



CONNECTIONS

Information & Support

for Families of Children with Special Needs

Alleghany, Ashe, Avery, Mitchell, Watauga, Wilkes, & Yancey

Spring Issue

2007

Family Support Network- High Country

150 Den-Mac Drive
Boone, NC 28607

(828) 262-6089

Toll-Free Family Line:
(866) 812-3122

Fax: (828) 265-5394

Email: hayeskl@appstate.edu

www.parent2parent
highcountry.org

Our Staff:
Kaaren Hayes
Director

Melanie Cashion
Outreach Coordinator
Avery County

Norma Bouchard
Outreach Coordinator
Alleghany, Ashe, Wilkes Counties

Teresa Emory
Outreach Coordinator
Mitchell and Yancey Counties

An Affiliate of
Family Support Network-
North Carolina

With Support From
Appalachian State University
Children's Developmental Services Agency
-Blue Ridge
High County United Way
Friends of Family Support Network-
High Country
Avery Partnership for Children
Mitchell-Yancey Partnership for Children

GONE FISHING: Boy Catches Chance to Fish for First Time by Lauren Lawson - The Appalachian 2-6-2007

Caleb Bouchard, 10, from Ashe County, has the ability to move only his left hand's index finger due to his cerebral palsy, but he has wanted to fish for a long time. Appalachian State University's department of technology made Caleb's wish come true after being contacted by Caleb's mother, Norma J. Bouchard.

"When Norma got in contact with me, I decided to try and help out by getting some of my students to design a device that would enable Caleb to fish," Banks M. Talley, assistant professor in the department of technology, said. "My class spent almost an entire semester working on it, and it went through many revisions and changes," Talley said. "We would submit updates of our progress to the Bouchard's periodically to get their input and suggestions on what would work and what would not work for Caleb," he said.

After almost 16 weeks of work, Talley's students completed a fishing device that enabled Caleb to fish on his own with only minor help from others. The device, with the push of a button, casts itself using a system similar to the popping open of a car's trunk, while another button then reels the line in. "We had many factors to consider, such as the tension of buttons and how much pressure Caleb could apply, as well as that we could not – as we originally planned – attach the fishing rod to his wheelchair for warranty purposes," Talley said.

Caleb's mother was grateful for the outcome of the students' work. "I had never really been able to take Caleb out and do the things I would have wanted to with him," she said. "There is a pond in Ashe County that kids always go to and fish. I thought that ASU could possibly help out and come up with something." The Bouchard's have not received the fishing rod yet but should be in the next week or so. "We are hoping to possibly get Caleb to join in the 'Cast in a Wish, Reel in a Dream' fishing day for people with disabilities event in Ashe County later in the year," Bouchard said.

The appropriate technology department is not a stranger to helping children with



Dustin Tucker | Special to The Appalachian

Senior industrial design majors look on as Caleb Bouchard tries out his new fishing rod, with the help of his mother, Norma Bouchard, that the students created.

Norma is the Parent to Parent FSN-HC Outreach Coordinator for Alleghany, Ashe and Wilkes counties.

different abilities. "Almost every semester I send students to the J. Iverson Riddle development center where they can fulfill their internship requirement and work on universal designs for generally everyone but specifically the disabled," Talley said. For example, one semester Talley had a student go to the center and work on a new line of wheelchairs. While Appalachian – and society in general – has come a long way in providing accessibility to the disabled, there is still room for improvement.

"Obviously Boone's natural terrain makes ASU difficult for many people with mobility issues," Maranda R. Maxey, assistant director for the office of disability services, said. "[Appalachian] could create more talking crosswalks as well as Braille emergency exit maps in buildings; we do have 15 registered blind students on campus." Another service that is needed but difficult to install is more handicap buttons to open doors to buildings, Maxey said. "Not only are they expensive, but many students can misuse them and they are not as sturdy as many think," she said.

Welcome Teresa! New Outreach Coordinator for Mitchell-Yancey

"There is nothing like knowing without a moment's hesitation that there is someone else who really understands what you are facing" one parent reflects.

It is important for families who have children with special needs to have a place to turn when faced with serious challenges. Providing connections and support is what Parent to Parent Family Support Network of the High Country is all about.

Yancey County resident Teresa Emory and her family experienced the support first-hand when their identical twin

boys had been delivered three and a half months early in December of 2005. One of the boys survived only three days and the other one remained in the neonatal unit at the Mission Hospital for 101 days before being strong enough to go home.

During this very difficult time, Teresa's family was linked with a support family who had also experienced the loss of a twin and extensive hospitalization of the other twin earlier that year. According to Teresa, "Being able to share our common experience helped my family tremendously in dealing

with the loss and mixed emotions."

Recently, Teresa decided to join Parent to Parent Family Support Network of the High Country as the new Mitchell - Yancey Outreach Coordinator. Smart Start funding from the Mitchell - Yancey Partnership for Children helped make this possible.

If you would like more information, please contact Teresa 828-682-4772 or toll free 866-448-5781

The NC Family to Family Health Information Center

The NC Family to Family Health Information Center (HIC) is a project of the Exceptional Children's Assistance Center (ECAC) funded, in part, by a grant from the Centers for Medicare and Medicaid. HIC serves the entire state of NC, specifically the families of children with special health care needs, by providing health services information. Our goal is to provide families with everything they need to know to make good choices for their children. We promote regular medical care and empower parents with knowledge about the services and benefits to which their child may be entitled.

We provide fact sheets on such topics as: private health

insurance, rights and laws, Medicaid, CAP waiver programs, EPSDT, NC Health Choice, SSI, prescription assistance, how to appeal an insurance denial, Title V, and low cost/free health clinics. Workshops are also available for small groups on these topics and many more. Another valuable resource for families is our extensive lending library. All services are provided at no charge!

Working under a contract for the state, the HIC is also developing a training curriculum for parents on the Medical Home initiative including youth health care transition. A Medical Home is a standard of care that physicians should provide and parents should expect. It's



about a partnership between the professional and the family. A Medical Home is an approach to providing health care services in a high quality, cost-effective manner. If you want to learn more, sign up for one of the ten training sessions being held across the state this year!

For more information please call The NC Family to Family Health Information Center at 1-800-962-6817 ext. 35 and ask for Wendy Ward. Or, feel free to email at hic@ecacmail.org.

Notes of Interest

First in Families

High Country First in Families (HCFIF) works to help children and adults with developmental disabilities and the families who care for them. Their needs may include certain devices to help them better communicate with others, funds to help them pay costly medical bills, specialty school tuitions, home improvements to insure comfortable, specialized living conditions and respite care.

The mission of First in Families is: To improve the lives of people with developmental disabilities by advancing the family support concepts of self-determination and community.

Families or individuals apply to HCFIF for a specific need and our Family Specialists work with the family to help meet their needs through community resources which include donations or support from local businesses, civic groups, churches, or individuals.

The High Country project includes Avery, Watauga, Ashe, Allegheny and Wilkes counties.

We use the NC General Statute 122C 3 to define a developmental disability as a chronic disability of a person 5 years of age or older, which:

1. Is attributable to a mental or physical impairment or combinations of mental and physical impairments'
2. Is manifested before the person attains age 22, unless the disability is caused by traumatic head injury and is manifested after age 22
3. Is likely to continue indefinitely
4. Results in substantial functional limitations in three or more of the following areas of major life activity: self-care, receptive and expressive language, capacity for independent living, learning, self-direction, and economic self-sufficiency, and mobility.
5. Reflects the person's need

for a combination and sequence of special interdisciplinary or generic care, treatment, or other services which are of a lifelong or extended duration and are individually planned and coordinated; or

6. When applied to children from **birth through four years of age**, may be evidenced as developmental delay.

If you live in Ashe, Allegheny County call Kenneth Province or in Wilkes County call Brenda Barber, both available at 1-336-667-3333.

If you are living in Watauga or Avery County call Bonnie Perkins at 828-443-0464.

They will walk you through the simple application process and work with you to find the appropriate community partners to meet the need of you or your family member.

Review and Comments Invited

Public Participation and Comments Notice on North Carolina's Application for Receiving Grant Award Under Part B of the Individuals with Disabilities Education Act (IDEA) as Amended in 2004

The Public Schools of North Carolina (Department of Public Instruction) offers an opportunity for review of the Annual Application under Part

B of the IDEA. Public review and comments are invited beginning March 1, 2007 through April 6, 2007.

A copy of the application may be revisited at the DPI Website www.ncpublicschools.org/ec/ under the heading HIGHLIGHTS.

Interested citizens are invited to comment on the proposed application by contacting the

Public Schools of North Carolina
 Exceptional Children Division
 6356 Mail Service Center
 Raleigh, North Carolina
 27699-6356
 ATTN: Brenda Gilchrest or Ira Wolfe
 Or
 E mail Contact:
bgilchre@dpi.state.nc.us
iwolfe@dpi.state.nc.us

Notes of Interest

Avery/Watauga Chapter of the Autism Society

Autism Society of North Carolina chapters have been an integral part of the Society since visionary parents founded our state organization in the 1970's. ASNC Chapters are started by parents who join together with other concerned individuals to create a welcoming and inclusive community of support for individuals with autism and their families. ASNC Chapters provide a wonderful opportunity for parents who face similar challenges to:

- offer each other support and encouragement
- share experience, information, and resources
- raise awareness about the needs and the abilities of individuals with ASD
- learn realistic, practical solutions for autism-related concerns
- have a place where they feel welcomed, accepted and understood.

ASNC Chapters incorporate the mission, vision and values of the Autism Society of North Carolina

into how they are organized and the way that they work in their community. ASNC Chapters open their membership to all persons interested in the welfare of individuals with autism spectrum disorders and their families. Chapters believe that parents benefit from the experience, wisdom and support of other parents, regardless of the age or functioning level of their child with autism spectrum disorder.

ASNC Chapters do not promote one autism treatment. They acknowledge that each parent must make treatment decisions based on what they feel is best for their child. Chapters share ASNC's belief that supporting individuals with autism requires individualized, person-centered approaches and that parents know the individual with autism best.

While ASNC Chapters provide support and encouragement for parents who may be struggling with a particular advocacy issue for their child, they do not take a group position on individual

advocacy issues. Instead they encourage parents to use the advocacy support and advice of the ASNC Parent Advocates to address their concerns.

ASNC Chapters work in collaboration with the Autism Society of North Carolina. They recognize that they are an important part of the Society's mission. Chapter leaders are current members of the Autism Society of North Carolina and promote ASNC membership in their Chapter. They follow ASNC Chapter Guidelines to assure that the Society and the Chapter are good stewards of financial resources and uphold the highest standards of ethical behavior.

The Avery/Watauga Chapter of the Autism Society is a support and education group that meets every month. We offer support through parent sharing, guest speakers and social events.

Please contact either Carol Sposato 828-387-6101 or Freda Greene 828-737-0423 for more information and meeting times. Group is inclusive, childhood through adult.

Make-A-Wish Foundation Local Chapter

A chapter of the Make-A-Wish Foundation in Boone has started. This will serve children that are between 2 1/2 and 18. The child's physician determines qualification. If you are not familiar with MAW please visit the website www.ncwish.org.

The purpose of MAW is to grant the wishes of children with life-threatening medical conditions in order to enrich their lives and their families through hope. Children with a life-threatening condition can

have a wish come true!

On March 27th, please support the local restaurants in Watauga County through "Celebrity Serve" to raise monies for this wonderful cause. (100% of all monies

raised on this night will go to local wishes, no administrative cost and no monies will go outside of our area.)

The Boone Chapter is anticipating that they will be able to grant at least 5 wishes this year. If you are not in the area that is served by this chapter they will be willing to help you find the chapter that can serve you. For more information contact Renee Furman (828)963-0710



Notes of Interest

FSN-NC Summer Camp Directory

This directory is a product of the Central Directory of Resources at Family Support Network of North Carolina. It is a listing of summer camps, both day and residential, serving children who have special needs. This directory is a resource for family members and service providers who are looking for summer camp experiences for children. Family Support Network of North Carolina does not endorse any camp programs, including those listed in this directory.

Please visit:
www.fsnnc.org/camps/start.asp

FAMILY FUN DAY - Kidstock V is on its Way!

Please make plans to come to Kidstock V on Saturday, May 19, 2007 at Watauga High School in Boone. This annual fundraiser benefits Parent to Parent Family Support Network of the High Country and the Western Youth Network(WYN). The family festival will run from 10:30am-4:00pm and will

feature a climbing wall, air walk games from JUMP! of Boone, crafts, games, demonstrations, and an exciting Battle of the Bands competition. Admission will be \$4 for adults and \$3 for children. We are now seeking sponsors and volunteers for the event, as well as exhibitors and Battle of the Band competitors.

If you are interested in contributing in any of the above-listed ways, please call Parent to Parent at 828-262-6089 or use the toll free family line 866-812-3211 or call WYN at 828-264-5174.



Kidstock 2006 - Mountain Times 5-18-06



The Partnership for Prescription Assistance brings together America's pharmaceutical companies, doctors, other health care providers, patient advocacy organizations and community groups to help qualifying patients who lack prescription coverage get the medicines they need through the public or private program that's right for them. Many will get them free or nearly free. Its mission is to increase awareness of patient assistance programs and boost enrollment of those who are eligible. Through this site, the Partnership for Prescription Assistance offers a single point of access to more than 475 public and private patient assistance programs, including more than 180 programs offered by pharmaceutical companies. To access the Partnership for Prescription Assistance by phone, you can call toll-free, 1-888-4PPA-NOW (1-888-477-2669).

Boone Tot Lot Renovation Project by Pamela West

We are still seeking donations for the Boone Tot Lot Renovation Project. Our mission is to provide a high quality, safe and fun playground that families of all ages and abilities can enjoy together through a community-wide fundraising effort by Spring of 2007. The Boone Tot Lot is located at the corner of Hunting Hills Lane and Complex Drive, beside the Watauga County Swim Complex in Boone, NC.

The next event that is planned is a Kids Triathlon at the Tot Lot on Saturday, April 28, 2007. Our goal is to raise \$200,000

to cover the cost of new playground equipment, installation, grading, landscaping, rubber mulch and paving of a tricycle, wheelchair, and stroller path around the perimeter of the playground. It is an attainable goal when you break it down in smaller amounts. We all know a child, grandchild, niece, nephew or friend who would benefit from a new safe and accessible park for all. Donations may be mailed to Boone Tot Lot Project, P.O. Box 2625, Boone, NC 28607 or you can go to our web site at www.boonetotlot.org

****SPECIAL INSERT****
TRANSITION TO PRESCHOOL SERVICES

Parent to Parent FSN-HC
150 Den-Mac Drive
Boone, NC 28607



Please support our project so that we can continue to serve our parents and the community. Any help you can give would be very appreciated. Please detach this form and send any donations to the address below and help continue this much needed program.

Name _____

Address _____

City _____ State _____

Zip Code _____

Amount \$ _____

Name of Honoree _____

Thank you for this valuable contribution



Parent to Parent FSN-HC
150 Den-Mac Drive
Boone, NC 28607
828/262-6089