



FAMILY SUPPORT NETWORK

Of Central Carolina

Serving families of children with special needs & those born prematurely in Alamance, Caswell, Guilford, Randolph, & Rockingham Counties

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Many thanks to our supporters!

All of us at FSNCC want to offer our sincere thanks to the many families and friends who came through for us in support of our 2009 Pledge Drive, or through State Employees Combined Campaign (SECC) or United Way donations. This year, your contributions meant more than ever before. Thanks to your help, we will be able to keep as many of our programs and services as possible intact and available to area families. Please visit www.fsncc.org/Thank_you to view a list of this year's generous contributors. *Thank you!!*

Budget Restrictions Bring Changes to FSNCC

Though funds raised through our Pledge Drive have been enormously helpful in enabling us to preserve our programs and services, deep cuts from some of our other major funding sources have forced us to make a few changes. Instead of offering three family events, we will

host just two in the coming year. Our annual Fall Picnic will instead be offered in Spring 2010—please stay tuned to our newsletter and www.fsncc.org for dates & details! Our Spring Fling event at the Greensboro Children's Museum will be cancelled in 2010. We hope to offer this event again in the future as our funding permits. Our Holiday Jamboree will still be offered as usual. In fact, you can mark your calendars for this year's event on Saturday, December 12th, 2009 at Gateway Education Center. Hope to see you there!

25th Annual NICU Reunion

Don't miss this special event on Saturday, August 15th, 1:00-3:30 pm in the Women's Hospital Education Center. Sponsored by Moses Cone Health System. There will be free games, music, art and pony rides for graduates of the Neonatal Intensive Care Unit at Women's Hospital of Greensboro. We'll also be collecting diapers, wipes and bath products for our Elizabeth's Closet program, supporting families in need who are leaving the NICU. For more information, give us a call at 832-6507 or send e-mail to nancym@fsncc.org.

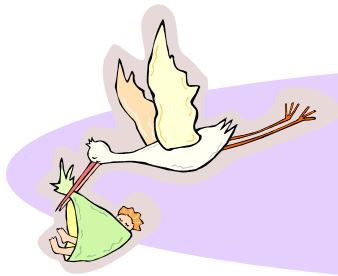
Support FSNCC with Our State Magazine

Our State magazine celebrates North Carolina in monthly issues featuring beautiful photography, travel information, and stories of interest from all across the Old North State—and now Our State is supporting the Family Support Network through its Community Partners program. A portion of the proceeds from each subscription ordered with a Community Partners form will benefit local FSN program throughout North Carolina. You can find your order form at www.fsncc.org/Donations, or give us a call at (336)832-6507 to request one by mail.

New Contact Information for Brooke

Please note a new e-mail address for Brooke Juneau, our CDSA Liaison. Brooke can now be reached at brooke@fsncc.org.

If you would like to be added to our e-mail list, please contact us at (336)832-6507, or support@fsncc.org. Visit us on the web at www.fsncc.org for the latest news and events from our organization and others throughout the area!



NICU Notes

News from the Nursery

NICU Babies Just Wanna Have Fun!

Please join us as Carrie Suwalksi, Pediatric Physical Therapist, and Lisa Shoffner, FSNCC Home Visitor, lead families in a play session with their babies, and offer ideas and tips to enhance development through play. Friday, September 11th, 9:00-11:00 a.m. at the Women's Hospital Education Center, Classroom 4. This event is for NICU graduates from birth-2 years of age. To sign up, please give us a call at 832-6507 or e-mail support@fsncc.org. Please RSVP by Tuesday, September 8th.

Supplies Needed for Elizabeth's Closet

We are seeking donations of new or "like-new" baby towels and washcloths. Bath products are also always welcome!

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 holding 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)

A Big THANK YOU!!

Many thanks to Fiona Grathwohl and Molly Grace Hilemn for their recent donations to Elizabeth's Closet! In lieu of presents for their recent birthdays, these special sibs asked friends to bring baby care supplies to help families in need who are going home from the NICU. Fiona (pictured below with sister Sophia) and Molly Grace both attend our Sibshops program, and are big sisters of NICU graduates. Thanks so much for your help, Fiona & Molly Grace!

(NICU Notes continued...)



NICU Notes (continued)

NICU-PAC Update

Summer Greetings to you! I hope you are all enjoying these summer months, reenergizing for the fall, and spending time with family and friends. I want to take a few minutes to update you on our NICU PAC news.

* We held our last meeting before summer on June 9. Thank you to all who attended. We discussed some changes for the upcoming year and scheduled our meeting dates. PAC will only meet four times this year, the first time being

Thursday, August 27 at 7:00pm at the Women's Hospital Education Center, Classroom #6. If you'd like to go ahead and put the other dates on your calendars, they are **October 22 at noon, January 28 at 7:00pm, and March 25 at noon.** These are all Thursdays.

We are trying a different day of the week and alternating times to try to accommodate as many of you as possible. I hope we have a tremendous turnout at each meeting!

* We are reorganizing PAC for next year, so watch your email for a survey coming at the beginning of August. This will be a very quick way to let us know in what capacity you would like to continue with PAC.

* The annual Fathers' Day event was held on June 17 and was hosted by Aileen and Mike Clougher with help from Jenn and Chris Duke. Terry Neal was also on hand, with a videographer, to tell his story

for the United Way campaign. Amy Stowers was there to help with everything else! Much story sharing was done by all and the picture frame craft was a big hit once again.

Thanks to everyone who helped out.

* While we are enjoying our summer, please remember there are families in the NICU facing some frightening times. I want to thank Jenn & Chris Duke and Nancy Woodyard for hosting the socials and luncheons for July and August. We are looking for help with the September 1 social. If you would like to help with food, a give-away, a craft, or tell your story, please contact me at PJBru123@aol.com.

We appreciate all of your help and I hope to see EVERYONE at the August 27 meeting!

Paula Bruno

Please Adopt-a-Frog!!



We really need your help with our Adopt-a-Frog campaign! This 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—and *they are currently in very short supply!* Your donation of \$15 provides a baby in the NICU with his or her very own Frog. 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.

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.

Beanie Babies, Anyone?

We are in need of new & gently used Beanie Babies for our program for siblings of babies in the NICU. If you can help out, e-mail support@fsncc.org or call 832-6507.

CDSA Services

If your child is eligible for services through the NC Infant-Toddler Program, our CDSA Liaison can help you find information, community resources, a parent match, support groups, and much more. Call Brooke at 334-5601, Ext. 217 or e-mail brooke@fsncc.org.

Parent-to-Parent support

Programs for families throughout our service area

NEW SUPPORT GROUPS COMING THIS FALL!!

SENSORY PROCESSING DISORDERS

In response to our successful Spring kick-off event, FSNCC and a team of parent coordinators are developing an ongoing support group for families of children with sensory processing disorders. We need your help! If you can assist with meetings every other month, or if you have suggestions for topics or speakers, please contact Brooke at 334-5601 or brooke@fsncc.org. Be sure to check www.fsncc.org "Newsletters & Coming Events" for information on this group as details are finalized.

SOCIAL CLUB FOR GIRLS

A new social group is being planned for **girls aged 9-14 with high-functioning autism, Asperger disorder, AD/HD, learning disabilities, or other conditions that can interfere with social learning.** Participating families are asked to coordinate approximately one outing per year. To get involved, please contact Karen Boggis at Kcboggis@aol.com.



This group is an offshoot of **Club**, which served both boys and girls aged 9-14. Club will no longer meet unless

parents can volunteer to help keep the group going. Families interested in participating are asked to help plan outings and events a few times a year so that coordinating duties can be evenly distributed. If you can help, please contact Karen at kcboggis@aol.com.

DOWN SYNDROME NETWORK OF GREENSBORO



This year's Buddy Walk, the annual FUNdraiser for the Down Syndrome Network of Great Greensboro, promises to be bigger and better than ever! The event takes place

Saturday, October 31st at Bur-Mil Park from 11 a.m.-3 p.m. Chris Burke (of *Life Goes On* and *Touched By An Angel*) will perform with his band at 1:00 p.m. Whether you have Down Syndrome, know someone who does, or just want to show your support, please join the DSNGG for this very special event. Details will be available at www.team-up.org as the date approaches.

* Also: take a break at our **Moms' Nights Out!**

August 16: Macaroni Grille at Friendly Center, 6:30 pm

September 12: SATURDAY NITE FREE FIESTA for the Ladies! Tacos at Women's Hospital Education Center, 7 pm

Oct. 18th: The Melting Pot, Battleground Ave., GSO 6:30pm

MOMS' GROUP

Our informal support group for mothers of children with special needs welcomes new members. First Thursday of each month, 7:00 pm (6:30 if we are having a meal together). Next meetings:

September 3rd

October 1st

(Continued, page 4)

NEW DIGS FOR DADS' GROUP!

Our support group for fathers of children with special needs has been granted access to the private loft at Natty Greene's Brew Pub for its Fall meetings! Please note that the meeting date will be changing to the **THIRD MONDAY** of the month at 7:00 p.m.

September 21st & October 19th

Natty's is located at 345 S. Elm Street in downtown Greensboro. A full menu is offered in the loft if you care to have dinner during the meeting. Check in with the hostess for directions upstairs to the loft. For more information or to be added to the mailing list, please contact Brooke at 334-5601 Ext. 217 or brooke@fsncc.org.

Parent-to-Parent support (Continued)

(Moms' Group, continued) For a complete calendar of meetings for 2009-'10, or to be added to the mailing list, call 334-5601 Ext. 217 or e-mail brooke@fsncc.org.



Sibshops

We are gearing up for another great year of Sibshops, our program for brothers and sisters of children with special needs. **NOTE: There will be some important changes to Sibshops in '09-'10.** This year, Sibshops will serve children in grades 2-6; GALS will serve girls in grades 6 and up (please contact us for GALS dates). There will also be an increase in the registration fee to \$10 per session. Discounted rates apply for additional children within the same family, and when you register for all six sessions at once. Limited scholarships will be available to qualifying families. This year's Sibshops sessions are scheduled for the dates below:

- September 11th
- October 9th
- November 13th
- January 8th
- February 12th
- March 26th

All sessions will be held at St. Paul the Apostle Catholic Church, 2715 Horse Pen Creek Rd. in Greensboro, from 6:30-8:30 p.m. Dinner and a snack are provided. For the latest information & registration materials, call us at 832-6507 or visit www.fsncc.org/Sibshops.

GALS (Girls Appreciating Loved Siblings)

This special support group is just for sisters of kids with special needs in grades 6 and up (please note the change in age range). Meeting dates for '09-'10 will be announced soon; please give us a call or check fsncc.org for details. All sessions will be held from 6:30-8:30 pm at St. Paul the Apostle Catholic Church, 2715 Horse Pen Creek Rd., GSO. Please give us a call for information on this year's session fees. To sign up, contact Nancy at 832-6507 or nancym@fsncc.org.

ADD/ADHD PARENT SUPPORT GROUP

Meets on the 4th Tuesday of every *other* month at Trinity Church, 5200 W. Friendly Ave., GSO, 6:30-8:30 pm.

*** September 22nd: Co-morbid conditions associated with AD/HD - Dr. Susan Farrell**

*** November 17th (please note that this meeting differs from the normal schedule due to the Thanksgiving holiday):
Topic TBA**

To be added to the mailing list, call 334-5601 Ext. 217 or brooke@fsncc.org.

TRIAD AREA HITCH-UP (Hearing Impaired Toddlers & Children Have Unlimited Potential)

A parent-run group supporting families of children with hearing loss, regardless of their chosen mode of communication. Meets 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 required. For more information, e-mail info@triadhitchup.com or visit www.triadhitchup.com.

Many Thanks to Our Newest Support Parents!

We at FSNCC are very grateful to the following parents, who completed training in May to become Support Parents for families of children in the NICU, or parents of children who have been diagnosed with a disability. Parent-to-parent support is central to our services for families, and we couldn't do it without these volunteers!

Glen and Angela Smith
Liza Hopper
Aleshia Rucker
Adele Newman
Nan Vinson

Learn how you can become a Support Parent! Please contact us at 832-6507 or support@fsncc.org.



FOUR-COUNTY CALENDAR



caswell county

MARK YOUR CALENDARS!

The **Brightleaf Hoe Down**

is coming up on Saturday, September 26th. The fun begins at 9:00 a.m. and lasts into the evening. Music, great food, games, crafts, a

parade, and lots of information from Caswell County service providers. To learn more, contact the Caswell Chamber of Commerce at 694-6106.

alamance county

* **"Children's Parents"** is an educational class and support group for families for children with or without special needs. Classes meet Tuesday evenings through October 13th from 5:00-6:30 at the Exchange Club Family Center, 200 N. Main Street In Graham, NC. Child care is provided. Topics range from Stress & Anger Management to Family Fun. 227-5601

* 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, parent coffees & other events, 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 the ASNC chapter & exchange ideas & information.

* **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, Burling-

ton (in the Burlington Outlet Center). Call 584-2066 or e-mail lightfj1@aol.com.

rockingham county

* **AD/HD Parent Support Group:** Informative meetings for parents and professionals supporting children with AD/HD. September topic: "IEPs, 504s, and Other School Accommodations for Students with AD/HD." Featuring staff of Rockingham County Schools. Thursday, September 4th, 6:30-8:30 p.m. at Madison United Methodist Church in the Fellowship Hall. To register, please contact Brooke at 334-5601 Ext. 217 or brooke@fsncc.org.

* **Special Moms' Support Group** for mothers of children of any age, with any type of special needs. Meetings held on the first Thursday night of each month from 7:00-8:30 p.m. at First Presbyterian Church, 582 Southwood Drive in Eden, NC. Enter through doors at rear of building; meetings are held in the first room on the left. For more info, contact Melinda at mom2boys@triad.rr.com or 589-5709.

randolph county

* **Autism Society of NC, Randolph County Chapter.** 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 629-1533 or the4petesons@embarqmail.com.

*The **Randolph County Family Support Program** offers a variety of free support groups in Asheboro and Archdale for parents and youth living with behavioral and emotional challenges. Grandparent support groups are also offered. To learn more about the many programs available, contact Vickie Wilson: (336)629-9550 or email vickiew336@earthlink.net.



links

Please visit www.fsnc.org and click on Newsletters & Coming Events for the latest information from FSNC and related service providers throughout the area!

DANCING ABOVE THE BARRE PREPARES FOR FALL SESSIONS

Dancing Above the Barre will once again offer young children with disabilities the opportunity to become a dancer. The following dates are for the Fall session:

Registration & Orientation:
September 12

Classes: Sept. 19,26; Oct. 3,17,24,31; Nov. 7

Presentation: Nov. 14

For more information, contact contact the Greensboro Ballet at 333-7480 or e-mail greensboroballet@yahoo.com

RESPIRE CO-OP PROGRAM SEEKS PARTICIPANTS

The Arc of Greensboro invites families of children with special needs to join their Saturday respite program. Children aged 3-8, with or without CAP, can attend the program every other Saturday from 9 a.m.—12 p.m. at no cost to families. Participating parents are asked to work alongside Arc staff approximately 6 sessions per year. Sibling sessions are occasionally offered. There is a possibility that session times and ages served could be adjusted to meet the needs of a group of families. For more information, please contact Ginger Walton at 373-1076.

BUILDING BRIDGES II: FALL

PARENT INSTITUTE This comprehensive parent education event will be offered by Guilford County Schools Exceptional Children & Psychological Services, in partnership with Title I services, on Saturday, September 26th from 8:00 a.m.-4:00 p.m. at Kernodle Middle School in Greensboro. An agency fair and a broad array of breakout sessions on many topics related to special education will be offered. For more information, contact Stephanie Antkowiak at 370-2319 or antkows@gcsnc.com.

SOCIAL GROUP FOR YOUNG ADULTS WITH AUTISM SPECTRUM DISORDERS

The UNCG Psychology Clinic is assembling social/ recreational groups for young adults with autism/Asperger disorder, ages 18-early 20s. Recreational outings and specialized interest groups are planned. For more information, call 334-5662.

FALL SPORTS FOR CHILDREN WITH SPECIAL NEEDS

* The Miracle League of High Point offers children with special needs an opportunity to participate in an organized baseball league. A specially-equipped field will be available at High Point Athletic Complex on School Park Road. More information is available at 883-3469.

* In Greensboro, **Challenger Sports** will be offering Fall baseball for kids with special needs at the newly-revamped Pomona Park Field. More information is available at www.arcg.org (click on "Activities & Events") or call

373-1076.

* The Greensboro Youth Soccer Association will once again offer **TOPSoccer** for children with special needs, aged 4-8. Registration will be held August 20th—September 10th. Games begin on September 20th and will be held on Sunday afternoons for a 6-week session. For more information, call Dionne at 218-8117 or visit www.greensborosoccer.org. Click on "Programs" then "TOPSoccer."

"DEVELOPMENTAL DISABILITIES THROUGH THE LIFESPAN" CONFERENCE

Northwest AHEC will offer this special event October 29th & 30th at the Downtown Embassy Suites in Winston-Salem, NC. A broad range of topics will be covered, ranging from "Developmental Problems with the Premature Infant" to issues related to aging. TV's Chris Burke (*Life Goes On*, *Touched BY an Angel*) will speak and perform with his band. For more information, visit www.northwestahec.org or contact Ginger Mendenhall, 713-7726 or gmendenh@wfubmc.edu.

ECAC SEEKS PARENTS TO BECOME IEP PARTNERS

The Exceptional Children's Assistance Center trains and supports volunteers to help parents and families prepare for IEP meetings, and to attend meetings with parents when possible. An important way to help families new to special education and the IEP process! If you can help, please contact Dawn Moore at 1-800-962-6817, Ext 25.