

ProActive Caring e-News

August 2020



‘Lisa & Peggy Corner’ now a digital resource

Those of you who have recently visited the “School Exchange” section of the ProActive Caring Digital Resource Center (PCDRC) will notice that a new resource — “The Lisa and Peggy Corner” — has been added so parents and others who view the recorded webcasts may interact via email with Lisa Nathan and Peggy Pisano, the coordinators and principal presenters of the “School Exchange” series — or may continue conversations begun during the webcasts.

“The Lisa and Peggy Corner” is illustrated by a drawing provided by Eric M. Orzell, a 13½-year-old with many interests, including science, computers, music, and sports. He has been painting for several years with Zylofone, a Hudson Valley nonprofit whose mission is “to encourage creativity through the arts while enhancing social skills, confidence and independence” for participants of all ages and abilities.



Eric M. Orzell shows off one of his recent paintings.

Eric and his parents, Stacey and Brian Orzell, recently worked together to turn photos of some of his paintings into notecards, which he has been selling to make donations to nonprofits. To learn more about Eric’s

notecards or to purchase cards, please contact Stacey Orzell, stacey@jesselewischooselove.org

Thank you, Eric, for providing graphic design for “The Lisa and Peggy Corner.”

‘ProActive Caring — School Exchange’ to continue in fall 2020

Since schools will operate differently in Fall 2020, if they re-open at all, the “ProActive Caring — School Exchange” will resume once the school year begins, drawing on the experience and expertise of Lisa Nathan, parent/advocate and mediator and Peggy Pisano, school psychologist/advocate, and invited guests. The webcasts will explore how mindfulness offers strategies for coping with everyday stressors and

helps build resilience.

The fall series will kick off with these topics: **Aug. 19**, “New Concerns and Mindful Solutions” and **Aug. 26**, “Riding the emotional anxieties of the new school year — one breath at a time.”

A Zoom link is shared weekly so you may join via video or audio. To be added to the distribution list, email proactivecaringprogram@gmail.com

The webcasts, moderated by Dr. Larry Force at 10 a.m. Wednesdays, run about 30 minutes and are followed by questions, thoughts, and exchanges.

As in the spring, all webcasts will be recorded and posted in the ProActive Caring Digital Resource Center (PCDRC), and related tools and resources will also be made available afterwards. Please join us!

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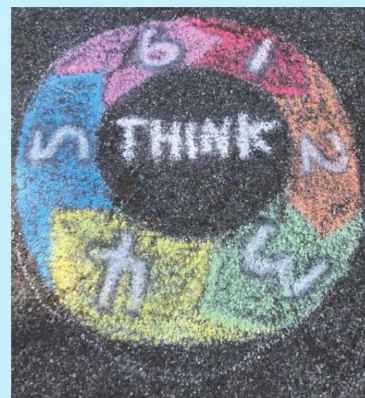
New guide helps parents teach children problem-solving skills

Another new resource in the “School Exchange” section of the ProActive Caring Digital Resource Center (PCDRC) is a booklet titled “Thinking it Through: A Parent Guide to a Mindful Approach for Solving Problems.”

The booklet was created for the Pro-Active Caring program by Dr. Patricia Cyganovich and Dr. Michael Hibbard, a retired middle/high school principal and a retired Assistant Superintendent respectively, and it is based on their outstanding “School Exchange” presentation on the same topic.

One of the parents who participated in the webcast provided a testimonial about the problem-solving model that had been discussed.

“I definitely have a lot of takeaways. The cover graphic is important. It’s hard for me to slow down, think about a problem, break it down, and work the process through the steps you’ve identified. Your pictorial is very helpful. It makes problem solving into a game in some way and makes it easier to pass on to my son.”



**Thinking It Through:
A Parent Guide to a Mindful
Approach for Solving Problems**

K. Michael Hibbard, Ph.D. and Patricia Cyganovich, Ed.D.

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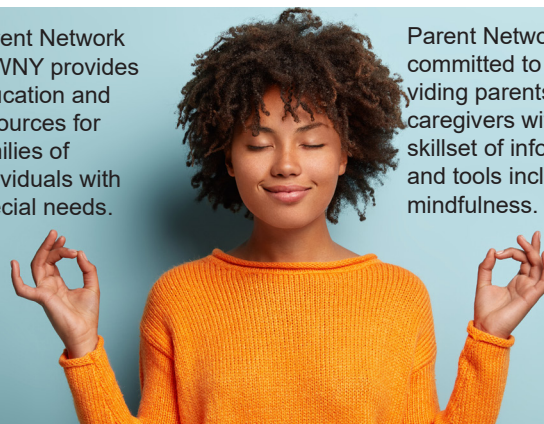
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Parent Network of WNY provides education and resources for families of individuals with special needs.

Parent Network is committed to providing parents and caregivers with a rich skillset of information and tools including mindfulness.



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