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Age-Appropriate Chores for Children

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*"Luck is believing you
are lucky."*

--Tennessee Williams

Children who have a set of chores have higher self-esteem, are more responsible, and are better able to deal with frustration and delay gratification, all of which contribute to greater success in school. Involving children in household tasks at an early age can have a positive impact later in life.

Kids begin to see themselves as important contributors to the family when they share in the responsibilities of the household as part of their daily routine. Children feel better about themselves when you let them know that you expect them to finish their chores and congratulate them for doing so on a regular basis. It's important to build the sense of accomplishment and help your children learn the skills that go along with the responsibility of sharing in household chores even when they are very young.

Some chores by age:

- ♥ Ages 2-3—put toys in toy box; stack books on shelf; place dirty clothes in hamper; fold washcloths
- ♥ Ages 4-5—feed pets; make the bed; prepare simple snacks; clear kitchen table
- ♥ Ages 6-7—gather trash; fold towels; weed garden; make salad
- ♥ Ages 8-9—wash laundry; scramble eggs; bake cookies; walk dog
- ♥ Ages 10-11—clean bathroom; vacuum; prepare simple meal; do simple mending
- ♥ Ages 12 and up—mop floors; cook complete dinner; bake bread or cake; iron clothes

For more ideas visit

<http://www.webmd.com/parenting/features/chores-for-children?page=3>

Quick Info on Epilepsy

A person is diagnosed with epilepsy if they have had at least two seizures that were not caused by some known and reversible medical condition like alcohol withdrawal or extremely low blood sugar. The seizures in epilepsy may be related to a brain injury or a family tendency, but often the cause is completely unknown. The word "epilepsy" does not indicate anything about the cause of the person's seizures or its severity.

- Epilepsy is the fourth most common neurological disorder and affects people of all ages
- Epilepsy means the same thing as "seizure disorder"
- Epilepsy is characterized by unpredictable seizures and can cause other health problems
- Epilepsy is a spectrum condition with a wide range of seizure types varying from person-to-person
- Epilepsy is a chronic disorder, the hallmark of which is recurrent, unprovoked seizures. Many people with epilepsy have more than one type of seizure and may have other symptoms of neurological problems as well.
- Sometimes EEG testing, clinical history, family history and outlook are similar among a group of people with epilepsy. In these situations, their condition can be defined as a specific epilepsy syndrome.
- The human brain is the source of human epilepsy. Although the symptoms of a seizure may affect any part of the body, the electrical events that produce the symptoms occur in the brain. The location of that event, how it spreads, how much of the brain is affected, and how long it lasts determine the character of a seizure and its impact on the individual.
- Having seizures and epilepsy can also affect one's safety, relationships, work, driving and much more.

*"Problems are not
stop signs, they
are guidelines."*

*--Robert H.
Schuller*

Visit <http://www.epilepsy.com/learn/epilepsy-101/what-epilepsy> for more information.

Upcoming Presentations and Support Groups

WHO: Parents/Caregivers and Providers
WHAT: Jackson County Parent/Caregiver Support Group
WHEN: 1ST Wednesday of the month at 8:30 AM - 10:30 AM
 Children's Developmental Services Agency—Room 116
 87 Bonnie Lane, Sylva

March 4, 2015—Social Security representative

WHO: Parent/Caregivers
WHAT: Haywood County Parent/Caregiver Support Group
WHEN: 2nd Saturday of the month at 2 PM - 4 PM
 Haywood Public Library
 678 S Haywood St, Waynesville

March 14, 2015—Cooking with Kids demo

WHO: Parents/Caregivers and Providers
WHAT: Macon County Parent/Caregivers Support Group
WHEN: 4TH Tuesday of the month at 6 PM - 7:30 PM
 Macon Public Library
 149 Siler Farm Road, Franklin

March 24, 2015—Manna FoodBank

WHO: Parents/Caregivers
WHAT: Jackson/Swain/Qualla Boundary Chapter of the Autism Society
WHEN: 2ND Monday of the month at 6 PM - 8 PM
 Smoky Mountain Elementary
 US 441 N, Whittier

March 9, 2015—Highland Canines (service dogs)

WHO: Parents/Caregivers
WHAT: On-line Support
WHEN: Connect whenever you need using Skype and Facebook

Contact Jody at jody@regionakids.org or 828-631-3900 ext. 126 for details. You can connect by using Skype. Search jody@regionakids.org to find Family Support Network of Region A. For Facebook, please request an invitation to join the secret group available. This is a private chat group accessible for caregivers who are raising a child with a special need. It remains "secret" to protect your confidentiality.

Your participation in these group meetings is important. Sharing your experiences helps to strengthen another family. Skype is available at all group meetings.

Presentations at all support groups are open to everyone—caregivers raising a child with a special need, caregivers raising a child that does not have a special need, and professionals.

Support groups will be starting in April for Cherokee, Clay and Graham Counties.

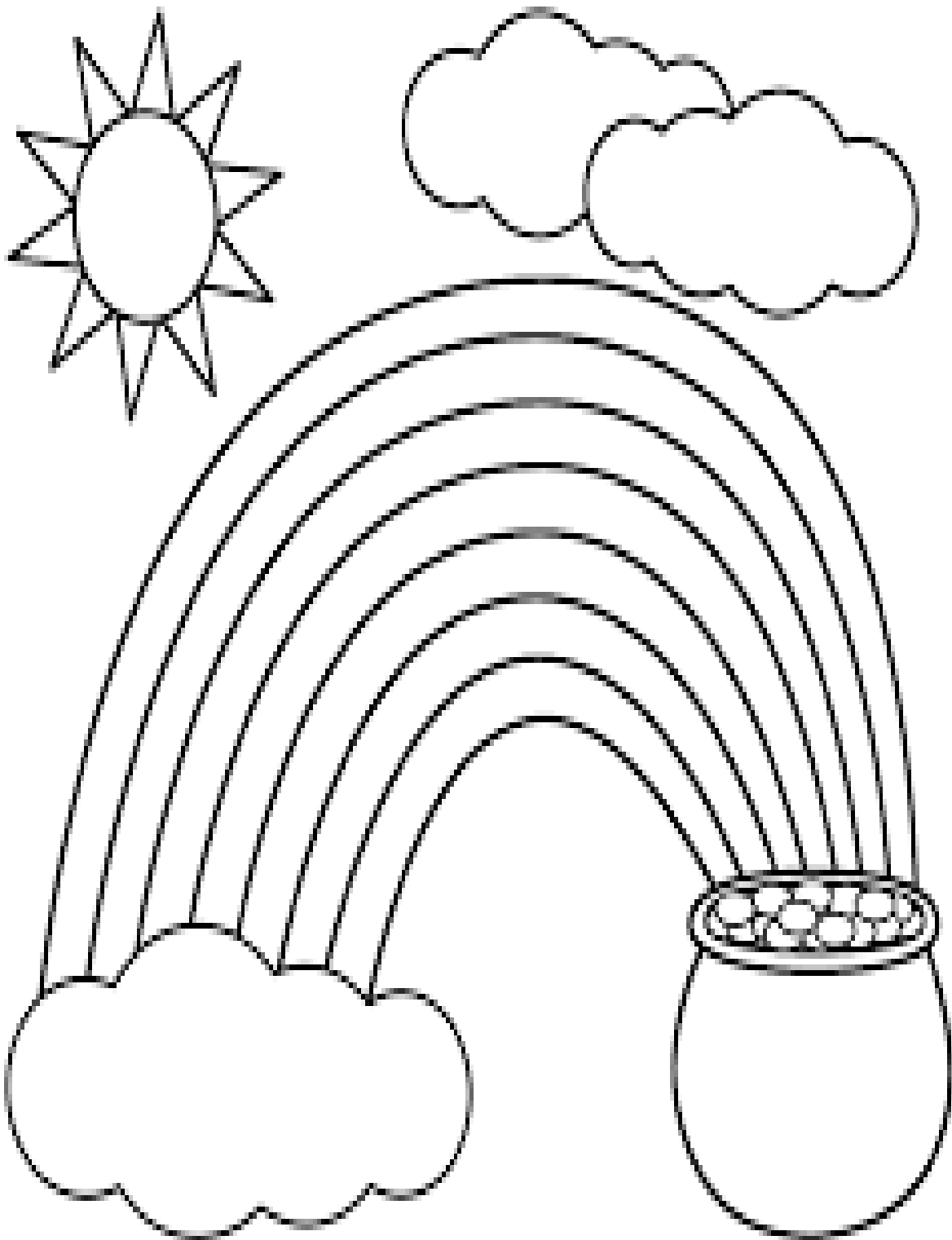
Looking to learn about a specific topic? Send an email to jody@regionakids.org



"A real friend is the one who walks in when the world walks out."

--Walter Winchell

Coloring Page



LOCAL INTERAGENCY COORDINATING COUNCILS (LICC) / SMART START (SS) TEAM MEETINGS

Who are we?

The LICC/SS team is composed of community members and parents with an interest in quality services for children, including children with special needs and families in our community. Everyone who attends meetings does so on a voluntary basis. Everyone brings a valuable point of view to the group.

What do we do?

We identify services and resources currently available to families; help to strengthen current services and resources; provide activities in the community to help find children who are not currently receiving services; and, help to develop and implement a coordinated interagency service system for infants, toddlers, and preschoolers including children with special needs and their families.

How can you participate?

Attend the monthly meeting in your county; advocate for children and families by becoming a champion for children and spreading the First 2000 Days message; sponsor and/or promote activities of the local teams; encourage parents to become involved; and, share and connect with resources in your county.

Please contact the chair of the LICC/SS team to confirm date, time, and location as all these are subject to change depending on the activities the teams have planned.

Cherokee County LICC/SS Team

Vision: Efficient collaboration of all community groups impacting children and families.

Mission: Collaborating to extend awareness and access to services impacting children and families and to address needs identified for children and families in Cherokee County.

Chair-Lindsey Pertet, Child Care Health Consultant--828-837-7486 x506 or lindsey.pertet@cherokeecounty-nc.gov
Meets 1st Wednesday of every month starting at 1:00 PM at Cherokee County Public Health Department located at 228 Hilton Street, Murphy, NC 28906.

Clay County LICC/SS Team

Vision: All children and families are being nurtured and enriched by the community.

Mission: To create a collaborative community that supports education, health and safety for all families.

Chair-Debi Mease, Parent Educator for Parents as Teachers/NC Pre-K Coordinator Clay County--
828-389-9128 or dmease@clayschools.org

Meets 1st Thursday of every month starting at 1:00 pm at Clay County School Administration Building located at 154 Yellow Jacket Dr, Hayesville, NC 28904.

Graham County LICC/SS Team

Vision: Healthy and safe families who are able to reach their full potential.

Mission: Advocating for families to be healthy, safe, and educated and successful

Chair—Jody L. Miller, Family Support Network Coordinator--828-631-3900 x126 or jody@regionakids.org

Meets 2nd Thursday of every month starting at 9:30 AM at Graham County Public Health Dept located at 21 S Main St, Robbinsville, NC 28771

Haywood County LICC/SS Team

Vision: A community joined together to create strong, healthy, and safe families.

Mission: A team of families, providers and community members collaborating to help children and families obtain services and supports to strengthen and grow to their full potential.

Chair – Jody L. Miller, Family Support Network Coordinator--828-631-3900 x126 or jody@regionakids.org

Meets 3rd Wednesday of every month starting at 10:30 am at CDSA Waynesville office located at 367 Dellwood Rd, Waynesville, NC 28786

Jackson County LICC/SS Team

Vision: To create opportunities for all children and families to participate in the community with the supports they need.

Mission: A team of parents, agencies, and service providers working together to identify strengths, inform, train, and look for solutions and resources when needed.

Chair—Jody L. Miller, Family Support Network Coordinator--828-631-3900 x126 or jody@regionakids.org

Meets 2nd Wednesday of every month starting at 12:00 PM at CDSA Sylva Office located at 87 Bonnie Lane, Sylva, NC 28779.

Macon County LICC/SS Team

Vision: To build a community, in which, all families are healthy, empowered, and productive.

Mission: A team of community agencies, organizations, and parents who work together to identify community strengths, create opportunities for growth and education, and to advocate for services.

Chair— Jody L. Miller, Family Support Network Coordinator--828-631-3900 x126 or jody@regionakids.org

Meets 4th Thursday of every month starting at 12:00 PM at Macon Program for Progress Training Annex located at 82 Orchard View Rd, Franklin, NC 28734

Swain County Smart Start/LICC Team

Vision: County will be a community of healthy, safe, and successful children.

Mission: A cohesive group that collaborates, identifies resources, and provides opportunities for positive family well-being.

Chair – Jody L. Miller, Family Support Network Coordinator--828-631-3900 x126 or jody@regionakids.org

Meets 2nd Tuesday of every month starting at 1:30 pm at Swain Co. Family Resource Center located at 300 Hughes Branch Rd, Bryson City, NC 28713.

Qualla Boundary—LICC Team

Chair—Beth Pedersen, Director Hope Center--Ph: 828-554-5000 or bpedersenhope@gmail.com

Meets the 3rd Wednesday of every month starting at 12:00 at Hope Center located at 1582 Ravensford Dr, Cherokee, NC 28719.

Qualla Boundary—SS Team

Chair—Amanda Strohm, Dora Reed Center--828-554-6592 ext 2212 or amanthom@nc-chokeee.com

Meets at the Dora Reed Center located at 897 Aquoni Rd, Cherokee, NC 28719. Contact Amanda for details on meeting time.

Meeting locations, dates and times are subject to change. Please contact the team chair to confirm location, date and time.

Or go to <http://regionakids.org/special-events-and-news/>

Upcoming Presentations at Local Interagency Coordinating Council / Smart Start (LICC/SS) Team meetings.

See pages 5 and 6 for location, times, and meeting schedules.

A chance to learn about the resources in your community.
Open to all members of the community.

March 10, 2015—Swain County—

Team member presentation—Dept. of Social Services

Community agency presentation—Smoky Mountain LME/MCO

March 11, 2015—Jackson County—

Team member presentation—Parents as Teachers

Community agency presentation—Neighbors in Need

March 12, 2015—Graham County—

Team member presentation—Children’s Developmental Services
Agency

Community agency presentation—Light on the Mountain

March 18, 2015—Haywood County—

Team member presentation—Nurse Family Partnership

Community agency presentation—Barium Springs

March 26, 2015—Macon County—(special luncheon meeting)

Team member presentation—none this month

Community agency presentation—Rotary/Lions/Kiwanis Clubs

“Develop a passion for learning. If you do, you will never cease to grow.”—Anthony
J. D’Angelo

Community Trainings/Workshops/Meetings

Every Thursday—NAMI Connections. Starting at 7 PM at Memorial Methodist Church, located at 4668 Old Murphy Rd, Franklin. This meeting is hosted by NAMI Appalachian South and is for individuals with mental illness and family members with a loved one with mental illness. The group focuses on support, education, resources, and advocacy. For more information contact Donita at dcwithnami@yahoo.com or 828-526-9510.

First Tuesday of each month—Family Support Group meeting. Starting at 7 PM at Memorial Methodist Church, located at 4668 Old Murphy Rd, Franklin. This meeting is hosted by NAMI Appalachian South and is for family members of loved ones with mental illness. This group focuses on support, education, resources, and advocacy. They share their experiences to help each other gain insight in supporting an individual with mental illness. For more information contact Donita at dcwithnami@yahoo.com or 828-507-8789.

Every Thursday--NAMI Connections. Starting at 3:30 PM at Meridian, located at 154 Medical Park Loop, Sylva. This meeting is hosted by NAMI Appalachian South and is for individuals with mental illness and family members with a loved one with mental illness. The group focuses on support, education, resources, and advocacy. For more information contact Donita at dcwithnami@yahoo.com or 828-371-1896.

Second Tuesday of each month—Parent-Child Book Club meeting at Blue Ridge Books. Book buddies (0-3 year olds and parent) at 9:30 AM and Page Pals (3-5 year olds and parent(s)) at 10:30 AM. For more information and to RSVP, contact Vanessa Arnold at varnold@karehouse.org or 828-456-8995 Ext. 204

March, 2015—Disability Rights of NC Listening Sessions. Disability Rights of NC wants to hear what's on your mind! What challenges do you see for people with disabilities? What changes do you want to see in North Carolina? Forums to be held in Wilson, Manteo, Edenton, and Wilmington. Visit <http://www.disabilityrightsncc.org/listening-sessions-2015> to learn more and to register.

April, 2015—Disability Rights of NC Listening Sessions. Disability Rights of NC wants to hear what's on your mind! What challenges do you see for people with disabilities? What changes do you want to see in North Carolina? To be held in Asheville and Andrews. Visit <http://www.disabilityrightsncc.org/listening-sessions-2015> to learn more and to register.

April 1, 2015—"Be an Advocate" Training—"Be An Advocate" is an interactive training, which includes: how to be a good communicator to policy makers and the public; introduction to values-based communications and; Practice in how to have conversations that will make a difference. Location to TBA. The training session is hosted by Greg Borom of Children First. Greg is a seasoned advocate for children who has years of experience positively influencing local and state level public policy. Greg has also conducted numerous similar trainings across North Carolina. What you learn in this training can be applied immediately in your interactions with other organizations, public officials, and key audiences where you want to promote your mission on behalf of children. For more information and to RSVP: please contact: Pam Coulthard at 828-586-0661 or email to pam@regionakids.org. Please RSVP at least one week prior to session. If leaving a message, please indicate date of training and number of attendees.

Trainings/Workshops/Meetings (cont'd from page 8)

April 14, 2015—“Be an Advocate” Training—“Be An Advocate” is an interactive training, which includes: how to be a good communicator to policy makers and the public; introduction to values-based communications and; Practice in how to have conversations that will make a difference. Training is being held at Business Education & Training Center 45 East Ridge Dr, Rm 307, Bryson City, NC 28713. The training session is hosted by Greg Borom of Children First. Greg is a seasoned advocate for children who has years of experience positively influencing local and state level public policy. Greg has also conducted numerous similar trainings across North Carolina. What you learn in this training can be applied immediately in your interactions with other organizations, public officials, and key audiences where you want to promote your mission on behalf of children. For more information and to RSVP: please contact: Pam Coulthard at 828-586-0661 or email to pam@regionakids.org. Please RSVP at least one week prior to session. If leaving a message, please indicate date of training and number of attendees.

April 15, 2015—“Be an Advocate” Training—“Be An Advocate” is an interactive training, which includes: how to be a good communicator to policy makers and the public; introduction to values-based communications and; Practice in how to have conversations that will make a difference. Training is being held at Cornerstone Fellowship Church 224 Barber Hill Drive, Waynesville, NC 28786. The training session is hosted by Greg Borom of Children First. Greg is a seasoned advocate for children who has years of experience positively influencing local and state level public policy. Greg has also conducted numerous similar trainings across North Carolina. What you learn in this training can be applied immediately in your interactions with other organizations, public officials, and key audiences where you want to promote your mission on behalf of children. For more information and to RSVP: please contact: Pam Coulthard at 828-586-0661 or email to pam@regionakids.org. Please RSVP at least one week prior to session. If leaving a message, please indicate date of training and number of attendees.

April 23, 2015—“Be an Advocate” Training—“Be An Advocate” is an interactive training, which includes: how to be a good communicator to policy makers and the public; introduction to values-based communications and; Practice in how to have conversations that will make a difference. Training is being held at Macon Program for Progress 82 East Orchard View Lane, Franklin, NC 28734. The training session is hosted by Greg Borom of Children First. Greg is a seasoned advocate for children who has years of experience positively influencing local and state level public policy. Greg has also conducted numerous similar trainings across North Carolina. What you learn in this training can be applied immediately in your interactions with other organizations, public officials, and key audiences where you want to promote your mission on behalf of children. For more information and to RSVP: please contact: Pam Coulthard at 828-586-0661 or email to pam@regionakids.org. Please RSVP at least one week prior to session. If leaving a message, please indicate date of training and number of attendees.

Family Support Network™ (FSN) of Region A serves Cherokee, Clay, Graham, Haywood, Jackson, Macon, and Swain Counties, and the Cherokee Indian Reservation. FSN of Region A offers one-to-one parent matching, support, parent training, educational support, and information and resources.

Family Support Network is sponsored by the Region A Partnership for Children, Smart Start, the Family Support Network™ of NC, and the Evergreen Foundation.

Like us on Facebook—www.facebook.com/familysupportnetworkofregiona

Join the Secret Facebook group by sending Jody an email to jody@regionakids.org for your request to receive your invitation and the link to join. This is a private chat area for parents only.

Family Support Network™ of Region A is looking for a few volunteers to help plan an event/fundraiser in the spring. Those interested should contact Jody at 828-631-3900 ext 126 or 828-506-6111 or email jody@regionakids.org.

Are you looking for a way to support the Family Support Network™ (FSN) of Region A? Your Donations are needed to keep the program going! A donation can be made to FSN of Region A by mailing a check to Region A Partnership for Children, 116 Jackson Street, Sylva NC 28779 or Donate at the Region A Partnership for Children's website. www.regionakids.org

To unsubscribe from the monthly e-newsletter please send an email to jody@regionakids.org. Include in your email: your name; the county in which you reside; your email address; and, state that you wish to be removed from the distribution list. This will also remove you from receiving any other notices about trainings and workshops.

Need a different way to receive support? Connect with Family Support Network of Region A via Skype...search jody@regionakids.org to find us and give us a "call".

