



Family Support Network of Western North Carolina, a program of Mission Children's Hospital and Affiliated with The Family Support Network of North Carolina, serving Buncombe, Henderson, Madison and Transylvania Counties

Mission

The Mission of FSN/WNC is to enhance the lives of children of WNC with or at risk for special needs by providing support and information to the families who care for them and by encouraging parent and professional collaboration in the design and delivery of services for these families.

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(828) 213-0033

Toll Free

(888) 810-2800, ext 2

Blessings:

If a Tree Falls

In our family, we don't take hearing—or listening—for granted
By Jennifer Rosner

At bedtime, we find new ways to tell old stories. Rapunzel, high up in her tower, can't hear the prince so very well. When he yells up, Rapunzel, Rapunzel, let down your hair," Rapunzel rummages among Bartletts and Boscs and hurls down a pear. Cinderella can't hear the clock strike midnight—the chime's frequency is too high—so in our version, it's the sudden chafe of her old rags emerging beneath the sparkling gown that sends her running from the palace. And Snow White misses entirely the knock on the seven dwarves' little arched door, which is all for the best, because she never gives entry to the evil queen disguised as an old peddler woman with shiny, magic apples.

Our daughters love these fairy tales. Both are hearing-impaired; Sophia has a severe hearing loss, and Juliet is profoundly deaf. With the help of digital hearing aids and cochlear implants, both hear astonishingly well, but they are no stranger to the audiological mishaps that weave through our fairy tales, and delight in the

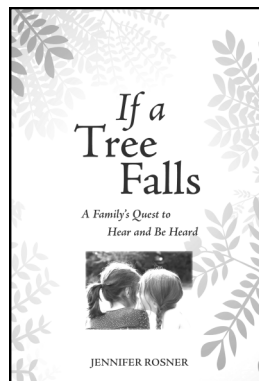
fanciful narratives that show deaf princesses prevailing over these (and other) challenges.

Our house is as loud as any house with two young kids in it—louder, actually. Sophia and Juliet talk at normal volume, but when they *listen* to things—songs on CD or books on tape—the volume is always turned up. Sometimes our living room *shakes*. When the phone rings, I often have to take the call from inside the tight space of the pantry to block out the noise.

One day, months back, the girls flushed me out of the pantry, so I resigned myself to struggling through a phone conversation out in the open, where a book on tape blasted from the stereo. I could hardly hear myself shout out to the mother on the other end of the phone that I would soon be deaf myself, the noise levels being what they were in the house. She'd called me

because she had a deaf baby who could not be aided to hear with technology because of nerve damage. We spoke about American Sign Language books, teachers of the deaf, and other resources. When I got off the phone, the girls demanded to know what I was talking about.

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This article was used with the permission of Good Housekeeping and the author. The article originally appeared in Good Housekeeping; July 2010. It draws from material in Jennifer's book *If A Tree Falls: A Family's Quest to Hear and Be Heard* (NY: Feminist Press, 2010). More information about Jennifer Rosner and the book can be found at the website: www.ifatreefalls.com

Why Attend a Support Group?

When you attend and listen—even once and even if your child doesn't quite fit a "label" - you will meet people who may be resources to you if you ever need them. People may discuss questions that you think about or don't even know how to ask. More people can mean more ideas and solutions.

Buncombe County

Advocates for Autism Spectrum Kids (AASK), Call Naomi Friedman 251-0645 Support group for parents whose children are diagnosed within the Autism Spectrum

AMOM- Asheville Area Mothers of Multiples, 1st Thursday, monthly, 7pm. Call Donna Richardson at 828-582-0200 www.AshevilleMOM.com

Autism Spectrum Disorder Parent Group, 4th Monday, monthly 6-7:30pm, Call 213-0047

Autism Society Support Group- Buncombe County, Contact Becky Demmer, 275-5778

Brain Injury Support Group, 4th Tuesday, monthly, 6-8pm Call Karen Harrington at Brain Injury Support/ Resource Center, 277-4868

Child Mental Health Parent Group, 1st Monday, monthly, 6-7:30 pm, Call 213-9787

Christian Support Group for Families & Caretakers of Individuals w/Special Needs, at Arden Seventh-day Adventist Church, Contact Charlene at blueridges@bellsouth.net for more info

COCOA – Caring for Children with Food Allergies, 1st Monday, Monthly, 6:45pm, Earth Fare South Contact Kristie at cocoa_in_asheville@yahoo.com

Coffee & Chat Parent Group, 1st and 3rd Tuesday, 9am, Books-A-Million Asheville, Email barbrevis@yahoo.com

Down Syndrome Parent group, 1st Tuesday, monthly, 6-7:30pm Call 213-9787

Fetal Alcohol Spectrum Parent Group, 2nd Thursday, monthly, 6-7:30pm, Call Sally Bennett at 213-1051

Foster Care Support Group, 2nd & 4th Wednesday, Monthly, 6:15-7:30pm, Jill Toth, jtoth44@gmail.com

Homeschooling Your Child w/ Special Needs Parent group, 3rd Tuesday, monthly, 6-7:30pm, call 213-0047

A Love Not Forgotten, 2nd and 4th Monday, monthly, Call Pat Stillwell at 213-0369 For parents who have experienced the death of a baby from conception to the first year of life

Moms Supporting Moms: Depression Support Group, every Tuesday, 12 Noon or 6:30pm, Call Christi Lorenz at 213-8244

Parenting Classes, A variety of community agencies offer parenting classes as either one-time events or as a series. www.FamilySupportNetworkWNC.org click on Resources then Community Resource Guide and find the Parenting section for a listing of possible options.

Pediatric Oncology Family Support, monthly, Call Miriam Burkett at 213-9789, activities and support time for children with cancer along with their parents and siblings

Reactive Attachment Disorder Support Group, Call Matthew or Fawn at 926-5591 for schedule and details, childcare offered by a therapeutic respite provider

Special Needs - Parent Group, 2nd Monday, monthly, 6-7:30pm, 213-1036, for parents, guardians, and caregivers of children with disabilities

Sweet Revenge, a Diabetes Education/Support Group, 3rd Thursday, monthly, 6:30-8:00pm, call Blair at 213-1792 this group is for care providers and adolescents

Therapeutic Families Parent Group, every Tuesday, 6:30-8, Contact Susan Ward at 828-585-9282 or therapeuticfamilies@gmail.com



Henderson County

Compassionate Friends, a group to assist families in the death of a child for more information call Chris or Shirley Drake at 693-4061

Fetal Alcohol Spectrum Parent Group, Last Wednesday, monthly, 5:30-7pm, "Hope Academy" at Mud Creek Baptist Church, call for more information Call Sally Bennett at 213-1051

Special Needs Parent Group - 1st Thursday, 10-11:30 am, monthly, call Regina at 213-0047

NAMI Young Families Support Group - Henderson County, 4th Wednesday, monthly, 8:30am for more information call Donna Reilly 684-5477

NAMI Young Families Teen Group - Henderson Co., 2nd Saturday, monthly, 11:30am Call Donna Reilly 684-5477 Support group for teens 12 and up

Transylvania County

Special Needs – Parent Group, 4th Thursday, Monthly, 10-11:30am at Transylvania Regional Hospital, contact Regina at 213-0047

Transylvania Family Network www.tfnetwork.org or call Kim Sisk at 883-3138

The Family Place of Transylvania County offers a variety of opportunities for families and children birth-5 yr. old in Brevard and Rosman: Contact 828-883-4857 for more information

Madison County

Madison County and North Buncombe Parent Group for Raising Children with Special Needs, 2nd Thursday, monthly 5:30–7pm, Call 213-9787

ECAC**Exceptional Children's
Assistance Center**

ECAC is North Carolina's Parent Center and is committed to improving the lives and education of all children.

828-255-1972
or 1-800-962-6817

Western Highlands Network

356 Biltmore Ave., Asheville, NC 28801
www.westernhighlands.org

For routine needs or daytime emergencies, call
828-225-2800 or 1-800-951-3792.
For emergencies after hours and weekends, call
828-252-4357 or 1-800-951-3792.

Western Highlands Network manages mental health, developmental disabilities and substance abuse services in Buncombe, Henderson, Madison, Mitchell, Polk, Rutherford, Transylvania, and Yancey Counties.

Children's Developmental Services

of Madison, Buncombe, Henderson and Transylvania Counties.

Helping families with children, birth to three,
learn, grow and develop through learning activities,
accessing medical care and utilizing community resources.

There is a CDS office in every county
Buncombe 251-6091 • Madison 649-3531
Henderson 694-7975 • Transylvania 884-3282



More information about services provided by F.I.R.S.T. can be found at www.firstwnc.org or 828-277-1315.

**Mountain Area Health
Education Center (MAHEC)**

Check out the calendar of events for a list of many great training opportunities.
www.mahec.net

Play & Learn

Play & Learn is funded by Smart Start of Buncombe County and offers community-based adult/child groups that meet for an hour each week for eight weeks. The group focus is on pre-literacy activities for children and resources for parents/caregivers.

Play & Learn classes are offered throughout Buncombe County. Classes will be starting at Asheville City Schools Preschool, Sandhill-Venable Elementary, Oakley Elementary, and Avery's Creek Elementary in the coming months.

If you have families/clients who have children ages 3-5 who are not in regulated child care and reside in Buncombe County, Please contact me for more information.

Marna Holland 828.350.2904 marna.holland@asheville.k12.nc.us

**National Alliance on
Mental Illness**

NAMI gives peer-to-peer support, not led by mental health professionals. Keep in touch with what's going on in the mental health community. Newsletter and Class information can be found at www.NAMIWNC.org

**Low Vision Center**
828-213-4370

Offering ways to help children with visual impairment succeed at home and in school

**Special Olympics****Special Olympics Buncombe County**

For information contact:
Grace Young 828-250-4265
Grace.Young@buncombecounty.org



Family Support Network
and the
Mission Children's Hospital
in partnership with the
2nd Annual
Asheville International
Children's Film Festival
present
Celebrating Differences
See the schedule below.

This will be a full day and one evening of fascinating and inspiring films that take us on a journey of celebrating our differences. We have searched the globe to bring a treasure trove of 12 films from several countries, full of adventure, surprises, belly laughs and stories that are sure to make kids and parents think and see the world in a brand new way. The films will be screened at the Mission Reuter Children's Outpatient Center, on Thursday, November 11 and Saturday, November 13. Tickets are on sale for this block of films in advance or at the door for \$8.00 for adults and \$3.00 for kids under 12. Proceeds go to support the activities of the Family Support Network of WNC. For greater details about the 2 week event go to www.aicff.org.

2nd Annual Asheville International Children's Film Festival

Thursday, November 11, 2010, 7pm

The Child King - 90 minutes
Snack & Drink - 3 minutes

Saturday, November 13, 2010, 10am

I Go Down 5 minutes
Movie Magic Workshop films - 3 minutes
Planter Des Reves - 15 minutes
Tying Your Own Shoes - 16 minutes
Acting Normal - 35 minutes

12:00

Azemichii Road - 85 minutes
Snack & Drink - 3 minutes
Movie Magic workshop films - 3 minutes

2pm

The Crocodiles - 75 minutes
I go Down - 5 minutes
Movie Magic workshop films - 3 minutes

4pm

The Child King - 90 minutes
Snack & Drink - 3 minutes
Movie Magic workshop films - 3 minutes

Blessings (Continued from page one)

So I told them: "Do you remember the baby, Lily? Well, Lily is deaf, and I was talking to her mom about teachers and other stuff."

Sophia gave a nod of understanding and re-snuggled herself into the window seat to continue listening to her book. But Juliet stood looking at me.

"Lily's deaf?" she asked.

"Yes, honey."

"Deaf like Goya? We had a children's video about the deaf painter Goya.

"Yes. Deaf like Goya. And like you."

Juliet's eyebrows splayed wide.

"I'm deaf?"

"Yes, honey. You know how, when you take off your 'sound,' you can't hear anything? That's because you're deaf."

"I'm deaf?"

As I stood there, incredulous—*did I somehow forget to tell Juliet something I was supposed to tell her*—I realized the gift I was receiving.

Juliet's identity would not reside in deafness or in hearing. She saw herself, simply, as a child. And a princess.

If you have a story of how your family has adapted to life and would be willing to share it please send it to cgcahm@msi.org

The Family Support Network thanks Jennifer Rosner for being so willing to share her story with the families of WNC. Be sure to check out her website: www.ifatreefalls.com

Foster Adopt

Fall Festival

Saturday, November 13th, 2010

2:00 — 5:00 pm

drop in anytime

Crowne Plaza Hotel

*Off of I-240 on Resort Dr
between Sam's Club and Westgate Plaza*



Information about foster parenting and about older children waiting for adoption. There will also be crafts for kids to do, give aways, snacks, and more!

FREE! Call 828-250-5868 for more info.

familiesforkids@buncombecounty.org

Buncombe County DSS and WNC foster care agencies

Special Needs Cheerleading



Wega Club Cheer

All Star

Cheerleading

is open to
boys & girls,
ages 5-18.

Practices are on Saturdays.

Fees for the program and the cost of competitions are FREE. The expenses for uniforms, shoes, hair bows, etc. will be donated and fundraised by the other teams and parents.

To learn more, contact
Shannon at 828-593-1177 or
Alice at 828-231-7279.



Wega Club Cheer is grateful for this opportunity to build a community where everyone can be an All Star!

9th Annual Care of the Premature Infant "The Culture of Caring"

Friday, November 5th 8:00 to 4:30

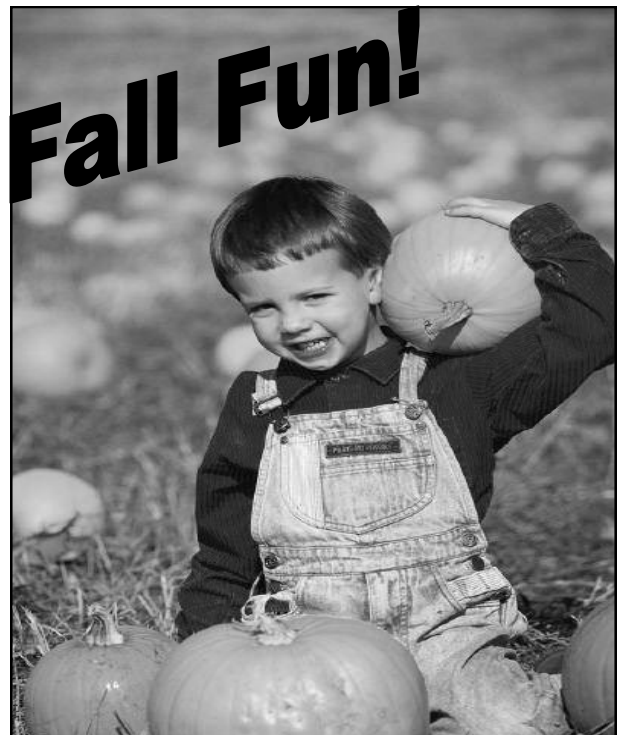
www.mahec.net

If you are a former NICU Parent and would like to participate as a Parent Panel Member please contact Suzan at 213-9740

North Carolina Assistive Technology Expo



www.pat.org
November 17-19, 2010
North Raleigh Hilton
Raleigh, NC



Learning & Leadership Summit on Evidence-Based Programs & Family Strengthening Practice

March 7-8, 2011

New Bern Riverfront Convention Center

For more information, please call 1-800-CHILDREN or www.preventchildabusenc.org



12th Annual
Parent Professional
Collaboration Conference

School Aged Children
with Disabilities
Connecting Schools and
Community

February 14-15, 2011

Find more information at:

Memo to self:
Start thinking about summer camps
NOW!
See page 8 for more information



Mission Children's Specialists is Growing

Dr. Rose Graham, Pediatric Gastroenterologist and
Dr. David Schwartz, Pediatric Endocrinologist
are currently seeing patients.

Several additional physicians and
support staff are anticipated in the
coming months, including a
Pediatric Orthopedist in the
New Year.

Look for emails as additional
information becomes available.



**Leo M. Croghan Conference on
Developmental Disabilities**

**A Conference for Parents and Professionals
Concerned with the Care
and Development of Young Children**

December 6, 2010

www.croghanconference.org

Stipends are available for families.

Find more information about family stipends
at the website or by calling FSN/WNC
at 828-213-9787

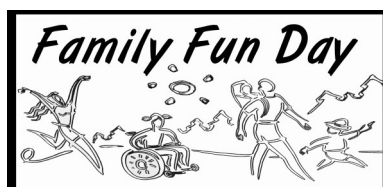
Family Fun Day Holiday Fest

December 11, 2010

11 am to 3 pm



Due to Mother Nature and circumstances too hard to reverse we had to cancel Family Fun Day that was set for September 11th. The organizers of the event regret any confusion or inconvenience you might have experienced that day and hope you will join us on the rescheduled date of December 11, 2010. The event will be at the Stephen Lee Recreation Center from 11:00am to 3:00pm. Many of the same fun activities, crafts, food and music with holiday theme. This will also be the time that we acknowledge the award recipients of the Mayor's Committee for Person's with Disabilities and the Exceptional Service Awards. For more information contact Disabilities Partners, *formerly Western Alliance*, 828-298-1977.



Family Fun Day Rescheduled to be Holiday Fest

December 11, 2010 11am-3pm

More information on page 7



Family Support Network of WNC

11 Vanderbilt Park Drive

Asheville, NC 28803

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Workshops & Events

Workshops are held from 6pm - 8pm unless otherwise indicated.

Contact 213-9787 to register for workshops. Registration is required 1 week in advance if you need childcare.

Transition to Adulthood Workshops

11/30/10 - Creative and Traditional Housing Options

This beginning level workshop is for parents and providers who would like to better understand the resources and efforts that are in place for existing and expanding housing options using, traditional supports and nontraditional means, for persons with developmental or mental health needs.

A panel of parents and agencies will present.

12/9/10 - Guardianship and Estate Planning

Did you know that when your child turns age 18 they are automatically their own guardian? Do you think they may need a guardian? What type of guardianship is needed? What about all the papers and forms that need to be filed? Do you need an attorney? What happens when you have to go to court? What are the costs involved?

Because you have a child with special needs, planning for their future is DIFFERENT! There are fundamental issues to consider regardless of your current/future financial situation. Rich or poor, young or old planning ahead is helpful for all family members involved. Learn about: How to decide who will care for your child when you can't? How will government benefits be affected? Developing a Special Needs Trust. Picking a trustee and what resources are available for them. Why use a Letter of Intent? And more! Come learn about both processes from Attorney at Law, Cynthia Alleman.

November 11th, 7pm and November 13th, 10am, 2pm & 4pm

2nd Asheville International Children's Film Festival –

Family Support Network and the Mission Children's Hospital are sponsoring a block of films called Celebrating Differences, for this year's festival. The films will be screened at the Mission Reuter Children's Outpatient Center.

Tickets are currently on sale for can be purchased at the door: Adults \$8.00 and kids under 12 years old \$3.00.

Proceeds go to support the activities of the Family Support Network of WNC.

For greater details about the 2 week event go to www.aicff.org.

November 13, 2010 Sibshop "Lights, Camera, Action!" 12pm-4pm

Siblings ages 7 to 14 are invited to be part of the Asheville Children's Film Festival and other fun activities. Lunch is provided. This event is hosted on site by Family Support Network. To register, please call Roxann at 213-0044, before November 9th. RSVP is required!

Planning for Next Year

January 25, 2011 Summer Camp & Recreational Opportunities 6-8pm

Geared for all ages, this event will host a wide variety of programs who serve a variety of kids abilities and interests. Come meet the programs, hear what they offer and take away a better understanding of what options your child has to engage, get physical and interact in the community.

March 24, 2011—Making Your Child's IEP Effective

April 9, 2011— Sibshop— watch for more information

April 2011— What the Heck is a 504 Plan?