

Down Syndrome Family Support and Advocacy Group Newsletter

January 2013



Winter Party



Date: February 16, 2013

Time: 12:00pm to 3:00pm

Place: Ferrettie/Baugo Creek 57057 Ash Road, Osceola, Indiana 46561

RSVP: Anne- artrevell@aol.com 574-243-3808
Kathy - kratkiewicz@gmail.com 574-234-0590

Potluck lunch served at 12:30pm Main dish, tableware and soft drinks provided by the Group. Please bring a dish to share. There will be tubing after lunch for all those who want to participate and then come back for some hot cocoa. All ages welcome to attend-you don't have to tube. We have a heated, indoor room by the tubing hill where you can relax, eat, and the kids can do a craft.

For directions go to: <http://www.sjcparks.org>



In this Issue

Page

Winter Party	1
Group Activities info on Listserv	1
Grandparent Group?	1
Resource / Transition Fair	2
2013 Mom's Night Out	2
St Patrick's Day Parade	2
Save the Date 2013 WALK	2
Birth to 3 Group	3
4 to 7 Group	3
8 to 12 Group	3
DS Teen / Adult Group	3
Does Your Child Play With Toys?	3
Send Your Dr a Card	4
Calendar of Events	4
Volunteer Opportunity	5
Oral Motor Therapy	5
St Joe Michigan MNO	5
LaPorte County MNO	5
Inclusion in our Faith Communities	5
Thank you to Gates & Gates Toyota	6
Birthday Greetings	6
Wrightslaw Yellow Pages	6
Advertise with Us	6

Group Activities!!!



If you are interested in participating in group activities please read **our listserv emails** to **keep up to date** or check our website for future events.

If you are not a member of our listserv please contact Kathy to get signed up.
kratkiewicz@gmail.com

Grandparents Group?

We have several grandparents as members of our group now, and if anyone has an interest in having monthly grandparent support meetings, please contact Kathy. Kathy_R@comcast.net

Resource / Transition Fair



Saturday, March 23, 2013

Time: 9:00am to 1:00pm

Place: The Student Activities Center at IUSB
(same location as last year)

We will have several breakout sessions: (times and titles of sessions will be posted later)

- Special Olympics St Joe Co
- Meg Loitz TCU
- Melissa Justice Arc Master Trust (presentation on the Master Trust)
- The Arc (Jill Ginn will present on Indiana's Medicaid Waiver program and paths to employment for people with I/DD)
- Midwest Orthotics
- Paws with a Cause
- IPMG (T.Michel) Waiver
- Brian Replogle (Family Voices) Waivers
- GlobeStar
- The Music Village
- Camelot
- NAMI

Kids are welcome to come-Starlight Children's Foundation will have games again this year. Indiana Ultimate Cheerleaders will give a demonstration

Look for our Resource / Transition Flyer closer to event date for a full list of resources and breakout session times.

St Patrick's Day Parade March 16, 2013



St Patrick's Day planning committee will meet at 6:00 pm on **Wednesday, Jan 23rd** at the Center. Please rsvp if you want to come to this meeting. We will provide pizza. Kids are welcome to attend.

2013 Mom's Night Out (MNO)

Here is a list of your upcoming dates for our mom's nights out. If you RSVP for a night you will receive \$5 toward your meal. For more information about MNO or to RSVP please contact Vicky Bavar at 574-258-4702 or Forgiv137@aol.com

- Feb 12 La Esperanza 1636 N Ironwood Dr South Bend
- March 12 Cheddar's Main Street Mishawaka
- April 9 Houlihan's Main Street Mishawaka
- May 14 Carrabba's Day Rd. Mishawaka
- June 11 Outback Steakhouse Grape Rd. Mishawaka
- July 9 Moe's Southwest Grill University Dr. Granger
- August 13- MNO, Toscana Pizza and Pasta, Toscana Park, Granger
- Sept. 10 Red Robin Main St Mishawaka
- Oct. 8 Famous Dave's Grape Rd. Mishawaka
- Nov. 12 Hacienda Grape Rd. Mishawaka
- Dec 10 Papa Vino's Edison Lakes Parkway, Mishawaka

Save the Date!

2013 Michiana Down Syndrome Walk
Saturday, October 12, 2013 at the St. Joseph County 4-H Fair Grounds.

If you would like to be a part of the planning committee for our 2013 walk please contact Anne Revell at 574-243-3808 or artrevell@aol.com.



Birth to 3yr Group

All families with children ages birth to 3 yrs are welcome to come to our monthly meetings at the Michiana Down Syndrome Resource Center, 2444 Miracle Lane, Mishawaka, IN on the last Wednesday of each month at 6:30. Children are welcome to attend as well. Parents can visit with each other while their kids play. Please see calendar of events or posting on our email listserv for future dates. RSVP to Kathy 234-0590 Kathy_R@comcast.net or Anne 243-3808 artrevell@aol.com
We will have dinner at each meeting.

4-7 Year Old Group

We are looking for a second committee leader for this group to help come up with activities, organize and run events.

- January 19th- Craft, snacks and movie at the center. 11:00- 12:30
- February play date canceled due to Winter Party
- March 16th- Indiana Center for History- Children's Exploration room 9:00-10:00 (\$3 each- the group will pay + 8-12 group welcome)
- April 20th- Craft and food at center 11:00- 12:30.
- May 18th- St. Patrick's park play area and picnic. 11:00-12:30 (8-12 group welcome)

Please RSVP to Tish at lharman@sbcsc.k12.in.us or 574-247-1894.

8-12 Year Old Group

Looking for 2 committee/group leaders to run this group!

Activities will resume once we get volunteers. If anyone is interested in becoming one of the group leaders for the 8-12 group, please contact Susan at stpearson@sbcglobal.net or 574-299-3235 (evenings). In the interim, the 4-7 groups leader, Tish Harmon, has offered to combine some activities as appropriate.

DS Teen/Adult Night

Calling all teens and adults with DS! Join us for a monthly fun-filled activity! We will meet on the 3rd Friday each month -locations and times will be announced each month. For upcoming dates, see the calendar of events or post on our listserv.

Please RSVP to Anne 243-3808
artrevell@aol.com or Kathy 234-0590
Kathy_R@comcast.net

Does Your Child Play With Toys?

24 Great Toys for Kids Who Don't Play with the latest toys.

- Is your child scared of blinking, beeping toys?
- Is your child unable to understand the rules of most games?
- Does your child lack interest in typical toys?
- Is your child delayed when it comes to basic play skills?

If the answer to any of these questions is yes, then keep reading.

All human beings learn through play. A delay in play skills means a delay in other skills. Toys are not necessary for play, of course. All that's needed are two people interacting in a fun way. But children's toys can be useful for engaging the attention of a child with special needs, and even more useful for expanding circles of communication and teaching other developmental skills along the way.

If you're looking for gifts for a child who doesn't play with toys, then here's a list of what's been most successful with my son and his buddies over the years.

Rest of article here:

<http://www.friendshipcircle.org/blog/2012/12/13/24-great-toys-for-kids-who-dont-play-with-toys/>

Send Your Dr's a Card

Here's an idea from Mommy Life (this idea can be adapted to any time during the year)
http://mommylife.net/archives/2009/12/down_syndrome_a_12.html

Down syndrome awareness: Christmas cards

From my Inbox - great idea to remember each year - after all, our ob-gyns, geneticists, only see our babies when they are born. Some of us new parents are in grieving mode. Wouldn't it be nice if they had a yearly reminder that a diagnosis of Down syndrome isn't an unhappy ending, but a new beginning?

Dear Friends,
Start a new holiday tradition this year. Send a holiday card with a photo of your child to your obstetrician, genetic counselor, and other physicians. Do this each year to update them on your child's growth and successes and thank them for their help in making this wonderful life possible.

This simple awareness effort is an easy way to enlighten the medical community to the joyful possibilities open to a life with Down syndrome.

2013 Calendar of Events

- January 19- 4 to 7 Group, Craft, snacks and movie at the center. 11:00- 12:30
- January 23- St Patrick's Day Planning, MDS Resource Center
- January 25- DS Teen/Adult Night, Globetrotters at ND's Purcell Pavilion
- January 30- Birth to 3 @ MDS Resource Center
- February 12- MNO, La Esperanza 1636 N Ironwood Dr South Bend
- February 15- DS Teen/Adult Night - TBA
- February 16- Winter Party more info on front of this newsletter.
- February 27- Birth to 3 @ MDS Resource Center
- March 12- MNO, Cheddar's Main Street Mishawaka
- March 15- DS Teen/Adult Night - TBA
- March 15- St. Pat's Day Float decorating evening at MDS Resource Center
- March 16- 4 to 7 Group, Indiana Center for

History- Children's Exploration room 9:00-10:00 + 8-12 group welcome)

March 16- St. Patrick's Day Parade, Downtown South Bend.

- March 23- Resource/Transition Fair at IUSB
- March 27- Birth to 3 @ MDS Resource Center
- April 9- MNO, Houlihan's Main Street Mishawaka
- April 15- Workshop with LOGAN, Inclusion in your faith community.
- April 19- DS Teen/Adult Night - TBA
- April 20- 4 to 7 Group, Craft and food at center 11:00-12:30.
- April 24- Birth to 3 @ MDS Resource Center
- May 14- MNO, Carrabba's Day Rd. Mishawaka
- May 17- DS Teen/Adult Night - TBA
- May 18- 4 to 7 Group, St. Patrick's park play area and picnic. 11:00-12:30 (8-12 group welcome)
- May 29- Birth to 3 @ MDS Resource Center
- June 11- MNO, Outback Steakhouse Grape Rd. Mishawaka
- June 21- DS Teen/Adult Night - TBA
- June 26- Birth to 3 @ MDS Resource Center
- July 9- MNO, Moe's Southwest Grill University Dr. Granger
- July 19- DS Teen/Adult Night - TBA
- July 31- Birth to 3 @ MDS Resource Center
- August 13- MNO, Toscana Pizza and Pasta, Toscana Park, Granger
- August 16- DS Teen/Adult Night - TBA
- August 28- Birth to 3 @ MDS Resource Center
- September 10- MNO, Red Robin Main St Mishawaka
- September 20- DS Teen/Adult Night - TBA
- September 25- Birth to 3 @ MDS Resource Center
- October 8- MNO, Famous Dave's Grape Rd. Mishawaka
- **October 12- Michiana Down Syndrome Walk , St Joe County 4H Fair Grounds**
- October 18- DS Teen/Adult Night - TBA
- October 30- Birth to 3 @ MDS Resource Center
- November 12- MNO, Hacienda Grape Rd. Mishawaka
- November 15- DS Teen/Adult Night - TBA
- November 20- Birth to 3 @ MDS Resource Center date changed due to Thanksgiving.
- December 10- MNO, Papa Vino's Edison Lakes Parkway, Mishawaka
- December 18- Birth to 3 @ MDS Resource Center date change due to Christmas
- December 20- DS Teen/Adult Night - TBA

MNO - Night Out

TBA - To Be Announced

Volunteer Opportunity: Spanish translator needed

We would like to start outreach to the Hispanic community. Currently, we have packets with written info in Spanish for new families, but we do not have a translator, so we are not able to offer ongoing support. If you would like to volunteer (or know someone who would be interested) please contact Kathy.

Kathy_R@comcast.net 574-234-0590

Oral Motor Group

Why does my child have difficulty with feeding, drinking and speech?

Infants, toddlers, and children with Down syndrome have anatomical (structural) and physiological (functional) differences in the mouth and throat areas that make it more difficult for them to make precise movements. This affects feeding (breast as well as bottle); cup drinking, chewing and swallowing solid foods, and speech.

For more information on Oral Motor please check out the Resource Guide to Oral Motor Skill Difficulties in Children with Down Syndrome (by Libby Kumin, PhD.CCC-SLP) <http://ndscenter.org/worpsite/wp-content/uploads/2012/03/OralMotor.pdf>

Missy Newcomer OTR is coming to the Center on Wed Feb 6th and Wed Feb 13th, 2013 to do oral motor evals. The following appointment times are available:

February 6, 2013

5:00 pm
7:30 pm

February 13, 2013

5:30 pm
6:00 pm
6:30 pm
7:00 pm
7:30 pm

Please let me know if you would like an appt.

KathyR@comcast.net 574-234-0590

St Joseph/Benton Harbor Mom's Night Out

The DSFSAG is pleased to provide a Mom's Night Out program for families in the St Joseph/Benton Harbor MI areas. We currently have about 9 local families involved. Our Mom's have been gathering with and without children every month for dinner and we are hoping to expand our activities in 2013 to include family events like movies, bowling, park & beach days, and visits to the local Curious Kids Museums. This is a new group and we are still learning the ropes of making it a success so we would love to have as many families join us as we can. If you are interested in more information please email Bonnie Goodwin at bongoodwin@gmail.com.

LaPorte County

We would like to have Mom's Night Out in the Laporte County area also, if you are interested please contact Tonya at 219-778-9049 or btatrp421@frontier.com or you can contact Kathy at Kathy_R@comcast.net or (574) 234-0590

How to Foster Inclusion of School Age Children with Developmental Disabilities in Your Faith Community

DSFSAG and Logan Center are partnering to host the following workshops (at Logan Center)
Presenter: Barbara Newman
Monday, April 15 6:30 to 8 pm (Ideal for families.) "How to Advocate for Inclusion in our Faith Communities"

No fee

Tuesday, April 16 8:30 am to 3:00 pm (ideal for educators/clergy/religious leaders) "Practical Tips for Inclusion in Congregations and Classrooms" \$20 fee-includes lunch

All Faith Communities welcome. Please register for the April 16 session with Leanne Suarez by April 2. (574)289-4831 ext 1013

leanne@logancenter.org



Thank you to Gates and Gates Toyota for their generous donation for 2013 through their employee giving and company match program.

Birthday Greetings

The DSFSAG would like to send each of our members with Down syndrome a Birthday greeting, but in order to do this we need their birthdates. If your family member with Down syndrome is not receiving a birthday greeting from us, but would like to please contact Tonya at 219-778-9049 or at bteatrp421@frontier.com



Indiana
<http://www.yellowpagesforkids.com/help/in.htm>
 Michigan
<http://www.yellowpagesforkids.com/help/mi.htm>

Advertise Your Services

We have many talented members who offer a variety of skills, services or goods. So starting with the next newsletter, we are offering our members an opportunity to advertise in the newsletter. This is a great opportunity to broaden the ways we support each other. A business card size ad will cost \$25/year for members only and your ad will run for a year (approximately 3 to 4 newsletter).

DSFSAG
 51201 Old Cottage Dr.
 Granger, IN 46530

