

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

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@familyrn



@family.resource.network

## Calling for Corporate SPONSORS!

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 still looking for corporate sponsors who would be willing to help us reach this goal! Support local families in need and promote your business!

This year we will be introducing an extra special race at the end of the event for all of our corporate sponsors who donate at a level of \$250 and above. For every \$250 donated, your business will have a duck entered in the race.

The winning business will receive the *Dazzling Duck Trophy* to proudly display until passing it over to the 2025 winner!

If you are interested in making a donation and being a part of our first ever Corporate Duck Race, by donating \$250 or above, please email Michelle, at [mzuk@familyrn.org](mailto:mzuk@familyrn.org)!

Proudly Presented by  
the Family Resource Network and  
Five Star Subaru of Oneonta!



Family Resource Network  
Opening The Door To The World For Your Child



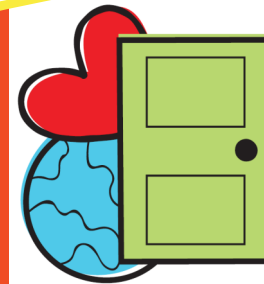
**JOIN US!**  
**JUNE 8TH**  
**12.00-0300 PM**  
**NEAHWA PARK,**  
**ONEONTA**

# connections

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

May & June 2024  
in this issue:

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Family  
Resource  
Network

## FRN Board of Directors Welcomes Two New Members!

The Family Resource Network's Board of Directors continues to grow and we would like to welcome two additional members who have joined our team, Darcy McElligott and Jacqueline Truman. 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, Darcy and Jackie have shared a little bit about themselves below.

Darcy McElligott grew up in Guilford, NY and originally connected with The Family Resource Network in high school. While working to earn her Bachelor's Degree from Wells College she completed an internship with the organization. After graduating in 2019, she returned to work as a Youth Peer Advocate with the agency for two years. Since then she has worked with various non-profit organizations and has been able to use the foundation of knowledge and skills that she built while working with the agency. She is excited to be a part of The Family Resource Network's team again and gain a new perspective of the agency while serving on the Board of Directors.

My name is Jacqueline Truman. I am former employee of FRN and a graduate from SUNY Oneonta. I worked at FRN for 3 wonderful years, as an Educational Advocate, Dragon Dates Coordinator, and CCSI Parent Partner for Otsego County. I couldn't be more excited to circle back around to where my career and passion for individuals with special needs started! Following my time at FRN, I am now employed with Springbrook as an SDS Program Coordinator & Program Analyst. FRN is near and dear to my heart as I had the pleasure to learn the field and make wonderful connections and friendships while I was there. I can't wait to once again, be a part of all the wonderful things FRN is doing for their community. I am grateful for this opportunity to be a member of the board and to work along side other board members. I look forward to assisting the board and the FRN team, to ensure we can give the best opportunities to families and their loved ones with special needs!





## 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



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**@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



**Family Resource Network**  
Opening The Door To The World For Your Child

**Proudly Partnered with Five Star  
Subaru of Oneonta!**



## 7th Annual Duck Derby and Family Fun Day!

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.



**JUNE 8TH 2024**



**12.00 - 03.00 PM**



**NEAHWA PARK, ONEONTA**

**Ducks can be purchased the day  
of the event, or 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.



## 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, May 7 6:30 pm Thursday, May 2 10:00 am  
 Tuesday, May 14 6:30 pm Thursday, May 16 10:00am  
 Tuesday, May 21 6:30 pm Thursday, June 6 10:00am  
 Tuesday, May 28 6:30 pm Thursday, June 20 10:00am  
 Tuesday, June 4 6:30 pm  
 Tuesday, June 11 6:30 pm  
 Tuesday, June 18 6:30pm  
 Tuesday, June 25 6:30 pm

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 and Starbridge for an upcoming training:*

## **“Homeschooling Students with Disabilities”**

Wednesday, May 8, 2024

9:00-11:00 am

Online

Deciding to home school is a big decision for any family. For families of students with disabilities, you may be wondering whether this affects the services they receive through your school district. Join us to discuss the basic questions to consider, how to notify your school, and what special education services are available for homeschooled students.

- Understand the basic steps when notifying your school about your intent to home school
- Gain an understanding on how home schooling will impact your child's special education supports and services
- Learn strategies to understand this process and questions you can ask

Our Presenter: 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](http://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 provided through a grant from the Office for People with Developmental Disabilities. Self-directing families will need to add “Training Groups” to their budget prior to attending. Please contact Robin at (607)287-6358 for assistance adding this program to your budget.\*\*\*

Please join the Family Resource Network for our upcoming workshop:

## **“Services and Supports for Children with Developmental Disabilities”**

Monday, May 13, 2024  
6:00-8:00 pm  
Online

When your child is diagnosed with a developmental disability, such as Autism, Cerebral Palsy, Down Syndrome, or an intellectual disability, you may feel overwhelmed and not know where to turn for help. Join Family Resource Network to learn more about the systems and services in New York that can help you and your child achieve your best life. Learn about:

- Services available through OPWDD (Office for People with Developmental Disabilities)
- Services available through other state, county and local programs
- Supports for you and your child through your school district
- And other helpful resources

### ***Registration is required.***

To register, go to [familyrn.org](http://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:

## **“Your Due Process Rights: What to Do When you Don’t Agree”**

Wednesday, May 29, 2024  
6:00-8:00 pm  
Online

You’ve had your child’s IEP meeting, or possibly several, but you just don’t agree with the school’s plan for your child. What now? Our education advocates will explain your Due Process rights and discuss:

- Positive Steps for Conflict Resolution
  - Identifying Your Priorities
- Requesting an Independent Educational Evaluation
  - Mediation
  - Filing a Complaint
  - Impartial Hearings

### ***Registration is required.***

To register, go to [familyrn.org](http://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 and Starbridge for a workshop on:  
“IEPs and Transition Plans”**

Wednesday, June 5, 2024

9:00-11:00

Online

When a child qualifies for special education services, federal law requires the development of a document called an Individualized Education Program (IEP).

The IEP serves as a roadmap for services, including important information about a child’s levels of performance and needs, as well as goals for the child.

This becomes very critical in the high school years as schools address transition planning. This workshop will prepare participants to actively participate on the IEP team.

- Understand the roles of the members of the IEP team
- Discover the steps and sequence in developing an IEP
- Recognize the difference between measurable and non-measurable goals including post secondary

*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, visit [familyrn.org](http://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 our upcoming Workshop:*  
**Supplemental Needs Trusts and Guardianship**

Presented by Greg Catarella, Esq.

Friday, June 14, 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](http://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.\*\*\*



## 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 May and June Embark Support Groups:

Thursday, 5/9/24 @ 10:00 a.m. to 11:00 a.m.  
Wednesday, 5/22/24 @ 6:30 p.m. to 7:30 p.m.  
Thursday, 6/13/24 @ 10:00 a.m. to 11:00 a.m.  
Wednesday, 6/26/24 @ 6:30 p.m. to 7:30 p.m.

### Trainings:

Monday, May 13, 6:00-8:00 pm: "Services and Supports for Children with Developmental Disabilities"  
Wednesday, June 19, 6:00-8:00 pm: "Communication and Advocacy"

Check out our other great trainings in May and June, too!

### Little Dragons Events:

Saturday, May 4, 11:00-1:00: Noah's World

Saturday, June 8, 2024: Family Resource Network Duck Derby: games and activities!

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

## Join Family Resource Network for a Nurturing Parenting workshop on: Communication and Advocacy

Wednesday, June 19, 2024  
6:00-8:00 pm  
Online

### Topics to be covered:

- Three types of communication
- The differences between "I Messages" and "You Messages"
- Formula for Communicating with I Statements
- Practice Creating a Confrontation Formula
- All Behavior is Communication: Talking to Children

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.

### **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



**Monday, May 6th  
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.

***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 our Spring Mini Golf Event!



**Saturday, May 18th  
1:00pm-3:00pm**

**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 17th

***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

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***\*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: Summertime Picnic

**Monday, June 24th  
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 having a picnic! FRN will lead participants through two recipes of favorite picnic sides, one for Potato Salad and the other for a Pasta 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, June 17th 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.



**Please register by Monday, June 17th 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".

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Please join the Family Resource Network for our upcoming event this June:

## Duck Derby and Family Fun Day



**Saturday, June 8th  
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 from Helen's Little Kitchen food truck! For more information on all of the fun going on during the afternoon



please see page 4 for event details.

Please Register by June 4th

### **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.

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



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 2024 Corporate Sponsors:*



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