

NADSNEWS



Center Stage
Dancers at NADS
Fashion Show

The Newsletter of the National Association for Down Syndrome

March, 2008

NADS 2007 Fashion Show

We continue to celebrate the success of our Fashion Show and are happy to share more of our models with NADS members:

Ariana Elizabeth Siannas - was born



October 28, 2004. She has been very busy participating in so many great activities from Buddy Walks to photo shoots. Ariana is becoming quite the little girl. Over the summer she began sleeping in a big girl princess bed, which she loves. She adores playing with her baby dolls, dancing to Ralph's World and imitating everything we do from washing cars to talking on the phone. She enjoys hanging out with her 2 favorite people: daddy and her brother Alec. Her favorite bedtime stories are Sweet Dreams and Five Little Monkeys. This fall she is starting preschool, which we know she will love. She is always looking to make new friends and learn new things. She is a fun little girl, and we all love watching the new things she has to show us. She is definitely our little princess and she knows it!



Austin Cleary - Austin is a 7-year-old Napervillean and is #1 in seniority in the Cleary clan. He enjoys soccer, T-ball and making his little sister cry. When not checking boxes on his daily to-do list, which include therapies, swimming, trips to the park and inciting small riots, he has a strong desire to watch movies, in particular

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Exec. Director M. Sheila Hebein
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Fashion Show

Continued from page 1

anything about animals.

Austin is a leader who enjoys his role as big brother, in particular when others are in "time-outs" for behavior detrimental to the team. His days are full of blue sky and he is always willing to share a hug or kiss and let you know how beautiful or handsome you are. This year's big event was a first visit from the tooth fairy - Austin enjoyed saving his windfall for ice cream treats. Austin loves being on stage and thoroughly enjoys his role in the NADS fashion show.



Ryan Christiansen

Olivia Sprecher, age 17.

My brother Ryan - an excerpt from his big sister's speech for Oral Communication, February 8, 2006. Rabbi Julius Gordon once said, "Love is not blind - it sees more, not less. But because it sees more, it is willing to see less." His words mean that everyone can be loved, no matter their appearance or imperfections. Ryan has not only changed my outlook on life, but has helped me realize that at heart, we are all the same no matter what we appear to be or look like. He has taught me that love is the greatest gift you can give and continues to teach me every time he flashes one of his smiles. If we just look past our differences, we will discover how

much sweeter life really is. My brother has showed me this and so much more beginning with his birth, through his growth, and the impact he has made on the world.



Alex Hauser - I am 22 years old and live with my parents in Evanston, IL. I graduated from Evanston High School a year ago and last year I attended the Passages Program at National Louis University. In September 2007 I'll be moving into a dorm to attend the PACE Program at National Louis. I'm a little nervous but also excited. I have a boyfriend named Jessie and we hope to marry someday. I love to travel and have been all over Europe as well as Hawaii, many U.S. states, and the Caribbean with my parents. My best friend is Aurora and we do everything together but mostly we love to talk about our boyfriends. Aurora has been on many trips with my family. One day I would like to have my own apartment, get a job and be married.▲

Model Bios

Written by family members for the Fashion Show Program
Photos by Kelley Demas Photography - <http://www.kelleydemas-photography.com>
847-650-5163

What is the World Coming To?

Sheila Hebein

Torture in Serbia

In November we learned in a report by the organization, Mental Disability Rights International (MDRI), that individuals with Down syndrome were being tortured in institutions in Serbia. According to the MDRI report, residents were chained to beds and denied the most basic hygiene and medical care. One of the investigators observed, "There

they were innocents who were murdered by the terrorists

were rows upon rows of young people with Down syndrome. These children were mobile and can move around. But they are being left in metal coffins to lie there until the day they die." We are grateful to the MDRI for bringing these atrocities to light and we join them in vigorously protesting the deplorable conditions in which children with Down syndrome are forced to live in Serbia. We and affiliate Down syndrome support groups around the country have encouraged the two national groups in the U.S., the National Down Syndrome Society and the National Down Syndrome Congress, to speak out for the Down syndrome community in the United States in protesting this abuse. For more information, go to the MDRI website: <http://www.mdri.org>

Women with Down Syndrome Murdered in Iraq

On February 1st, 2008, remote-controlled explosives were strapped to two women with Down syndrome and detonated in coordinated attacks in 2 pet markets in Baghdad. More than 90 people were killed in these attacks and more than a hundred people were injured. The chief

Iraqi military spokesman in Baghdad, Brigadier General Qassim al-Moussawi, indicated that the explosives were detonated by remote control and that the women probably did not understand what was happening to them. (Can you imagine that?!)

On February 2nd NADS issued the following statement and sent it to the Chicago Tribune and Sun Times. This statement is posted on our website (www.nads.org) along with the joint statement issued by the National Down Syndrome Congress and National Down Syndrome Society.

"The National Association for Down Syndrome joins the National Down Syndrome Congress, the National Down Syndrome Society, and other Down syndrome

advocacy groups around the world in condemning the despicable acts of depravity by terrorists in recent bombings in Iraq.

Terrorists reached a shocking new moral low on February 1, 2008 when they maliciously strapped bombs to 2 women with Down syndrome and sent them into 2 different pet markets to explode bombs that killed more than 90 people.

Clearly these women were not suicide bombers – they were innocents who were murdered by the terrorists, as were all those who died in this attack.

Even by the dreadful standards previously set by such attacks, this was surely a new low and a moral outrage that should appall all decent people."

Our hearts go out to people with Down syndrome in other countries who are exploited and denied opportunities and acceptance, and we must speak out on their behalf. We are grateful for the strides we have made in the United States, and as you will see in this newsletter, children and adults with Down syndrome can thrive and excel when given a chance and the love of their families.▲

NADS Position Opening

NADS has an opening for an Office Coordinator/Administrative Assistant. This is a full-time position. Must have clerical experience, excellent computer skills – Windows operating system and knowledge of QuickBooks. Must also have excellent communication and interpersonal skills. The person in this position will be based in our office in Park Ridge, IL. For more information, contact Sheila Hebein at **630-325-9112**.▲

Public Speaker Training

In the spring, we will be training parents to become public speakers for NADS. Our public speakers give presentations in schools, hospitals, colleges and to a variety of community organizations. If you are interested in becoming a public speaker, please call us at **630-325-9112**.▲

Daily Celebrations

By Dawn Duesler

People often tell me I see the glass half-full; I am the forever optimist. I guess this was always true, especially when the doctor put our squirmy, red-faced little girl in my arms for the first time. I remember this moment vividly, nodding at the doctor's apprehensive words, as if he were at a distance, family and hospital staff carefully watching me. Even as the doctor was telling me that he had "some concerns," and "are you familiar with Down syndrome?" the focus was my beautiful daughter. Her hearty cries filled the silent room, but all I could do was smile and stare at the cause of my newfound and growing love.

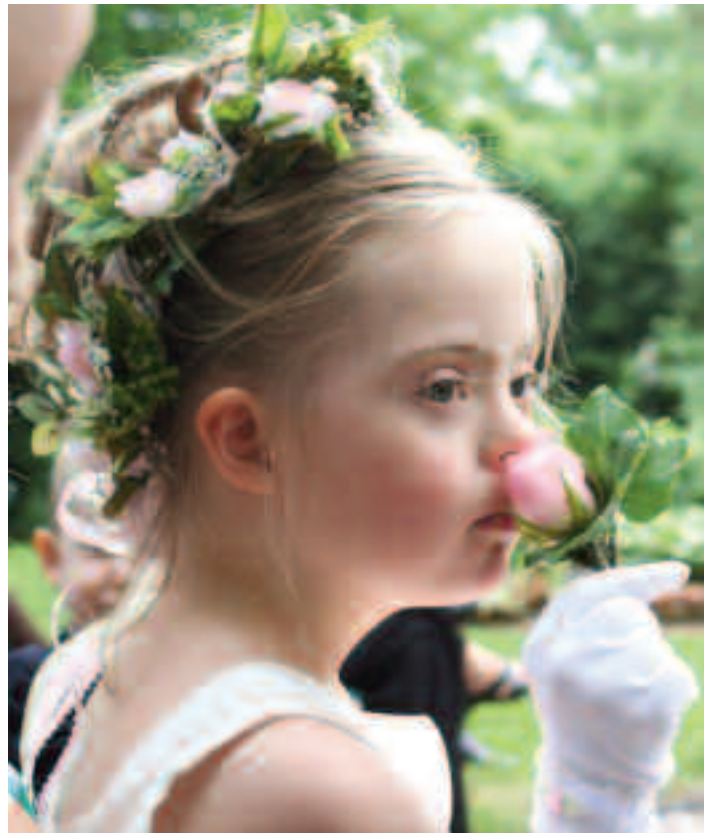
Joanna, or "Joey" as we fondly call her, came into this world willful and determined to be her own person. Even though I knew I would face challenges with her, I couldn't be prepared for the combination of those challenges intertwined with the daily struggles of just being a new parent. My first bit of advice was firmly delivered from our pediatrician: "Just go home and enjoy your baby." Such a simple lesson in a turbulent time, yet so easy to do. And so the celebrations continued.

I've always counted my blessings, but Joey showed me how to celebrate them as well. I am blessed to have supportive

family and friends surrounding me who have accepted and loved Joey from the start. Though I exchange day-to-day motherhood stories with old friends, I realize I have something they will never have. Yes, a child with special needs, but also, a deeper appreciation for things many take for granted.

Sure, there are those milestones parents celebrate: first smiles, first words, first steps. But when my speech-delayed daughter ordered her own food, saying "thank you so much" to a smiling restaurant server; when she instinctively and gently hugged a crying friend; when she belted out songs from the radio, remembering the names of the artists who sang them, nobody celebrated like I did. Sometimes they were joyous celebrations shared with family and friends. Sometimes they were quiet inner celebrations--little dances in my head, my fists triumphantly pumping in my mind. Each day, as Joey learns new things, she continues to thrill us with her accomplishments, big and small.

Along the way, I have met amazing people who also have children with special needs. There is a special kind of bond with them I couldn't have with anyone else. Comparing health issues, therapists, and behavior mysteries leaves me with a feeling of camaraderie on this journey. Although I have certainly kept my dear old friends, I've made some



that have enriched my life beyond words.

On a daily basis, I continue to struggle up that hill of parental challenges as all parents do. Issues at school, with friends, lack of motivation at home; all the things that leave me scratching my head. Parenting in general didn't come with a manual, not to mention parenting a child with special needs. So although some days are cloudy, Joey is my silver lining. She has a gift of knowing when I need a hug on a not-so-great day. Overcoming a behavior issue at school deserves a dinner at Red Lobster. Finally using the toilet--independently--was cause for a party in our house. Solely her smile and her triumphant "I did it!" makes all the sunless days worthwhile.

Joey has a way of mak-

ing me see the simple pleasures in the world. Seeing things through her eyes is like seeing an ocean sunset in person, rather than just viewing a photograph. Her excitement is contagious. People in her life are treated like celebrities while she runs, beaming, to greet them. Simple praise for accomplishing the simplest of tasks radiates in her smile. Her giggles make you feel giddy inside. Her nurturing heart lets her little brother know she's looking out for him. These are the blessings I get to live with every day as her parent.

I often think about how lucky I am to be her mom in this day and age, with so many resources at my fingertips. Sadly, I've read about conditions our special children in the past had to endure as soon as

they took their first breath. Heartless institutions, lack of meaningful relationships, no job opportunities, no feelings of pride. So many missed chances of being raised as happy citizens as their developments went underestimated. Now I see teachers, among others, who adore my daughter because she's happy and she spreads that happiness. Her endless curiosity keeps them forever on their toes. They work hard to give her all the opportunities she deserves, yet guide her with a strong and unforeseen patience.

It warms my heart to see people who see my daughter as Joey, not just as a little girl with Down syndrome. For some, it may have taken longer to really know her, but nonetheless, however long their journey, they got there. Such is the way of my special little girl. I watch her with pride, as she develops in her own time. She is that late blossom that emerges just when the garden seems full. The blossom is a different color and stands out from the others, yet its brilliant beauty adds a special touch.

I wish I could stop and smell the roses as Joey does, oblivious to the thorns that come her way. She enjoys life in the now-unafraid, certain, confident, leisurely. To hurry is to miss the good stuff. Such a simple lesson. In my daughter's eyes, there are countless reasons to stop and celebrate, so how could I not? ▲

SPORTS PROFILE

Mary Therese Simons

Profile by Ken Ryan

From *THE DOINGS NEWSPAPERS*, December 27, 2007

Birthdate - Sept. 12, 1988

She is: A senior with Down syndrome on the Hinsdale Central Special Olympics coed basketball team, which also includes juniors Dan Baker, Connor Brennan, Matt Fischer, Paul Gilbert, Bryal Peterson and Brian Santangelo.

Simons was a three-sport athlete, playing mainstream basketball, soccer and softball in the River Forest Park District before her family moved to Hinsdale.

Hinsdale Central's next game is Jan. 9 at Neuqua Valley and then it will compete in a district tournament Jan. 27 before closing out the regular season Feb. 2 at Hinsdale Central's field-house against Southeast Association for Special Parks and Recreation.

Vital Statistics: She lives in Hinsdale with her parents, Ray and Janet.

I've been playing basketball: "For a long time, since first grade."

The best of playing basketball is: "I love to play it. It's really fun and I enjoy doing it. My favorite part is shooting. My nickname (given by Hinsdale Central coach Skip Begley) is 'Shooter.'"

The toughest part of playing basketball is:

"Shooting over tall people."

I practice my shooting: "A lot at my health club downtown with my dad. Playing basketball in California (during visits there) helps a lot, too."

Being part of a team is:

"Feels great because I like passing and defending to help my team. I have good teammates."

I also like to play:

"Baseball (softball) and soccer. I played those sports through eighth grade. My dad was the coach. I liked that because I love my dad very much. I enjoy doing sports and my dad was a good coach at that time. I like batting and getting home runs in baseball, and I like running a lot and scoring some goals in soccer. Basketball is my favorite sport, though."

I like to run: "On the

Stanford (University) track when I'm in California. It's exciting. I also like the part when I get the java juice at the end. That's like a reward I get at the end. The running is hard, but I do it.



Favorite books: "'Harry Potter' by J.K. Rowling. I really enjoy her books and I got the DVD. I'm a fan of Harry Potter and I'm going to get the new Harry Potter DVD for Christmas. I'm excited about that."

Favorite movies: "'The Princess Diaries 2' and 'Bend it Like Beckham.'"

Favorite music: "'The Princess Diaries 2' (soundtrack). I like listening to it in the car. My favorite song is 'This is My Time' by Raven (Symoné)."

Favorite athlete: "I don't really have one, but I had fun when I saw Michael Jordan play basketball."

Favorite subject in school: "I like all of my classes. I really enjoy digital imaging because I get to use computers for art, and I love art."

I would like to play: "More team sports."

I would like to meet: "J.K. Rowling."

Three words that best describe me: "Hard-working, enthusiastic and friendly." ▲

Age of Father

The *Daily Herald* recently published an article by Mark Teich of Psychology Today Magazine, "How old is too old to father a child?" (January 7, 2008). The article brings to light new research being done showing the impact of aging on male reproduction. Scientists have long known that the risks of bearing a child with Down syndrome increase with age for women, but new studies are showing that those risks are also present for men. Urologist Harry Fisch, the director of the Male Reproductive Center at Columbia Presbyterian Hospital in New York, estimates that when both parents are over 35, the father may be

Men, like women, have a "biological clock" to a much greater extent than previously thought.

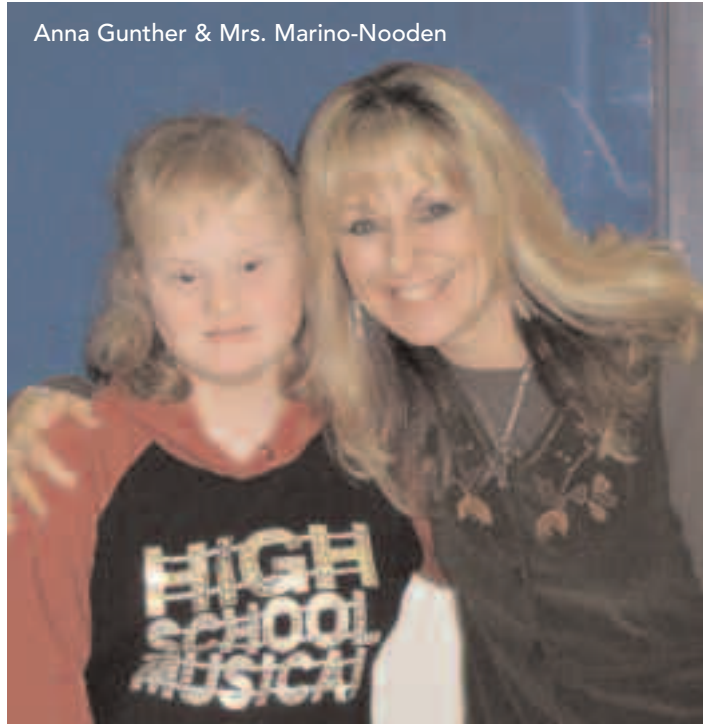
responsible for up to half of the cases of Down syndrome.

Men, like women, have a "biological clock" to a much greater extent than previously thought. The risks of infertility and of a child born with birth defects all rise with paternal age. The chance of having a child with Autism is almost six times greater for men over 40 than men under 30, and up to a third of all cases of schizophrenia can be linked to the age of the father.

Ethylin Wang Jabs, professor of pediatric genetics at Johns Hopkins University, theorizes that the genetic mutations involved in some of these increases could be accounted for by the nature of male reproduction, in which genetic replication must occur many more times than for women, who are born with a limited number of eggs, only one of which matures each month through their fertile years. Men experience a longer and more gradual decline in their fertility. The DNA replication process seems to become gradually more inefficient as men get older. Factors which affect health, such as smoking and drinking, can also affect the health of the male reproductive system, and those effects can accumulate with age.

Researchers stress that men should not panic, but they should make an effort to take good care of themselves in order to minimize damage to their bodies and slow the declines which can come with aging. Men cannot turn back their biological clocks, any more than women can, but they can slow them down.▲

Anna Gunther & Mrs. Marino-Nooden



Assistant Choir Director

Carla Stough

My granddaughter, Anna Gunther, was born 15 years ago and has had a love for music from day one. She loves to sing and has a vast collection of tapes and CDs that entertain her for hours. As a freshman at Wheaton North High School in Wheaton, Anna was invited to join the Choir. She had been an enthusiastic member of the chorus at the middle school level and was thrilled to be included in the high school group. Second period chorus is her favorite time of day, and the students in the chorus have accepted her as part of the group. While preparing for the Fall concert the director noticed that Anna often was going through the motions of leading the choir. When asked if she would like to help direct the chorus, Anna immediately agreed. And so this past week Anna joined her wonderful teacher in leading 240 students in a patriotic medley at the Fall concert. Anna is presently the only student at this high school with Down syndrome and to see her able to participate in this way was a thrill for her family and friends. Our thanks to Ms. Marino, who saw a student who could and would participate in this way. She is truly an amazing teacher-so full of enthusiasm and energy. Our thanks to Ms. Marino for making music such a special experience for Anna as well as the students at Wheaton North High School.▲

MUSIC THERAPY:

In Tune with Down Syndrome

Melaine Pohlman, MT-BC, DT

Chances are that if you're reading this article, you've encountered either a child or an adult with Down syndrome who loves music. Whether it is a favorite children's song, a pop hit or an old Broadway tune, you have likely heard it sung with true heart, conviction and a smile. This love of music can offer them many opportunities, especially in a Music Therapy setting.

Music Therapy is the intentional use of music and its elements by a credentialed professional to address psychological, physical, social, and sensory, communication and cognitive functioning. A Music Therapist develops individualized interventions that provide clients opportunities to create, play, interact with and listen to music while addressing non-musical goals and objectives.

Board Certified Music Therapists have unique and in depth training including a minimum of a bachelor's degree and coursework in music, psychology, biological, social and behavioral sciences, and anatomy. In addition they participate in clinical experiences throughout their training. They are accomplished on a variety of instruments and voice. Music Therapists are a valuable part of inter-disciplinary teams. They are able to address goals and objectives across all domains of a client's functioning, using music and its elements to address individual needs.

Music Therapy sessions can occur in both individual and group settings. Individuals with Down syndrome have benefited from Music Therapy services in numerous and various ways. Young children in the Early Intervention system achieve developmental milestones through the use of Music Therapy as part of their therapy routine. School-aged children achieve educational goals and objectives with Music Therapy interventions that help them to understand, utilize and remember academic concepts. Adolescents in a group setting benefit from opportunities for increased self-expression and. Adults with Down syndrome can have increased socialization, expression and increased relaxation through Music Therapy. Regardless of age or level of functioning, Music Therapists are able to be in tune with a client with Down syndrome!

To learn more about Music Therapy, visit the American Music Therapy Association at www.musictherapy.org. Melaine Pohlman, MT-BC, DT is a Board Certified Music Therapist and Developmental Therapist currently living in Geneva, IL. She maintains a private practice providing Music Therapy services for children and adults with special needs. For more information or to inquire about services for your particular needs, contact her at mpohlmanmtbc@hotmail.com▲



Special Ed Advocacy Center

The Special Ed Advocacy Center (SEAC) is a non-profit organization whose mission is to ensure that children with disabilities in the Chicagoland area receive all appropriate educational services provided under current law. SEAC provides free legal representation to low-income parents and caregivers of children with disabilities seeking to obtain appropriate educational and early intervention services for their children.

The Center is located at 1935 S. Plum Grove Road, Palatine. Phone: **847-736-8286**. Website www.specialedadvocacycenter.org.▲

Summer Camps

Special Camps for Special Citizens, Inc. is located in Winfield, IL and is just opening enrollment for their summer camps for children and adults with special needs.

The first session, June 15 - 20, 2008 is for campers ages 7 to 20. The second session, June 22 - 27 is for adults ages 21 - 55. The cost is \$100.

For more information go to www.specialcamps.org or call **630-690-0944**▲



Booty Camp®

By Nancy Goodfellow

The best word to describe how I felt when it came to potty training Lily, my 4-1/2 year old with Down syndrome, was defeated. No matter how many seminars I attended (many) or how many people I talked to (a lot), every time I attempted to potty train I failed. Although many children with Down syndrome aren't ready for potty training at 4, I knew Lily was capable of it. She was able to "hold it" for hours and hours, and had enough control to wait until she was in a pull-up for naps and bedtime. More than once we tried putting her in underwear and telling her "no more diapers" - only to have her hold her urine for so long that she ended up with a urinary tract infection. By

Thanksgiving I was convinced that I needed help. Not only was I feeling incredibly defeated and depressed, I was emotionally exhausted.

Once I really thought about it, I realized that I shouldn't give myself such a hard time. After all, I wasn't an expert on potty training a child with Down syndrome. I wasn't an expert on teaching a child with Down syndrome how to walk, which is why a physical therapist showed me how to help her. I wasn't an expert on teaching a child with Down syndrome how to talk, which is why a speech therapist continues to show me how to help her. So why not get help with potty training from someone much more experienced than myself?

So I called Wendy Sweeney and enrolled in Booty Camp®. Wendy was recommended by other parents and I was relieved to finally have an expert on

my side. Although Booty Camp® is not for everyone, it ended up being a great fit for Lily. Many families do not need the extra help potty training their child, or other programs will prove more successful, but Booty Camp® was exactly what our family needed.

Booty Camp® is a half-day seminar located in Wendy's house in West Chicago. Lily and I attended "camp" on a Saturday and learned the process that must be followed to ensure successful toileting. The philosophy follows Nathan H. Azrin's Toilet Training in Less Than a Day, which pertains to typically developing children. For children with special needs, the process takes an average of two weeks.

By the time we left Wendy's house, Lily had been introduced to the necessary tools for being potty trained. She knew that it was her responsibility to go pee and poop in the potty, that she had to get her own pants on and off, and that it was her job to clean up any accidents. And I knew that Lily was capable of far more than I'd thought (I always put her pants on for her), and I knew the program to follow and the language to use. After leaving Booty Camp®, Lily and I went home and set up "camp" in the kitchen. The program involves confining your child to a certain area, preferably with tile or wood floors for easy cleanup, and staying there for as long as necessary. This is imperative, so I needed to make arrangements

ahead of time for my other children. I knew that in order to be successful this time, I had to commit 100% to Wendy's program - which meant I might be in my kitchen for two weeks. As it turned out, Lily and I were there for 13 days.

Although our time in the kitchen was boring and frustrating at times (you aren't allowed to do much more than eat and drink - no games, toys, books, etc.), it actually gave me a unique opportunity. Since Lily is the oldest, it was the most time I had spent alone with her since her younger brother was born three years ago. We had a great time talking, and her speech therapist is amazed at her new conversational skills. Most importantly, it forced me to slow down and let go of our usual schedule. As a result, I gave Lily the opportunity to do everything for herself. So not only was she cleaning up her own messes and putting on her own pants, she was carrying her empty plate to the sink after a meal, wiping her face with a napkin and throwing it away after eating a cookie, and much more. Wendy's Booty Camp® stresses the personality improvements that can accompany the new independence associated with being potty trained, like better response to parental instruction and an increased sense of pride and self-esteem. We definitely experienced that with Lily.

So it has been six weeks since we attended Booty

Camp® and Lily has been in underwear the entire time, other than for bed-time. She still has accidents and has regressed a few times where we've ended up back in the kitchen for a couple of days. But for the most part, Lily is potty trained and doing great. She initiates every time she has to go, which means that I am not taking her periodically throughout the day just to "try." And, most importantly, Wendy has been there for guidance and support the entire time. I can call her home or cell phone at any time with questions or concerns, and I always get a prompt response. And Lily can call her when she has used the potty and Wendy sends her treats in the mail. For us, putting someone else in charge and having their program to follow was exactly what we needed. Lily responded immediately to the process. I know that we aren't completely "there" yet, but we're a lot closer than we've ever been before, and neither Lily nor I are feeling defeated anymore.

Visit the Booty Camp® website at www.bootycampmom.com for more information or call Wendy Sweeney directly at 630-762-9612.

SPECIAL OLYMPICS

Olympic Dreams

Chris and Melinda Stanton

Like so many of us that have children with special needs our first day as new parents was a whirlwind of emotions. Thinking back eight years ago to when our first daughter, Abigaile, was born we had never heard of NADS nor did we know the type of inspiration the members of this group possessed and conveyed to complete strangers. The second day in the hospital is when we began to learn that we had become part of a bigger family. The phone rang and we picked up to hear a kind voice on the other end and that began our journey. As new and unknowing parents we asked a few questions, but one that my husband Chris had to ask, because he had played hockey since he was 6 years old, was Will she ever ice skate? The calm lady on the other end of the phone replied that her daughter ice skates and performs in ice shows so I

wouldn't be surprised when your daughter gets a little older that she will too. The lady on the phone was Linda Picchi. That phone call we will never forget as it has been part of the inspiration for our family.

Abby has been on ice skates since she was 6 years old as part of the Northern Illinois Special Recreation Association (NISRA). She was in her first ice show just last year at 7 years old. Abby was so proud to be part of a team. Their program theme was "Olympic Gold". Our entire family and Abby's teachers from school came to see her skate. It was truly one of the most touching moments. This past January, Abby skated in a special needs skating competition held in Franklin Park, IL. With her coach, Rachel Shropshire, they skated to the song "You've Got A Friend In Me" from the Toy Story movie. After the competition, when Abby had her name called she was so surprised to see that she had received a trophy for participation. She ran over to us staring at her trophy and said, "I won!" She was so proud. She held the trophy on her lap the whole way home from the rink. When she got in the house she ran to her room and put it on her dresser. That night at bedtime she said "I am going to skate again by myself and win a trophy in the Special Olympics". We told her it was a great goal to have and that we know she can do it if she keeps trying. That following Friday at her practice with her coach, Zane Shropshire, she shocked us all. Zane said, "Okay Abs lets do our compulsories. Do your swizzles blue line to blue line." Right before our eyes she did it all by herself! We were so proud of her and she was so proud of herself.

Skating has given Abby so many gifts – being part of a team, self confidence and determination to achieve her goals. She has even become an inspiration to her 2 year old sister, Isabelle, who now wants to get out there and skate when Abby does.

Abby's skating all happened because of one phone call to our hospital room 8 years ago from a wonderful organization, NADS. Then from there it was her determination.

Our daughter has taught us so much and she never stops amazing us. She is a true example of never giving up. She lives that motto every day. Our family knows that in the very near future she will achieve her goal of skating in the Special Olympics.



familyalbum

Nyah Julia Dunlop



Kamren Bell



Laura Manda



We Need Your
Photos!

Send them to
shebein@nads.org



Andrea Gonzalez



Sarah Garcia

Conferences

NADS 2008 Conference

Saturday, November 8th
Rosemont Conference Center
Featuring Self-Advocate - Carrie Bergeron Desai
Come hear about Carrie's marriage to Sujeet Desai and their life together
Watch for the conference brochure in the summer

Teaching People with Developmental Disabilities About Sexuality and Relationships

Presenter: Terri Couwenhoven, M.S.
Saturday, March 15, 2008 - 9 a.m. - 3 p.m.
Belvedere Events-Banquets
1170 W. Devon, Elk Grove, IL
For more information contact Ups for Downs at info@upsfordowns.org or call:
847-895-2100

Wave of the Future

The Arc of Illinois' 2008 conference. April 30 - May 1.
Hilton Hotel, Lisle, IL
For more information go to: www.thearcofil.org or call 708-206-1930

Stipends for Conferences

The Arc of Illinois distributes consumer stipends to enable people with developmental disabilities and their family members to attend conferences of their choice that are directly related to developmental disability issues. The money may be used for conference registration, childcare, meals, hotels and transportation.

For more information and an application go to: www.thearcofil.org and click on "Consumer Stipend Project." ▲

Every Donation is Appreciated

Jonathan Sclar of New York made his Bar Mitzvah and wanted to donate some of his gifts to help those with Down syndrome - he sent a check for \$400.

Car Donations:
Thomas and Nancee Easter of Menomonie, WI donated their car to NADS through Cars4Charities.▲



Sarah Buzby



John Barczak



Nikk Percival with his older brother Zakk



P.O. Box 206
Wilmette, IL 60091

Change Service Requested

www.nads.org

Membership Application

Membership dues can be paid online at www.nads.org

Name:

Address:

City: State: ZIP:

Phone (home) Phone (work)

Email Address:

Please add me to the NADS e-mail alert list

Category of Membership (check one)

Parent \$25.00 (1 Year) \$70.00 (3 Year) Child's birthdate:/...../.....

Professional* \$30.00 (1 Year) \$85.00 (3 Year)

*Please indicate professional involvement:

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