



FRYSCKY BUSINESS

*The Official Newsletter of the Family Resource and Youth Services Coalition of Kentucky, Inc.
Bridging Barriers and Changing Lives Since 1991*

Fall 2009

Give Us Our Daily Challenges and Our Blessings

by Tana Jones, President, FRYSCky, Inc.

Wingo (KY) • How quickly the new school year has come upon us! And with it, new challenges and issues to address, and hopefully, new ideas and methods for successful outcomes.

I know that we all are faced with difficult days and situations, but one particular child has been on my heart since our first week of school. On Sunday afternoon, August 2nd, our elementary school hosted a kindergarten orientation for our brand new students and their parents. I spoke to a particular family whom I already knew (the older brother is in 5th grade), to introduce myself to Benjamin, whose turn it was to start school. During the course of the conversation, his parents informed me that Benjamin's dad was going into the hospital on Monday for surgery, but that Benjamin would be in attendance on the first day of school, August 5th. Complications from surgery resulted in an aneurism and stroke, and Benjamin's 32-year-old father was gone. My heart breaks thinking of this young sweet boy, whose memories associated with beginning school are linked to losing his dad.

Benjamin is just one of countless children across our state. They carry such burdens on a daily basis, and I am humbled that we, as coordinators, have answered the call to fill the gap for these precious young lives. Not only do I pray for our children and families we serve, I pray for those of us in Family Resource and Youth Services Centers as we strive to do what's best for them. I pray that God gives you strength and courage for each new day. And I ask that He provides as much love, forgiveness, and compassion to offer to all children, especially to those who are not accustomed to receiving it. I pray for God's richest blessings on you as you are a blessing to others.

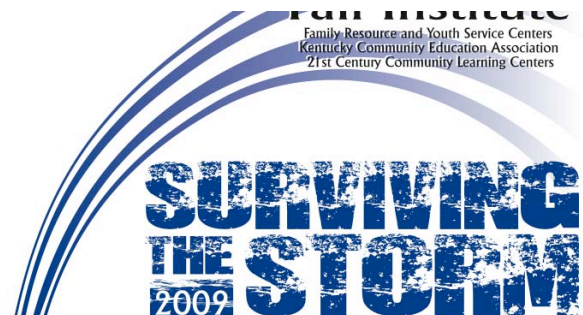
Have a great year! See you at the Fall Institute.

Fall Institute 2009

Surviving the Storm

November 2-4, 2009

The Galt House Hotel and Suites
Louisville, KY



*Fall Regional Professional Development Workshops
Hosted By the Kentucky Autism Training Center*

REGISTER HERE:

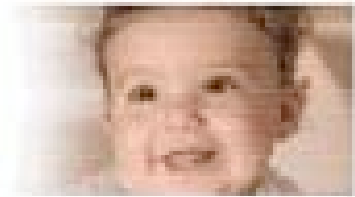
http://www.surveymonkey.com/s.aspx?sm=SvwGKrxVSkOQGJZ2Jczs0A_3d_3d
or visit www.kyautism.org

The cost for two days of the event is \$125 per person.

Learn the Signs.
Act Early.

DATES AND LOCATIONS:

- September 28th-29th 2009: Jenny Wiley State Park
- October 12th-13th 2009: General Butler State Park
- October 19th-20th 2009: Lake Cumberland State Park
- November 9th-10th 2009: Lake Barkley State Park



DAY ONE:

Addressing Challenging Behaviors of Learners with ASD: Assessment and Intervention Techniques for the Practitioners
This session will provide an introduction to the basic principles of applied behavior analysis (ABA). The presenters will describe the relationships between ABA, instruction, and treating challenging behavior. They will present how to conduct functional behavior assessments (FBA) and subsequently, implement interventions. The presenters will provide a logical framework for assessing problem behavior and suggest tips to make data collection and intervention less complicated in school settings. Additionally, the presenters will share strategies for teaching appropriate behavior in a variety of contexts.

DAY TWO: Components of Effective Instruction for Learners with Autism Spectrum Disorders
This session will provide participants with knowledge related to evidenced-based practices for teaching students with ASD. The presenters will build on the information presented in Day 1 as they teach participants the basic components of instruction and their application across broad contexts (i.e., 1:1, small group, large group) and skills (i.e., communication, self-help, academic). In addition, the presenters will provide strategies for collecting, organization, and analyzing instructional data.

LEARNING OBJECTIVES:

Upon completion of this two-day professional development training, participants will have a greater understanding of the following:

- Principles of Applied Behavior Analysis.
- Components of a Functional Behavior Assessment Understanding and analyzing different data collection systems.
- Making instructional programming decisions based on data Identifying evidence based principles specific to individuals with ASD Understanding the basic teaching components. of instruction for individuals with ASD.

Regional Roundup

Region 10 (Fayette) ~ Lexington, KY • Cassidy/Morton FRYSC in has seen a successful finale to the 2008/2009 F.A.C.E. Time (Families and Community Educating) program. The creation of this project was a collaborative effort between the Cassidy/Morton FRYSC, and University of Kentucky and the Humanities Council in its first year, 2007/2008 school year. In its second year it expanded to include the University of Kentucky, Douglass Learning Center, Transylvania University, and other community partners. F.A.C.E. Time has been implemented to address the need for additional educational support to refugee and ESL students who are newcomers to education the program also provides support for their families. Because additional community partners were involved the FRYSC and school were able to provide after school programming for 16 weeks for 40 refugee students 2nd -8th graders with 10-12 volunteers each day coming from University of Kentucky, and Transylvania University. The center was also able to provide a 4 week summer program with additional certified teachers provided through the Douglass Learning Center. Through surveys produced by researchers working with the FRYSC a need for family and school connection was identified and a weekly summer family literacy program was added to F.A.C.E. Time. This literacy program served over 100 refugees each week for 5 weeks to draw families into the school, give them an opportunity to practice newly acquired English skills and make a connection with other community support networks that can be accessed through the FRYSC. The family literacy program included people from 6 primary language groups English, Spanish, Arabic, French, Nepali, Swahili, as you can imagine this makes for a very lively evening.



Regional Roundup



Smile Kentucky! Free Dental Screenings In Hardin County

Region 11 (North) ~ Elizabethtown (KY) • The Elizabethtown Noon Rotary Club is sponsoring the Rotary Smiles project through the Smile Kentucky! Program and is preparing all 3rd grade students in Hardin County to receive free dental screenings. Through the child's school they will have the opportunity to participate in the Smile Kentucky! dental program this school year. It's a program funded by community organizations to provide free dental screenings, treatment and education. Now in its fifth year Smile Kentucky! has provided free dental screenings to over 17,000 children in the Louisville Metro area and free treatment to over 1,300.

How Smile Kentucky! works

With parental consent, a dental professional will inspect the children's teeth at school using a mouth mirror and light. It takes only a few minutes and is free. Parents will receive a report with significant dental findings. The Smile Kentucky! program will contact parents if their child is selected for free follow-up treatment. Each 3rd grade child also receives a toothbrush, toothpaste, water bottle and educational information. The goal is to make this a fun and educational project.

How to Participate

Information has been sent home through the schools. If parents want their 3rd grade child to participate in the Smile Kentucky! program, they fill in the questionnaire/consent form and that is it. A variety of volunteers will make sure that the children are screened and the parents are informed of the findings. For those who qualify, there will be free treatment available. **This program first offers to serve children without dental insurance and then Medicaid participants with urgent needs.**

For More Information, Contact
Leslie Hall, Coordinator
Woodland Family Resource Center
leslie.hall@hardin.kyschools.us
Hardin County
Region 11 North

Summer Celebration: Space Camp

Region 1 ~ Burna • Summer Celebration: Space Camp was an eight day “out of this world” experience for over 100 students. Students, preschool through 4th grade from all over the county were bused to South Livingston Elementary School, June 1st -10th.

While students in Livingston County were dismissed for summer in late May, faculty and staff, however, reported for duty June 1st-10th. Their duties were just a little different. Teachers were hard at work aligning curriculum and participating in professional development activities, while instructional assistants, bus drivers, and food services workers partnered with the staff of Family First (FRYSC) & Community Education to conduct Summer Celebration: Space Camp.

Students participated in a variety of fun enrichment activities lead by energetic instructional assistants including music, gardening, art, story time, PE and computers, just to mention a few.

They also had the opportunity to experience a portable planetarium to learn more about their solar system. Students expressed their gratitude to faculty and staff at SLES by developing a flower garden and sitting area outside of the library as part of a service learning project. They were able to take what they had learned in gardening and provide a practical service.

Other activities included nutrition classes and a Global Positioning System activity provided by the EFNEP and 4-H programs from our University of KY County Extension Services. Students also enjoyed activities provided by the Delta Rural Health Program.

Summer Celebration ended with three field trips. Students spent a day at the Sports Plex in Paducah and a day at the movie theater and bowling. The culminating event on the last day was a picnic at Mike Miller Park where students enjoyed the park by playing soccer, volley ball and kick ball. Superintendent, Kennith Bargo along with other volunteers spent the day teaching children to fish.

Special thanks goes out to all who helped to make this a success including partners such as the Livingston County Board of Education, Glenmary Sisters, Farm Bureau and Hopkins Landscaping who made this program possible by supporting it financially.

For more information, contact Stephanie Henson (Coordinator in Livingston County).



Regional Roundup

National Park Grant Gives Students Double Treat

Region 6 ~ Cloverport • The Cloverport FRYSC Summer Recreation program enjoyed a special trip to Lincoln's Birthplace in Hodgenville in July. This trip was made possible by a grant from the National Park that paid for another VERY special treat, a tour bus from Miller Trailways. The students and chaperones enjoyed the 2 hour drive aboard the Tribute to Louisville bus driven by Mr. Kendall Goodman. Most of the students participating had never ridden a tour bus and were infatuated with the television and DVD player as well as the restroom on board! The large screen TV which came out the bottom of the bus also drew a lot of ooh's and aaah's. For more information, contact Coordinator Pat Fuqua at: (pat.fuqua@cloverport.kyschools.us)



Summer Snapshots



Region 7 ~ Greenup • Greenup County High School students served as camp counselors for over 130 elementary students at Camp Greenbo.

Region 7 ~ Inez • LINKS Youth Service Center (Sheldon Clark High School) along with the other county FRYSC's collaborated with operation UNITE for a "Back to School Bash" at the Martin County Swimming Pool. Different agencies were there such as PACS Now, Amy Marvin with KHEAA, Martin County Health Department and others. There was game and door prizes. For more information, contact Coordinator Tammy Booth.



Regional Roundup

The Passport to Good Health Program

Region 10 (East) ~ Belfry • Belfry Area Family Resource and Youth Services Centers joined together to sponsor the first annual Passport to Good Health Program. The program took place at Southside Elementary each Tuesday in June from 9:00AM – 12:00PM. This fun and exciting program focused on the prevention and reduction of childhood obesity.

Children participated in fun nutritious and physical activities. The Passport to Good Health Program was established to teach the importance of healthy eating habits, being physically active and that fitness is fun!

At the conclusion of each daily activity each child's name was placed in to a drawing for a chance to win a variety of awards. Also, a grand prize drawing was held for each child who attended all of the sessions.

By collaborating with the Pike County Health Dept. and the Pike County Extension Office we believe that this program had a positive effect by educating students on making better choices. ***For more information, contact Coordinator Eugena Whitt.***



Other News Notes

Boo Hoo Breakfast

Region 10 (East) ~ Elkhorn City • 40 Kindergarten parents participated in a “Boo Hoo Breakfast” August 12th, 2009 at Elkhorn City Elementary in Pike County. Since this is a big transition grade for Kindergarten parents, they were given information on attendance requirements, free lunch applications, volunteer opportunities, and health. This was sponsored by Title I and the Family Resource / Youth Services Center.

TRUE UNSUNG WARRIORS

By: Erika Pearson

Blessed thy heart for one is not
alone.

For these are thy mothers with a
heart of gold.

They've seen us at our worst;
they've seen us at our best, with
humble spirits that keep us
obsessed.

From conflicts to resolutions
they've seen it all and like true
warriors anything can be saved.

And just like family they show us
they way, which is why we are
honored to celebrate this day.

In recognition toward youth
services center, we thank you
each day for making students lives
better.

RIGHT ~ Pictured is Ms. Julie from the Total Elegance Salon in Elizabethtown giving Josh Jones a haircut so he will be ready to start school at Heartland Elementary.

Regional Roundup

Region 11 ~ Elizabethtown • Heartland Elementary School had a very successful open house prior to the first day of school. Students had a great opportunity to meet their new teacher and see their new classroom. In addition to meeting their teacher, they were given the opportunity to get a haircut and a free dental screening. For more information, contact Coordinator, Janet Robinson.



ABOVE ~ Dr. Ann Carnes provided a public service by providing over 45 dental examinations during Heartland's Elementary School's open house. The purpose of the screening was to determine if students were in need of further dental care. Pictured is Dr. Carnes examining a student from Heartland Elementary.



Regional Roundup

Choices – Allen Central High Kicks-Off the New Year

Region 10 ~ Eastern • For the 4th straight year Allen Central High School Youth Services Center has held an all day Freshman Orientation. On August 4th, 2009 65 incoming freshman came to Allen Central to learn about school rules, expectations, information about extracurricular activities and attend 3 informational sessions. This year's theme was "Choices". One session was on Drugs and alcohol and misconceptions, another session was on Choices and their consequences and the 3rd session was presented by a KHEAA representative that discussed KHEES money and provided other college information. Students were then given their schedules and given the opportunity to walk through it to greet and meet their teachers. All students in attendance received a 1GB jump drive and lunch was provided.

You Sew Girl

Region 7 ~ Ashland • The Ashland FRC and Hager Elementary's "You Sew Girl!" 4-H camp teaches students the ins and outs of the art of sewing...

The room sung with the whirring sound of sewing machines. Fifth and sixth grade girls were peddling away at their machines, most attempting sewing for the very first time.

Geri Willis, Coordinator of the Ashland Family Resource Center, said she was surprised at the response for the weeklong 4-H sponsored sewing camp, "You Sew Girl!" at Hager Elementary School held during July 20-24, 2009. She originally planned to limit the camp to eight students. When 19 students (all girls) returned participation forms, she asked Mrs. Calhoun, Principal at Hager Elementary, how she was to choose which students would attend the free program. The school and the Boyd County 4-H program came to the rescue and provided enough funding and volunteer assistance to accept every girl into the sewing camp program. The Boyd County Homemakers Club also volunteered to help with the camp, along with several parents, grandparent, and foster parents.

Participants went on a field trip to pick out fabrics to make Capri pants, pillowcases, and other personal and home decorative items. Each student created an outfit and on the final day of the 4-H sewing camp, modeled their creation during a fashion show at the Boyd County Fairgrounds. Nearly 70 families members attended the event. Each student received a certificate of completion and everyone was served a fabulous lunch. Mrs. Janice Riley, grandmother of one of the girls, stated, "I think having programs such as this will carry on these skills to the next generation, and that's something we need."

All the girls have expressed interest in continuing the program after school this fall. One of their community service projects will be to make a quilt for the "Opportunity Auction" for the FRYSC's Fall Institute. (To read the full story with pictures, visit www.dailyindependent.com Thursday, July 23rd edition).

Ashland School District awarded \$2.9 M grant...

Region 7 ~ Ashland • There will be more nurses, social workers and tutors in the hallways of the Ashland Independent School District in the coming school year.

The district has been awarded a grant worth \$2,971,176. The money will be awarded over a four-year period with about \$729,972. coming to the district every year. Ashland is one of 29 grants awarded this year across the nation. There were 494 applications submitted. Geri Willis, Coordinator of the Ashland FRC wrote the proposal with the assistance of a core group of community partners.

The Safe Schools/Healthy Students Grant, will fund projects including surveillance cameras for school buses, buzzer entry systems for schools and curricula for violence, drug abuse and truancy prevention, and numerous support staff positions. The grant will be of tremendous support for the work of the district's FRYSCs. (To read the full story visit www.dailyindependent.com - Thursday, July 17th edition).

Written By Regina Brett, 90 years old, of The Plain Dealer, Cleveland , Ohio

"To celebrate growing older, I once wrote the of the lessons life taught me. It is the most-requested column I've ever written. My odometer rolled over to 90 in August, so here is the column once more:"

1. Life isn't fair, but it's still good.
2. When in doubt, just take the next small step.
3. Life is too short to waste time hating anyone.
4. Your job won't take care of you when you are sick. Your friends and parents will. Stay in touch.
5. Pay off your credit cards every month.
6. You don't have to win every argument. Agree to disagree.
7. Cry with someone. It's more healing than crying alone.
8. It's OK to get angry with God. He can take it.
9. Save for retirement starting with your first paycheck.
10. When it comes to chocolate, resistance is futile.
11. Make peace with your past so it won't screw up the present.
12. It's OK to let your children see you cry.
13. Don't compare your life to others. You have no idea what their journey is all about.
14. Everything can change in the blink of an eye. But don't worry; God never blinks.
15. Take a deep breath. It calms the mind.
16. Get rid of anything that isn't useful, beautiful or joyful.
17. Whatever doesn't kill you really does make you stronger.
18. It's never too late to have a happy childhood. But the second one is up to you and no one else.
19. When it comes to going after what you love in life, don't take no for an answer.
21. Burn the candles, use the nice sheets, wear the fancy lingerie. Don't save it for a special occasion. Today is special.
22. Over prepare, then go with the flow.
23. Be eccentric now. Don't wait for old age to wear purple.
24. No one is in charge of your happiness but you.
25. Frame every so-called disaster with these words "In five years, will this matter?".
26. Always choose life.
27. Forgive everyone everything.
28. What other people think of you is none of your business.
29. Time heals almost everything. Give time, time.
30. However good or bad a situation is, it will change.
31. Don't take yourself so seriously. No one else does.
32. Believe in miracles.
33. God loves you because of who God is, not because of anything you did or didn't do.
34. Don't audit life. Show up and make the most of it now.
35. Growing old beats the alternative -- dying young.
36. Your children get only one childhood .
37. All that truly matters in the end is that you loved.
38. Get outside every day. Miracles are waiting everywhere.
39. If we all threw our problems in a pile and saw everyone else's, we'd grab ours back.
40. Envy is a waste of time. You already have all you need.
41. The best is yet to come.
42. No matter how you feel, get up, dress up and show up.
43. Yield.
44. Life isn't tied with a bow, but it's still a gift.
45. Friends are the family that we choose for ourselves.

Be who you are and say what you feel. Because those that matter, don't mind; and those that mind, don't matter.



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Legislative Contact Strategies (as submitted from fellow coordinators)

- ✓ Phone calls (calls regarding areas that both directly and indirectly affect FRYSC program)
- ✓ Emails
- ✓ Letters of appreciation
- ✓ Invitations to visit center
- ✓ Invitations to set up a booth at different “fair” events (i.e. health fairs, career fairs, etc.)
- ✓ Send Kentucky “dollors” made by students and families
- ✓ Explain to them how funding dollars are used in different FRYSC programs
- ✓ Invitations to center activities/events (Read Across America, Reality Store, etc.)
- ✓ Make personal contact with them at community events apart from the FRYSC
- ✓ Collaborate with coordinators in district/region to do a “blanket” approach to contacts
- ✓ Send monthly news bulletins about what the FRYSC center is doing
- ✓ Create “Did you know…” information packets with information relative to specific FRYSC center, school and community
- ✓ Take district coordinators as a group to Frankfort - a small “pack” can be powerful!
- ✓ Provide a “meet and greet” event in a district or region (a smaller version of our legislative reception in Frankfort)
- ✓ Invite them to regional meetings

Please be mindful that our communication with legislators **MUST** be ongoing, year-round. A most memorable impact will more likely be made when legislators are not bombarded by the legislative sessions. Your untiring efforts have been and continue to be appreciated.

Region 1 ~ Tori Johnson and State Rep. Will Coursey from Lyon County at last winter’s Legislative Page Days.

