

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

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@familyrn



@family.resource.network

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! While the actual day of giving is September 20th, donations can be made to FRN from 9/16-9/22 by following the QR Code below. Thank you in advance for your support!!



HELP US REACH OUR GOAL

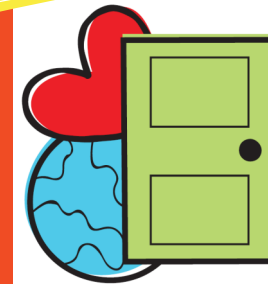
SEPTEMBER 20, 2024 | GIVEMV.ORG

connections

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

**September & October 2024
in this issue:**

30th Anniversary Celebration & Community Concert
We're hiring! See inside for positions and details
Mohawk Valley Gives Fundraising Event-September 20th
Teen Scene and Dragon Dates events



**Family
Resource
Network**

The Family Resource Network is excited to share that we have a busy Fall coming up with September and October being jam packed with events, trainings, workshops and even an Open House! This edition of our Connections Newsletter is filled with information about this programming as well as information about how you can join our team as either a Board Member or Staff! We would love to hear from you if your are interested in getting involved and learning more.

As many of you know, this year marked our agency's 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 FRN 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, dancing and fun games to play throughout the evening, 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.

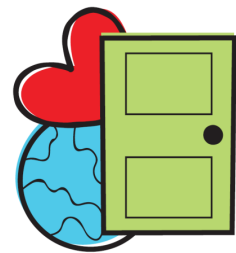
Purpose:

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:

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, September 3 6:30 pm Thursday, September 5 10:00am
Tuesday, September 10 6:30 pm Thursday, September 19 10:00am
Tuesday, September 17 6:30 pm Thursday, October 3 10:00am
Tuesday, September 24 6:30 pm Thursday, October 17 10:00am
Tuesday, October 1 6:30 pm
Tuesday, October 8 6:30 pm
Tuesday, October 15 6:30pm
Tuesday, October 22 6:30 pm
Tuesday, October 29 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.

Join Family Resource Network for our upcoming training on the Power of Play and Socialization

Date: Wednesday, September 11, 2024

Time: 6:00 p.m. to 8:00 p.m.

Online via ZOOM

Play is an important part of a child's life and essential to learning and development. Play allows persons to interact with others, learn new skills, and develop trust. It facilitates practice in decision making and conflict resolution, hones critical thinking skills, and above all else, provides opportunities to have fun in the company of others. Join Family Resource Network for this interactive workshop on play and socialization.

This workshop will discuss:

- The types and stages of play
- A parent's role in children's play
 - How to support play
- Socialization and inclusion

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.

Our Presenters: Robin Piefer and Terry DiLuzio, Education Advocates and trained facilitators focusing on positive parenting of children diagnosed with special needs 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 online go to our website at www.familyrn.org and click on Events. Then click on the Events Calendar and select the event you want to register for.

For assistance with registration or for questions, please call Terry at (607)287-3816.

This workshop is funded through a grant from the Office for People with Developmental Disabilities (OPWDD). Self-directing families will need to add "Training Groups" to their budgets prior to attending. Please contact FRN for assistance adding this to your budget.

Please join the Family Resource Network and Starbridge for an upcoming training:
“Teaching Self-Advocacy”

Wednesday, September 25, 2024
9:00-11:00 am
Online

Self advocacy is the act of speaking up for yourself to protect your right to direct your own life, including your interests and needs. Families can help their children develop advocacy skills from a young age. This workshop will teach families strategies to ensure their child’s voice will be heard throughout their life.

- Increase understanding of self-advocacy skills
- Increase knowledge of appropriate IEP goals to support self advocacy
- Increase understanding of the importance of self advocacy skills for transition planning and beyond

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 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 and Starbridge for an upcoming training:
“Bullying: Intervention Strategies”

Wednesday, October 9, 2024
9:00-11:00 am
Online

Bullying is an increasingly serious problem in schools. Families, teachers, and children need help and support in knowing how to respond. This workshop introduces participants to definitions of bullying, how to recognize it, and how to respond to it both at home and in school.

- Be able to define bullying behavior and distinguish it from typical peer conflict
- Identify your own emotional responses to your child or student being bullied
- Learn coping strategies for yourself and strategies to help your child or student
- Learn effective ways to intervene in the child’s school or home environment

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 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:
“Stress: Coping, Calming, and the Brain”

Wednesday, October 30, 2024
6:00-8:00 pm
Online

In children, stress can cause meltdowns, tantrums, and undesirable behaviors. These can be frustrating for parents who aren't sure what is causing them or how to respond. Join Family Resource Network to learn about:

- Stress, brain development and how stress affects the brain
- How our children with special needs are affected by stress
- How parents can model ways of coping and calming

The Nurturing Program for parents and Their Children with Special Needs and Health Challenges is designed to help families explore their hopes and fears, develop effective parenting skills, enhance communication, develop strategies for facing challenges and recognize opportunities for celebration and growth.

This is an interactive workshop and participants are encouraged to keep their cameras and microphones on during the session with the presenters. We do understand that everyone has different comfort levels when it comes to the use of video conferencing.

Registration is required

To register, go to familyrn.org and click on “News and Events” and then “Events Calendar”. For assistance with registration or for questions, please call Terry at (607)287-3816.

This workshop is funded through a grant from the Office for People with Developmental Disabilities (OPWDD). Self-directing families will need to add “Training Groups” to their budgets prior to attending. Please contact FRN for assistance adding this to your budget.

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 September and October
Embark Support Groups:**

Thursday, September 12, 10:00 a.m. to 11:00 a.m.
Wednesday, September 25, 6:30 p.m. to 7:30 p.m.
Thursday, October 10, 10:00 a.m. to 11:00 a.m.
Wednesday, October 23, 6:30 p.m. to 7:30 p.m.

Trainings:

Wednesday, September 11, 6:00-8:00 pm: “The Power of Play and Socialization”
Wednesday, October 30, 6:00-8:00 pm: “Stress: Coping, Calming, and the Brain”

Check out our other great trainings in September and October, too!

Little Dragons Events:

Saturday, September 14, 5:00-8:00pm FRN's 30th Anniversary Concert
Saturday, October 5, 12:00-3:00 Apple Picking at Middlefield Orchard

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

Come join the Family Resource Network's Teen Scene and Dragon Dates Programs for our Fall Mini Golf Event!



Saturday, September 7th
12:00pm-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 September 5th

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

30th Anniversary Celebration

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

Saturday, September 14th

5:00pm-8:00pm

Foothills Performing Arts Center

24 Market Street

Oneonta, NY

Enjoy a live performance by FLAME the Band from 6-8pm with music by DJ Cam from 5-6pm! There will be dancing as well as fun games to play throughout the evening.

Who is FLAME the Band? Our special guests for the night will be FLAME The Band, from the Lexington County ARC. Flame is 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.

Sweet Peach Smokehouse food Truck will be parked outside the Foothills.

Families of Teen Scene and Dragon Dates Participants who have registered in advance will get a meal voucher to the food truck for each member of their family!

Please Register by September 12th.

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

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

Come join the Family Resource Network's Teen Scene and Dragon Dates Programs for our Annual Apple Picking Event!



Saturday, October 5th, 2024
12:00-3:00pm

Middlefield Orchard
2274 State Hwy 166
Cooperstown, NY

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 October 3rd

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

Fall Crafts and Pumpkin Painting



Sunday, October 20th
12:00pm-3:00pm
HALos Building
146 Main Street
Afton, NY



FRN is very excited to be partnering with HALos! We will be utilizing their amazing space to be able to offer this and other upcoming events in Afton! This month, participants will have the opportunity to complete several Autumn themed arts and crafts projects as well as paint a pumpkin to take home with them. Lunch will be provided and to celebrate the new season and our new partnership we will have a special meal as well as fall treats for dessert!

Please Register by October 18th

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.****

The Family Resource Network is hiring!

All applicants should submit a resume with a cover letter to kwinn@familyrn.org. For more information please call the Family Resource Network at 607-432-0001 and ask for Kristin.

Education Advocate

Family Resource Network is hiring a 30 hour per week Education Advocate.
\$19.00 per hour plus mileage reimbursement

Responsibilities will include:

- Assisting families to navigate the Special Education system by phone, email, video-conference, and in person in the office, in family homes, and in the community.
- Advocating for families and their children at CSE and other school meetings
- Assisting families to collect documents needed to apply for services through the Office for People with Developmental Disabilities (OPWDD)
 - Facilitating Support Groups in-person and through video-conferencing
 - Planning, advertising, and facilitating workshops and conferences for families
 - Some travel required
 - Some weekend and evening hours are required
 - Generous paid holidays and vacation
 - Must have a valid driver's license and a reliable vehicle
 - Must provide proof of vehicle registration, inspection, and insurance

Qualifications:

Minimum:

- Bachelor's Degree
- General understanding of the special education system
 - Strong verbal and written communication skills
- Proficient in basic features of Microsoft Windows, Word, and Excel

Preferred:

- Personal or professional experience advocating for individuals with developmental disabilities.

Strongly preferred:

- Personal experience navigating the special education system as the parent or guardian of a child with an IEP

Benefits: Flexible schedule with frequent opportunities to work from home, Paid time off, End of year bonus

The Family Resource Network is hiring!

All applicants should submit a resume with a cover letter describing your personal lived experience of being a parent or guardian of a child with a social, emotional, behavioral, mental health or developmental disability to kwinn@familyrn.org. For more information please call the Family Resource Network at 607-432-0001 and ask for Kristin.

Family Peer Advocate

Family Resource Network is hiring a 40 hour per week Family Peer Advocate
\$16.50 per hour, plus mileage reimbursement. Salary will increase after credentialing.

Family Peer Advocates have 'lived-experience' as the parent (biological, foster, adoptive) or primary caregiver of a child/youth with a social, emotional, behavioral, mental health or developmental disability. They receive training to develop skills and strategies to empower other families. They foster effective parent-professional partnerships and promote the practice of family-driven and youth-guided approaches. Lived experience is extremely valuable when working with families in need of resources, support and advocacy.

Applicant must:

- Possess excellent organizational and communication skills
 - Complete progress notes in a timely manner
 - Conduct home visits with families to identify need
 - Submit to a background/fingerprint check (at no cost to applicant)
- Have experience advocating within the service systems (i.e. Mental Health, Special Education, DSS, Juvenile Justice, SPOA, Foster Care)
 - Have working knowledge of Microsoft Office software

High School Diploma or Equivalent required.

Benefits: Flexible schedule with frequent opportunities to work from home, Paid time off, End of year bonus



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!

Mohawk Valley's day of giving is an opportunity to unite our community around causes in which we truly believe and help nonprofit organizations connect to the larger community.

We need your help! Please join our campaign and help us reach our goal! We need you to tell your friends and family members about the important work we do and ask them to join us in helping to make a difference.



JOIN OUR GIVING DAY!

Support us and give back on September 20, 2024

For more information, go to GIVEMV.ORG



Get ready to give! On September 20th, follow the QR Code to the left and make a donation to us and/or to any of the great participating nonprofit organizations in our region. All giving will end at 11:59PM on September 22, so make sure to get your gift in on time!

We appreciate your support, and look forward to providing updates on all the great things we'll be able to accomplish thanks to your generosity.

For more information please contact our office at 607-432-0001. To help spread the word be sure to check out FRN's facebook page for additional information to share!

SAVE THE DATE Family Resource Network Open House

Tuesday, September 24th
11am-6:30pm
Community Cultural Center
1 Bridge Street
Sidney, NY

Please join FRN at the Community Cultural Center in Sidney for an Open House! Learn more about all of the programs our agency offers and the supports and services we provide in your community. FRN will also be using this as an opportunity to share information and answer questions about the Education Advocate and Family Peer Advocate positions we are currently hiring for. Staff will be on site to discuss programing and upcoming events as well as conduct interviews for individuals interested in applying for our open positions. Please come prepared with resume and cover letter.

See previous page for detailed job descriptions.

Don't forget to enjoy some pizza and refreshments while you're there!

The Family Resource Network is looking for people like YOU!

If you are reading our newsletter, it is a safe bet that you already make a positive difference in the life of someone with a special need and have attended one of the many conferences or workshops sponsored by The Family Resource Network. Have you ever wished for the opportunity to share your knowledge and/or help others? The board of directors at The Family Resource Network consists of members of our community who believe in the mission of the agency and we are currently looking for people to join our board of directors.

For more information regarding the Family Resource Network, our mission statement and the role of a board member please contact board president Rhiannon Ham at (607) 278-5758 or call the Family Resource Network at (607) 432-0001.



**Thank you to all of our 2024 Duck Derby
Sponsors!**



Five Star Subaru

**MILLER FINANCIAL
SERVICES
HH&K**

Hinman, Howard & Kattell LLP
ATTORNEYS



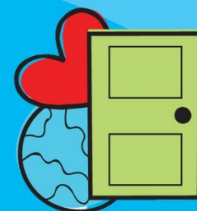
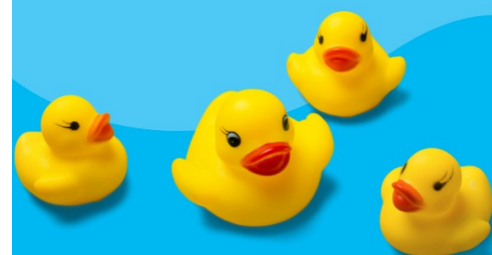
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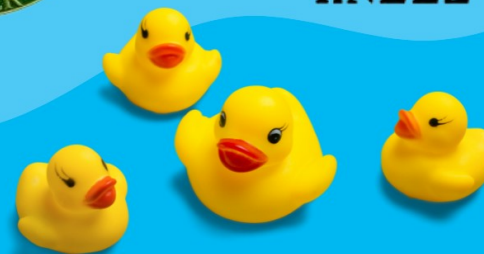
**HELEN'S LITTLE
KITCHEN**



DJ CAM
Professional DJ Services
by Camden Decker



Family
Resource
Network



**Thank you to all of the sponsors of the
Family Resource Network's
30th Anniversary Celebration:**



Arby's Foundation

AAA Northeast

City of Oneonta OCI Program

Community Bank, NA

**DJ Cam Professional DJ Services by
Camden Decker**

Families Together in New York State

KeyBank

Sweet Peach Smokehouse Food Truck

Tootie and Bugs Bakery



**The Family Resource Network would like to
extend our sincere appreciation to these
local businesses who helped make our 30th
Anniversary Celebration possible!**