

# Family Support Chronicle

## Welcome !

Welcome to the latest edition of Family Support Chronicle! We hope that you enjoy our new look and are eager to hear your feedback. We'd like to take the time to thank our "repeat readers" for their support but also welcome our new subscribers.



**Family Support  
Center of  
New Jersey**

The Family Support Center of New Jersey (FSCNJ), 2516 Route 35 North, Manasquan, a clearinghouse for disability information, is offering the parents and caregivers an opportunity to schedule free computer time for employment searching and research.

Interested individuals may schedule an appointment to use the center's computer workstations while doing research in the Lending Library. Job seekers also may speak to a knowledgeable resource coordinator and learn how to best utilize FSCNJ's comprehensive database. To schedule an appointment call 1(800)FSC-NJ10. To learn more about the Family Support Center of New Jersey please visit us on the web: [www.fscnj.org](http://www.fscnj.org).

## In This Issue

- Welcome!
- FSCNJ Introduces The Training Calendar
- FSCNJ Salutes Representative Frank Pallone
- Hundreds have Endorsed the Family Support Center of NJ's Petition
- Spring 2009 Trainings
- How You and Your Family Can Get Fit Together!
- PASS EVENT
- FINANCIAL STRATEGIES FOR FAMILIES WITH SPECIAL NEEDS
- Keeping You Connected!
- FSCNJ is on facebook!
- Respite Workbook for Families & Care Providers
- Women's Caregiver Retreat
- National Caregivers Conference

[\*\*Join our Mailing List!\*\*](#)

## ***WELCOME OUR LATEST FEATURE*** **FSCNJ Introduces The Training Calendar**

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](http://www.thetrainingcalendar.org).

The concept is simple. Pick an available date and plan any type of event that focuses on either training for the caregiver, awareness, advocacy, support of anything you think that would assist caregivers in New Jersey. Through a partnership of the Family Support Center of New Jersey and your organization, we will work together to promote your event on our website, in our print publications as well as with the assistance of local and statewide sponsors. By participating you will have the opportunity to spread awareness of your upcoming activities and provide support for the individuals you work with and for others around the

state.

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

## FSCNJ Salutes Representative Frank Pallone



Jacqui Moskowitz, FSCNJ Executive Director presented a plaque Monday March 23, 2009 to Representative Frank Pallone, NJ-6, at a forum on medical innovation. The recognition is a salute to Representative Pallone for his leadership in the passage of the SCHIP bill. The \$31 billion measure will cover 230,000 additional NJ children with expanded health coverage. Pallone chairs the Energy and Health subcommittee and will be a major force in healthcare reform.

## Hundreds Have Endorsed the Family Support Center of NJ's Petition

Thousands of families in New Jersey's disability community know how beneficial the resources are at the Family Support Center of New Jersey.

Hundreds have endorsed the Family Support Center of New Jersey's petition entitled "Support the Ongoing Funding of the Family Support Center of New Jersey." We are hoping we can count on your support to help us in our effort. [Click here to sign this petition in support of FSCNJ.](#)

Thank you for your assistance and if you have any questions please do not hesitate to call (732)528-8080 or (800)FSC-NJ10 and a friendly staff member will be more than happy to assist you.

## Spring 2009 Training Dates Are Available

The FSCNJ Training Department has been conducting informational sessions for New Jersey's families since May 2006. These interactive sessions intended to assist families of children with developmental disabilities specifically targeting different age ranges in order to address unique needs.

Within each of the training sessions, families are exposed to appropriate advocacy strategies and are encouraged to develop a person centered approach to planning for their child. FSCNJ encourages and empowers families to create solutions that are right for them.

FSCNJ currently conducts three trainings through the collaboration of the New Jersey Division of Developmental Disabilities. They are: ["Life Line for the Journey,"](#) ["Pathways to Adult Life"](#) and ["Life After 21"](#). To learn more or to register please click on the training that interests you.

## How You and Your Family Can Get Fit Together!

By: Mark Fenton, Family Circle Magazine

It's time to get out and get moving! Start a walking workout today and lose those stubborn pounds. While experts encourage adults to get 30 minutes of moderate exercise - like walking - a minimum of five days a week, your kids should get at least one full hour every day. So rally the whole gang and make walking a family affair!

### **Group Effort -**

**One Day a Week:** Transform your family into a "team in training." Head out for a 90-minute hike. Walk as if you're a little late for an important date. You'll burn well over 500 calories on this outing, especially if you find some hills to conquer.

**Two Days a Week:** Break a sweat for 20 to 40 minutes. For kids, this could be a game of soccer or capture the flag. Adults: Power walk, swim laps, lift weights, or try an aerobics class.

**Three Days a Week:** Make these your easy days. You may "need" only 30 minutes of moderate daily activity, but you'll benefit (and lose more weight) by matching your kids' daily 60-minute goal. Walk the kids to school, ride bikes before dinner, or turn some yard work into a project for the entire family.

**End of the Week:** Go for a celebratory jaunt. Give a little cheer for the fact that you've blasted an extra 2,000 calories in just six days.

### **Kid Incentives -**

**Pack Some Snacks:** Go for a combo of nuts, dried cranberries, and chocolate chips. Don't forget to pack bottled water. It's very important to stay hydrated.

**Make It A Fun History Lesson:** Find an old fort with climbable parapets in a city, or a turn-of-the-century cabin in the great outdoors.

**Promise A Big Payoff:** A stunning view, a gigantic tree or a scalable boulder can be the goal.

*We encourage our readers to always consult a physician before beginning any new exercise program.*



**PASS Event - Parents & Agencies Supporting Siblings**

**Friday, April 17**



This event is for siblings. Pizza will be served. Pre-registration is required.

Please wear your PASS Shirt if you have one!

**TIME:**

4:00 - 6:00 pm

**LOCATION:**

THE LANES AT SEA GIRT  
2106 STATE HIGHWAY 35  
SEA GIRT, NJ 08750

**Collaborating Agencies: Statewide Parent Advocacy Network (SPAN)**

**NJ Parent to Parent (NJP) Family Support Center of New Jersey (FSCNJ)  
Parents of Autistic Children (POAC)**

[To view an informational flier click here!](#)

**We Invite You To An Open Forum Where We Will Discuss Financial Strategies For Families With Special Needs**

**MID ATLANTIC RESOURCE GROUP, LLC**

presents

**How you can continue to care for your child, even after your gone  
Special Needs and Supplemental Needs Trusts  
Maximizing government benefits  
Creating a legacy that will care for your loved one  
Developing a sound financial strategy without breaking the bank  
Questions and Answers**

**DATE/TIME**

Wednesday, April 28, 2009

Morning Session 11:30 am - 12:30 pm

Evening Session 6:30 pm - 7:30 pm

**LOCATION**

Family Support Center of NJ 2516 Route 35 North Manasquan, NJ 08736

RSVP is required call Cheryl Guaimano (732)528-8080

Light refreshments will be served

**SPEAKERS TO INCLUDE**

**Financial Advisors from Mid Atlantic Resource Group, LLC-Edward W. Schuler, ChFC  
Ryan J. Coutu, Pat Rinaudo, James T. Robinson**

**Gary B. Garland Esq. - Attorney who has been practicing law, handling complex litigation and**

## Estate Planning, Estate Administration, and Elder Law issues.

Carl Robinson, Public Affairs Coordinator, has worked with the Social Security Administration for over thirty years. (Will be attending the Morning Session)

Greg Makely, Project Director for NJWINS. (Will be attending the Evening Session)

## 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, to check back on a weekly basis to see what is going on, and to make suggestions and comments that might help others as well.

[Click this link to be redirected to our "blog spot"!](#)



Blogger™

## FSCNJ is on facebook!

facebook

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!



Thursday, May 14th, 2009  
Robert Wood Johnson Hamilton Center for  
Health & Wellness - Mercerville, NJ  
[Registration is available online click here!](#)



Thursday, October 29th, 2009  
Woodbridge Hotel & Conference Center  
formerly the Sheraton of Woodbridge  
Iselin, NJ

[Visit www.nationalcaregiversconference.org](http://www.nationalcaregiversconference.org) regularly for event updates!

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](mailto: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](#)

[Forward email](#)

 **SafeUnsubscribe®**

This email was sent to [contact@refinedwebdesign.com](mailto:contact@refinedwebdesign.com) by [enza.jacobowitz@fscnj.org](mailto:enza.jacobowitz@fscnj.org).  
[Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Email Marketing by



Family Support Center of New Jersey | Please visit us online! | [www.fscnj.org](http://www.fscnj.org) | Manasquan | NJ | 08736