



FAMILIES EXPLORING DOWN SYNDROME

Official Newsletter

Winter - Spring 2016

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3-21 is World Down Syndrome Day & You Can Celebrate While Helping Support FEDS!

Five Below: On March 18th - 21st 10am - 9pm you can shop at *Five Below* on Hall Rd & Schoehnerr and 10% of the before tax sale of your items will be rewarded to FEDS! *Five Below* is a store with various items priced at \$5 or less. Have fun shopping! (See *The Blast* for the flyer—you must present the flyer at the point of sale in order for FEDS to receive credit for your purchase.)



Culver's: On March 21st from 4pm - 8pm our teens and young adults will be serving at *Culver's* in Madison Heights. Every year this is a great opportunity to watch our young people shine! A percentage of dinner sales from FEDS members and their families during those hours will be donated back to FEDS. Come hungry! **If you are over 13 and would like to work a shift at Culver's on 3-21, please contact Paula DesRosiers, Cheryl Taylor or Lucy Talbot.**



321 World Down Syndrome Day Tees!

Thank you everyone who ordered a 321 Tee! You can pick up your order at the FEDS Meeting at the MISD on Wednesday, March 9th 7pm - 9pm or at the MISD on Saturday, March 19th at the 321 Party. Post your pictures to our Facebook wall so we can see how you celebrated 321 Day!





321 *Princess* & Star Wars

Lunch Celebration

March 19th 11 am - 1 pm

MISD Michigan/Superior Rm

Wear your Princess/Jedi attire or your 321 tees!



Make sure to email us soon at fedsofmichigan@gmail.com with your family's count! We have room for 100 people. Thank you!

March 21st is World Down Syndrome Day and it is celebrated in many ways all over the world! One of those ways is to wear two different socks on 3-21 to show how we are more alike than different. It also shows that being different can be awesome!

It's a fun and easy way to raise awareness for Down Syndrome at your workplace, your school and in your community! **Rock Your Socks** everyone!



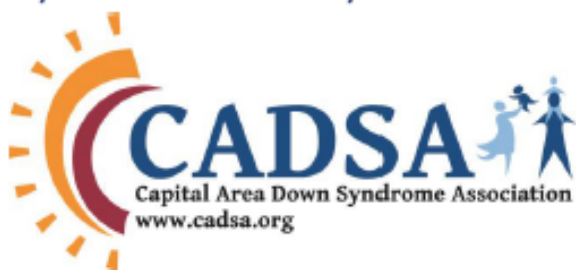


MARCH 22, 2016

11:00AM-12:00PM

ADVOCACY AT THE CAPITOL

In Celebration of World Down Syndrome Day, the Capital Area Down Syndrome Association would like to invite you to participate in an advocacy and awareness event. Please join other families from across the State of Michigan in this opportunity to reach out to state officials and communicate the importance of the Down syndrome community.



For more information, or to RSVP, please call the CADSA office at 517-333-6655

COME CELEBRATE
YOUR LOVED ONE
WITH DOWN
SYNDROME

SHARE YOUR STORY

ADVOCATE TO YOUR
LEGISLATORS

UNITE WITH THE
DOWN SYNDROME
COMMUNITY FROM
ACROSS THE STATE
OF MICHIGAN

HEAR WHAT
OTHERS HAVE TO
SAY ABOUT THEIR
JOURNEY

THE STATE CAPITOL
BUILDING

Rotunda Room
Capitol Ave. at
Michigan Ave.

Lansing, MI 48933



"Every guest of Night to Shine will enter this complimentary event on a red carpet complete with a warm welcome from a cheering crowd and friendly paparazzi. Once inside, guests will receive the royal treatment including hair and makeup stations, shoe shining stations, corsages and boutonnieres, a karaoke room and, of course, dancing! The highlight of the night will come when every one of the Night to Shine guests is crowned as a king or queen of the prom." - Tim Tebow Foundation website



There was a total of seven Night To Shine events across the state of Michigan mid-February. Warren Woods Baptist Church's event even made the local Channel 4 News! People came from far and wide to shine and each venue was packed full of kings and queens to celebrate! Our very own kings and queens were crowned at Woodside Bible Church in Troy!

To learn more about how you can become involved in next year's *Night to Shine*, visit the Tim Tebow Foundation's website www.timtebowfoundation.org.





Spring Word Search



Find each word below and circle it (print this page)!

boots clover daffodil Easter lily puddle Passover

rain raincoat shamrock spring sunny tulip umbrella

windy

F	V	B	U	T	U	L	I	P	X	X	O	I	S	Y
S	P	R	I	N	G	Q	E	Q	B	J	U	X	I	Q
S	D	U	T	I	T	R	A	I	N	C	O	A	T	B
Z	B	A	H	H	Z	Y	B	J	W	I	N	D	Y	Y
N	X	J	X	S	O	V	T	B	M	H	Z	Y	X	G
E	P	A	S	S	O	V	E	R	Q	X	C	L	C	T
B	V	X	N	H	H	K	Q	U	R	G	L	I	L	Y
O	S	K	G	A	Z	Y	B	M	E	S	A	O	Z	Z
G	G	U	A	M	D	C	O	B	P	A	D	A	D	J
A	Z	Y	V	R	U	L	O	R	U	W	S	O	A	F
G	K	C	K	O	G	O	T	E	D	T	H	T	O	R
H	F	X	W	C	N	V	S	L	D	L	D	M	E	U
B	X	K	E	K	K	E	N	L	L	H	F	O	T	R
S	U	N	N	Y	O	R	L	A	E	R	A	I	N	C
K	S	V	H	D	A	F	F	O	D	I	L	O	W	W

Congrats, Thank You's & Well Wishes



The farmers send a big thank you to everyone who donated cleaning supplies or a monetary gift to Dut-ton Farm at the FEDS Annual Christmas Party!

"Thank you FEDS for your generous and timely gift from the giving tree this Christmas season. It meant so much to us especially during this difficult time."

- Sincerely, family in need

Congratulations Ethan Clarke on your improved spelling and handwriting skills!



We would like to thank Molly Crombos for her fundraising efforts on behalf of FEDS! Thanks so much for your support!

"Please accept this belated Thank You for your donation to the Venetian Club Family Committee. We hope the children enjoyed themselves at the Halloween event."

- With thanks,
The Family Committee

"Thank you for the scholarship! It was used towards summer camp. Here is a pic from this year's Fishing Derby the camp participated in." - Brad Nagy



Congratulations Luke Pardue on earning your "stripes" and your Bobcat badge! Way to go!



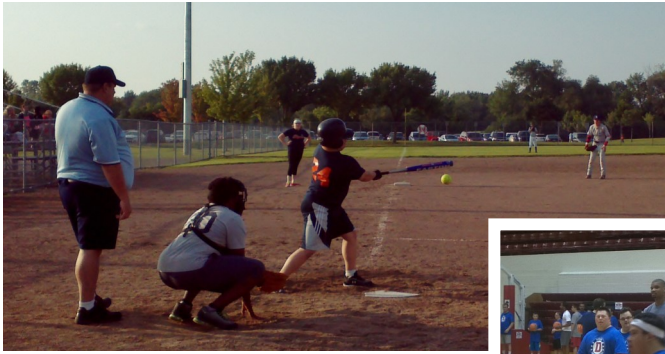
Congratulations Michael Winters on your basketball team's big win!

Go Ravens!



Let's hear it for our 2016 Polar Plungers Jamie Rivard, Joseph Winters, Joni Woodring, and Niki Schwerin! These individuals braved cold waters (in some amazing costumes) in order to raise funds for Special Olympics! Thanks for taking the plunge everyone!





“Thanks for the scholarship. I had a lot of fun playing softball and going to the UDM basketball camp.”
- Michael Mendez



Thank you to Sara Everhart for chairing our 7Up Bingo! We appreciate the time you served our 7Up participants and their families!



Congratulations Eliana Townsley on learning how to read!



Congratulations Landon Wallace for learning how to stand!

Congratulations Easton Rowley for graduating from feeding therapy!



“Get Well Soon” wishes go out Brody Adamski!



Our deepest sympathies, thoughts and prayers are extended to:

Katherine Egan & family on the passing of her grandmother

Amanda Clarke & family on the passing of her grandfather



DID YOU KNOW?

FEDS offers memorial / in celebration of cards for funerals or other events. See Lynn Gilleland for more information.

DID YOU KNOW?

FEDS has a wheelchair that was donated to us. If you would like to borrow it contact FEDS via email.





7Up BINGO is for children with Down syndrome and their siblings ages 7+! There are light refreshments, prizes and it's lots of fun!



Watch The Blast for dates/times to RSVP! See Jamie Rivard for more information.



"The Young Athletes Program was established by Special Olympics International to provide early developmental opportunities for pre-school children, utilizing guided motor activities." - Special Olympics

Children ages 2 - 7 are able to participate in YAP. This program is FREE and it introduces children to various sports that help them build gross motor skills while learning to take turns and follow directions in a group setting.

We are excited to announce that **YAP is starting back up on March 16** thanks to our new chairs Cherie Townsley and Debra Hinson! We appreciate you both tag-teaming this awesome program! See the events calendar on page 9 for dates/times.



UPDATE: KIDS MY CHANCE TO DANCE CANCELLED

Due to lack of interest and response we will be discontinuing Kids My Chance to Dance. Thank you families who made it out and gave it a try! If you'd like your little one to participate in another active group with their peers we encourage you to sign up for YAP!

Upcoming Events Winter/Spring



January Mom's Night Out at The Aspen

<p>January Mom's Night Out at The Aspen</p>	<p>Feb. 27 Special Olympics Fundraiser "Night At the Races" Video Horse Racing St. Lawrence K of C Utica 6pm, \$20/horse \$30 dinner tickets</p>	<p>March 1 Club My Chance to Dance (13yrs+) Christ United Methodist, Fraser 7pm \$6/class</p>	
<p>March 9 FEDS Meeting Resources & Recreation for Kids & Adults MISD Michigan/ Superior Rm 7pm Childcare \$1/child</p>	<p>March 11 Club 21 (16yrs+) St. Patrick's Day Dance Christ United Methodist, Fraser 7pm \$6 (RSVP)</p>	<p>March 11 Kids/Parents Make & Take Workshop Home Depot on Schoenherr & Hall 6:30pm, FREE! (see Kristen Karr)</p>	<p>March 16 Young Athletes Program Glen Peters School 6pm</p>
<p>March 18 - 21 321 Shop at Five Below 10am - 9pm Hall Rd (must bring flyer from The Blast)</p>	<p>March 19 321 Princess/Star Wars Party MISD Michigan/ Superior Rm 11am - 1pm RSVP</p>	<p>March 21 321 Culver's Night Out Madison Heights 4pm - 8pm</p>	<p>March 30 Young Athletes Program Glen Peters School 6pm</p>
<p>March 31 Mom's Night Out Avery's (on Crooks) Rochester 7pm (see Kristen Karr)</p>	<p>April 13 FEDS Meeting Hope Center: Potty Training MISD Michigan/ Superior Rm 7pm Childcare \$1/child</p>	<p>April 20 Young Athletes Program Glen Peters School 6pm</p>	<p>April 21 Club My Chance to Dance (13yrs+) Christ United Methodist, Fraser 7pm \$6/class</p>
<p>April 26 Club My Chance to Dance (13yrs+) Christ United Methodist, Fraser 7pm \$6/class</p>	<p>May 4 Young Athletes Program Glen Peters School 6pm</p>	<p>May 11 FEDS Meeting Roy Burton, Resolution Center MISD Michigan/ Superior Rm 7pm Childcare \$1/child</p>	<p>May 13 Club 21 (16yrs+) Spring Dance Christ United Methodist, Fraser 7pm \$6 (RSVP)</p>
<p>May 18 Young Athletes Program Glen Peters School 6pm</p>	<p>CHECK THE EMAIL BLAST OR FACEBOOK FOR MORE INFORMATION</p>		



FEDS Annual Christmas Party

FEDS would like to thank the chairs of our Christmas party, Kelli Ohnstead, Deanne Moore, Emily Menczywor and Lynn Gilleland, as well as all the volunteers who helped make this event a success! Thank you DADS for sponsoring the photo booth and to the Knights of Columbus for helping Santa!





Resources

Below is listed a variety of resources you might find helpful. We also have a library you may check books and movies out for free at our monthly meetings. FEDS does not endorse one organization over another.

ADVOCACY & SUPPORT

www.bridges4kids.org

www.michiganallianceforfamilies.org

www.mpas.org

www.arcservices.org

DOWN SYNDROME AWARENESS

Global Down Syndrome Foundation
www.globaldownsyndrome.org

National Down Syndrome Society
www.ndss.org

National Down Syndrome Congress
www.ndsccenter.org

LEARNING HELPS

Handwriting Without Tears
www.hwtears.org

Down Syndrome Education
www.dseusa.org

Talk Tools
www.talktools.com

MEDICAL

Children's Special Health Care Services

1-800-359-3722

www.michigan.gov
cshcsfc@michigan.gov

LIFE SKILLS, WORK, TRADES, HIGHER EDUCATION

Dutton Farm
2270 Dutton Rd
Rochester Hills
(248) 760-6081

www.duttonfarm.org
**Thrift & Gift store available to public*

Rising Stars Academy
23855 Lawrence Street,
Centerline, MI 48015
(586) 806-6455
www.rising-stars-academy.org

**catering services available to public*

Ruby's Rainbow
(college scholarships)
www.rubysrainbow.org

Social Resources, Inc.
www.socialresourcesinc.com



EXTRA-CURRICULAR

Adaptive Swim Lessons
www.aquatots.com

AYSO VIP League of Macomb
www.ayso459.org

Challenger Little League Baseball
www.eteamz.com/michdist6/locations/challenger@littleleague.org

PARENT HELPS

Down Syndrome Pregnancy
www.downsyndromepregnancy.org

Friendship Circle
www.friendshipcircle.org

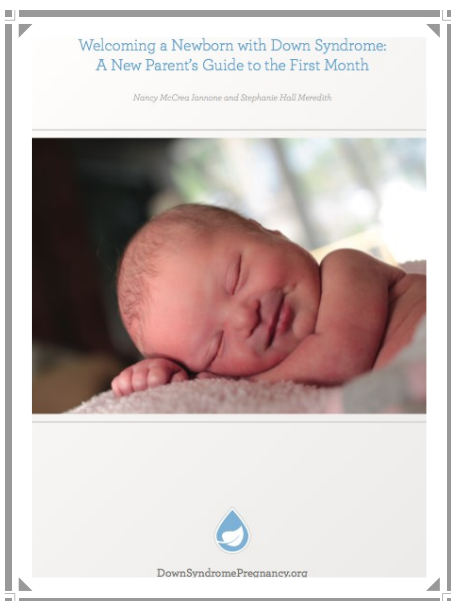
Love and Logic
www.loveandlogic.com

Parent to Parent Connection
info@familieexploring-downsyndrome.org

EMERGENCY

www.ifineedhelp.org

FREE Newborn Book From DownSyndromePregnancy.org!



DownSyndromePregnancy.org

"We are excited to share our recently-released book for the parents of newborns with Down syndrome, *"Welcoming a Newborn with Down Syndrome"* based on our nationally-recognized pregnancy book.

"The book is available for **free** online at downsyndromepregnancy.org and for purchase from Woodbine House, so check it out today and share the link with your friends and colleagues!

"Welcoming a Newborn" offers support and accurate, reliable information to the new parents of a baby with Down syndrome receiving a postnatal diagnosis. The book covers topics like breastfeeding, adjusting to a diagnosis, preparing siblings, understanding medical issues, preparing for the future, and, most importantly, it shares diverse stories about the daily lives of families whose children have Down syndrome. The book also features vignettes from parents and beautiful images by noted photographers, Kelle Hampton, Matthew Day, and Conny Wenk.

"The material was reviewed by an expert panel of advisors, including pediatricians, lactation specialists, genetic counselors, education professionals, parent support group leaders, and parents of children with Down syndrome."

Exciting Opportunity for Young Adults with Down Syndrome!

"The National Down Syndrome Society would like to inform you of an exciting scholarship opportunity for students with Down syndrome. The application for the O'Neill Tabani Enrichment Fund is now available!

"The mission of the O'Neill Tabani Enrichment Fund is to offer financial assistance to young adults with Down syndrome – 18 and older – who are continuing to enrich their lives by taking classes or enrolling in postsecondary educational programs. Read more and download the application here: <http://www.ndss.org/Resources/Education/College--Postsecondary-Options/ONEill-Tabani-Enrichment-Fund/>.

"For any questions or concerns regarding the O'Neill Tabani Enrichment Fund, please either send an email to otef@ndss.org or call 1-800-221-4602." - The NDSS



Spotlight Volunteer

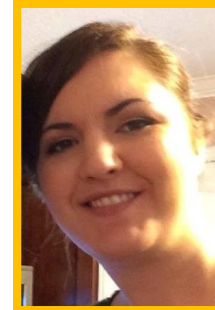


This edition's spotlight volunteer is [Samantha Lichocki!](#)

Samantha has an MA in Speech-Language pathology from Northwestern University in Illinois. She also attended Seton Hall University in New Jersey and studied Social and Behavioral Sciences/Psychology as well as Special Education.

She's worked for The Detroit Institute for Children for 4 years, Thera-Peds for one year and is currently a Speech Pathologist with the MISD Infant Preschool Program. Sam has served many of our children in speech and language.

She has dedicated her time and energy at various FEDS events including the craft table at the 2015 Steppin' Up for Down Syndrome Walk. FEDS thanks you for assisting us in serving the Down syndrome community of Macomb!



FEDS 2016 Board Members and Chairs

President: Margie Wheelock

Vice President: Lynn Gilleland

Treasurer: Barb Lempinen

Secretary: Marian Cunningham

Board Members: Katherine Egan, Bethany McLain, Kadi Coe,
Deanne Moore, Kristen Karr

7Up BINGO: Jamie Rivard

Calendar: Kristen Karr

Christmas Party: Kelli Ohnstead, Emily Menczywor

Dads Appreciating Down Syndrome: Bill Marchiori

Email Blasts: Lynn Gilleland

Facebook: Kadi Coe, Lynn Gilleland

Fundraising: Jamie Rivard

Graphic Designer,: Lynn Gilleland

Mom's Night Out: Kristen Karr

Newsletter: Amber Sultes

Pizza Night: Christine Spencer, Joyce Dearhammer

Playgroup: Joyce Dearhammer

Special Event Ticket Sales: Bethany McLain

Summer Picnic: Sheryl Fournier

Support Parent Connection: Margie Wheelock

Website: Donovan Myers

Young Athletes Program: Cherie Townsley, Debra Hinson

Contact Us

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48311

(586) 997-7607

Fedsofmichigan
@gmail.com

Like us on 

Follow us on 

www.familiesexploringdownsyndrome.org

Submissions to the newsletter can be sent to amber.sultes@familiesexploringdownsyndrome.org