



# Connections

Information + Support  
Families of Children with Special Needs  
Alleghany, Ashe, Avery, Mitchell, Watauga, Wilkes, & Yancey counties

March 2012

## FAMILY SUPPORT NETWORK - HIGH COUNTRY

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Boone, NC 28607

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(866) 812-3122

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### Our Staff

#### Kaaren Hayes

Director & Outreach Coordinator for  
Avery and Watauga Counties

#### Norma Bouchard

Outreach Coordinator for  
Alleghany, Ashe, Wilkes Counties

#### Teresa Emory

Outreach Coordinator for  
Mitchell and Yancey Counties

### Advisory Board Members

Jeannie Caviness  
Allie Funk  
Rose Matuszny  
Alice Naylor  
Amy Roberts  
Jessica Thackray

### An Affiliate of Family Support Network- North Carolina

### With Support From

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

## Courtney Bell's Story By Dayne Alexander

Courtney Bell is a first year student at Appalachian State University, and it is clear that she loves being in college. She is very excited to be taking dance class, taking nutrition and hospitality management courses, attending football games, singing in the gospel choir, working on campus in Sanford Commons, and hanging out with all of her new friends. Courtney is very much your typical fun-loving college girl, but she is also the pilot student in ASU's Scholars with Diverse Abilities Program (SDAP). Funded through the Transition and Postsecondary Program for Students with Intellectual Disabilities (TPSID) grant through Western Carolina, SDAP is a two-year program designed so that students with intellectual disabilities can have the college experience by taking college courses, building their skill sets, and enjoying a vibrant social life. Focusing on self-determination, independence, inclusion, and natural supports, the program also prepares students for life after college.



Courtney has thoroughly enjoyed her time in the program thus far, and said that she definitely recommends it to other students. She has a great support system at Appalachian, with about twenty student volunteers tutoring, mentoring, and hanging out with her. Every semester, Courtney sets her own goals and evaluates herself with SDAP Director Melody Schwantes and GA's Allison Rayburn and Michelle Lighton. She is learning about hospitality management, and hopes to work in a restaurant after she finishes the program. Aside from taking classes, Courtney began working in food service at Sanford Commons at the beginning of this year. Since taking the job, Courtney says she has made new friends with her co-workers. Her position has also helped her get more experience in her chosen field.



When she is not doing schoolwork or working, Courtney goes to concerts at the university, has coffee dates with friends, and swims in the pool at the Student Recreation Center. Although she is currently living with her parents in Boone, Courtney will be living a residence hall next year. She is eager to experience dorm life, saying that she thinks it "will be like a sleepover with friends!" Courtney is a very social young woman and she will be in good company next year, as there will be additional students in the program for Fall 2012. SDAP's goal is to have sixteen students enrolled by 2015, and with Courtney's trail-blazing they are well on their way.

# Dance Marathon 2012 Swings Donations for Children's Networks

By Jessica Coggins & Laine Isaacs

The students of Appalachian State University showed up in droves on Saturday morning to benefit Parent to Parent, Watauga Youth Network and Children's Miracle Network at the annual ASU Dance Marathon.

Several local families and volunteers involved in Parent to Parent showed up to cheer the dancers on and share their stories. Many of them mentioned how vital the Dance Marathon is to the organization for not just monetary donations, but for morale as well.

"I love that we can meet the kids and families that we are supporting," said Caila Wiblitzhouser, a sophomore archeology major. "It makes it more than just a dance party."

Parent Mindy Hauser has been to Dance Marathon two years in a row with her son Aidan Hauser, age 10.

"I really love Dance Marathon and the students in it," said Mindy Hauser. "Some of the students who met Aidan last year made him a card for his surgery in November. It really was encouraging."

A total of 293 dancers joined forces to make the marathon a huge success. As a result, the event raised \$25,442 for Parent to Parent, Watauga Youth Network and Children's Miracle Network.

"The marathon is a huge asset to Parent to Parent," said Amy Roberts, a member of the Parent to Parent Advisory Board. "You hear all the time that young people aren't involved and don't care about social problems, but these young people are really, really involved."



Check out the Dance Marathon video by ASU ACT on our homepage at <http://parent2parent.appstate.edu/>

## TRANSPORTATION SECURITY ADMINISTRATION (TSA): AIRLINE TRAVELERS WITH DISABILITIES

- Part of the U.S. Department of Homeland Security.
- Recommended to call 72 hours before flight at (855) 787-2227 from Monday-Friday 9am-9pm EST.
- A representative will provide assistance or will be referred to disability experts at TSA.

## *pacer's national bullying prevention center*

- Engages and educates communities nationwide to address bullying through creative, relevant, and interactive resources.
- Designed to benefit all students, including those with disabilities.
- Located in Minnesota but affects and encourages families NATIONWIDE!
- A great resource for both parents and teachers.
- go to <http://www.pacer.org/bullying/> and click on National Bullying Prevention Month for more information.

## First 100 Days Kit (Autism)

- 81 pages of crucial information that assists newly diagnosed families "to make the best possible use of the 100 days following their child's diagnosis of Autism.
- To get this kit, go to <http://www.autismspeaks.org/family-services/tool-kits/100-day-kit>. To download, a request form must be filled out (which is linked on the same page). **IT'S FREE!!!!**
- If you prefer a hard copy, your child must have been diagnosed in the last 6 months. Call: 888-AUTISM2 or (888) 288-4762.

## School Community Tool Kit (Autism):

- 203 pages of information that assist members of school community in understanding and supporting students with autism.
- Includes helpful guidelines to the WHOLE school community from teachers to students/peers, office staff, custodial staff, food services staff, bus drivers, school security, nurses...and more!
- To download this kit, go to <http://www.autismspeaks.org/family-services/tool-kits/school-community-tool-kit>. A request form must also be filled out (which is linked on the same page). **IT'S FREE TOO!!!**

## Preparing for an Emergency

What will you do when an emergency occurs or when a disaster strikes? What will you do when our basic services such as water, electricity, telephones/cell phones, and gas are gone? How will you know if your loved ones are safe? Do you have a plan? PREP is a plan that helps you prepare for emergencies that lasts for at least 72 hours. You can deal with emergencies or disasters better if you prepare in advance with your family and care attendants. The four preparedness steps are: get informed, make a plan, assemble a kit, and maintain you plan and kit. Visit PREP's home page at <http://www.myprep.org/> to complete the plan online or if you have any questions, email them at [myprepplan@unc.edu](mailto:myprepplan@unc.edu) or call 800-852-0042.

***Knowing what to do is your best protection and your responsibility.***



## Love and Logic helpful hint...

### Giving Choices:

- For each choice, give two options—each of which you like
  - Only give choices that fit your value system.
  - Don't be afraid to say: "I usually give choices, but not this time."
- If your child does not choose within 10 seconds, choose for him or her.
  - Give choices before the child becomes resistant.

**Support groups may be rescheduled in the winter due to holidays or inclement weather.  
Please contact your group coordinator.**

*Ashe and Wilkes County Support Group:* Norma Bouchard at 336/838-0977 ext. 212 or  
toll free: 866/812-3122 or [bouchardnj@appstate.edu](mailto:bouchardnj@appstate.edu)

*Mitchell and Yancey County Support Group:* Teresa Emory at 866/448-5781 or  
828/682-4772 or [emorytd@appstate.edu](mailto:emorytd@appstate.edu)

*Watauga County Support Group:* Kaaren Hayes at 828/262-6089 or  
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