

Family Support Chronicle

Welcome!

The Family Support Center of NJ proudly presents Sibshops! Sibshops are for kids between the ages of 8-12 years old who have a sibling with special needs.

The group will meet once a month read below for more information!

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.



**Family Support
Center of
New Jersey**

[Join our Mailing List!](#)

In This Issue

- Sign up now for a SibShop!
- SIBSBOWL
- Family Workshops
- Options Manual Available in Spanish
- Devils Fundraiser for FRN
- TBI Survey
- Speical Needs Hockey
- Easing Stress of Caregiving During the Holidays
- Find Trainings Online at the Training Calendar!
- Donate Your Car to FSCNJ
- Sign our Petition
- Respite Workbooks Now Available
- Keeping You Connected
- FSCNJ is on Facebook!

The Family Support Center of NJ presents...Sibshops!

Sibshops are for kids between the ages of 8-12 years old who have a sibling with special needs. FSCNJ will host Sibshop meetings once a month on a Saturday from 10:00 a.m. to 2:00 p.m. Each session costs \$25.00 per child.

2010 Meeting Schedule
December 18, 2010

2011 Meeting Schedule
January 15, 2011
February 19, 2011
March 19, 2011
April 16, 2011
May 21, 2011
June 18, 2011
July 16, 2011
August 20, 2011
September 17, 2011
October 15, 2011
November 19, 2011
December 17, 2011

Sibshops will take place at
The Family Resource Network - Shore Office
Lions Head Office Park
35 Beaverson Blvd. Bldg. 11
Brick, NJ 08723

Please Call the Family Support Center of NJ to Register: 1-800-372-6510. Click [here](#) to download a registration form and follow instructions to ensure proper registration.

****SPACE IS LIMITED. PLEASE REGISTER AS SOON AS POSSIBLE****

SIBSBOWL

The Family Support Center and POAC are supporting siblings of children with different abilities in an environment that is encouraging, supportive and ongoing. SIBSBOWL offers opportunities for these siblings to meet each other and obtain mutual support while having bowling.

DATES/TIME

January 7
February 4
March 4
April 1
May 6
June 3

Click [here](#) for an information flyer or call Ramona Carmeci (732) 528-8080 with any question

Location: SIBSBOWL will be held at Sea Girt Lanes Rt. 35, Wall, NJ, Fridays from 4-6pm

DDD, Boggs Center and The Family Support Center Announce Family Workshops

DDD and the Family Support Center (Life after 21) have set up several evening workshops around the state (2.5 hours each) that the Boggs Center trainers will facilitate. In these workshops for family members, we will introduce elements of person centered thinking and planning in order to support you in developing a one page description of who the person being supported is and how they are best supported around employment/meaningful day activity. This information provides the foundation of a person centered plan (ELP) for meaningful day supports.

Workshop dates are:

December 14 Mays Landing Library (Atlantic County)

All workshops run from 6pm - 8:30pm. Registration is required. Please register online at <http://www.fscnj.org/> (click on Trainings menu).

or call 1(800) 372-6510 for assistance.

For flyer [click here](#)

Options Manual Now Available in Spanish

The OPTIONS Manual is now available in Spanish! The Manual De Opciones, a Family-Friendly Guide to New Jersey Developmental Disability Community - OPTIONS includes information on support programs, advocacy, education, recreation, financial assistance and practical parent to parent tips. This resource manual is free to family members and is available to professionals at a nominal cost. The Manual was completed as part of Alianza- New Jersey's Family Support 360 program funded by the Administration on Developmental Disabilities.

For your copy please call 1(800)372 6510 and a friendly staff member will be more than happy to assist you. It is also available for you to download on our website www.fscnj.org

Devils Fundraiser for FRN- Great Holiday Gift Idea

When the NJ Devils take on the Philadelphia Flyers at Prudential Center in Newark on January 6th, it will be for more than a shot at the playoffs. It will be The Family Resource Network's annual Night at the Devils.

Tickets are \$45.00 each (well below face value). Go to www.newjerseydevils.com/frn. To access the offer put in the special code FRN.

We look forward to seeing you in January.

TBI Survey for South Asian Community

The Family Support Center of New Jersey has been invited to participate in a statewide survey to learn the best ways to develop culturally appropriate information about resources and services for people with traumatic brain injury and their families in South Asian communities of New Jersey, and the best ways to make that information available. The survey is being conducted by The Elizabeth M. Boggs Center on Developmental Disabilities which is part of Robert Wood Johnson Medical School

Please do one or more of the three things below, as appropriate

1. Fill out the eight question survey at the link below if you are a South Asian or serving people within South Asian communities.
2. Forward this email to any South Asian individuals, professionals, agencies, networks, temples, mosques, or others in the South Asian communities of New Jersey whom you know.
3. Forward it particularly to individuals and families in South Asian communities whom you know who has been directly impacted by a traumatic brain injury.

The survey, only eight questions long, is completely anonymous. Individuals and families impacted by traumatic brain injury can offer to help this project by a follow up interview, but they will contact us separately per the instructions in the survey.

This is the link to the survey on traumatic brain injury: <http://www.surveymonkey.com/s/QVQRKF3>.

Thank you very much. If you have questions, please feel free to call or email Bill Gaventa, The Boggs Center, Project Director, at The Boggs Center at 732-235-9304 or email bill.gaventa@umdnj.edu .

NJ Leads the Way in Special Needs Hockey

The New Jersey Daredevils Hockey Team would love to have a few more kids with special needs on their team this year-but they're filled up. Forty-six boys and girls registered this year and so they are not accepting new registrants.

However, NJ has four more teams that may be able to accommodate kids wishing to participate. These include the NJ Avalanche (Hackensack), Brick Special Hockey (Brick), Woodbridge Wolfpack (Woodbridge) and Mercer Special Hockey Bulldogs (West Windsor). In fact, New Jersey apparently has more teams than any other state. In all, there are 80 teams that belong to the American Special Hockey Association (www.americanspecialhockey.org)

Teams accept youngsters with autism, down syndrome, cerebral palsy and a variety of neurological issue.

According to John Murphy of Jackson Twp., who helps the Daredevils in West Orange, special hockey is the fastest growing aspect of US Hockey.

Check the website for local programs/contacts.

Easing the Added Stress of Caregiving During the Holidays

For millions of Americans who find themselves in the role of caregiver to an older frail, ill, or disabled relative, the holiday season can add to an already heavy load of responsibilities and cause feelings of stress to soar.

Stress occurs when we work too much, sleep too little, try to cope with difficult or troubling situations, and when we neglect to take good care of ourselves-all of which are typically everyday state of conditions for the millions of Americans who find themselves in the role of caregiver to an older frail, ill, or disabled relative. The added physical and emotional demands that are involved in celebrating the holidays can add to an already heavy load of caregiving responsibilities and cause feelings of stress to soar. The holidays are traditionally a time when we reflect on past memories. For those who are caring for a frail and elderly family member, these reflections often deepen the awareness of the extent of the older person's losses (for example, memory loss for those with Alzheimer's) and how much life has changed for them. Holiday-time reminiscing can also underscore the loss caregivers face in the altered quality of their personal relationship with the older person. The emotional pain of confronting such losses can heighten feelings of stress.

The holidays are also a traditional time for family gatherings. While this can be tremendously enjoyable, when tensions among family members or unresolved conflicts surface, it can become a source of extreme stress. Caregivers too often find themselves in the middle of family discord as they try to mediate the needs of the older person as well as express their own position. [continue reading](#)

Hundreds of Trainings on the FSCNJ's 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.

Throughout 2010 the training calendar was the premiere location to find out about scheduled trainings for professionals and families.

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.

Donate your car to support FSCNJ!

Are you thinking of selling or trading in that old car? Why not donate it instead? As a charitable contribution your vehicle donation could make a big difference. Our process is simple, quick and convenient and we will provide free and timely pick-up of your vehicle donation. Our program is simple ... The better the car, the greater your tax deduction.

To inquire about a donation please contact Samantha Griffiths at (609) 392-4900.

Sign Our Online Petition Today!

The Family Support Center of New Jersey provides a wide array of services and resources are that they offer to the New Jersey disability community. If you support our programs and services please consider signing this online petition. Please click here!

Respite Workbooks Now in Stock 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!

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 and The Family Resource Network have 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.

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
The Family Support Center of NJ

[Forward email](#)

 **SafeUnsubscribe®**

This email was sent to contact@refinedwebdesign.com by msmith@familyresourcenetwork.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 | Manasquan | NJ | 08736