

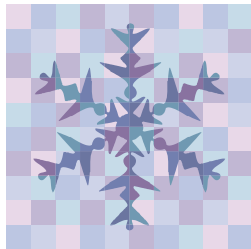


FEDS News Today

© 1990 Families Exploring Down Syndrome

Volume 25- Issue 1

January 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

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...

Happy New Year

We are off to an exciting year with lots planned for FEDS members and their families.

The coaches are ready and willing to get the Special Olympic's, **Young Athlete Program** up and running at both Peters and Boven-schen schools. Thanks to the MISD, we can continue to offer YAP to the 2 to 7 year old age group.

Bethany has plans for outings for the **Let's Play group** and Paula continues to invite all those 12 and up to join in the Club 21 **My Chance to Dance** lessons. Mary Mendez is coaching athletes in **snow shoeing** as they practice for the winter games in Mt. Pleasant next month. Frank and Cheryl Taylor are coaching the **Bocce league** on Tuesdays with the help of parent volunteers.

Fashion Show tickets are on sale from January 15 thru February 25 (or as long as there is seating available). The Fashions and the Auction chairmen are meeting and there will be weekly meeting for everything from models to decorations. Please watch the FEDS email updates for when we need to meet with the committee that you volunteered for.

Auction items can be brought to the February meeting. If you have a

large, cumbersome donation, please do not bring that to the meeting. Contact Kelly or Sarah for instructions on when we will need them brought in.

Our February meeting will find Bethany McLain speaking to the parents of the younger children about **Simple Sign** and the advantages of little ones learning "sign".

The **March** meeting will host speaker: Tom Kendziorski from Oakland ARC who will speak on: **Planning a More Secure Future** and at April's meeting we will have a speaker on nutritionist.

Appreciation Night will take place in May and information on how to nominate your "special person" will be available in upcoming newsletters.

Start planning to celebrate **World Down Syndrome Day**. Margie and Martina will be sharing ideas and T-shirts will be ordered for those that didn't receive one last year for their "special someone". See page 6.

Thank you to everyone who sent in their 2013 membership renewal. If you did not receive a letter and envelope, you can send your updated information and check (\$20) to: FEDS PO Box 1191, Sterling Heights, MI 48311

Inside this issue:

Focus on Family	2
Love & Logic	3
DADS	4
	5
Act of Kindness	6
Holiday Party Invitation	8
Of Importance!	10
Calendar of Events	11

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. FamiliesExploring-DownSyndrome.org



The Doctor is in....

Baby Have a Blocked Tear Duct?

Dr. Sears tells a concerned mom how to handle her newborn's eye discharge. Got more health questions? Check out our family health guides

By Dr. William Sears

Q. My week-old newborn has pus or what some people may call "sleep crust" coming out of his right eye, much more than the other eye. Every time he wakes up, it's crusted so that he can't even open his eye. I am just wondering if it could be allergies or an infection. We are going to bring him to the doctor, but I thought maybe you can give some general input on what could be causing this?

A. Your newborn has an easily treatable problem called a blocked tear duct. It's very common -- I see this condition with nearly half of the newborns in my pediatric practice. There are tiny tear ducts that normally drain the tears from the eyes into the cavities near the nose. Sometimes these tiny tear ducts are not completely open at birth or become clogged later on. Excess tears then well up in the eyes. As a general principle of the human body, if fluid can't normally drain, like water in a stagnant pond, it can get infected. This is what has happened in your baby. Here's how you and your doctor can clear up this condition.

Wash away the drainage. Using clear water on a clean, soft cloth, gently wipe the yellow discharge out of your baby's eyes. Do this several times a day or as often as necessary.

Massage the tear ducts. The tear ducts lie just beneath the nasal corner of the eyes. If they are very blocked, you can often feel a bump where the corners of the eyelids converge. Using the tip of a well-scrubbed finger, gently massage this area moving your fingertip in a semi-circle from the corner of the eye inward toward the nose. Do this for around five to ten

strokes at least six times a day. Make it part of your daily routine, before every diaper change for instance. Putting gentle pressure on the fluid-filled tear duct will often force the fluid through the clogged passages and open them up.

Apply mother's milk. Mothers taught me about the antibiotic value of breast milk many years ago. It's an effective home remedy, if you are breastfeeding. Around six times a day, express a couple drops of your milk onto the tip of a clean finger and place them in the nasal corner of his draining eye. Each drop of your milk contains millions of infection-fighting white blood cells and natural antibacterial substances. And, it is kinder to sensitive little eyes than prescription drugs.

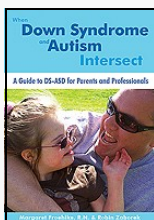
See the doctor. If these remedies don't clear up the discharge, your doctor may prescribe an antibacterial ointment or drops to be used four times a day until the tear duct opens and no further discharge occurs. Your doctor will probably advise you to use the prescription medicine in addition to all the above home remedies. On each routine well-baby checkup, report the status of your baby's tear-duct drainage to your doctor.



As baby grows, so do his tiny tear ducts. Most blocked tear ducts open and drain normally within a few weeks to a few months of using these home and doctor-prescribed treatments. Occasionally, tear ducts may remain closed because the nasal end of the ducts are sealed with membranous tissue. If they haven't opened and are still not

draining normally by the time your baby is nine months old, your doctor may refer you to a pediatric eye specialist for a procedure called tear-duct probing. This brief procedure is usually done in the doctor's office. A tiny wire is inserted through the tear ducts to unclog the passages. While usually this is done as a quick doctor's office procedure, sometimes in older babies it is done on an outpatient basis in the hospital under a light, general anesthesia.

Focus on Family will return next month:



New...In the FEDS Library

While it's well known that the incidence of autism spectrum disorders (ASD) is skyrocketing in the general population, it's less well known that ASD is even more common in people with Down syndrome.

When Down Syndrome and Autism Intersect offers a thorough examination of the unique profile of a Down Syndrome-Autism Spectrum Disorder (DS-ASD) diagnosis and best practices for screening, treatment, and caretaking through the lifespan. This one-stop resource, the first of its kind, will greatly benefit families whose child is already diagnosed, and also those who suspect something more than Down syndrome. Professionals, too, will find information on how to distinguish DS-ASD from a diagnosis of just Down syndrome, and guidance on providing services for children and adults.

Love and Logic... Insiders Club

When Toddlers Hit

Before I became a parent, I believed that my children would always solve their problems with words rather than fists.

Then I became a parent...and my kids hit me...and they hit each other.

Take heart. Practically all young children experiment with being aggressive...even when raised in loving, nonviolent homes. Our job as parents is to help them learn more peaceful ways of managing conflict. Listed below are a few tips:

Apply the "Uh Oh Song"

When your toddler hits, sing "Uh Oh," and carry them to their room, a safe highchair, a playpen, or stroller. If you are unfamiliar with this technique study our book, Love and Logic Magic for Early Childhood.

Pretend to be calm

The "Uh Oh Song" provides a practical strategy for replacing anger, lectures, threats, or spanking. Remember: The calmer you can look, the less likely your child will get hooked on seeing your face turn red.

Teach problem-solving

When your child is calm, role-play more appropriate strategies for dealing with frustration, anger, or conflict. Give them some possible options: "Some kids decide to say 'I'm mad!' rather than hitting. Some kids

decide to color with crayons when they get mad. Some kids decide to go in their room and yell at the mirror."

This type of teaching doesn't work quickly...but as they grow older, they will begin to learn that doing such things can help them stay out of trouble.



Do your best to keep them fed and rested

Hungry toddlers misbehave. So do tired ones. Too frequently, small children suffer because their parents or daycare providers expect them to cope with unrealistically busy schedules.

Let them see you getting upset AND see you handling it well.

There is nothing more powerful than backing our words with actions. What makes this attainable is remembering to take good care of ourselves so that we're not so likely to "lose it" in front of the kids.

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

Christine and I want to take this opportunity thank all of you for all the love and support you have given our family over the last several months. Yes, these last 6 months has been the most challenging time in our lives. Watching your child go through something like this, something that no child should ever have to go through is the most difficult thing that can happen to a parent. Except if they have to go through it without the love and support of people like the people that make up the F.E.D.S. community. I can't fathom what these last months would have been like without what you people brought into our lives.

To start with, the willingness to do whatever you could to make things more comfortable for us. Letting us know that there was all these people standing by waiting to do whatever necessary to help us get through this. Offering the comfort of your wisdom in having gone through the same or similar situation, to reassuring us that people do get through this. From the comfort of your prayers to the overwhelming financial support from so many to allow Christine

Thanks!



and I to have the ability to take time off work to be with Lexi at home or in the hospital when she needed us most. We will be forever grateful for that. All this coming from so many different directions, and in so many different ways. From the FEDS Board, and my fellow DADS, to the friend of a friend of a FEDS member that heard about Lexi and just



wanted to help. From the groceries or the gift cards for a restaurant when we didn't have the time or energy to shop or cook, to the beautiful cards from the kids of FEDS that would light up Lexi's face when she would open it and see the picture of a friend holding a sign saying GET WELL

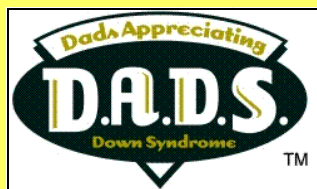
SOON LEXI, WE LOVE YOU! Anyone that knows Lexi knows how much her friends mean to her.

I hope this letter gives you all some idea as to how much you have touched our lives and how proud you should be to be part of this great community.

With all my heart, God Bless you All.

The Spencers,
Jim, Christine and Lexi

Mom's and DADS are people too!



What's on the DADS Docket?

The next meeting is Wednesday, January 30, 2013 at: **Club Venetian @ 7:00** at: 29310 John R Road Madison Heights, MI 48071



Our **2nd annual DADS/ARC IEP** class to be held as follows:

Date/Time: Wednesday, January 30th starting at 7pm

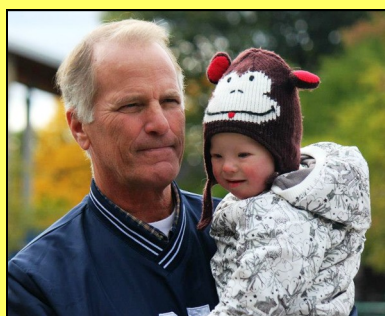
Location: Club Venetian, 29310 John R. Road, Madison Heights, MI 48071

IEP class will be taught by Macomb ARC Special Education Advocate, Laura Gressinger.

Call my cell if you have questions -

248 766-7770.

See you then,
Todd Gilleland



Coming in February!

2nd Annual Bowling Party



Mom's Night Out Ichiban Japanese Bistro

Thursday
January 24, 2013
7:00 P.M.

44955 Hayes Road
Sterling Heights
(586) 580-2546
<http://ichibanjapanesebistro.com/>

**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 October FEDS meeting or send an email to



FunEsideUp@aol.com
586-214-5091

Alumni Mom's Night Out

Abuelos

Wednesday
January 23, 2013
7:00 P.M.

44350 Schoenherr Road
Sterling Heights, MI 48313
(586) 532-7318

www.abuelos.com Please let Marian know if you are coming

so we can reserve seating.

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

mcunningham720@gmail.com

Home: 586-758-6139

Cell: 586-822-3786

Support, well wishes, donations and memorials and congratulations!

Condolences to the Magga family on the death of Maddy's grandma.

Welcome to the Marouf Family

Get Well to Bob Talbot

Welcome to the Robinson Family

An official welcome to Susan Schwerin

Welcome to the Shall Family



Welcome to the Forsthoff Family

Get well to Jennifer Bott

Get Well to Joey Martlock

Welcome to the Bolewitz Family

Get Well wishes to Susan Diener, grandmother of Ethan Hatfield.

Get well wishes to Fiona Pauwels

Support from Elaine Banaszewski

Support from Elaine Banaszewski for the Banaszewski Family

Support from the Probst Family

Get well wishes to Sofia Kmetz on her recent heart surgery.

More get well wishes to Ken Happy as he continues to recover from his tumble!

A BIG thank you to Sara Everhart for her service to FEDS for chairing the refreshment committee.

Welcome to Susan Scherwin

A late welcome to the Bairdi Family

A BIG welcome to the Jones family and thanks for the great pictures!

Welcome to the Lyjak Family

Support from the Hinson Family

A donation celebrating Katelyn from Dan & Michelle Acciavatti

Support from the LaLonde Family

Congratulations to the Stevenson Family on the birth of Marisa and Giuliana!

Congratulations to The Coe Family on their good news!

Way to go Elijah on being able to rock and roll around the house!

Welcome to the Baker Family

Welcome to the Runyon Family

Welcome to the Moe Family

Support from the Fetzer Family

A donation in celebration of Henry Shall (Grandson of Christy Box) from Dr. & Mrs Susan Andrews

A Dress Down Day donation from DeLaSalle in celebration of Caitlin Collins by her proud big brother.

A BIG thank you to the DADS for sponsoring the Photo Booth at the FEDS Holiday Party.

Thank you to Paula DesRosiers for the outstanding Holiday dinner dance for the Club 21 members.

Congratulations to the Collins Family for winning the 50/50 drawing and for their generous donation in the "adoption" fund.

Congratulation to the Tucker Family on winning the Christmas goodie basket.



Best wishes to Luke Pardue on his recent hospitalization.

Sympathy to the Lempinen Family on the loss of Eric's Uncle Mike.

Support from the Martlock Family

Support from the Coleman Family

A generous donation from Digitas

Support and a donation celebrating Jackson Galvan

Support from the Martlock's for Yvonne Mullan and Rose Stepp

Support and donation celebrating the Boyer boys from Michael & Rhianaon Boyer

Support and a donatopn celebrating Maxwell Beardsley from Alan and Marsha Arndt

Support and a donation celebrating Katelyn from the Acciavatti's

Support and a donation celebrating Anna from Theresa Dearhamer

Support from the DenDoooven's

Support from the Earl Family

Support from the Gilleland's

Support from Patricia Haver

Support from the Krause Family

Support from the Kucharski Family

Support from the Laws Family

Support from the Salembier Family

Support from the Schewe Family

Support from the Spencer Family

Support from the Walczak Family

Support from the DesRosiers Family

Support from the Talbot Family

Support from Patricia Cox

Support from the Tatge Family

Support and a donation celebrating Scott's 25th Birthday from the Wiedleman Family

Support from the Hughes Family

Support from the Menczywor Family

Support and well wishes cont....

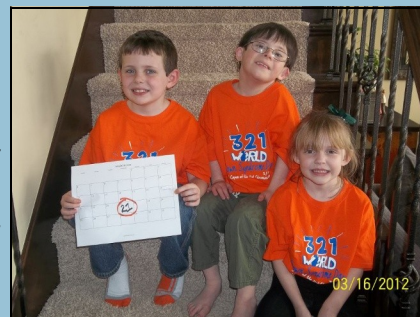
Support from the Biafora Family	Support from the Rhonda Salhaney	Support from the Karr Family
Support from the Cunningham Family	Support from David and Nancy Tamulevich	Support from the Klemm Family
Support and a donation celebrating Preston from Pat and Tony Drabik	Support and a donation celebrating Jackson Wade Bruce from the Tomlinson Family	Support from the Michael Moore Family
Support from the Gray Family	Support for the Wren Family	Support from the Nagy Family
Support from the Dubai Family	Support from the Visocchi Family	Support from the Rivard Family
Support and a donation celebrating Dylan from Jennifer Faunce	Support from the Whitlock Family	Support from the Michael Tamulevich Family
Support for Suzanne Faunce from Jennifer Faunce.	Support from the Hipps Family	Support and a donation celebrating Carleigh from the Tucker Family
Support from the Fry Family	Support from the Abraham Family	Support from Frank & Cheryl Taylor
Support from the Hutchcraft Family	Support from the Gatti's	Support from the Taylors for the Troy Taylor Family
Support from the Kew Family	Support from Deni Witte	Support from the Taylors for the Tom Taylor Family
Support from the McGillen Family	Support from the Asmus Family	Support from the Wheelock Family
Support from Victoria Millette	Support from the Berry Family	Get Well wishes to Amanda Hashemi
Support from the Moehlig Family	Support from the Coe Family	
Support from the Relph Family	Support from Sheryle Fournier	
	Support from Victoria Funk	

World Down Syndrome Day

World Down Syndrome Day is annually observed on March 21 to raise public awareness of Down syndrome, a congenital disorder caused by having an extra 21st chromosome.

World Down Syndrome Day is observed in more than 60 countries worldwide. Many organizations and communities, including the United Nations (UN) and Down Syndrome International, promote World Down Syndrome Day to raise people's awareness and understanding of Down syndrome.

Activities and events that take place on March 21 showcase the abilities and accomplishments of people with Down syndrome. These events also focus on encouraging independence, self-advocacy and freedom of choices for people with Down syndrome.



Free World Down Syndrome Day T-Shirts will be available for all babies, children and adults FEDS members **with Down Syndrome** who DID NOT receive one last year. Because there was such a demand for additional shirts, you will be able to order and purchase additional shirts for the family, starting February 1st. Until February 25. The shirts will be available for pick up at the March 13 FEDS meeting. (All shirts not claimed at the meeting, will be offered for sale at the Fashion Show merchandise table on March 17. The T-shirt order form will be sent out in a FEDS email Update. Make sure we have a current email address for you!

Never Say Never

By Beverly Beckham

"The tooth is missing. It will never come in. Missing teeth are common among children with Down syndrome," the specialist told my daughter and son-in-law months ago. He didn't cushion his words. He didn't say, "May not." He said never. And then last week, there it was—a lower right lateral incisor, next to her lower right central incisor, exactly where it belongs.

"Well, what do you know, Lucy Rose," I said, standing all 35 inches of her in front of a mirror. "Look at what you have—a brand new shiny, white tooth!" I called my daughter at work. "I know," she said. "I saw it this morning. Can you believe it?" I can now. Because it is here in front of me. But I thought never, too. Because the specialists said. And once again, I believed someone I shouldn't have, someone who doesn't know Lucy.

She will never walk... He will never speak... She will never go to college... She will never have a full set of teeth.

When you have a child with special needs—with Down syndrome, with autism, with diabetes, with muscular dystrophy—with anything that's chronic and defies a cure—you hear "never" all the time. Doctors say it. Strangers think it. And it rubs off.

It's what we thought—Lucy's mom and dad, grandparents, aunts, uncles—in the beginning after Lucy was born and doctors and nurses looked at her, and us, with a "There, but for the grace of God, go I" in their eyes. It's a great misstatement, this phrase, a

huge spiritual falsehood because it means that God withholds his grace from some people and bestows it on others, who are then spared from tragedy.

This isn't true. God doesn't withhold grace. In fact it was through the grace of God that Lucy came to us.

Lucy, who is almost four now. Lucy with her new front tooth. Lucy who has surprise doctors and keeps surprising us.

She made a joke the other day. We were in the kitchen and the window was open and I said, "Listen to the birdie, LuLu," because something was crowing madly in the backyard. And Lucy, who has heard me tease, a million times, that a cow says oink and a pig says meow—and then she corrects me, because she knows it's a game—looked me straight in the eyes, shook her head and said and signed "Mouse." Mouse. Not bird. See how clever I am, Lucy was saying.

She is clever. And resourceful. Two days ago, she was trying to tell me something about a rainbow and was signing and saying "bow" over and over. But I wasn't understanding. So I was guessing. "Cookie? Ball? Outside? Plane? I don't know, Lucy. I'm sorry. I'm not getting it." And instead of screaming in frustration or giving up—she never gives up—she sat still for a moment. Then she hopped off the couch, walked to the TV, opened the cabinet door, rifled through about a dozen DVDs, found one with a rainbow on the front and handed it to me. "Oh! Rainbow!" I yelled like a game show contestant who through no skill of her own wins first prize. "Yes," Lucy said.

Then she hugged me and forgave my incompetence and smiled.

Prenatal tests target children like Lucy and doctors apologize when children like Lucy are born. Lucy is a child the world would choose not to have. Foolish, foolish world. She will never do all the things that typical kids do. That's what the experts say. What they fail to mention is all that she will do. I read this on a website recently and copied and pasted it in my journal. "Common characteristics observed in [people with Down syndrome]: natural spontaneity, genuine warmth, penetrating clarity in relating to other people, gentleness, patience and



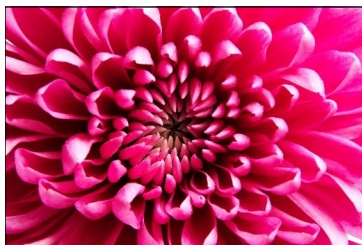
tolerance, complete honesty and the ability to engage in unfettered enjoyment of life's gifts." I watch Lucy and her unfettered enjoyment of life's gifts. I watch and I learn from my first grandchild, who is life's gift to me.

From DSPress, Vol. 31 #3, Summer 2012, newsletter of the Down Syndrome Association of Greater Cincinnati (DSAGC)

Editorial Thoughts... On Being Tender

By Margaret W. Lewis, Webster Groves, MO

There is a dilemma, as an editor, in meeting the needs of the public relations impact, of proving beyond the measure of a doubt that children and adults with Down syndrome have potential—that formerly inconceivable capacities are possible for people with Down syndrome. The dilemma is that, in striking out with our best foot forward, we sometimes run the risk of kicking, quite cruelly, some parent whose cherished child will never go to high school, never give a public talk, perhaps never even speak at all.



Continually we hear talk of stories of success, tip-top achievements. Often there is humor and gentle acceptance of imperfections, but in each of us as parents there seems to emerge that insidious seed of wanting to have, as someone put it, the best child with Down syndrome. Having conquered (we like to believe) the grief of not having the "normal" child we ex-

pected, we still play for the winner's circle.

And it is good to have high expectations—good to take joy in the little triumphs, good to show a doubting public that our kids, too, are wunderkinds. But where is the line, where is the edge of tenderness that keeps us aware of the hurt of others? The great thing we, as parents of children with Down syndrome, share with one another is the vulnerability we each inherited when our particular child was born to us. The automatic humbling came to us every one, and out of it was created a kinship unlike any other but that pain can bring.

In the end, of course, it's a matter of individuality. The final joy is in the achievement, the communication—whatever level—of each child as him or herself. The final proof of our humanity is in the non-comparing love we show for our children and for each other.

But, if chance has dealt you a "high-functioning" kid, take a few minutes and role-play the part of the parent of a child who doesn't read, or count, or jabber hundreds of words. How do you

(Continued on page 10)

Families Exploring Down Syndrome

Down the Runway IV

Fashion Show and Silent Auction

March 17, 2013

Banquet doors open at: 12:00 p.m.

Silent Auction in the Lobby Area begins @ 11:00

Lunch will be served @ 1:00

Fashion Show begins @ 2:00

Times subject to change

Best Western

Sterling Inn

34911 Van Dyke Ave. at
15 Mile Road (southwest corner)
Sterling Heights, MI

**Families Exploring Down
Syndrome**

PO Box 1191

Sterling Heights, MI 48311

Phone 586-977-8027

Fax: 586-977-1971

Email: FEDSyndrome@aol.com

Families Exploring Down Syndrome is non-profit, tax exempt, 503-C charitable organization serving Macomb County and the Tri County area

- Luncheon
- Silent Auction
- Fashion Show
- "Live" Purse Auction

Auction Items include:

Golf Outings

Get-Away packages

Hot Air Balloon Rides

Sports Memorabilia

Theater Tickets

The models for this year's **Down the Runway IV Fashion Show** are children, teens and young adults with **Down syndrome** as well as their siblings, parents and grandparents. We invite you to join us once again as the special smiling faces enjoy the limelight. This is a popular "must see" event that will make memories that last a lifetime. Join us for this special event. You'll be glad you did!

TICKET SALES

Tickets are ONLY available by mail.

Tickets/seating will be assigned on a first come basis.

Tickets will
be mailed
out on
March 1,
2013

Tables have seating for ten.

Ticket prices are as follows:

Teens and Adults: \$35.00

Children 3 to 12 are: \$20.00

Infants and toddlers under 3

who do not require a meal are free.

Everyone MUST have a ticket.

Order form on reverse side.

(Booster seats and high chairs are limited;
please feel free to bring your own.)

No strollers please

CASH Bar Available

Families Exploring Down Syndrome
presents

Down the Runway IV

Fashion Show and Silent Auction

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: Day _____ Night _____ Email: _____

_____ Adult/Teen ticket :..... \$35.00.....\$ _____
_____ Children's ticket:..... \$20.00 (age 3 to 12).....\$ _____
_____ Infant & Toddlers (0-3) **No meal, seat only**.....\$ FREE
_____ Total ticket donation..... Total enclosed.....\$ _____

If you are purchasing an entire table,
please fill out the form below and include payment for entire table with this form.

Tickets go on sale January 15, 2013 and the DEADLINE to purchase tickets is: February 28, 2013.

Please make check payable to:

Families Exploring Down Syndrome

To avoid delays, please send your order to

Down the Runway IV -Ticket Chairperson:

**Mary Mendez
2718 Rhodes
Troy, MI 48083**

Contact Mary@ mary-a-mendez@sbcglobal.net

_____ Table(s) reserved in the name of:

~Your name~

Special instructions:

Number of Vegan (V) meals needed: _____

Child _____ or Adult _____

Number of Gluten Free (GF) meals needed: _____

Child _____ or Adult _____

For office use only:

Date received: _____ Check number: _____

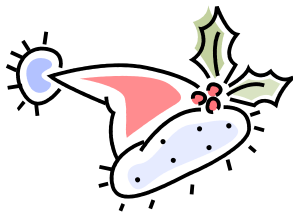
Amount received: _____

Table assigned: _____

Special meals: Adult _____ Child _____ Type: _____

Date tickets sent: _____

Thank you ...



(Continued from page 7)

insulate yourself from the "What did I do wrong?" feelings, the "Maybe if I try harder..." feelings, the just plain jealous, wounded feelings that surge up over the triumphs of another child—particularly one close to your own child's age—and then the guilty feelings of knowing you SHOULD be taking unalloyed pleasure in the achievements of someone else's little genius?

We need to interact with one another as parents and encourage

one another with reasonable expectations. Let us be sure that we are not reduced to bragging at the expense of someone else's dignity and despair. Our advocacy is for every single child born with Down syndrome, not just the cream of the crop!

From Down Syndrome News, Vol. 24 #2 Editorial Thoughts... On Being Tender

Calendar of Events & FEDS Contacts

Jan. 16	6:45	Club My Chance to Dance lessons at Christ Methodist Church 34385 Garfield Rd. Fraser
Jan. 17	7:00	Board Meeting - Beaumont Sterling heights
Jan. 19	10-12	Family Day at the New Rink
Jan.22	6:30	Bocce league at Club Venetian
Jan. 23	7:00	Alumni Mom's Night Out - Abuelos in Sterling Heights. (See page 4)
Jan. 24	7:00	Mom's Night Out - Ichiban Japanese Bistro (See page 4)
Jan. 26	12:30	Special Olympic's Bowling
Jan. 29	6:45	Club My Chance to Dance lessons at Christ Methodist Church 34385 Garfield Rd. Fraser
Jan. 30	7:00	DADS Meeting - 2nd annual DADS/ARC IEP presentation
Feb. 5	6:30	Bocce league at Club Venetian
Feb. 5-8	6:45	Winter Olympics in Traverse City
Feb. 8	6:45	Club My Chance to Dance Valentine Dance @ Beaumont Sterling Hgts.
Feb. 8		Mom's Night Out: Drag Queen BINGO
Feb. 13	7:00	FEDS meeting at the MISD

Board

President
ARC Liaison
 Martina Pardue
martina_gatti@hotmail.com
 586-453-3669

Vice President
Special Olympics
YAP Representative
Parent to Parent Program Coordinator
Greeter & Membership
 Margie Wheelock
wheelszoo@yahoo.com
 248-375-5323

Treasurer
 Barb Lempinen
blemp56@hotmail.com
 586-754-7180

Recording Secretary
Special Olympics
Scholarships
Alumni Mom's Night Out
 Marian Cunningham
mcunningham720@gmail.com
 586-758-6139

Corresponding Secretary
Tickets
 Cheryl Taylor
fctaylor@comcast.net
 586-939-8414

Lynn Gilleland
Holiday Party Co-Chair
NDSS, NDSC, DSAIA Liaison
Artist Extraordinaire
Fashion Show Co-chair
lynngilleland@sbcglobal.net
 586-752-2063.

Sarah Schultz
Appreciation Night
Facebook
FunESideUP@aol.com
 586-214-5091

Exec. Director
Fashion Show Co-Chair
Newsletter
 Lucy Talbot
Bobalou49@aol.com
 586-977-8027

Advisory Board

Kathy Tessmar
Dress Down Days
Focus on Family
tssmrkthy@yahoo.com
 248-630-5974

Deanne Moore
Holiday Party Co-Chair
Deanne135@gmail.com
 248-726-1369

Kristin Karr
Web site calendar
YAP Coach-Peters
k34karr@hotmail.com
 586-913-7369

Kadi Coe
Library
YAP Coach-Peters
kadijo@hotmail.com

Jamie Rivard
macsmom1124@yahoo.com
 (586) 580-3534

Mom's Night Out
 Kelly Spagnuolo

caterkelly@comcast.net
 Sarah Schultz
FunESideUP@aol.com

Chairpersons

Funeral Donation Chairperson
 Karen Relph 586-354-6429
krelph1@wowway.com

Let's Play Group
Sign Language Specialist
 Bethany McLain

Bethany_McLain@signlanguage-servicesofmichigan.com

Hospitality Co-Chairs
 Dana Klemm
bradklemm@yahoo.com
 Cathy Martlock
cathmart@netzero.net

2013 KofC Tootsie Roll Drive
 Sheryl Fournier
sherylef09@hotmail.com
 586-778-0248

Medical Consultant

New Parent/Hospital Folders
Club 21 Chairperson
 Paula DesRosiers
 586-978-9066
Jdero1@yahoo.com

2012 Picnic Co-Chairpersons
Sheryle Fournier
sherylef09@hotmail.com
 586-778-0248
Margie Buresh
mjburesh@hdp.com
 586-573-8613

2012 Pizza Night Chairpersons

MISD Liaison
 Mary Mendez
mary-a-mendez@sbcglobal.net
 248-680-1951

Bocce League Coaches
Frank & Cheryl Taylor
fctaylor@comcast.net
 586-939-8414

Webmaster
 Eric Schultz
baloo0724@aol.com

YAP Coaches
 Bovenschien

Cathy Martlock
cathmart@netzero.net

Julene Drabik
jdrabik@levelonebank.com

D.A.D.S Officers

Jim Spencer - Golf Outing
 Bill Marchiori - Treasurer
 Mike Moore
 Todd Gilleland

Families Exploring Down Syndrome

PO Box 1191

Sterling heights, MI 48311

www.FamiliesExploringDownSyndrome.org



FEDS February Members Meeting

Wednesday, February 13, 2013



**Meetings held at the MISD
in the Michigan/Superior rooms at the
NORTH end of the building**



**4400 I Garfield, Clinton Twp.
Doors open at 7:00**

**The FEDS library will be open and available to check out and return items
Sitters for toddlers and walkers. Infants are welcome to stay with the parents.**