

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

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The Family Resource Network strives to be family and youth informed and have programming that is driven by the people that we serve and we are always looking for enthusiastic new members to join our advisory board!

The Family Resource Network Youth and Family Advisory Board is a group of youth, family members and professionals that get together once a month in Unadilla and Oneonta on a rotating basis to discuss upcoming events and FRN programming. Joining our board is a wonderful way to get involved with FRN and have a say in the programming that we provide.

The staff at FRN would also like to extend our most sincere appreciation to the hard working members that we are lucky enough to have on our board already.



If you want more information or are interested in attending one of our Advisory Board meetings feel free to contact Blake Stensland at bstensland@familyrn.org or call 607-432-0001.

connections

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



**September & October 2017
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“Growing Communities, One Family at a Time”

The summer has flown by and we really appreciate the extra opportunities that we have had to gather with so many of our Family Resource Network families. Our second year coordinating a Picnic and Family Fun Day at Gilbert Lake State Park was a huge success and even though it was cooler, people were able to swim this year with none of the dreaded blue-green algae in sight. It is always a treat to get to spend time together in a more casual and relaxed atmosphere. Bringing together our Teen Scene, Dragon Dates and Support Group families has provided opportunities for our families and youth to meet, network and develop positive relationships with many new people and supports.

We plan to continue to provide many more of these opportunities during the fall, with the next being our highly anticipated Community Softball Game with the Oneonta Job Corps Academy. We hope to have many pictures from it to share in the next newsletter. Please spend some time looking inside at our fall events and consider attending. We hope to see many old friends as well as make new connections with youth and families as we continue to do our part to grow strong, healthy and supportive communities.



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.

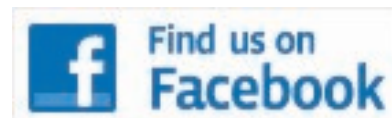
Purpose:

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 over 20 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:

Executive Director: Michelle Zuk



OPWDD Program:

Resource Center Coordinator: Kristin Winn

Senior FSS Advocate & Training Coordinator: Shelley Hubal

Service Access Liaison: Renee Walker

Broome/Tioga/Tompkins Education Advocate: Shelley Hubal

Chenango/Delaware/Otsego Education Advocates:

Valerie Harris & Robin Piefer

Youth Programing:

Program Coordinator: Blake Stensland

RFPS Program:

Senior Family Advocate/RFPS Program Supervisor:

Barbara Finkelstein

Residential Family Peer Support Partner:

Valerie Harris

CCSI Program:

Senior Family Advocate/CCSI Program Supervisor:

Barbara Finkelstein

Otsego Parent Partner: Jessica Morton

Chenango/Delaware Parent Partner: Terry DiLuzio

Accounting Services Provided by:

Marcia Shaw



Families Together in NYS Credentialed Family Peer Advocates:

Michelle Zuk

Terry DiLuzio

Barbara Finkelstein

Valerie Harris

Renee Walker

Family Peer Advocate:

Jessica Morton

Handwriting & Technology for Children and Teens with Autism and other Developmental Disabilities

Handwriting can be a difficult task, especially for students with developmental disabilities. This course will teach strategies to promote improved handwriting using technology. Technology is motivating for children and it's wonderful if it can be paired with academics. This course is for parents of children of all ages, from preschool to teenagers! A variety of apps will be demonstrated including:

- Apps to encourage proper letter formation for preschool aged children
- Apps to promote handwriting practice and written expression for school aged students
- Apps for handwriting compensation techniques for secondary students

If possible, please bring your devices to practice along with the instructor.

ABOUT OUR INSTRUCTOR:

Kim Wiggins OT/L is an occupational therapist specializing in pediatrics. She has been speaking nationally since 2011.

WHAT PEOPLE ARE SAYING ABOUT KIM:

"One of the best courses I've taken in 20 years!! – very applicable with great resources. Instructor was VERY knowledgeable – highly recommend and would take more of her courses."

Beth, OT- Manhattan, NY

"Totally fantastic! The entire course was earth shatteringly good!"

Marie - MOTR/L in School Population

DATE: Wednesday, October 25, 2017

TIME: 6 pm to 8 pm

LOCATION: Ithaca Marriott Downtown

120 South Aurora Street

Ithaca, NY

REGISTRATION REQUIRED. This event is free. Deadline to register is October 20, 2017.
FOR QUESTIONS OR TO REGISTER BY PHONE CALL SHELLEY AT 607-437-0077.

PARENT REGISTRATION:

Email: register@familyrn.org

Please include the names of individuals attending, phone number, county of residence and indicate if your loved one has OPWDD eligibility.
Please put "Technology" on the subject line of your email.

PROVIDER REGISTRATION:

Email: register@familyrn.org

Please include the names of individuals attending and contact phone number. Please put "Technology" on the subject line of your email.

Sponsored by The Family Resource Network, Inc. and
The Syracuse University Parent Assistance Center.

Parents and Caregivers of Children and Teens with Special Needs are invited to:

HOW TO FALL DOWN 7 TIMES AND GET UP 8 **A workshop utilizing the principles of Brain Gym®.**

The following will be covered:

- Learn 7 activities and exercises that support neurological growth stages
- How to support sensory integration issues
- How to strengthen integration of primitive reflexes

Based on the work of Eric Jensen, David Sousa, Patricia Wolfe, John Ratey, MD., Carol Dweck, Norman Doidge, MD., and others.

Presented by Janice Fiore
Certified Brain Gym® Instructor / Consultant

Janice Fiore, MLS, Brain Gym Instructor, Education Consultant, founder of Brain Works Naturally with 35+ experience in public education. A NYSUT ELT instructor since 2000 teaching graduate level courses and workshops focusing on the brain and learning. She is also a nationally board certified reflexologist and a master Reiki instructor. Check out her website at: www.brainworksnaturally.com.

Date: Thursday, October 5, 2017

Time: 6pm to 8 pm

Location: Morrisville State College
Norwich Campus
20 Conkey Ave.
Norwich, NY

This free event is for Parents and caregivers of individuals with special needs.

To register please send your name and phone number to register@familyrn.org. Please put "Brain Gym" on the Subject line of your email and indicate if your loved one has OPWDD eligibility.

Deadline to register is October 2, 2017.

For questions please call Shelley at 607-437-0077.

This workshop is sponsored by the Family Resource Network and Chenango County Public Health

Teen Scene:

Teen Scene is a group of youth, ages 13-20, who meet once a month and participate in a variety of activities. Discussion topics can include dealing with bullying, dating, conflict resolution, communication, and leadership. The group also attends community events and participates in community service projects.

Upcoming Meetings & Events

Thursday, September 21st 5:30-7:30pm @ Elm Park United Methodist Church
We know with the start of a new school year there often comes stress and anxiety over homework, new classes, new teachers and much more. Come and explore a variety of positive coping mechanisms and healthy ways to deal with stress.

Thursday, October 19th 5:30-7:30pm @ Elm Park United Methodist Church
Personality collage activity. Using clippings from old magazines we will be making collages that illustrate fun facts and information about ourselves. Once we have finished our projects those of us who want to will have the opportunity to share their collages with the group!

Dinner is provided so **please RSVP** by the day before the group.
Want more information on Teen Scene? Contact FRN at 607-432-0001. To register, e-mail Blake at bstensland@familyrn.org with your contact information in the body of the email.

Family Resource Network Support Group:

The FRN Support Group works to support and empower families. Dinner is provided, as well as childcare (if requested before the meeting). Various workshops are given as well, when the group requests.



Upcoming Meetings:

Monday, September 25th

5:30-7:30pm @ Elm Park United Methodist Church

Presenter John Graham from the Otsego County Catholic Charities office will be joining us for our September Support Group to share information about the services available through Catholic Charities.

Monday, October 23rd

5:30-7:30pm @ Elm Park United Methodist Church

Presenter Sheila Andreic is the owner of Noah's World, a new and unique recreational center that will offer families an assortment of activities, toys, and therapeutic products that can be used to help children work on various skills.

As always, please register prior to the date so we can ensure dinner will be provided for all attendees! To register, call Barbara Finkelstein at 432-0001 or e-mail bfinkelstein@familyrn.org

Special Education Assistance for Students with Behavioral Concerns: A Legal Perspective

Behavior challenges, especially in the school setting, can be difficult to manage. This workshop will educate parents on how to best advocate for their child or teen in the school setting. The following will be covered:

- Superintendent's Hearings/Manifestation Determination Review
- Functional Behavior Assessments and Behavior Intervention Plans
- 504/IEP planning for students with behavioral concerns
- Trauma awareness and ACEs
- What is the Behavior Assessment System for Children (BASC) and what does it mean for my child?

About our Speaker:

Ashley Patronski is a Staff Attorney at Legal Assistance of Western New York, Inc. who focuses her practice on educational advocacy for disabled and at-risk youth. She received her law degree from the University of Buffalo. Ms. Patronski works as a fierce advocate for student's rights, along-side organizations such as the Alliance for Quality Education, the New York Civil Liberties Union and Open Buffalo, in an effort to end the school-to-prison pipeline in upstate New York. She has worked with young people in various capacities for over 15 years including direct representation of hundreds of young people in family court, state court, and school-based administrative proceedings. Ms. Patronski serves both English-speaking and Spanish-speaking students and is trained in the provision of trauma-sensitive legal services.

Date: Tuesday, October 17, 2017

Time: 10 am to 12 pm

Location: Homewood Suites

36 Cinema Drive

Ithaca, NY

This event is free. Seating is limited, priority registration given to parents.
Deadline to register is October 13, 2017.

To register please send your name, county of residence and phone number to register@familyrn.org. Please indicate if you are a parent or provider and if your child has OPWDD eligibility. Please include OPWDD TABS# when possible.
For questions or to register by phone call Shelley at (607)437-0077.

Sponsored by The Family Resource Network, Inc. and
The Syracuse University Parent Assistance Center.

Please join the Family Resource Network for our upcoming training: Advocating for your Medically Involved Child

Presenters Robin Piefer and Lisa Depperman will cover the following:

- Learning about your child's diagnosis
- Working with your child's medical team
- Advocating for your child in medical settings
- Organizing your child's medical records
- Medical accommodations in school
- When your child is too sick to attend school

About our Presenters:

Robin Piefer is an Educational Advocate for the Family Resource Network. She has navigated the medical system for her own child with complex medical needs and has helped families advocate for their children's medical needs in the school system.

Lisa Depperman is a Registered Nurse currently working as a school nurse at the Oneonta High School. She works with parents and students who have IEP's and 504 Plans to assure medical, developmental and learning issues are addressed in the school setting. Lisa is also lucky enough to be the parent of 2 amazing children, one of whom has Down syndrome, ADHD, hearing impairment and asthma.

Date: Wednesday, October 11

Time: 5:30-7:30 pm

Location: Elm Park United Methodist Church (Room 11-12)

401 Chestnut Street

Oneonta, NY

This free event is for Parents and caregivers of individuals with special needs. Registration is required.

To register please send your name and phone number to register@familyrn.org. Please put "Medical" on the Subject line of your email and indicate if your loved one has OPWDD eligibility. To register by phone please call Shelley at 607-437-0077.

Deadline to register is October 9, 2017.

Please join the Family Resource Network for a workshop that will explore

Complementary Therapies

The following will be reviewed:

Yoga for all ability levels

Wendy Slicer is a Direct Service Provider at Springbrook and has a son on the Autism Spectrum. She was a partner in a Kids Exercise and Yoga Program that provided services for student residents at Springbrook.

The Benefits of Aromatherapy

Judy Rowe is a Gold wellness advocate for doTerra. She has used essential oils for better health for 12 years and teaches an alternative, natural approach to healthcare. She has 3 grandsons with a rare disease called Hunter syndrome which causes a suppressed immune system. Essential oils help to keep them from going to the doctor for every bacteria or virus going around!

Meet a therapy dog

Amy Blechman has volunteered for Guiding Eyes for the Blind since 2012. Her 7 year old yellow male Lab, Buckeye, is a certified therapy dog with Therapy Dogs International. Amy and Buckeye recently participated in the Tales for Tails summer reading program at Huntington Memorial Library in Oneonta.

Inclusive Play at Noah's World

Sheila Andreic is the owner of Noah's World, a new and unique recreational center that will offer families an assortment of activities, toys, and therapeutic products that can be used to help children work on various skills.

Date: Friday, October 27

Time: 9:30-11:30 am

Location: Elm Park United Methodist Church (Room 11-12)
401 Chestnut Street
Oneonta, NY

This event is free but registration is required.

To register please send your name and phone number to register@familyrn.org. Please put "Therapy" on the Subject line of your email and indicate if your loved one has OPWDD eligibility. To register by phone please call Shelley at 607-437-0077. Deadline to register is October 25, 2017.

Join the Family Resource Network, Inc. for Our Upcoming Dragon Dates Events:

Middlefield Orchard
2274 State Hwy 166
Cooperstown, NY



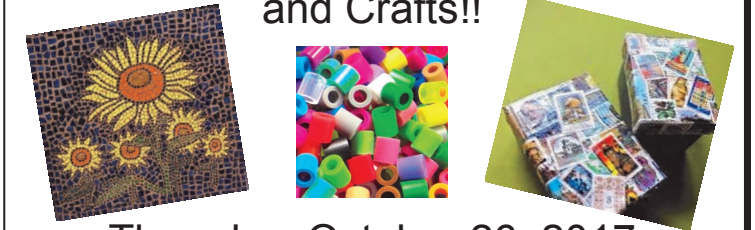
Saturday, September 23, 2017
1:00-3:00pm

Enjoy an afternoon at Middlefield Orchard, picking apples and participating in other fun fall activities.

Family Resource Network will pay for up to 10lbs of apples per family and provide apple cider and donuts.

Please Register by September 19th
Rain Date
Saturday, September 30th

Please join us for an evening of Arts and Crafts!!



Thursday, October 26, 2017
5:30-7:30pm

The Arc Otsego Oneonta Day
Services Location
63 Lower River St
Oneonta, NY

Participants will be able to choose which activity they would like to complete from a variety of options, including mosaics, beading, and decoupage. A light dinner will be provided.

Please register by October 23rd

These FREE events are for individuals with OPWDD eligibility living in the family home in Broome, Chenango, Otsego, Delaware, Tioga or Tompkins County. Parents/Caregivers must attend the events. Siblings are encouraged to come too!

Registration for both events is required. To register please call Shelley at (607) 437-0077. Please have name, age, and TABS# of the individual with OPWDD eligibility, and total number of participants joining us. If leaving a message please provide a phone number that we can contact you at.

Family Resource Network, Inc. is not responsible for supervision.

The Family Resource Network Receives Warm Welcome in Unadilla!!



Exciting things are happening at the Family Resource Network satellite office located at:

**183 Main Street Suite 1
Unadilla, NY**

Every Monday and Tuesday the satellite office will be open from 4:00pm-8:00pm with pro-social activities for teens to participate in such as:

- Board game and video game nights
 - Arts and crafts
 - Painting parties
 - Movie nights
 - Workshops and discussions about topics that are important to the group
- **We would love to hear youth suggestions for additional activities and events!****

Starting in September the satellite office will begin offering:

- Alateen meetings every Tuesday
- Peer to Peer tutoring every Tuesday
- LGBTQ & Allies group meeting once per month
 - Drawing Club once per month

For more information on programming or to find out how to get involved as a youth or volunteer please feel free to contact Blake by e-mail at bstensland@familyrn.org or call 607-432-0001.



The Arc Otsego

HOT COCOA 5K RUN & 1K Walk, Run & Roll

Making life sweeter for people with developmental disabilities

November 5, 2017 Neahwa Park Oneonta, NY
5K, 10:00 AM 1K, 9:30 AM

5K, \$20 (\$25 same day)

1K, \$12 (\$15 same day.) Under 5 free.

Online and mail-in registration are open.
 The registration form and online registration link are available on www.arcotsego.org.

Both online and mail-in registration must be received by noon on November 1.

Register by 4 p.m. on October 16 to be guaranteed an event t-shirt!

Please consider joining our good friends at the ARC Otsego for their annual Hot Cocoa 5k Run & 1k Walk, Run & Roll. The run is family-friendly and accessible for all individuals and all participants get to enjoy a cup of hot cocoa after the race! If you're part of Teen Scene, Dragon Dates or Support group and would like to participate, please feel free to contact Blake by e-mail at bstensland@familyrn.org or call 607-432-0001.

**Proceeds benefit
The Arc Otsego's
Helping Hands Fund**



THANK YOU TO OUR SPONSORS!



The Family Resource Network would like to thank Susquehanna Auto Sales and Families Together in New York State for being contributing sponsors for our Community Softball Game with the Oneonta Job Corps Academy!! We greatly appreciate your generosity and support!!



MIRACLES ON ICE
 NIGHT WITH FAMILY RESOURCE NETWORK & THE DEVILS



Family
Resource
Network



We LOVE the Binghamton Devils Hockey Team!! Show your support for FRN while enjoying a night of Hockey! Also, save the date for the Autism Awareness Night we are planning in conjunction with the Binghamton Devils next Spring on Saturday, April 6th, 2018!!

TICKETS JUST \$16 WITH \$2 BACK TO FAMILY RESOURCE NETWORK VISIT LINK BELOW OR CALL 607-722-7367

binghamtondevils.formstack.com/forms/miracles_on_ice



**SATURDAY
OCTOBER 21
7:05 P.M.**

VS.



All sales are final. No exchanges or refunds. All persons two (2) years and older require their own ticket.
For more information on other ticket offers please contact us at 607-722-7367

BINGHAMTON DEVILS HOCKEY



www.bingdevils.com | @bingdevils | 607-722-7367
 


A DAY OF FAMILY EMPOWERMENT

Understanding Special Education Regulations & Tips to Improve Outcomes

To be an effective advocate for your child, it helps to have a strong understanding of special education regulations along with effective communications skills. Our presenters will share valuable information, tips, and strategies. At the end of the day, you will feel ready to work with your child's school team to meet your child's needs in a positive, proactive way!

The day's schedule:

9:15-10:30am	NYSED Regulations related to Special Education (Part 200)
10:30-10:45am	Break
10:45am-12:15pm	NYSED Regulations related to Special Education (Part 200) (<i>continued</i>)
12:15-12:30pm	Break
12:30-1:30pm	Effective Communication
1:30-3:00pm	Communication Through Letter Writing

Pizza, veggies, and drinks will be provided.

Presented by:



1650 South Avenue, Suite 200 • Rochester, NY 14620
585-546-1700 phone • 800-650-4967 toll free
www.starbridgeinc.org

Join us!

September 27, 2017

9:00am-3:00pm

Foxcare Center

1 Foxcare Drive, Classroom 1
Oneonta, NY 13820

REGISTRATION

This is a FREE workshop for family members of children and youth with disabilities or suspected disabilities. To register, please email register@familyrn.org with the following:

- Your name
- Phone number
- County of residence
- Whether you are the parent of an individual with OPWDD eligibility and the TABS #
- PLEASE USE "FAMILY EMPOWERMENT" IN THE EMAIL SUBJECT LINE

For questions or to register by phone please call (607) 437-0077.

Starbridge is able to provide this workshop for free thanks to the support of grants from local, regional, and national funders.

In partnership with:



Please join The Family Resource Network for their fall conference on autism.

The Power of Communication: Everyone has a Story to Share

For individuals with complex communication needs there is often a great deal of untapped potential that families and providers struggle to bring out.

This presentation will focus on utilizing assistive technology, primarily tools and strategies related to augmentative and alternative communication (AAC) from low tech to high tech, to support communication and language development for individuals with complex communication needs. The attendees will have the opportunity to participate in hands-on activities to further their knowledge and skills in the area of AAC, to support individuals at home, school and in the community.

About Our Speaker:

Tina N. Caswell, MS, CCC-SLP is a Clinical Assistant Professor in the Department of Speech-Language Pathology and Audiology at Ithaca College, teaching and supervising in the area of augmentative and alternative communication (AAC). Ms. Caswell's clinical experience encompasses private practice, early intervention, public schools, long term care, and university settings. She has dedicated her professional career to the field of AAC, advocating, consulting and presenting at local, state and national conferences on the topics of social communication, literacy development, and academic participation for children with complex communication needs.



Thursday, November 9, 2017

Check in begins at 8:30 am

Morning Session: 9 am to 12 pm

Buffet lunch included: 12 pm to 1 pm

Afternoon Session: 1 pm to 4 pm

The Owego Treadway

1100 State Route 17c

Owego, NY

Registration required.

Parents of Individuals with OPWDD eligibility living in their family home in Broome, Tioga, Tompkins, Chenango, Otsego or Delaware County register for free by sending their name, phone number, name and TABS# of their loved one with OPWDD eligibility to register@familyrn.org. For questions or to register by phone call 607-437-0077.

For all other parents and providers there is a \$25 fee that covers lunch and materials. Payment must be made prior to the conference. Payment is by check, cash or Paypal only, POs will not be accepted.

Non-OPWDD parents and providers can register at www.familyrn.org. Click on the News & Events /conference links.

Deadline to register is November 1, 2017