A DAY OF FUN IN THE HIGH COUNTRY!

The Spooky Duke Race and Costume March was a great success! Thank you Dr. Charles Duke for your efforts in hosting the run to benefit families in the High Country who have children with special needs. There were 146 runners along with costume walkers, volunteers and cheerleaders in attendance. Please checkout our Facebook page to see event pictures and list of all of our amazing sponsors and volunteers. We could not have done it without you! Thank you for helping us raise over $5500. It was a great day!!

PICTURES AND REFLECTIONS

“I have to say this was the first time that my husband, my dog, and I have dressed in pirate costumes to go for a run.” - Dr. Robin Groce, Intern Dean of ROCE.

Melissa Shore-Director of ABLE Recreation and a parent was responsible for providing food and snacks for the kids that were involved in the Spooky Duke. “It was phenomenal to see the students interacting with the kids. The kids got to play games, make crafts, and get face paintings. The costume march was a great ending to a fun and exciting morning.”

The Spooky Duke is a great opportunity for the community to get more exposure to Parent to Parent FSN-HC... The race gets students, parents, and the community involved to help families and kids within the High Country. - Jaimie Duffy

Hunter Jacobs an ASU student and volunteer said “The Spooky Duke was an amazing experience for me in so many ways. I was able to run in the race dressed up as a scarecrow with my fiancé and her sister. It was a great time to do something as a family while supporting a great cause. Parent to Parent FSN-HC provides families who have children with disabilities with the resources and support they need in order to further enrich their lives. I became aware of Parent to Parent FSN-HC this fall while doing a service learning project for a class at Appalachian State University. I was able to be a part of the planning process for the race and see all of the hard work everyone put into the race. The race day was great because it allowed families who have children with disabilities, students, runners, and the community to come together for a day of education and fun. Getting to see all of the smiling faces and be a part of Parent to Parent FSN-HC and what they do has shown me that an organization like Parent to Parent is needed in all communities to educate and enrich the lives of those they serve.

AND THE DAY WAS NOT OVER!

91 Attend the Sensory Friendly showing of How To Train Your Dragon 2!

Appalachian State University, ABLE Recreation and Parent to Parent FSN-HC partnered to bring families with children and youth with special health care needs a special opportunity to enjoy a favorite film in a safe and accepting environment.

The sensory friendly film was held after the Spooky Duke and was a great event for kids to see a motion picture and be themselves at the same time. The movie had dim lighting, was movement friendly and families with special diets could bring their own snacks. It was a great family event that was not stressful and allowed families to relax and have fun. One family commented, “We needed this family experience. This was our first movie together as a family. Thank you!!!”
Telephone Tips

Many times, when advocating for ourselves or others, it becomes necessary to obtain assistance from others or from governmental agencies by telephone. The following ideas may help you:

1) **The people you call are people too.** Your goal is to establish rapport with them and let them know what you need.
2) **Find out who you need to talk to and ask for that person.** It may be helpful to ask the receptionist who is in charge of a certain office so you can ask for the person by name.
3) **Decide what you need to know. State your questions and/or concerns in a five or fewer sentences.** Rehearse your call before actually making it. Give the person you called time to ask questions and learn from you at their own speed. Give brief answers to each question. Be efficient in what you say.
4) **Keep them talking.** The more they talk, the more likely they are to come up with solutions to your question or problems. Even if the advice seems incorrect, it is important not to criticize or contradict, but do ask questions that will lead to the information or held you need.
5) **If you are referred to another person.** Ask for information about the person and use that information in your second contact.
6) **The person you are talking to is not you counselor.** If you explain in details of your experiences, listen for their reactions. Choose what you say with care. Get your social support elsewhere.
7) **At the end of the conversation, Thank the person.** If he/she has spent a long time helping you, write a thank you note.
8) **If the person is not available when you call.** You may be able to talk to a secretary but be prepared to talk with an answering machine or voice mail. If you leave a message, it should include your name, when you can be reached and your telephone number.

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**Gluten-Free Rice Crispy**

Preparation time: 10 minutes
Total time: 10 minutes
Ingredients:
- (x1) 10 ounce box of Gluten-Free Brown Rice Crisp Cereal (use entire box)
- 8 tablespoons butter (1 stick)
- (x1) 10 ounce package of marshmallows
- 1 teaspoon GF Vanilla Extract
- Holiday Cookie Cutters

**Preparation:**
1. Grease a 13x9 inch pan.
2. Melt butter over low heat in a large pan.
3. Add marshmallows to melted butter and stir over low heat until melted. Remove pan from heat. Stir in vanilla extract.
4. Stir in rice cereal and gently coat cereal with marshmallow mixture.
5. Pour rice mixture into prepared pan. With buttered fingers press the mixture flat.
6. Cut treats with holiday cookie cutters for more fun!

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**Interested in Circle of Parents?**

*Raising a child birth-5? Come join us!*

There are **THREE** Support Groups located in Wilkesboro, NC

- **Monday Group** meets 5:30pm-7pm with free dinner and child care with your reservation
  - Wilkes Family Central: 374 Lincoln Heights Rd Wilkesboro
  - Contact Barry at 336-667-5555

- **Tuesday Group** meets from 1:00pm-2:30pm with free lunch and child care with your reservation
  - Skyview Family Investment Center North Wilkesboro
  - Contact 336-984-8820

- **Thursday Group** meets from 5:30pm-7:30pm with free dinner and child care with your reservation
  - Wilkes Family Central: 374 Lincoln Heights Rd Wilkesboro
  - Contact Norma at 336-818-2058

Through weekly meetings we’ll support each other and share valuable tips on how to make parenting easier!