

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



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@family.resource.network

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 \$ _____

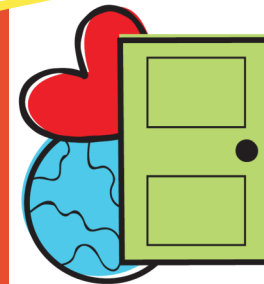
On behalf of The Family Resource Network's Board of Directors and the families we serve right here in our community, we thank you for your support and invite you to attend our Duck Derby event on Saturday, June 8th, at Neahwa Park in Oneonta. You will be included on our sponsorship board that will proudly 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.**

March & April 2024
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**Family
Resource
Network**

FRN Board of Directors Welcomes Two New Members!

The Family Resource Network would like to welcome our two newest BOD members, Manüella DiLuzio and Blake Stensland. Their experience and expertise make them great assets to FRN and our mission to enhance the lives of individuals with special needs and their families, empowering them to lead productive independent lives within the community. We are excited and grateful for their support. As an introduction to our community, Manüella and Blake have shared a little bit about themselves below.

My name is Manüella DiLuzio and I am a passionate advocate for inclusive education and community empowerment for those with special needs. I am a longtime friend of the Family Resource Network, having volunteered with their events for several years! I am a caretaker for my brother who has special needs, and he has truly taught me the importance of communal support to aid in his ability, as well as my own, to lead a productive and independent life. I recently began my career journey in health care, with my main passion and focus being mental health and advocacy for individuals with developmental disabilities. I am so excited for this opportunity to work with the FRN help curate independence and community for individuals and their families!



Blake Stensland is an Upstate, NY native who graduated from Stonehill College in 2016 and shortly after found a job at the Family Resource Network, Inc. Blake worked at FRN for 2 years and worked within many of FRN's family programs during this time. Following her time at the Family Resource Network, Blake relocated to Boston and found a job at an after school non-profit organization on their leadership team, which is currently her occupation.



Although Blake has relocated, she still has many personal ties to Oneonta and the surrounding Upstate New York areas. She is so excited to re-join the Family Resource Network team and be a part of this wonderful organization again; she hopes to give back to the FRN community as much as they gave to her when she first became involved with the organization!

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:

Traci Buckley: Education Advocate
 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

The Family Resource Network is very excited to announce our 7th Annual Family Fun Day and Duck Derby!

June 8th, 2024
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, music, and tons of make and take crafts. Every year we add more fun and accessible activities to the day! This year our friends with the Utica Zoomobile will be joining our event! 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.

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 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. Thank you for your support!

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, March 5 6:30 pm Thursday, March 7 10:00 am
 Tuesday, March 12 6:30 pm Thursday, March 21 10:00am
 Tuesday, March 19 6:30 pm Thursday, April 4 10:00am
 Tuesday, March 26 6:30 pm Thursday, April 18 10:00am
 Tuesday, April 2 6:30 pm
 Tuesday, April 9 6:30 pm
 Tuesday, April 16 6:30pm
 Tuesday, April 23 6:30 pm
 Tuesday, April 30 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 for our upcoming training: "All About Assessments"

Wednesday, March 6, 2024

6:00-8:00 pm

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 is required.

To register, go to familyrn.org and click on "News and Events" and "Event Calendar". For questions or assistance registering, please contact Terry 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 an upcoming workshop:

“Advocacy Steps and Effective Communication”

Wednesday, March 13, 2024

9:00-11:00 am

Online

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 for in person and virtual meetings and interactions.

-Identify barriers to effective communication

-Learn techniques to remove barriers

-Learn elements for effective teamwork and positive interactions

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, go to familyrn.org and click on “News and Events” and “Event Calendar”. For questions or assistance registering, please contact Terry 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.

Upcoming workshop: “Helping Children Cope with Change, Grief, and Loss”

Monday, March 25, 2024

6:00-8:00 pm

Online via ZOOM

This single session of the Nurturing Parenting for Parents of Children with Special Needs and Health Challenges will focus on:

- Grief and Resilience
- How to provide Transition Support for Grief – the five P’s
 - The Developmental Stages and Responses to Grief
 - Activities to help reinforce what you learn

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.

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.

Registration is required.

To register, go to familyrn.org and click on “News and Events” and “Event Calendar”. For questions or assistance registering, please contact Terry 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.

**Join Family Resource Network for a Nurturing Parenting workshop on:
Praise, Encouragement, and Family Rules**

This workshop will discuss:

Praising and empowering your child
Growth Mindset
Testing Limits
Can't vs. Won't
Family Morals and Values
Family Rules or Expectations

**Wednesday, April 10, 2024
6:00-8:00 pm
Online**

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.

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.

Registration is required.

To register, visit familyrn.org and click on "News and Events" and "Events Calendar". For more information or for assistance in registering, please call Terry at (607)287-3816.

This training is provided through a grant from OPWDD. Self-directing families will need to add Training Groups" to their budgets. For assistance in adding this program to your budget, please contact Robin at (607)287-6358.

Please join the Family Resource Network for an upcoming training:
The Transition from Preschool to Kindergarten

Wednesday, April 17, 2024
9:00-11:00 am
Online via ZOOM

For any parent with a child going off to kindergarten, it is a time of excitement and anxiety. For families of children who have disabilities, it can also be confusing and nerve-wracking.

Participants will learn the differences between the Committee on Preschool Special Education (CPSE) and the Committee on Special Education (CSE) and learn strategies to work effectively with the educational team. Topics include: Individualized Education Program (IEP), Least Restrictive Environment (LRE), and service delivery options.

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, go to familyrn.org and click on "News and Events" and "Event Calendar". For questions or assistance registering, please contact Terry 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.

- 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.
- Embark "Little Dragons": Monthly social/recreational activities for all family members enrolled in the Embark program.

In March and April Embark Support Groups:

Thursday, 3/14/24 @ 10:00 a.m. to 11:00 a.m.

Wednesday, 3/27/24 @ 6:30 p.m. to 7:30 p.m.

Thursday, 4/11/24 @ 10:00 a.m. to 11:00 a.m.

Wednesday, 4/24/24 @ 6:30 p.m. to 7:30 p.m.

Trainings:

Monday, March 25, 6:00-8:00 pm: "Helping Children Cope with Change, Grief, and Loss"

Wednesday, April 17, 9:00-11:00 am: "The Transition from Preschool to Kindergarten"

Check out our other great trainings in March and April, too!

Little Dragons Events:

Saturday, March 9, 10:00-11:30: Meet at the FRN Office for developmentally appropriate activities, socialization, and snacks

Sunday, April 21, 2024 @ Clark's Sports Center in Cooperstown
Time: 1:00-5:00 pm (pg. 16)

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

Please join the Family Resource Network for our upcoming workshop:
"Kid in a Book, Teen in a Book, or Adult in a Book"

Thursday, April 25, 2024

10:00 am- Noon

Hybrid event: In-person at 46 Oneida St., Oneonta, or
Online via Zoom

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.

Adult in a Book contains much of the same information as the Kid and Teen in a Book but with more focus on adult life needs.

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

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.

Registration is required. To register, go to familyrn.org and click on "News and Events" and "Event Calendar". For questions or assistance registering, please contact Terry 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 Teen Scene and Dragon Dates Programs for our upcoming event

Virtual Cook-a-Long: Fiesta



Monday, March 11th
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 having a fiesta! FRN will lead participants through two recipes, one for Quesadillas and the other for Taco Salad. 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, March 4th 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.

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



Sunday, March 24, 2024
2:30pm-4:30pm

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 March 22nd

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

Seed Starting



**Sunday, April 7th
1:00pm-3:00pm
FRN Office
46 Oneida Street
Oneonta, NY**



We are so excited for Spring! Are you and your family thinking about having a garden this year? Now is the perfect time to begin starting seeds indoors for vegetable plants such as tomatoes and peppers if you plan to grow these from seeds yourself! This afternoon we will go over how to begin tomato and pepper seeds indoors. We will also discuss transplanting guidelines and other tips and tricks for your seedlings. We will cover the difference between container gardening vs. planting directly in the ground and help you decide which is best for you! **FRN will be providing seed packets and other needed growing supplies for all participants who register by April 1st.** Lunch will be provided.

Space is limited and registration is required

Please register by April 1st

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.

This is a family event. FRN is not responsible for supervision.

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 afternoon at

ClarkSportsCenter



**Sunday, April 21, 2024
1:00pm-5:00pm**

**Clark Sports Center
124 County Highway 52
Cooperstown, NY**



Enjoy an afternoon at Clark Sports Center with Family Resource Network! Registrants and their family will have access to many fun activities at the gym including Bowling and Swimming. Any youth ages 5-18 may participate in Kid's Climb and utilize the Rock Wall during our event as well. In addition, everyone will have access to the open gym, game room, ping pong tables and racket ball courts! This event is free for registered Teen Scene and Dragon Dates participants and their family members. A pizza lunch will also be served.

**Space is limited and registration is REQUIRED.
Please Register by April 17th**

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.