

Give and Take

A Six-Week Course for Families of Children with Special Needs

Facilitated by Hal Shigley, Ph.D.
Licensed Psychologist

- Helping in times of crisis
- Provide on-going support
- Share positive coping strategies
- Helping focus anger and energy in positive ways
- Sharing information, ideas, and resources
- Providing training for parents to increase skills
- Help in dealing with educational, medical and other service agencies
- Opportunity to relieve loneliness and form new friendships.

There will be 2 sessions held this spring:
1st session: 2/2, 2/9, 2/23, 3/2, 3/9, 3/16
2nd session: 4/6, 4/13, 4/20, 4/27, 5/4, 5/11

Classes will be held from 6:30 – 8:00 p.m. Free on-site childcare will be offered. Limited spaces are available for childcare. For more information or to register please call Jodi at (919) 662-4600, ext. 257 or jodi@familysupportonline.org

Inside this issue:

Holland Tour Group	2
Sibshops	3
Flu Season	4
Calendar of Events	5

“Who then can so softly bind up the wound of another as he has felt the same wound himself.”
Thomas Jefferson



“Cookies and Cocoa with Santa” for Children with Special Needs and their Families

Saturday, December 5th
1:00 – 4:00 p.m.
Good Shepherd Lutheran Church
7000 Creedmoor Road
Raleigh



Family Support Network of Wake County

is getting ready for our 13th annual holiday event. FSN/WC sponsors this holiday event every year for families who have children with special needs.

We have found in the past that a private event helps alleviate some of the stress around the holidays. It is a time when the entire family — children with special needs, their siblings, and mom and dad — can come to see Santa and have fun.

There will be no need to take your children to the mall and worry that all the stimulation will make them overreact and most of all, no need to worry if the people around you will understand your child.

Families will be able to come and have treats, make crafts, play games, visit with Santa, receive a gift, and have their picture taken with Santa. We will have a live band playing holiday music. There will be volunteers available to take children to do crafts and play games, so moms and dads will be able to relax and know that their children are understood and loved by all.

Please join us on Saturday, December 5th from 1:00 – 4:00 p.m. at Good Shepherd Lutheran Church for “Cookies and Cocoa with Santa”. See page 6 for a map and directions. The event is free. No reservations are required.

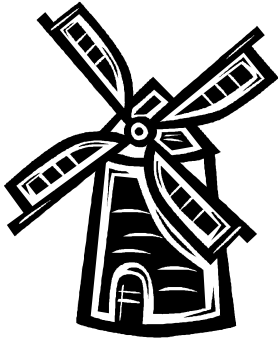
Happy Holidays



2010 Holland Tour Group

Sponsored by Family Support Network/WC

Brooks Avenue Church of Christ
700 Brooks Avenue, Raleigh



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

You **must** register for all the meetings. We will not be providing childcare. To register, please contact Jodi at jodi@familysupportonline.org or (919) 662-4600 ext. 257. We also have three “Mom’s Night Out” activities planned. Visit our website at www.familysupportonline.org for updated information about these events.

February 16th Mom’s Night Out — Zely & Ritz/Raleigh

March 16th The Holistic Approach—Nourishing Our Children/Wellness in the Child with Special Needs



Improve your child’s health and well-being through simple and effective nutritional guidelines. Based on research and information from the highly reputable and respected Weston A. Price Foundation, this lecture is essential for anyone interested in giving their children a chance at optimal health, happiness, and quality of life. Presented by the Center for Chiropractic and Wellness.

April 13th 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.



June 15th 3rd Annual Mom’s Picnic at Regency Park

September 21st Sensory Integrative Disorders
Modulation, Sensory Registration Problems, Sensation-Seeking Behavior, Over-responsiveness, Sensory Discrimination and Perception Problems, Tactile Discrimination and Perception Problems, Proprioception Problems, Visual Perceptual Problems, Vestibular-Proprioceptive Problems

October 19th Mom’s Night Out — Olive Garden/Cary

Faith-Based Support Program

As many of you know FSN/WC is working with Crossroads Fellowship to strengthen their special needs ministry. We are also creating a procedures manual. The manual will be complete by summer and we are planning a half-day workshop in the fall of 2010 for area places of worship. If you would like your place of worship to be involved please e-mail their contact information to Jodi at jodi@familysupportonline.org and we will put them on our invitation list.

Funding for these programs are provided by Goodwill Community Foundation





*"Fun and you get to see your best friends and drink sprite."
Katie*

Sibshops provide siblings with opportunities for peer support. Sibshops give brothers and sisters of children with special needs an opportunity to meet other siblings in a relaxed, recreational setting. It gives siblings the chance to explore their feelings in creative, light, and fun ways. The skillfully organized learning program is primarily for siblings, although parents, too, are a vital part of the Sibshop experience. The program uses activities that bring difficult issues to the forefront and let young people talk about what is usually not talked about. This conversation empowers the siblings to help each other, and in doing so, to help themselves as well.

"I like to express feelings with other kids because they know how you feel." James

Parents and professionals know that siblings who have sisters or brothers with special needs have special concerns. Growing up with a disability in the family is often stressful and unfair, but it can also be a source of power and inspiration. Siblings often say they need to be recognized and respected as individuals. They need us to acknowledge their special feelings and concerns and help them deal with a whirlwind of feelings and emotions.

FSN/WC will begin our 2010 Sibshops on January 8th for children ages 8-13 years old. All Sibshops will be held at Resurrection Lutheran Church in Cary. The dates for the series are 1/8, 2/12, 3/19, 4/9, 5/14, 9/10, 10/8, 11/12 and 12/10. You must register your child for each Sibshop. If you are interested in signing your child up, please contact Jodi at 919-662-4600 ext. 257 or jodi@familysupportonline.org. P.S. Both of our facilitators are siblings themselves.

"The food is really good and I like some of the games." Ben

Hospital Update

With the beginning of cold and flu season Rex Healthcare is preparing families with babies in the Special Care Nursery to remain healthy as they are discharged home. Family Support Network is helping by providing information to all families about ways of preventing the spread of disease and proper hand washing. In response to current flu conditions in the community, Rex Healthcare is restricting visitors 12 years of age and under to all areas of the hospital. Rex is also restricting visitation by individuals of any age who have influenza-like symptoms. These restrictions are being put in place to protect their patients. They ask family and friends of patients to assist in efforts to ensure the health and safety of all patients.

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

Support Parent Training

FSN/WC would like to welcome the following new support parents to the FSN Team. They completed an intensive training and are now official!

- | | |
|-----------------------|------------------------|
| Robin Bridges | Beth Hutson |
| Shea Cleveland | Shannon Kraus |
| Karen Hogan | Dianne Whiteman |

Resources for Toys

- <http://www.toysrus.com/category/index.jsp?categoryId=2257808> — Toys R Us Differently-Abled Kids catalog
- www.ableplay.org — offers free, independent research, ratings and reviews on play products for children with special needs.
- www.lekotek.org — offer information on toys, play and technology for children with disabilities.

Flu Season

We know you have seen the following but think it bears repeating since we all have children with special needs and they seem to be more at risk for complications of the flu.

Symptoms

H1N1 symptoms are similar to seasonal flu but may also include diarrhea and vomiting:



- | | | |
|---------------|------------------------|------------|
| • Fever | • Chills | • Headache |
| • Cough | • Fatigue | • Diarrhea |
| • Sore throat | • Runny or stuffy nose | • Vomiting |
| • Body aches | | |

Most people recover after about a week without lasting effects.

Seek emergency medical care if you or a family member has any of these symptoms:

- | | |
|---|--|
| • Difficulty breathing or shortness of breath | • Flu-like symptoms that improve, but then return with fever and worse cough |
| • Confusion | • In babies, bluish or gray skin color, lack of responsiveness or extreme irritation |
| • Pain or pressure in the chest or abdomen | |
| • Sudden dizziness | |
| • Severe or persistent vomiting | |

Protect yourself, your family and your community

- **Wash your hands** often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- **Avoid touching your eyes, nose or mouth.** Germs spread this way.
- Try to **avoid close contact with sick people.**
- **Cover your nose and mouth with a tissue when you cough or sneeze.** Throw the tissue in the trash after you use it.
- If you don't have a tissue, cough or sneeze into your upper sleeve, not your hands.
- **If you get sick with flu, stay home** from work or school and limit contact with others to keep from making them sick.
- **Get the recommended seasonal flu vaccine** when it becomes available.
- **Get the recommended H1N1 vaccine** when it becomes available.



Treatment

Antiviral drugs may be prescribed by your doctor. These prescription medicines – pills, liquid or an inhaler – fight flu by keeping the flu viruses from reproducing in your body. They can make your illness milder, make you feel better faster and also prevent serious flu complications. Antiviral drugs work best if started soon after getting sick, usually within two days of developing symptoms.

Reminder: Do not give aspirin or aspirin-containing products to children age 18 and younger who have flu-like symptoms, as aspirin can cause **Reye's syndrome**.

For more information:

- | | |
|--|--|
| • www.flu.gov/livewebcast.html | • www.flu.gov |
| • www.flu.nc.gov | • www.cdc.gov/H1N1flu |

Calendar of Events

For detailed information about these events visit our website at www.familysupportonline.org.

<i>November</i>	
11/19/09 • Wake SEPTA Meeting	12/11/09 • 4th Annual Computer Sale
11/20/09 • Friendship Café	12/11/09 • Coffeehouse Shared Dinner
	12/12/09 • Teen to Adulthood Meeting
<i>December</i>	12/12/09 • Triangle Down Syndrome Network Holiday Party
12/2/09 • Newly Diagnosed Workshop presented by the Autism Society of North Carolina	12/12/09 • Special Blessings Christmas Party
12/5/09 • Cookies and Cocoa with Santa For Children with Special Needs	12/15/09 • Family Fun Night at Marbles Kids Museum
12/8/09 • Journey to Adulthood Workshop presented by the Autism Society of North Carolina	<i>January</i>
12/8/09 • Wake County Cerebral Palsy Support Group Meeting	1/9/10 • Teen to Adulthood Meeting
12/9/09 • Autism Spectrum IEP Workshop presented by the Autism Society of North Carolina	1/21/10 • Wake SEPTA Meeting
	<i>February</i>
	2/6/10 • TDSN New Parent Meeting



North Carolina Partners in Policymaking™

The North Carolina Partners in Policymaking™ program helps open the door for people with intellectual and developmental disabilities and family members to participate in the public discussion of principles and policies that affect their lives and their role in the community. Those selected to take part learn about how to communicate with public officials and legislators and the general public, often making use of the media. Through a series of eight weekend seminars they also gain information about the structure of laws and agencies that determine and administer programs affecting people with disabilities.

An innovative leadership training program provides adults with disabilities and the parents of young children with developmental disabilities the skills needed to be effective advocates. Participants learn how to build partnerships with elected officials, legislators, agencies and opinion leaders so that they can better express their views on the policy decisions affecting the services they and their families use.

The Partners program is all about systems change, from creating a shared vision of a system that promotes full inclusion of people with developmental disabilities in the community, and making it a reality through working with leaders to base public policy decisions on the experiences of those who need and use services. To accomplish this, Partners participants gain self confidence, learn and absorb the information received and become comfortable in sharing their experiences and views with others.

Applications for the 2010 year are due on 12/1/09. For more information visit www.ncpartnersinpolicymaking.com

Early Childhood LINK Program

The Center for Development and Learning's LINK program provides interdisciplinary training and consultation to interdisciplinary teams working within the early intervention and public school systems in North Carolina. The LINK team—Becky Pretzel, PhD, Debbie Reinhartsen, PhD, CCC-SLP, Hal Shigley, PhD, and Sue Porr, MS, Med, OTR/L—focuses primarily on assessment of and intervention with children who have complex and low incidence disabilities. The disciplines on the team include psychology, speech and language pathology, and occupational therapy. Currently, LINK is partnering with the Department of Public Instruction (DPI) on two ongoing projects—the AAC/AT Initiative and the Preschool Assessment Center Initiative.

The AAC/AT Interdisciplinary Assessment Team Initiative works to establish a network of public school-based teams that have the capacity and capabilities to effectively assess children with moderate to severe communication difficulties and determine their need for an alternative or augmentative communication system or device. With contractual support from DPI, the LINK team currently provides annual workshops, consultation and technical assistance to regionally-based interdisciplinary teams across the state.

The Preschool Assessment Center Initiative selects and trains regionally based interdisciplinary preschool assessment teams to use more effective and authentic assessment measures to identify and plan educational services for young children who have special needs. With an emphasis on using the Transdisciplinary Play-Based Assessment-2 process, the goal is for these teams to then serve as model programs and train other Local Education Agency (LEA) assessment teams in surrounding counties.

In addition, LINK provides team training on the best practices in the assessment of students with autism spectrum disorders. To date the program has trained over 80 teams from LEAs throughout North Carolina. The LINK team also contracts with families, schools, and other agencies to consult on and assist with diagnostic assessments and treatment planning for students with significant and complex disabilities.

To learn more about the LINK program contact Becky Pretzel at Becky.Edmondson@CDL.UNC.EDU or Debbie Reinhartsen at Debbie.Reinhartsen@CDL.UNC.EDU.

Reprinted from the Fall 2009 Inside the Institute newsletter from the UNC Carolina Institute for Developmental Disabilities

2009 Assistive Technology Expo December 3 - 4, 2009 North Raleigh Hilton, Raleigh, NC

The Assistive Technology Expo is an exciting two-day event designed to increase awareness and provide current information on assistive technology. Conference offerings include an exhibit hall (on 12/03/09 only) featuring 30-40



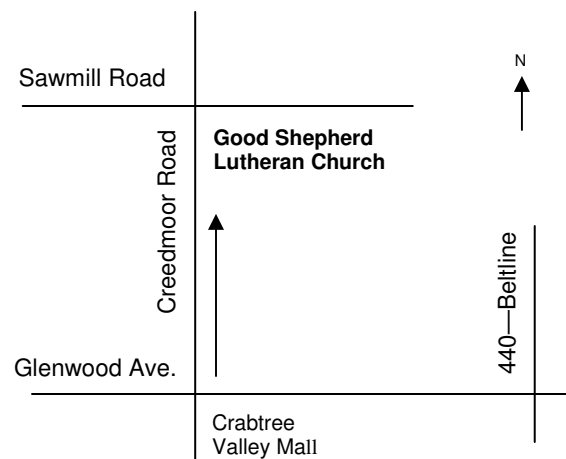
vendors exhibiting the latest in assistive technology products and services, 40 concurrent sessions, a poster session and a Keynote address. Featured Tracks: Work, Education, Vision, Home

Modifications and Promoting Healthy Living/Recreation.

Each year between 550-700 registered participants from across the country attend the NC AT Expo and approximately 1250 attend the free Exhibit Hall. Participants include: persons with disabilities, family members, teachers, therapists, Vocational Rehabilitation and Independent Living staff, rehabilitation counselors, employers, engineers, college professors, medical staff, college and university students, and authorized state purchasers.

Directions to Cookies and Cocoa with Santa

From Glenwood Ave. (Rt. 70) - turn north onto Creedmoor Road (Rt. 50 North) at Crabtree Valley Mall. Travel approximately 2.5 miles. Good Shepherd is on the right at the intersection of Creedmoor and Sawmill Roads. (Map is not to scale).



Thank You!

Funding for Family Support Network of Wake County is provided by **Goodwill Community Foundation.**



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

**Ms. Anne Pierce
Ms. Winnie Stewart**

Family Support Network of Wake County does not endorse any specific agency or organization. Listings are provided for informational purposes only.

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), e-mailing the CDR at 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.



21st Annual Leo M. Croghan Conference on Developmental Disabilities

Monday, December 7, 2009
Sheraton Imperial Hotel
Durham, NC

Topic Areas include Medical Conditions & Prematurity, Guardian Ad Litem Program, Fetal Alcohol Syndrome, Approaches for Working with Children with Autism and Parents as Partners: Engaging Families

For more information or to register visit www.croghanconference.org or www.wakeahec.org

North Raleigh Babysitters

Live in North Raleigh? Need a babysitter? We've Gotcha Covered. At "WE'VE GOTCHA COVERED," we understand that you want the best sitter for your wonderful child. We can take the stress out of finding a babysitter by finding you one. We specialize in watching kids with disabilities. Our 12 to 14-year-old babysitters are all Red Cross-certified and experienced! For moms who need help with the kids while you are at home, we also have several mother's helpers. For more information, e-mail Kayla McMillan at kq4me@bellsouth.net, call (919) 518-2829 or check us out at on the web at wevegotchacovered.services.officelive.com!

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	Jessica Meymandi.....	Parent
Nancy Ranta	Chair-Elect, Parent	Nabil Reusche	Professional
Renee Floyd.....	Treasurer, Parent	René Morrison	Executive Director, Parent
Kristin Burnette	Secretary, Professional	Jodi Kopala	Assistant Director
Carla Bass.....	Parent/Professional	Karen Hogan	Program Coord., Parent
Danielle Cooper.....	Professional	Gina Hubert	Faith Based Coord., Parent



NONPROFIT ORG.
U.S. POSTAGE
PAID
RALEIGH, NC
PERMIT NO. 1032

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

RETURN SERVICE REQUESTED

New website

Visit our new website at www.familysupportonline.org for information on Community Events, Support groups and local parent meetings.

New e-mail addresses

Rene' Morrison—Executive Director—rene@familysupportonline.org

Jodi Kopala—Assistant Director—jodi@familysupportonline.org

Karen Hogan—Program Coordinator—karen@familysupportonline.org