FAMILY SUPPORT NETWORK of Wake County

Newsletter

Issue 47 www.familysupportonline.org Spring/Summer 2011

CC4C
Care Coordination for Children

Care Coordination for Children (CC4C) is a free, voluntary program designed to help families improve health outcomes for their children from birth to age 5 who qualify for services.

CC4C services will be provided in Wake County by a CC4C Care Manager (nurse or social worker) through Wake County Human Services. North Carolina families residing outside of Wake County should contact their local health department.

CC4C Care Managers will:

- Assess current and ongoing medical and family needs and concerns
- Establish a plan of care and a schedule of contacts with the family based on the child's individual situation
- Work with the child's doctor to make sure the family is able to keep medical appointments and to follow the doctor's medical advice
- Assist the family to find and use community services designed to support families
- Support families to help their child get the best possible chance to grow and learn during his or her first years of life

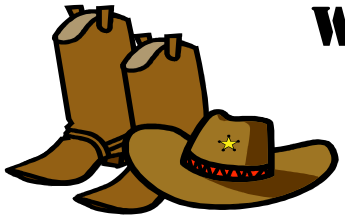
CC4C
Wake County Human Services
www.wakegov.com
E-mail: cc4c@wakegov.com
To make a referral, for more information or to answer any questions call (919) 250-1154.

Inside this issue:

Holland Tour Group	2
NICU Families of the Triangle	2
Give and Take	3
Sibshops	3
Upcoming Events	4-5
Spotlight Organization	6

Welcome new board members

Brian Durkin
Hope Homesley
Paul Krasner, PhD
Michelle Muchmore
Jennifer Smith, Esq.



WESTERN ROUNDUP PICNIC

For Children with Special Needs and Their Families
Sunday, June 5, 2011
3:00—6:00 p.m.

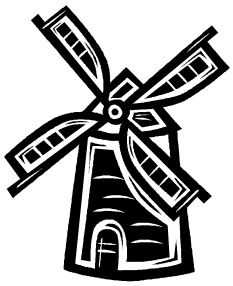
LOCATION:
Crowder Park - Heron Shelter
4709 Ten -Ten Road, Apex

Family Support Network of Wake County would like to invite children of all ages and their families to an afternoon of food, games, and fun on June 5, 2011. So grab your family and your cowboy/cowgirl hat and join us for hamburgers, hot dogs, snacks, popcorn, snow

(Continued on page 3)

The Coffee Connection

Please join us for coffee, tea and connections at Starbucks, 3800 Lake Boone Trail, Raleigh, the 2nd Wednesday of every month from 9-11 a.m. Meetings with topics and speakers are great but sometimes it's just nice to get together, without pre-planned topics, and talk about whatever is on our mind at that moment. You are welcome to come for part or all of the time. Hope to see you there!



2011 Holland Tour Group

Sponsored by Family Support Network/WC

You **must** register for all the events. To register, please contact Jodi at jodi@familysupportonline.org or (919) 662-4600 ext. 257. Childcare will not be provided. Visit our website at www.familysupportonline.org for updated information about these events.

5/26/11 **Parent's Luncheon** – 11:30 a.m. at Mellow Mushroom, 601 West Peace Street, Raleigh. Please RSVP to Jodi by 5/25/11.

6/2/11 **Local Management Entity (LME)** – Who are they and what do they do? Did you know that they offer case management, developmental therapy, vocational/day activity services and residential services? If you receive services for developmental disabilities, mental health and/or substance abuse services you are connected with the LME. Join us for the latest information on this program.

9/27/11 **Parent's Luncheon** – Yet another new restaurant! Come and help pick the next one.

10/13/11 **Navigating Special Education** – Join us for a panel discussion on special education in Wake County. Possible panelists will be from Disability Rights NC, Duke Children's Law Center, NC DPR Consultants, Advocates for Children, Family Advocacy Network and possibly others. We will give more updates as the time gets closer – check our webpage.

11/29/11 **Parent's Luncheon** – Another new restaurant!

NICU Families of the Triangle

This online group is made up of families who have spent time with their baby in the NICU. Family Support Network of Wake County created this group in order to allow families to share their NICU experience as well as life after the NICU. This group will allow you to find support, information on local resources and an opportunity to connect with other families who understand the challenges of having a baby in the NICU.

To be added to list serve email:

Karen Hogan at Karen@familysupportonline.org

Melissa Gass at Melissa@familysupportonline.org

Or sign up directly at http://groups.google.com/group/nicu-families-of-the-triangle.

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

Wanda Hester
Mr. and Mrs. Harvey Hill, Jr.
Mr. and Mrs. Philip Kregor
Anne Pierce
Winnie Stewart

Funding for these programs is provided by Goodwill Community Foundation

Give and Take

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

Give and Take, sponsored by Family Support Network, is offered 3 times per year to families who have children with special needs. Ten to twelve moms, dads and grandparents get together from 6:30 to 8:00 p.m. on Tuesday evenings for six weeks, with childcare provided. This group has been meaningful to many families over the past two years, with each individual giving to and taking from the groups unique perspectives and experiences.

We share our worries, mistakes and challenges and get caring support back from others who have had similar experiences. But, we also share our joys, solutions and coping strategies as we reach out to others. Some of us are talkative, while others are quiet, but we have many things in common because of our children. By the sixth session we feel less alone in this journey, and in some cases, new friendships have begun.

Hal Shigley, Ph.D.
Licensed Psychologist
Group Facilitator

Fall Session: 9/6, 9/13, 9/20, 9/27, 10/4, 10/11

Classes will be held from 6:30 – 8:00 p.m. On-site childcare will be offered for a nominal fee, but space is limited. For more information or to register please contact Jodi at jodi@familysupportonline.org or call (919) 662-4600, ext.257.

Family Support Network of Wake County Listserv
E-mail Group for Parents

Family Support Network of Wake County

To join, send an email to FSNWake-subscribe@yahoogroups.com.

WESTERN ROUNDUP PICNIC

(Continued from page 1)

cones and tall cold drinks (Please leave your horses at home—they are not allowed at the park).

The event will be held from 3:00 – 6:00 p.m. at Crowder Park in Apex, Heron Shelter. There is no cost to families for the event, and no reservations are required. For more information, call (919) 662-4600 ext. 257.

Directions to Crowder Park: From the I-440 beltline, take US-1 south, exit Ten-Ten Road and turn right. You may also take US-401 south then turn right on Ten-Ten Road. The Heron Shelter is located at the far end of the park past the pond and near the lower restrooms.

FSN/WC provides Sibshops for children ages 8-13 years old. All Sibshops are held at Resurrection Lutheran Church in Cary. The dates for the 2011 classes are 5/13, 9/9, 10/14, 11/11 and 12/9. 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.

New Staff

Please join us in welcoming Grey Brown to Family Support Network of Wake County. Grey graduated from Appalachian State University with a degree in English and a Masters through the creative writing program at New York University and has had three books of poetry published.

Grey has two daughters, Jessie and Clio. Clio, the youngest, was diagnosed with high-functioning autism at the age of three and is now main-streamed in the sixth grade.

Grey works at Duke University Medical Center in the NICU serving families and says, *"I love my work as a hospital coordinator at Duke. I know what it is like to find that supportive voice of a fellow parent willing to help you along the way. It makes all the difference in the world, and I hope I can make that difference for each family I meet."*

You can reach Grey at 919-681-2519 or grey@familysupportonline.org.

Upcoming Events

May

5/7/11 • Special Blessings—Support Group Meeting, Knightdale United Methodist Church, Knightdale

5/13/11 • Joy Prom—"Rock Around the Clock" with a 50s motif. Crossroads Fellowship Church, Raleigh.

5/21/11 • Special Blessings—Play group meets at the Skate Ranch in Raleigh

For more information about these and other local events visit www.familysupportonline.org and click on the Event Calendar link.

Coffeehouses

The Coffeehouse is an evening for entertainment, snacks, social interaction and networking. Musicians entertain in a variety of formats from sing-along to karaoke, gospel to country, jazz to folk music. Attendees are invited to participate in song or relax and enjoy. Light snacks are served and conversation is always the prime ingredient as people come to make new friends, see old ones, share experiences and be entertained.

7:00—9:00 p.m.

5/13, 6/10, 7/8, 8/12 - Resurrection Lutheran Church, Cary
5/27, 6/24, 7/29, 8/26 - Good Shepherd Lutheran Church, Raleigh

11th Annual Spring Carnival for Children with Special Needs and their families

Brooks Avenue Church of Christ
700 Brooks Avenue, Raleigh
(919) 821-2400

April 30th
11 am
to 2 pm

FREE
Fun & games
Popcorn • Hot Dogs
Petting Zoo • Prizes
Music • Entertainment • Crafts

3rd Annual Run, Walk and Roll

Saturday, May 14th

Koka Booth Amphitheatre, Cary, NC

TelAbility is having a 5k run and 1 mile walk/roll to benefit children with special needs, their families and the providers who care for them. For more information visit http://2011runwalkroll.kintera.org/faf/home/default.asp?ievent=443907.

2nd Fridays Open Mic Night

For individuals with developmental and/or physical disabilities. Every 2nd Friday of the month at 7:00 pm.

Loco Lu's Coffeehouse
5210 Hollyridge Drive, Raleigh
(919) 755-6337
http://www.locolu.com

NAMI Wake County Support for Families of Children and Adolescents

NAMI Wake members, Heidi Cranford and Chary Sundstrom, parents trained to lead the NAMI BASICS course, facilitate a support meeting for parents and caregivers of children age 0 to 18 who have a behavioral health diagnosis. These meetings are for sharing and supporting one another especially in reference to the education system. The group meets the second Sunday of the month at Whole Foods, 3540 Wade Avenue, Raleigh from 4-6 pm. There is no charge to attend. For more information contact Heidi Cranford at heidi3623@nc.rr.com or Chary Sundstrom at chary@nc.rr.com.

Family Fun Night for Kids with Special Needs

Marbles Kids Museum
201 East Hargett Street, Raleigh
5:30—8:00 p.m.

An evening of museum adventure for kids 12 and under with special needs and their families. This after-hours event will allow the kids to experience the museum in a more calm, less crowded environment. Admission to Family Fun Night is free.

July 21, 2011
October 27, 2011

Surfers Healing was founded by Israel and Danielle Paskowitz. Their son, Isaiah, was diagnosed with autism at age three. Like many children with Autism, he often suffered from sensory overload—simple sensations could overwhelm him. The ocean was the one place where he seemed to find respite. A former competitive surfer, Israel hit upon an idea—with Isaiah on the front of his surfboard, and Israel steering from the back, the two spent the day surfing together. Surfing had a profound impact on Isaiah. Israel and Danielle decided they wanted to share this unique therapy with other children who had Autism. They began to host day camps at the beach where children with Autism and their families could be exposed to a completely new experience of surfing. For more information on the Surfers Healing summer camps visit www.surfershealing.org.

Upcoming day camps nearby:

- August 20th Virginia Beach
- August 22nd Wrightsville Beach
- August 24th Folly Beach South Carolina

Registration for these camps will begin online at 6:00 p. m. Pacific Standard Time May 15th. Please remember, camps fill up VERY quickly (some within an hour) so try to be online when they open & be patient! They will do their very best to accommodate each and every child possible. First time surfers will have priority as they want everyone to experience the magic. Mahalo

Raleigh Parks and Recreation

Information about summer camps, track-out programs and specialized recreation services can be found online at:
http://www.raleighnc.gov/home/content/PRecParks/Articles/ParksRecreationPublications.html.

Funding for summer Camp

First in Families of Wake has some funding to help with camp expenses for families who have children with developmental disabilities and would like to go to camp this summer. If you are interested in learning more contact Rachel Pack, Resource Consultant, with First in Families of Wake County at (919) 571-8092, ext. 416.

When we do the best we can, we never know what miracle is wrought in our life, or in the life of another.
- Helen Keller

Camp Royall Family Fun Day
May 21, 2011

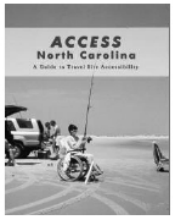
Bring the family to enjoy a day of recreation and leisure in a fun and safe setting. Access to the gym, playground and arts & crafts are available. Bring your own fishing gear, bikes or skates. Pack a lunch to picnic or buy from the concession stand. Overnight family camping is also available. Please go to www.camproyall.org for more information on summer camps, mini-camp weekends, HFA retreat weekends and more.

Victory Junction

The mission of Victory Junction, located in Randleman, North Carolina, is to enrich the lives of children with chronic medical conditions or serious illnesses by providing life-changing camping experiences that are exciting, fun and empowering, in a safe and medically-sound environment. The program offers a week of exhilarating, challenging and nurturing fun under comprehensive, but unobtrusive, 24-hour medical supervision. Activities include arts and crafts, woodshop, an adventure course, archery, swimming, boating, fishing, horseback riding, music and theater, and a special NASCAR-themed program area complete with race cars, racing simulators, and racing gear.

The camp accepts children 6-16 years of age, who have chronic medical conditions or serious illnesses. For more information visit www.victoryjunction.org.

Get Your Copy of ACCESS North Carolina



The publication *ACCESS North Carolina* provides travelers with disabilities a full range of information on the accessibility of the state's parks, historic sites, museums, and other destinations. For your copy, call 1-800-VISITNC or 919-855-3524. View the publication online at: http://www.ncdhhs.gov/dvrs/pdf/ACCESS-2007-PDF.pdf

Spotlight Organization

Creative Tutors

Creative Tutors is a local company which offers individualized, in-home tutoring for all academic subjects and all learning abilities. They contract with degreed, certified teachers. Their tutors use creative teaching methods utilizing your child's strengths in order to make learning fun, to strengthen weak academic foundations and to help the child retain what they are learning.

They are pleased to announce that Creative Tutors is now offering Interactive Metronome Therapy. This is an innovative, neuro-motor therapy that activates the rhythm and timing centers of the brain. Interactive Metronome Therapy is both an assessment tool and a treatment tool, which improves the neurological processes of motor planning, sequencing and processing by helping the child build new neuron pathways in the brain.

Interactive Metronome Therapy assists the child in learning to focus and attend for longer periods of time, increase physical endurance, filter out internal and external distractions, improve ability to monitor mental and physical actions as they are occurring and to progressively improve coordinated performance. Children with a wide range of diagnoses will benefit from Interactive Metronome Therapy including ADD/ADHD, Autism Spectrum Disorder, Cerebral Palsy, Dyslexia, Non-Verbal Learning Disorder, Sensory Integration Disorder, Balance Disorders and more. Additionally, many athletes and dancers are now utilizing Interactive Metronome therapy to improve upon their skill sets.

Creative Tutors is owned by Kim Ashby. Kim has co-instructed graduate level courses at UNC Chapel Hill for ST/OT students and Early Intervention students. She is the founder and President of the Board of Directors of GIFTSNC, Inc., a group for homeschooling children with special needs. Kim has presented workshops at a variety of state home school conferences as well as local support group parent meetings. She is a Co-Leader, Steering Committee member, and former Treasurer for Dayspring Home Educators in Cary, and has served on the Board of Directors for Family Support Network of Wake County.

Kim is available to speak to your group on a variety of topics including Interactive Metronome Therapy, Developmental Age and Academic Success, Nutritional Needs for Academic Success, as well as a variety of other educational home schooling topics.

For more information on Creative Tutors, Interactive Metronome Therapy, Irlen Screening, or speaking opportunities, please visit their website http://www.creativetutors.com/northcarolina/blog1.php or contact Kim Ashby at (919) 656-3878, kima@creativetutors.com .

You can sign up for their e-Newsletters from the website. They are also pleased to announce the new Creative Tutors, Wake Co, NC Facebook Fan page found at http://www.facebook.com/pages/Creative-Tutors-Wake-County-NC/184076191615026 .

Disability Law Handbook

The Southwest ADA Center is pleased to announce the availability of the Disability Law Handbook, now in Spanish, as well as English. The Disability Law Handbook is written in a "Frequently Asked Questions" format and answers questions about the ADA, the ADA Amendments Act, the Rehabilitation Act, Social Security, The Air Carrier Access Act, the Individuals with Disabilities Education Act, the Civil Rights of Institutionalized Persons Act, and the Fair Housing Act Amendments. Free copies may be downloaded or viewed at

http://www.swdbtac.org/html/publications/Spanish/gld/index.html for the Spanish version and
http://www.swdbtac.org/html/publications/dlh/index.html for the English version.

Contact us

René Morrison— Director— rene@familysupportonline.org
Jodi Kopala—Assistant Director— jodi@familysupportonline.org
Karen Hogan—Program/Rex Hospital Coordinator— karen@familysupportonline.org
Melissa Gass—UNC Hospital Coordinator—melissa@familysupportonline.org
Grey Brown—Duke Hospital Coordinator—grey@familysupportonline.org

North Carolina Film a Hit at 2011 Vail Film Festival

"Certain Proof: A Question of Worth," a documentary produced by local filmmakers, Ray and Susan Ellis of Footpath Pictures, was selected to premiere at the 2011 Vail Film Festival. The film is a full-length documentary featuring local kids and friends of FSN, Kayla, Josh, and Colin. Footpath Pictures is dedicated to making a difference through film by shining a light on stories that may otherwise not be told. Check out the website and trailer: www.certainproof.com or www.footpathpictures.com.

Over the course of two and one half years, the filmmakers followed children with complex communication and physical disabilities and chronicled their struggles to prove that they are able to learn and deserve to be taught. Facing relentless barriers to a meaningful education, their mothers fight to give them a voice.

Kay McMillan and her mother, Sandy, attended the festival in Vail and were overwhelmed by audience response to the film. Three screenings were all met with full houses and much question and answer. Kay was swamped in the streets of Vail with enthusiasm and support.

Sandy is Board Chair of the nonprofit, New Voices Foundation, and hopes the film will draw attention to the complex needs of children like Kay, Josh, and Colin.

Dr. Hal Shigley Opens a New Practice in Raleigh

Hal Shigley first opened a psychology practice in Raleigh in 1988, with a focus on helping families of children with disabilities. For the past 23 years, he has provided assessments and treatment for children and adults with behavioral and emotional challenges, autism spectrum disorders, and other developmental disabilities. In January of this year, he opened Shigley Counseling Center with his daughter, Emily Shigley.

Emily is a Licensed Clinical Social Worker (LCSW) specializing in family and individual counseling for children, adolescents, and young adults. Her areas of specialty include anxiety, depression, interpersonal relationships, and stress management.

The Shigley Counseling Center is located just inside the beltline (about a mile east of Crabtree Valley Mall). Both Hal and Emily are accepting new referrals. Their address is: 3717 National Dr., Suite 220, Raleigh. Their web site is: www.shigleycounselingcenter.com and phone # is: (919) 909-2288.

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

New Voices works to help all children have a voice and maximize their learning potential. Check out: www.NewVoicesNC.org.

"Certain Proof" will premiere in North Carolina this fall. Please sign up on New Voices website for information as it becomes available.

NEW VOICES

Family Support Network of Wake County Board of Directors

MISSION STATEMENT

SUPPORTING, EDUCATING AND INFORMING FAMILIES OF CHILDREN WITH SPECIAL NEEDS

Nancy Ranta ..... Board Chair, Parent
Brian Durkin ..... Treasurer, Professional
Kristin Burnette..... Secretary, Professional
Debby Brooks ..... Parent
Renee Floyd ..... Parent
Hope Homesley ..... Professional
Paul Krasner, PhD ..... Professional
Jessica Meymandi ..... Parent
Michelle Muchmore ..... Parent
Nabil Reusche ..... Professional
Jennifer Smith, Esq..... Professional
René Morrison..... Director
Jodi Kopala ..... Assistant Director
Karen Hogan ..... Program/Rex Hospital Coordinator
Melissa Gass ..... UNC Hospital Coordinator
Grey Brown ..... Duke Hospital Coordinator

FAMILY SUPPORT NETWORK of Wake County

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

RETURN SERVICE REQUESTED

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

GCFLearnFree.org® is supported by *Goodwill Community Foundation, Inc. (GCF®)* whose mission is "*to create and provide education, employment, and life enrichment opportunities for people who desire to improve the quality of their lives*".

GCFLearnFree.org exists to serve the educational part of the GCF mission. The site offers everything from computer basics, email basics, internet safety and training (Microsoft Office programs), to work and career training, basic math, money basics, and everyday life skills. Recently a new reading program for adults who need to learn to read has been added and it is now also available in Spanish. The website is extremely user friendly and is available to anyone, anywhere, who has access to the internet. It is also available in Spanish. For people who don't have access to the internet in their homes they can find access at many public libraries and community centers. A number of libraries in eastern North Carolina have links to GCFLearnFree.org on their own websites. Students can choose to work on their own with the tutorials provided, or, if they need extra help, they can enroll in the online, instructor-led classes. Visit the site at www.GCFLearnFree.org and see for yourself what a wonderful, free resource it is.

Job Assistance for people with Special Needs

JobTIPS is a free program designed to help individuals with disabilities explore career interests, seek and obtain employment, and successfully maintain employment. **JobTIPS** addresses the social and behavioral differences that might make identifying, obtaining, and keeping a job more difficult for you.

Though **JobTIPS** is designed for direct use by individuals with disabilities, this program (including all of the printables, assessments, and videos) is also suitable for delivery by teachers, family members, clinicians, mentors, and job coaches. For more information go to http://www.do2learn.com/JobTIPS/index.html.