

## Support Parent Training

Family Support Network of Wake County will be offering a Support Parent Training on Wednesday, October 15, 2008 from 9:30 a.m.—2:30 p.m. The purpose of this workshop is to train parents to support other parents of children with special needs.



This support comes in many forms such as dealing with emotions, resources, information, school issues, eating issues, etc. The list goes on and on. We all know what it feels like to have a child with special needs and to feel so totally isolated. There is nothing more encouraging than talking to someone who has been there and knows how you feel. Many of our support parents are parents who have been supported in the past. They are a little further “down the road” and now feel it is time for them to give back. These parents become support parents so that they can help others at the beginning of their journey. As a support parent myself, I can tell you there is no more rewarding job around.

If you have a child with special needs and/or one who has spent any time in the NICU, please consider attending our workshop on October 15th. I guarantee that you will love your new role as a support parent, knowing that you have helped someone down that long road we all must travel. For more information, please call me at (919) 662-4600 ext. 257.

René Morrison  
Program Director

### Welcome!

FSN/WC has hired a new Program Coordinator – Melissa Gass. Melissa joined our team in August and is ready to assist families in the community. Don't hesitate to give her a call with any questions or concerns.

Welcome, Melissa!

***Cookies and Cocoa for  
Children with Special  
Needs and their Families***

**Save the  
Date**

***Saturday, December 6, 2008  
Good Shepherd Lutheran Church, Raleigh***

### Dear FSN/WC Support Parents.....

About every four years, we update information on the forms you originally filled out when you became a support parent.

As time goes on, our children's needs change and they go on to elementary, middle, or high school. Sometimes there is a new diagnosis, therapy, or medication. FSN/WC needs to be aware of those changes so that we can appropriately match you with referral parents.

In the next month, we will be sending out update forms for you to fill out. Please include any changes and additions that your child or you have experienced.

Thank you so much for being the most vital asset Family Support Network of Wake County has!

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**Saturday, September 27, 2008**

**1:00—5:00 p.m.**

**Koka Booth Amphitheater**

**Regency Park, Cary**

[www.triangleuncorked.com](http://www.triangleuncorked.com)

Join Triangle Uncorked for their fourth wine festival as wine distributors from across North Carolina pour over 300 wines from around the world. Vendors will be on hand to sell art work, jewelry, and wine-associated memorabilia. Entertainment will be provided by various bands and performing groups. Guests are welcome to bring a picnic lunch and lawn chairs to sit and listen to the music. Family Support Network of Wake County (FSN/WC) will be hosting a “Kids’ Activity Center” for the North Raleigh Rotary Club and the Frankie Lemmon Foundation which both support FSN/WC. Tickets are \$25.00 in advance (\$35.00 on the day of the event) and can be purchased from FSN/WC or online at Ticketmaster ([www.ticketmaster.com](http://www.ticketmaster.com)), at any Ticketmaster Outlet, or at The Regency Park Amphitheatre Box Office. Tickets purchased through Ticketmaster will include a handling fee. Call FSN/WC at (919) 662-4600 ext. 257 or e-mail Jodi at [jodi@familysupportonline.com](mailto:jodi@familysupportonline.com) to purchase your ticket today!

To benefit the North Raleigh Rotary Club and the Frankie Lemmon Foundation and the programs they support.

### *Workshop Announcement*

## **Evidenced-Based Practice Of Sensory Integration**

Presented by

**Teresa May-Benson, ScD, OTR/L**

In today’s demanding and cost conscious market, therapists are increasingly required to demonstrate the efficacy of the interventions they use and the practice of sensory integration is no exception. This course will address this important need. This course will provide therapists with key research to support the theory and practice of sensory integration. The key concepts of sensory integration intervention will be presented and research on the effectiveness of SI intervention will be examined and critiqued.

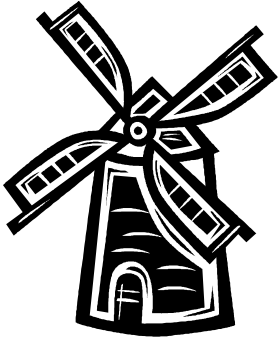
**October 25, 2008 \* McKimmon Center \* Raleigh, NC**

Sponsored by:



#### **Developmental Therapy Associates, Inc.**

- 3524 University Drive, #8 Durham, NC - 919-493-7002
  - 3500 Regency Pkwy, Suite #120 Cary, NC – 919-465-3966
- [www.developmentaltherapy.com](http://www.developmentaltherapy.com)



## Holland Tour Group

Brooks Avenue Church of Christ  
700 Brooks Avenue, Raleigh

Workshop times will be from 7:00—9:00 p.m.

Family Support Network of Wake County is changing the way we have our parent meetings. For the 2008/09 year we will meet quarterly for workshops. The list of topics is below. These meetings will go into more detail and last around 2 hours each. You **must** register for all the meetings. We will **not** be providing childcare this year. To register, please contact René at [rene@familysupportonline.com](mailto:rene@familysupportonline.com) or (919) 662-4600 ext. 257. We also have three “Mom’s Night Out” activities planned.

**October 21, 2008 Positive Behavior Supports** - Presented by ECAC.

Learn skills that will help parents and teachers to identify and understand challenging behaviors while creating an atmosphere for positive change and support. Discover how Functional Behavior Assessments and Positive Behavior Supports can work at school and home.

**January 20, 2009 Care Notebook (Caging the Paper Tiger)**



Parents will learn the importance of and how to keep up with all the paperwork associated with having a child with special needs. Bring your paperwork, IEP’s, doctor’s reports, etc. and we will make books you will be proud to take home.

**February 17, 2009 Mom’s Night Out** - Place/Time/Activity to be determined



**March 10, 2009 Transition from Early Intervention to Preschool**

Presented by the Raleigh CDSA, Wake County Preschool Services, and a parent who has navigated the road to preschool. Everything you need to know about the transition will be presented.

**April 21, 2009 Mom’s Night Out** - Place/Time/Activity to be determined

**May 19, 2009 ROCK SOUP: Reheated! Parents Making Dreams out of Life’s Hard Place** - Presented by Sally Sloop

Come listen to the encouraging story of this mother’s journey over the past 24 years. You will leave knowing that anything is possible! This presentation has been given at conferences more than 350 times across North Carolina and in 25 different states.

**June 16, 2009 Mom’s Night Out - 2nd Annual Picnic**  
Place/Time to be determined



## Rex Healthcare Special Care Nursery Program

Hello Families,

Let me start by introducing myself, I am Melissa Gass, the new Program Coordinator for Family Support Network of Wake County (FSN/WC). I started in August and I have had such an amazing experience working with FSN/WC. As the program coordinator, one of my roles is to serve the families who have babies in the Rex Healthcare Special Care Nursery (SCN). At the SCN, I will be providing families with information, resources, and referrals to community agencies as well as offering parent-to-parent matching.

The SCN nursery is staffed by nurses and neonatologists experienced in caring for preemies and critically ill babies. Neonatology services are available on-site 24 hours a day.

Prior to working for FSN/WC, I interned at UNC – Newborn Critical Care Center with the Family Support Specialist. I hope to bring the knowledge that I gained at UNC to Rex, and I will continue to provide the best family-centered care possible.

I look forward to meeting and talking with our wonderful families in Wake County. If you have any questions or would just like to talk, please feel free to call me at 662-4600 ext 257.

Melissa Gass  
Program Coordinator



### 20th Annual Leo M. Croghan Conference on Developmental Disabilities

Monday, December 8, 2008

Sheraton Imperial Hotel  
Research Triangle Park

For more information contact Wake AHEC at  
(919) 350-8547 or  
<http://www.croghanconference.org/>

### Donations through Triangle United Way

Family Support Network of Wake County is listed with Triangle United Way as an additional giving option in this year's campaign. Family Support Network of Wake County is eligible to receive designated gifts. Please be sure to add "Wake County" to your donation to ensure that we receive your gift. For FSN/WC's code number call us at (919) 662-4600 ext. 257.

## Make Miracles Happen Gala Auction

The Miracle League was first formed in Conyers Georgia in 1998 to provide children with special needs the opportunity to play baseball. The principle was simple, "Every Child Deserves a Chance to Play Baseball".

In 2004 the Miracle League of the Triangle was established under the leadership of local businessmen Robin Rose and Tony Withers. A partnership with the Wake County School system and tremendous local community support enabled a field to be built at Adams Elementary School in Cary, NC.

In the fall of 2006 the Miracle League opened their first season with over 100 players. The league has been so well received that it is anticipated there will be nearly 250 players in four Divisions in the fall 2008 season.

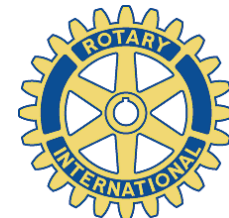


Gala Auction  
Thursday Evening  
October 9, 2008

The Matthews House  
317 West Chatham ~ Cary, NC

Silent Auction – 5:30 p.m.  
Live Auction – 7:00 p.m.

(Complimentary Hors d'oeuvres and Wine)



For more information, to become a sponsor, or purchase tickets contact Tonya Wright 919-678-0778

*Sponsored by Cary Page Rotary  
To benefit Miracle League of the Triangle and The Caring Place*

## New CAP-MR/DD Tiered Waivers

The current waiver from the Centers for Medicaid and Medicare Services (CMS) will expire on October 31, 2008. The CAP-MR/DD Waivers will be set up using two tiers. Those tiers are listed below. This information was developed to foster a better understanding of the new CAP-MR/DD Waivers. This information is not complete and is subject to change and approval by CMS. For the most current information, go to the NC Division of Mental Health, Developmental Disabilities and Substance Abuse Services at [www.ncdhhs.gov/mhddsas/cap-mrdd/index.htm](http://www.ncdhhs.gov/mhddsas/cap-mrdd/index.htm).

### SUPPORTS WAIVER (Tier 1)

Tier 1 is for those individuals with autism, developmental disabilities, or mental retardation who live in their **own home** or **reside with their family** in the State of North Carolina and who **receive or may need a low intensity of support**.

- **Self-direction** of services is an option in this waiver.
- **Supports Intensity Scale** required for people who choose to “self-direct”.
- Will not include Residential Supports
- Resource Allocation required in self-direction.
- This waiver may include a wide array of services.
- Waiver will have a cost limit.

### SUPPORTS WAIVER (Tier 2)

Tier 2 is for individuals with autism, developmental disabilities, or mental retardation who live in their own home, reside with family, or receive residential supports in a community congregate setting in the State of North Carolina and for individuals who experience severe medical fragility, and/or severe behavioral challenges.

- **Self-direction** is **not** an option in this waiver.
- Current and new proposed services will be available within this waiver.
- The new services specifically designed to address medical and behavioral conditions will be proposed
- Waiver will have a cost limit. Individuals must be able to be served within the financial maximum.

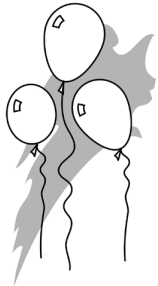
### Book Review

#### **Road Map To Holland: How I Found My Way Through My Son's First Two Years With Down Syndrome by Jennifer Graf Groneberg**

The following review was written by Emily Perl Kingsley, author of the original “Welcome To Holland” story.

*“What a remarkable book! With excruciating candor and exquisite generosity, Jennifer Graf Groneberg invites us into the deepest privacy of her innermost thoughts, feelings, fears, challenges, and triumphs. Nothing is left out in this amazingly intimate and profound journal. She allows us into every nook and cranny of her life and we find ourselves firmly ensconced in her heart”*

-Emily Perl Kingsley, national spokesperson and advocate for people with disabilities and author of “Welcome To Holland”



## Special Needs Children's Fair

Saturday, September 20, 2008  
10:00 a.m.—1:00 p.m.

Games, Crafts, Bounce House, Food and much more.

Aversboro Road Baptist Church  
1600 Aversboro Road, Garner

Free to All

Everyone Welcome—All Ages

## The Central Directory of Resources

The Central Directory of Resources (CDR) provides disability-specific information and referral to services in North Carolina. Families, service providers, and others can access Resource Specialists at the Central Directory of Resources by calling the toll-free number (800-852-0042), emailing the CDR at [cdr@unc.edu](mailto:cdr@unc.edu), or mailing questions to the offices of Family Support Network of North Carolina. The CDR database may also be accessed on the FSN Web site at [www.fsnn.org](http://www.fsnn.org).

## Computer Learning Center

Able to Serve is pleased to announce a new addition to our Computer Program--a Computer Learning Center (CLC) at our Garner office. This free educational computer lab is a skill-development resource for children, teens, and adults with developmental disabilities to learn the basic functions of the computer, build social skills, and cultivate independence through computer-based activities. The CLC program is designed specifically for individuals with special needs to continue their social and educational development in a fun, encouraging environment that welcomes creative expression from every participant. Educational software, including typing and life skills activities, are installed on program computers in a layout specifically designed to accommodate learning for all people with special needs. CAP workers, Habilitation Technicians, Developmental Therapists, and other care and developmental professionals are also encouraged to utilize the Computer Learning Center as an activity resource to help their clients achieve their developmental goals.



The Computer Learning Center is open every week, Monday through Friday, from 12:00 p.m. to 5:00 p.m. and is a free activity program for all computer learners with special needs. Each computer is available on a first-come, first-serve basis. A one-hour time limit for each computer is followed on days when many computer learners are waiting to participate. To ensure that a computer will be available during your visit, we recommend calling our office at 919-779-5545 to check availability.

If you have any questions please contact Rachel Barnes at (919) 779-5545 or [rachel@abletoserve.org](mailto:rachel@abletoserve.org).



Family Support Network of Wake County is affiliated with Family Support Network of North Carolina

## Community Events/ Support Groups/Parent Meetings

Please visit our website at [www.familysupportonline.com](http://www.familysupportonline.com) for weekly updated calendar listings

## FSNWake Yahoo Group

FSNWake is a parents-only email group for families. The listserv is a great place to commune with other parents of children with special needs in this area. To join, send an email to:

[FSNWake-subscribe@yahoogroups.com](mailto:FSNWake-subscribe@yahoogroups.com).

## Children Need Special Care



At Triangle Therapy we can provide the therapy your child needs.

Therapy for:

- Fine and Gross Motor Control
- Sensory Integration
- Self-help Skills
- Written Communication
- General Fitness and Well-being

Medicaid Accepted

## Triangle Therapy

Occupational Therapy for Children and Adolescents

(919)489-7771

[www.triangletherapy.com](http://www.triangletherapy.com)

Offices in Durham and Chapel Hill



# Thank You



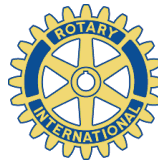
## Goodwill Community Foundation, Inc.

Family Support Network of Wake County is pleased to announce it is the recipient of a grant from **Goodwill Community Foundation, Inc.** This grant enables FSN/WC to continue and grow existing programs and start new ones. We at FSN/WC are very excited about this venture and our partnership with such a wonderful organization!



## North Raleigh Rotary

Family Support Network of Wake County would like to extend our sincere thanks to the **North Raleigh Rotary Club** for their generous donation to the 2008 Cookies and Cocoa with Santa. The North Raleigh Rotary Club has been very supportive in assisting FSN/WC for the past several years with this wonderful support and networking opportunity for families.



Family Support Network of Wake County would like to thank the following who have made generous donations.

- Lonnie & Cynthia Ervin** in Honor of Lonnie C. Ervin, III
- Tony Flores**
- Jay Haskins**  
Recovery Logistics, Inc.  
Plumbing and Pipe Technologies, Inc.
- Anne Pierce**
- Sandra Southerland** in Honor of Ronald Southerland Jr.
- Frankie Lemmon School Staff**



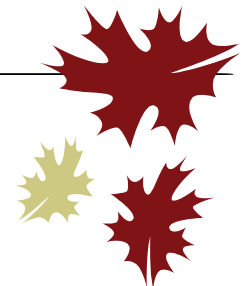
## Vollmer Farms

FSN/WC would like to thank **Vollmer Farms** for their generous donation from funds received at the 1<sup>st</sup> Annual Strawberry Jam 5k Run/Walk in May. We had 53 runners/walkers take part in the race. We then relaxed, ate homemade strawberry ice cream, and played the rest of the day in the "Back Forty" playground. Everyone had such a great time! We hope to see you all there next year!



## Complete Payroll Services, Inc.

FSN/WC would like to thank **Complete Payroll Services, Inc.** for their generous donation of services!!



## Family Support Network of Wake County Board of Directors MISSION STATEMENT

**SUPPORTING, EDUCATING, AND INFORMING FAMILIES OF CHILDREN WITH SPECIAL NEEDS**

- |                        |                          |                       |                          |
|------------------------|--------------------------|-----------------------|--------------------------|
| Debby Brooks.....      | Board Chair, Parent      | Emily Knuckley .....  | Parent                   |
| Arlene Redgate .....   | Vice Chair, Professional | Jessica Meymandi..... | Parent                   |
| Renee Floyd.....       | Treasurer, Parent        | Cindy Prince.....     | Professional             |
| Nancy Ranta .....      | Secretary, Parent        | Jennifer Runyon.....  | Professional             |
| Carla Bass.....        | Parent/Professional      | René Morrison .....   | Program Director, Parent |
| Danielle Cooper.....   | Professional             | Melissa Gass .....    | Program Coordinator      |
| Dr. Donathan Hudgins.. | Professional             | Jodi Kopala .....     | Program Assistant        |
| AJ Jourdan.....        | Parent                   |                       |                          |

Thank you for this valuable contribution.

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_

Zip Code \_\_\_\_\_

Amount \$ \_\_\_\_\_

In Memory of \_\_\_\_\_

In Honor of \_\_\_\_\_

**Family Support Network**  
**of Wake County**  
 PO Box 5567  
 Cary, NC 27512  
 (919) 662-4600, ext. 257



Please support our program so that we can continue to serve our parents and the community. Any help you can give would be very appreciated. Please detach this form and send any donations to the address below and help continue this much needed program.



P.O. Box 5567  
 Cary, NC 27512-5567  
 (919) 662-4600 x257

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