



BU.D.S

Bringing Up Down Syndrome

www.bringingupdownsyndrome.org

Volume 11, Issue VI

Fall Issue — September 2007

Inside this issue:

- IDEA PARTNERSHIP 2
- DISABILITYINFO.GOV,
- NEW PARENT OUT-REACH GROUP
- BE A BUDDY, JOIN A BUDDY GROUP, 3
- ACHAD AFTER SCHOOL PROGRAM
- UPCOMING EVENTS 4
- SENSORY PLAYHOUSE 5
- GIFTS—A MOTHER'S REFLECTION 6

Greetings from Kramatorsk, Ukraine!



“Greetings from Kramatorsk, Ukraine. :)”

Our family is in the process of adopting a four year old little girl with Down syndrome from Ukraine. She is beautiful. We can't wait to bring her home. What an adventure this adoption process has been for our family, but oh so worth it!

If you get a chance, please visit our blog <http://thedoughertyadoption.blogspot.com>

There are other children here with Down syndrome that need loving homes.....

Sincerely, Deb and Tom Dougherty

Update: Tom and Deb Dougherty have returned from the Ukraine with their newest family member, four year old Anya. They arrived back in the United States in early September. Please visit their family blog to read about their incredible journey and to view amazing pictures.



Greetings from Times Square, NY!

On September 30, 2007, ten year old Alexis Adams and her family will be in New York City to attend the NDSS Buddy Walk. It will be a very special day for the fourth grader from Edgewater Park.

A picture of Alexis and her mother, Renee Vanard, will appear high above Times Square in the Jumbotron slide show celebrating people with Down syndrome.

They applied through the NDSS newsletter and were pleasantly surprised when their picture was one of the 218 selected out of 2500 submitted from all over the country.

Alexis, who enjoys soccer and dance, will be able to enjoy her celebrity moment for years to come when the DVD version of the slide show is released for purchase in late October.

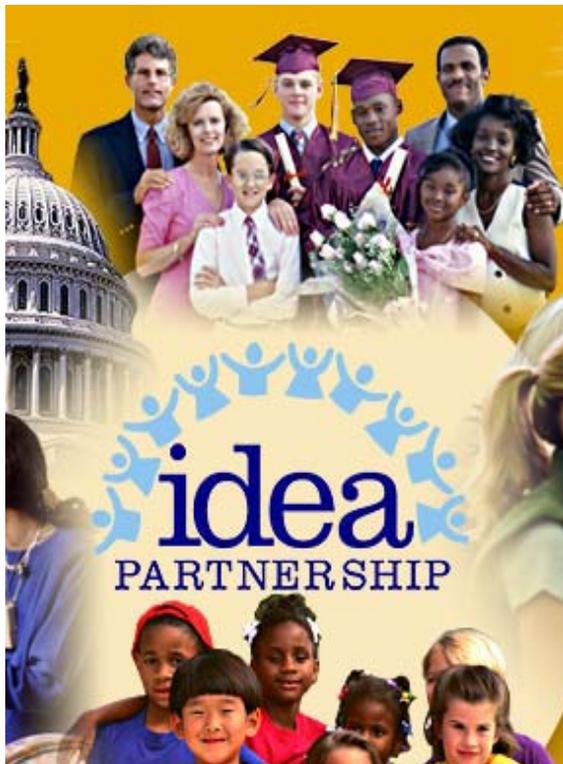
For additional information, Renee can be reached at reneevanard@yahoo.com



Alexis Adams

**2007 BUDDY WALK
REGISTER ONLINE
WWW.BRINGINGUPDOWNSYNDROME.ORG/
BUDDYWALK**

SUNDAY, OCTOBER 7TH 2007



The **IDEA Partnership** collection of materials and suggestions on how to use them now reside on the IDEA Partnership website for public access. The materials are very easy to find.

The Partnership homepage has been reworked slightly and there is now a box to the right entitled "Partnership Collection on RTI" click on the "Read more..." and you will be directed to links to all the materials.

www.ideapartnership.org

New Parent Outreach and Advocacy Group

BUDs is interested in forming a group of volunteers to help with new parent outreach and community advocacy.

If you would like to help support in this area, please contact:

Jan Brodzinski at
(856) 232-5312
(janbrod6@aol.com)

or Janet Weidemann at
(609)953-1606
(janetweidemann@verizon.net.)

DisabilityInfo.gov

The *New Freedom Initiative's*
Online Resource for Americans with Disabilities

The award-winning DisabilityInfo.gov site connects visitors to information on a wide range of disability-related topics. Managed by the U.S. Department of Labor's Office of Disability Employment Policy, the site is a collaborative effort among 22 federal government agencies dedicated to making it the leading, one-stop federal resource for disability-related information.

To use the new state and local resources map, simply select one of the nine subject tabs — benefits, civil rights, community life, education, employment, health, housing, technology or transportation — at the top of any DisabilityInfo.gov page. Then click the map on the right sidebar to find links in that subject area related to your state. You will be directed to easy-to-navigate information and numerous organizations and contacts.

DisabilityInfo.gov also offers a free subscription service to DisabilityInfo Connection, the site's quarterly electronic newsletter, as well as e-mail alerts on new information in a specified state. Additionally, the site features an online press room that contains news releases, links to research and statistics, and ready-to-publish news briefs and articles.

Be a Buddy—Join a Buddy Group

What's a Buddy Group, you ask? A Buddy Group is a group of about 8 to 10 families will each agree to host a gathering in their home for a group of individuals who have DS that will rotate each month.



To join the group, you must agree to host one of the events. You will agree among your group, via e-mail, etc. who will host which month, correspond with each other, and work as families to schedule your events.

The same group of individuals with DS will then rotate each month to a different family's home for an event. Each family will incur the cost of the event which they host in their home. By the end of the year, you will hopefully have a core group of friends for your children as well as lasting family friendships.



BUDS Teen & Young Adult Pizza Party Buddy Group (ages 13 and up)
 Contact: Nancy Hennefer at golforlife@comcast.net or (856) 354-0584

BUDS "Tweeners" After School Buddy Group (ages 7 to 12)
 Contact: Nancy Scully at scullyclan@go.com or (856) 566-2487

BUDS "Young Child" Buddy Play Group (ages 6 and under)
 Contact: Laurie Lausi at notes2lausi@comcast.net or (856) 424-2301

Are you looking for an after-school program for your teen with special needs?



Come to the Katz JCC in Cherry Hill and take full advantage of the fabulous facilities. Enjoy swimming, fitness, creative arts, cooking, computers and games in a supported and nurturing environment.

ACHaD Crew- Tuesday
 Teens 13-20 with Asperger Syndrome or related communication and social disorders

ACHaD Squad-Thursday
 Teens 13-20 with a variety of developmental disabilities

- ACHaD programming is for teens who are able to participate independently in programming with a staff ratio of 4:1
- Participants requiring a greater level of support may provide their own "caregiver" in consultation with the ACHaD Department.
- Personal interview and intake information are required for all participants.



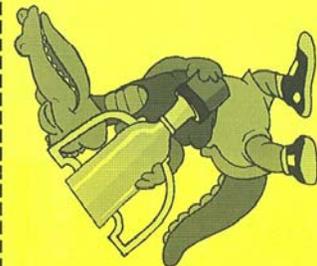
Membership must be current to participate in ACHaD Programming

To learn more about recreational and social programs for children, teens and adults with special needs, contact Eileen Elias at 856.424.4444 x 114

MAIL TO THE JCC: ACHaD Dept. • 1301 Springdale Rd. • Cherry Hill NJ 08003

Check us out on the web at WWW.KATZJCC.ORG

ACHaD Alligators Swim Team
 For swimmers ages 9-15
 Swim Team season begins in December
 Practicing alongside the JCC Sharks Swim Team
 Wednesday & Sunday evenings
 Practice lasts 45 minutes
 Sunday Home Swim meets

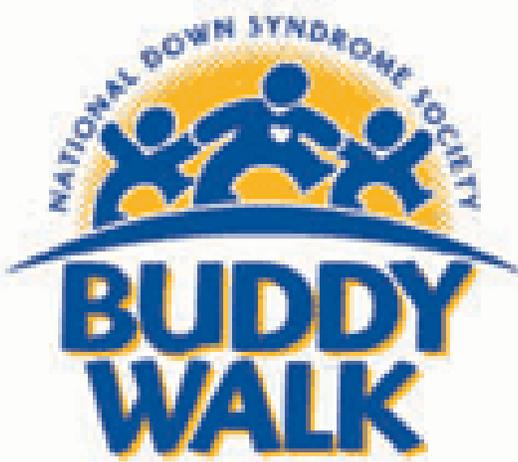


- Pre-requisites for participation**
- Ability to swim a lap of the pool
 - Basic foundation of a stroke
 - Swim assessment required for new participants

For additional information contact Barb D. at 856.424.4444 x 204



Upcoming Events



**2007 BUDDY WALK
REGISTER ONLINE
WWW.BRINGINGUPDOWNSYNDROME/
BUDDYWALK**

**SUNDAY, OCTOBER 7TH 2007
IN WASHINGTON LAKE PARK
WASHINGTON TOWNSHIP, NJ**

**September 29th
Pump It Up!
10:00am-12:00pm**

Join us for our first event of the year at Pump It Up. Come jump, climb, slide and bounce on all of the giant inflatable play structures. Inflatables are open for all children 34" and up. There is also floor and ride on toys for the little ones to use. Check out their website for other information and directions. Please come a few minutes early (around 9:45) since a waiver needs to be signed for participation. You can also download this on their site to fill out ahead of time and bring with you. This social event is open to the first 25 children with Down syndrome. Cost of siblings is \$10 per child.

RSVP early to guarantee your spot.

DON'T FORGET TO BRING YOUR SOCKS!

Place: Pump It Up, 8 E. Stowe Rd. Suite 160, Marlton www.pumpitupparty.com

Time: 10:00 a.m.— 12:00p.m.

RSVP by 9/23: Janet Wiedemann (609) 953-1606 or janetwiedemann@verizon.net

What to Bring: Children should wear comfortable clothing and bring socks.

ALLIES, INC.
6th Annual Conference on
**EMPOWERMENT,
EMPLOYMENT
AND CHOICE**

*Strategies for effective transition
from school to work and
adult life for students
with disabilities.*

**OCTOBER 23, 2007
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EDISON, NJ**

*Continuing Education Credits Available
in Partnership with:*

THE ELIZABETH M. BOGGS CENTER
ON DEVELOPMENTAL DISABILITIES
Department of Pediatrics



ROBERT WOOD JOHNSON
MEDICAL SCHOOL
University of Medicine & Dentistry of New Jersey

WWW.ALLIESNJ.ORG

Conveniently located adjacent to the Kohl's shopping complex in Washington Township, The Sensory Playhouse is a unique play-based facility which will enable



children with special needs to play alongside their typically developing peers. This inclusive facility offers a safe and appropriate play area that will allow children to explore their world using their five senses. We have created a comfortable atmosphere where parents and caregivers can interact and share ideas and concerns with each other.

For many children, The Sensory Playhouse serves as a “place of their own.” We provide a setting ideal for physical therapy, occupational therapy, or any other therapy your child needs, and most likely your therapist would be happy to meet you here. We also have “Mommy and me” preschool classes so your child can be introduced gently to a structured learning environment, as well as a pre-school class for older children.

In addition to adult conversation and advice-swapping, parents of children with special needs are also able to attend workshops, lectures, and action meetings which address the concerns of raising a child with special needs.

The Sensory Playhouse is also a “place of their own” for our teens with special needs. Every other Friday night our teens meet for an evening of fun and relaxation. Whether it’s game night, baking night, dancing, movie night, or the premiere of a self-made film, our teens have a great time together away from their parents.

We believe the Sensory Playhouse can serve as a microcosm of our society, or at least as our society should be, a place of open arms, broad smiles, and lots of fun for children with all kinds of abilities. Our Board of Trustees is comprised mainly of parents of children with special needs, including three parents of children with Down syndrome.

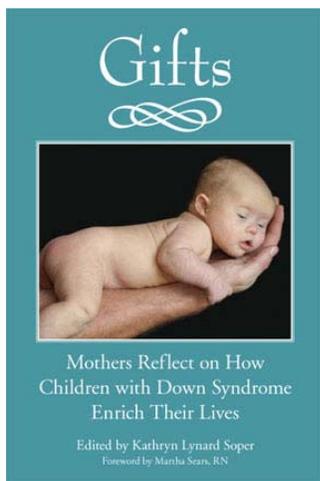
The Sensory Playhouse has recently been classified as an IRS Code section 501 (c) (3) organization, so all donations are tax deductible. We will be celebrating at our annual fundraising dinner on Friday, October 12. For information on purchasing tickets, prices, a virtual tour, and much more, please visit us on the web at <http://thesensoryplayhouse.com/>.

Also, see Anita Brickman’s Healthcheck report on The Sensory Playhouse at <http://abclocal.go.com/wpvi/story?section=healthcheck&id=5480696>. **Come Play with Us!!**

GIFTS

Mothers Reflect on How Children with Down Syndrome Enrich Their Lives

Edited by Kathryn Lynard Soper
Foreword by Martha Sears, RN



As the American College of Gynecologists and Obstetricians (ACOG) calls for *all* pregnant women to receive screening for Down syndrome (not just those over 35 years of age), **GIFTS**, a collection of personal stories by sixty-three mothers, proclaims the unexpected rewards of raising a child with this developmental disability.

Having a baby with Down syndrome was not something many of these women would have willingly chosen. But having taken the journey, every contributor discovered unforeseen gifts such as respect, strength,

delight, perspective, and love, which their son or daughter brought into their lives.

The authors of this collection have diverse personalities and perspectives, and draw from a wide spectrum of ethnicity, world views, and religious beliefs. Some are parenting within a traditional family structure; some are not. Some never considered terminating their pregnancy; some struggled with the decision.

Some were calm at the time of diagnosis; some were traumatized. Some write about their pregnancy and the months after giving birth; some reflect on years of experience with their child.

The writers' diverse experiences point to a common truth: The life of a child with Down syndrome is something to celebrate. These women have something to say -- not just to other mothers but to genetic counselors, obstetricians, and the rest of us.

GIFTS provides up-to-date, positive, and realistic insight that is too often missing when

families are facing a pre- or post-natal diagnosis of Down syndrome.

Given the new 2007 ACOG guidelines for expectant mothers, more women than ever will want help understanding Down syndrome. One indication that **GIFTS** can answer this important need is the decision by the National Down Syndrome Congress to exhibit at the annual ACOG conference this spring and give away copies of **GIFTS** to obstetricians who attend.

About the Editor: Kathryn Lynard Soper is the mother of seven children. Her youngest, Thomas, born in 2005, was diagnosed with Down syndrome at birth. Kathryn received a BA in English from Brigham Young University in 1993. She is president of Segullah Group, Inc., a non-profit producer of personal writings, and is editor of Segullah, a literary journal by and for Latter-day Saint (Mormon) women. She is currently writing a memoir about her first year with Thomas. Kathryn lives with her husband, Reed, and their children in the mountain west.

What About Your Gift? Gifts, Volume II:

Due to the great success of Gifts, volume I, essay submissions for the second volume of Gifts are currently being accepted. Here are the submission guidelines:

The second volume of Gifts will include stories about individuals with Down syndrome written by a wide variety of individuals, including:

- family members (such as parents, siblings, grandparents, and other family members)
- friends (such as neighbors, babysitters, and other associates)
- professionals (such as teachers, doctors and nurses, and therapists)

****PLEASE NOTE**** Most of the stories in the first volume of Gifts are mothers' accounts of adjusting to their child's diagnosis. While similar stories will be considered for inclusion in the second volume, our primary purpose is to feature stories that offer other perspectives and experiences. *We are especially interested in stories about school-age children, adolescents, and adults.*

Please write about one of the following gifts that the individual has brought into your life:

PEACE: Describe how this individual exemplifies healthy acceptance of self, of others, and of life in general. How has he or she helped you to make peace with the circumstances in your life?

COURAGE: Describe how this individual has shown courage in the face of difficulty. What has he or she taught you about meeting life's challenges?

FRIENDSHIP: Describe what this individual has taught you about being a true friend. How does he or she exemplify the values of kindness, cooperation, and/or trust?

AWARENESS: Describe how this individual has opened your eyes. As a result of your relationship with him or her, what truths do you now understand? What beauties can you now see?

JOY: Describe how this individual brightens your days. How has he or she brought love, laughter, and/or happiness into your life?

If you'd like to submit a story for GIFTS II, please follow these guidelines:

1. Your story should describe how an individual with Down syndrome has enriched your life. (You can write about more than one individual in your story).
2. Your story must be unpublished, or if it has been published you must own the full rights to the piece
3. Your story should contain a clear main idea supported by examples, and should employ creative writing techniques such as the use of descriptive language, symbolism and imagery, and/or dialogue.
4. Your submission should have a descriptive title, an engaging beginning, and a concise, memorable ending.
5. Compose your story in a plain, 12-pt. font using a word processing program. Single space your text. Leave an empty line between paragraphs; do not indent or use any tabs. No handwritten submissions will be accepted.
6. Submissions must be between 500 and 2000 words in length (1-4 single-spaced pages).
7. Include the following information in the upper left corner of the first page of your story:
Full name, street address, phone number, email address, story title, and word count.
8. Do not send your file as an attachment. Copy your entire file and paste it into the body of an email.
9. Put your last name and the title of your story in the email subject line, like this: mylastname_mystorytitle.
10. Send the email to giftsds2@segullah.org.

Submission Deadline: June 1, 2008

You will be notified through email regarding your submission's status by January 1, 2009.



B.U.D.S

Bringing Up Down Syndrome

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The information contained in this newsletter is provided as information for our readers, and is not necessarily the opinion of the editor, or endorsed by the support group.

We're on the web!
www.bringingup
downsyndrome.org

BUDDY WALK 2007

Sunday, October 7, 2007

Washington Lake Park, Turnersville, NJ (Just off Route 42)

Registration – 10:00am, Walk Begins – 11:00am, After Party 12:00pm

Registration Fee:

\$15.00 per Individual (Includes picnic lunch and one free t-shirt)

\$30.00 per Household (Includes picnic lunch and two free t-shirts)

Register Online: www.bringingupdownsyndrome.org/buddywalk

Contact BUDS

Want some more information about BUDS? Want to get involved? Have questions or concerns?

You can reach BUDS via snail mail at:

BUDS PO Box 1085

Marlton, NJ 08053

856-985-5885

Or by email at: