



FAMILIES EXPLORING DOWN SYNDROME

Official Newsletter

Spring - Summer 2016



2016 THUMBS UP FOR DOWN SYNDROME WALK!

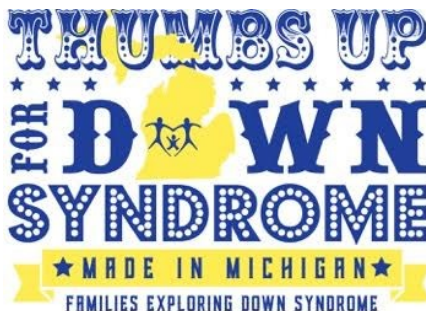
Families Exploring Down Syndrome is proud to announce our 10th annual fundraising walk event! This year along with raising awareness of Down syndrome, we are celebrating products and services made in Michigan with an old fashioned picnic and carnival theme.

The walk will take place on September 24, 2016 at the MISD. Doors open at 10:00 am and we will begin our walk at 11:30 am. The events of the day will end by 2pm.

After the walk, everyone will be free to enjoy our carnival themed party featuring: Pony rides, a petting zoo, carnival games, a bounce house, a choo choo train, a DJ, clowns and magicians making balloon animals, face painters, and more!

The DADS group will be hosting a food tent with hotdogs, chips, cotton candy, ice cream, and popcorn. A merchandise table will be available with new FEDS accessories and wearables. There will also be a 50/50 raffle and a silent auction.

This is Our Only Fundraiser! This year we are putting an emphasis on the fundraising aspect of the event. This is the one event a year that helps us provide services and events like our monthly meetings, new parent baskets and brunches, medical outreach, summer picnic, holiday party, 321 Day celebration, My Chance to Dance, Club 21, the Young Athletes Program, and bocce.



Registration: for a TEAM of 4 or MORE (there is no maximum amount of teammates) is \$100 and includes 4 t-shirts. Registration for an INDIVIDUAL is \$25 and includes 1 t-shirt.

Additional t-shirts are \$5 each before August 31st and \$10 each after while supplies last.

Online registration opens JUNE 1, 2016 so you can start creating your team page and sharing it on social media!

Prizes! Have a family of 6? A team of 12? Your total registration is still just \$100. Build the biggest team and gather the most donations. The three top earning teams will be rewarded with a cabana, their choice of a membership to the Detroit Zoo, Michigan Science Center, or the Ann Arbor Hands-On Museum in addition to a prize pack of Michigan products and FEDS accessories and wearables.

Contest: In order to help spread awareness of Down syndrome and the FEDS organization, we will be creating new merchandise including t-shirt and phone cases. Create your own inspirational quote or saying about what Down syndrome means to you and submit it before August 1st and it may be featured on one of our upcoming products. If it is, we'll give you 5 of them to show off to your family and friends. Some examples from the community to get your creative juices flowing: "I love someone with Down syndrome," "Chromosomally Enhanced," "Down syndrome is a journey I never planned, but I sure do love my tour guide," etc.

3-21 Princess & Star Wars Lunch Celebration



The Princess/Star Wars Lunch Celebration was quite a party! Princesses and Storm Troopers mingled, posed for photo ops, and took to the dance floor!

From the large spread of food to the light saber and princess crown crafts, FEDS families had a great time celebrating 3-21 Day!

At the end of the party, each special attendee and their siblings were able to take home a princess or Star Wars goodie bag.

Thank you Disney Princesses, Star Wars crew and every awesome volunteer that helped make this event a success!



3-21 World Down Syndrome Day at...



THANK YOU EVERYONE who came out March 21st and supported FEDS and our amazing young adults who served at Culver's in Madison Heights! Thank you Culver's for hosting us and thank you Cheryl Taylor, Paula DesRosiers, and Lucy Talbot for organizing this event! Great job, crew!



DID YOU KNOW?

FEDS has a wheelchair. If you need to borrow it for any reason please email FEDS at feds@michigan@gmail.com

A letter from the editor:

If you have photos from FEDS events, Thank You's/Well Wishes/Congrats, special articles, etc. you'd like to see featured in the newsletter, please send them to newsletter@fedsmi.org. I truly appreciate your help! Thank you!

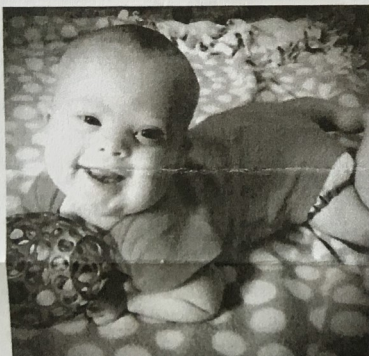
A letter from you!

We love hearing from you, our FEDS family! This letter was sent to us by Ella Harris, cousin to Landon who has Down syndrome. Read below to see how she celebrated 3-21 and raised awareness at her school! Great job Ella!

Dear Families Exploring Down Syndrome,

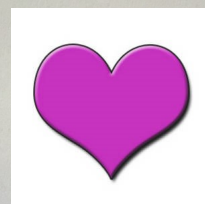
Hello, my name is Ella I am a fifth grade student at Saranac Elementary School in Saranac, Michigan. I have a

cousin named Landon, he has Down Syndrome. My aunt told me we should wear silly socks on March 21st for Down Syndrome day. I didn't know what she was meant, but once I understood what this was I wanted to see if my school would participate too. I went to the principle and he told me to go to the student council leader so I did and she said "YES!". We sent home letters about the importance of raising awareness for Down Syndrome. I also wanted to raise money toward the cause, so we asked people to donate \$0.25. We ended up raising \$90 for Down Syndrome!!! If you think I did this just for my cousin you are FALSE, yes I learned about this from my cousin but what about everyone else? I wanted to help them too. I think that this has been the experience of a lifetime. I didn't know one thing about Down Syndrome until Landon came along.



Children are the future if we don't help build them a better tomorrow, who will? We decided to send the money raised to your foundation because my aunt told us all about you and how you helped her already. We thank you for that and wanted to give back to more families in Michigan that are exploring Down Syndrome.

Sincerely,
Ella Harris
THANK YOU FOR INCLUDING THEM!



Thank You from Margie



After six years, Marian Cunningham has decided to step down from her position on the board. Families Exploring Down Syndrome and the board would like to thank Marian for her hard work and dedication. Marian was always very dependable and would often have her tasks completed,

including thank you letters and gift cards, before she was even asked! Although Marian will no longer be a board member she will still be handling correspondence. We will miss you Marian. Thank you so much!

Families Exploring Down Syndrome and the board would also like to thank Kadi Coe for her many years of service to FEDs. Although Kadi's title was officially board member at large, a better title may have been "board member of everything but the kitchen sink!" Kadi was in charge of our Facebook and answering our email. Her most valuable duty though, was keeping our President's (yours truly) head screwed on straight and assisting her with keeping up with the overall running of the group. You will also be sorely missed Kadi but thank you so much for the time you have given to this group.



WELCOME!



Please join Families Exploring Down Syndrome in welcoming Amber Sultes and Donovan Myers to the FEDS board!

Donovan is our new secretary and Amber is a board member at large. Both Donovan and Amber have already given so much of themselves in support of FEDS.



Amber is our newsletter chair and Donovan is our web master and has taken on the monumental task of co-chairing this year's Thumbs Up for Down Syndrome Walk (along with Kadi Coe).

Thank you Amber and Donovan! You both have already been and will continue to be an asset to the board!

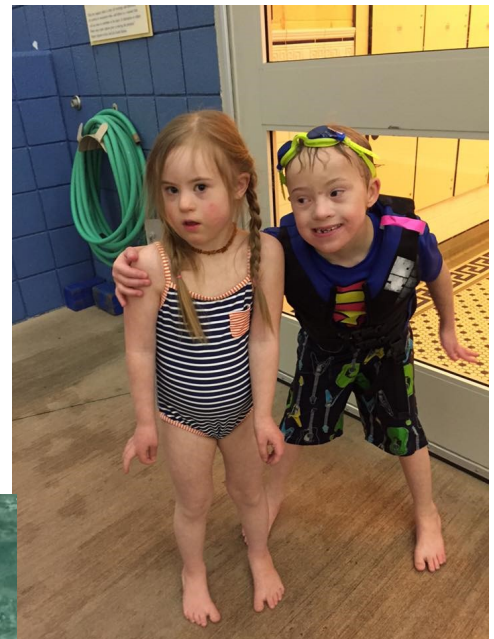


Here are some highlights from the last 7up Bingo night at the MISD! Our kids always have a great time while practicing listening and language skills. Check out the calendar and The Blast via Email or Facebook for upcoming dates/times!

LET'S PLAY GROUP

On Friday February 26th, the play group met at the Macomb Aquatic Center for a night in the pool!

Here are a couple pictures from the event. Check the Blast or the calendar to learn about more play group events like this one in the future!



The Home Depot offers a workshop where parents and kids can work together on a special project. In March, FEDS Families came out and made toy trucks! We hope to do more Home Depot make-and-take events in the future. Check the calendar for updates!

Fun Night Out at



PRINT THIS PAGE!

Circle the words below!



At the Beach

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

BALL

FISH

SANDCASTLE

SUNBLOCK

BOAT

JELLYFISH

SEAGULL

SURF

BUCKET

OCEAN

SEAWEED

SWIMSUIT

CRAB

PIER

SHELLS

UMBRELLA

DOLPHIN

SAND

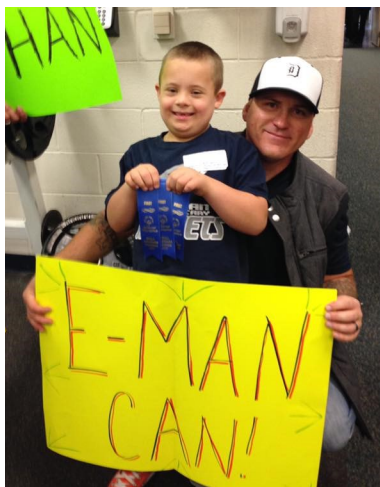
SHOVEL

WHALE





SPRING GAMES 2016



Well done Special Olympians! We are so proud of you!



Special Olympics
Michigan

The FEDS Bocce Team members all received 1st & 2nd place ribbons at Special Olympics and will be competing in the state games on June 2nd!

WAY TO GO!

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

www.changingthefaceofbeauty.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

Team GUTS
<http://www.grounduptraining.com/teamguts/>

PARENT HELPS

Down Syndrome Pregnancy
www.downsyndromepregnancy.org

Friendship Circle
www.friendshipcircle.org

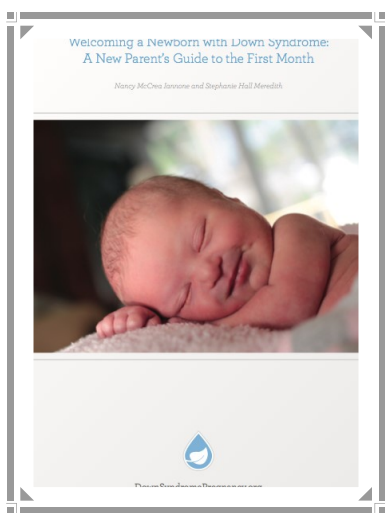
Love and Logic
www.loveandlogic.com

Parent to Parent Connection
info@familieexploringdownsyndrome.org

EMERGENCY

www.ifineedhelp.org

FREE Newborn Book From DownSyndromePregnancy.org!



DownSyndromePregnancy.org

"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-Options1/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

Upcoming Dates for Spring/Summer (Fall)

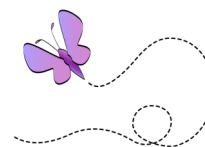
<p><u>May 18</u> Young Athletes Program Glen Peters School 6pm</p>	<p><u>May 22</u> Spin Class Fundraiser Recycle Fitness, 48911 Hayes Rd Shelby Twp \$25 min. donation 10:45am - 12pm</p>	<p><u>June 4</u> RSVP DUE TODAY FOR DAD/FEDS BOWLING! ——></p>	<p><u>June 18</u> DADS/FEDS Bowling Bowl One Lanes 1639 E 14 Mile Rd Troy RSVP by June 4th events@familieexplori ngdownsyndrome.org</p>
<p><u>July 9</u> DADS 6th Annual Golf Outing Boulder Pointe Golf Club 1 Champions Cir. Oxford 1pm - 2pm</p>	<p><u>July 31</u> FEDS Annual Picnic Veterans Memorial Park 32400 Jefferson Ave St. Clair Shores 11am - 3pm</p>	<p><u>September 16</u> Annual Pizza Night MISD Michigan/ Superior Rms 6pm - 8pm</p>	<p><u>September 24</u> Thumbs Up for Down Syndrome Walk MISD 11am - 2pm *see front page for details*</p>

See The BLAST via Facebook or Email or the FEDS calendar on our website for more info & event details

DID YOU KNOW?

FEDS raised \$30,663 at the 2015 Step Up for Down Syndrome Walk (minus PayPal fees and expenses for the walk, FEDS net total \$21,080)

A total of \$71,168 combined funds were raised overall between DSGSEMI and FEDS.



DID YOU KNOW?

FEDS has memorial/in honor of cards for funerals or special events. Email FEDS at fedsofmichigan@gmail.com.



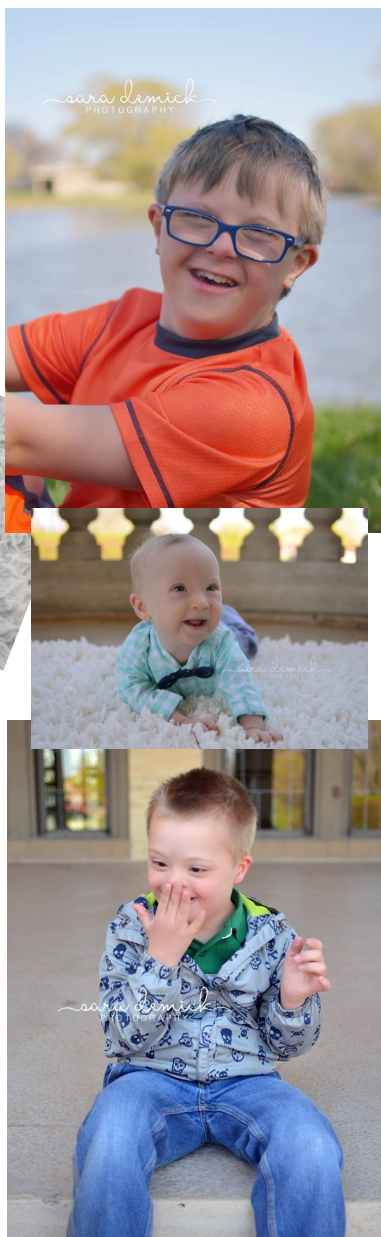
Some of our FEDS families took their beautiful children to *Changing the Face of Beauty's* Detroit "Headshot Clinic." Some highlights were even featured in the Detroit Free Press! The event was for a chance to get some great photos and also shine a spotlight on potential child models with disabilities.

"We here at CTFOB are aware that the dream for inclusion in advertising not only starts with the advertisers. It also starts with the casting firms all over the country. We are committed to bringing our message to cities around the nation and providing aspiring models with disabilities headshots to take to casting agencies and ask to be represented."

Don't be sad that you missed this latest clinic because **CTFOB IS COMING BACK TO DETROIT JUNE 26!** Spaces are limited and filling up fast! Go to <http://changingthefaceofbeauty.org/headshot-clinic-sign-up/> to sign up today! The cost is \$150. More details about the time/place can be found on the website above.

These beautiful pictures shown below were taken by local photographer Sara Demick (used with permission). If you'd like to schedule a photo session with *Sara Demick Photography*, you can find her page on Facebook or go to her website <http://www.sarademickphotography.com>.

(continued on next page)



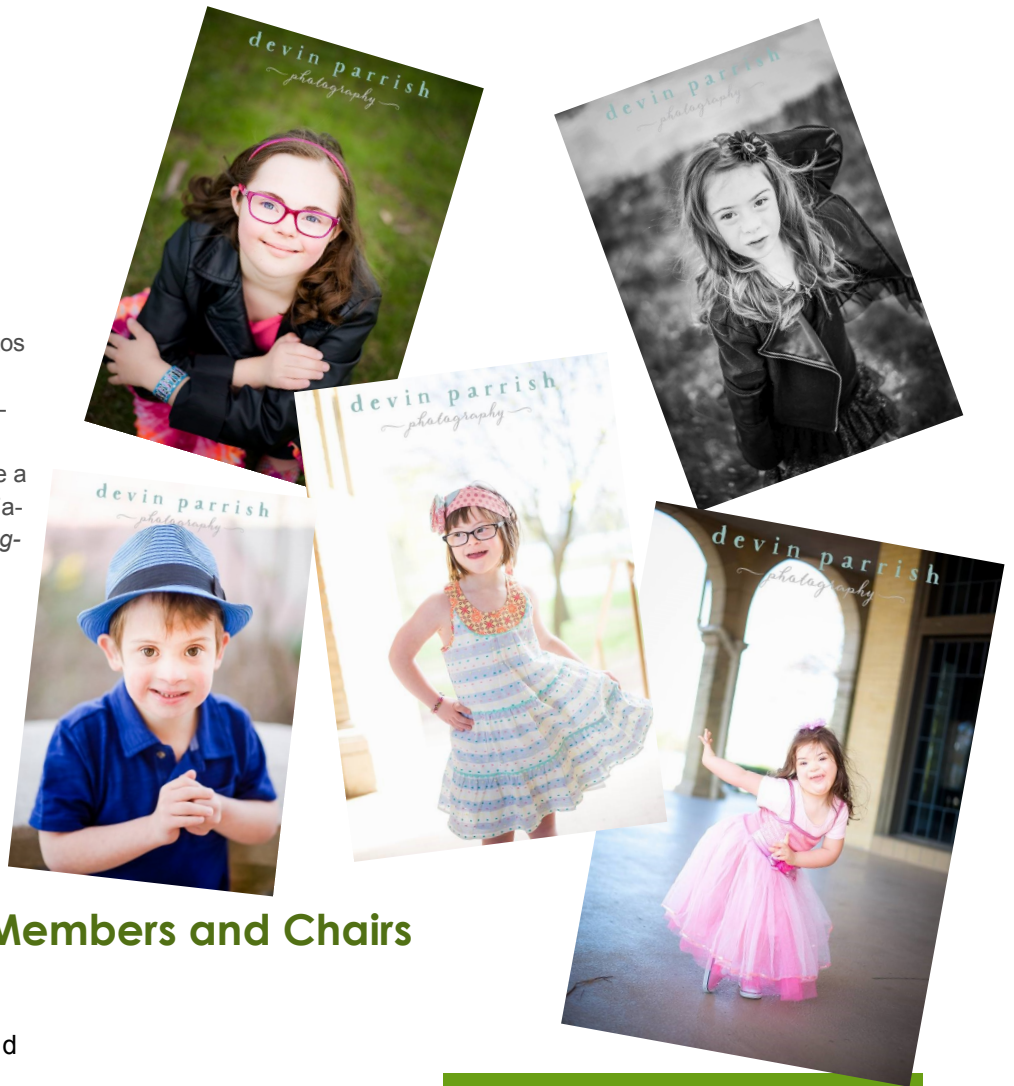
Changing the Face of Beauty™



Changing the Face of Beauty™



Local photographer Devin Parrish also snapped some amazing photos at the Headshot Clinic hosted by CTFOB. Here are some of the pictures she took (used with permission). If you would like to schedule a photo shoot with Devin, visit her Facebook page *Devin Parrish Photography* or her website <http://devinparrishphotography.blogspot.com>.



FEDS 2016 Board Members and Chairs

President: Margie Wheelock
Vice President: Lynn Gilleland
Treasurer: Barb Lempinen
Secretary: Donovan Myers
Board Members: Katherine Egan, Bethany McLain, Deanne Moore, Kristen Karr, Amber Sultes
7Up BINGO: Jamie Rivard
Calendar: Kristen Karr
Christmas Party: Kelli Ohnstead, Emily Menczywor
Correspondence: Marian Cunningham
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
Thumbs Up for Down Syndrome Walk: Donovan Myers, Kadi Coe
Website: Donovan Myers
Young Athletes Program: Cherie Townsley, Debra Hinson

Contact Us

Families Exploring Down
 Syndrome
 P.O. Box 1191
 Sterling Heights, MI 48311

(586) 997-7607

Fedsformichigan
 @gmail.com

Like us on 

Follow us on 

www.fedsmi.org

*Submissions to the
 newsletter can be sent to
newsletter@fedsmi.org*