

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



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Interested in being a sponsor for FRN's 7th Annual Family Fun Day and Duck Derby? Please fill out the information below and mail it along with your donation to our office at the address below.

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

Your Name: _____

Business Name: _____

Business Address: _____

Business Phone & Email: _____

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

- () Bronze Level: \$5-\$249 /Your Donation Amount \$ _____
() Silver Level: \$250-\$499/ Your Donation Amount \$ _____
() Gold Level: \$500-999/Your Donation Amount \$ _____
() Platinum Level: \$1000+/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 8th, 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.**

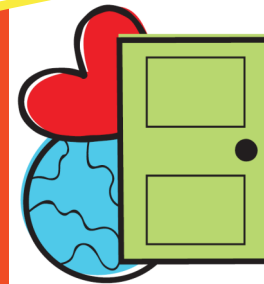
January & February 2024
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**Family
Resource
Network**

As 2023 comes to a close, the Family Resource Network is looking forward to all the exciting things the New Year will bring! Two highly anticipated events include FRN's 7th Annual Family Fun Day and Duck Derby on Saturday, June 8th from 12:00pm-3:00pm at Neahwa Park in Oneonta and the agency's 30th Anniversary Celebration which will be held Saturday, September 14th from 5:00-8:00pm at Foothills PAC, with special guests FLAME the band!

The Family Fun Day and Duck Derby is a family friendly event that combines the excitement of multiple rubber duck races down the Mill Creek, face painting, music, and tons of make and take crafts. Every year we add more fun and accessible activities to the day! This year our friends from the Utica ZooMobile will be joining us. 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.

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 for more details

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 on the back of this Newsletter.

Finally, to celebrate 30 years of providing services and supports to families raising loved ones with special needs in our community, FRN will be hosting a fundraising dinner followed by a free concert to the community at the Foothills Performing Arts Center in Oneonta. As mentioned above the event will take place on Saturday, September 14th. The dinner will be from 5-6pm and the concert will be from 6-8pm. We will be sharing more information about this special event how to get your tickets soon!

Thank you to everyone who has made these past 30 years possible!

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:
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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, January 26, 2024
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, January 2 6:30 pm Thursday, January 4 10:00 am
 Tuesday, January 9 6:30 pm Thursday, January 18th 10:00am
 Tuesday, January 16 6:30 pm Thursday, February 1st 10:00am
 Tuesday, January 23 6:30 pm Thursday, February 15th 10:00am
 Tuesday, January 30 6:30 pm
 Tuesday, February 6 6:30 pm
 Tuesday, February 13 6:30pm
 Tuesday, February 20 6:30 pm
 Tuesday, February 27 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:

Functional Behavior Assessments and Behavior Intervention Plans (BIPs)

Friday, January 19

9:00-11:00

Online

Sometimes a child's behaviors interfere with learning. Students and teachers need strategies to minimize those behaviors and to maximize learning opportunities. This workshop will explore the nature of a child's behavior and when a Functional Behavior Assessment (FBA) should be requested. An FBA helps to determine why a student engages in behaviors that impede learning. We will share tools and strategies to support student success, and what types of supports and services might be needed.

- Understand the terms Functional Behavioral Assessment and Behavior Intervention Plan
 - Understand the process by which these are developed
- Be able to actively participate in the process of developing these plans

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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***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:
“The Nurturing Philosophy”

Wednesday, January 17
 6:00-8:00pm
 Online via Zoom

This workshop will focus on positive parenting skills for the families of children with special needs or health challenges.

- Learn about the Six Key Values of the Nurturing Philosophy.
 - Learn about respect, empathy, and personal power.
- Learn how to help children with special needs and health challenges feel powerful

Our presenters: Robin Piefer and Terry DiLuzio, Nurturing Parenting Facilitators

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.

Registration is required. To register online, go to 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.

Please join the Family Resource Network and Starbridge for our upcoming training:

School Avoidance and Anxiety

Wednesday, February 14
 9:00-11:00 am
 Online via Zoom

Anxiety is a natural part of childhood, but when anxiety gets in the way of a child’s ability to learn, families may need support and services through the Committee on Special Education.

During this workshop, participants will learn how to collaborate with your child’s school and identify what supports and services may be available through your school and community for a child who has anxiety.

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:

Preparing for Your Child's CSE Meeting

Wednesday, February 28

6:00-8:00 pm

Online via Zoom

The past few years have disrupted education for almost every student in the world. As this year's CPSE and CSE Meetings approach, it is more important than ever to be prepared. What can you do to prepare for your child's CPSE or CSE meeting and ensure you have meaningful participation in the IEP Process?

Education Advocates Robin Piefer and Terry DiLuzio, Education Advocates, 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

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 a workshop on:

Summer Camps for Individuals with Developmental Disabilities

Wednesday, February 7, 2024

6:00-8:00pm

Online via Zoom

Are you looking for a summer program for your loved one with a developmental disability? Join Family Resource Network for presentations by camps and summer 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.

Registration is required.

To register online, go to 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.



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.

January and February: Embark Support Groups:

Thursday, 1/11/24 @ 10:00 a.m. to 11:00 a.m.

Wednesday, 1/24/24 @ 6:30 p.m. to 7:30 p.m.

Thursday, 2/8/24 @ 10:00 a.m. to 11:00 a.m.

Wednesday, 2/21/24 @ 6:30 p.m. to 7:30 p.m.

Trainings:

Wednesday, January 17, 2024, Time: 6:00 p.m. to 8:00 p.m.
"The Nurturing Philosophy" (pg. 7)

Wednesday, February 28, 2024, Time: 6:00 p.m. to 8:00 p.m.
"Preparing for your Child's CSE Meeting" (pg. 9)

Introducing Little Dragons:

Each month, we will offer one Dragon Dates event exclusively for our youngest participants. Embark "Little Dragons" events are designed for practicing social skills, connecting with other families, and having fun! These events are open to the families of children under 8 who are eligible for Family Support Services through OPWDD. Please contact Robin at (607)287-6358 to enroll in Embark and to receive the registration link.

Saturday, January 20, 2024, 10:30-Noon

In-person at the FRN Office, 46 Oneida St., Oneonta, NY

Join Family Resource Network for developmentally appropriate activities, a snack, and an opportunity to socialize with other families.

Sunday, February 11, 2024, 10:00-Noon

Interskate 88, 5185 NY-23, Oneonta, NY

Join our Dragon Dates and Teen Scene groups for a morning at Interskate 88 in Oneonta. We will have access to the climbing structure, and families are welcome to skate or play laser tag, as well.

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 January Teen Scene and Dragon Dates events:



**Monday, January 8th
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.

Paint and Dip

Sunday, January 28th

1:00pm-3:00pm

FRN Office

46 Oneida Street, Oneonta, NY

Join us for an afternoon of painting with friends!

This is a directed painting activity and Program Coordinator Kristin will guide participants through a floral 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 lunch will be provided.



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

Come join the Family Resource Network's Teen Scene and Dragon Dates Programs for Skating and Laser Tag!



Sunday, February 11, 2024
10:00am-12:00pm

Interskate 88
5185 NY-23
Oneonta, NY

Enjoy a morning of skating and laser tag at Interskate 88 with the Family Resource Network! The Family Resource Network has rented out the building for our private event. This event is free for registered Teen Scene and Dragon Dates participants and their family members. We will cover skates for each family member, usage of the play structure, laser tag as well as pizza and drinks!

Please Register by February 9th

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.

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

Virtual Cook-a-Long: Surprise Guest Chef!

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



The Family Resource Network is excited for this month's virtual cook-a-long. For February we will have a guest chef sharing some special recipes with us! FRN will lead participants through two recipes, one for ham and corn chowder and the other for a cheese Danish 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, February 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 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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This is a family event. FRN is not responsible for supervision.