



FAMILY SUPPORT NETWORK OF CENTRAL CAROLINA

801 Green Valley Road, Greensboro NC 27408

(336) 832-6507 * support@fsncc.org * www.fsncc.org

Supporting families of children with special needs & those born prematurely

NICU

NOTES

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Fall 2008 means a new session of **Sibshops**, one of our most beloved and popular programs.

S Sibshops is a recreation-based program just for brothers and sisters of kids with special needs in grades 1-6. Developed by "sib" Don Meyer, the Sibshops curriculum is used throughout the U.S. and in nine countries worldwide. To learn more, please give us a call or check out

www.siblingsupport.org.

We'll be offering the Sibshops series on the following dates from 6:30-8:30 p.m. at St. Paul's Catholic Church in Greensboro:

September 12

October 10

November 14

January 9

February 13

March 13

The cost of each session is \$5; scholarships are available.

To register your "sib," contact Nancy at 832-6507 or nancym@fsncc.org.

ALSO: See page 3 for information on **GALS**, our special group just for sisters, 6th grade and up!

YOU ASKED FOR IT!!!

Due to popular demand, FSNCC is very excited to offer our first **DADS' GROUP** this Fall! This group will offer fathers of children with special needs an opportunity to get together with other Dads in the community who are experiencing similar issues and challenges for friendship and recreation. Come out in September to enjoy some munchies and help plan activities for the group and meet some other fantastic family guys.

September 18th: Meet & Greet, home of Jason Juneau, 7:00 p.m.

October 16th: Activity TBD @ September meeting

For more information or to RSVP, contact Jason at 547-9126 or

jason.juneau@volvo.com.

MOMS' GROUP MEETINGS

Meanwhile, our support group for mothers of children with special needs will resume meeting on the first Thursday night of each month for a special kind of empathetic support. All meetings begin at 7:00 unless we are having supper; in that case, we'll meet at 6:30. (Cont. next column...)



September 4th: Casa Vallarta Mexican Restaurant, 3915 Battleground Ave., GSO

October 2nd: Home of Allison Vail

If you'd like to be added to the mailing list for Moms' Group, or to request meeting details and directions, please contact Brooke at 334-5601 Ext. 217 or brooke.juneau@ncmail.net.

DOWN SYNDROME NETWORK OF GREATER GREENSBORO

The DSNNG welcomes members old & new to our Moms' Nights Out this Fall!
August 24th: P.F. Chang's, Shoppes at Friendly Center
September 21st: Indigo Bead, 307 Pisgah Church Rd., 3-5 pm
October 5th: Dessert at the Melting Pot, 2924 Battleground Ave, 7 pm

For more information on any of our events, contact Lauri Lyn Hodges at 856-8968 or nickelhodges@yahoo.com.

ALSO: Please take a look at page 3 for news about our **5th Annual BUDDY WALK**, slated for Sunday, October 12th at Greensboro's Bur-Mil Park!

SAVE A TREE! Subscribe to our newsletter via e-mail. Just send a message to brooke.juneau@ncmail.net with "newsletter" in the subject line.



Mark your calendars!

FSNCC's ANNUAL FALL PICNIC

Sunday, Oct. 5th, 2008, 3:30-5:30 p.m.

City Lake Park, Jamestown Shelter #8

More details coming soon...



NICU NOTES

NICU Family Reunion

Don't miss the annual celebration for NICU graduates on **Saturday, September 6th from 1:00-3:30 pm at the Education Center at Women's Hospital of GSO**. No RSVP is necessary. Our theme this year is **Pirates & Princesses**. Join us for this great FREE family event to celebrate the life of your child. We are once again collecting items for Elizabeth's Closet—feel free to bring diapers, sizes preemie or newborn/1; wipes; or a bath product. Event hosted by Moses Cone Health System.

Support Parent Program: Helping NICU families one tiny step at a time.

Looking for a way to make other families' stay in the NICU a little brighter? FSNCC is seeking experienced, dedicated families (like yours!) to become volunteer Support Parents for families in the NICU. Volunteers should be home from the NICU for at least one year, and have an interest in providing one to one phone support to current NICU families. Volunteers also attend four regularly scheduled FSNCC NICU Events to share their stories. This is a great way to offer hope and encouragement to new NICU families faced with the emotional challenge of having a baby in an NICU. To learn more, contact Nancy at 832-6507 or nancym@fsncc.org.

Adopt-a-Frog

FSNCC is involved in a new campaign to support families in the NICU. The Adopt-a-Frog program allows donors to provide an important positioning aid for the smallest preemies. "Frogs" provide comfort and safe positioning during babies'



stay in the NICU. Your donation of \$15 will provide a family in the NICU with this special piece of equipment for their baby. Donors may send a check to our office with "Adopt-a-Frog" in the memo, or visit www.adoptafrog.com to make a secure donation online.

Elizabeth's Closet

This FSNCC program, which helps to ensure that all NICU families leave the hospital with baby basics, needs your help. We are currently low on new bottles and nipples. We also need gently used bouncy seats and strollers. Please give us a call if you can help!

NICU Parent Council

We are recruiting NICU graduate families to assist the Parent Council. Please contact Tracy Edmonds at nicupac@triad.rr.com to learn more about the Council.

NICU Babies Just Wanna Have Fun!

Please join us on **Friday, September 19th from 9:00-11:00 am in the Women's Hospital Education Center, Classroom 3**. Pediatric Physical Therapist Carrie Sawulski will lead families in a play session with their babies, and offer ideas and tips to enhance development through play. For NICU graduates up to age two. Call us to RSVP no later than September 15th at 832-6507.

Protecting Your Baby from RSV

Did you know that RSV is the leading cause of infant hospitalization, affecting more than 125,000 babies each year? Prime season for this dangerous virus is October 1-April 1, and Premies are especially susceptible. These simple precautions can help protect your baby:

* Wash your hands briskly before hold-

ing your baby,

and be sure others do too.

* Wash baby's toys, play surfaces,

clothing and bedding often.

* Don't share personal items (towels, washcloths, cups, pacifiers).

* Minimize baby's exposure to crowds whenever possible.

* Never let anyone smoke around your baby.

* Be sure everyone in your family gets a flu vaccine (brothers & sisters too). You can find the nearest site to get a flu shot by visiting www.findaflushot.com. Shots usually become available around September.

* If your baby qualifies for Synages injections to protect them against RSV, don't miss or delay your monthly appointment. If you have a question regarding the criteria for qualifying for or reimbursement of Synages, contact your pediatrician's office.

These tips will help your baby—and you - to stay healthy through RSV season, and all year long!

Source: American Academy of Pediatricians (www.aap.org)

FSNCC Online

Take a look at www.fsncc.org for lots of resources and information for NICU families & grads. Be sure to check out our "Before & After" gallery! To add your baby's photos, e-mail them to brooke.juneau@ncmail.net or mail to:

Brooke Juneau
c/o Greensboro CDSA
122 N. Elm Street, Suite 400
Greensboro, NC 27401

CDSA Services

If your child receives services through the NC Infant-Toddler Program, our CDSA Liaison can help with printed information, locating community resources, parent matching, and much more. Call Brooke at 334-5601, Ext. 217.



The Down Syndrome Network of Greater Greensboro Presents

The 5th Annual Buddy Walk

Sunday, October 12, 2008

Noon-4:00 p.m.

Bur-Mil Park, GSO, Shelter #2

If you or someone you love has Down syndrome...or if you just want to show your support and enjoy a beautiful day in the park...please join DSNGG for this fun and special event! The Buddy Walk raises funds and awareness for Down syndrome research and local services. To learn more about Buddy Walks throughout the U.S., visit www.buddywalk.org. Register for our local event and pre-order t-shirts by contacting Dawn Pettus at 454-3527 or dawn.pettus@mosescone.com.



the Link

SEEKING LOVING SISTERS FOR GALS GROUP!!

It's a space to share thoughts and feelings...to learn and have fun...to make friendships that last a lifetime. FSNCC's GALS group (Girls Appreciating Loved Siblings) is—pardon the pun—the “sister” group of Sibshops. This program is just for sisters of children with special needs, grades 6 and up. Please join us on the following dates:

September 5	January 23
October 17	February 20
November 21	March 20

For meeting times, locations, and other information, please contact Nancy at 832-6507 or nancym@fsncc.org.

MANY THANKS TO OUR DONORS

FSNCC would like to extend our sincere thanks to the donors who responded to our 2008 Pledge Drive (see insert). We are also grateful for the many contributions we receive through the United Way and the SECC Campaign, and the generous personal donations of money, time, and supplies made by families throughout the year. We never cease to be amazed by the generosity and support we receive from our community. We literally couldn't do what we do without you. We thank you from the bottom of our hearts for your gifts!

EASY NEW WAYS TO SUPPORT FSNCC

Now it's easier than ever to help support FSNCC's services for families and kids. You can now make a **secure donation online** anytime via PayPal. Simply visit www.fsncc.org and click on “Donations & Grants.” You can then use the “Donate” button to make a secure donation in any amount. You can also help by conducting Internet searches using

GoodSearch. Every time you search, we receive a donation to help support our many programs and services. Visit www.goodsearch.com for easy instructions on setting up your homepage. We depend on community partners like you to do all that we do in Central NC. THANK YOU, as always, for your support!

FSNCC NEEDS YOU! BECOME A SUPPORT PARENT

When a child is diagnosed with a disability or chronic illness, the best support often comes from others who have “been there.” No one can offer empathy, understanding, and friendship quite like an FSNCC Support Parent. We are currently seeking local families to join our team of volunteers. Candidates must attend training sessions at Women's Hospital of Greensboro on **September 23rd and 25th** from 5:30-9:00 p.m.; dinner will be served. They will then be periodically matched with parents whose children have been newly diagnosed. Support Parents are free to decline a match at any time. What's more, many of our volunteers (this writer included) have found participation in our training program to be a *very* healing and enlightening experience. *Please consider joining this very special group of volunteers—we need you!* Want to learn more? Contact Brooke at 334-5601 Ext. 217 or e-mail brooke.juneau@ncmail.net.

UNCG SEEKS PARENTS FOR GRADUATE PROJECT

The BK:ISED graduate class at UNCG seeks parent participants for the fall semester. Parents are needed for panel discussions as well as opportunities for students to observe families interacting with professionals. Parents must have a child with special needs. Stipends will be available for participants. For more information, please contact Diane Kroeger at dkroeger@triad.rr.com or 644-9244.

FOUR-COUNTY CALENDAR

ROCKINGHAM

List your Rockingham County event for families of children with special needs HERE! Send information to brooke.juneau@ncmail.net, or call (336)334-5601 Ext. 217.

RANDOLPH

* **NEW!!!** CHERUBS is a classroom program for young children 18 months-3 years who are at risk for or identified with an Autism Spectrum Disorder. Beginning fall 2008, CHERUBS will be housed on the Crossroads Retirement Center campus, Asheboro, NC. Program components will include group and individual intervention within a developmentally appropriate classroom environment. Regular opportunity for inclusive activity will be provided with older adults at the Retirement Center and with typically developing peers at Shepherd's Way Day School. CHERUBS will be offered three days per week, Tuesday, Wednesday and Thursday from 8 am-2 pm. For additional information, please contact Gale Robins, speech-language pathologist at 963-1246.

***Support Group for families of Children with Autism. Meets the 3rd Thursday evening of each month at the Early Childhood Development Center (ECDC), 1738 N. Fayetteville St., Asheboro. Child care available with RSVP. Children meet in the ECDC gymnasium. An opportunity to meet lots of great families & discuss life with ASD. For more information & to register, contact Paul & Anita Peterson at the4petersons@embarqmail.com or (336) 629-1533.**

*The Asheboro Youth & Family Support Group, serving families of children with mental illness, meets the second Tuesday of each month *during the school year* from 5-7 p.m. at Asheboro Friends Meeting on 230 E. Kivett St. ***The next meeting for this group will be held Sept. 9th.*** For info on this & other support groups, contact Vickie Wilson at 629-9550.

*The Randolph County Partnership for Children is pleased to announce a new Parents as Teachers program in the Southmont area. Parents as Teachers is a home-based family literacy model that serves families with children age 1-4. Program coordinators conduct home visits with parents to improve parenting skills so parents can teach their own children the skills they need. To learn more, contact Stephanie Ramon at 336-953-7103 or sramon@randolph.k12.nc.us. *Se habla Español.* The Partnership also offers a wealth of resources for Randolph families, including brochures listing services for families of children with special needs. To learn more about these projects and the *many* other services of the Partnership, visit www.randolphkids.org or call 629-2128.

ALAMANCE

* **Down Syndrome Support Group: Welcoming Alamance area families with children of any age who have a diagnosis of Down syndrome. Sponsored by the Alamance Partnership for Children. Dinner & child care provided. For meeting times, topics, and more information, call Ashley at 513-0063.**

* Autism Society of NC, Alamance County Chapter: Meetings on the 2nd Thursday of each month at Shiloh Presbyterian Church, Burlington. 6:30-8:00 pm. Childcare available. For information, respite care programs, and other events, call 919-563-0471 or alamanceasnc@bellsouth.net.

Alamance County Chapter ASNC morning coffee times are held on the 3rd Friday of each month, 9:30 am, at Panera Bread near Burlington Square Mall. Visit with other parents from our ASNC chapter & exchange ideas and information about our children.

* **Open Hearts, Open Homes: Foster & Adoptive Association of Alamance County: Meetings on the 3rd Thursday of each month at 6:30 at Integrity Community Church, Burlington (in the Burlington Outlet Center). For more information, contact Fred at 584-2066 or e-mail lightfj1@aol.com.**

* Kindermusik offers music lessons for young children at all levels of ability at the Brain Train store on S. Church Street in Burlington, and at Mackintosh on the Lake. Free sample classes available. Fall session begins September 3rd. Register online at www.burlingtonmusic.kindermusik.net. For programs and enrollment information, call 336-329-9573 or e-mail mgornto@triad.rr.com.



CASWELL

* Come on out to the square in downtown Yanceyville on Saturday, September 27th for the annual **Bright Leaf Hoedown**, sponsored by the Caswell County Chamber of Commerce. Many local agencies will be on hand to share information about their services while visitors enjoy a car show, Kid's Country with games and rides, crafts, live music and dance performances, and food for all the hungry hoedowners. There will also be a horseshoe tournament. For more information, please contact the Caswell County Chamber of Commerce Office at (336) 694-6106 or email Sharon@caswellchamber.com.





COMMUNITY CALENDAR: GUILFORD COUNTY, FALL '08

***Note:** Many of these events, including **ALL** events of FSNCC, are open to families throughout our service area.

AUGUST

14th-16th: GSO Mothers of Multiples Fall/Winter Consignment Sale. Great deals on kids' clothing, toys, equipment, & more. Thursday 7-9 p.m.; Friday 9am-2pm; Saturday 8am-Noon. All remaining items 1/2 price on Saturday. College Place United Methodist Church, 509 Tate St., GSO.

19th: The GSO Grasshoppers present Disability Awareness Night. 7:00 p.m. NewBridge Bank Park, GSO. Visit www.gsohoppers.com for tickets & information.

23rd: "Kickoff to Kindergarten." Lots of games, events, and activities to celebrate your rising Kindergartener. 4-7 p.m., GSO Children's Museum. Call 574-2898 or visit www.gcmuseum.com.

24th: DSNNGG Moms' Night Out. *See page 1 for details.*

27th: "Period of Purple Crying: Keeping Babies Safe in NC." Learn how to prevent shaken baby syndrome. 12-1:30pm, Guilford Child Development. RSVP: stephanie.floyd@unitedwaygso.org.

29th: Autism Society of NC's Guilford County Chapter presents a back-to-school potluck dinner, 6:30pm at Brooks Global Elementary School cafeteria, GSO. Maureen Morrell from the Autism Society of N.C. will speak on current legislative issues after the dinner. For details or to sign up for respite, contact Monique Justice @ 580-6548.

30th: Dancing Above the Barre: registration & orientation. Dance instruction program for children with disabilities, ages 4-12. *See page 6 for details.*

SEPTEMBER

4th: FSNCC Moms' Group. *See page 1 for details.*
5th: GALS Group, 1st session in series. *See pg. 3 for details.*

8th: NICU Family Reunion, hosted by FSNCC & Moses Cone Health System. *See page 2 for details.*

8th: Parent training: "Positive Behavior Supports." 6:30-8:30 p.m. Offered by ECAC. Children's Home Society, 602 Meadow St. SW, GSO. FREE. Information & registration: Contact Kathy Clayton at 1-800-862-6507, Ext. 309 or e-mail mcampbell@ecacmail.org.

12th: Sibshops; first session in series. *See page 1 for details.*

18th: FSNCC Dads' Group, meet & greet. *See page 1 for details.*

19th: Autism Society of NC's Guilford County Chapter monthly meeting. Panel discussion for families of children who have been recently diagnosed with ASD, or those who are simply interested in learning more about local programs & services for this population. 6:30pm at Brooks Global Elementary School cafeteria, GSO. For details or to sign up for respite, contact Monique Justice @ 580-6548.

19th: "NICU Babies Just Want to Have Fun." Special therapeutic play group for NICU grads & their families. *Please see page 2 for details.*

21st: DSNNGG Moms' Night Out. *See page 1 for details.*

23rd & 25th: FSNCC Support Parent orientation. 5:30-9:00 p.m., Women's Hospital of GSO, Education Ctr. *See page 3 for details.*

OCTOBER

5th: FSNCC Annual Fall Picnic. *See page 1 for details.*

5th: DSNNGG Moms' Night Out. *See page 1 for details.*

2nd: FSNCC Moms' Group. *See page 1 for details.*

10th: Sibshops; second session in series. *See page 1 for details.*

12th: The Down Syndrome Network of Greater GSO presents the 5th Annual Buddy Walk. *See page 3 for details.*

16th: FSNCC Dads' Group. *See page 1 for details.*

17th: GALS Group, 2nd session in series. *See page 3 for details.*

17th: Autism Society of NC's Guilford County Chapter monthly meeting. Kerry Erb & Maureen Morrell will offer a legislative update on CAP-MR/DD.

6:30pm at Brooks Global Elementary School cafeteria, GSO. For details or to sign up for respite, contact Monique Justice @ 580-6548.

25th: Autism Society of NC's Guilford County Chapter & the A-O Civitans present Fun On the Farm. Music, food, moon walk, horseback riding, hay rides, & much more for children with autism & their families. 11:00-3:00, home of Therrell & Marie Brown. Call 585-0908 or visit www.asncg.org.



CLUB is a social & recreational program for kids aged 9-14 who have

ADHD, Asperger syndrome, learning disabilities, or other conditions that can make it tricky to meet new friends. To learn more and be added to our mailing list, call FSNCC or e-mail kcboogis@aol.com.



SAVE THESE DATES!!

* FSNCC's Holiday Jamboree
Saturday, Dec. 6th, 9:30-Noon
Gateway Education Center

* 18th Annual NC Assistive Tech. Expo
December 3rd-5th, N. Raleigh Hilton
Visit www.ncatp.org for details

More info to come...

IN OTHER NEWS...

* The Autism Society of NC's Triad regional office is pleased to announce their newest member of their advocacy team, Wanda Curley. Wanda will be working part time to assist Judy Smithmyer with the 13 county region they cover. For advocacy questions or assistance, information and referral or for Parent Trainings please call 336-333-0197 ext 303. Judy and Wanda have added "Taking Autism to the Doctors" to their list of trainings they can do for parents or support group meetings. The others include: Newly Diagnosed Parent Workshop, Autism 101, ASD/IEP workshop, Taking ASD on the Road and Transition to Adulthood.

* The Arc of High Point will be offering REALity Fit Club for teens and young adults with disabilities on Tuesdays from August 19th-September 23rd, 6:30-7:30 p.m. Participants will meet at the Hartley Drive Family YMCA to learn about topics ranging from exercise to healthy eating to stress relief. This series is FREE. For more information

or to register, contact Teresa at 883-0650 Ext. 230 or tmckeon@arc-of-hp.com.

* In other Arc news, the **Heart and Soul Singers** is currently seeking new members! This choral sensation is made up of teens and adults who have developmental disabilities and a song in their hearts. The group rehearses twice a month in High Point, and performs at various venues throughout the year. To learn more, contact Teresa at 883-0650 Ext. 230 or tmckeon@arc-of-hp.com.

* **Dancing Above the Barre** is gearing up for its Fall session! This very special program provides an opportunity for young children with disabilities to build their self confidence, strengthen their bodies, create new friendships, and live out a dream: the chance to be a dancer. The program consists of 11 weeks of classes (one hour per week), culminating in a performance. Participants range in age from 4-12, with modifications available for older and younger children as well. **Orientation & registration will be held Saturday, August 30th at 1:00 pm**

at the GSO Ballet facilities. For class times, registration, and other information, please contact Greensboro Ballet at 333-7480 or greensboroballet@yahoo.com.

* **Two New Online Resources for Parents of Children with Special Needs:** Check out Exceptional Families Speak, an new Yahoo group for parents to share ideas inquire about community resources in the Triad. If you are in search of a doctor, a dentist, educational information, a tutor, the best place to get a haircut, or any other service for your loved one with disabilities, post your ideas, experiences and questions here. Visit www.groups.yahoo.com and type "Exceptional Families Speak" into the "Find a Group" field. **ALSO:** Autism Speaks has launched a new networking site to enable members of the autism community to share insights & information. Members can create a personalized profile, start a blog, join forums with a range of autism-related topics, and much more. Learn more at www.autismspeaksnetwork.ning.com.

MORE MEETINGS & EVENTS

* **Triad Area Hitch-Up (Hearing Impaired Toddlers and Children Have Unlimited Potential):** A parent-run group supporting families of children with hearing loss, regardless of their chosen mode of communication. Meetings on the last Tuesday of each month from 6:30-8:30 p.m. at Greensboro AHEC (Moses Cone Memorial Hospital), Rooms 31 & 33. Child care available; RSVP is required for this service. For more information, e-mail info@triadhitchup.com or visit www.triadhitchup.com.

* **NEW INFO!! Communication Services for the Deaf/Hard of Hearing:** Parent discussion group, games & activities for kids & teens. Dinner served. 2nd Thursday of each month **beginning September 11th** at Revolution Mill Studios, 1175 Revolution Mill Drive, Studio 15,

GSO . Contact 275-8878 or frank@csdhh.org for more information.

* **Tristan's Quest:** A variety of social skills programs, anger management classes, & support groups for youth (ages 4-18) with emotional/behavioral difficulties & children of incarcerated parents. Parent support groups also available. Volunteers welcomed; background check required and training provided. Please call 547-7460 or visit www.tristansquest.com for more information.

* **The Autism Society of NC, Guilford County Chapter (ASNC-GC):** Monthly informational meetings for families & individuals with ASD. Most meetings held on the 3rd Friday night of each month during the school year. Brooks Global Elementary School, 1215 Westover Terrace, GSO, 6:30 - 8:00pm. Respite care available upon request: call 580-6548. Please visit www.asncgc.org

for information on these meetings as well as monthly parent "Coffee Breaks."

* **The Arc of High Point: Common Visions,** a Kiwanis Aktion Club, is for self-advocates with developmental disabilities. Meetings on the 1st Monday evening of each month. The Arc also offers a **Family Support Group** for those who have a family member with a developmental disability; this group meets on the last Monday of each month at 7 p.m. Both groups meet at Arc of HP, 153 E. Bellevue Dr. Call 883-0650 , Ext. 230 or visit www.arc-of-hp.com.

* **Martial Arts Classes for Students with Special Needs:** Steve Adams of the GSO Black Belt Academy offers courses in Tae Kwon Do & Women's Self-Defense for persons aged 5 & up with developmental disabilities. For info, call 312-0611.