



EXCEPTIONAL
FAMILY
RESOURCES

EXCEPTIONAL TIMES

Empowering People • Enhancing Lives

October 2024

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ARISING INTO EFR

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TRAINING OPPORTUNITY
FOR FAMILIES

www.contactefr.org



WELCOME

Dear EFR Community,

We have kicked off the fall season at EFR with great energy. We celebrated our amazing Direct Support Professionals (DSPs) during the 2024 DSP Week, featuring gifts, daily raffles, and a lively bowling party. Furthermore, we are thrilled to announce our merger with Arise, a partnership we are genuinely excited about. For more information regarding the merger, please see page 3 of this month's newsletter.

October is packed with seasonal fun, including our annual Trick or Treat event and the continuation of our health and wellness series in collaboration with our friends from Planned Parenthood.

As we look forward to an exciting month ahead, we would like to extend our heartfelt thanks to our families for their continuous support.

Thank you for being a part of EFR!

BRUCE DRAKE

Chief Executive Officer

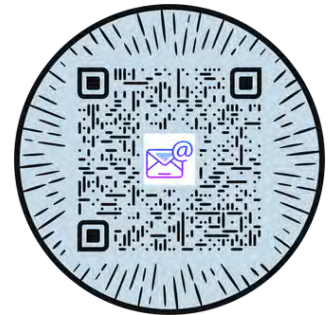
CONTACT US

1820 Lemoyne Avenue
Syracuse, NY 13208

315.478.1462

ARE YOU A MEMBER OF
OUR EMAIL LIST?
SIGN UP TODAY AND
GET THE LATEST
UPDATES.

[CLICK HERE](#)



let's connect



FIND US ONLINE

www.contactefr.org





On September 11th, we proudly shared an important milestone in our journey: the merger of EFR and Arise into a unified organization. This strategic choice will harness the strengths and resources of both entities, improving support for our community members with disabilities while creating a stronger work environment for our devoted team.

With the collaboration of community-based support, recreational opportunities, and advocacy, we are confident that individuals with disabilities will gain more space to enhance their support systems and lead fulfilling lives.

We are excited about the new opportunities this merger will create for members of both organizations.

To view the announcement made on September 11th and to learn more about this merger, please click the link or scan the QR code below.



Announcement 9/11/24



SCAN ME

WHAT'S HAPPENING THIS MONTH?

Funtastic FRIDAYS



4

Create & Solve Your Own Puzzle

October 4th | 10:00 am - 11:30 am



Make Your Own Pizza

October 4th | 1:00 pm - 2:30pm



11

Let's Make Pumpkin Muffins

October 11th | 10:00 am - 11:30 am



Let's Make Pumpkin Crafts & Pumpkin Painting

October 11th | 1:00 pm - 2:30pm

Participants must RSVP for all Funtastic Friday activities, so we may plan accordingly.

Failure to RSVP may prevent participation in the scheduled activities for that day.

Please RSVP by Tuesday of each week to celebrations@contactefr.org.



18

The Magic of Disney Day!

Disney Potluck

October 18th | 10:00 am - 11:30 am



Disney Crafts & Disney Karaoke

October 18th | 1:00 pm - 2:30pm



25

No Funtastic Friday Today

Join us for Trick or Treating!

October 25th | 1:00 pm - 4:00 pm
EFR Main Office, 1820 Lemoyne Ave



WHAT'S HAPPENING
THIS MONTH?

BINGO

**EFR individuals are invited to an afternoon
of fun, friends, and prizes!**

Fulton

Tuesday, October 15th

11:00 AM - 12:30 PM

Fulton EFR Office

2 Tower Drive

Fulton, NY 13069

Please RSVP by

October 11th to:

celebrations@contactefr.org.

Syracuse

Wednesday, October 16th

1:00 PM - 2:30 PM

EFR Office

1820 Lemoyne Avenue

Syracuse, NY 13208

Please RSVP by

October 11th to:

celebrations@contactefr.org.

*Register
Now*

Please RSVP by email to celebrations@contactefr.org.



WHAT'S HAPPENING THIS MONTH?

1

Planned Parenthood: Health and Wellness Class

October 1st | 5:00 pm - 6:30pm
EFR Main Office, 1820 Lemoyne Ave

2



FSS Friends Connection

October 2nd | 4:30 pm - 6:00pm
EFR Main Office 1820 Lemoyne Ave

04



Kids Night Out: Trunk or Treat!

October 4th | 4:30 pm - 6:00pm
EFR Main Office, 1820 Lemoyne Ave

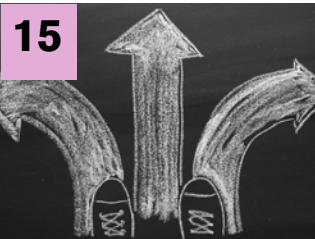
10



FSS Friends Connection

October 10th | 5:30 pm - 7:00pm
EFR Main Office 1820 Lemoyne Ave

15



Planned Parenthood: Health and Wellness Class

October 15th | 5:00 pm - 6:30pm
EFR Main Office 1820 Lemoyne Ave

18



Halloween Friday Night Dance \$5.00

October 18th | 5:30 pm - 7:30pm
SALTspace

22



FSS Friends Connection

October 22nd | 4:30 pm - 6:30pm
EFR Main Office 1820 Lemoyne Ave

25



Trick or Treat

October 25th | 1:00 pm - 4:00pm
EFR Main Office 1820 Lemoyne Ave





Exceptional Family Resources Virtual Trainings

Presented by Kristine O'Brien- Resource and Referral Specialist
with the Midstate Family and Community Engagement (FACE) Center

October 17, 2024 @12:00pm-2:00pm

What is an Individualized Education Program (IEP) for Families of School-Age Students

Are you familiar with each component of your child's IEP?

We will build your knowledge of your child's IEP so that you can build a collaborative relationship with his/her school team.

Participants will:

- Understand the CSE process and the parent/guardian role in the development of the IEP.
- Identify the different components of the IEP.
- Learn to develop relationships and practices that build home-school collaboration and support the student with a disability.
- Understand the transition planning process for students beginning the year they turn 15

How to register? Accept the Zoom invite

OR

***Request a link to attend the event email kadams@contactefr.org
Karen Adams, Resource & Family Reimbursement Specialist
Exceptional Family Resources (315) 807-0079***

***If you require OPWDD Family Education & Training (FET) Credit you must
be registered by your Care Manager.***

WHAT'S HAPPENING THIS MONTH?

Join Us! FUN EVENTS IN OCTOBER



Drop-In Gaming Group | Every Wednesday

October 2nd, 9th, 16th, 23rd, 30th | 11:00 am - 2:00pm

Soule Branch Library , 101 Springfield Rd.

*Bring your library card to check out a game or
feel free to bring your own game.*



Let's Go Bowling | Every Thursday

October 3rd, 12th, 10th, 17th, 24th, 31st | 11:00 am - 1:00 pm

Flamingo Bowl, 7239 Oswego Rd. Liverpool

Fee: \$2.95 per game, plan for 2-3 games.

*Be sure to bring enough money for games played and any
snacks you wish to purchase.*

Space is limited be sure to RSVP!

*Please RSVP by Monday of each week to
celebrations@contactefr.org.*



**WHAT'S HAPPENING
THIS MONTH?**

Trick or Treat



**DARE TO JOIN US AT THE EFR OFFICE TO CELEBRATE HALLOWEEN!
COME DRESSED IN YOUR BEST COSTUME FOR SOME TRICK OR
TREAT FUN, AND VOTE FOR YOUR FAVORITE HALLOWEEN DOOR!**

**OCTOBER 25TH, 2024
1:00PM – 4:00PM**

1820 LEMOYNE AVE, SYRACUSE, NY 13208

CONTACT ERIKA: EBURGHARDT@CONTACTEFR.ORG OR 315-800-0589

SAVE THE DATE

EFR FAMILY TOWN HALLS

Tuesday, February 6th 2024

5:00 PM - 7:00 PM

Saturday, May 11th 2024

11:00 AM - 1:00 PM

Wednesday, August 21st 2024

5:00 PM - 7:00 PM

Thursday, November 14th 2024

5:00 PM - 7:00 PM

Due to the growing popularity of our Town Halls, we will be hosting four in 2024. The Town Halls are meant to be an opportunity for the people we support and families EFR supports and Executive staff to talk about the things that are going well and things EFR can do to be a better provider of services. Please watch your emails for additional information as well as an opportunity to RSVP to participate in these events.



Please note:

Our Family Town Halls will be available virtually through Zoom only. Please continue to watch your emails for a link to participate. We look forward to connecting with you and sharing updates from EFR!

Join our next virtual Family Town Hall, on November, 14th!
Click the link or scan the QR code below to join!



DSP TOWN HALLS

Tuesday, January 9th 2024

5:00 PM - 7:00 PM

Saturday, April 13th 2024

11:00 AM - 1:00 PM

Thursday, July 25th 2024

5:00 PM - 7:00 PM

Wednesday, October 16th 2024

5:00 PM - 7:00 PM

Due to the overwhelming success of our DSP Town Halls, we will be hosting four more in 2024! These events are a wonderful opportunity for our EFR DSPs and Executive staff to come together and discuss what's working well, as well as ways in which we can improve our services and support our employees. We encourage all of our team members to keep an eye on their email inboxes for an invitation to RSVP to these paid events. We can't wait to see you there!



Last DSP Town Hall of 2024 will be October 16th. Be sure to mark your calendar!

Connect with Exceptional Family Resources on Social Media!



Scan the
QR Code

with your phone
to visit our
Facebook Page!



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Artist: Zoe Nickson