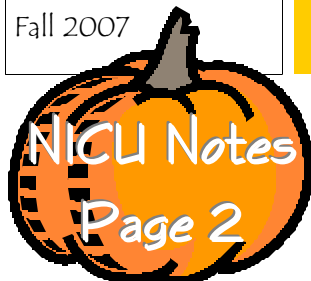




Volume 2, Issue 6
Fall 2007



SUPPORT FSNCC

The Family Support Network of Central Carolina is teaming up with EarthFare this winter to bring you a great event for a great cause! We will be hosting a wine tasting event, complete with gourmet hors d'oeuvres, on **Friday, December 14th, 6-8 p.m.** Tickets are \$5.00; all proceeds will benefit our programs for area families. *Please invite your friends, family, & neighbors to join us!* **ALSO:** Each time you shop at EarthFare during the month of December and supply your own shopping bag, EarthFare will donate 10 cents to FSNCC! We'll be distributing bags for you to use outside the store on Saturdays during the month of December—or you can simply bring some from home. We're seeking volunteers to help us hand out bags and spread the word about our fundraisers. If you can help, or if you'd like to purchase tickets to the wine tasting event, please give us a call!

LET'S DISH

You can also lend us a hand while preparing some great meals to make your weeknight dinners a breeze at Let's Dish, New Garden Road, GSO. Join us **Wednesday, November 28th** for wine, conversation, and easy meal assembly. A portion of the proceeds will benefit FSNCC! Spaces are limited to 20 participants, so RSVP soon. To sign up, visit www.fsncc.org; click on "Newsletters &

FAMILY SUPPORT NETWORK of CENTRAL CAROLINA

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

WINE DINE AND

Coming Events;" and follow the instructions under "Let's Dish Fundraiser." If you can't attend on the 28th but would still like to contribute through Let's Dish at another time, simply enter FSN10 as your promo code when registering for your session.

DOWN SYNDROME NETWORK

We are so proud to announce that **Buddy Walk 2007** was the biggest and best yet for the Down Syndrome Network of Greater GSO. This year's walk included almost 325 participants, and raised over \$10,000 for Team Up! THANKS to everyone who helped to make this event such a success! DSNGG also has some great events planned for Moms in the months ahead:
November 11: Indigo Bead Studio, GSO. Bring a snack to share. 2-5 pm
December 2: Ornament swap at Bravo, Friendly Ctr., GSO. Bring a wrapped ornament to exchange. 6:30 pm
January 20: Coffee break. Starbucks, Barnes & Noble, Friendly Ctr., GSO. 7:00 pm For more information & to RSVP, contact Lauri Lyn Hodges at 856-8968 or nickelhodges@yahoo.com.

MOMS' GROUP

Join our group this winter for lots of fun and support! Moms of children of any age and with any type of special needs are welcome.

November 1: Get ready for the holidays at Mad Platter. Purchase a bisque to paint, or just join us to hang out and chat. 7-9 p.m.

December 6: There's never a dull moment at our annual catered holiday dinner & ornament exchange! Bring \$5 for dinner and a wrapped ornament to swap. Home of Maureen Carrey. 6:30-9:00.

January 3: Nacho Night at Brooke's house. Bring your mints; the guacamole will be flowing. 7:00-9:00.

Please call us for more information, directions, and to RSVP: 832-6507.

SIBS4OPS

Our popular program for brothers & sisters of children with special needs, grades 1-6, continues on **November 16th, January 18th, and February 15th.** GALS group, for girls in grades 5 & up, meets **November 30, 6:30-8:30 p.m.** All sessions are held at St. Paul the Apostle Catholic Church, GSO, 6:30-8:30 p.m. To register, contact Nancy at 832-6507 or nancym@fsncc.org.

SAVE THE DATE!!
HOLIDAY JAMBOREE IS
COMING DECEMBER 8th!!

MUSIC * FOOD * ARTS & CRAFTS
PICTURES WITH SANTA OR WINTER SCENE
GATEWAY EDUCATION CENTER * 9:30-12:00

More details coming soon!





NICU NOTES

Used Helmets Needed

FSNCC is seeking donations of pediatric head-molding and/or protective helmets that are no longer being used. Some insurance companies do not cover these items, making it very difficult for some families to obtain them for their children. If you have a helmet or another type of gently used DME to contribute, please call us at 832-6507.

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 (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)

NICU Families Please Join us!

If your baby is healthy enough to attend a group event, please consider joining us at our Annual Holiday Jam-boree on December 8th. (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, FSN staff and NICU Parent Council members. Make sure you have your pediatrician's permission to attend the event. Hope to see you there!

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 one week in December we will show our appreciation to NICU staff by providing a week's worth of snacks. Want to donate something?

The Parent Council meets monthly on the fourth Wednesday of each month. If you are interested in serving on this council, or if you can help with any of our upcoming events, please contact our co-chairs: Jenn Duke, 869-9692 or chrisjennjax@aol.com, or Tracy Edmonds, 545-4219 or birdsandfins@triad.rr.com.

Elizabeth's Closet

Thank you to all who have responded to our request for premie boy clothing in the last newsletter and those who brought diapers to the NICU Reunion. The holidays are right around the corner. If you are involved in a group that is looking for a service project please consider collecting items for Elizabeth's Closet. We currently need the following: newborn onesies / bath products/ baby board books/ diapers in size newborn or 1. Contact Nancy if you are interested at nancym@fsncc.org or call the office at 832-6507.

Thank You EcoLab!

Great News! We have received a grant from EcoLab for \$5,000.00 to help with supplies for Elizabeth's Closet and our voucher program for current NICU families. We are so appreciative of this generous gift, and will use it to make sure very family leaves the NICU with the items they need to care for their babies.

Change of Address?

Have you moved recently? If you have a change of address, phone, or email, please contact the office so we can update our records and keep you informed of all of our news and events. Send your updated info to support@fsncc.org, or give us a call at 832-6507.



THE LINK

Fall Picnic our Best Yet!

Many thanks to everyone who attended our Fall Picnic in September!! This year was our biggest yet, with over 220 in attendance. We obviously have LOTS of great cooks in the Network! We would like to acknowledge our *WONDERFUL* Board and Jamestown's City Lake Park for helping us provide this special event for our families.

Welcome To Our New Support Parents

We'd like to extend a big THANK YOU to our new Support Parents, who participated in our September orientation.

Deanne O'Connor Addy Jeffrey
Kim Gromko Judy McLaughlin
Lauri Lyn Hodges Grace Infante

This is a *great* group of parents who will be valuable resources for families who are new to the Network. To learn more about becoming a Support Parent, contact Brooke at 334-5601 Ext. 217 or visit www.fsncc.org and click on "Volunteers."

Share Your Family's Story

Do you have a story about how FSNCC has helped you and your family? If so, we'd like to share it with others through our website, www.fsncc.org. Testimonials will be posted on a page entitled "Family Stories", and can include photos of your family if you wish. Your experience will help others to understand our services and the benefits of connecting with other parents—and will remind visitors new to our organization that they are not alone. If you'd like to contribute your story, send a testimonial of

about 1-3 paragraphs and any photos you'd like included to brooke.juneau@ncmail.net, or mail to:

Brooke Juneau
c/o Greensboro CDSA
122 N. Elm St., Suite 400
Greensboro, NC 27401

You will be notified when your story has been added to the site.

New Inclusive Preschool Program Open in Greensboro

Our Children's Community School opened its doors in September, and offers an inclusive environment for children with and without special needs, from infancy-age 5. Several members of the staff have degrees in special education; others have B-K teacher certification or Montessori accreditation. To learn more, call the school at 375-8181, or visit

<http://occsgreensboro.tripod.com>

Music Academy Offers Winter Wonderland Camp

The Music Academy of N.C. will offer a Winter Wonderland Music Camp for exceptional children ages 5-12 on the following dates:

- * **Thursday, Dec. 20th: 3:30pm - 5:30pm**
- * **Friday, Dec. 21st: 9:00am - 12:30pm**
- * **Saturday, Dec. 22nd: 9 am - 12:30pm**

A limited number of camp scholarships for exceptional children are made possible by a generous grant from Summit Rotary. Contact Laura Holley for camp details and a registration form: 336-379-8748, ext. 103 or lauraholley@musicacademync.org.

Families Needed for Pediatric Residency Training in Advocacy

Families are needed for a program which will train pediatric residents in advocacy for children with special health care needs. The purpose of this

project is to teach pediatricians about the far reaching consequences of special health care needs and how to advocate for these children. The project is funded by the American Academy of Pediatrics and is being conducted through Wake Forest University Health Sciences. The project lasts for one year during which time a second year resident physician will observe the child 5 times per year. Observations will take place in any of the following: home/school/day care/ therapy/primary clinic/specialist clinic. Participants will receive \$75 if selected. This is a great opportunity to help future pediatricians learn about autism. If you'd like to participate, please contact Dr. Savithri Nageswaran at snageswa@wfubmc.edu or Erin Boger at (336) 716-3624.

Ideas for Skits Needed by Theater Group

A theater troupe featuring stories about social and health issues, including autism, has started in the local area. The purpose is to increase awareness and empathy for those with differences and will perform in various venues within the community. They need scenarios and stories to be used to portray the challenges and joys of living with autism or any differences. To contribute ideas or get involved, please contact Aubrae Collins at aubraecollins@yahoo.com or (336) 784-0414.

Heart & Soul Singers Invite New Members

This choral group, sponsored by the Arc of High Point, includes singers with developmental disabilities, and welcomes all voices to join them for another year of great performances. Rehearsals are held on the 2nd and 4th Mondays of each month from 4:30-5:15 at the Arc office. To learn more, contact Teresa McKeon at 883-0650

FOUR-COUNTY CALENDAR

ROCKINGHAM

***Rolling Ridge Riding** facility offers carefully supervised, therapeutic horseback riding for children with disabilities, ages 3 and up. To learn more, call (336)349-3702 or send e-mail to pt4kids@wildblue.net.

*Have you explored the many services of the **Rockingham County Partnership for Children?** Programs include Parents as Teachers, offering parenting education & support with a special group just for teen Moms; help finding quality child care; and a wealth of additional resources, all at no cost to families. Call (336) 342-9676 or visit www.rcpfc.org.

RANDOLPH

*The **Asheboro Youth & Family Support Group**, serving families of children with any type of mental illness, meets the second Tuesday of each month from 6 - 8 p.m. at Asheboro Friends Meeting on 2:30 E. Kivett St.

The **Archdale Youth & Family Support Group**, serving children with ADHD and their families, meets on the fourth Tuesday of each month from 6-8 p.m. at New Covenant Lutheran Church.

(This group will not meet in December.)

Grandparents Group offers support to grandparents raising grandchildren. This group usually meets the first Thursday of the month during the school year. However, the November meeting will be held on the 8th, from 11:30 a.m. until 1:00 p.m. at Asheboro Friends Meeting on 230 E. Kivett St. Lunch is included.

For information on any of these groups, contact Vickie Wilson at (336) 629-9550.

*FSNCC, the Asheboro office of the CDSA, and the Randolph County CHIPS Council co-sponsored an event for families of children with a diagnosis of autism/PDD in Asheboro on October 18th.

Participants enjoyed a pizza dinner and learned about some of the ways in which FSNCC can help with the formation of an ongoing support group. If you are interested in learning more about this group and getting involved with future events, please contact Brooke at 334-5601 Ext. 217 or send e-mail to brooke.juneau@ncmail.net.

ALAMANCE

* **Down Syndrome Support Group:** Welcoming Alamance area families with children of any age who have a diagnosis of Down Syndrome. Co-sponsored by the Alamance Partnership for Children and FSNCC. Meetings on the 3rd Thursday of each month. Dinner & child care provided. For more information, call Brooke at 334-5601 Ext. 217 or Ashley at 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 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. 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 Surrette at 584-2066 or e-mail alamancefosteradopt@yahoo.com.

* **Kindermusik** offers music lessons for young children at all levels of ability at the Brain Train store on S. Church Street in Burlington. For programs and enrollment information, call 336-329-9573 or e-mail mgornto@triad.rr.com.

* **Circle of Parents Group:** A supportive environment for sharing the joys & challenges of raising children. Meets the last Tuesday of each month, 6:30-8:00 p.m. at 1206-A Vaughn Rd., Burlington. Dinner & snacks provided. Sponsored by the Alamance County Partnership for Children. For info call Ashley at 513-0063.

CASWELL

* The **Caswell County Partnership for Children** has a slew of helpful services and resources for families. Get parenting information and support through the Parents as Teachers program; learn about quality child care options through Child Care Resource & Referral; and find out about community programs and events through the Caswell Kids newsletter. To learn more, call (336)694-1538 or visit www.caswellchildren.org



Community Calendar: Guilford County, Fall '07

*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.

NOVEMBER

1st: FSNCC Moms' Group. Mad Platter, GSO. See pg. 1 for details.

5th: Blended Families Psychoeducational Group. UNCG Counseling & Consulting Clinic, 5:30-7:30 p.m. Call 334-5112 for more information.

7th: Surrogate Parent training. Guilford County Schools seeks surrogate parents to advocate for students who do not have parental representation in determination of special education services and IEP implementation. Arc of HP, 9-11 a.m. For info, call 370-2323.

7th: Free Seminar: Homework Help for Math & Reading. Learn fun, simple ways to enhance your child's learning at home. Choose from 2 sessions: 12-1 p.m., Arc of High Point OR 6:30-7:30 p.m., Arc of Greensboro, Board room. Co-sponsored by Guilford County Schools and the Exceptional Children's Parent Advisory Council of Guilford County. To register, call Stephanie at 370-8329 or e-mail

antkows@gcsnc.com.

10th: "Art of Living" Art, pottery, & holiday gift auction benefiting the Mental Health Association of Greensboro. Tickets \$25. Foundation Place, 330 S. Greene St. GSO. 6:30-9 p.m.

11th: Down Syndrome Network of Greater GSO. Moms' Afternoon Out, Indigo Bead Studio, 2-5 p.m. See page 1 for details.

16th: FSNCC Sibshops, grades 1-6. See page 1 for details.

16th: Silent Auction benefiting the Autism Society of NC's Guilford County Chapter. 7-9 p.m., Cardinal Golf & Country Club, GSO. Tickets \$15 or two

for \$25. To learn more and view a list of items to be offered for auction, visit www.asncgc.org or call 580-6548.

19th: General Parenting Skills Class. UNCG Counseling & Consulting Clinic, 5:30-7:30 p.m. Call 334-5112 for details.

20th: 2007 Education Summit: "School Readiness = School Success." Grandover Resort & Conference Center, GSO, 7:30-Noon. Sessions will cover a variety of topics related to teacher preparedness and student success. Co-sponsored by Guilford Education Alliance and Guilford Child Development. For info, call 841-4332 or email info@guilfordeducationalalliance.org.

28th: FSNCC Fundraiser @ Let's Dish, GSO. See page 1 for details.

29th-30th: 17th Annual Assistive Technology Expo. Vendor exhibits; Therapy Methods for Autism; AT Funding Strategies; much more. North Raleigh Hilton. Registration & information at www.pat.org or (919)872-2298.

30th: GALs group for sisters of kids with special needs, grades 5 & up. See page 1 for details.

DECEMBER

2nd: Down Syndrome Network of Greater GSO. Moms' Night Out Ornament swap, Bravo, Friendly Ctr. 6:30 pm. See page 1 for details.

3rd: 19th Annual Croghan Conference on Developmental Disabilities. Sessions include Behavior of Young Children; Sensory Processing; Mental Health Principles; and *much* more. Sheraton Imperial Hotel, Durham, NC. Some family scholarships available. Register by November 16. More info at 919-350-8547

or www.croghanconference.org.

3rd: Elementary Students Emotional Management Group. 5-6 p.m. UNCG Counseling & Consulting Clinic. Call 334-5112 for more information.

3rd-4th: "See the Change, Be the Change: Developing NC's System of Care." Conference attendees will gain information about NC's System of Care and help guide family-centered practices. Special focus on school-based mental health programs. Marriott, W-S. Learn more at www.nccollaborative.org.

6th: FSNCC Moms' Group. Annual Holiday Dinner & Ornament Exchange. See page 1 for details.

8th: FSNCC Holiday Jamboree. 9:30-12:00, Gateway Education Center. See page 1 for details.

14th: FSNCC Fundraiser & Wine Tasting Event, EarthFare, GSO. See page 1 for details.

20th-22nd: Winter Wonderland Music Camp, Music Academy of N.C. See page 3 for details.

JANUARY

3rd: FSNCC Moms' Group. Home of Brooke Juneau, 7-9 p.m. See page 1 for details.

18th: FSNCC Sibshops, Grades 1-6. See page 1 for details.

20th: Down Syndrome Network of Greater GSO. Moms' Coffee Break, Starbucks @ Barnes & Noble, Friendly Ctr., 7 pm. See pg.1 for details.

TO LIST YOUR EVENT, CONTACT BROOKE AT (336) 334-5601 Ext. 217 or brooke.juneau@ncmail.net.



ONGOING MEETINGS AND EVENTS

* **Triad Area Hitch-Up (Hearing Impaired Toddlers and 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. 4th Thursday of each month at College Park Baptist Church, GSO. Contact Kelle Owens 336-275-8878 or kelle@csdhh.org.

* **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/Caregiver Support Group for parents whose child has behavioral/emotional challenges. Last Tuesday of each month from 6:30 - 8:00 p.m. at the TQ office at 115-A South Walnut Circle, Greensboro (off W. Market between Edwardia and Norwalk.) Child-care available by RSVP. A variety of programs & support groups for youth (4-18) at risk for emotional/behavioral difficulties & children of incarcerated parents are also available. Volunteers welcomed, background check required and training provided. Call 547-7460 or view www.tristansquest.com.

* **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. Brooks Global Elementary School, 1215 Westover Terrace, 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. Contact (336) 333-0197 or visit 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.

* **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.

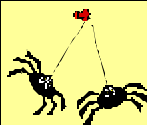
* **Martial Arts Classes for Students with Special Needs:** Steve Adams of the Greensboro Black Belt Academy offers courses in Tae Kwon Do & Women's Self-Defense for persons aged 5 & up with developmental disabilities. For info, call 312-0611.

in other news...

* An innovative model program called the New Voices School is being planned for students with communication and mobility disorders in the Triangle region. The school, which is slated to open in 2010, is intended to promote the effective integration and education of children with complex disabilities in their local communities. At this point it is being developed for students in the Triangle, but the hope is that the model, which involves a combination of public and private funding, will be replicated across the state. Learn more about this program at www.trianglenewschool.com.

* The UNCG Counseling & Consulting Clinic is offering a variety of seminars and services this Fall. Families may schedule individual sessions around issues such as Stress & Anger Management in Children & Adolescents; Elementary Social Skills; and Teen Non-Violence & Relationships. See page 5 for additional groups & events. Contact the Clinic at 334-5112 for more information.

* The Arc of High Point is sponsoring Operation Santa, a gift drive for residents of the Murdoch Center. If you'd like to share some holiday joy with a special individual in the Triad, contact Teresa McKeon at 336-883-0650 Ext. 230 or tmckeon@arc-of-hp.com. ALSO: Access Dental serves the Arc of HP each month to meet the dental care needs of people with developmental disabilities. To schedule an appointment, contact Teresa at the number/e-mail above.



new on the web

* **www.soulsupporter.com** A new website offering guidance and support for families of children with special needs. The site features stories from the new book "Chicken Soup for the Soul: Children with Special Needs," and offers a variety of forums, articles, and other resources.

* **www.osr.nc.gov** This site from the NC Office of School Readiness has a variety of resources for parents and teachers, including information on Head Start and More at Four programs.

* **www.thearcnc.blogspot.com** This blog from the Arc of NC features the latest information on advocacy, policy, and legislation affecting persons with developmental disabilities.

* **www.toysrus.com/differentlyabled** A great selection of toys that are appropriate for children with physical or cognitive differences. Print catalogs are also available in any