



Connections

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

Spring Issue 2009

FAMILY SUPPORT NETWORK OF THE HIGH COUNTRY

2359 Hwy 105
Boone, NC 28607
(828) 262-6089

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

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(828) 265-5394

Email: hayeskl@appstate.edu

www.parent2parent
highcountry.org

Our Staff:

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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 County

Avery Partnership for Children

Mitchell-Yancey Partnership for
Children

Dear Friends,

There are times in our lives when we face challenges so great that only someone who has weathered similar circumstances can truly offer the empathy, support and hope that we need. Such is the case when a parent learns that his or her child has been diagnosed with a disability, mental health illness, a severe medical condition or is grieving the death of a child.

Our Parent to Parent Family Support Network-High Country program began in 1988 primarily serving Watauga County with a mission to meet this need. We began as a small organization providing services to families who have children with special needs. We now offer one on one support and information to families and service providers in 7 counties: Alleghany, Ashe, Avery, Mitchell, Watauga, Wilkes, and Yancey Counties.

Because of Support Parents, staff, workshops and support groups sponsored by Parent to Parent FSN-HC, families know they are not alone. We provide connections and hope. In this challenging economic time, hope and support are invaluable.

*Our program provides services free to families and providers...but the services do cost. **Today we find ourselves struggling to have adequate funding to be able to keep our program alive.***

To those of you who have parented a child with special needs, to those of you who know the value of support for families, to those of you who feel blessed, to those of you who find our cause to be your cause, ...

Please Consider:

- ✓ *Making a donation of any amount to help us show the number of individuals who care. Any amount, \$500.00 to \$5.00 is a welcome contribution (tax deductible). Details are below.*
- ✓ *Helping us find other donors. Please contact us with ideas and names.*
- ✓ *Sending us a statement or story by mail or email ...short is OK!... we just need lots of them! ... saying how our program has helped you or families you work with.*
- ✓ *Becoming a Friend of FSN-HC...just contact us saying you would like to join! It is easy!
See the box on page 2.*

Thank you for reading this, thank you for caring and thank you for your support.

Kaaren Hayes, Director

To Donate:

Mail a check made out to
Parent to Parent FSN-HC
2359 Hwy 105
Boone, NC 28607

OR

Visit our website

<http://parent2parent.appstate.edu>
Click on **Donate** in the Navigation bar on
the right hand side panel

AUTISM AWARENESS

What is autism? Autism is a complex brain disorder that inhibits a person's ability to communicate and develop social relationships, and is often accompanied by extreme behavioral challenges. Autism spectrum disorders are diagnosed in one in 150 children, affecting four times as many boys as girls. The diagnosis of autism has increased tenfold in the last decade. The Centers for Disease Control and Prevention have called autism a national public health crisis whose cause and cure remain unknown.

Where can you find help & support?

Local Area Support Groups

Ash County

ashechapter_asnc@yahoo.com

Avery/Watauga County

www.AveryWataugaASNC.org

info@AveryWataugaASNC.org

Wilkes County

www.wilkesautismsociety.org

Statewide

Autism Society of NC

www.autismsociety-nc.org

**Parent Booklet (for families of young children)*

http://www.autismsociety-nc.org/Parent_manual_revised_103108.pdf

Websites for Parents

<http://autismparents.net>

www.autisonline.org

www.autismforparents.com

Websites for Kids

<http://kidshealth.org>

www.cdc.gov/ncbddd/kids/kautismatpage.htm

www.zacbrower.com

Websites for Teachers

www.angelfire.com/pa5/as/asteachersites.html

Family Fun /Healthy Snack

Fruity Frog

*This apple-phibious treat is so charming, your kids may not even notice that it's good for them.



- Green apple (such as a Granny Smith)
- Cream cheese
- Chocolate chips
- Green grapes

1. Cut the apple into quarters & remove the core. Cut a thin wedge from one quarter for a mouth. For the eyes, shape cream cheese into two half-inch balls, & set them in place. Insert a chocolate chip, point-side in, into each cream cheese ball.
2. Use the grapes, cut in half, for the legs & feet. Slice four halves to create toes. Arrange the pieces as shown & serve on a paper lily pad.
(FamilyFun.com)



Become a "FRIEND OF FSN-HC"

Help us grow and increase our community connections.
It is simple!

We are looking for individuals in each of our counties who would like to help "spread the word" about Parent to Parent FSN-HC.

Our Friends of FSN-HC support our Advisory Board and staff by making a commitment to talk about the work of our program on a regular basis with in their network of friends and co-workers. The Friends members will receive our newsletter and regular communication from staff so they will always have news to share.

Call or email today to volunteer!

Phone: (828) 262-6089

Toll Free: 1-866-812-3122

Email: hayeskl@appstate.edu

Resources for Families

Health Insurance for Children

NC Health Check (Medicaid)/NC Health Choice

Income guidelines valid April 1, 2009—March 31, 2010

Family Size	Income Before Taxes & Deductions
1 person	1,805
2 people	2,429
3 people	3,052
4 people	3,675
5 people	4,299
6 people	4,922
7 people	5,545
8 people	6,169
More than 8 people	Add \$624 for each additional family member

*Children of families who earn more may qualify if they have daycare, work-related, or child support expenses. *Must also re-apply each year to continue coverage.

**For more information or applications contact your
Local Department of Social Services**

WIC (Women, Infants, & Children)

- Pregnant Women
- Non-breast feeding (to 6 months postpartum)
- Breast feeding (to 12 months postpartum)
- Infants
- Children (to age 5)

New income guidelines effective 4-1-2009

**For more information & applications contact your
Local Health Department**

NC Family to Family Health Information Center

1-800-962-6817

www.ecac-parentcenter.org

Parent Packets

- Public Health Programs 1
- Your Child's Medical Home
- Prescription Assistance Program
- Health Consumer Rights & Related Laws

Health Care/Free Clinics

Ashe Free Medical Clinic (Ashe County)

- Primary Medical Care
- Specialty Medical Care

For more information & eligibility requirements call 336-846-4649

Community Care Clinic (Watauga County)

- Primary Medical Care
- Behavioral Health Care

For more information & eligibility requirements call 828-262-1628

The Hunger & Health Coalition (Watauga, Avery, Ashe Counties)

- Licensed Pharmacy
- Medication Assistance Program

For more information & eligibility requirements call 828-262-1628

LOCAL ANGEL FOOD MINISTRIES

“Angel Food Ministries is a non-profit, non-denominational organization dedicated to providing grocery relief & financial support to communities across the United States.”

No income guidelines, anyone is welcome to order.

Alleghany County—Cornerstone Christian Fellowship
336-372-3070

Ashe County—Bald Mountain Baptist Church
336-877-1550

Avery/Watauga—Boone United Methodist Church
828-264-6090
Greenway Baptist Church
828-264-7750

Mitchell County—Trinity Episcopal Church
828-765-4331

Wilkes County—17 Harvest Time Ministries &
Christian Academy 336-667-9105

Yancey County—West Burnsville Baptist
828-682-3990

**For more information call 1-877-366-3646 or
www.angelfoodministries.com**

Traumatic Brain Injury

DID YOU KNOW?

Concussions are a type of traumatic brain injury (TBI) caused by a blow or jolt to the head. The injury can range from mild to severe and can disrupt the way the brain normally works.

A concussion is the most common type of brain injury sustained in sports.

Most concussions do NOT involve loss of consciousness.

You can sustain a concussion even if you do NOT hit your head. An indirect blow elsewhere on the body can transmit an “impulsive” force to the head and cause a concussion to the brain.

Multiple concussions can have cumulative and long lasting life changes.

Concussions typically do NOT appear in neuroimaging studies such as MRI or CAT Scans.

Among children and youth ages 5—18 years, the five leading sports or recreational activities, which account for concussions, include bicycling, football, basketball, playground activities, and soccer.

Signs & Symptoms of Concussions

- Nausea (feeling that you might vomit)
- Dizziness or balance problems
- Double or fuzzy vision
- Sensitivity to light or noise
- Headache
- Feeling sluggish or tired
- Feeling foggy or groggy
- Confusion
- Trouble concentrating
- Trouble remembering

If You've Had A Concussion

- Never ignore a bump to the head
- Tell your coach or teammates
- Ask to be taken out of the game
- Pay attention to physical changes (immediate, days, or weeks later)
- Watch out for thinking problems (immediate, days, or weeks later)
- Talk to your parents or teachers about the troubles you are having
- See a health care professional
- Get plenty of rest
- Return to practice and play only after your brain is healed and your health care professional says it's okay

(Brain Injury Association of America)

For More Information

Brain Injury Association of America
1-800-444-6443
www.biausa.org

If you would like:

- To talk with another parent who understands
- Information about a specific disability or health condition
- To be a Supporting Family

Call Parent to Parent FSN-HC:

828-262-6089 Or Toll free Family line:

866-812-3122 Or hayeskl@appstate.edu

Local Groups & Events

Area Support Groups

Alleghany County Parent Support Group

Date: First & Third Thursday of each month.

Time: 6:00pm

Location: The Family Resource Center, Sparta

Contact: Norma Bouchard at 336-246-3222 or 1-866-812-3122 or bouchardnj@appstate.edu to RSVP. For childcare call 336-372-6583

Ashe County Parent Support Group

Date: Last Tuesday of each month

Time: 6:00pm

Location: Midway Baptist Church Fellowship Hall
Mt. Jefferson Rd., West Jefferson

Contact: Norma Bouchard at 336-246-3222 or 1-866-812-3122 or bouchardnj@appstate.edu
Meal provided with RSVP.

Mitchell County Parent Support Group

Date: First Tuesday of each month

Time: 6:00pm

Location: Spruce Pine United Methodist Church

Contact: Teresa Emory at 828-682-4772 or emorytd@appstate.edu
RSVP for childcare!

Watauga County Parent Support Group

Date: Second Friday of each month

Time: 6:00—8:00pm

Location: The White House at 381 E. King St.
(beside the Playhouse)

Contact: Kaaren Hayes at 828-262-6089 or 1-866-812-3122 or hayeskl@appstate.edu
RSVP for childcare and supper!

Wilkes County Parent Support Group

Date: Last Thursday of each month

Time: 6:15pm

Location: "Our House" 203 E. Main St. Wilkesboro

Contact: Norma Bouchard at 336-246-3222 or 1-866-812-3122 or bouchardnj@appstate.edu
Desert & drinks will be served!

Yancey County Parent Support Group

Call Teresa Emory at 866-448-5781 or emorytd@appstate.edu for dates & times.

UP COMING WORKSHOPS!

Therapeutic Intervention for Children with Challenging Behaviors

Date/Time: Tuesday May 12th from 5:30 to 8:30pm

Location: First Baptist Church—Fellowship Hall
125 Tappan Street Spruce Pine, NC

Contact: Teresa Emory at 828-682-4772 or 1-866-448-5781 or emorytd@appstate.edu
*Please register & RSVP for childcare by Friday May 8, 2009!

Therapeutic Intervention for Children with Challenging Behaviors

Date/Time: Tuesday May 19th from 6:00—9:00pm

Location: Watauga County DSS (Human Resource Bldg)
132 Poplar Grove Connector Boone, NC

Contact: Debbie Bowman at 828-733-6419 or bowmandb@appstate.edu
*Please register by Friday May 15, 2009

I'm Growing Up, Making A Smooth Transition to Preschool

Date/Time: Monday May 18th from 5:30—8:00pm

Location: Rainbow Center for Children
507 Courthouse Drive Wilkesboro, NC

Contact: Norma Bouchard at 336-264-3222 or bouchardnj@appstate.edu

Transition to Adulthood

Date/Time: Thursday May 28th from 5:30—8:00pm

Location: Yellow Mountain Enterprises
255 Estatoa Avenue Newland, NC

Contact: Debbie Bowman at 828-733-6419 or bowmandb@appstate.edu
*Please register by Tuesday May 26, 2009

Lending Libraries

These lending libraries are here to assist families by providing information on topics that impact many children and families.

ECAC

(Exceptional Children's Assistance Center)

1-800-962-6817

www.ecac-parentcenter.org

FSN-HC Parent to Parent

(Family Support Network—High Country)

1-866-812-3122

www.parent2parenthighcountry.org

Family Support Network-HC
2359 Highway 105
Boone, NC 28607



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Boone, NC 28607



Please support our program so that we can continue to serve families and the community. Any help you can give will be very appreciated. Please detach this form and send any donations to the address below. Donations are tax deductible.

Name _____

Address _____

City _____ State _____

Zip Code _____

Amount \$ _____

Name of Honoree _____

Thank you for your contribution!



Family Support Network-HC
2359 Highway 105
Boone, NC 28607

