

Family Support Chronicle

Welcome !

The Family Support Center of New Jersey would like to thank all of our supporters for another great year. We hope you have enjoyed reading our monthly publication and look forward to providing you with another event filled informative year in 2010. As always we welcome your feedback and recommendations for future publications. Have a happy holiday season and healthy New Year!



**Family Support
Center of
New Jersey**

To learn about the Family Support Center of New Jersey please visit us on the web: www.fscnj.org or call (800)372-6510 and a friendly staff member will be more than happy to assist you.

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RESPIRE WORKBOOK

Budget Friendly Gift Giving Ideas for Everyone

1. Whole-Family Gifts

"One way to save money is through one gift everyone can enjoy together," says Gillian Joseph, director of merchandising at Gifts.com. Examples include board games, Wii Fit, or a basket full of supplies for a cooking or art project.

2. Friend Brunch

If you're gathering your busy friends for a holiday lunch date anyway, make it clear that this is their present. They'll appreciate not having to buy yet more gifts, we promise.

3. Office Goodies

No one at the office will think less of you if you cook lunch or bake something and declare it your gift.

4. Experiences

"Children uniformly have too much stuff," says Ewer. "Everyone dreams of giving kids the present, but the truth is, a kid doesn't remember who the Transformer was from three days later." Ewer suggests a Christmas camp out. "Invite kids to come visit overnight and camp out under the Christmas tree. You can talk about the tree and the holiday, and kids will always remember it."

5. Gift Exchange

"One of the advantages of doing a list very early is that you can make deals," says Ewer. If your coworker list is out of control, be the one to suggest a Secret Santa.

6. Rotation

Many large families make it one gift per person, total. One year you might give to a brother in-law; the next, to a cousin.

7. Give What You Do

A gift of time and talent is a gift from the heart. What do you do well? Cook, clean, babysit, sew, garden? Whatever it is, share it: Create a unique gift certificate for a weekend of babysitting, a day of housecleaning, or six hours of errand running.

8. Favorite Recipes

Create a collection of your favorite holiday recipes. This is a great way to pass on culinary traditions to friends and family.

Although it is easy to get carried away in the lights, festivities and the coolest latest gifts try to remember the true meaning of the holiday season. Peace and good will toward one another.

The Training Calendar Offers a Clearinghouse of Community Events

In an effort to spread awareness about workshops, conferences and other training opportunities the Family Support Center of New Jersey has launched The Training Calendar. We invite professionals to post information on activities, lectures, trainings, or other events for caregivers and the people they are caring for on www.thetrainingcalendar.org. We also invite families and caregivers to view the trainings available in their area.

Previously The Training Calendar had been administered by the Progressive Center for Independent Living. We applaud their foresight in developing this clearinghouse program.

NJFDPD - New Jersey Foundation of Dentistry for Persons with Disabilities

Promoting dental health to people with developmental disabilities in New Jersey

For most of us, dental hygiene is a simple part of our daily routine. But to many individuals with developmental disabilities, it is nearly impossible to do alone. They must rely on the assistance of trained caregivers to guide their dental health care. For more than 40 years, the New Jersey Foundation of Dentistry for Persons with Disabilities (NJFDPD) has been providing services to help these individuals overcome the obstacles so they can develop healthy smiles. **All NJFDPD services are free.**

NJFDPD provides:

- Screening by a dental hygienist for dental disease
- Referrals to community dental professionals
- A van with portable equipment for completion of most dental procedures as needed
- Treatment by licensed dentists performed onsite at your facility where appropriate
-

Services exclusively for individuals with developmental disabilities

NJFDPD offers staff training for:

- Day programs
- Residential programs
- Resource coordination
- Sponsor homes
- Groups of DD consumers
- Training sessions are available in the evening upon request

NJFDPD works directly with your staff to coordinate and schedule all services for persons with developmental disabilities. Call today to learn more at (732)613-9206.

NJFDPD is a program of the National Foundation of Dentistry for the Handicapped (NFDH). The program is made possible through funding from the New Jersey Division of Developmental Disabilities.

All NJFDPD services are free. For more information, call (732)613-9206 or click [here](#) to visit them on the web.

Keeping You Connected!



Everyone is social networking, and FSCNJ will not be left behind. Our goal with blogging is to keep you informed of the latest hints, trends and resources that may pass our way. We encourage you to tag this as a favorite, and check back on a weekly basis to see what is going on. We also welcome suggestions and comments that might help others as well. [Click this link to be redirected to our "blog spot"!](#)

FSCNJ is on facebook!

The Facebook logo, consisting of the word "facebook" in white lowercase letters on a dark blue rectangular background.

The Family Support Center of New Jersey has joined cyber space and we want to connect with you! Click on [Facebook](#) to become our "fan" to receive bulletins and messages. Our goal is to keep people updated on news, legislation, and other activities important to the community we serve.

Respite Workbook for Families & Care Providers



The Family Support Center is distributing comprehensive patient information tools that can be entrusted to a temporary care or respite provider. "About Our Family - A Respite Workbook for Families & Care-Providers" is a product of the Child Neurology Foundation and is distributed free of charge by the Family Support Center. Call (732)528-8080 or (800)FSC-NJ10 and a friendly staff member will mail you a free copy today!

Thank you for reading Family Support Chronicle! If you have any information you would like included in our e-zine, please email me at enza.jacobowitz@fscnj.org. To receive regular publications click "Join Our Mailing List" located on the top of our newsletter.

Additionally, the Family Support Center of NJ is dedicated to keeping you informed and sharing resources with the community, so we invite you to utilize the "Forward Email" button at the bottom of this email.

Sincerely,

Enza Jacobowitz, Website Operations Manager
[Family Support Center of New Jersey](#)

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