

NADS NEWS



Jack Butler and
Andy Ciszczon

The Newsletter of the National Association for Down Syndrome

July, 2008

2008 Bowl-A-Thon Raises Over \$110,000

Our 23rd Annual Bowl-A-Thon was a huge success again this year and we want to thank all those who worked hard to collect and donate pledges. We would like to acknowledge those who collected the most pledges this year. We especially want to recognize the following four bowlers for their outstanding efforts in collecting and turning in the most pledges by the April 8th deadline:

Chris Hebein,	\$10,740
Gina Rotondi	6,075
Angie Picchi	4,319
Adam Sekula	2,445

Thanks also to the following bowlers who worked hard to collect pledges for us:

Pledges over \$2,000

Matt LaChapelle, Dana LaChapelle and Tim Nemeč

Pledges over \$1,000

Joe Clayton, Mary Dolis, Dawn Duesler, Ross Goodfellow, Tim Kelly, Diana Pehas, Jan Tubergen, Owen Tubergen and Thomas Tubergen

Pledges over \$500

Dan Altier, Johnny Damme, Richard Doremus, Nicholas Gomboz, Jennifer Hora, Emily Jackson, Patrick McCarthy, Mercedes Nelson, Steve Norton, Bob Olson, Vicki VanAlphen, Joel Spenadel and Eric Strathmann.

If you attended the Bowl-A-Thon, collected or gave pledges, bought or sold raffle tickets, sponsored or secured lane sponsors for us – please know that you are very much appreciated. It's always great to see so many people having fun while raising money for NADS' critical services

for children and adults with Down syndrome.

Please mark your calendar for next year's Bowl-A-Thon – Sunday, March 8, 2009.▲



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Diane Gomboz and
Jackie Rotondi

NADS Annual Meeting a Success

The movie *Body & Soul: Diana & Kathy* was a big draw at the annual meeting on May 20th. After a short business meeting and electing the NADS Board of Directors for the 2008-2009 year, we settled in with our soda and movie treats for an eye opening experience. The documentary features two women who have very different disabilities but have come together in a creative friendship that has allowed them to live a very fulfilling life together. As we follow their fight to stay out of institutions and make necessary changes to our laws, it challenges each of us to be better advocates ourselves. If you missed the movie, you can visit the website at www.dianaandkathy.com, where you can find additional information as well as how to purchase the movie for yourself.

NADS Board of Directors

For the past 10 years Diane Gomboz has served on our board of directors and for 5 of those years she was president. Thank you for all your hard work, Diane – we will miss you, and our board meetings just won't be the same without you.

We would also like to thank Tricia Luzadder and Roselia Tello, who are leaving our board this year but not leaving NADS. Tricia was recently hired as our Family Support Coordinator, and Roselia is serving as our Spanish Outreach Coordinator.▲

Our board of directors for 2008-2009

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Belinda Cortez Vazquez, Parent *
Chicago, IL

* NEW TO BOARD
** NEW TO POSITION



NADS News is a publication of the National Association for Down Syndrome (NADS).

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or visit www.nads.org

Exec. Director M. Sheila Hebein

President Jackie Rotondi

Editor M. Sheila Hebein



A Proud Employee

My name is Angie Picchi and I am 27 years old. I am a Global Messenger for Special Olympics Illinois--that means I make speeches to people and tell them how important Special Olympics is to children and adults with disabilities. Special Olympics gives us a chance to train and compete in sports and other fun activities and 2008 is their 40-year anniversary.

I work at Dominick's. I have been working there almost 9 years. Last month I was asked to give a talk for a Dominick's Press Conference in downtown Chicago because our stores were having a fundraiser in April for Special Olympics and Easter Seals.

My manager, Dan, surprised me and came to see me do my talk. That made me feel good because I like to have a friendly face in the audience. Dan felt very happy for me. He said I did a great job!

I got to meet the President of Dominick's; he said our stores employ over 1000 people with disabilities! I am very proud to work there!

I have competed in Special Olympics Figure Skating for 15 years and I took speech therapy at Easter Seals when I was little; they both helped me a lot. I am hoping we raised a lot of money for both of them.▲

Editor's note: Angie has also presented at NADS' medical in-services with her mom, Linda, our Program Coordinator. She's also featured in the NADS Talents That Inspire video. We're proud of you, Angie!



Special Sister

My name is Amanda Miller. My sister, Mallory, has Down syndrome and Autism. For many years my family has been very active with NADS. This past year I made my confirmation at St. Isidore Church. To make my confirmation I had to do an individual service project. For my project I decided to make a blanket and donate it to NADS. I enjoyed making this blanket and I hope NADS can auction it at one of your events, to raise money and I hope a child will be happy to receive it.

Thank you to NADS for everything you do to help and support my family and others.

Love, Amanda Miller

Eye Care In Focus

Editors Note: Vision is a critical factor in learning, and recently several postings on the Ups for Down E-group offered some helpful information, which we are sharing here. I would like to emphasize that parents should always discuss specific medical issues with their child's physician.

Adjusting To New Eye Glasses

Cheryl Egami, O.D and parent of a child with Down syndrome

I'm an optometrist, and the reason for this posting is just to help you understand what a child goes through with a new prescription so that you can try to support them in getting through the first few weeks. A child's brain is accustomed to viewing the world a certain way. Any change in the way the world is presented to him or her can be disturbing initially. It's possible that a child may perceive that things are actually worse initially with the glasses. For example, if a child has astigmatism, he or she has always had a ghosted or smeared view of the world. But over time, his or her brain has adapted and a ghosted or smeared image is now "normal" for him or her. Then the doctor prescribes glasses that correct for the astigmatism and suddenly the brain is all mixed up. Now the world actually looks strange and incorrect to a child. It takes

at least a week of wearing the glasses and often much longer for the brain to become comfortable with the new view of the world. During adaptation, a person can feel uncertain about moving because they are unsure of the world around them. When they look at things, they can seem to be slanted or tilted.

If one eye has always seen better than the other, the brain has learned to pay attention to the image from the better eye. Correcting the "bad" eye gives the brain two images to combine in order to come up with a single image. This can be challenging, and a person in this situation can sometimes see double images. It may be helpful initially to have the child wear the glasses during stationary activities, like watching TV, building blocks, or reading books. Holding an adult's hand when walking may provide the child with an extra bit of security until they are comfortable with their new vision. It is true that the more the child wears the glasses, the sooner the brain will adapt to the new vision.

Eye Exams

Should you see a Pediatric Optometrist or Pediatric Ophthalmologist? Health care practitioners who choose pediatric subspecialties tend to have special techniques and instruments to facilitate the examination of children. Many will have video screens so a child can



Regan Reinertson sporting her new glasses

watch a video when the refraction (determining the prescription for glasses) is done. Though not always true, these same practitioners seem to be more patient and understanding about a child's limitations for attention and compliance. They are pretty good about working around these types of issues.

Additionally, if your child has always been seen by Ophthalmologists, and never by Optometrists, you may want to try an Optometrist. While Ophthalmologists are trained to do eye surgery primarily, Optometrists are specifically trained to examine the eyes, prescribe eyewear, and diagnose eye disease. Optometrists also treat eye disease to a limited extent and can diagnose eye conditions. They refer to Ophthalmologists when medical treatment is needed beyond what an Optometrist can provide. Find one that is in pediatric optometry. Many have completed a 1-2 year residency in pediatric optometry. The Illinois College of Optometry

probably has a pediatric optometry clinic where they examine children and also evaluate visual motor integration and visual perception (important areas for school performance.)

Illinois College of Optometry – Illinois Eye Institute

The Illinois Eye Institute (IEI) is located at 3241 S. Michigan Ave, Chicago. The Institute is the clinical facility (teaching clinic) of the Illinois College of Optometry. They provide comprehensive vision care to children and adults with any disability. They examine 35 – 40 patients with disabilities per week. The Institute takes most insurance as well as Medicare and Medicaid.

IEI has been the official provider of eye care for the Special Olympics for many years. IEI students and faculty attend the Opening Eyes and Medfest vision screenings each year and, working with several sponsoring ophthalmic organizations, provide protective eyewear and glasses to athletes free of charge.

Special Frames

SPECS4US, Superior Precision Eyewear for Children who are Special, introduces a new concept in eyewear for children with Down syndrome. The frame-line entitled Erin's World provides frames that are custom designed to fit the unique facial features of your child with shortened temples (arms), extra wide frame fronts and a lowered bridge. The frames are made from titanium and memory flex that creates a flexible bridge and temples that can spring out 180 degrees to keep up with your child's active lifestyle. Created and founded by an optician and mother of a child with Down syndrome, Maria Dellapina, SPECS4US frames will be available in June in a variety of sizes and colors. For more information or to order frames directly, visit the website at: SPECS4US.com or send an e-mail to: info@specs4us.com▲

Shame on Illinois!!

The State of the States in Developmental Disabilities is a research project administered by the University of Colorado. Established in 1982 to investigate the determinants of public spending for developmental disabilities services in the U.S., the project maintains a 28 year longitudinal record of revenue, spending and programmatic trends in the 50 states, the District of Columbia, and the United States as a whole. Analysis of the data base reveals the impact over time of federal and state fiscal policy, and illustrates important service delivery trends in the states in community living, public and private residential programs, family support, supported employment, supported living, Medicaid Waivers, demographics, and related areas. David Braddock, Richard Hemp and Mary Rizzolo present these financial and programmatic trends in the State of the States in

Developmental Disabilities. For more information go to:

<https://www.cu.edu/ColemanInstitute/stateofthestates/>

Here are the rankings for the state of Illinois:

- 51st in the percentage of people with Developmental Disabilities (DD) in settings for 1-6.
- 51st in utilization rate in smaller settings - for 1-6 individuals (per general population)
- 47th in spending per capita on the Home and Community-Based Services Waiver
- 17th in utilization rate of supported living/personal assistance per capita
- 28th in utilization rate of supported employment per capita
- 20th in spending per family (in family support programs)
- 35th in number of families supported (in family

supported programs) per general population

- 42nd in number of people in state institutions (with those states ranking first not using state institutions at all and the state ranking 51st using them the most)
- 38th in change in total fiscal effort for those with DD services from 2004 to 2006
- 40th in total fiscal effort
- 43rd in community fiscal effort
- 9th in institutional fiscal effort
- Over 30,000 people with DD living with caregivers over age 60 (approx.)

NADS members should let their legislators know that our children and adults with Down syndrome deserve better. There is no good reason that Illinois, which is a wealthy state, should not provide appropriate community based services.▲



Prom King

Zach Wincent is a senior at St. Charles North High School. His friends on the Hockey team nominated Zach to prom court and the rest is history!! It was an amazing evening and proof that the spirit of inclusion is alive in our teenagers. Zach lives a full life and it is fantastic to see him embraced by his peers. Way to go Zach!!▲

FAMILY BEHAVIOR RETREAT

NADS CELEBRATES ALL OUR CHILDREN

Sheila Hebein

Our 2008 behavior retreat was held the weekend of March 15th in Itasca. Twelve families participated and once again enjoyed being with others whose child not only has Down syndrome but also Autism or Attention Deficit Hyperactivity Disorder--sometimes referred to as "Down syndrome plus."

The parents participated in workshops, which provided them with strategies for dealing with their child's challenging behaviors. They learned how important it is for parents to take care of themselves and each other.

This year we were especially thankful to have Maureen Rasmussen spend a day with us. Maureen and her husband, Bob, have been members of NADS since they learned their daughter, Amanda, has Down syndrome 17 years ago, when they lived in Naperville. The Rasmussens now live in Florida, but Maureen came to share her insights and experience in raising a child with Down syndrome and Autism with our group. She is now a social worker, and Amanda is doing well in her residential program and making wonderful progress. Maureen's openness and honesty set the tone for a day of sharing that, while difficult in some ways, was also inspiring.

Here are some of the parent comments from the evaluations:

"The retreat provided our family with much needed resources and information. Raising a dually diagnosed child is very complicated at times, you feel so isolated. When we come to NADS, we feel at home and supported. We come back from the retreat with hope and feel empowered that we can improve our situation."

"Many times during the course of living, you feel all alone and you think that no one in the world cares about your struggles."

"For most parents at the retreat, this is one of the few, if any, opportunities to be with people whose lives are similarly challenging. We can completely be ourselves."

"This retreat fuels us with hope, inspiration, friendship, knowledge and a plan of action for the next year of sharing."

"The presentation by Maureen came at a crucial time in my "journey" with my daughter. She was truly an inspiration and helped me see things in other ways."

During my long involvement in the Down syndrome community, my hope has always been that all of our families will feel like they belong – that we care about them and their children regardless of their challenges or additional diagnoses.▲





The Cheetah Girl's Club

By Carmella LoCascio – Kelly's Mom

As the parents of "Tween" girls, we started talking about how to prepare our spirited young women with Down syndrome for the world ahead of them. Topics such as body changes in adolescents, proper touching of self and others in public and private, good manners, personal hygiene habits, puberty, healthy eating and exercise, personal safety, boys and dating!! Oh My Gosh!!!

The future was both exciting for our girls AND scary! After putting our heads together, we decided to form a girl's club where we would get them together to discuss all of these sensitive and important issues.

The consensus was unanimous – we all wanted to be proactive in preparing our daughters for what lay ahead. We were fortunate in getting Karen, a Speech and Language Pathologist, to lead our group and take the Cheetah Girls into the future. Karen is marvelous. She is able to present all of our concerns in a manner that is both organized and hands on. Each time we get together the Cheetah Girls are so excited to see each other and the interaction is not only beneficial to their learning, but we can all see some very special friendships forming.

The small group atmosphere is what we want in order to keep it personal and intimate. Also, we are able to reinforce the ideas in an environment of their peers, and at the same developmental level.

We have been meeting for just over a year now and I feel so fortunate and happy to have the Cheetah Girl's Club so that Kelly and all the girls will have the tools necessary for a wonderful, safe and fun adolescence.

The girls involved are: Molly – age 12, Mallory – 12, Paloma – 12, Michelle – 13, Mary Ann – 12 and Kelly – 11. Cheetah Girls Rock!!▲

NADS Trains Public Speakers

Awonderful group of NADS' members participated in our public speaker training in the spring, and we would like to welcome them to our public awareness team.

Our new speakers are: Aileen Battistoni, Park Ridge; Janine Farrell, Sugar Grove; Randi Gillespie, Chicago; Nancy Goodfellow, Naperville; Tricia Luzadder, Chicago; Eileen O'Connor, Joliet; Linda Smarto, Bartlett; and Megan Willis, Naperville. Along with our staff, these newly trained volunteers will provide educational programs in hospitals, schools, colleges, and community organizations.

Won't you help us develop more public awareness in your community?

Won't you help us develop more public awareness in your community? You can help by calling Linda Picchi at 630-830-0421 and learning how you can arrange for one of our public speakers to give presentations to students and teachers in your child's school; to nurses, doctors, social workers, or other medical professionals in your local hospital; or to an organization or church group in your area. We have a wonderful group of speakers who are willing to help to create a better world for children and adults with Down syndrome – right in your community.▲



Fashion Show Encore

The show goes on, and we are proud to present 8 more of our 2007 models. The profiles were taken from the Fashion Show Program:



Rachel Giagnorio

Hi! I'm Rachel Giagnorio and I'm a freshman at Palatine High School. I am doing hand bells at school this year and it is fun. I am really a teenager and I sometimes drive my mom and dad crazy, especially with my music, my singing, and my taste in clothes. I have to tell them to take a chill pill every once in awhile. I am very independent and I tell my mom that everyday. My favorite thing to do is just hang out with my girlfriends and listen to music and dance. I am also very involved in Special Olympics and I have tons of medals, which I hang in my room. My sixteenth birthday is coming up and I have informed my mom that I want to have it at a restaurant and I want Radio Disney as the D.J.!! My mom told me that I better get a job! It was worth a try!

Ethan Vazquez

Ethan was born six weeks premature weighing a whopping 4lbs. 10 oz. Soon after he was born a nurse who had been assisting noticed some possible signs of Down syndrome. After a genetic test the Down syndrome diagnosis was indeed confirmed. Being born small required him to stay in the hospital for a couple of weeks, but after a couple of days we noticed another development-- Ethan also was born deaf. He did not react to any sound whatsoever and testing also confirmed this. Hearing aids at an early age have allowed him to hear things he never would have been able to hear. As Ethan continues to grow we have noticed that his hearing has improved. He now (at 18 months) startles and reacts to noise so much better than ever before. We know that he'll never have full hearing, but with the help of the deaf mentor and his older brother (who has learned to sign



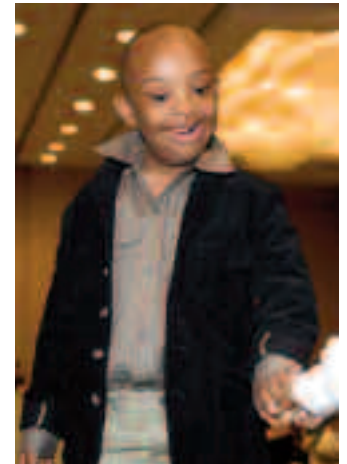
so much faster than us) we have high hopes for him. We feel that we are very fortunate to have Ethan here with us. With a lot of other things that could have gone wrong with having Down syndrome, we feel we've been blessed.



Carly Johnson

Carly Paige was born on December 11, 2005, a petite 4 pound 6 ounce baby, full of life and vigor. Carly is our middle child, born 17 months after sister, Olivia, and one minute before her twin, Gabby. Although a bit premature, she was overcoming hurdles, showing everyone what a spunky little girl she is. Carly is a very determined child, who is working hard to keep up with her sisters. She attends preschool and loves to draw and sing. At home, our little one finds ways to make everyone smile at her devilish grin and belly laughs. Carly's energy and spirit have touched us in many extraordinary ways.

We look forward to days full of surprises with Carly leading the pack.



Cameron Tucker

Cute, little, strong: These are three words that describe Cameron. He is such a charmer with the sweetest disposition to those that don't know him very well! I often say that he has his own little "fan club." Cameron was born 12/31/2000 (yes, on the eve of the true new millennium). Cameron is a soldier. He was born with a unilateral cleft lip and cleft palate, as well as Down syndrome. He is the happiest child you could ever know and boy is he fast! He can outrun anybody! He loves his grandma immensely and cares a lot about his mom too! He is a very active child who enjoys running and kicking, so what better sport to get him involved in than soccer! He is a socialite - but he is quite content entertaining himself if need be!



Daniella Caracci

Angela Maggio, Daniella's Pre-K Teacher

When Daniella and I met last year at our preschool open house, she was very shy. She would not even look at me! As the year progressed, so did our relationship. Now I am greeted everyday with a "Hi Miss Maggio!" and a big hug. Her favorite places to play are the pretend center and the book corner. I cannot even count the number of times she has made me spaghetti and meatballs and later read *Chicka Chicka Boom Boom* aloud to me! Her love of music is infectious to everyone around her. Our favorite songs are *Hot Potato* (Wiggles), *Alphardy* (Dr. Jean) and *Wiggle Your Hips* (Tots Rock). Daniella is such a loving, caring, and energetic child! As her teacher, it has been very rewarding watching Daniella grow over the past year. She is an amazing young girl that has a special place in my heart forever.



James LaPorte

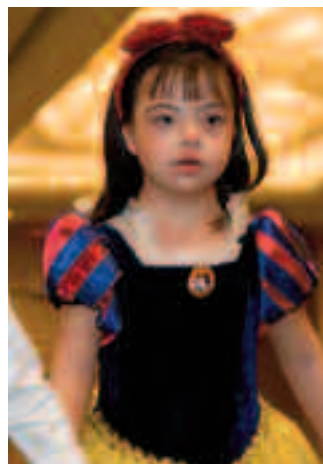
Our son James began his life surprising us with a 'diagnosis' - and has spent the past 18 months continuing to surprise us daily with his accomplishments and his amazing personality. His contagious smile seems to warm the heart of anyone lucky enough to experience it. His sweet spirit is matched by a brave determination. We are surprised by how much interest he shows in music and instruments, and by how quickly he learned to eat pizza. He surprises us each time he learns a new sign or suddenly masters a skill we've been working on for months. And to see the look on his face as he proudly applauds his own success is priceless. James is surrounded by a loving, supportive family and we feel honored that he has joined us. I guess we're surprised most by how much joy this little boy with an extra chromosome has brought to our lives. We love you James!

Alexandra Leo

Alex, Mommy and Daddy want you to know how proud of you we are. Your accom-

plishments continue to bring tears to our eyes and joy to our hearts. When you showed us how you have excelled at your reading skills, we were amazed, yet we also knew you could do it! We also want you to know how much we love you! You're our little pudding pie, our angel whose hugs and kisses melt our hearts. We love watching you and your brother Nick play and laugh together. We love how excited you get when we take you swimming or get you ice cream or give you your all-time favorite-bread! Mommy loves pretending to put on make-up with you, painting our nails together, reading together, and I especially love watching you help take care of your new baby cousin and I can't wait to have you help with your new baby sister or brother. Daddy loves helping you at your tee-ball games and loves cuddling with you. Thank you, Alex, for filling our lives with constant surprise, happiness and an amazing love. We love you, angel.

Love,
Mommy and Daddy



Bob Olson

When Bob was born in 1954, scientific knowledge about Down syndrome was in its infancy (the presence of an extra 21st chromosome was not discovered until 1959), and the prospects for someone with Down syndrome were very different than they are now. Bob was fortunate to be raised at home by his parents and with his sister, Margaret, in Chicago Heights. He attended public schools, he played basketball and hockey, learned how to swim, participated in Special Olympics, sang in the choir, and was active in Boy Scouts. In 1989 Bob moved to a group home in Park Ridge. He has worked for Jewel Supermarkets as a bagger for 15 years and recently received an award in recognition of his service. Bob is currently active in Kiwanis, he is a deacon at his church and we are proud to say that he has served on the board of directors of NADS since 2003. Bob is a greatly admired member of his community.

NADS familyalbum



Claire O'Leary



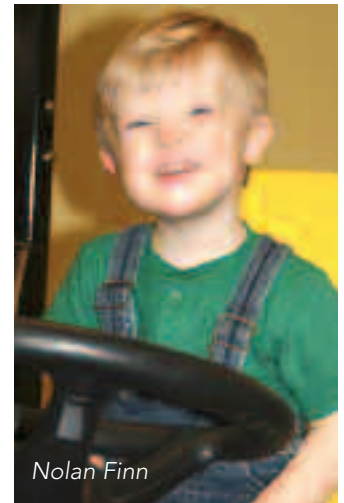
Nichole Paradise, Allie Reniger & Cristina Cassata



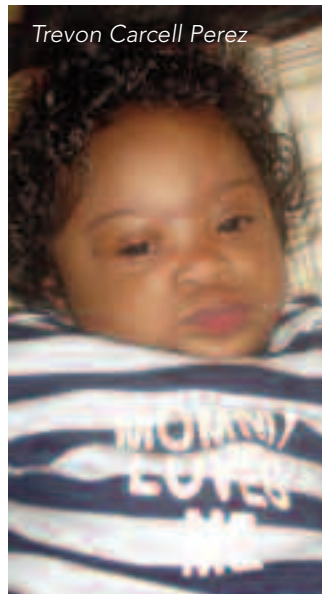
Samantha Beissmann

We Need
Your
Photos!

Send them to
shebein@nads.org



Nolan Finn



Trevon Carcell Perez



Joey Chudzic

Coming Soon

NADS 2008 Poster -

Watch for more details of our new poster, which will be released later this summer.

NADS Conference – Imagine the Possibilities

November 8, 2008
Rosemont Conference Center

Come and hear our 2 keynote speakers:

Patricia E. Bauer, a journalist who has served as senior editor of the Los Angeles Times Sunday Magazine; special assistant to the publisher of the Washington Post; reporter and bureau chief at the Washington Post, and pundit on public affairs television in Los Angeles. Her articles have appeared in the Washington Post, the New York Times and many other publications. Pat has a daughter with Down syndrome and has been a strong advocate for the disability community through her website – check it out at: www.patriciaebauer.com

Carrie Bergeron Desai, self advocate who will share her life experiences with us, including her marriage to Sujeet Desai in 2006. Carrie has appeared on many TV shows, including Oprah.

Workshops for parents and professionals will focus on a variety of topics, including speech, toilet training, medical issues, assistive technology, and health and social issues in adults. There will also be workshops in Spanish, and the conference for teens and adults with Down syn-

drome will run concurrently with the main conference

The conference brochure will be mailed at the end of August and will be available online and you will also be able to register online.

Buddy Walks

The 6th Annual Chicagoland Buddy Walk, sponsored by Down Syndrome Support will be held on October 12, 2008 at the Ty Warner Park, Westmont, IL. Registration starts at 11 am and the Walk and festivities are from 12 to 3:30. NADS received \$15,000 from the 2007 Buddy Walk and we encourage our members to participate and add to this great public awareness event. For more information go to the DS Support website at: www.dssupport.net.

The Downs Development Council will hold its Buddy Walk on September 21, 2008 from noon to 5 pm. It will be held at Lambs Farm in Libertyville. For more information go to: www.theddc.org.

New Special Needs Chicago Parent Magazine

From the publishers of *Chicago Parent Magazine*

Parenting a child with special needs can often be a hidden hardship, one that's almost impossible to share with other parents who don't understand. This July, Chicago families with children who have special needs won't feel alone. "We want parents to know there are a lot of parents just like them. We will help them celebrate their children while show-

ing them they are not alone in the challenges," said Tamara O'Shaughnessy, co-editor of *Chicago Special Parent*, a new empowerment guide that brings parents together to find the resources they need to help their child. *Chicago Special Parent* is the first local magazine to address the special needs community.

Parents will be able to pick up a free copy in specialists' offices and other locations, such as therapy sites, pediatricians' offices, preschool and childcare facilities, special needs enrichment locations and area events. While the scope of special needs can vary greatly, *Chicago Special Parent* will feature topics that cut across disabilities, like education, sibling and family relationships, finances, and therapies. There will also be a resource directory, photo gallery and information on products for kids and young adults. Families will also be able to search expanded resources at www.chicagoparent.com to find the latest on research, legislative initiatives and things to do with their kids every month.

Chicago Special Parent will begin distribution July 14, 2008.

Gifts – Volume II

Tell your story!

Submissions are now being accepted for Gifts Volume II. The deadline is Sept. 1, 2008.

The second volume of Gifts will include stories about individuals with Down syndrome written by a wide variety of people, including:

Family members (such as

parents, siblings, and grandparents)

Friends (such as neighbors, babysitters, and other associates)

Professionals (such as teachers, doctors and nurses, and therapists)

Please note: Because most of the stories in the first volume of Gifts are mothers' accounts of adjusting to their young child's diagnosis, Gifts Volume II will include stories that offer other perspectives and experiences. The editors are especially interested in stories about school-age children, adolescents, and adults. While mothers' stories in these categories will be considered for inclusion, the collection will emphasize stories written by other family members, friends, and professionals.

Topic Categories

Please write about one of the following gifts:

Acceptance: Describe how this individual exemplifies healthy acceptance of self, of others, and of life in general.

Courage: Describe how this individual has shown courage in the face of difficulty.

Friendship: Describe what this individual has taught you about being a true friend.

Awareness: Describe how this individual has opened your eyes.

Joy: Describe how this individual brightens your days.

For more information, please see the Gifts website:

www.giftsds.segullah.org



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:

Donation level: Contributor (\$100+) Benefactor (\$500+) Patron (\$1000+)

Check if Renewal

Make checks payable to: NADS and send to: P.O. Box 206, Wilmette, IL 60091

Special Gift!
 A NADS Membership is the perfect gift for grandparents, aunts and uncles and even your child's favorite teacher!

NADS GIFT MEMBERSHIP

Please send a NADS gift membership to:

Name:

Address:

From:

Phone:

Relationship:

\$20 per recipient should be enclosed and sent to:
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