



Family Support Network of Central Carolina

801 Green Valley Road * Greensboro, NC * (336)832-6507 * support@fsncc.org
Serving Alamance, Caswell, Guilford, Randolph & Rockingham Counties

IMPORTANT CHANGES TO FSNCC MAILINGS

One of our top priorities at FSNCC is helping you stay informed of news and events related to children with special needs. However, rising costs are making it increasingly difficult for us to communicate via paper mailings. **THIS WILL BE THE LAST FSNCC NEWSLETTER SENT BY BULK MAIL.** To continue receiving information about our programs, please do one of the following:

- If you have not already signed up for our e-mailing list, please send your name and e-mail address to **andi@fsncc.org**. You will receive our quarterly newsletter as well as information about our support groups and special events. *Your e-mail address will not be shared with any other party or organization.*
- If you wish to continue receiving information via U.S. Mail, give us a call at 832-6507 or email above address. **You must contact us to continue receiving information by mail!**
- Visit our website each month and click on "Newsletters & Coming Events" to download the current newsletter and view our monthly WebNews feature, which lists detailed information on all of our events, plus news from other area agencies serving children with special needs and their families. WebNews is updated frequently; please visit often!



NEW GROUPS OFF TO GREAT START

FSNCC is delighted to announce our new services to two important parts of our "family." In September, our first **Dads' Group**, for fathers of kids with special needs, debuted to great enthusiasm. The group plans to continue meeting on the 3rd Thursday evening of each month for informal discussion and camaraderie. The Dads will be meeting again in December. Please contact Jason at Jason.juneau@volvo.com or 547-9126 to be added to our mailing list.

Thanks to the hard work of a team of parent coordinators, we also kicked off our new group for **Families of Children with ADD/ADHD**, a collaboration with Moses Cone Behavioral Health and UNCG's ADHD Clinic. This group will meet again on **Tuesday, November 18th at Trinity Church, 5200 W. Friendly Ave., Room #10 at 6:30 p.m.** for a discussion with Dr. Arthur

Anastopolous, who will offer a detailed overview of the services of the ADHD Clinic. Another discussion on ADHD medications will be offered in January. For more info, or to be added to the group mailing lists, please contact Brooke at (336)334-5601 Ext. 217.

WINE TASTING

We are thrilled to announce that we'll be repeating our popular **Wine Tasting fundraiser at EarthFare on November 21st from 6-8 p.m.** Beer, wines, and gourmet appetizers will be served. Admission is \$5.00 per guest; all proceeds benefit FSNCC. We will also be repeating our grocery bag drive. During the entire month of November, whenever you supply your own shopping bag (any kind) for your EarthFare purchases, FSNCC will receive a small donation. You can also help by bringing your clean, hole-free used bags to EarthFare for others to use. Tickets can be purchased at the event.



It's almost here...

Holiday Jamboree 2008

Saturday, December 6th, 9:30 a.m.—Noon

Gateway Education Center

3205 E. Wendover Avenue, Greensboro

Music * Food * Photos * Fun * Arts & Crafts

More details coming soon...



NICU Notes

PLEASE COME JOIN US!!

If your baby is healthy enough to attend a group event, please consider joining us at our Annual Holiday Jamboree on December 6th. (See page 1 for details.) This is a great family event which offers music, games, snacks, arts & crafts, and a chance to visit with other NICU graduate families and Parent Council members. **Make sure you have your pediatrician's permission to attend the event.** Please give us a call at 832-6507 to RSVP. Hope to see you there!

DONATIONS NEEDED

We'd like to thank all those who have given so generously to help us support NICU families! Thanks to you, **Elizabeth's Closet**, our storehouse of baby care supplies, ensures that eligible families leaving the NICU have everything they need to tend to their special babies. We are always in need of donations to help keep this program going. Can you help with any of the following items?

- Head-molding helmets
- Diapers, newborn or size 1
- New/gently used preemie infant clothing, especially for girls
- Blanket sleepers, preemie-3 mos
 - Baby bath supplies



ADOPT-A-FROG

We are so excited to have launched our "**Adopt-a-Frog**" program. For a donation of only \$15 per "frog," FSNCC will purchase a special cushion which

soothes and snuggles the tiniest preemies in the NICU while helping them to maintain a safe position. To learn more about "frogs" and make a secure online donation, visit www.fsnc.org. Click on "Donations & Grants," then click the Adopt-a-Frog icon at the bottom of the page. You can also call our office at 832-6507 for more information, or mail your donation directly to:

Adopt-a-Frog
c/o FSNCC
801 Green Valley Road
Greensboro, NC 27408

CAN YOU LEND A HAND?

The NICU Parent Council is looking for some help with upcoming events:

- Preparations are underway for the annual joint Thanksgiving Luncheon for both current NICU families and NICU staff members. The event takes place on Thanksgiving Day each year. We are in need of donated food for this event.
- For several days in December, we will show our appreciation to NICU staff by providing snacks. Can you donate something?
- Our NICU Parent Council meets monthly in the evening. If you are interested in serving on this council, or if you can help with any of our upcoming events, please contact us at nicipac@triad.rr.com or Tracy Edmonds, (336)545-4219.

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 Preemies are especially susceptible. However, there are sim-

ple 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 (towels, 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 also 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)

A VERY SPECIAL CAUSE

Is your club, church group, or office seeking opportunities for charitable giving this holiday season? Please consider a donation drive for Elizabeth's Closet, or sponsor a NICU family in need. We have many great programs to support local families, and would love your help! Please contact us for details.



MORE NEWS FROM FSNCC

FANTASTIC FALL PICNIC!

Many thanks to the 260+ folks who came out to make our Fall Picnic 2008 such a great success! Families got to enjoy some great food, conversation with fellow parents, free rides with the kids, and some gorgeous autumn weather. We hope to see you all again at Holiday Jamboree on December 6th! (See page 1.)

MOMS' GROUP

Members old and new are invited to join our informal support group for mothers of children of any age, with any type of special needs.

November 6th: Get ready for the holidays with our pottery session. Choose items ranging from pins to platters; prices range from approx. \$3-\$25 and include glazes and firing.

NO purchase is necessary to participate. 7-9:00 p.m., 8235 Stafford Mill Rd., Oak Ridge.

December 4th: Annual Holiday Potluck Dinner & Ornament Swap, home of Maureen Carrey, 6:30 p.m. Please bring a dish and a wrapped ornament to share.

January 8th: Home of Monica McGuire, 7:00 p.m.

For more information on any of these meetings, and to RSVP, please contact Brooke at 334-5601 Ext. 217 or brooke.juneau@ncmail.net.

DOWN SYNDROME NETWORK OF GREATER GSO

The DSNGG is celebrating its biggest and best Buddy Walk to date! Over 320 people turned out on October 12th to celebrate our friends and loved ones with Down syndrome, and to raise funds for the many important activities of the DSNGG.

We are also gearing up for our next **Moms' Night Out** dates:

Sunday, November 16th: Panera on Wendover (near Costco), 7:00 p.m.

Sunday, December 7th: Mimi's Friendly Center, dinner & ornament exchange, 7:00 p.m.

Sunday, January 18th: Caribou Coffee, Friendly Center, 7:00 p.m. For more information, please contact Lauri Lyn Hodges at 856-8968 or nickelhodges@yahoo.com

SIBSHOPS

The '08-'09 session of Sibshops has gotten off to a GREAT start! 40+ kids have participated in our first two sessions, making this a very FULL and very FUN group! If you have signed your child up for this year's sessions, please remember to let us know if your child won't be able to make it so that we can plan accordingly. Sessions are filling up early so be sure to respond quickly to your email reminder. You can learn more about Sibshops and download registration forms at www.fsncc.org; click on **Our Services**, then **Sibshops**.

GALS GROUP

Our sibling support doesn't end with Sibshops! GALS group (Girls Appreciating Loved Siblings) is currently seeking new members. This special support group is for girls in grades 5 & up who have a sibling with special needs. GALS will meet on November 21st & January 23rd, 6:30-8:30 pm, at St. Paul the Apostle Catholic Church, 2715 Horse Pen Creek Road, GSO. To learn more, please give us a call at 832-6507. You can also download a registration form from fsncc.org. Click on "Our Services," then look for the GALS blurb with a link to the registration form.

THANKS TO OUR NEW SUPPORT PARENTS

FSNCC would like to extend our warmest thanks to **Sharon Westfall** and **Julie Taylor**, the newest members of our family of Support Parents. Julie and Sharon will now periodically be matched with other parents whose children have been recently diagnosed with a disability for a very special, empathetic kind of support. If you are interested in helping other parents in this way, please give us a call to learn more about our training.

NC Partners in Policymaking Accepting Applicants for 2009

Partners in Policymaking™ is an innovative leadership training program for adults with disabilities and parents of young children with developmental disabilities. The program teaches leadership skills, and how to foster partnerships with those who make the policy decisions affecting you and your family. This training is FREE to accepted applicants. Call (919) 420-7901 or 1-800-357-6916, Ext. 223, or visit the Partners website: ncpartnersinpolicymaking.com. **Application deadline: December 31st.**

NEW Carolina Institute for Developmental Disabilities

The UNC-Chapel Hill School of Medicine has brought together the TEACCH Program, the Clinical Center for Development and Learning, the Family Support Network of NC, and The Neurodevelopmental Disorders Research Center to form the new Carolina Institute for Developmental Disabilities. The Institute will provide state-of-the-art resources aimed at supporting individuals with developmental disabilities and their families, and will conduct research on the pathogenesis and treatment of these conditions. Visit www.cidd.unc.edu.



Community Calendar

Guilford County & Beyond; All Families Welcome

NOVEMBER

*** REMEMBER: Every recycled plastic bag you bring to EarthFare during the month of November will benefit FSNCC! Supply your own bag for purchases, or drop off your clean recycled bags for others to use. See page 1 for details...**

6th: FSNCC Moms' Group. Pottery night, 7:00 p.m. See page 3 for details.

14th: Working with Young Children with Both Visual and Multiple Impairments. 9:00-am-3:30 pm, Edwin W. Monroe AHEC Conference Center, Greenville, NC. Featuring nationally known expert Carla J. Brown, who has over 30 years of experience working with children with visual and multiple impairments and their families. For registration information, please call Mental Health Education at (252) 744-6263.

14th: FSNCC's Sibshops, for siblings of children with special needs, grades 1-6. 6:30-8:30 pm, St. Paul the Apostle Catholic Church, GSO. See pg. 3 for details.

15th: Outgrowing Your Pediatrician: Medical Care in Emerging Adulthood. Sponsored by the Alliance of Disability Advocates/Center for Independent Living. This special event, offered at no charge, promises to be a day of dynamic discussion and learning for youth with special health care needs, their families, personal assistants, and medical providers. Koury Convention Ctr., GSO. For more information, call (828)257-4400.

16th: Down Syndrome Network of Greater GSO, Moms' Night Out. 7:00 p.m. Please see page 3 for details.

18th: ADD/ADHD Parent Support group. Join us for an informative discussion with Dr. Arthur Anas-

topoulos of UNCG's ADHD Clinic. Trinity Church, 5200 W. Friendly Ave., GSO. Room #10; 6:30-8:30 p.m. For more info, call Brooke at 334-5601 Ext. 217.

18th: Behavior Management of Autism Spectrum Disorders. Edwin W. Monroe AHEC Conference Center, Venture Tower Drive, Greenville, NC. Learn strategies to augment traditional behavior management techniques for people with autism spectrum disorders. Discounted registration before November 11th. Info: (252)744-5228.

20th: UNCG Psychology Clinic Open House, 3-6:00 p.m. Tour the new offices and learn more about the services of the Clinic. 1100 W. Market Street, GSO. Information: (336) 334-5662.

21st: Wine Tasting fundraiser at EarthFare, 6:00-8:00 p.m. 2965 Battleground Ave. GSO. All proceeds benefit FSNCC. See page 1 for details.

21st: GALs group, for sisters of children with special needs, grades 5 & up. See pg. 3 for details.

DECEMBER

2nd: Crisis Planning Workshop: Planning care for your child with special needs after your death. Learn how to create trusts, establish guardianship, ensure appropriate residential placements, and much more. 6:00-8:00pm. After Gateway, Inc., 501 S. Mendenhall St., GSO. FREE event; refreshments served. Please RSVP by November 18th. Call (336)379-7670 or email aftergatewayam@juno.com.

4th: FSNCC Moms' Group. Annual Holiday Potluck Dinner & Ornament Exchange. 6:30 p.m., home of Maureen Carrey. Please call for directions & further info.
4th-5th: 18th Annual Assistive Technology Expo. North Raleigh Hilton, Raleigh, NC. An exciting three-day event designed to increase awareness and provide current information on assistive technology. Info: 919-850-2787 Ext. 222(Voice/TTY) or e-mail: cwilliams@ncatp.org.
6th: FSNCC's Annual Holiday Jamboree. 9:30-Noon, Gateway Education Center, GSO. See page 1 for details.

7th: Down Syndrome Network of Greater GSO, Moms' Night Out. 7:00 p.m. Please see page 3 for details.

8th: 20th Annual Leo M. Croghan Conference. For parents and professionals serving children with special needs. This year's topics include early diagnosis of autism; cultural and linguistic diversity; hearing loss; genetics, and much more. Sheraton Imperial Hotel, Durham. Register by November 21st. Scholarships available for families with children birth-5. Call (919) 350-8547 or visit www.croghanconference.com.

JANUARY

8th: FSNCC Moms' Group. Home of Monica McGuire. 7:00 p.m. Please call us for further information.

9th: FSNCC's Sibshops, for siblings of children with special needs, grades 1-6. 6:30-8:30 pm, St. Paul the Apostle Catholic Church, GSO. See pg. 3 for details.

18th: Down Syndrome Network of Greater GSO, Moms' Night Out. 7:00 p.m. See page 3 for details.

23rd: GALs group, for sisters of children with special needs, grades 5 & up. See page 3 for details.

Remember to check our **WebNews** page for the most current information on area events. Visit www.fsncc.org and click on **Newsletters & Coming Events** for monthly updates to the Community Calendar.



ROCKINGHAM ALAMANCE

NEW support group for mothers of children with special needs!! FSNCC is very excited to be partnering with a parent coordinator to offer Rockingham County's first Moms' Group. The kick-off event for this group will be held on Saturday, November 15th from 7:00-9:00 p.m. at the home of Valarie Bellamy, located at 992 Lake Forest Court in Eden. Come on out, enjoy refreshments, meet other local parents, and share your ideas for how this group can best serve you. For more information, please contact Valarie at (336)627-3577 or Brooke at 334-5601 Ext. 217 or brooke.juneau@ncmail.net.

* 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, 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. For more information or to register online, go to www.burlingtonmusic.kindermusik.net. For programs and enrollment information, call (336)329-9573 or e-mail mgornto@triad.rr.com.

RANDOLPH

*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 (336)629-1533 or the4petersons@embarqmail.com.

*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. For more information on this & many other area 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. ext. 11.

CASWELL

* SAVE THE DATE!! Caswell County's Annual Winterfest is slated for Wednesday, February 18th, 2009 from 5:30-7:00 p.m. at the Caswell County Civic Center, located at 536 Main Street in Yanceyville. There will be food, fun and games for the kids, and a wealth of information on Caswell County agencies that serve children and families. Check for more details in the next edition of our newsletter.

* Can We Talk? The Caswell County Partnership for Children is offering a 4-session workshop for parents of 4th - 9th graders, focusing on helping families talk about self-esteem, sexuality and peer pressure. Parents have the opportunity to learn about and share ideas for beginning and continuing conversations with their children about these tough issues. This workshop is offered at no cost to participants, and includes dinner and childcare. To learn more, call (336)694-1538.

MORE MEETINGS and EVENTS



Learn about CLUB, for kids aged 9-14 with disabilities that affect social learning, by visiting www.fsnc.org >“Our Services” or e-mailing kcboggis@aol.com.

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. 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.

Communication Services for the Deaf/Hard of Hearing

Parent discussion group, games & activities for kids & teens. Dinner served. 2nd Thursday of each month at Revolution Mill Studios, 1175 Revolution Mill Drive, Studio 15, GSO. Contact 275-8878 or frank@csdhh.org for more information.

Tristan's Quest

Social skills programs, anger management classes, & support groups for children aged 4 to 18 with emotional/behavioral diffi-

culties & 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 info.

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. Visit www.asncg.org for information on these meetings and monthly parent “Coffee Breaks.”

The Arc of High Point: Common Visions

This 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.

New Home for UNCG Psychology Clinic

UNCG's Psychology Clinic has recently moved to **1100 W. Market St. in GSO** (corner of Tate and Market). The new offices are located on the 3rd floor. The phone number is the same: **336-334-5662**.

The community is invited to come check out the new digs at an **Open House on Thurs, Nov. 20th from 3-6pm**. The Clinic offers a range of services for Triad families, including social skills groups for children with Asperger syndrome & high-functioning autism.

Your Input Needed on NC-PTA Survey

Help make your exceptional child's needs known by participating in the NC PTA Council's survey to assess services for students with special needs. To participate, visit www.ncpta.org, then click on “Resources for Exceptional Children...” Your input will help guide services for students with special needs!

Challenger Sports

The Arc of Greensboro will begin its 8-week winter basketball and bowling leagues on Saturday, January 24th. This is a wonderful sports program for children and young adults aged 5-21 who have physical and/or developmental disabilities. To receive information about upcoming events, learn how to register your child, and get added to the mailing list, please contact Ellica Church at (336)373-1076 or echurch@arcg.org.