



# FEDS News Today

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Volume 25- Issue 2

February 2013



**Families Exploring Down Syndrome** is an organization of parents, professionals and persons concerned about the welfare of individuals with Down Syndrome. The purpose of this organization is threefold:

- To provide emotional support to parents and families of individuals with Down Syndrome.
- To provide current information about Down Syndrome.
- To provide public awareness of Down Syndrome.

FEDS News Today is a publication of Families Exploring Down Syndrome. FEDS is an affiliate of the National Down Syndrome Society, the National Down Syndrome Congress, and Down Syndrome Affiliates in Action

## Spread the message...

Personally, I love **snow days**... But then I don't have to arrange for sitters so I can leave and go to work. At my friends house it means it is time to bake. Around here, it means you don't have to "do" much of anything unless you want to, other than shoveling the reason for the "unscheduled holiday".

Everyone connected with the **Fashion Show** is hard at work and we appreciate them. There are lots of meetings planned to make the day a smooth running success.

The email notice went out to everyone about the t-shirts for **World Down Syndrome Day**. Depending on where your youngster attends school, you may be able to encourage the staff and students to have either a dress down day for Down syndrome (contact Kathy @ [tssmrkthy@yahoo.com](mailto:tssmrkthy@yahoo.com)) or an awareness day. **321 shirts** are a great way to show your pride for those with that "extra special something"!

To celebrate your special person, we are again giving out: **321 T-Shirts**.

The "free" shirts are for youngster with Down Syndrome who did not receive a free shirt last year. (Last year's shirts were the same design but in orange) (Families may order additional shirts for \$5 each, larger sizes are \$2 extra). Your shirt order **will be available** for pick up at the March 13 FEDS meeting at the MISD.

You will be able to pay for them there by cash, check or credit card when you pick them up.

**Shirts not picked up on 3-13 will be rolled back into the inventory and sold** at the merchandise table at the Fashion Show on 3-17.

We are all looking forward to the **Fashion Show and Silent Auction**. If you haven't attended one previously, you are in for a treat. Please share the information with the teachers, therapists and bus driver as they all have enjoyed attending in the past along with family, friends and work associates. If your youngster is modeling it will be a particularly proud day. If you are just joining us to enjoy the luncheon and entertainment, we thank you for supporting all of the hard work that makes the day a success.

Please see the list of deadlines for tickets, auction item donations, advertising etc. To make everything flow smoothly and honor our donors, we have to turn in, record and send things to the printer on time.

The young adults are having a Valentine Fiesta this month and in April the Up BINGO youth will again enjoy a night of numbers, music, refreshments and prizes. Sara Everhart is joining Barb as co-chair of the 7Up Bingo and the first date to mark on your calendar is: April 12. Watch for more in the newsletter and in emails.

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Send the FEDS website to family and friends so they can see the newsletter in living color. It is a great way to say "Thanks" for supporting FEDS and Walkin' Wild.



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## Focus on a FEDS Friend..

We have people lined up for "Focus on Family" for a number of months but nothing for February, so I am taking a turn to share

Nineteen years ago I received a call from a distraught parent. She was a bit older than 28 (the national average age of a female giving birth to a baby with Down syndrome) and thought her baby days were behind her. She had just received the results of the testing from her OB-GYN (who admittedly had a lot to learn about having a pregnant patient carrying a baby with Ds).

Meg was five at the time of the call and we were in our glory of loving her and watching her grow. This new mom needed to hear that **life goes on** and that bargaining with God is normal as were all of her other feelings. We talked and I knew I would be hearing from her again.

I was a bit surprised to get a call the next day but this one was from her husband after getting off his shift at work. I could tell he was stressed but from that moment I knew this family was going to be okay because he cared enough to call and to ask questions and to learn about his soon to be born, fourth child and first daughter.



I can still remember the day we got together for coffee. Just Bob, Megan and I and this couple. We sat

in our kitchen and shared stories about our older kids and they saw that life wasn't much different because of Meg. We choked back tears at times, because the whole situation was emotion filled. I told them that it was okay to look and stare and ask questions about our little one.

I invited the "soon to be new parents" to a FEDS meeting and before you knew it, they had more support and people excited about the impending birth. Now I guarantee that even during this time of love and support and understanding, there was a lot of talk going on with God. I know this, because this friend is very "faith filled" **and** because she asks questions about EVERYTHING.

I remember the day that Andrea was born: April 7,



1994 at St. Joseph's Hospital in Clinton Township. As I sometimes was accustomed to doing, I headed to the hospital to welcome and support this new Mom. My stay was brief, and to my surprise I saw that the Down syndrome information that FEDS supplied to the hospital WAS given to the family in an Ziploc bag! (That HAD to change!)

Mom and baby (and family) began to attend meetings. This baby was loved and Mom never stopped asking questions (it is her nature). Before long we had her on the Board as treasurer. Not too long after that we started planning our first Down Syndrome Conference for all of Michigan (remember she needed to know everything and be able to ask questions) and she chaired a conference position.

At the wrap up dinner for the conference, I asked if anyone thought a Fashion Show would be fun to have. (I am really surprised they all didn't get up and leave since we had just finished a year of work on the conference). But before we knew it we were booking halls, coming up with a theme and finding stores to get the fashions at. Once again my friend took on a major part of the planning and executing this event.



I always knew that the Ziploc bag of information was wrong so before long and with money raised from the Fashion Show and Silent Auction, we launched ourselves into ordering and assembling and packaging New Parent Packets for the local hospitals.

Did I mention that this friend is curious and likes to ask questions? When we decided to add an "Ask the Doctor" column to the FEDS News Today newsletter, can you guess who volunteered?



A short time later there was another Conference and of course two more Fashion Shows not to mention Buddy Walks and National Conferences. The more she learned the more involved she and her family were.

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## Love and Logic... Insiders Club

### Bedtime:

From posts on Facebook, we've seen one question come up time and time again: "How do I get my kids to go to bed and stay there?"

During the first year or so, simply comfort them.

Emotional bonding and the development of trust are the critical emotional tasks during the first year of life. Therefore, parents of very young children are wisest to respond to crying by comforting and meeting needs...not by ignoring them or trying to apply consequences.

Create a calming routine.

**Make the bedroom time routine as fun, loving, and predictable as possible. Turn off the electronic stimulation.**

Television, computer games, and other electronic stimulation make it much more difficult for children to calm down and get some rest.

Give plenty of choices.

Have you noticed that we use "bedroom time" rather than "bed time"? We can't force our kids to sleep and to stay in their beds, but we can give them plenty of choices about what they do as they remain in their rooms. Here are some possible choices: lights on or lights off, music on or music off, sleeping with their head at the top of the bed or at the bottom, playing quietly or going to sleep, etc.

Model confidence.

Children take their emotional cues from the adults around them. When saying "good-night" make it quick and positive. Excessive reassurance simply elevates everyone's anxiety.

Enforce "bedroom time" without emotions or too many words.

After your kids reach their second birthday, it's okay to begin showing them that they'll be okay at night without being right next to you. This requires taking your child back to their room and lovingly informing them that the door will stay open as long as they stay inside. When they try to exit, close the door and remain outside of it, ensuring that they are safe and that they remain in their room. While upsetting in the moment, most parents find that staying firm actually allows their children to become far happier and confident in the long term.

Thanks for reading! Our goal is to help as many families as possible. If this is a benefit, forward it to a friend.

Dr. Charles Fay



### ASK THE DOCTOR

By Paula DesRosiers

Dr. Patrick Dennehy, M.D., Pediatric Ophthalmology and Ocular Motility, has an office in at Henry Ford Troy and also at Henry Ford Hospital in Detroit.

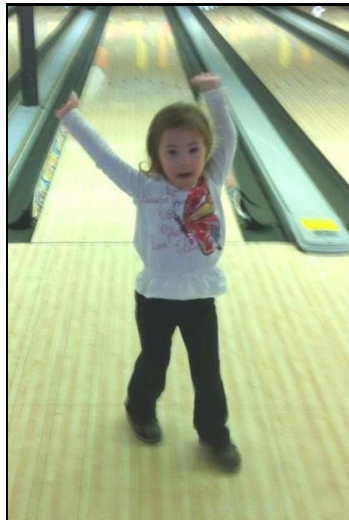
**P.D. At what age should children with Down syndrome have their first eye exam?**

**Dr. Dennehy:** I usually recommend that they have their eyes examined between six months and one year unless the pediatrician or the family is noticing a problem.

**P.D.: How do you know if a child needs glasses and what the prescription is that they need if they are non verbal?**

**Dr. Dennehy:** There is a technique that is called retinoscopy. It is when a band of light is flashed in the eye and it will be refracted back out at you. The reflex of light will have a particular pattern as you move it back and forth.

From this pattern you can tell whether the eye is optically near sighted or optically far sighted or whether the eye has astigmatism. You take the initial reflex that you see and hold lenses up in front of the eye to modify the reflex until it changes to an end point. When the reflex changes to the end point it basically looks a certain way. The lenses in your hand are the lenses the person needs to see their best with a small correction factor taken out. So even with somebody non verbal you can tell not only that they need glasses but you can also tell exactly what prescription lenses each eye needs to put the image into the eye in perfect focus. That measurement you in-



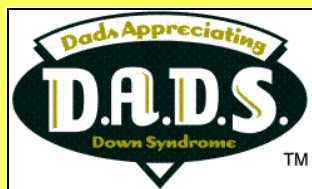
herit. You inherit whether you are a nearsighted person or a farsighted person. It changes as your eyes grow throughout life. You inherit the starting point of what your eyes are and you also inherit the patterns that they are going to follow as your eyes grow. Some people inherit a pattern that as an infant their eyes are in good focus but maybe when they get to fifth grade they shift and their eyes become nearsighted. So they weren't nearsighted their whole life, it changed as they got older.

**P.D: I do not wear glasses and my husband only has a slight prescription. Andrea's glasses are pretty strong. Where does that come from?**

**Dr. Dennehy:** The pattern you inherit does not have to come from your parents. You can have a pattern where it seems you almost don't even know where it came from.

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## Mom's and DADS are people too!



What's on the DADS Docket?

The next meeting is Wednesday, February 27, 2013 at: **Club Venetian @ 7:00** at: 29310 John R Road Madison Heights, MI 48071



Join us for dinner and conversation. Dads, uncles and grandfathers welcome.

Coming soon....2nd Annual Bowling Party



Law Enforcement Torch Run  
**POLAR PLUNGE**



Advisory Board member and Mom, Jamie Rivard is participating the Special Olympic PLUNGE into the Detroit River.

Please go to her Firstgiving site and make a pledge. Do this for her so kids like ours can continue to participate in the

“games”. It is never to soon to

**Pay it Forward!**

Thanks Jamie!!!!

<http://www.firstgiving.com/fundraiser/missmadison/detroit2013>



## Mom's Night Out



Thursday  
February 22, 2013  
7:00 P.M.

515 S. Washington Ave.  
Royal Oak, MI

<http://www.five15.net>

**First time, NEW FEDS Mom's,  
dinner is on Us!**

Please let Sarah know if you are coming (or inviting a NEW Mom) when you sign up, so we can reserve seating. Sign up at the February FEDS meeting or send an email to

[FunEsideUp@aol.com](mailto:FunEsideUp@aol.com)  
586-214-5091

## Alumni Mom's Night Out

### Ichiban Japanese Bistro

**March date to be announced  
7:00 P.M.**

44955 Hayes Road

Sterling Heights

(586) 580-2546

<http://ichibanjapanesebistro.com/>

Please let Marian know if you are coming so we can reserve seating.

Sign up at the February FEDS meeting or send an email to:

[mcunningham720@gmail.com](mailto:mcunningham720@gmail.com)

Home: 586-758-6139

Cell: 586-822-3786

# *Support, well wishes, donations and memorials and congratulations!*

Congratulations to the Berry family on the birth of Cooper.



Get well wishes to Gracie Trocino

Support from the Bott Family

Support from the Arwine Family

Support from the Diel Family

Support from Delores Wilson

Support and a donation celebrating Queara from the Payne Family

Support and a donation celebrating Alex from the Drager Family

Support from the Edward Cooper Family

Support and a donation celebrating

Mathew from the Delano Family

Congratulations to Catherine on the birth of her new "brudder" Jack Theodore Corombos.



Support from the Grobbel Family

Support and a donation celebrating Jordan from the Jones Family

Support from the Perkins Family

Support from the Perzyk Family

Support from the Popejoy Family

Support and a donation from the Nancy Sutton Family

Support from the Teets Family

Support from the Townsley Family  
Support from the Basso Family

Support and a donation celebrating Kaiden Webb from the Gallagher Family

A donation in memory of Sheri Eke from the Gallagher Family

Support from the Propst Family

Support from the Sabou Family

Support and a donation from Marty Zobrowitz

Support from the Parker Family

Support from Jan Putman

Support from the Aiken Family

Get Well wishes to Marcy Hayosh

Support from the Hatfield Family

Congratulations to Kristin Cunningham on her 1st place Bowling award!

Support from the Mueller Family

Support from the Oliver Family

Congratulations to Nikki on Mighty Max learning to walk!

Congratulations to Jamie Rivard on taking the Plunge!

Support from the Bradbury Family

Congratulations to the Bucci family on the birth of Dominik Jeffrey



Support from the Lyon's Family

Support from Robert & Pamala Pardue

Support and a donation celebrating Diane from the Mike and Joanne Packard

Support and a donation celebrating Nicholas from the Pizzuro Family

Support from M. K. Pozsgay

Support from Susan McCain

Support from the Maksymiuk Family

Support from the Marchiori

Support from the Itoh Family

Sincere sympathy to the Banazewski Family on the recent loss of Michael's Grandma.

Support from the Dearhamer Family

Support from the Bradbury Family

Support from the Beardsley Family

A donation in memory of Kathy Lempka from Dorothy Schoeffler



## 321 World Down Syndrome Day....

Bethany will have more information on upcoming **Let's Play** uled for April 20 and volunteers are always welcome for any of activities for the younger set and families. She is also our guest the above events. Let any Board member know you would like speaker this month and will explain "why" learning "sign" is so to help. advantageous for all young children. Be sure to attend the February 13 FEDS meeting.

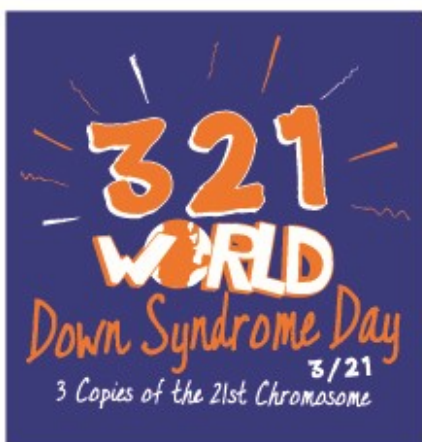
Barb and Marian are chairing the **Appreciation Night** on May 17 at the MISD. This is when you are invited to honor someone that you appreciate with an evening of refreshments, entertainment and awards. Watch for more information after the Fashion Show on how to nominate your special person.

The next **New Parent Brunch** is sched-

**Deadline to order is February 20, 2013**  
 By email (FEDSyndrome@aol.com or send your order to  
 FEDS PO Box 1191  
 Sterling Heights, MI 48311



## PRE-ORDER YOUR 321 WORLD DOWN SYNDROME DAY T-SHIRTS



Royal Blue T-shirt  
 front print white & orange

- |                        |                  |                        |                 |                |
|------------------------|------------------|------------------------|-----------------|----------------|
| Infant 6 months _____  | Toddler 2T _____ | Youth xsm (2-4) _____  | Adult sm _____  | Adult 2x _____ |
| Infant 12 months _____ | Toddler 3T _____ | Youth sm (6-8) _____   | Adult md _____  | Adult 3x _____ |
| Infant 18 month _____  | Toddler 4T _____ | Youth md (10-12) _____ | Adult lg _____  | Adult 4x _____ |
| Infant 24 months _____ |                  | Youth lg (14-16) _____ | Adult xlg _____ |                |

NAME: \_\_\_\_\_ PHONE: \_\_\_\_\_

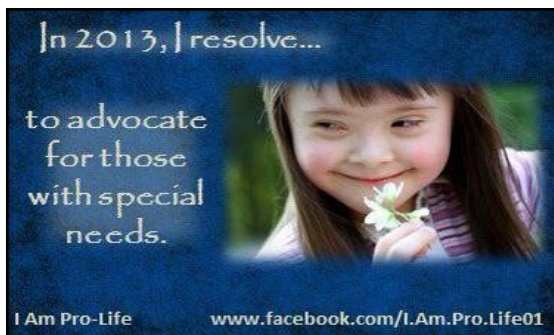
Persons with Down Syndrome who did not receive a t-shirt last year get a free tee.

Get shirts for your family and friends for only \$5.00!

Reserve yours today! Sizes 2X, 3X, & 4X will be an added \$2.00 each. Payment upon pickup.

Pickup will be at the March 13th meeting. Shirts not picked up will be sold at the Fashion Show.

**At the 2012 Annual FEDS Christmas Party, donations were collected for a young orphan named Elaina. Elaina is a two-year old Russian girl who has Down syndrome. She is sponsored by the Reece's Rainbow Adoption Ministry group. Thank you so much to everyone who purchased a Christmas CD or made a donation to her! \$200 was collected at the party for her adoption fund. This brought the total money raised for her adoption fund for the Christmas season to \$1000. Hopefully this will help a family to come forward and be able to adopt her! <http://reecesrainbow.org/>**



Her husband sold 50/50 tickets and donned a tuxedo when we needed him to and the "boys" worked behind the bar (serving pop), manned the merchandise table and even walked proudly down the runway at the fashion shows.

When the **National Down Syndrome Society** FINALLY rolled out the **Changing Lives Program**, the woman on the FEDS Board at the time, made it a main focus of FEDS and a team was formed and we had a "mission". These woman had listened to new parents for years and they were speaking for ALL of them who over the years were given the diagnoses in an unfavorable way. They met and planned and chose job assignments and dragged coolers of food, display boards, New Parent packets and their kids to these presentation. My friend was passionate about the Changing Lives Program and told her story to doctors and nurses alike all while still packaging packets and information for the attendees as she was the "information specialist" for Changing Lives.

After a long while on the Board, my friend decided to take a break from the Board meetings but would offer to take on hosting the monthly newsletter mailings at her home.

**Life went on...** and my friend made the connections for the teens and young adults to try karate. When we decided that maybe we should look into winter Olympics for the FEDS teens and young adults, it was this friend who found the coach and planned the training sessions. And just like the first time FEDS brought a group of "independent athletes" to the summer games when her daughter was only eight, she volunteered to chaperone the athletes.

## A BIRDSEYE View

### Walkin' Wild



October 2012

Income: \$37,994.60

Expenses: \$7,238.37

Profit: \$30,756/23

Expenses include: Zoo admissions, train rides (thank you gifts to workers), kids souvenirs, animal crackers, Detroit Zoo memberships for top money raisers and winners of incentive drawing.

Those who raised at least \$1000 by the cut off date: Sabou, Acciavatti, Pardue, Rivard, Lalonde, Coe, Corombos, Fry, Maksymiuk, Banaszewski.

Winners whose names were entered into a drawing for each \$100 they raised: Hites, McGillian, Myer, Sultes, Geromette.

Thanks EVERYONE!

During the winter games, a few years ago, our girls got into line dancing but they had two left feet. With the help of the computer and this Mom, the girls got a dance lesson in our room and ideas were starting to form. At the next DSAIA conference I took a class and learned about "a party in a box" and before we knew it, **Club 21** was formed! This very successful activity also includes the **Club My Chance to Dance lessons** because you have to learn the steps before you can have dinner dances. Did I mention that my friend also chairs Club 21?

In the early days, when my friend would question "why," I would say, "so we could meet and become friends." I think there must have been times when she wanted to say, that isn't good enough.

As our daughters recently "dressed the alter" for the family Mass at St. Ephrem, we both sat with pride (and a little fear that something would slip or fall). The girls are who they are. League bowling on Saturdays affords a chance for the four of us to talk or work on our latest FEDS endeavor. Lately it has been the Fashion Show as my friend is the awesome **chairperson** for the "fashions and models." A job that has meant she has been behind the scene for each fashion show so far. This year, when the music starts she will be sitting in the audience and will finally get a chance to reap the benefit of her labor.

Thank you Paula, for all the years of devotion to FEDS, the kids, new moms, families, models and most of all for being my friend.

*Lucy Talbot*

**P.D.: When do our children's eyes stop changing?**

**Dr. Dennehy:** Usually when the eyes are growing there can be change. For instance, if someone becomes near-sighted from year to year as they're growing, and when they stop growing their prescription stops changing. At that point they come back year-to-year and have their prescription stay pretty much the same. Some people inherit a pattern where they change a lot as they grow and some inherit a pattern where they don't change a lot. So, everyone is unique.

**P.D.: How often should our kids come back to see you after the first visit?**

**Dr. Dennehy:** After the first exam we recommend that they be followed once a year.

**P.D.: Even if they wear glasses?**

**Dr. Dennehy:** Well, if we detect an abnormality, such as high refractive error, lazy eye, or any other eye problems, we may recommend more frequent visits. If it is simply a need for glasses and they are doing well, we might see them back once a year.

**P.D.: What are some of the eye problems that people with Down syndrome might have?**

**Dr. Dennehy:** There are some eye problems that some children with Down syndrome might have more commonly than you might see in a population of other children. One of the most significant eye problems that we see is a cataract. This is probably the most visually significant problem. A cataract is any opacity in the natural lens of the eye. The lens of the eye is usually a totally clear structure and it focuses the image. Some children can be born with some cloudiness or opacity in the lens and these can occur in children with Down syndrome. If it is believed that a child has a cataract then they should come and see an ophthalmolo-

gist right away. That is one of the things that will show up when the pediatrician do their test. If there is a cataract the ophthalmologist will decide if it is visually significant. Sometimes you can have small opacities in the lens that will not degrade the image quality and those will most likely stay the same, they won't get any worse. You can watch them and they may not need any treatment. Other times, if the opacities are much larger or more central in the lens they will affect the image quality and they will prevent good vision from developing and the cataracts need to be removed. That would require surgery. Another thing you can see in children with Down syndrome is nystagmus. They can develop motor nystagmus where their eyes have a rhythmic shaking back and forth movement that they can't control. Parents may notice this back and forth movement in the eye. This may cause them to come to the ophthalmologist early. Nystagmus is seen much more commonly in children with Down syndrome. Because their eyes cannot stay steady when looking at targets it may affect their vision and reduce their best vision. So congenital motor nystagmus is another finding we see in children with Down syndrome.

There are other situations where it may seem to almost go away. In some children it is more prominent when they are infants, and is less prominent, maybe not completely go away but maybe you don't see it, as often, when they get older. Since we see it at such an early age my feeling is that it may not be diet related. It may be more of a congenital problem with eye control.

**P.D.: Is there anything that can be done to treat this?**

**Dr. Dennehy:** Some individuals who have a particular type of motor nystagmus can be helped with muscle surgery in an effort to quiet down the nystagmus. We have to evaluate each child individually to see what their pattern is and whether they would potentially benefit from a muscle surgery. My experience has been with nystagmus and children with Down syndrome that usually they don't require surgery.

**P.D.: But doesn't this affect their vision?**

**Dr. Dennehy:** It can affect or reduce their vision but it depends on how much nystagmus they have. The easier it is for you to see the nystagmus and the more often you see it the more it may affect their vision.



**P.D.: Do children with Down syndrome have a problem with Depth perception?**

**Dr. Dennehy:** Two other problems that go hand and hand with each other are misalignment of the eye and amblyopia, which is poor vision in one eye because it is not being used fully, maybe because it is crossing for drifting. Strabismus and amblyopia are very common problems in childhood. It can happen to all children. The incident of strabismus and amblyopia is about 2-4% of

**P.D.: I had one mom wondering if this could be caused by diet?**

**Dr. Dennehy:** My experience has been that we see nystagmus from very early on and that it is not necessarily present all the time. It may be present more when they look in certain directions, like far to the right or far to the left.

kids. If you took a population of kids with Down syndrome you would see the incident is much higher. We see it more frequently and we watch for it as the child is developing. If you have muscle problems and your eyes want



(Continued from page 8)

to cross you don't use them together. What you learn to do is use one eye at a time and shut the other eye off. As you shut one eye off the brain doesn't pay attention to it and it begins to lose vision and that's what amblyopia is. The treatment for muscle problem, strabismus, and lazy eye, amblyopia is to see if glasses are needed. A need for glasses may be triggering the problem. If an eye is crossing and not being used and losing vision, you need to patch the good eye to strengthen the lazy eye. Now, the normal process of using your eyes together is called binocular vision. You take the image from one eye and the image from the other eye and you put those images together in your brain and because each eye sees the world slightly different you have a slightly different view. The images aren't 100% equal. One is looking a little bit from one side and the other is looking a little from the other side. The images are actually different. The visual brain can process those images and can actually sense the differences between those images, senses the disparity in those two images. The brain's ability to immediately perceive the disparity between the two images gives you a three-dimensional view of the world. It is a process of using both eyes together. If you have normal eyes and normal binocular vision and you cover one eye you lose your sense of depth and three-dimensional quality. Children with strabismus or muscle problems may lose their ability to appreciate the three-dimensional quality that I was talking about. They may not, even with treatment, get it back 100%. Any individual who has a strabismus may lose some or all of their depth perception. Part of your depth perception comes from your experiences in the world. You through experience know



where objects are, approximately how far away they are, the size of images and things like that. So even if you lose one eye and lose your fine depth perception you still won't reach for a glass and miss it because you learn to appreciate by the size of it and its relationship to other objects approximately where it is. So you will have depth perception but not to the degree that it would be if you had two eyes that were functioning normally.

**P.D.: So do you think for our younger children and their eye problems and their disability that this might cause the problem?**

**Dr. Dennehy:** Sometimes your feeling that depth perception is missing is based on observing motor behavior like walking, steps and such. Sometimes you may have motor delay, which would make it appear as a depth perception problem, but it may actually be a motor delay. So it's very complex to separate out what is the true cause. P.D. What are Brushfield Spots and do they cause any vision problems?

**Dr. Dennehy:** Often times, especially in eyes that are lighter colored, you will see little white spots on the iris and they have been termed Brushfield Spots. They do not affect vision. The last thing we should talk about with high finding is something we already talked about, refractive error and children with Down syndrome.

These children are more likely to have a high refractive error. Sometimes being highly farsighted or highly nearsighted or having a lot of astigmatism can lead to development of strabismus or amblyopia if it's not corrected. Another cause of amblyopia is when one eye is significantly different from the other. If one eye has a clearer focus than the one eye that is clearer will become the dominant eye. The brain will pay more attention to that and the eye that is out

of focus and always blurry will tend to be shut off and lose vision.

**P.D.: What makes a doctor decide to put bifocals on our kids?**

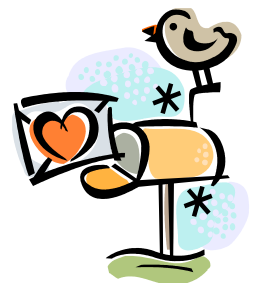
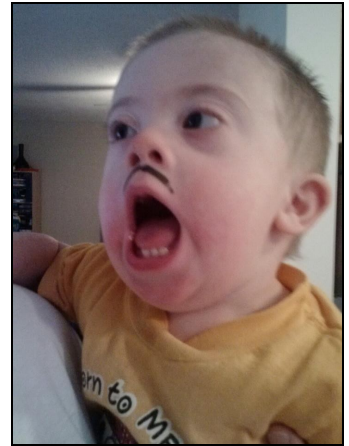
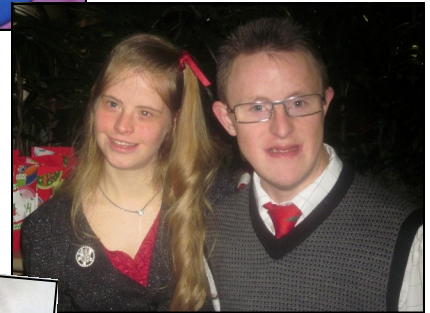
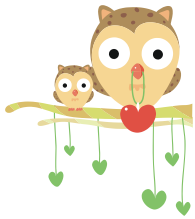
**Dr. Dennehy:** If your nearsighted and your wearing glasses you can sometimes look over the top for things that are near and see just as well. This is not a problem and it doesn't hurt your eyes to do that. Bifocals are needed in children who have eyes that are crossed. Sometimes we use them in treatment of crossing eyes. Usually what happens is if you have an eye cross where it's corrected at a distance with your glasses but if you look at a near target your eyes still cross then a bifocal is used. The bifocal will take the workload off the near and allow your eyes to be straight at near. It's a process again of where you are just trying to give your eyes the best view as possible so you can teach your brain and your visual system how to use your eyes properly. It's kind of a training to keep them straight. Some individuals can slowly be worked out of bifocals.

**P.D.: Explain Epicanthal folds and do they affect the vision?**

**Dr. Dennehy:** Epicanthal folds do not affect vision. They are more common in kids with Down syndrome but a lot of infants without Down syndrome can have them. These are folds seen on the inner part of the eye near the nose. They tend to hide some of the white part of the eye. In some individuals it can give the illusion that their eyes are crossed when actually they're not. In individuals whose eyes are crossed it can make their eyes appear to be crossed even more. The ophthalmologist will do some tests to measure the actual misalignment of their eyes and not go just by appearance.

*Reprinted from 2001 FEDS News Today*

# Smiles....



# Calendar of Events & FEDS Contacts

Feb. 5-8	6:45	Winter Olympics in Traverse City
Feb 6	7:00	Meeting for Fashion Leads @ the Talbot's
Feb. 7	7:00	Meeting for Decorating Committee @ the Talbots
Feb. 8	6:45	Club My Chance to Dance Valentine Fiesta @ Beaumont Sterling Hgts.
Feb. 12	6:45	Club My Chance to Dance lessons at Christ Methodist Church 34385 Garfield Rd. Fraser
Feb. 13	7:00	FEDS meeting at the MISD (Speaker Bethany McLain on Sign for tiny hands)
Feb. 16	10:30	Sesame Street Live at the FOX theater
Feb. 16		Polar plunge for Special Olympics
Feb. 20		Deadline to order 321 Shirts for March 13 pick up
Feb 20		Deadline to turn in auction items to have them listed in the Fashion Show brochure
Feb. 19	6:30	Bocce league at Club Venetian
Feb. 26	6:45	Club My Chance to Dance lessons at Christ Methodist Church 34385 Garfield Rd. Fraser
Feb. 27	6:45	DADS meeting at Club Venetian
Feb. 28		Last day to order tickets for the Fashion Show!

## Board

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### Vice President Special Olympics YAP Representative

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## Chairpersons

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Barb Lempinen

### Funeral Donation Chairperson

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### Let's Play Group Sign Language Specialist

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Club 21 Chairperson  
Paula DesRosiers

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Bill Marchiori - Treasurer  
Mike Moore  
Todd Gilleland

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Sterling heights, MI 48311

[www.FamiliesExploringDownSyndrome.org](http://www.FamiliesExploringDownSyndrome.org)



## **FEDS February Members Meeting**

**Wednesday, February 13, 2013**



**Why Teach Sign to Tiny Hands  
with Bethany McLain  
Meetings held at the MISD  
in Rooms 103 A-B**



**At the South end of the building**

**44001 Garfield, Clinton Twp.**

**Doors open at 7:00**

**The FEDS library will be open and available to check out and return items**

**Sitters available. Infants are welcome to stay with the parents.**