



FAMILY SUPPORT NETWORK OF CENTRAL CAROLINA

801 Green Valley Road, Greensboro NC 27408

(336) 832-6507 * support@fsncc.org * www.fsncc.org

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

NEW LOOK—SAME GREAT TASTE!!

We are pleased to unveil our NEW LOGO (above)! After a long search, we selected an original image by Deanne O'Connor, who somehow manages to be an FSNCC Volunteer Support Parent, a professional graphic artist, a great Mom, AND the co-coordinator of our newest group, Club (see bottom right). Be on the lookout for new materials from FSNCC featuring our fabulous new look!

SUPPORT FSNCC WITH GOODSEARCH

Now supporting FSNCC is as simple as using your computer. Each time you conduct an Internet search using www.GoodSearch.com and designate "Family Support Network of Central Carolina" as your chosen charity, we will receive a small donation to help us deliver our many programs and services. Make GoodSearch your homepage today, and do something great with that surfing session.

DOWN SYNDROME NETWORK OF GREATER GREENSBORO:

Please join the DSNGG on **Saturday, May 17th, 4:00-6:00 pm** for a Family Picnic at Jamestown Park & Golf Club, Shelter # 1. 7041 East Fork Rd, Jamestown, 454-4912. Bring a side dish or sweet treat to share!
DSNGG Mom's Nite Out Schedule:
Sunday, May 25th: The Loop, 423 Pisgah Church Rd., GSO. 6:30pm.

Sunday, June 22nd: Macaroni Grill, Friendly Center, GSO. 6:30pm.

Sunday, July 20th: Ben and Jerry's, Shops at Friendly Ctr., GSO. 7:00 pm
To RSVP, or for information on any of these events, contact Lauri Lyn at 856-8968 or nickelhoges@yahoo.com



SUMMER CAMP GUIDES ARE HERE

Beginning to wonder how your kids will be spending the dog days this year? Check out www.fsncc.org for the

Family Support Network's annual Summer Camp Directory, listing day and residential camps serving children with special needs throughout NC. Download a copy directly from the website, or give us a call to request a copy.

MOMS' MEETINGS

FSNCC's support group for mothers of children with special needs will meet 2 more times before going on a short hiatus for the summer. Moms' Group is a warm, welcoming, supportive environment to make friends and share experiences and wisdom. Members new and old are welcome to our events:

Thursday, May 1st: Meet-

ing at the home of Latonia Ellis, 7-9 pm.
RSVP & directions: 315-7262.

Thursday, June 5th: Mexican Night at Casa Vallarta, 6:30-9 p.m. 3915 Battleground Ave., GSO. RSVP: 288-6021
ATTENTION MOMS: Did you forget a black leather jacket at the April meeting? If so, call 334-5601 Ext. 217 or e-mail brooke.juneau@ncmail.net.

MORE FSNCC NEWS ON PAGE 3...

Save a tree! Request our newsletter by e-mail. Just send a message to brooke.juneau@ncmail.net with "newsletter" in the subject line.



NICU NOTES
PAGE 2



for kids with social learning disabilities
(Asperger's, ADHD, NLD, High-Functioning Autism)

day at the park

Saturday May 3, 11:00-2:00

Lindley Park, GSO (Rain date May 4)

Come check out the newest club for kids ages 9-14 with social learning disabilities & their families. Bring a picnic, have fun, & make new friends. For more info, contact Karen Boggis at Kcboggis@aol.com or 315-5445.



NICU NOTES

tribute food for this event, please call our office, or contact our NICU Parent Advisory Council at nicupac@triad.rr.com.



Donations Desperately Desired !!

Can you help Elizabeth's Closet fill its empty shelves? We are in need of **newborn and size 1 diapers** for Elizabeth's

Closet, our storehouse of supplies for eligible families who are leaving the NICU. Your donation of ten dollars will buy a pack of newborn or size 1 diapers for family who needs them! Send your donation to FSNCC and write "diaper drive" in the memo. Or, you may drop a pack or two in our office across from NICU at the Women's Hospital of Greensboro.

We are also in dire need of **Boppy pillows**. The price of these special positioning pillows has risen quite a bit, putting them out of reach for many families. If you have a gently used Boppy pillow and would like to donate it to help another family, please contact us.

We are also seeking donations of gently used **Beanie Babies** to help fill our SibKits for brothers and sisters of babies in the NICU. Small gifts like these can mean so much to a child whose family is experiencing the stress of a stay in the NICU. If you are ready to clear out your collection, please let us know!

Last but not least, we are also in need of gently used **head molding helmets**. Many insurance plans do not cover the costs of these special helmets. Please let us know if you have one to share with another family. *Thank you!!!*

Help Wanted

We are looking for someone who can help us make a short DVD to be used at our NICU special events. Several times a month, we host an event for current

NICU families to give them the opportunity to learn more about our services, meet each other, get some encouragement from a graduate family, and more. We need a DVD that highlights the stories of a few families for events when we could not find a graduate family to join us. If you have this talent to film and edit a DVD and would like to help, please email Nancy at nancym@fsncc.org.



Adopt-a-Frog

FSNCC is involved in a new campaign to support families in the NICU. The Adopt-a-Frog program allows donors to provide an important positioning aid for the smallest preemies. "Frogs" provide comfort and safe positioning during babies' stay in the NICU. Your donation of \$15 will provide a family in the NICU with this special piece of equipment for their baby. Donors may send a check to our office with "Adopt-a-Frog" in the memo, or visit www.adoptafrog.com. Check www.fsncc.org over the next few weeks for more links & information.

A Word of Praise is Never Wasted

Our Next NICU Staff Appreciation Event is set for Thursday, May 15th from 6-8 pm. We welcome words of thanks from families. Please send your comments to nancym@fsncc.org and we will post them at the event for staff to enjoy. They can be for a specific staff person, or generic. Please include your name, your baby's name, and date of birth. If you would like to con-

Kidstock Fundraiser Picnic

MOMS' Club East of GSO is planning an exciting fundraiser to benefit FSNCC on Saturday, May 31st at Bur-Mil Park, Shelter #2, at 10 a.m.-1 p.m. All FSNCC families are invited to participate. The Club will be collecting baby care items for Elizabeth's Closet; offering a catered picnic lunch for a small fee; and selling t-shirts with the KIDSTOCK logo (available with pre-order). All proceeds will benefit FSNCC. To pre-order a shirt, contact Shannon Lopez at 545-3030; contact Tanya Lammers at tanja_lammers@yahoo.com to RSVP for the event. Many thanks to MOMS Club for offering this special event!!



Nathan Pettus makes a new friend at our 2008 Spring Fling at the Greensboro Children's Museum. Over 220 guests & volunteers helped make this social event for NICU grads, kids with special needs, and their families a great success. Many thanks to our Board for yet another job well done!! Thanks also to the many families who brought diaper donations for Elizabeth's Closet.

the Link

MANY THANKS FOR YOUR SUPPORT

All of us at FSNCC would like to say THANK YOU, from the bottom of our hearts, to the many families and friends who responded to our 2008 Pledge Drive. We raised over \$5500 thanks to your generosity. Your kindness makes it possible to serve our region in so many ways. We literally couldn't do it without you!

TRAINING: "STEPS TO ACCEPTANCE"

What happens within a family when a child is diagnosed with special needs? This workshop will help families to understand and reflect upon their emotional responses to their child's diagnosis, and will enable caregivers to gain an empathetic perspective to enhance their relationships with families. CEUs available. Monday, June 9, 6:30 – 8:30 pm. Guilford Child Development, 1200 Arlington St., GSO. Free to parents; \$10 for child care providers requesting 2 credit hours. Pre-registration required. Call 369-5023

(Training Unit) to sign up by Monday, June 2.

THANKS, NEW SUPPORT PARENTS!

FSNCC would like to extend our sincere thanks to **Willie Johnson, Marsha Wright, Paul & Anita Peterson, and Deborah Taylor** who joined our family of trained Volunteer Support Parents in April. We appreciate their generosity and willingness to assist other families! To learn more about becoming a Support Parent, please give us a call.

RANDOLPH COUNTY AUTISM SUPPORT GROUP

Finally, there's a support group for families of children with autism in Asheboro! Please join this new group on the third Thursday of each month at the Early Childhood Development Center (ECDC), located at 1738 N. Fayetteville St. in Asheboro. Meetings run from 6:30-8:00 p.m. Child care is provided on-site with RSVP. For more info, contact Brooke at 334-5601 Ext. 217 or brooke.juneau@ncmail.net. ***This group needs volunteers to assist with child care— please call if you can help!!***

Music Academy of N.C. Offers Summer Music Camps for Children with Special Needs



* Monday - Wednesday, June 16th - 18th, 9am - 12 noon daily
* August afternoon camp dates: TBA

Enrollment is limited to 10 campers. For details & an application, please contact Laura Holley: lauraholley@musicacademync.org OR 379-8748, ext. 103. Full scholarships are available due to a generous grant from the Moses Cone - Wesley Long Community Health Foundation. The Foundation focuses on developing programs & providing resources to enhance the overall health status of the greater Greensboro community.



Transition to Preschool Services

Make the move from Early Intervention to Preschool Special Education services without missing a beat. Learn all about IEPs; parents' rights; advocating for services; and much more. This workshop is offered at no charge to families.

Tuesday, June 3rd, 6:30-8:00 p.m.

For location & registration, contact Brooke at (336) 334-5601 Ext. 217 or brooke.juneau@ncmail.net.

Brought to you by:

*The Exceptional Children's Assistance Center
The Family Support Network of Central Carolina
The Children's Developmental Services Agency (CDSA)
Head Start of Guilford County*



The Exceptional Children's Assistance Center (ECAC) and FSNCC present:

HOW TO BE AN EFFECTIVE HEALTH CARE ADVOCATE

Tuesday, May 27th 6:30-8:30 p.m.

Women's Hospital of Greensboro, Education Center, Classrooms 1 & 2
801 Green Valley Road, Greensboro 27408

Don't miss this FREE workshop designed for families of children with special health care needs. Topics will include:

- * What is advocacy? * What are the "4 Steps" to effective health care advocacy?
- * What is a Medical Home? * What skills are required to advocate?

* Increase your knowledge on communication skills, listening, negotiating, documentation and record keeping.

Dinner will be provided. To RSVP, contact Brooke at 334-5601 Ext. 217 or brooke.juneau@ncmail.net.

FOUR-COUNTY CALENDAR

ROCKINGHAM

***SAVE THE DATE!** Rockingham County Schools' Preschool Program is planning to host a St. Jude Children's Hospital Trike-A-Thon on May 20 at Freedom Park in Eden. The event begins at 8:30; fun activities are planned throughout the day. Bring a picnic lunch and your child's trike & helmet. Interested participants may contact Andrea Hancock: 427-3266.

RANDOLPH

***SPECIAL EVENT!! 2nd Annual Randolph Agency Fair.** Don't miss this opportunity to learn all about programs serving children and families in Randolph County. Thursday, May 15th from 11-2 and 4-6. Asheboro City Schools Professional Development Center, on the campus of Asheboro High School For more information, contact William Thomas at 625-1076 or william.h.thomas@ncmail.net.

* Lowe's Foods of Archdale will host an Autism Awareness event on Sunday, May 10th . Come on out for a hot dog lunch, free printed information, a fire truck, and many more activities. Proceeds benefit the new DreamCamp at UNCG for children with Asperger syndrome. Camp info: 334-5662 or meganwhite@northstate.net.

***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 Brooke at 334-5601 Ext. 217 or brooke.juneau@ncmail.net.

*The Asheboro Youth & Family Support Group, serving families of children with mental illness, meets the second Tuesday of each month from 6 - 8 p.m. at Asheboro Friends Meeting on 230 E. Kivett St.

The Archdale Youth & Family Support Group, serving children with ADHD and their families. Meets the 4th Tues. of each month, 6-8 p.m. New Covenant Lutheran Church.

Grandparents Group offers support to grandparents raising grandchildren. Meets the 1st Thursday of the month. *For info on these groups, contact Vickie Wilson at 629-9550.*

***REACH Group** for family or friends of persons with mental illness. Meets the 2nd Tuesday of each month, 7 p.m., at the MHA office, 513-D White Oak Street, Asheboro. Free; no need to pre-register. For information on REACH & other support groups offered by the MHA, call Chris Corsbie at 625-5551.

ALAMANCE

* Burlington Recreation & Parks Special Populations Unit will host a **SPRING PROM** on May 6th from 6:30-9:00 p.m. at Thataways Youth Center. For info, call 222-5134 or visit www.BurlingtonNC.gov/recreation.

* The Burlington Royals Baseball Club will host Autism Awareness night at Burlington Athletic Stadium on Saturday, June 21, 6:30 p.m. The Autism Society of North Carolina has partnered with the Royals to offer a pig-pickin' ticket package for this special game. Tickets will include admission to the game as well as a catered BBQ dinner from Hursey's BBQ. The BBQ will begin at 5:30; families & kids will be able to get autographs from Royals players and enjoy the game from a covered picnic area. Fireworks show following the game.

* **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 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 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, and at Mackintosh on the Lake. For programs and enrollment information, call 336-329-9573 or e-mail mgornito@triad.rr.com.

CASWELL

Are you interested in connecting with other Caswell County families who have children with special needs? Interested in support groups, but unable to drive all the way to Greensboro for a weeknight meeting? FSNCC is here to help. If you'd like to participate in an event for Caswell county families, call Brooke at 334-5601 Ext. 217 or e-mail brooke.juneau@ncmail.net.

COMMUNITY CALENDAR: GUILFORD COUNTY, SPRING-SUMMER '08

***Note:** Many of these events, including **ALL** events of FSNCC, are open to families throughout our service area.

MAY

1st: FSNCC Moms' Group, 7:00 p.m. See page 1 for details.

4th: "Praying with Lior." Free showing of acclaimed documentary about a child with Down syndrome with remarkable religious faith. Temple Emmanuel, 1129 Jefferson Rd., GSO. Showings at 4:00 and 7:00 p.m. Read more at www.prayingwithlior.com.

7th: Children's Mental Health Resource Fair. Presented by the Guilford County Children's Mental Health Collaborative. 2-6 p.m., Westminster Presbyterian Church, GSO. Info: 666-4962 or LSalo@guilfordcenter.com.

8th: Creative Expressions Art Studio of the Arc of High Point presents its 3rd Annual Silent Auction. 6-8 pm, Swaim Design Center, 411 S. Main St, HP. Info & RSVP: 883-0650 Ext. 230.

9th-10th: NC PTA Conference. Sessions pertaining to exceptional & gifted children will be offered on both days, and will include a review of the recent EC survey; advocacy tips; and much more. Sessions will repeat, so participants need only attend one day. Sheraton Hotel Research Triangle Park. Info & registration: www.ncpta.org.

15th: Sign-up begins for Surfer's Healing Camp for children with autism. Camp to be held at Wrightsville Beach, NC on August 14, 2008. *Slots fill quickly; register early!* Info: (910)270-6222; (910)397-0889 or www.surfershealing.org.

17th: Guilford County Council of PTAs Spring Training. Learn how to become a PTA-EC advocate for your child's school. Info: contact Carla at 676-4403 or suttonc@bellsouth.net.

17th: Family Leadership Institute: Parents as Leaders Impacting Health Care Policy. 9 am-4 pm, Holiday Inn GSO Airport, 6426 Burnt Poplar Rd. B'fast,

lunch, snacks & materials provided at no charge. Registration deadline May 9. Info: 1-800-

962-6817 or hic@ecacmail.org.

17th: DSNGG Family Picnic. See page 1 for details.

24th: 3rd Annual Drake Naylor Invitation skeet competition, sponsored by Shane's Sporting Clays, 6391-B Hwy. 158, Summerfield. Proceeds benefit the Greensboro Cerebral Palsy Association's Infant Toddler program. Registration begins @ 8 a.m. Info: 643-7168.

25th: DSNGG Moms' Night Out, The Loop, GSO. See page 1 for details.

27th: "How to be an Effective Health Care Advocate." Free training from ECAC. See page 3 for details.

31st: Kidstock Picnic to benefit FSNCC, GSO. See page 2 for details. #

JUNE

3rd: "Transition to Preschool Services." Learn all about the move from CDSA to Preschool Special Education Services. See page 3 for details.

4th: Green Our Vaccines Rally, Washington, DC. Opportunity to show support for changes to standard course of vaccinations in early childhood, including removal of mercury-derived preservatives. Info: www.tacanow.org or momsagainstmercury.org.

5th: FSNCC Moms' Group, 6:30. See Page 1 for details.

9th: "Steps to Acceptance" training for parents & service providers. See page 3 for details.

12th: "Making Books Talk for Beginning, Struggling, and Non-Readers." Learn about the latest in assistive technology to enhance literacy and engagement with books. 9:00-3:30, Children's Center School, W-S. Register by May 30th. Info: 888-433-5303 or registrations@atworkshops.com.

16th-18th: Summer Music Camp for children with special needs at the MANC. See page 3 for details.

21st: The Arc of HP presents Wingfest '08. 10:00-2:00. Come watch local restaurants compete for bragging rights to the best wings in the Triad. Piedmont Triad Farmer's Market, 2914 Sandy Ridge Rd., Colfax. Info: Teresa McKeon, 883-0650 Ext. 230.

22nd: DSNGG Moms' Night Out, Macaroni Grill, GSO. See page 1 for details.

JULY

11th: Accessible Festival 2008. Food, games, entertainment, and free rides in the world's first wheelchair-accessible hot air balloon! (Rides will also be offered on the 12th.) Performers needed for festival showcase. Bolton Park, 1590 Bolton St., W-S. Info & hours: 714-9136.

13th-15th: The American Association of Home-Based Early Interventionists offers "Relationship-Based Early Intervention" conference for families and service providers. The Lodge at Simpsonwood, Norcross, GA. Info: (413)314-2270 or www.aahbei.org.

20th: DSNGG Moms' Night Out, Ben & Jerry's, GSO. See page 1 for details.

No words reveal to me

Your secrets

Your joy

Your pain

But there is a flame

A light in your eyes

Another world

within your silent smile

- Donna Austin



IN OTHER NEWS...

* **Beyond Academics** is a progressive transition program for adults with intellectual disabilities at UNCG. Participants are adults determined to reach their fullest potential & live as independently as possible. Students live one block from UNCG while participating in group classes on campus and receiving independent living skills training for 2 years. This program is currently accepting only a limited group of participants; please call if you are interested in helping the program to grow. Info: 274-2880 or www.beyondacademics.org.

* **The Guilford County Council of PTAs has a new website with some great tools. Visit www.guilfordcountyppta.org and click on "Exceptional Children" for**

the Guilford County parent resource guide, archives of the EC Voice newsletter, FAQs, and much more.

* www.NCcareLINK.gov is a new web-based health and human services database of resources across NC. The website offers information and referral services from across the state, providing a single access point to information about government, nonprofit, & some private provider services.

* **The Bubel/Aiken Foundation will accept applications through August 2008 for grants to create programs aimed at fostering inclusion of children with special needs in schools and communities. Grant amounts range from \$1000-\$20,000. Info: (919)882-2152 or www.bubelaiken.org.**

* The NC Chapter of the Alexander Graham Bell Association, the Carolina Children's Communicative Disorders

Program and the NC Cued Speech Association will host the 24th Annual Spring Camp for children who are deaf/HH and their families at Camp Cheerio in Roaring Gap, NC from May 16th-18th. Registrations are due May 1st, though families may call (704) 341-0393 to inquire about additional availability. Info also at: www.hikids.org/springcamp/flyer2008.doc.

* **Communication Services for the Deaf & Hard of Hearing will offer sign language courses from June 9th-July 28th at their new facility, 1175 Revolution Mill DR., GSO. Info: 275-8878 (V), 274-1461 (TTY/VP) or frank@csdhh.org.**

* **NC Families of children with cerebral palsy are eligible for grants from the Durham CP Foundation, assisting children from birth-age 18. Info: www.trianglecf.org/10002042.cfm.**

MORE MEETINGS & 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:** A variety of social skills programs, anger management classes, & support groups for youth (ages 4-18) with emotional/behavioral difficulties & children of incarcerated parents. Parent support groups also available. Volunteers welcomed; background check required and training provided. * **Tristan's Quest is also offering multicultural summer camp sessions for children in K-9th grade. Info: 547-7460 or 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 conversa-

tion & 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. Call 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 883-3481 or 883-3477 to request calendar.

* **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.