



Family Support
Center of
New Jersey

FAMILY SUPPORT CHRONICLE

Welcome to the Family Support Chronicle.

Welcome to the Family Support Chronicle. The Holiday season at FSCNJ has been very busy. The staff has loved seeing so many families come out to our trainings and events. As always we encourage you to mark our website as a favorite and visit our Facebook page for the most up-to-date 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.

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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.

Statewide Fitness and Nutrition Movement is Launched



"If I can do it, you can do it. Apply yourself to learn how to do something and you're going to feel really good. Never say I can't. I love the way I am now." This is a statement from Laura Campbell, a participant of the Family Resource Network's GetFIT Program. GetFIT is a fitness and nutrition movement charged to improve health and wellness for persons with Intellectual and Developmental Disabilities and their caregivers, through the promotion of diet, exercise and behavioral modifications. Families with persons with intellectual and developmental disabilities are not strangers to the limited accessibility in the participation of daily recreational activities and are excited by the prospects to be involved

in an evidence based, inclusive health and wellness program that not only improves health status for the family as a whole but also increases levels of self confidence and personal achievement.

Upholding the World Health Organization's 3 principles of action for addressing health determinants Get FIT seeks to; improve the conditions of daily life, address the inequitable distribution of resources among people with disabilities, and expand the knowledge base and awareness about determinants of health for people with disabilities.

Launched at the 2011 Annual Caregivers Conference on October 27th in Woodbridge, New Jersey; GetFIT understands that in order for people with disabilities to participate and provide actively for their communities, it is important to increase awareness and the provision of accessible services in fitness and wellness programs.

Through the building of local and statewide coalitions, GetFIT aims to improve the quality of life for individuals with disabilities and their caregivers. The Family Resource Network looks forward to the promotion of the GetFIT mission and the adoption of integrated health promotion programs so as to fulfill the Healthy People 2020 Disability and Health Objectives.

For more information about GetFIT please visit <http://GetFITNJ.org>

Emergency Preparation Training for People with Developmental Disabilities

Is your loved one with a disability living in a supervised, supported or group setting, prepared in the event of an emergency. We are now offering NJCDD's Emergency Preparation Training for People with Developmental Disabilities to residential organizations in Bergen, Essex, Hudson, Hunterdon, Middlesex, Morris, Passaic, Somerset, Sussex, Union and Warren counties. Please contact Lorraine D'Sylva-Lee at LD.Lee@fscnj.org for more information.

Sibsowl



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.

SIBSBOWL DATES

JANUARY 6, 2012

FEBRUARY 3, 2012

MARCH 2, 2012

APRIL 13, 2012

MAY 4, 2012

JUNE 1, 2012

ALL DATES ARE FRIDAYS 4:00-6:00pm

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

Sibshops/Teen Sibshops



Sibshops/Teen Sibshops are for kids between the ages of 8-12 and teens 13-16 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.- 2:00p.m. for Sibshops Teen Sibshops from 11:00am-3:00pm. Each session costs \$25.00 per child.

2011 Sibshops Meeting Schedule

December 17, 2011

2012 Sibshops Meeting Schedule

January 21, 2012
 February 12, 2012
 March 17, 2012
 April 21, 2012
 May 19, 2012
 June 16, 2012
 July 21, 2012
 August 18, 2012
 September 15, 2012
 October 20, 2012
 November 17, 2012
 December 15, 2012

2011 Teen Sibshops Meeting Schedule

December 17, 2011

2012 Teen Sibshops Meeting Schedule

January 21, 2012
 February 12, 2012
 March 17, 2012
 April 21, 2012
 May 19, 2012
 June 16, 2012
 July 21, 2012
 August 18, 2012
 September 15, 2012
 October 20, 2012
 November 17, 2012
 December 15, 2012

Sibshops/Teen 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 Sibshop registration form and [here](#) for Teen Sibshops form and follow instructions to ensure proper registration.

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

2011 North Jersey Meeting Dates

December 17, 2011

2012 North Jersey Meeting Dates

January 28, 2012
 February 25, 2012
 March 31, 2012
 April 28, 2012
 May 19, 2012
 June 30, 2012
 July 28, 2012
 August 25, 2012
 September 29, 2012

October 27, 2012

November 17, 2012

December 15, 2012

Sibshops will take place at
The Family Resource Network of New Jersey
322 US Highway 46 Suite 290
Parsippany, NJ 07054

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.

AMC Theatres and Autism Society

AMC Theatres (AMC) and the Autism Society have teamed up to bring families affected by autism and other disabilities a special opportunity to enjoy their favorite films in a safe and accepting environment on a monthly basis with the "Sensory Friendly Films" program.

In order to provide a more accepting and comfortable setting for this unique audience, the movie auditoriums will have their lights brought up and the sound turned down, families will be able to bring in their own gluten-free, casein-free snacks, and no previews or advertisements will be shown before the movie.

Additionally, audience members are welcome to get up and dance, walk, shout or sing- in other words, AMC's "Silence is Golden" policy will not be enforced unless the safety of the audience is questioned.

for more information visit

<http://autism-society.org/sensoryfilms>

Apps for Children with Special Needs

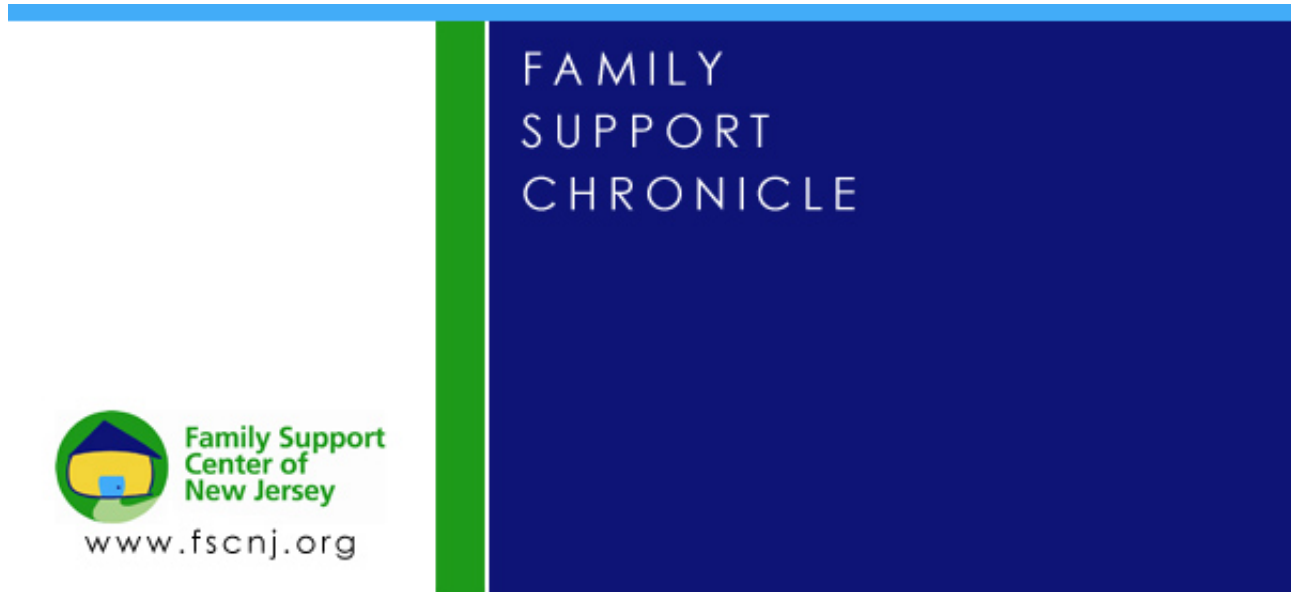
This is a great site for locating apps for special needs education. a4cwsn is committed to helping the families and carers of children with special needs and the wider community of educators and therapists who support them, by producing videos that demonstrate how products designed to educate children and build their life skills really work from a user perspective. They have an easy to use apps index.

click [here](#) to go to website.

Donate Your Car to 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:
Michelle Smith at (732) 262-8020



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