



FAMILY SUPPORT NETWORK Of Central Carolina

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



Mark your calendars!

HOLIDAY JAMBOREE

Saturday, December 11th

9:30 a.m.—Noon

Gateway Education Center

3205 E. Wendover Ave., Greensboro

* Food * Games * Crafts * Fun * Music *

* Have your child's photo taken with Santa or a winter scene *

We will be accepting donations for Elizabeth's Closet during this event. Diapers (size newborn or 1), baby bath supplies, and winter sleepers for preemies and newborns are always appreciated!



Learn other ways you and your family, group, or organization can help FSNCC support families this

holiday season! See p. 2

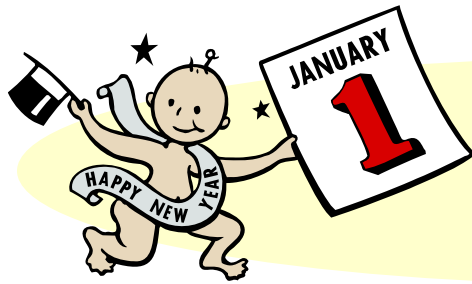
NICU Notes.....2-3

Support Group info.....4

Four-County Calendar.....5

Community Links.....6-7





NICU Notes

News from the Nursery

Attention NICU Graduate Families!

Our annual Thanksgiving Day NICU staff appreciation and current NICU family luncheon is just around the corner. This luncheon will be held on Thanksgiving Day, Thursday November 25th, 2010 and is definitely a favorite event for all involved. Donations of food and time will be greatly appreciated. If you can help by providing food and/or serving, please contact Parent Council representative Paula Bruno at pjbru123@aol.com.

In December, we will show the staff they are appreciated by providing snack trays. We generally ask for something sweet, something salty, and something crunchy, so if you have a favorite snack that you would like to bring, please contact Paula Bruno at pjbru123@aol.com or 336-337-1240. Specific dates are TBA.

Big News About Our NICU Staff

The end of the year is bringing big changes to FSNCC's NICU team. We are sad to announce we'll be saying good-bye to Jenn Duke, who is resigning to devote more time to her family. Jenn has been a longtime friend to our organization, first as a parent, then a Support Parent, then a staff member. She will be dearly

missed. *Good luck, Jenn!*

On a happier note, we will be welcoming Kim Lilly to take over Jenn's position. Kim is a native of Greensboro, and has been married to her husband Shawn for 14 years. They are blessed with 3 precious children who all started out in the NICU. Their son Shawn II (born at 30&1/2 weeks gestation) was in the NICU for 4 weeks at Women's Hospital. Their twin daughters (born at 27&1/2 weeks gestation) were in the NICU for 9 weeks at 3 different hospitals due to complications. Shawn II will be turning 12 in December, and Jocelyn and Jillian are 7 years old. In addition to being a wife and a mother, Kim is a Licensed Professional Counselor. We are so excited to welcome Kim to our team, and know that she will be a tremendous source of support for families in the NICU!



Kim Lilly with husband Shawn, Jocelyn & Jillian, and Shawn II.

Holiday Cheer

If your family or a group you are involved with is interested in doing a service project over the holidays to benefit a non-profit, we have a few needs at Family Support Network. Please consider one of the following:

* The economy has put a drain on many families. If your group has an interest in sponsoring a NICU family in need for the holidays, contact us no later than November 30th

* Sponsor an Elizabeth's Closet drive. We can always use newborn size sleepers for winter, diapers, or bath products. These supplies are always in need. Email Nancy at nancym@fsncc.org, or call our office at 336-832-6507 for more information.

* Make a donation to Adopt a Frog, or adopt a whole family of "frogs" if you're doing a group project. Our Adopt a Frog campaign provides a wonderful and comforting developmental positioning aid for our babies in the NICU at Women's Hospital. Our frog supply is running low, so hop on over to www.fsncc.org and adopt a Holiday Frog! (Click on Donations & Grants, then scroll down for Adopt-a-Frog information.)

(NICU Notes continued, page 3)

(NICU Notes, continued)

Please join us for Holiday Jamboree!

If your baby is healthy enough to attend a group event, please consider joining us at our Annual Holiday Jamboree on December 11th. (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. **Due to the risk of RSV during the winter months, please be sure you have your pediatrician's permission to attend a large group event.** To RSVP, please give us a call at 832-6507 or send e-mail to support@fsncc.org. Let us know how many people will be in your party. Hope to see you there!

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). Please contact your pediatrician to learn how you can access flu shots this winter.
- * 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

Gently-Used Helmets Needed

Has your baby outgrown a head-molding helmet? If so, please consider donating it to another family who needs one! Many insurance companies do not cover the cost of head-molding helmets, creating a hardship for many families. If you have a gently-used helmet to donate, please contact us at 832-6507 or support@fsncc.org. Donations can also be made to Moses Cone Outpatient Rehabilitation Services. Please call Carrie at 274-7956, or make your donation at 1904 N. Church Street in Greensboro.

THANK YOU!!



A Night at the Museum



Many thanks to all of the Board members, volunteers, and families who helped us to make our recent Fall Fling at the Greensboro Children's Museum such a success! Thanks also to all those who brought donations for Elizabeth's Closet, our storehouse of baby care supplies for families in need who are leaving the NICU. A great time was had by all!

Parent-to-Parent support

New members always welcome!

For more information on any meeting, or to RSVP, please contact Monica at 334-5601 Ext. 217 or monica@fsncc.org.

AD/HD PARENT SUPPORT GROUP

Offered by FSNCC, UNCG'S AD/HD Clinic, Moses Cone Behavioral Health Services, and a team of dedicated parent coordinators. All meetings are held from 6:30-8:30 p.m. at Trinity Church, Meeting Room 10, 5200 W. Friendly Avenue, GSO.

November 16th: Panel discussion with professionals from Noble and Piedmont Schools.

January 25th: Topic TBA
Stay on top of this great support group at:
www.adhdgreensboro.org.

SENSORY PROCESSING DISORDERS

Our educational support group for families of children with sensory processing disorders. Meetings run from 6:30-8:30 p.m.

November 18th: "SPD vs. Autism: What's the Difference?" Women's Hospital Education Ctr., Classroom 4

January 20th: Location & topic TBA

DADS' GROUP

A casual support group for fathers with children of any age, with any type of special needs. New members welcome! Locations & times TBA; please check fsncc.org or contact Monica for more information.

November 15th: Bowling night, AMF All-Star Lanes, 910 S. Holden Rd. GSO. \$9.31 includes shoe rental + 2 hours bowling. Reservation will be under Family Support Network. 7-9 p.m.

December 20th
January 17th

MOMS' GROUPS Two informal support groups for mothers with children of any age, with any type of special needs welcomes members old & new.

Upcoming meetings:

DAYTIME GROUP:

November 10th: Jewish Family Services Building*, 5509-C W. Friendly Ave., GSO. Please enter at back of building. Refreshments provided. 9:00 a.m.

**Due to the dietary parameters of our host facility, no meat or shellfish may be brought into the facility.*

December 8th: Holiday luncheon & cookie swap, home of Michelle Gordon. 11:00 a.m.

January 12th: Time & location TBA.

EVENING GROUP:

November 4th: Home of Brooke Juneau, 702 Leawood Dr., GSO. 7:00 p.m.

December 2nd: Annual Holiday Dinner & Ornament Swap. Home of Maureen Carrey, 2009 Creekmoor Ct. GSO. Please bring a wrapped ornament for the swap. If your last name begins with A-M, please bring a side dish to share; N-Z, please bring a dessert.

January 6th: Location TBA.

SIBSHOPS

Our fun & recreational support program for kids who have a brother or sister with special needs continues its focus on bullying issues and self-esteem. All sessions are held from 6:00-8:30 at St. Paul the Apostle Catholic Church in Greensboro. To learn more or register your child in grades 2-6, please contact us at 832-6507 or support@fsncc.org. Next sessions:

November 12th
January 14th

DOWN SYNDROME NETWORK OF GREATER GREENSBORO

Join the DSNNG for lots of great events for families of children with Down syndrome!

For more information or to RSVP to any of the following events, please contact Lauri Lyn at 856-8968 or nickelhodges@yahoo.com.

November 15th: Moms' Night Out. Feeney's Frozen Yogurt Bar, New Garden Rd. next to Harris Teeter. 7:00 p.m.

December 5th: Family Holiday Party; contact Lauri Lyn for details.

January 16th: Moms' Night Out. Barnes & Noble coffee shop, Friendly Center. 7 p.m.



Sibshops pals have fun duking it out at Bounce U during our first 2010 session.

FOUR-COUNTY CALENDAR

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 the4petersons@embarqmail.com.

* Sandhills Center and Randolph Family Support program, in collaboration with NAMI NC, announce two free Asheboro area groups:

- *Education and support for families of children with learning, behavioral, and/or emotional concerns.* This group will meet on the 2nd Tuesday of each month during the school year from 5:00-7:00 p.m. Next meeting: **November 9th.** Asheboro Friends Meeting, 230 E. Kivett St. A light meal will be served. Please register by Monday, November 8th to help us plan for food and resource materials.
- *Grandparents raising grandchildren.* This group is great for grandparents who assist in or are responsible for the raising of their grandchildren. Participants will meet in a "lunch and learn" format to share ideas and support, and to discuss topics of interest. Next meeting: Thursday, **November 4th**, 11:30 a.m.—1:00 p.m. at Asheboro Friends Meeting, 230 E. Kivett Street, in the Rollins Hall Bldg. across from the Fellowship Hall in the back of the church. (Please note change of location for

this month's meeting.) Please register by Wednesday, November 3rd. For more information or to register for either group, Contact Vickie Wilson at 336-870-3802 or send an e-mail to randolphmontgomeryadvocate@gmail.com.

alamance county

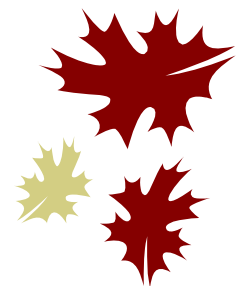
Autism Society of NC, Alamance County Chapter: Meetings on the 2nd Thursday of each month at Shiloh Presbyterian Church, Burlington, 6:30-8:00 pm. Child-care available. For information, respite care programs, parent coffees & other events, visit www.alamanceasnc.org, call 336-222-7026, or e-mail alamanceasnc@bellsouth.net.

December 9: Adult-Only Social
Come snack and socialize with other parents/caregivers!

January 13, 2011: Family Dynamics: Sibling Relationships. Sarah Palmer, a school psychologist intern with ABSS, will discuss growing up with a brother on the spectrum.

* **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). Contact Cindy Chatman: labsgalore@aol.com or 336-261-8687.

Have an event, support group, or other announcement for families of children with special needs or NICU grads in Rockingham or Caswell County? We can list it here! Call us at 832-6507 or e-mail us at support@fsncc.org.





Please visit
www.fsnc.org
and click on

**Newsletters & Coming Events
for the latest information from
FSNCC and related service
providers throughout the area!**

** Please note: FSNCC does not endorse any specific agencies or organizations. Listings are provided for informational purposes only.*

FSNCC FAMILIES INVITED TO "THE SNOWMAN"

The Music Academy of NC has reserved a limited number of FREE tickets for FSNCC families to attend its upcoming performance of *The Snowman* on **December 11th**, 6:30 p.m., at 1327 Beaman Place, GSO. Bring a blanket for your family's seating, and let the kids wear their favorite PJs to enjoy this magical winter bedtime story! To reserve your tickets on a 1st-come, 1st-served basis, contact Mittie Douglass at mdouglass@musicacademync.org or 379-8748 and mention Family Support Network. *Many thanks to MANC!*

VOICES TOGETHER COMES TO THE TRIAD

There's an exciting new opportunity for adults with developmental disabilities. Voices Together combines music instruction with social skills support and opportunities for new relationships—and it's coming to Greensboro. To learn more about this innovative approach and find out how you or a loved one can get involved, visit www.voicestogether.net, or

contact (919)942-2714 or info@voicestogether.net.

UPCOMING EVENTS FROM AUTISM SOCIETY OF NC

* **November 5th:** Fun & Friends Night: A Social Club. 8:00-10:00pm, Spears YMCA, GSO. This event is for middle and high school students with high functioning autism/Asperger disorder who are in a regular class setting including inclusion classrooms. Please RSVP to Marcy Morris at 638-4676 or marcyedmorris@msn.com

* The Guilford county chapter of the ASNC hosts informative monthly meetings for families on the 3rd Friday night of each month during the school year from 6:30-8:00 p.m. at Brooks Global Elementary School, 1215 Westover Terrace in Greensboro. Child care is available *with RSVP*. Upcoming meetings:

November 19th: TBA

December 17th: Holiday Potluck

January 14th: Summer Camp Fest

Informal parent coffee breaks are also offered monthly. For more info, contact Chris at 336-854-9497 or e-mail asnccg@gmail.com.

FAMILY LEADERSHIP INSTITUTE FROM ECAC

"Parents as Leaders: Impacting Health Care Policy." Greenville, NC, **November 6th**. This day long training is designed for parents of children with special health care needs that are interested in learning how to develop the skills to become an effective leader. Learn the skills you need to advocate for your child, information on how to sit

on boards and committees, resources to locate leadership opportunities on a local, state and national level. You will receive a certificate of completion at the end of the training. ECAC is offering a small stipend to NC parents to help offset any travel or sitter expenses. The forms for the stipend will be available at the end of the session and the stipend checks will be mailed to you. Seating is limited. Call to register today! Call (800) 962-6817 ext. 335 or email wward@ecacmail.org.

EVALUATING RECREATION NEEDS FOR YOUNG ADULTS

The Autism Society of North Carolina and the Therapeutic Recreation And Inclusive Networks (TRAIN) project of UNCG are co-sponsoring a focus group to address community recreation and sports participation for children with disabilities living in the Greensboro and surrounding community. This particular focus group will bring together parents of young adults with autism (14-25 years of age) to discuss topics related to: how you feel about the recreation and sports opportunities available to your child with a disability; barriers experienced when attempting to access opportunities; and how parents and recreation agencies could work together to improve access and expand opportunities.

Date: November 10, 2010

Time: 9:45 - 11:30 am

Location: Leonard Recreation Center

Compensation: \$35

RSVP: Kimberly Miller, 334-4480/kdmiller@uncg.edu

RESPITE 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. 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.

BEYOND ACADEMICS PLANS INFORMATION SESSIONS

Beyond Academics at The University of North Carolina at Greensboro is a four year post-secondary education program for adults with intellectual disabilities. The course of study prepares enrolled students for a self-determined lifestyle emphasizing careers, meaningful avocations, and community living. Through the Office of Undergraduate Studies at UNCG, students completing requirements for graduation receive a certificate in *Integrative Community Studies*. Beyond Academics will be having two Information Sessions open to all prospective students and families on **Saturday, November 20th** from 10:30 am – 12:30 pm and **Saturday, December 4th** from 10:30 am – 12:30pm. Sessions will be held in the Mabel D. Smith building located at 500 Stirling St. on the campus of UNCG. Visit www.beyondacademics.org

for additional information. Registration for each session is limited. Please RSVP to emarshburn@beyondacademics.org or call 336.455.3440. *Deadline for November 20th session: November 15th. Deadline for December 4th session: November 29th*

TRIAD HITCH-UP

Triad Hitch-Up supports families of children who are deaf or hard of hearing through meetings and events in Greensboro and Winston-Salem. Greensboro meetings, which are held at Moses Cone AHEC, will resume in February 2011. Child care is provided with RSVP. For support and further information about this group, contact Nicki Dunn at nickikevin@hotmail.com or visit www.triadhitchup.com.

NEW SOURCE FOR AUTISM EVALUATION & THERAPY

Cornerstone Behavioral Medicine is now offering comprehensive evaluations for diagnosis of Autism Spectrum Disorder in children ages 3-18. Cornerstone be working with Ling & Kerr to provide integrated speech & occupational therapy evaluations along with comprehensive psychological evaluations and, in January, Applied Behavioral Analysis (ABA) therapy. To learn more about these new services, contact the Cornerstone Autism Diagnostic Clinic at 336-802-2205 (Option 2).

LINDLEY OFFERS BUDDY CLUB FOR KIDS WITH AUTISM

Lindley Autism Services' Saturday-Out Social Buddy Club is designed for students with moderate to high-functioning

Autism in Grades K-5. Join the staff of Lindley for a day of social learning activities and lots of fun! **Saturday, November 13th**. From 9:00-12:00, students will participate in rotating sessions addressing friendships, problem solving, communication, and other skills. Social Activities will include direct social skills training, facilitated symbolic play, and art activities. From 12:00-3:00 students will go on a field trip to the Natural Science Center where the group will focus on socialization and generalization of social skills.

Full day 9am-3pm: \$55

Half-day 9am-12pm, or 12pm-3pm: \$30

To register for Saturday-Out please contact Lynn Kitchens, Autism Director at 336-944-5184 or e-mail kitchens.lynn@lindleyhabilitation.com.

WINTER EVENTS FROM THE ARC OF GREENSBORO

* The Arc of GSO will host an art show Thursday, **November 4th** at the Arc offices, 1000 Revolution Mill Dr., Suite 4, GSO, from 5-7 p.m. Works from the Beyond the Canvas art program will be featured; some items will be available for sale. A second show will be held on **December 9th** from 5-7 at the Tyler White Gallery on State St. in GSO.

* Challenger Sports' Winter League will begin with bowling **January 15th**. Basketball will begin on **January 22nd**. The sports will alternate weekends through mid-March. Children and adults with developmental disabilities are encouraged to participate. To learn more, contact Lyndsay Brown at 235-3017 or lbrown@arcg.org.