

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

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LEGISLATIVE AWARENESS DAY



**SAVE
THE
DATE**

Registration & Legislative Meetings 10am - 12pm
Free Lunch Served at 11:30am
Speakers from 12pm - 2:30pm
Empire State Plaza Convention Center
Albany, NY



02.13.18

connections

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



January & February 2018 in this issue:

Free Workshop: Special Needs Trusts p. 4
Upcoming Dragon Dates Events p. 5
Family Focus Group Discussion on Juvenile Justice
System p. 7
Upcoming Workshop: Transition Essentials for Individuals
with Developmental Disabilities p. 8

“Growing Communities, One Family at a Time”

Everyone at the Family Resource Network hopes that all of our families, friends and colleagues had many wonderful holiday moments and that their new year is off to a great start. We have spent some time reflecting on the numerous programs, trainings and events that FRN was a part of in 2017 and feel very excited and fortunate to have played a role in the many amazing connections that were made over the past year. Our Teen Scene Pie Night, where youth spent the evening making pies to donate to several community outreach programs that help provide meals to local families in need, really made us feel like we were going into the year end on a very positive and thankful note.



Our agency is anticipating another busy and exciting year as the 2018 winter and spring is already filling fast with events, trainings and programming to bring needed information and connections to the communities that we serve. 2018 looks like it is going to be full of opportunities to connect with old friends and to meet new ones. We encourage you to look inside our January/February Newsletter for more information on the awesome lineup of trainings and workshops that we will be sponsoring in the communities we serve over the next several months.

Planning for our Spring Conference on Autism is also well underway and we are thrilled to be welcoming back, by popular demand, Dr. Daniel Mruzek, Ph.D., BCBA-D to share information on “Practical Skills Youth with ASD Need to Know and How We Teach Them”.

As always, we enter into the new year striving to be an agency that is driven by the families and youth we serve. We would love to hear suggestions from you regarding topics for trainings and workshops that you feel would be important and beneficial information for your community. Please don't hesitate to call our office and share your thoughts and ideas. We will be coordinating many more trainings and workshops throughout the year and hope to see all of you at many of them. Best wishes for a wonderful 2018!

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.

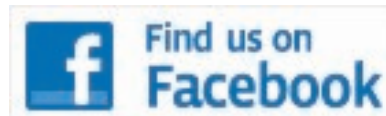
Purpose:

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:

Executive Director: Michelle Zuk



OPWDD Program:

Resource Center Coordinator: Kristin Winn

Senior FSS Advocate & Training Coordinator: Shelley Hubal

OPWDD Supervisor: Robin Piefer

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



Families Together in NYS

Credentialed Family Peer Advocates:

Michelle Zuk

Terry DiLuzio

Barbara Finkelstein

Valerie Harris

Renee Walker

Family Peer Advocate:

Jessica Morton

USING AND UNDERSTANDING SOCIAL STORIES™

Created by Carol Gray in 1991, Social Stories are a brief description of a situation or event that helps individuals with autism and other developmental disabilities to better understand expectations. Please join us as we learn how to use Social Stories to promote improved learning and positive social skills.

The following will be covered:

- How to create positive stories that are effective and individualized.
- When to use Social Stories.
- How to use Social Stories to teach skills and promote positive behavior.
- How schools use Social Stories and how parents can collaborate.

ABOUT OUR INSTRUCTOR:

Lori Martin is an instructional support specialist at Broome-Tioga BOCES, where she has been employed for 15 years. She earned a degree in Special Education from Marywood University and is the current president of Alive with Autism.

DATE: February 22, 2018

TIME: 10 AM to 12 PM

LOCATION: The Vestal Public Library
320 Vestal Parkway East
Vestal, NY

This event is FREE, but registration is required.

To register on-line go to www.familyrn.org and click on the News & Events link and the Event Calendar. To register by phone call Shelley at 607-437-0077.

The Board and Staff at the Family Resource Network would like to offer our Best Wishes for a Wonderful 2018!



How to Involve and Encourage Student Participation in the IEP Process

Student participation in the Individualized Education Program (IEP) planning process improves both in-school and post-school outcomes for students with disabilities. When parents, school staff, and those participating in the IEP planning process prepare students effectively to participate in their IEP meetings the students learn self-advocacy skills and take an active role in their own IEP development. During this training parents will engage in strength based activities as well as take home many great tools and strategies to involve their child in the IEP Process.

Date: February 14, 2018

Time: 10 am to 12 pm

Location: The Country Inn and Suites
1100 Danby Road
Ithaca, NY

This event is FREE, but registration is required.

To register on-line go to www.familyrn.org and click on the News & Events link and the Event Calendar.

To register by phone call Shelley at 607-437-0077.

FAMILY RESOURCE NETWORK PROGRAM UPDATES:

Our Family Resource Network Youth and Family Advisory Board is looking for enthusiastic and committed teens, parents, caregivers, family members and/or professionals to join our board!

Our board has taken a brief hiatus to regroup and cultivate a renewed sense of interest and enthusiasm. Once we have received sufficient interest we will meet, on average, once a month at the Family Resource Network in Oneonta to review previous programs and to plan upcoming events. It is a perfect way to provide input and suggestions for the programming that we do. Our goal is to have this Family and Youth Advisory Board be the driving factor behind FRN's youth and family events.

If you are interested in joining our Advisory Board or would like more information feel free to contact Blake Stensland by e-mail: bstensland@familyrn.org or by phone: 607-432-0001.

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, January 18th 5:30-7:30pm @ Elm Park United Methodist Church

T-shirt making activity! Teens will have the opportunity to make their very own t-shirts! We will have fabric paint and many other materials for teens to use to make their own unique t-shirts. When you RSVP please specify what size shirt you will need to ensure that we have enough of each size!

Thursday, February 15th 5:30-7:30pm @ Elm Park United Methodist Church

Teen Open Mic Night! Join us for our February Teen Scene event where Teens will be given the opportunity to sign-up for a timeslot where they will be able to perform or share something special with their peers. Some examples are: performing a song, spoken word or standup comedy, sharing poetry they wrote, art they've made or a song on their phone that they like. These are just a few ideas, the possibilities are endless!

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, January 22nd 5:30-7:30pm @ Elm Park United Methodist Church

Speaker Jaclyn Brownell will be joining the group to share information about The Big Buddy Program, a mentoring program for at-risk youth in Delaware and Otsego Counties. The program offers the opportunity for a child to have a one-on-one relationship with a big buddy volunteer.

Monday, March 26th 5:30-7:30pm @ Elm Park United Methodist Church

Kate Hewlett- Peer Engagement Specialist from Otsego County Community Services will be presenting on March 26th to our group about PAL (Peer Alliance League) a support group for adults with any mental health diagnosis/concerns. Kate will also share information about WRAP (Wellness Recovery Action Plan) Changes at the Behavioral Health Clinic- Open Access.

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

SAVE THE DATE

Spring Conference on Autism:

“PRACTICAL SKILLS YOUTH WITH ASD NEED TO KNOW AND
HOW WE TEACH THEM”

April 27, 2018

Holiday Inn Oneonta
5206 State Hwy 23
Oneonta, NY

Featuring:
Dr. Daniel Mruzek, Ph.D., BCBA-D

Please check www.familyrn.org for more information.

**Please join us for a workshop reviewing
SPECIAL NEEDS TRUSTS**

Gain valuable information pertaining to financial planning for the future of
your loved one with a disability.

About Our Speaker:

Greg S. Catarella, Esq., is a partner with the law firm of Levene, Gouldin & Thompson, LLP, in Vestal, New York. He graduated from Binghamton University and Cornell Law School. He is a member and past president of the Broome County Bar Association.

Greg's practice areas include Trusts, Estates, Elder Law, Guardianships and Real Estate.

Date: Friday, January 5, 2018**Time:** 10 am to 12 pm

Location: Broome County Public Library
Exhibit Room
185 Court Street
Binghamton, NY

This event is Free, but registration is required.

To register on-line go to www.familyrn.org and click on News & Events and Event Calendar. To register by phone call Shelley at 607-437-0077.



SAVE THE DATE Autism Awareness Night



**Floyd L. Maines Veterans Memorial Arena
1 Stuart Street
Binghamton, NY
Friday, April 6
Game starts @ 7:05PM**



VS



**Please join the Family Resource Network and the Binghamton Devils Hockey Team
as we Light it up Blue! for Autism Awareness Month.**

Autism Awareness Month is a time to educate our community about autism and its prevalence in our area. We look to celebrate this month by increasing awareness about the importance of early diagnosis and about the many services that are available throughout the counties we serve. Throughout the evening local agencies will be set up with information regarding the programs and services they offer. By bringing together the resources in Broome County we hope to give voice to the many families and individuals in our communities that need our support. We hope to join hands in a team effort to inspire compassion, empowerment, and hope within the lives of those affected.

*****If you would like more information about this event or to find out how your agency can participate please contact Kristin at the Family Resource Network by calling 607-432-0001 or via email at kwinn@familyrn.org*****

TRANSITION ESSENTIALS FOR INDIVIDUALS WITH DEVELOPMENTAL DISABILITIES

Please join us for an informational workshop where the following will be covered:

Guardianship: Learn about Guardianship in NYS and alternatives to guardianship including; Supported Decision Making, Health Care Proxy and Power of Attorney. Presented by Eric Yetter, *LMSW* Guardianship Coordinator for Achieve NYSARC chapter. Mr. Yetter is an advocate for individuals for whom Achieve is primary guardian and assists families pursuing guardianship or supported decision making. He is a member of the Supported Decision Making New York Advisory Council.

SSI and SSDI: Jason Harriott from Tompkins Workforce New York will give an overview of Supplemental Security Income and Social Security Disability Insurance and how working impacts these benefits utilizing various work incentives. Mr. Harriott is recognized within New York State as a leading Social Security technical expert under the Disability Employment Initiative (DEI) and is the only dually certified advisor in Tompkins County and contiguous areas. He is Community Work Incentive and Medicaid Infrastructure Grant certified.

How to Best Support Your Loved One: Logan Cunningham is 23 years old and lives with Asperger's Syndrome. He is a NYS certified EMT and volunteers for Chenango Ambulance. He works at UHS Wilson Hospital as an Environmental Technician and enjoys public speaking to educate others about the abilities not the disabilities that he and others like him uniquely possess. Logan states, "I am, above all, a classical liberal and this means that in everything I do, I strive to place my interests and support in the individual. I believe that only by supporting the individual, can we make society better." Logan will share his story, speak about some of the supports that have helped him be successful, and his future goals. Logan loves to answer questions, so come prepared with any questions you may have.

Date: January 30, 2018

Time: 10 am to 12:30 pm

Location: The Broome County Public Library
Decker Room
185 Court Street
Binghamton, NY

This event is FREE, but registration is required.

To register on-line go to www.familyrn.org and click on the News & Events link and the Event Calendar. To register by phone call Shelley at 607-437-0077.

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

Please join the Family Resource Network for a Sensory Friendly Viewing of:



Saturday, January 13th, 2018
10:00am
AMC Town Square
2425 Vestal Parkway
Vestal, NY

FRN has rented out an entire auditorium to ensure that the lights in the theatre are brighter, the sound is lower and our families can feel comfortable.

Please register as soon as possible as seats are limited.

East Main Lanes & Lounge
1 East Main Street
Sidney, NY



Saturday, February 10th, 2018
2:00pm

Enjoy an afternoon of fun at the Bowling Alley! Family Resource Network will pay for shoe rental and two games of bowling per family. A pizza lunch will be provided!

Please Register by February 6th.

****If canceled due to snow, event will be held on Saturday, February 17th****

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 Blake at (607)432-0001. 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.



G&E THERAPIES 2018 SUMMER CAMP ENROLLMENT IS NOW OPEN

Camper Eligibility:

- ✓ Elementary through Middle School Age
- ✓ Independent In toileting and Hygiene
- ✓ Without risk of Flight
- ✓ Without aggression/violent Behavior
- ✓ Can independently navigate stairs
- ✓ OPWDD Temporary eligibility or Permanent Certification needed to attend for FREE
- ✓ CSS plans accepted
- ✓ Resident of Broome, Tioga, Delaware, Chenango Otsego or Tompkins County
- ✓ Limited Enrollment, don't delay!

**Recreational Fun
in a Nurturing
Environment**

**Art, Music,
Science, Yoga
and more!!**

Adventure Friday

**Communication
Skills through
FUN!**

Peer-Interaction

G&E THERAPIES

801 Main Street
Vestal, NY 13850

877-426-3307 ext 0

www.gandetherapies.com

July 9th- August 3rd, 2018

8:30 am-2:30 pm

You are invited to participate in a Family Focus Group in Otsego County!

Join a discussion among parents/caretakers
about individual experience with the
Juvenile Justice System

Join Us to...

Celebrate
strengths,
and identify
needs for
your family

- We want to hear from families about your experiences

- Share your ideas, thoughts, and questions about the juvenile justice system in Otsego County

- **Gift cards and Door Prizes!**



****In the event of inclement weather Focus Group will be rescheduled for Thursday, March 1st @ 5pm****

**Where & When
Thursday February 22, 2018
5pm-7:30pm**

Elm Park United Methodist Church
401 Chestnut Street
Oneonta, NY 13820

**Dinner, Childcare &
Transportation will be provided!**

If Childcare and/or Transportation is needed please contact Barbara by
Tuesday- February 20, 2018

Please confirm your participation in the Focus Group by contacting:

Barbara Finkelstein
607-432-0001
bfinkelstein@familyrn.org

