



FAMILY SUPPORT NETWORK

Of Central Carolina

Serving Alamance, Caswell, Guilford, Randolph, & Rockingham Counties

NEW RESPITE COOPERATIVE TO DEBUT IN FEBRUARY!

The ARC of Greensboro, in partnership with FSNC, is excited to announce the launch of a new Saturday respite cooperative for children with special needs, aged 3-8. This program is for families who do not have CAP or other types of funding for respite services, and is offered AT NO COST. The program will be held at Starmount Presbyterian Church Preschool from 9:00am-12:00pm on alternating Saturdays. Sibling Saturdays will be offered every other month so that brothers and sisters can also attend. Each session is limited to 10 families. Participating parents will attend an orientation meeting and volunteer training session, and will then work at the co-op approximately 6 times per year, assisted by staff and volunteers of the Arc of Greensboro. This program will begin February 7th. If you would like to participate, please send your name and

contact information to Ginger Walton at gwalton@arcg.org, or call the Arc of Greensboro at (336)373-1076.

SUPPORT PARENT VOLUNTEERS NEEDED

FSNC's Support Parent program is a special way to extend a helping hand to families whose children are in the NICU, or have been diagnosed with a disability. Support Parents attend a group or individual orientation session, and are then periodically matched with families new to the world of special needs or the NICU. If you are interested in joining our cherished group of volunteers, please give us a call at (336)832-6507 or e-mail us at support@fsncc.org.

2009 SUMMER CAMP GUIDES ARE HERE!

The Family Support Network of NC offers an annual directory of day and residential camps serving children with special needs throughout NC and beyond. Download your free copy at www.fsncc.org (click

on "Summer Camp Directory" at the right of the screen), or give us a call at 832-6507 to request a copy.



ELIZABETH'S CLOSET IN NEED OF DONATIONS

Elizabeth's Closet is FSNC's storehouse of baby care supplies for eligible families who are taking their infants home from the NICU. Please help us to ensure that each of these families has the items they need to care for their fragile babies! We are currently in dire need of PREMIE- AND NEWBORN-SIZED CLOTHING FOR GIRLS. Other needed items include: diapers (preemie or size 1), baby bath & shampoo, new & gently used preemie/newborn clothing, toys, furniture & equipment. Please see page 2 for additional ways to support NICU families! *See pg. 2 for more NICU news....*

Save the date for FSNC's annual

Spring Fling

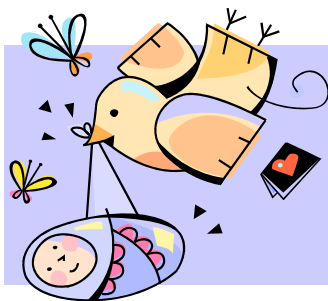
APRIL 3, 2009 5:00-8:00 p.m.

Greensboro Children's Museum

FREE admission for FSNC families * Refreshments

Fun for the whole family * More information coming soon!

If you would like to be added to our mailing 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

ELIZABETH'S CLOSET

Please help us to replenish our supplies for eligible families who are taking their babies home from the NICU! Current needs include gently used preemie and infant clothing (especially girls), and bottles. Please contact us if you can help at 832-6507 or support@fsncc.org. *Please see pg. 5 for another donation opportunity!*

FSNCC'S NICU PARENT COUNCIL

Join NICU graduate parents whose mission is to give back by helping FSNCC support current families and show our appreciation to NICU staff members. We recently hosted a joint family/staff Thanksgiving Day Lunch, and provided snacks for staff for a week during the winter holidays. New faces are always welcome. Let us know if you want to join our council, come by to share your story with new families, or bring a meal to a NICU special event. We have a new email too!

nicupac@triad.rr.com

TIPS FOR RSV SEASON...

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 through April 1, and Premies are especially susceptible. However, there are simple precautions you can take to 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 (washcloths, cups, pacifiers)

* Minimize their exposure to crowds whenever possible.

* NEVER let anyone smoke around your baby.

* Be sure everyone in your family gets a flu vaccine (including brothers and sisters). You can find the nearest site to get a flu shot by checking out:

www.findaflushot.com.

* 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)

...HOW TO ENDURE IT...

Is the weather outside frightful? Are you feeling isolated by staying indoors during RSV season with your baby? There are several nice on line communities in place to provide support and resources for parenting preemies. Check out: March of Dimes "Share Your Story" online community:

www.marchofdimes.com

The Preemie Community Forum

www.preemieclinicahealth.com

www.LiveJournal.com/preemies

...AND WHAT TO DO WHEN IT'S OVER!!

RSV Season ends on April 1st! If your baby is healthy enough to come out and play please join us at these great spring events!

* The **FSNCC Spring Fling** at the Children's Museum on April 3, 5-8 pm. Free admission for FSNCC families. Party room with refresh-

ments. A great way to meet other families while the kids have a ball!

* **March of Dimes March for Babies** on Saturday, April 25th at 9:00 am at Center City Park in Greensboro. Go directly to the March of Dimes website for details about this fun event:

www.marchofdimes.com

* **Album of Hope:** You can give families courage and inspiration, and help them visualize life after the NICU, by creating a photo page for our scrapbook of NICU graduate families. Our annual Album of Hope scrapbooking day will take place on Sunday, May 3rd in Classrooms 5 & 6 from 2:00-4:00 pm. We'll supply everything you need to make a page. Just bring copies of 4-6 photos of your baby when they were in NICU and at least one current photo. Junior League volunteers will be available to help with childcare. RSVP to nancym@fsncc.org or call 832-6507.

* **The 25th Annual NICU Reunion** sponsored by Moses Cone Health System has a tentative date of Saturday, August 15th-Look for more details in the upcoming months.

NEW PROGRAM FOR SIBLINGS

FSN is proud to announce a new NICU program funded by the Junior League of Greensboro. Our Sibling Orientation Program will provide a session for NICU brothers and sisters to learn all about how to act in a NICU environment and how to keep their baby safe from germs. Participants will also read a story and participate in some medical play on a cloth baby of their own. Many thanks to the Junior League for their support of this project!

Parent-to-Parent support

FSNCC programs for families throughout our service area

ADD/ADHD PARENT SUPPORT GROUP

Informative meetings for families supporting children with ADD/ADHD. Meets on the 4th Tuesday of every *other* month at Trinity Church, 5200 W. Friendly Ave., GSO, 6:30-8:30 pm. **Next meeting: March 24th, Parenting strategies with Dr. Anastopoulos of the UNCC ADHD Clinic.** For more information, or to be added to the mailing list, contact Brooke at 334-5601 Ext. 217 or brooke.juneau@ncmail.net.

DADS' GROUP

An informal support group for fathers of children with any type of special needs. Meets on the 3rd Thursday of each month, usually at Natty Greene's Brew Pub, 345 S. Elm Street, GSO, 7:00 pm. Meet upstairs near game tables. Next meetings:

**February 19 * March 19
April 16**

For more info & to be added to the mailing list, contact Brooke at 334-5601 Ext. 217 or Jason at jason.juneau@volvo.com.

DOWN SYNDROME NETWORK OF GREATER GREENSBORO

FAMILY EVENT: **Sunday, February 22**, 4-5:30pm at Tumblebees. We will have the whole gym to ourselves! Pizza served afterwards. Free event, but

please RSVP to Lauri Lyn (info below). Tumblebees is located at 6904 Down Wind Road, near the corner of W. Friendly and W. Market St. 665-0662.

DSNGG Mom's Night Out:

Sunday, February 8th, 7pm: La Fiesta Mexican Restaurant, on Bridford Pkwy. in Kmart Plaza

Sunday, March 29th, 7 pm: Starbucks Coffee Shop in Barnes & Noble, Friendly Center.

Sunday, April 19th, 3pm: O'Henry Hotel Lobby for Tea. Please RSVP to Lauri Lyn at 856-8968 or nickelhodges@yahoo.com.

GALS (Girls Appreciating Loved Siblings)

This special support group is just for sisters of kids with special needs in grades 5 and up—and we're seeking new members! Two more sessions are planned for this Spring:

February 20th * March 20th
6:30-8:30 pm, St. Paul the Apostle Catholic Church, 2715 Horse Pen Creek Rd., GSO. A \$5 donation is requested to cover the costs of dinner & supplies. To sign up, contact Nancy at 832-6507 or nancym@fsncc.org.

MOMS' GROUP

Our informal support groups for mothers of children with special needs welcomes members old & new to our Spring meetings. First Thursday of each month, 7:00 pm (6:30 if we are having a meal to-

gether). Next meetings:

**February 5th, Brooke's place
March 5th * April 2nd**

For locations & to be added to the mailing list, contact Brooke at 334-5601 Ext. 217 or brooke.juneau@ncmail.net.

SIBSHOPS

We have had SUCH a wonderful time with this group, for brothers and sisters of kids with special needs in grades 1-6! Our final two sessions for the '08-'09 year will take place on **February 13th & March 13th**. 6:30-8:30 pm, St. Paul the Apostle Catholic Church, 2715 Horse Pen Creek Rd., GSO. A \$5 donation is requested to cover the costs of dinner & supplies. To sign up, contact Nancy at 832-6507 or nancym@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.



Learn about CLUB, for kids aged 9-14 with disabilities that affect social learning, by visiting www.fsncc.org "Our Services," or e-mail kcboggis@aol.com.

alamance county

* **NEW! Social group for children with Asperger syndrome and other social learning disabilities.** A great way for elementary-age kids in eastern Guilford and Alamance counties to meet new friends, improve social skills, and have fun. Meetings will be held monthly in alternating locations. **First meeting: February 5, 6:00 pm – 7:00 pm.** McDonald's, 6401 Burlington Road, Whitsett. This is the Stoney Creek McDonald's located on Hwy 70/ Burlington Rd. Take the Rock Creek Dairy Road Exit off Hwy 85/40. Please call (336) 697-9607 or visit <http://www.meetup.com/The-Aspergers-Syndrome-Social-Group-for-Children/>.

* **Circle of Parents 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 (336)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, 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 and 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, Burlington (in the Burlington Outlet Center). For more information, contact Fred at 584-2066 or e-mail lightfj1@aol.com.

rockingham county

NEW Moms' Group. A special 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 information, contact Brooke at (336)334-5601 Ext. 217 or brooke.juneau@ncmail.net.

caswell county

* **Don't miss WINTERFEST!!** Bring the whole family out to the Caswell County Civic Center on **Wednesday, February 18th** from 6:30-8:00 p.m. for free pizza, games & activities, and live music from children's recording artists Big Bang Boom! There will also be information from agencies throughout Caswell serving young children and families. For more information, contact Amelia Foster at 694-4052 or Brody Dixon at 694-4129. **HOPE TO SEE YOU THERE!**



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 (336)629-1533 or the4petersons@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

*The Randolph County Partnership for Children has a new Parents as Teachers program in the Southmont area. PAT is a home-based family literacy program serving families with children age 1-4. Program coordinators help families learn to 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.* **To learn more about this project and the many other services of the Partnership, visit www.randolphkids.org or call 629-2128. ext. 11.**

links

HELP NICU FAMILIES BY ADOPTING A FROG!



You read right...a "Frog" is a special cushion that provides comfort and safe positioning for infants in the Neonatal Intensive care Unit. For a \$15 donation, you can provide a Frog for a tiny infant's NICU stay. You can send checks directly to our office (make payable to FSNCC; write "Adopt-a-Frog" in the memo line), or make a secure online donation at:

www.fsncc.org/Adopt_a_Frog

FSNCC THANKS OUR GENEROUS SUPPORTERS

The Family Support network of Central Carolina would like to extend our heartfelt gratitude to the following friends, who help make out services for families possible:

* Amy Stowers whose church All Saints Episcopal made a donation of \$250.00 to support Family Support Network.

* A local pediatric practice, whose staff members again donated \$200 to help a NICU family during the holidays.

* FSN Executive Board Members, who very generously provided donations to help sponsor several families in NICU over the holidays.

* Nancy & Laurie Norman, who donated 3 pack n' plays to Elizabeth's Closet in honor of friends over the holidays.

* St. Paul the Apostle Catholic Church's whose members generously provided many

new baby items for Elizabeth's Closet over the holidays.

* The many people who made contributions to Family Support Network through United Way, the City County Employees Campaign and the State Employees Combined Campaign.

* VF Jeanswear for a very generous donation towards Holiday Jamboree.

* EarthFare for sponsoring us during the month of November as a Friend of EarthFare.

* The many people whose contributions of time and materials have made our Sibshops series such a success this year.

DANCING ABOVE THE BARRE

This popular dance instruction program, which serves children with special needs, will present its Spring recital on April 4 at the Cultural Arts Center. Classes will perform at 11:30, 12:45, and 2:00. Don't miss this special event! For more information, contact the GSO Ballet at 333-7480 or greensboroballet@yahoo.com

MONTHLY SUPPORT FROM THE AUTISM SOCIETY OF NC—GUILFORD COUNTY CHAPTER

The ASNC-GC offers monthly informational meetings for families & individuals with ASD. Most meetings are 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. Visit www.asncgc.org for informa-

tion on these meetings and monthly parent "Coffee Breaks."

FUNDING AVAILABLE TO ATTEND TRAINING EVENTS

The NC Council on Developmental Disabilities offers a Participant Involvement Fund (PIF) for people with developmental disabilities and their families to attend conferences, training events, public forums, task forces, and other non-recreational events. Events must include some information sharing regarding advocacy, systems change, and/or community building. Funds may be used for registration, travel, or accommodations. To learn more, e-mail

Jean.Wolff@ncmail.net, or call 1-800-357-6916.

UPCOMING CONFERENCES:

Sensory integration: "Sensory Strategies to Improve Children's Learning & Behavior." The workshop features the award winning author of *The Out of Sync Child*, Carol Stock Kranowitz. Also presenting will be Paula Aquilla, OT and co-author of the award winning *Building Bridges through Sensory Integration*. Excellent information for parents, educators, and service providers. March 4, Raleigh. Info: 1-888-357-5867.

Self-advocates/adults with developmental disabilities: The Association of Self-Advocates of NC will hold its 22nd Annual Convention March 27-29, Winston-Salem. Info: Call 1-888-542-8555 or visit www.asanc-convention.com
Autism: Autism Society of NC Annual Conference. March 27-28, Chapel Hill. Info available soon: 1-800-442-2762.

links(cont.)

PLEASE NOTE: You may have noticed that our Community Calendar is missing from this edition of the newsletter. In order to bring you the most current, updated information, we will now be posting events from related service organizations on our website at www.fsncc.org, "Newsletters & Coming Events." This webpage will be updated regularly as we learn of new services and events, so please visit often! If you subscribe to our newsletter via U.S. Mail, you will receive a printout of the news & events page monthly. We will continue to list FSNCC's group meetings and events on both the website and paper mailings (see page 3).

NEW AFTER SCHOOL PROGRAM FOR CHILDREN WITH AUTISM

Lifespan and the YMCA of Greensboro have teamed up to offer a specialized after-school care program for children ages 5-12 with autism spectrum disorders. The program is currently available at the Hayes-Taylor YMCA, with additional programs set to open at the Spears and Ragsdale YMCAs later this year. Standard rates for the Y's after-school programs apply; DSS vouchers may be used. For more information, or to be added to the waiting list for the forthcoming programs, contact Brooke McPherson at (336)513-4250.

NEW ART INSTRUCTION OPPORTUNITY

Thanks to a grant through the High Point Area Arts Council, Artist/Instructor Bob Postma will be offering evening painting at the Arc of High Point for persons with intellectual and developmental disabilities. These classes are available at no charge to participants; materials are also provided. Sessions last approximately 30 minutes, depending on the needs of the individual participant. For dates and other information, contact Teresa McKeon at 883-0650 Ext. 230.

"PARENTING WITH LOVE & LOGIC" SERIES TO BEGIN IN FEBRUARY

The Children's Home Society of NC will offer its "Parenting With Love & Logic" workshop for parents seeking to improve their parenting skills and learn the art of positive and effective guidance. The class will meet for four consecutive Thursdays beginning Feb 5th from 6:30 - 9PM @ CHS Ravenel Child Care Center - 1002 Yanceyville Street, Greensboro, NC.

VICTORY JUNCTION GANG CAMP OFFERS SPRING FAMILY WEEKENDS

Victory Junction is a special camp located in Randleman, NC. The mission of Victory Junction is to enrich the lives of children with chronic medical conditions, serious illnesses, or disabilities by providing life-changing camping experiences that are exciting, fun and empowering, in a safe and medically sound environ-

ment. VJ is currently looking for a few great families for their February and March Family Weekend sessions. These fun, activity-packed sessions are offered at NO CHARGE to participating families! Interested families must submit an application and completed camper medical form at least two weeks before their desired session. For more information on Family Weekends and other programs at VJ, visit www.victoryjunction.org or call (336)498-9055.

SIGN LANGUAGE CLASSES FOR PARENTS

Communication Services for the Deaf and Hard of Hearing is offering Winter Sign Language classes beginning February 9 - March 30, and February 12 - April 2. Classes meet for eight weeks on Monday or Thursday evenings from 6:00-8:00 p.m., and are taught at 3 levels of proficiency. SIGN UP EARLY FOR DISCOUNTED REGISTRATION! For registration, fees, and other information, please contact CSDHH at (336)275-8878.

HELP FOR PARENTS OF CHILDREN WITH AUTISM

The ABC of NC School, located in Winston-Salem, is offering a parent education series called "Help Me at Home." Learn skills for enhancing your child's communication, reducing problem behaviors, managing self-stimulatory behaviors, and much more. Scholarships (including child care and lunch) are available for single mothers. Training in Spanish also available. To learn more, call (336)251-1180.