



FAMILY SUPPORT NETWORK Of Central Carolina

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

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Farewell Brooke &

Welcome Monica & Jenn!

Please join us in wishing Brooke well as she prepares for the newest Juneau. She has been a tremendous asset to FSNCC, a support to families and professionals alike! Thanks to Brooke we have a comprehensive newsletter, a killer website and a reputation for helping families find the resources they need. We are delighted to announce two new additions to the FSNCC family! Jenn Duke and Monica McGuire have joined our Staff, bringing a wealth of knowledge and experience to our team. Jenn, who has joined our NICU Support staff, is the proud Mommy of 6-year-old Jaxon; 4-year-old twins

Camron and Caden. Jenn first connected with FSNCC during Camron's and Caden's first two months, which were spent in the NICU at Women's Hospital. She has been an active supporter of our programs and a help to many NICU families ever since. You can reach Jenn at our main office, 832-6507, or at support@fsncc.org. Monica is a Registered Nurse

who has long been involved with FSNCC. She and her husband James are the proud parents of Connor, age 3, who attends Gateway Education Center. Monica is our new Liaison to the CDSA. Monica can be reached at 334-5601 Ext. 217, or at monica@fsncc.org.

We count ourselves as VERY fortunate to have brought these two wonderful Moms on board!

2009 Holiday Jamboree

Many thanks to all of the fami-

Southwest & Grimsley High Schools, Jack & Jill of Greensboro, and other individuals and organizations. Thanks to you all, HJ is one of the highlights of our year!!

Support FSNCC at Rioja!

Please invite your friends and join us on Wednesday, February 10th for a wine tasting to benefit FSNCC! The event will be held from 5-7 p.m. at Rioja Wine Bar, located at 1603 Battleground Ave. (near Starbucks & Ghassan's). Rioja will be featuring some great wines and hors d'oeuvres. Admission will be \$5 per person, with all proceeds benefitting FSNCC. Hope you can join us!



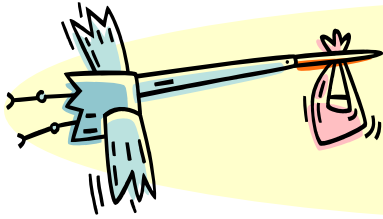
Our team at Holiday Jamboree. L-R: Monica McGuire, Brooke Juneau, Amy Stowers, Jenn Duke, Lisa Shoffner, Nancy Micca, & Andi Ives

lies and volunteers who helped us to create yet another successful Holiday Jamboree! Approximately 550 people came out to enjoy the food, games, crafts, photos... and, of course, time with Santa. This event would not be possible without the support of our generous volunteers, including those from the Junior League, the CDSA, UNCG,

Triad's cutest kid to be #1 model! Professional photo sessions are being offered through the end of February, **with all proceeds benefitting FSNCC!** The winner will receive a prize package valued at over \$1000; several smaller prizes are also up for grabs. Call 327-2673 or visit AForgetMeNotMoment.com and click on "Blog."

Cutest Kid Photo Contest and Fundraiser

Forget Me Not Photography & Boutique is looking for the



NICU Notes

News from the Nursery



Little Colleen Faith Holt has her very first meeting with Old Saint Nick

Holiday Happenings in the NICU

On Tuesday, December 22nd, 2009, the NICU hosted a very famous visitor from the North Pole! Adorable keep-sake photos were taken of Santa with all the babies by Mike Gillespie, a NICU Graduate parent and member of FSNCC's Executive Board and NICU Parent Council. Assistant elves were June Covington, NICU/RN, and our own Nancy Micca. Beautiful blankets were provided by Newborns in Need; holiday hats were provided by the Women's Hospital Ladies' Auxiliary; and stuffed bears by the McKinney family and anonymous donors. Many thanks to Randy Beck, Nutritional Representative, for serving as our NICU Santa for many years!

On December 17th, a Holiday Luncheon was held for current NICU families. There was great food, lots of treats, and the opportunity to meet veteran NICU families and share stories. THANK YOU to the NICU graduate parents who contributed to this event: Paula Bruno shared her story (her daughter Francis was born in 2002 at 25 weeks gestation) and brought a beautiful floral arrangement for a door prize. Cari Powell (Mom of Benjamin, born at 29 weeks in 2006) also shared her story and provided a warm holiday meal. Many thanks also to Bayada Nurses of Greensboro for bringing dessert and wonderful gift baskets (pictured at left) full of goodies for all the families in attendance.

FSNCC's NICU Parent Council

Calling all NICU graduate families!! Are you in a place where you would like to give back? If so, we have lots of opportunities for you. If you are interested in helping out with any of the activities below, please e-mail us at support@fsncc.org.

Comfort Food for families: Please let us know if you would like to provide food for one of our events for current NICU families. We are in the process of creating an e-mail group so that we can easily send information about dates that food is needed.

Staff Appreciation Events: We host these events several times a year, providing additional opportunities to provide food and other treats for our Staff.

Friend of Elizabeth's Closet: Are you involved with a group that is seeking service projects? Please consider a supply

(Continued, page 3)



Jaime Buckridge (left) and Liz Kerly of Bayada Nurses

(NICU Notes, continued from page 2)

drive for Elizabeth's Closet, our storehouse of baby care supplies for families in need who are leaving the NICU. We are currently in need of new and gently-used clothing, sizes preemie through 3-6 months. We can also always use diapers, wipes, onesies, towels, baby/hypoallergenic laundry detergent, and other baby basics. Please contact us for more information.

Adopt a Frog: This 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 provides a baby in the NICU with his or her very own Frog. Donors may send a check to our office with "Adopt-a-Frog" in the memo line, or visit www.adoptafrog.com to make a secure donation online. **Please note:** If your baby is a NICU grad with a Frog positioning aid at home, please remember NOT to place it in an open crib with your baby, to avoid the risk of SIDS. For guidelines on the safe use of your Frog at home, please visit us at www.fsncc.org and click on "NICU Services."

Caring for baby during RSV season

To get a free red stop sign for your baby's carrier that reads "Please Wash Your Hands Before Touching Mine," plus a free "Helping Hand" germ prevention kit, call 1-800-596-6859 or visit NICU-friendly website: www.BornEarlyProtection.com.



Sibshops Updates

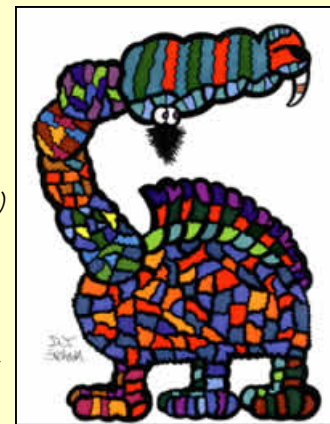
Our Sibshops program, for brothers and sisters of children with special needs in grades 2-6, just seems to get better every year! This year we have been exploring lots of different ways to express ourselves through art. The children have made pottery, decoupaged frames for photos of their sibs, worked on collages, and much more. Our guest artist for January was D.J Svoboda, a young adult with autism who first began exploring art as a means of coping with bullying during his school days. Today, D.J's colorful "Imagifriends" characters have found their way onto storybooks, coloring books, puzzles, prints, and much more. D.J. took the Sibshops participants for a tour of "Imagiville," where the only rules are kindness, understanding, and acceptance of differences. Many thanks to D.J. and his Mom, and to all of the great guest artists who have given their time to make Sibshops such a special program this year!!



Our final two dates for the 2009-2010 session will be:
Friday, February 12th
Friday, March 26th

GALS (Girls Appreciating Loved Siblings), for girls in grades 6 & up:
Friday, February 29th
*Friday, March 19th (*meeting location TBD—contact us for information*)

All sessions are 6:30-8:30 p.m. at St. Paul the Apostle Catholic Church, 2715 Horse Pen Creek Road in Greensboro. Cost is \$10 per child for each session. Scholarships are available for qualifying families. To learn more or register, contact us at 832-6507 or support@fsncc.org.



D.J. Svoboda's "Mupporezmo" sees things from a different perspective

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. We are very excited to offer presentations from two nationally-recognized authors and speakers for our Spring 2010 sessions!

March 23rd: Dr. Kevin Murphy, Licensed Psychologist based in Massachusetts, specializing in assessment & treatment of adult AD/HD.

May 25th: Dr. George J. DuPaul, Professor at Lehigh University, specializing in AD/HD in Schools. Specific topics will be announced as the meeting dates approach. All meetings are held from 6:30-8:30 p.m. at Trinity Church, Meeting Room 10, 5200 W. Friendly Avenue. Stay on top of this great support group at its new website: www.adhdgreensboro.org.

* Many thanks to the Kernodle Middle School PTA for providing refreshments for our February meeting!

DADS' GROUP

A casual support group for fathers with children of any age, with any type of special needs. New members welcome! Full menu always avail-

able; dining optional. *Please note: meeting locations are subject to change in the months ahead.* Please contact Monica for current meeting information.

Monday, February 15th: Natty Greene's Brew Pub, 345 S. Elm Street, GSO. LOFT. 7-9 p.m.

March 15th & April 19th: Locations TBA



MOMS' GROUP (Pictured above at our December Ornament Swap.) Our informal support group for mothers with children of any age, with any type of special needs welcomes members old & new. First Thursday of each month, 7:00-9:00 p.m. Next meetings:

February 4th: Home of Angie Lang

March 4: Hosted by Ida Shaw

April 1st: Pottery night, home of Jennifer Kilty

Please contact Monica for more info or to RSVP.

SENSORY PROCESSING DISORDERS

Our newest support group, for families of children with sensory processing disorders. We

are currently finalizing details on two informative sessions for the Spring:

March 18th and May 20th, 6:30-8:30 p.m. For topics and locations, please contact Monica or visit us at www.fsncc.org.

DOWN SYNDROME NETWORK OF GREATER GREENSBORO

Join the DSNNGG for lots of great events for families of children with Down syndrome this Spring! For more information or to RSVP to any of the

following events, please contact Lauri Lyn at 856-8968 or nickel-hodges@yahoo.com.

February 27th, 7:00 p.m.: Couples event! A great opportunity to get Moms & Dads together. We will meet at a local restaurant and have some food and fun. \$10 cash will be given to each couple

to assist with babysitting/meal cost.

March 7th, 4-5:30 p.m.: Family event at Tumblebees. Plan to bring your whole family and enjoy this special afternoon full of fun, tumbling, and snacks. Tumblebees is located at 6904 Down Wind Road, near the corner of W. Friendly and W. Market St. Phone, 665-0662.

Don't forget to RSVP!!

March 18th, 7:00 p.m.: Moms' Night Out. PF Chang's Shoppes at Friendly Ctr., GSO

April 11th, 3:00 p.m.: Moms' Sunday Afternoon Tea, O'Henry Hotel Lobby, 624 Green Valley Rd., GSO.

SIBSHOPS & GALS

Please see our column, pg. 3.

FOUR-COUNTY CALENDAR

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.

*** 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). Call 584-2066 or e-mail lightfj1@aol.com.

caswell county

WINTERFEST is coming!! Don't miss Caswell county's annual event, featuring dinner, fun & games for the kids, and information from an array of agencies and organizations serving families in Caswell county! This year's event is being planned for early March. Be on the lookout for information to arrive from your child's school as details are finalized.

randolph county

* Asheboro City Schools and Randolph County Schools Exceptional Education Services will be hosting a **"Post-School Services Provider Fair"** on Wednesday, March 10, 2010 from 4:00 - 6:30 pm at the Asheboro City Schools Professional Development Center, located behind Asheboro High School at the intersection of Walker Avenue and Church Street. This event is designed primarily to be of service to fami-

lies of students with disabilities, particularly at the middle and high school level. Local & state-wide organizations will be available to assist and inform parents, students, educators, and administrators about opportunities during and after high school. For more information, contact Carol Von-Cannon, EC Program Director, Randolph County Schools at 336-318-6060 or Pam Johnson, EC program Director, Asheboro City Schools at 336-625-5104.

*** 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.

*** Support groups** for grandparents raising grandchildren, youth with behavioral/emotional or mental health challenges & their families, and many other services are offered by the Randolph Family Support program. Contact Vickie: 336-629-9550 or vickiew336@embarqmail.com

rockingham county

A new Resource Directory has been developed for Rockingham county families of children with special needs. This brochure, which can be downloaded and printed from your computer, lists information on agencies throughout Rockingham County that provide services to children with special needs and their families. To get your copy, please visit our website at www.fsnc.org; click on "Community Resources," then "Rockingham County."



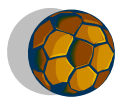


links

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.*



TOPSOCCER IS BACK!

The GYS TOPSoccer program gives young athletes with disabilities, ages 4-8, the opportunity to play soccer. This program is uniquely tailored for children who have cognitive or physical disabilities. Practice and games start Sunday, March 21st. This 6-week program meets each Sunday at the Leonard Recreation Center at 6324 Ballinger Rd. in Greensboro. Session I meets from 2-2:45; Session II, 3-3:45. Each player will be paired with their very own soccer buddy. Registration is \$45 and is open from 1/28 to 2/28. Visit

www.greensborosoccer.org, click "Programs," and follow the links to the player registration page. For further information call Dionne at 336-218-8117, or email any questions to: gystopsoccer@officeliveusers.com.

UPCOMING EVENTS FROM AUTISM SOCIETY OF NC

*** February 3rd, 9:30 a.m.-12:30 p.m.:** Free workshop *in Spanish* at Triangle Lake Montessori School in High Point. Topics will include features of autism & community services. Registra-

tion required; child care available. Please contact Maggie Hanfink at 336-329-9299.

***Friday, February 26th, 6:30-8:30 p.m.:** The Guilford County chapter of the ASNC will offer a Summer Camp/Services Fair at Brooks Global Elementary School, 1215 Westover Terrace in Greensboro. This meeting will feature representatives from area camps, as well as organizations that offer summer services that cater to or include adolescents on the autism spectrum. Agencies will include ABC of NC, Camp Ann, Camp Royall, Foundations 2 Transitions, Camp FreeSpirit, and more. Child care is available *with RSVP*. For more info, contact Chris at 336-854-9497 or e-mail asnccg@gmail.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*. Informal parent coffee breaks are also offered monthly. For more info, contact Chris at 336-854-9497 or e-mail asnccg@gmail.com.

NEW HOME FOR FOUNDATIONS 2 TRANSITIONS

The former Foundations 2 Transitions, a program serving children and teens with autism, has merged its services with Lindley Habilitation. Families may now visit F2T at www.lindleyhabilitation.com and look under "Autism Therapy Services" for information on Social Skills Therapy Groups,

Afterschool Social Programs, and, coming soon, information and applications for state of the art summer camps.

VICTORY JUNCTION CAMP ACCEPTING APPLICANTS

Victory Junction, located in Randleman, NC, offers spring Family Weekends and week-long residential summer programs for kids with disabilities or chronic illness—all offered at no cost to families. A sibling session is also planned for Summer 2010. Applications are currently being accepted. Visit www.victoryjunction.org to learn more and apply online, or call 336-498-9055 to speak with a Camper Recruiter.

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. Sibling sessions are occasionally offered. 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.

WINTER SPORTS FOR CHILDREN WITH SPECIAL NEEDS

High Point Parks & Recreation's Special Populations Unit offers a wide range of sports & recreational activities for children and adults with special needs, *(continued, page 7)*

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including a bowling league, cheerleading, dances, shopping & dining outings, and much more. For more information, call 883-3481, or find a link to the program schedule at our website: www.fsnc.org.

"IN SUCH A TIME AS THIS" MARCH CONFERENCE

The Community Resource Alliance, NC Council on Developmental Disabilities, and the Association of Self Advocates of NC will sponsor a conference March 7-9 at the Sheraton Imperial Hotel in Durham, focusing on ways to cope with current budget and service cuts and plan for the future. Features a wide variety of speakers & topics related to life with disabilities, including community inclusion, relationships & sexuality, person-centered planning, and much more. Discounted registration before Feb. 26th. To learn more, visit www.craconferences.com.

AFTER-SCHOOL CARE FOR KIDS & TEENS WITH AUTISM

* The Autism Society of NC's Triad office is starting a new after-school program for children aged 12-17 with ASD at their facility at 810 Warren Street in GSO. Services will be offered from 2:30-6:30 each day, and will offer small group sizes and individualized care. Participants must be on the waiting list for CAP-MR/DD. Program will not operate on teacher workdays, school breaks or holidays. For more information, contact Tom Anderson at 509-3595.

* Foundations 2 Transitions: see item on page 6.

* Lifespan and the YMCA of Greensboro also offer a specialized after-school care program for children ages 5-12 with autism spectrum disorders who are currently on the waiting list for CAP services. The program is currently available at the Hayes-Taylor YMCA, and hopes to expand to additional locations in the future. Standard rates for the Y's after-school programs apply; DSS vouchers may be used. For more information, or to be added to the waiting list for the forthcoming programs, contact Brooke McPherson at 513-4250.

AUGMENTIVE COMMUNICATION CONFERENCE

This event will bring together users of augmentative and alternative communication (AAC) and assistive technology, family members, and professionals. "ACC Across the Lifespan", celebrates 27 years of excellence and innovation in augmentative communication in NC. February 25-26, 2010. Raleigh Marriott City Center, Raleigh. Please RSVP by Tuesday, February 16. For more information, call 919-616-6891 or e-mail janeradford@gmail.com.

SOCIAL SKILLS DEVELOPMENT AT ICAN HOUSE

Winston-Salem's iCan House will host a 12-week social skills training course for young adults with autism spectrum disorder. *Real World Humanities II: Conversation & Communication Skills for Everyday Life* is a co-ed course during which participants develop skills to increase their comfort and effectiveness in conversational

situations. Participants will study others in conversation, learn tips and tricks on how to navigate through conversations, and have ample opportunity to practice what they are learning in a safe, scaffolded environment. Plus, an added bonus is the benefit of fun interactions with peers while making new friends along the way! February 24th-April 29th, 7-8:30 p.m. For program fee, location & registration, please call 336-723-0050 or visit www.icanhouse.com.

REGIONAL COALITIONS MERGE TO BETTER SERVE COMMUNITY

Guilford CARES is a coalition among the Developmental Disabilities, Mental Health, and Substance Abuse communities to represent one voice, promoting empowerment through advocacy, education and support. The Guilford County Substance Abuse Coalition, a local non-profit that was formed in 2002 to address the growing substance abuse problem within our community, has merged with the Guilford County Mental Health Coalition. The new coalition will be known as Guilford CARES, and it will bring together the Developmental Disabilities, Mental Health, and the Substance Abuse communities to represent one voice promoting empowerment through advocacy, education and support. "Along with this name change, the merger brings a change in focus", explains Vic Nussbaum, Guilford CARES Executive Director. "This move will allow us to better coordinate action and advocacy across all three disability (Continued, page 8)

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areas, as well as to create a significant sustainable organization that will better serve our community. This is good for consumers, good for our private and government funders, and good for stakeholders." For more information about Guilford CARES contact Vic Nussbaum 336-274-7446.

ACCESS & EQUITY CONFERENCE AT UNCG

"Access, Equity, & Inclusion: Removing Barriers in Education for Individuals with Disabilities" will be held February 13th, 9:00-2:30 in the Cone Ballroom at Elliott University Center, UNCG. This is a free event; lunch & parking are provided. The public is welcome. Topics will include special education law; autism & higher education; assistive technology; one family's story of advocating for a child with cerebral palsy; and much more. For more information or to register, call 336-315-7418 or visit www.uncg.edu/soe and click on "Access & Equity Committee;" scroll down for conference info.

CAMP ROYALL OFFERS FAMILY FUN DATES FOR SPRING

Camp Royall will be open to all families in NC who have a family member on the autism spectrum on February 14th, March 14th, and April 11th from 10 a.m.—3 p.m. Access to the gym, playground, arts and crafts, and other camp related activities will be available. There will be staff members on site to help guide activities. Come enjoy a fun day of recreation and leisure in a happy and safe setting! Bring

a snack or picnic lunch; a small concession stand is also available on site. A suggested donation is \$10-20 is appreciated. A new Family Camping Program will also be available beginning in February. For more information, contact Sara Gage at 919-542-1033 or sgage@autismsociety-nc.org.

SENSORY-FRIENDLY SESSIONS AT PUMP IT UP

Pump It Up Inflatable Party Zone, located at 699 Sunshine Way in Greensboro, offers a Private Sensory Night for children with special needs and their siblings on the 2nd Tuesday of each month from 6:30-8 p.m. Ideal for children needing a more "low-key" environment. Cost is \$6 per child. Pump It Up will also host an event for families of children with autism on April 22nd from 5:30-7:30 p.m. Admission for this event will be \$8, with proceeds benefitting the ASNC. For info, call 336-882-7879.

A CHANCE TO SPEAK UP FOR ARTS EDUCATION!

Arts Access NC is conducting a statewide survey of needs related to arts for people with disabilities. There are two versions of the survey:

Survey for People with Disabilities and Their Families:

<http://www.surveymonkey.com/s/Z7DW5LZ>

Survey for Arts Educators and Agency Staff:

<http://www.surveymonkey.com/s/ZVNS3YN>

You may also request a hard copy to be mailed to you, or you may answer it over the phone by calling 919-271-3001. Arts Access seeks to develop a statewide arts and disability

network to promote opportunities for people with disabilities to experience quality arts education, community cultural activities and nurture individual artistic talent. Information from the survey will be used to develop programming, educator training, and future grant opportunities. In addition to the survey, interviews and focus groups are being developed around the state. Please contact Betsy Jones Ludwig if you would like to participate. Phone: 919-271-3001, email: Betsy@artsaccessinc.org.

TRIAD AREA HITCH-UP (Hearing Impaired Toddlers & Children Have Unlimited Potential)

Supporting families of children with hearing loss, regardless of their chosen mode of communication. Meets monthly; locations alternate between Greensboro & Winston-Salem. Child care available; RSVP required. For more information, e-mail info@triadhitchup.com or visit www.triadhitchup.com.

GENTLY-USED HELMETS NEEDED

If your child has outgrown his or her head-molding or protective helmet, please consider donating it! Many insurance companies do not cover these important pieces of equipment, creating a hardship for many families who need one. Moses Cone Outpatient Rehabilitation collects helmets to distribute to children who need them. Please call Carrie at 271-4840, or make your donation at 1904 N. Church Street in Greensboro. THANK YOU!!

