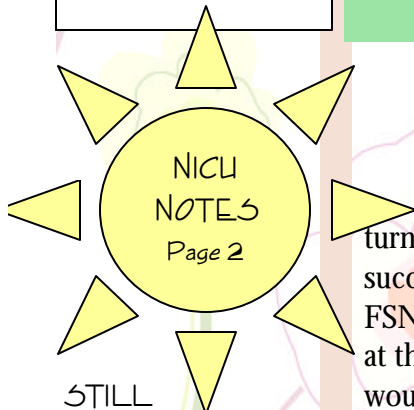




FAMILY SUPPORT NETWORK of CENTRAL CAROLINA

Volume 2, Issue 4
Spring-Summer 2007

801 Green Valley Road, Greensboro NC 27408 * (336) 832-6507 * support@fsncc.org
Supporting families of children with special needs & those born prematurely in
Alamance, Caswell, Guilford, Randolph & Rockingham Counties

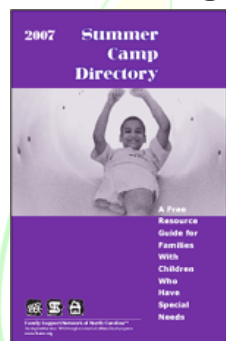


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STILL FIGURING OUT SUMMER?

The Family Support Network of North Carolina's annual Summer Camp Directory may be just what you need. This helpful guide lists day and residential summer programs serving children with disabilities from all across the State. To get your copy, give us a call, or download directly from the FSN-NC website:

www.fsnnc.org



Fun at the Fling

A big THANKS to everyone who turned out to make our Spring Fling such a success! Over 250 kids & families joined FSNCC's staff and Board for a night of fun at the Greensboro Children's Museum. We would like to express our gratitude to the Museum, our hardworking Board members, and our loyal volunteers for helping us to offer this great opportunity for families to meet and connect with one another.

Thanks too to the many families who donated items for Elizabeth's Closet, our warehouse of baby care items for eligible families leaving the Neonatal Intensive Care Unit.



NEW CONTACT INFO FOR BROOKE

Brooke Juneau, our Liaison to the CDSA, has a new extension number. You can now reach Brooke at 334-5601 Ext. **217**. Brooke can help with parent matching, resource and referral, and information on services and events throughout the area.

MOMS' GROUP

FSNCC's Moms' Group for mothers of children with special needs will have its end-of-the-year event on May 12 at All A Flutter Butterfly Farm, 7850 Clinard Farms Rd., in High Point off Hwy 68. **The whole family is invited to this meeting!** Please drop in between 11:00 a.m. and 1:00 p.m. Bring a picnic lunch, beverage, and blanket. Admission is \$5 per family; scholarships are available for qualifying families by calling 832-6507. RSVP by calling Brooke at 334-5601 Ext. 217. For directions, call 454-5651. *Rain date: June 2.*



THANK YOU!

From the bottom of our hearts, the Staff and Board of the Family Support Network of Central Carolina would like to thank you for your generosity during our recent pledge drive. Your financial support is critical in keeping our programs available to families in Central Carolina. By helping us, you have helped your neighbors, friends, colleagues—and some of our area's most special children.

As of April, our 2007 pledge drive has yielded **\$5125** - money that will be put right back into our extensive NICU program, Sibshops, CDSA services, Parent Leadership grants, and so much more. We appreciate your support. We couldn't do it without YOU!

RATHER GET OUR NEWSLETTER ONLINE?

Send e-mail to brooke.juneau@ncmail.net with "newsletter" in the subject line.

NICU NOTES



PAC Update

On Thursday, May 3rd the Parent Advisory Council hosted the annual NICU Staff Appreciation event. Staff enjoyed delicious casseroles, muffins, and more.

Interested in joining the Family Support Network Parent Council? This group meets monthly to assist in planning special events like the Staff Appreciation luncheon. Not enough time in your schedule to attend meetings? We can add you to a call list for food donations, special events, staff appreciation or helping with Elizabeth's Closet. Contact Jenn Duke chrisjennjax@aol.com or Tracy Edmonds birdsanfins@triad.rr.com or call FSN at 832-6507 for more information.



Support Parents Needed

Family Support Network is currently seeking NICU graduate parents who are willing to become trained **support parents** to offer support to new families. We will

host a short, two hour day training on **Tuesday, May 15th** from 10:00 am until noon in the second floor conference room at Women's Hospital of Greensboro. Space is limited to 5 parents. Please call Nancy at 832-6507 if you are interested in participating.



Album of Hope

Upcoming events include the Annual Album of Hope Event on **Sunday, May 20th** from 2:00-4:00 pm. Join us in classroom #1 at the Education Center in Women's Hospital. Please RSVP to 832-6507 or support@fsncc.org by May 15th. This event is for NICU families to complete a page in the Album of Hope to offer encouragement to current NICU families.

NICU Graduate Event

Please consider joining us on **Wednesday, May 30th** from 12:30-2:00 pm in Classroom 3, Women's Hospital Education Center, as we celebrate the end of RSV season with a premie parent chat and snack event just for NICU graduate families. RSVP to FSN at 832-6507 or support@fsncc.org.

Save a Tree!

If you would prefer to receive our quarterly newsletter via e-mail, simply send a message with "newsletter" in the subject line to: Brooke.juneau@ncmail.net. The Family Support Network will *never* share your e-mail address with any party or agency without your permission!

Elizabeth's Closet

A big THANK YOU goes out to the many families who contributed items to Elizabeth's Closet at the Spring Fling. We are always seeking contributions to this warehouse of baby care items for qualifying families who are going home from the NICU.

Needed items include new & gently used baby furniture; diapers; clothing; baby wash, shampoo, and lotion; and toys. If you have items to contribute, please contact Nancy at 832-6507 or nancy@fsncc.org.

Head-Molding Helmets Needed

If your baby used a head-molding helmet which is no longer needed, please call us at 832-6507 to inquire about donating it to another family. Thanks for your help!





THE LINK

Local Artists Publish Collection

The Arc of High Point has just released "The Spirit Can Still Fly," a collection of visual art, poetry, and prose by talented local artists with developmental disabilities and their friends & families. This beautiful book is available for \$12. Proceeds benefit the Arc of HP. To order your copy, contact Teresa at 883-0650, Ext. 230.

After Gateway Expansion

After Gateway Inc., a licensed day health facility in Greensboro, recently expanded their program, and in February was licensed to serve up to 48 individuals per day. After Gateway serves adults (over 18) with severe developmental disabilities, offering recreational activities, community integration, life skills training, computer training, and quality medical services. The program currently serves 16 individuals from Guilford, Alamance, Rockingham, and Caswell counties. After Gateway is accepting applications for new participants in the Piedmont Triad area. For information, please contact Dale Metz at 336-379-7670, or visit aftergateway.org.

Trikes for Special Tykes

If your child needs adaptations to use a tricycle or bike, one local gentleman may have your solution. John Murray has been creating pedal adapters for patients of his daughter, a pediatric physical therapist, and is now offering the service free of charge to local families. To learn more, contact John at 210-0289 or jmurr@acehardware.com.

If your child needs more extensive adaptations, (s)he may eligible to receive a tricycle through Ambucs, a local organizations providing fully adapted tricycles that may be pedaled by hand, foot, or both. Trikes are also

equipped with features such as trunk support and safety straps, depending on each child's needs. Trikes are provided free of charge; Ambucs asks only that they be returned once they are outgrown so that they can be shared with other children. Ambucs also offers modular ramps and ramp building, as well as scholarships for physical and occupational therapy, audiology, and speech/language pathology students. To learn more, contact Ambucs at 1-800-838-1845 or e-mail jeffr@ambucs.org.

FSNCC Joins Smart Start at Keep the Promise Day

The staff of FSNCC joined local representatives of Smart Start and the many organizations it supports for a day of advocacy on March 13th. A rally was held at the N.C. State Legislative Building, featuring a children's concert and booths offering information on the array of programs and services made possible through Smart Start funding. During the day, we had the opportunity to speak with several State Senators and Representatives about the impact of Smart Start's programs on North Carolina families, and to urge them to support its full funding.

Central North Carolina is very fortunate to have many local legislators who are genuinely invested in supporting exceptional children and their families. You can help to ensure the future of the programs and services that support your family by getting in touch with these representatives and sharing your family's story. *Few tools are more powerful in influencing policy and funding decisions than families' own stories about their experiences with service organizations.* Whether you are speaking out in support of Smart Start, early intervention, special education, respite, or disability rights, a relationship with your local legislators can be your most powerful tool in ensuring quality services for your child and countless others throughout the State.

To learn who represents your District and his/her contact information, visit www.ncleg.net and click on "Representation."

Partners in Policymaking Program Planned for 2008

The NC Council on Developmental Disabilities will sponsor this phenomenal training series next year for people with disabilities, their family members, and service providers.

Partners attend eight, two-day training sessions, in Raleigh, NC. Each session begins at 12:00 p.m. on Saturday and concludes by 3:30 pm on Sunday. National and state leaders in the disability movement will present various topics such as:

- History of Disability & the Disability Rights Movement
- Inclusive Education & Communicating Effectively in Meetings
- Supported Employment, Supported Living, Person-Centered Planning
- Assistive Technology, Seating & Positioning, Positive Behavior Supports
- Federal Policy & Legislative Process
- State Legislative Process & Current Issues
- State Policy/Service System & Parliamentary Procedures
- Community Organization & Local Advocacy

This comprehensive training is offered at no cost. Accommodations & mileage reimbursement provided; child/health care stipends also available. Participation is limited. To apply, contact Melissa Swartz at the NCCDD: 919-420-7901 or Melissa.Swartz@ncmail.net.

Parent Appointees Needed for N.C. Interagency Coordinating Council

The NC-ICC advises state Infant-Toddler & Preschool Programs for children birth to five years of age, with or at risk for disabilities. The Council meets quarterly (usually in a central NC location, Chapel Hill). Meetings are from 9:30am - 3:30pm. Lunch, mileage and expenses are reimbursed. *A great opportunity to advocate for quality programs & services!* To apply, contact the

NCCDD: 919-420-7901.

FOUR-COUNTY CALENDAR

CASWELL

The Family Support Network of Central Carolina is

seeking Support Parents from Caswell to assist families whose children have been newly diagnosed!

Sometimes the very best support comes from another parent who has "been there." FSNCC would like to offer our free training session to Caswell County parents of children of any age, with any type of special needs.

Our training includes opportunities to reflect on your own experience of having a child diagnosed with special needs; understanding the stages of grief; confidentiality; and giving effective telephone support. Parents who complete the training will be periodically matched with other families whose children have been newly diagnosed with similar needs, for a special kind of empathetic support. Dinner will be provided during the training. If you can help, please call Brooke at (336) 334-5601 Ext. 217 or e-mail brooke.juneau@ncmail.net.

RANDOLPH

***Randolph County Agency Fair:** Tuesday, May 21.

First Baptist Church of Asheboro. A great opportunity to learn about services for families & children with special needs in Randolph county. Families, service providers, and other professionals are invited to attend from 11:00 a.m. -1:00 p.m. or from 4:00-6:00 p.m..

For more information, contact the Randolph Co. Partnership for Children at 629-2128.

*** Randolph Co. Family Support Program:** Free support groups for parents of school aged children with emotional/behavioral challenges. Dinner provided.

Asheboro: Asheboro Friends Meeting, 230 E. Kivett St., 6-8 p.m. 2nd Tuesday of every month during the school year. **Archdale:** New Covenant Lutheran Church, 10445 N. Main, 6-8 p.m. Meets every 4th Tuesday during the school year. Parents of children with ADHD are encouraged to attend. **Youth support groups** also offered at both locations & times, for kids 13-18 who suffer from depression, low self-esteem, or difficulty with schoolwork. Contact Vickie Wilson, Family Advocate at 629-9550 or vickiew336@earthlink.net

ALAMANCE

*** Autism Society of NC, Alamance County Chapter**

Meetings on the 2nd Tuesday of each month at Shiloh Presbyterian Church, Burlington. 6:30-8:00 pm. Childcare available. For information, respite care programs, and other events, call (336) 376-8012 or visit 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 in Burlington. Visit with other parents from our ASNC support group & 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 Surette at 584-2066 or e-mail alamancefosteradopt@yahoo.com.

*** Circle of Parents Group:** These meetings allow anyone in a parenting role to discuss the challenges of raising children. Gain a sense of belonging & improve your parenting skills. Meetings on the last Tuesday of each month, 6:30-8:00 p.m. at May Memorial Library, Burlington. Dinner & child care provided. Sponsored by the Alamance County Partnership for Children. For info call Ashley at 513-0063.

*** Down Syndrome Support Group:** A new group for Alamance area families with children of any age who have a diagnosis of Down Syndrome. Co-sponsored by the Alamance Partnership for Children, FSN-CC, the Children's Developmental Services Agency of Gibsonville, & the Arc of Alamance County. For meeting info, call Brooke at 334-5601 Ext. 217 or Ashley at 513-0063.

*** Painting classes for special artists:** Bob Postma of Exceptional Friends Art Studio, which provides art education for people with disabilities, is interested in extending his service to Alamance County! If you are interested in scheduling class time for your child, contact Bob at 317-9048 or 4postma@bellsouth.net. Students will receive comprehensive instruction and create fine art pieces to bring home. See "Good News" on pg. 6 for additional information.

ROCKINGHAM

*** Sensory Integration Therapy:** Megan Kaufman, an occupational therapist at Annie Penn Hospital Outpatient Therapy Services, is now providing specialized sensory integration therapy to families in Rockingham County. To learn more about SI therapy and available services, contact Megan at 951-4557 or Megan.Kaufman@mosescove.com.

*** Family Fun Day:** May 11, 10:00-1:00. Freedom Park, Eden. *For families enrolled in Head Start of Rockingham County.* Contact Head Start at 349-4762 for more information.

*** Children's Health Fair:** June 7-9 AND July 27 & 28. Co-sponsored by Head Start, More at Four, & Rockingham Co. Preschool Services. Head Start of Rockingham Co., 119 N. Scales St., Reidsville. Staff members will conduct developmental, hearing, speech/language, dental, & general health screenings. *Qualifying families will receive an invitation from participating agencies.* Call Head Start at 349-4762 for info..



Community Calendar

Guilford County

*Please Note: Many of these events, including all events of the Family Support Network of Central Carolina, are open to families throughout our service area.

MAY

3rd: Silent Art Auction benefiting the Arc of High Point. 6-8:00 p.m., High Point Country Club, 800 Country Club Drive, HP. Featuring work from area artists with developmental disabilities from Art Connections Creative Studio. RSVP: Teresa McKeon at 883-0650.

6th: Down Syndrome Support Network of Greater Greensboro's spring event, 4:00-6:00 pm. Bounce U, GSO. Playtime in the "bounce stadium" followed by ice cream & snacks in the party room. Please RSVP by May 3rd. Call Diane at 644-9244 or email dkroeger@triad.rr.com. All jumpers MUST wear socks (this means you too parents!)

8-11th: 2007 Smart Start Conference. 200+ workshops featuring a broad array of topics related to children and education. Koury Convention Ctr., GSO. Call 919-821-9540 or visit www.smartstartnc.org/conference for information & registration.

12th: FSNCC Moms' Group end-of-the-year event. (See page 1 for details.)

15th: NICU Support Parent Training. Please see "NICU Notes" on page 2 for details.

19th: PTA-EC Advocate training. 9:30-11:00 a.m. Smith High School, Holden Rd., GSO. Help encourage parent involvement and education for Exceptional Children at your child's school. Contact Rebecca Rice at rrice13@triad.rr.com or 379--361 for more information or to register.

20th: FSNCC's Annual Album of Hope event for families of NICU graduates. Please see "NICU Notes" on page 2 for details.

24-25th: 28th Annual TEACCH Conference: "Current Research Advances in Autism." William & Ida Friday Continuing Education Ctr., UNC, Chapel Hill. Register by calling 919-966-4126, or visit www.teacch.com.

30th: NICU Graduate Family Event. Please see "NICU Notes" on page 2 for details.

JUNE

16th: Looneypalooza, 4-8 p.m., Oak Hollow Festival Park, HP. The Arc of High Point will once again partner with J.P. Looney's for country music, food, fun, & vendors galore. Tickets are \$10; ages 12 & under free. Proceeds benefit the Arc of HP. Call Teresa @ 883-0650 ext. 230 for more info.

23rd: Free workshop: Public Health Programs. 10:00-2:00, Guilford Tech, Jamestown campus. Learn more about CAP waivers, SSI, Medicaid, & other public health programs available to NC residents. To register: call 334-3844, Ext. 4209 or e-mail bcrobinson@gtcc.edu.

ONGOING MEETINGS & EVENTS

***Just Friends Social Club, for middle-schoolers with developmental disabilities & their families/caregivers, is getting together at Challenger Sports events this Spring.**

Challenger Sports programs are offered by the Arc of Greensboro for persons with disabilities, ages 5-22. For info on current programs, contact Rob French at 373-1076.

*** Communication Services for the Deaf/Hard of Hearing:** Parent discussion group, games & activities for kids & teens. Dinner served. 4th Thursday of each month at College Park Baptist Church, GSO. Contact Terri @ 334-5601 Ext. 203 or terri.burcham@ncmail.net.

*** GSO and High Point Parks & Recreation Mainstream Resources Units:**

A variety of programs for Guilford County residents with physical, developmental, and/or visual impairments. For information on events in GSO call 373-2735. In HP, call 883-3469 & request calendar. ***Summer day camps available for children with special needs.*** For information on Camp Joy

(GSO), call Martha Cook at 373-2735. For Camp Ann (HP), call Brian Coward at 883-3481.

*** National Alliance on Mental Health:** Educational meetings offering information & support for families and individuals living with mental illness. 4th Monday of every other month, 7:30 pm. Fellowship Presbyterian Church, 2005 New Garden Road. Also: "Caring & Sharing" Support Group for individuals and families living with mental illness. Meets on the first Wednesday of each month, 7:00 pm. Call 282-5089.

Tristan's Quest: Parent Support Group for families living with behavioral/emotional disabilities. Last Tuesday of each month @ 6:00 p.m. Friendship Friends Meeting House, New Garden Rd. A variety of programs & support groups for children with emotional/behavioral difficulties & children of incarcerated parents are also available. Call 335-3188 for more info.

The Autism Society of NC, Guilford County Chapter (ASNC-GC): Monthly meetings for families & individuals with ASD, 3rd Friday night of each month during the school year.

McIver Education Center, 1401 Summit Avenue, GSO, 6:30 - 8:00pm. Respite care available upon request: call 580-6548. *Parent Coffee Breaks (AM):* 3rd Tuesday of each month, Panera on Wendover Ave. for informal conversation & support. 9:30 am. *Parent Coffee Breaks (PM):* 1st Tuesday evening of each month, Panera on Wendover.

Focus: biomedical issues related to autism. 7:00 p.m. 333-0197 / www.asncgc.org.

The ARC of High Point Common Visions group for individuals with special needs, their families, & anyone interested in disability issues. 1st Monday evening of each month, ARC of HP, 153 E. Bellevue Dr. Call 883-0650 or visit www.arc-of-hp.com.



Down Syndrome Support Network of Greater Greensboro's Buddy Walk 2006 Raises over \$5000

A great time was had by all of the approximately 200 people who attended last year's Buddy Walk! The Down Syndrome Support Network raised over \$5000 to help sustain group activities like pool parties, our spring events, and resources for new parents. We are thankful to all who joined us and for the money everyone raised. We hope to make this event bigger and better every year. If you would like to be a part of the committee this year, please contact Dawn Pettus at 454-3527 or dawn.pettus@mosescone.com.

Martial Arts Classes for Students with Special Needs

Steve Adams of the Greensboro Black Belt Academy offers courses in Tae Kwon Do & Women's Self-Defense for persons aged 5 & up with developmental disabilities. Enrollment may be paid privately or through CAP. For info, call 312-0611.

Painting Classes for Artists with Disabilities

Bob Postma of Exceptional Friends Art Studio is offering flexible summer painting instruction for children and adults with disabilities. The cost is \$120 for 6 hours of individualized instruction, which can be scheduled to accommodate vacations and other summer activities. All materials are included. Students will create fine art pieces to bring home. For more information, contact Bob at 317-9048 or 4postma@bellsouth.net.

Great Workshops for Parents

The Child Care Resources & Referral office of Guilford Child Development offers training opportunities for parents & caregivers on a range of topics, including toilet learning, First Aid/CPR, Positive Discipline, and much more.



Finding Your Way Through the Web

For many families of children with special needs, the internet has become the go-

to resource for up-to-the-minute information on diagnoses, treatments, and even parent networking. With thousands of sites to choose from, how can we make sure the information we download is reliable? Often, we can gain insight about a site's accuracy by considering a few simple guidelines:

Know thy source. Most reputable websites offer an "About Us" section which clearly identifies the organization behind the information. You should also be able to easily find contact information for the organization and/or its web administrator.

Question the quality. A site that is truly dedicated to accuracy will usually have an editorial board. Check the "About Us" page, the organization's mission statement, or the annual report for listings of board members and their credentials.

Be skeptical. Does the site make claims that sound too good to be true? Are you asked to pay a registration fee before accessing information? Is the writing on the site grammatically correct, professional, and written in language that is easy to understand? If not, proceed with caution.

Distinguish fact from opinion. Bear in mind that while many parent-designed sites and chat rooms can offer opportunities for discussion and support, they do not necessarily contain reliable data. Every child, family, and service system is unique. Never assume that another parent's experience will predict your own, or that an intervention that worked well for another family is necessarily the right choice for yours.

Check the date. While the web can deliver the latest in research and information, many sites fall by the wayside and languish in cyberspace, bearing the same outdated information year after year. Identify the currency—and quality—of information by looking for the source and copyright date.

Be aware of bias. Check to see who's funding the site. Is it supported by public funds? Private donors? If the site is sponsored

through a paid advertiser, might the information be biased in the interest of selling a particular product?

Guard your privacy. Take the time to actually read the site's privacy policy. If the site purports to share your information with other "useful" companies or agencies, beware. Also be wary of sites that request confidential health information. Don't hesitate to contact the organization or web administrator if you are in doubt about how your information will be used.

Fortunately, there are reputable websites offering accurate, useful information for families of kids with special needs. Here are a few of the best:

- **www.NICHCY.org:** Searchable database of information on topics from Accessibility to *Zigawhat!*, its guide to links & games just for kids with special needs. Information is available in English and Spanish. Incidentally, NICHCY also offers a comprehensive guide to good internet research. Check the alphabetical index for "Weighing Information for Its Worth."
- **www.rarediseases.org:** The website of the National Organization for Rare Disorders (NORD) offers in-depth information & links on thousands of rare conditions. Full-text reports are available for a small charge through the site. (*These reports are also available at no charge through FSN. Give us a call for more information.*)
- **www.telability.org:** Great N.C. resource tool offering information in English & Spanish; searchable database of service providers; family chat room; "Ask an Expert" feature; and much more.
- **http://thespecialneedssite.com:** This site, created by a Mom in Alamance County, offers a helpful list of links related to autism and other disability issues, as well as opportunities to chat with local parents.
- **www.wrightslaw.com:** Extensive source of information on all things related to special education law and advocacy. Many tools to help families, teachers, and service providers provide the best in educational settings & strategies for students with disabilities.