

# 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).

[Join our Mailing List!](#)

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## The Family Support Center of NJ presents a series of workshops promoting Autism Awareness

### "Autism & You"

**Tuesday, May 19, 2009 6:30 pm - 8:30 pm**

Debra Egan Coordinator at FSCNJ, and founder of Connect the Puzzle (also a parent of a child with Autism) will be presenting a session on autism for families that have just received diagnosis or are currently struggling with it. This session reviews statistics on autism, how your life will change, and explores the feelings associated with diagnosis and why it is important to move through them timely.

### "Separating the Wheat from the Chaff: Evaluating Research 101"

**Thursday, May 21, 2009 6:30 pm - 8:30 pm**

Andrew Abere, Ph.D., Economist and a parent of a child with autism who has spent his career evaluating research will review and demonstrate useful techniques to critically review the research (or, in some cases, the lack of it) using the debates about mercury and inclusion. Parents and professionals often are flooded with a torrent of information about autism and this workshop will benefit everyone.

### "How to Deal with Difficult Behaviors"

**Thursday, May 28, 2009 6:30 pm - 8:30 pm**

Marlene Brown and Lauren Handleman of Rutgers Douglass Developmental Center will be presenting a session on various techniques that families can utilize for children with autism. They will include how to: use play skills with peers and plan a play date, plan a summer vacation including road trips and plane travel, how to stay over with family and in a resort, and finally how to teach independence at home through activity schedules.

**ALL WORKSHOPS WILL TAKE PLACE AT THE FAMILY SUPPORT CENTER OF NJ  
2516 ROUTE 35 NORTH - MANASQUAN NJ 08736  
REGISTRATION IS REQUIRED. PLEASE RSVP BY CALLING CHERYL (800)372-6510  
[TO VIEW INFORMATIONAL FLIER CLICK HERE!](#)**

**BELMAR FIRST AID SQUAD PROUDLY PRESENTS....  
ROCK FOR AUTISM  
FEATURING MUSIC BY HOLME & SPECIAL GUESTS**

**FRIDAY, MAY 1, 2009 7PM - MIDNIGHT  
D'JAIS - BELMAR NJ**

**For more information contact Fran Hines (732)681-1359  
or email: [fhines@belmarfirstaid.com](mailto:fhines@belmarfirstaid.com)**

**[Click here for an information flier!](#)**

**The Regional Family Support Planning Council #1  
serving Morris, Sussex and Warren Counties will be hosting a  
Disability Services Resource Fair**

**DATE/TIME**

**Saturday, May 9th, 2009  
10:00 am - 2:00 pm**

**LOCATION**

**Frelinghuysen Aboretum  
53 East Hanover Avenue  
Whippany, New Jersey**

**Representatives from state, county, private agencies and vendors will be on site to provide information and specific resources to families throughout the day.**

**There will also be a brief presentation from the council and DDD providers, as well as an opportunity to hear from family members themselves.**

**If you would like more information or have any questions please contact  
Margaret Hefferle (973)971-5313 or email: [mhefferle@spannj.org](mailto:mhefferle@spannj.org)**

## **The Regional Family Support Planning Council #4 proudly presents .... SPRING PROVIDER FAIR**

### **DATE/TIME**

**Saturday, May 16th, 2009  
2:00 pm - 5:00 pm  
Rain or Shine**

### **LOCATION**

**Birchwood Adult Center  
115 Evergreen Place  
East Orange, NJ 07018**

**Representatives from various private, public, community and state agencies will be on site to provide information pertaining to their programs and services for families and individuals with developmental disabilities.**

**Please RSVP no later than May 9, 2009 by emailing: [rfspc4@yahoo.com](mailto:rfspc4@yahoo.com)**

**Refreshments will be provided for free!**

## **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](http://www.thetrainingcalendar.org). We also invite families and caregivers to view the trainings available in their area.

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.

**Attention Bergen County...  
FSCNJ has partnered with the Cape Center!**

The CAPE Special Services Resource Center is a one-stop-shop for adults and families of children with special needs seeking agencies. By collaborating with the Family Support Center of NJ we move closer to our goal of increasing access to services and resources.

A friendly staff member from the Family Support Center of NJ will be available for your questions every Thursday. To arrange an appointment to meet with one of our knowledgeable staff please call (201)343-8582.

The Cape Center is located at 327 East Ridgewood Avenue, Suite 212, Paramus New Jersey. To learn more about their services click here: [www.bergen.org/cape](http://www.bergen.org/cape) or visit them on the web today!

## Spring 2009 Training Dates Are Available

The FSCNJ Training Department has been conducting informational sessions for New Jersey's families since May 2004. 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.

## Have You Signed 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.

Nearly one thousand New Jersey residents have endorsed the Family Support Center of New Jersey's petition. 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.

## Sun Safety Facts

American Academy of Dermatology; American Medical Association

With the weather heating up summer is just around the corner. Everyone enjoys the sun but some people don't realize the potential dangers. Read on to learn the facts about protecting yourself and your family against the potentially damaging rays of the sun.



**1. After applying sunscreen, you should give it 20 to 30 minutes to dry before going outside.** It takes this long after application for the chemicals to start working. Letting the sunscreen dry also helps ensure that it stays on your skin.

**2. If you've been in the sun or water, you should reapply waterproof sunscreen every two hours.** Sunscreen needs to be reapplied regularly if you've been in the sun or water -- even if it claims to be "waterproof."

**3. Surfaces such as sand or water reflect up to 85 percent of the sun's damaging rays.** It's especially important to protect your skin and eyes around these surfaces.

**4. Tightly woven clothing in dark colors provides the best protection from the sun.**

**5. The sun is strongest -- and most dangerous -- between 10:00 a.m. and 4:00 p.m.** The American Academy of Dermatology (AAD) advises staying out of the sun during these hours.

**6. A sunscreen's Sun Protection Factor (SPF) number refers to the factor by which it enhances a person's natural sun protection.** If someone normally burns in 20 minutes, then a sunscreen with an SPF of 15 would protect them for 300 minutes (SPF 15 x 20 minutes = 300 minutes).

**7. The minimum SPF number recommended by the AAD is 15.** The AAD recommends applying a broad-spectrum sunscreen with this minimum SPF daily.

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*Always seek the direct advice of your own doctor in connection with any questions or issues you may have regarding your own health or the health of others.*

## 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!



## WOMEN'S CAREGIVER RETREAT

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



## NATIONAL CAREGIVERS CONFERENCE

Changing the Face of Caregiving

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](#)

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