabilities.
- COMING SOON: Monthly social/recreational activities for all family members enrolled in the Embark program.

In November and December:

Embark Support Groups:

Thursday, 11/09/23 @ 10:00 a.m. to 11:00 a.m.

Wednesday, 11/29/23 @ 6:30 p.m. to 7:30 p.m.

Thursday, 12/14/23 @ 10:00 a.m. to 11:00 a.m.

Wednesday, 12/20/23 @ 6:30 p.m. to 7:30 p.m.

Trainings:

Wednesday, November 15, 2023, Time: 6:00 p.m. to 8:00 p.m.
"Coping, Calming, and the Brain" (pg. 9)

Wednesday, December 13, 2023, Time: 6:00 p.m. to 8:00 p.m.
"Personal Power, Praise and Positive Discipline" (pg. 7)

To register for the Embark program, please contact Robin at
(607)287-6358 or fss@familyrn.org.

Please join the Family Resource Network Teen Scene and Dragon Dates Programs for our December Teen Scene and Dragon Dates events:



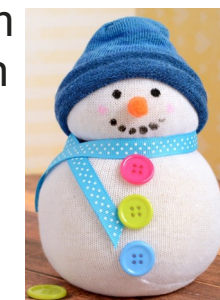
Monday, December 4th
5:00pm-6:30pm
Online via Zoom

Have a fun family game night at home in the company of friends from FRN. We will be playing Kahoot, our trivia style game, 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.

Winter Craft

Sunday, December 17th
1:00pm-3:00pm
FRN Office
46 Oneida Street
Oneonta, NY

Join your friends from FRN for an afternoon of Arts and Crafts. Participants will be guided through two snowman themed crafts. As we approach the holidays these would make the perfect gift for a special person in your life or just to decorate your home!



Registration is required

To register please visit our website @ www.familyrn.org and click on "News and Events" and then "Events Calendar".

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