

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

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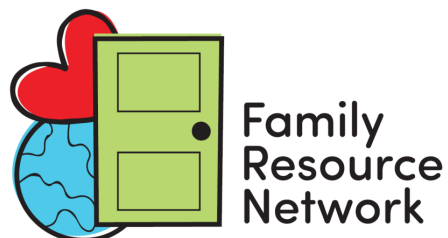


@family.resource.network

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.



connections

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

January & February 2025
in this issue:

NEW: On Demand Training Option
We're hiring! See inside for positions and details
Training: Preparing for Your Child's CSE Meeting
Teen Scene and Dragon Dates events



As 2024 comes to a close, the Family Resource Network is looking forward to all the exciting things the New Year will bring! Our highly anticipated event for the year will be FRN's 8th Annual Family Fun Day and Duck Derby on Saturday, June 14th from 12:00pm-3:00pm at Neahwa Park in Oneonta. After the amazing turnout and community support and participation during last year's event, we are excited to get the planning underway for year eight!

The Family Fun Day and 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! 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. Last year we had nearly 30 local agencies who participated! There will be multiple heats of duck races throughout the afternoon. Cash prizes will be awarded to first, second and third place finishers in each race.

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

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 currently looking for corporate sponsors who would be willing to help us reach this goal. If you are interested in sponsoring the event please reach out to Michelle Zuk @ mzuk@familyrn.org or by calling 607-432-0001

In addition, be sure to check out this edition of our Connections Newsletter for updates and changes to some of our programs that we have made to try and meet the changing needs of the families we serve.. FRN will now be offering many of our training topics on demand. Look inside for a list of available options and more details on eligibility and scheduling .

Finally, we hope to see many of you in the coming months at the events, trainings and support groups FRN will be hosting. Details for everything we have planned can be found in our Newsletter as well as on the events calendar on our website!

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.

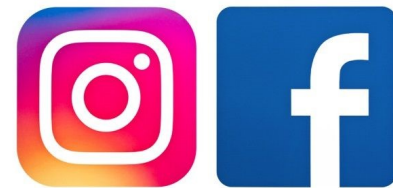
Family Resource Network Staff:

Terry Diluzio: Education Advocate
Mary Fralick: Family Peer Advocate
Karyn Kanzer: Family Peer Advocate
Robin Piefer: FSS Supervisor
Ryan Tucker: Education Advocate
Kristin Winn: HR Supervisor/Program Coordinator
Michelle Zuk: Executive Director



Find us on Facebook:
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Find us on Instagram:
@family.resource.network



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 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

Please join the Family Resource Network for an upcoming training: Preparing for Your Child's CSE Meeting

Wednesday, January 29, 2025

6:00-8:00 pm

Online via Zoom

The past few years have disrupted education for almost every student in the world. As this year's CPSE and CSE Meetings approach, it is more important than ever to be prepared. What can you do to prepare for your child's CPSE or CSE meeting and ensure you have meaningful participation in the IEP Process?

Family Resource Network's Education Advocates will discuss:

- Preparing for in-person, video-conference, and telephone conference meetings
- 6 things you can do to prepare for your meeting
- 5 things to remember during your meeting
- 3 things you should do after your meeting

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
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.

In 2025, we will be offering one online support group per month.

These support groups will take place on the 2nd Tuesday of the month at 6:30 pm. Our support groups will meet on:

Tuesday, January 14, 2025	6:30-7:30 pm
Tuesday, February 11, 2025	6:30-7:30 pm

Registration is required.

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:
**Summer Camps and Programs for Individuals with
Developmental Disabilities**

**Wednesday, February 26, 2025
5:30-7:00 pm
Online via Zoom**

Are you looking for a summer program for your loved one with a developmental disability? Join Family Resource Network for presentations by camps and summer programs from around NY state, including day camps, sleep-away camps, and family camps. Learn about what to expect, how to apply, and funding options for camp.

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.

New in 2025! **On Demand Trainings**

We recognize that families are busy and can't always make it to a training at the scheduled time. In 2025, we will be offering many of our training topics on demand!

Who is eligible? If you are the parent or family member of a child or adult who is eligible for services through the Office for People with Developmental Disabilities (OPWDD), you are eligible to request on demand trainings. If you have self-directed services, "Training Groups" must be added to your child's budget before scheduling. On demand trainings will be scheduled at a time that is convenient to you, either in-person or via Zoom. If more than one parent is interested in the same training, we will schedule it at a time that works for all interested parents.

What if you do not have a child with OPWDD eligibility? Please reach out to us for your options. We may be able to accommodate you through one of our other programs.

Available Training Topics:

Understanding the NYS IEP
Preparing for Your Child's CSE Meeting
All About Assessments
Services and Supports in NYS for Children with Developmental Disabilities
Intro to Social Stories
Intro to Visual Schedules
Your Due Process Rights: What to do when you don't agree
Kid, Teen and Adult in a Book
Advocating for Your Medically Involved Child
The Nurturing Philosophy
Personal Power, Praise, and Positive Discipline
Stress: Coping, Calming, and the Brain
Helping Children Cope with Change, Grief, and Loss
Praise, Encouragement, and Family Rules
The Power of Play and Socialization
Communication and Advocacy

On Demand Trainings continued
In addition to single session trainings, the Family Resource Network also has the following multisession training opportunities available through our new On Demand Training program design.

Mind the Gap:

The Mind the Gap program is for families of children ages 0-18 with a developmental disability who live in Broome, Chenango, Delaware, Otsego, Tioga or Tompkins Counties. Families will be connected to a Peer Navigator. Peer Navigators have undergone thorough training through the University of Rochester and are parents of children with special needs themselves who have experience navigating the special needs service system. This short 4-6-month program offered to families includes 12 flexible coaching sessions with a peer navigator in which parents are guided and supported as they learn and understand their child's diagnosis and get access to resources and services.



Nurturing Parenting: Parents & Children with Special Needs & Health Challenges

This parenting curriculum is a 12 session program is designed to help parents and their children with chronic or life threatening medical conditions, developmental delays, life-altering disorders and disabilities add to their parenting toolboxes.



Nurturing Parenting®
Established 1983

Please join the Family Resource Network Teen Scene and Dragon Dates Programs for our upcoming event
Skating and Laser Tag!



Sunday, January 19, 2025
10:00am-12:00pm

Interskate 88
5185 NY-23
Oneonta, NY

Enjoy a morning of skating and laser tag at Interskate 88 with the Family Resource Network! The Family Resource Network has rented out the building for our private event. This event is free for registered Teen Scene and Dragon Dates participants and their family members.

We will cover skates for each family member, usage of the play structure, laser tag as well as pizza and drinks!

Please Register by January 17th

Registration is required

To register please visit our website @ www.familyrn.org and click on "News and Events" and then "Events Calendar".

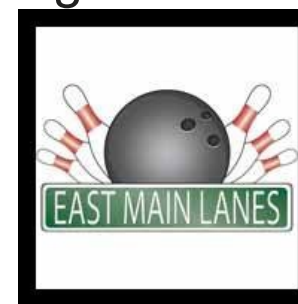
The age range for **Teen Scene** events has been expanded and Teen Scene events will be open to any school aged youth in Otsego, Delaware and Chenango County.

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.

Come join the Family Resource Network's Teen Scene and Dragon Dates Programs for a Bowling Event!



Sunday, February 2, 2025
2:00pm-4:00pm

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

Enjoy a couple hours 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 January 31st

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. \$18.00 per hour (19.00 with Bachelor's Degree) 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:

- 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:

- Bachelor's Degree
- 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 \$17.00 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



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



Five Star Subaru

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SERVICES

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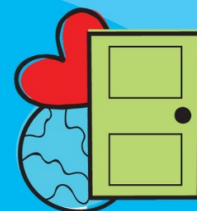
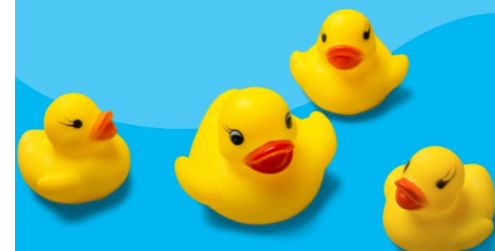


**HELEN'S LITTLE
KITCHEN**

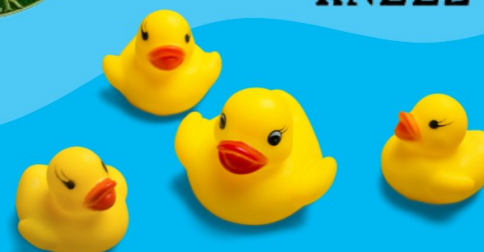


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Family
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**Thank you to all of the sponsors of the
Family Resource Network's
30th Anniversary Celebration:**



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!**