

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

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@familyrn



@family.resource.network



Thanks to the partnership between the Community Foundation of Otsego County and the Community Foundation of Herkimer and Oneida Counties, the Family Resource Network will be able to participate in Mohawk Valley Gives for the second year in a row!

Save the Date for this special day of giving where you can choose to give back to your favorite local non-profits serving families right here in your own community! We will be sharing more information about how to donate through our website and social media as we get closer to the event!



JOIN OUR GIVING DAY!

Support us and give back on September 20, 2024

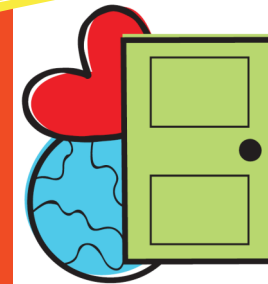
For more information, go to GIVEMV.ORG

connections

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

July & August 2024
in this issue:

7th Annual Duck Derby and Family Fun Day Recap
Workshop: Developmentally Appropriate Chores
Training: Social Stories and Visual Schedules
Teen Scene and Dragon Dates events



**Family
Resource
Network**

The Family Resource Network's Summer has been off to a great start! This June we hosted our 7th Annual Duck Derby and Family Fun Day at Neahwa Park. With over 25 other area non-profits and service providers participating and well over 300 community members who attended the event throughout the afternoon, it was our largest and most successful Duck Derby to date! We are extremely grateful to everyone who helped make this possible. From our sponsors and community partners to our volunteers, staff, BOD Members and everyone who came on the day of the event, we couldn't have done it without your support! For a photo recap of some of the special moments captured throughout the day as well as special thank you's and recognition of our sponsors, community partners and volunteers please check out this edition of our Connections Newsletter.

The Family Resource Network is now looking forward to September when we will be celebrating our 30th Anniversary of helping families that are raising loved ones with special needs. On Saturday, September 14th from 5pm-8pm at the Foothills Performing Arts Center our agency will be hosting our 30th Anniversary Celebration. This event will be free to all community members. We are excited to share there will be a live performance by FLAME the Band from 6-8pm with music by DJ Cam from 5-6pm. If you were at the Duck Derby you will recognize DJ Cam and we are so excited to have him joining us again!

Our special guests for the night, FLAME The Band, also helped FRN celebrate our 25th Anniversary in 2019. They were amazing and everyone had so much fun we can't wait for them to perform again this year, FLAME is from the Lexington County ARC. They are a group of musicians with powerful vocals, smooth harmonies and a rich array of instruments. The cover band from Gloversville, NY also happens to have disabilities. Flame's mission is to change the world through music. They inspire people with disabilities and give hope to them and their families – hope that they can do great things and live a fun and fulfilling life. Flame's performances help change how the public perceives people with disabilities and increase the awareness and acceptance of all people, regardless of their differences.

In addition to all the great music and dancing, Sweet Peach Smokehouse food Truck will be parked outside the Foothills for any guests who would like to purchase food during the event. A portion of their proceeds will be donated to the Family Resource Network. We hope to see you there!

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.

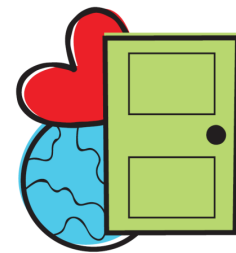
Purpose:

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



Family
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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



30th Anniversary Celebration!

Join the Family Resource Network to celebrate our 30th Anniversary of helping families in our community that are raising loved ones with special needs.

This event will be free to all community members.

Live performance by FLAME the Band from 6-8pm with music by DJ Cam from 5-6pm.

Sweet Peach Smokehouse food Truck will be parked outside the Foothills for any guests who would like to purchase food during the event. A portion of their proceeds will be donated to the Family Resource Network.



**Saturday
September 14th
5pm-8pm**

**Foothills PAC
24 Market Street
Oneonta, NY**

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, July 2 6:30 pm Thursday, July 4 No Support Group
Tuesday, July 9 6:30 pm Thursday, July 18 10:00am
Tuesday, July 16 6:30 pm Thursday, August 1 10:00am
Tuesday, July 23 6:30 pm Thursday, August 15 10:00am
Tuesday, July 30 6:30 pm
Tuesday, August 6 6:30 pm
Tuesday, August 13 6:30pm
Tuesday, August 20 6:30 pm
Tuesday, August 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 for an upcoming workshop on: Developmentally Appropriate Chores



Wednesday, July 17, 2024
6:00 pm - 8:00 pm
Online

Does your child help out at home? Learn about chores that your child can do at home, regardless of their age or developmental level.

Robin Piefer, Terry DiLuzio, and Traci Buckley will discuss:

- How to choose developmentally appropriate chores for your child
- How to teach your child the skills needed to help at home
- How your child doing chores can help your family
 - Argument-free chores
- Chore charts and reward systems

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 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.

**Join Family Resource Network for a Nurturing Parenting workshop on:
Sibling Support: What about Me?**

Monday, July 29
6:00-8:00 pm
Online

All families have challenges. When a family has a child with special needs they have additional challenges. Join Nurturing Parenting facilitators Robin Piefer and Terry DiLuzio to learn strategies to support all of your children when one has special needs.

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.

Upcoming workshop:
“Introduction to Social Stories and Visual Schedules”

Wednesday, August 7, 2024
6:00-8:00 pm
Online

Children with Autism and other developmental disabilities may have trouble transitioning from one activity to another or trying something new. School programs will often use tools like social stories or visual schedules to help. Join Family Resource Network to learn more about these tools and how you can use them at home.

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 for Our Upcoming Workshop:

Bring Your Child's IEP Night

With the new school year approaching, do you know what your child's IEP really says? Our advocates will walk you through the NY State IEP and discuss what each section means. Bring a copy of your child's IEP and follow along. Advocates will be available at the end of the presentation for individual questions and consultations.

Learn about:

- IEP Classifications
- Present Levels of Performance
- Where in the IEP YOUR concerns are included
 - SMART Goals
 - Testing Accommodations
 - Transition Plans
- And more!

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

Monday, August 19, 2024
6:00 to 8:00 p.m.
Online via Zoom

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.

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 July and August **Embark Support Groups:**

Thursday, 7/11/24 @ 10:00 a.m. to 11:00 a.m.
Wednesday, 7/24/24 @ 6:30 p.m. to 7:30 p.m.
Thursday, 8/8/24 @ 10:00 a.m. to 11:00 a.m.
Wednesday, 8/28/24 @ 6:30 p.m. to 7:30 p.m.

Trainings:

Monday, July 29, 2024, 6:00-8:00 "Sibling Support: What about Me?"
Monday, August 19, 2024, 6:00-8:00: Bring Your Child's IEP Night

Check out our other great trainings in July and August, too!

Little Dragons Events:

Monday, July 15, 4:00pm-7:00pm @ Wilber Park

Saturday, August 10, 2024, 10:00 am-1:00 pm: Story Garden at the Discovery Center

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 upcoming event

Family Picnic



**Monday, July 15th
4:00pm-7:00pm
Wilber Park-Large Pavilion (Upper Level)
Wilber Park Dr
Oneonta, NY**

Family Resource Network has reserved the large pavilion at Wilber Park for a summer evening of fun activities! Tonight we will be getting artistic as we design our own T-shirts through tie dyeing. Each participant will receive a white t-shirt to get creative with. We will also have rock painting available. There is also a playground near the pavilion for any families who are interested in playing on that as well. Dinner 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.

****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

Planting Succulents and Creating Fairy Gardens

**Saturday, August 17
1:00pm-3:00pm
Family Resource Network Office
46 Oneida Street
Oneonta, NY**

This month we will be planting and designing our very own miniature gardens! Participants will get to select three succulents and choose from various mini garden accessories they would like to use when creating their fairy gardens. Participants will be guided through the planting process and we will discuss how to care for our succulents. Lunch will be provided.



Please Register by August 11th

Registration is REQUIRED.

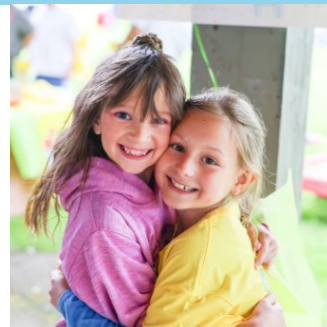
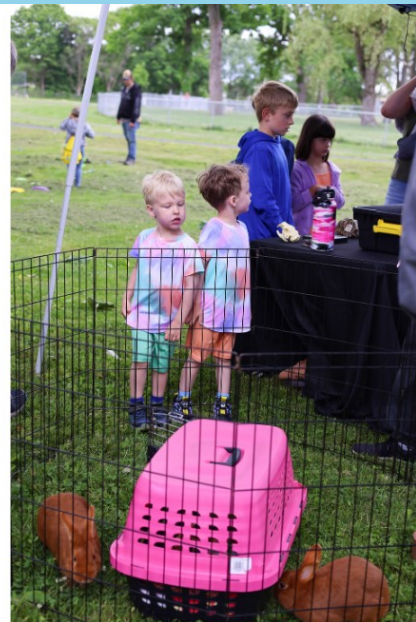
To register please visit our website @ www.familyrn.org and click on "News and Events" and then "Events Calendar". To register by phone or for additional information please call FRN @ 607-432-0001

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7TH ANNUAL DUCK DERBY



FAMILY FUN DAY JUNE 2024

Thank you to all of our 2024 Sponsors!



Five Star Subaru



**MILLER FINANCIAL
SERVICES**

HH&K
nman, Howard & Kattel
ATTORNEYS



**HELEN'S LITTLE
KITCHEN**



LIQUOR DEPOT



DJ CAM

Professional DJ Services
by Camden Decker



The Family Resource Network would like to thank all
of the participating agencies and volunteers who
have helped make this year's Duck Derby possible!

Resource Fair Participants:

**American Foundation for Suicide
Prevention
Arc Otsego
Bassett-Health Insurance Navigators
Blendos
Catholic Charities of Delaware,
Otsego and Chenango Counties
Catskill Center for Independence
Congressman Malinaro's Office
Family Services Association
Fidelis Care
G&E Therapies
Girl Scouts of NYPenn Pathways
Head Start/Early Head Start**

**LEAF
LIFEPlan CCO NY
OF0 Violence Intervention Program
Oneonta Job Corps Academy
Otsego County Department of Health
Otsego Pride Alliance
OWL
Pathfinder Village
Prime Care Coordination
RSS
Southern Tier Care Coordination and
Mobile Narcan Unit
Southern Tier Connect
Springbrook**

Volunteers:

**Friends from AAA Northeast
Jeffrey Bourgois
Lynette and Chris MacLeman
Kendall and Harlie Gould
Tom and Rhiannon Fralick
Justin Scheidweiler
Matthew Lawrence Walter**

