



# 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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### Many THANKS to our Generous Supporters!

FSNCC would like to thank the many donors who have given so generously in support of our 2010 Pledge Drive! So far we have received a total of \$5,440 in donations. If you have not yet contributed, you can make a secure online donation at [www.fsncc.org](http://www.fsncc.org) (look for the Donation link on our homepage). On behalf of our employees, our dedicated Board, and the families we serve, we thank you very much!

### Local Photographer Raises Money for FSNCC

Many thanks to Susan Anderson of Forget Me Not Photography for raising \$2500 with her Cutest Kid Contest! She definitely had a lot of cute kids to choose from, and the contest included some good spirited competition. The top 3 winners received some fabulous prizes, and there were even prizes given away for special categories like "sweetest hugs". Thanks to all of our FSNCC families that booked a session! To see all of her work, visit her blog: [www.blog.aforgetmenotmoment.com](http://www.blog.aforgetmenotmoment.com)

If you would like to be added to our mailing list, please contact us (336)832-6507 or [support@fsncc.org](mailto:support@fsncc.org). Visit us on the web at [www.fsncc.org](http://www.fsncc.org) for the latest news & events from our organization & others throughout the area!

### Follow Us on Facebook!

As a way to better inform our families & professionals on upcoming events in our area, & for families to connect, we have set up a Facebook "fan" page. If you have a Facebook account, become a "fan" & learn more about all of our services. We can be found at: [www.facebook.com/fsncc](http://www.facebook.com/fsncc).

### Summer Camp Directory

Due to decreased funding, the annual Summer Camp Directory compiled by the Family Support Network of NC will not be published this year. Camp information for 2010 can be found on FSN's searchable database at: [www.fsncc.org/camps/campSearch.asp](http://www.fsncc.org/camps/campSearch.asp).

### Welcome to our New Support Parents

Parent to parent support is the cornerstone of our organization. When a child is born prematurely or diagnosed with a disability, few people can offer the empathetic support of a parent who has "been there". We are proud to announce the following parents have recently gone through our support parent training:

- ~Tracy Barrow
- ~Star Bradshaw
- ~Rachel Corbin
- ~Darla Fain-Reed
- ~Samantha Goedart
- ~Joanna Tyler
- ~Randi Currie

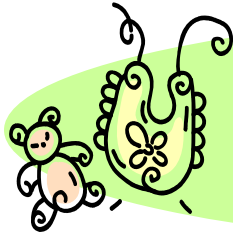
Many thanks to our new support parents for volunteering their time to support other families. If you are interested in receiving support from a parent who has been there or would like to become a trained support parent, please contact us at [support@fsncc.org](mailto:support@fsncc.org) or call 832-6507.

## Join us for our Annual Picnic!

Sunday, May 16th, 3:30-5:30p.m  
High Point City Lake Park  
Shelter #8

To RSVP or for more info, please email: [support@fsncc.org](mailto:support@fsncc.org) or call 336-832-6507





# NICU Notes

## News from the Nursery



### **NICU Parent Advisory Council**

The NICU Parent Advisory Council will have a new format! Many of you have expressed an interest in staying involved, but busy schedules make it difficult to attend meetings. Nancy Micca, NICU Program Coordinator and Paula Bruno chair of the Parent Council will meet quarterly for updates and planning. Paula will provide members with an update about services and request help for events via email. Group meetings for PAC will still be offered, but will change to a social format to catch up and at times a speaker regarding a NICU pertinent topic.

We thank everyone for their continued support as we strive to offer compassion and comfort to new families, and NICU staff appreciation events for those who took such great care of our children.

### **NICU News:**

#### ***Infant CPR Anytime Kits***

Thanks to some additional Smart Start funding FSN was able to purchase 30 Infant CPR Anytime kits. These kits are meant to provide education and practice on life saving CPR for all primary caretakers of our preemies with medical issues. Kits include a 22 minute DVD and a

practice infant manikin. Families who have trialed the kit has given extremely positive feedback. Especially since they can take the kit home and use it to practice or educate family and friends who might be caring for their infant.

Each kit costs \$40.00 with shipping. We would love to be able to offer it to all families who qualify at some point. If you would like to make a donation or host a fundraiser to help replenish these wonderful kits please contact FSN at 832-6507 or email: [support@fsncc.org](mailto:support@fsncc.org).

#### ***NICU Sibling Orientation Program***

Current NICU families now have access to a special program just for siblings of NICU babies sponsored by FSN. Brothers and sisters often cope with many feelings including fear, jealousy and lack of understanding of the situation while mom and dad spend time in NICU with a new baby. During our Sibling Orientation each participant is provided with a muslin doll (donated by Newborns in Need), a stethoscope, a calendar to follow their baby's progress, a comfort blanket and a book. The orientation includes a story, a feelings calendar, medical play with lots of the equipment they see in NICU, education on why the babies are in NICU, what they can do to help when visiting and the

importance of hand washing. The big brothers and sisters love this program and parents report that many of them carry their sibling bags everywhere they go.

#### ***New DVD players purchased***

Thanks again to some additional Smart Start funding, FSN was recently able to buy two portable Sony DVD players with headphones for families to watch the CPR training and other educational DVDs at the bedside. These will be a great asset for the families!

### **Upcoming Events:**

#### ***NICU Staff Appreciation Dinner: Wednesday, May 12***

The NICU Parent Council is proud to sponsor the annual Spring Staff Appreciation Salad and Dessert Extravaganza Event. Can we count on you to donate a dish? Please contact Paula at [Pjbrul23@aol.com](mailto:Pjbrul23@aol.com).

#### ***Largest Baby Shower on the Planet: Thursday, May 13***

See page three for details. Supplies to benefit FSN's Elizabeth's Closet program. Help us spread the word!

#### ***FSN Annual Spring Picnic: Sunday, May 16, 3:30-5:30***

High Point City Lake Park, Shelter #8. Please see the details on the front page of the newslet-



## LARGEST BABY SHOWER ON THE PLANET™

Newborns in Need ~ NC Piedmont Triad Chapter

Thursday May 13, 6:30a.m.—3:30 p.m.

The Women's Hospital of Greensboro

(Drop off location: Cafeteria Entrance)

### Items needed:

- \*diapers (preemie, newborn, size 1)
  - \*sleepers, gowns, onesies, bodysuits (preemie, newborn-6mo sizes)
  - \*baby wash, shampoo, lotion (fragrance free ~Johnson & Johnson preferred)
    - \*BPA Free baby bottles
    - \*boppy pillows & covers
    - \*NEW car seats
    - \*Pack 'n plays with bassinets
  - \*developmental toys & rattles (newborn size)
    - \*board books
  - \*Wal-Mart, Target, or Babies R Us gift cards;
    - \*monetary donations
- Gift wrapping not necessary.*

Items received will benefit babies born at The Women's Hospital through the Women's Hospital Auxiliary & Volunteers Baby Bundles Project & the Family Support Network's Elizabeth's Closet Program for NICU families. Tax receipts available upon request.

Questions? Contact Pat White, President, Piedmont Triad Chapter  
336-788-0303 or [pwhitenin@triad.rr.com](mailto:pwhitenin@triad.rr.com)

### Welcome Baby Harper!

Congratulations to former FSNCC employee, Brooke Juneau & her husband Jason on the birth of their son, Harper Joseph, born February 10th, 2010. He was 7 pounds 5 ounces of sheer adorable baby! We wish Brooke and her family all the best!



# 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](mailto: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. Join us for these informative meetings for families supporting children with ADD/ADHD. The meetings are held at Trinity Church, 5200 W. Friendly Ave., Greensboro.

**Next meeting: May 25th, 6:30-8:30p.m. "AD/HD in the school setting" with Dr. George DuPaul, Professor at Lehigh University.** For more information, or to be added to the mailing list, contact Monica at 334-5601 Ext. 217 or [monica@fsncc.org](mailto:monica@fsncc.org). You can also visit the website for the group at: [www.adhdgreensboro.org](http://www.adhdgreensboro.org)

## DADS' GROUP

A casual support group for fathers with children of any age, with any type of special needs. This group meets the third Monday of each month (September- May). New members welcome! To be added to the mailing list or if you are interested in hosting or coordinating a meeting in the upcoming year, please email Monica at [monica@fsncc.org](mailto:monica@fsncc.org).

## MOMS' GROUP

Our informal support group for

mothers of children with special needs welcomes new & current members the first Thursday of each month (September-May). To be added to the mailing list, or if you are interested in hosting or coordinating a meeting for our upcoming year, please contact Monica at [monica@fsncc.org](mailto:monica@fsncc.org).

## SENSORY PROCESSING DISORDER GROUP

We have been thrilled by the response to our new support group for families of children with sensory processing disorders! Please join us for our next informative session, where Occupational Therapist Donna Perfetti will share ideas for summer activities:

**May 20th, 6:30-8:30 p.m. Classrooms 5&6 of the Women's Hospital Education Center.** For more info or to be added to the mailing list, contact Monica ([monica@fsncc.org](mailto:monica@fsncc.org))

## DOWN SYNDROME NETWORK OF GREATER GREENSBORO

The DSNGG has a FULL summer of activities planned for their families!

**May 15th: Family Picnic** 4-6p.m., Shelter #1 at Jamestown Park & Golf Club, 7041 East Fork Rd., Jamestown. Bring a side or dessert, meat & drinks will be provided. RSVP: [lisagrathwohl@yahoo.com](mailto:lisagrathwohl@yahoo.com) or 298-4086.

**May 23rd: Moms Night Out** 7p.m., Carrabas on New Garden Rd.

**June 27: Moms Night Out** 7p.m., Ben & Jerry's in the Shoppes at Friendly.

**July 9: Annual Family Pool Party.** 7-9p.m., Bur-Mill Park. Admission & dinner are free! RSVP: [lisagrathwohl@yahoo.com](mailto:lisagrathwohl@yahoo.com) or 298-4086.

**July 25: Moms Night Out** 7p.m., Arrigato, 1200 South Holden Rd.

For more information on these events or the DSNGG, call 856-8968 or 644-6403 or email Lauri Lynn at [nickel-hodges@yahoo.com](mailto:nickel-hodges@yahoo.com).

## Moms' & Dads' Groups

In May, *instead of our regular meetings*, we'll be getting **BOTH** groups together for an end-of-the-year celebration! Members new & old are welcome to join us!

**Saturday, May 22nd, 6:30 p.m.**  
**Home of Allison & Tim Vail**  
**3417 Old Barn Rd., Greensboro**

Questions/RSVP: 334-5601 Ext. 217  
or [monica@fsncc.org](mailto:monica@fsncc.org)



## Parent-to-Parent support (Continued from page 4)

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

A parent-run group supporting families of children with hearing loss, regardless of their chosen mode of communication. Meets on the last Tuesday of each month from 6:30-8:30 p.m. at Greensboro AHEC (Moses Cone Memorial Hospital), Rooms 31 & 33. Child care available; RSVP required. For more information, e-mail [info@triadhitchup.com](mailto:info@triadhitchup.com) or visit [www.triadhitchup.com](http://www.triadhitchup.com).

## Where is the Community Links section?

To provide our families the most current information at all times, our News & Coming Events section will be updated monthly on our website. Go to [www.fsncc.org](http://www.fsncc.org), & look under the "Newsletter & Coming Events" tab. To be added to the mailing list for notifications of the monthly updates, please email us at [support@fsncc.org](mailto:support@fsncc.org).

## FSNCC's Sibshops... where kids RULE!

Our 2009-2010 theme for Sibshops, our support program for brothers & sisters of kids with special needs in grades 2-6, was "Express Yourself". We had several special guests including an artist who helped the kids paint on canvases, a young adult author with autism who expresses himself through art, potters who helped us to make our own clay bowls, and a drumming group which helped the kids to express themselves with LOUD fun. Each session included time to share the joys, and problem solve the challenges of having a sibling with special needs. Some of our Sibs' comments and/or favorite things about Sibshops?

- \*"It helped me understand my brother"
- "I like meeting new people."
- \*"The games are my favorite."
- "...everyone is very nice"
- \*"I love Sibshops!"

Look for the next Session of Sibshops to begin in September! If you would like more information please call: 832-6507 or email: [support@fsncc.org](mailto:support@fsncc.org)



The fun we had with the drummers!



"Doing fun art stuff."



We can talk about our brothers or sisters.



Being with friends & having fun!

# FOUR-COUNTY CALENDAR

## rockingham county

Interested in starting a support group in Rockingham County? We can help! Contact Monica at 334-5601 Ext. 217.

## randolph county

**\*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

## caswell county

Interested in starting a support group in Caswell county? We can help! Contact Monica at 334-5601 Ext. 217 or monica@fsncc.org to learn more.

## 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. (No meetings in June, July or August)

**\*Autism Society Family Social: May 15th,** 10-11:30a.m., Kidsport, 3370 South Church Street, Burlington.

For information on respite care programs, parent coffees & other events, visit [www.alamanceasnc.org](http://www.alamanceasnc.org), call 336-222-7026, or e-mail [alamanceasnc@bellsouth.com](mailto:alamanceasnc@bellsouth.com)

## \*Little C.H.E.F.S.

### *Communicating Holistically with Effective and Functional Speech*

Little CHEFS is a new therapeutic cooking class, for 4-6 year olds, that is run through the collaborative efforts of the Autism Support and Advocacy Center and Talk About It! Speech and Language Therapy Services. The purpose of Little CHEFS is to enhance language development and social skills. Some of the specific skills that will be targeted are: expanding vocabulary, answering yes / no questions, answering "wh" questions, asking questions, turn-taking, waiting, working together with peers, sequencing, and following one-step or multi-step directions.

Little CHEFS is an 8 session program that will meet from 3:00 - 4:00 on the following days:

**Monday, June 21st**  
**Wednesday, June 23rd**  
**Friday, June 25th**  
**Monday, June 28th**  
**Wednesday, June 30th**  
**Friday, July 2nd**  
**Wednesday, July 7th**  
**Friday, July 9th**

Total Program Cost (with Medicaid): \$175  
Total Program Cost (without Medicaid): \$300

For more information or to register please call the Autism Support and Advocacy Center at 251-9743. Registration deadline is June 1st.