

NADS NEWS

Bowen "Bo" Gill

The Newsletter of the National Association for Down Syndrome

September, 2008

Introducing NADS New Poster

We are pleased to introduce our new poster just in time for Down Syndrome Awareness Month in October. Putting posters up in your community is an easy way for you to celebrate the gifts of your child and the gifts of others. We would like to see them in schools, recreation centers, offices where children receive therapies and medical care, libraries, churches and anywhere you feel they will create public awareness.

You can pick the posters up free of charge from our office in Park Ridge or from one of our staff or board members, who are located across the Chicago area. However, if you prefer that we mail them to you, there will be a minimum shipping and handling charge of \$20, with additional costs depending on the quantity ordered and the cost of postage.

Here are some additional ways you can help celebrate Down Syndrome Awareness Month:

- ▲ Contact your local newspaper and ask them to do a feature story on your child (call NADS if you need help with this).
- ▲ Make sure there are no out-of-date books on Down syndrome in your local library.
- ▲ Donate a book to your local or school library.
- ▲ Take our bookmarks to your library or your child's school.
- ▲ Arrange for a NADS public speaker to give presentations in:
 - ▲ Your child's school.
 - ▲ Your local hospital



There's a free poster in the center spread. You can pick up more posters, free of charge, from our office in Park Ridge or from one of our staff or board members.

- ▲ A community organization in your area
- ▲ A community college near you.

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Combined Federal Campaign

If you or your spouse work for the federal or state government, please consider designating NADS for your Federal Campaign donation. You can also ask your relatives, friends, and neighbors for their support. The NADS Federal Campaign number is: 66893.

Many companies involved with United Way Campaigns permit their employees to "write in" organizations of their choice to receive these donations. Even if NADS does not appear in the booklet, you can designate "National Association for Down Syndrome" with our address: P. O. Box 206, Wilmette, IL 60091. Your help in this way is greatly appreciated!▲

Knights of Columbus

The Knights of Columbus will hold their annual Tootsie Roll drive on September 19th and 20th. We ask NADS members to volunteer a few hours to collect for them over the weekend, if possible. The Knights of Columbus have been very generous to NADS for many years.

For the Darien/Hinsdale/Clarendon Hills/Willowbrook areas, contact Bob Donatelli at: 708-804-7120. For the Northbrook/Glencoe/Northfield area, call Jim Depies at 847-446-2205.▲

Buddy Walks - 2008

The 6th Annual

Chicagoland Buddy Walk

October 12, 2008

Registration: 11 am

Walk and Festivities: Noon to 3:30

Ty Warner Park,

Westmont, IL.

Sponsored by Down Syndrome Support 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: www.dssupport.net.

Downs Development Council Buddy Walk

September 21, 2008

Noon to 5 pm.

Lambs Farm

Libertyville, IL

For more information go to the DDC website: www.theddc.org



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

For more information call or write:

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847 251-5584 (fax)

or visit www.nads.org

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Post-Secondary Program Opens in WI

Shepherds College, which is located in Union Grove, WI, has developed a three-year postsecondary program designed specifically to help prepare young adults with developmental disabilities for appropriate independence. Students will receive training in practical Christian living, life skills, and a specific vocational skill. Initially the program will offer studies in two career fields - horticulture and culinary arts.

More information is available on the website of Shepherds College:

www.shepherdscollege.org or call Tracy Terrill at 262-878-5620 Ext.420.▲

Congressional Down Syndrome Caucus Formed

The Congressional Down Syndrome Caucus was launched jointly by Congressman Pete Sessions (R-Dallas), Congressman Patrick Kennedy (D-MA), Congresswoman Cathy McMorris Rodgers (R-WA, mother of a son with Down syndrome) and Congresswoman Eleanor Holmes Norton (D-DC). "As the father of a young man with Down syndrome, I have learned firsthand the endearing and valuable contributions that individuals with Down syndrome bring to their families and communities," Sessions said. "I am always inspired by their dedication and enthusiasm for life, and I have made disability advocacy and research among my top priorities in Congress. I am pleased that the Congressional Down Syndrome Caucus will champion their continued development through increased education opportunities, employment and savings options, and research to improve quality of life."

The Congressional Down Syndrome Caucus is designed to educate members of congress and their staff about Down syndrome and to promote public policies that would enhance the quality of life

for individuals with Down syndrome, through the following goals:

- ▲ To raise expectations and improve outcomes in education.
- ▲ To promote and fund research accelerating the development of effective treatments and therapies.
- ▲ To promote inclusive opportunities for people with Down syndrome

"As the father of a young man with Down syndrome, I have learned firsthand the endearing and valuable contributions that individuals with Down syndrome bring to their families and communities,"

- ▲ To provide family support services and a community of care model.
- ▲ To protect the rights of those with Down syndrome and make sure those rights are being enforced.
- ▲ To remove barriers to economic opportunity in employment and programs that promote savings and investment.

The Caucus will also promote the translation of Down syndrome research into effective new treatment through interdisciplinary

cooperation among NIH Institutes, the FDA, the CDC and privately funded scientists and clinicians.

"We live in a nation that believes in providing all children with an equal chance to achieve, that every child deserves an equal chance to succeed," said Congressman Patrick Kennedy. "Early identification leading to early intervention with behavioral services provides the best outcomes for kids. We especially want to see young adults with Down syndrome be able to make the transition to young adulthood with integrated supports to protect their best potential and highest aspirations."

In addition to congressional outreach, the Caucus will work with national and local Down syndrome advocacy groups to develop cutting-edge initiatives that support individuals with Down syndrome.

The Congressional Down Syndrome Caucus is a good example of bipartisan collaboration. Please contact your representative and encourage him/her to join the Down Syndrome Caucus. To find your Representative, go to votesmart.com - click on "Find Your Legislator," then enter your 9-digit zip code. It's easy! ▲

Free Celiac Disease Blood Screening

Celiac disease is an autoimmune disease characterized by an inability to digest gluten, a protein found in wheat, rye and barley. Research indicates that some 12 to 18 percent of people with Down syndrome also have celiac disease, so anyone with Down syndrome should be screened for celiac disease on a regular basis. It is possible to have celiac disease without any symptoms; therefore, people at risk should be screened every two to three years.

The University of Chicago Celiac Disease Center is conducting a free blood screening for people at risk for celiac disease on Saturday October 18, 2008 from 8:30 to noon. At 10:30 a.m. there will be a panel of experts to give information and answer questions. You must pre-register in order to be screened. Visit the website at www.celiacdisease.net or call 773-702-7593 to register. ▲

Conferences and Workshops

IDEA & Rehab Act Now = A Partnership for Success

Saturday, September 6, 2008
Roosevelt University, Chicago

Featured Speaker: Attorney Matt Cohen

Learn how to advocate for your child for IDEA and Rehab Act services.

For more information call Family Resource Center on Disabilities at **312-939-3513** or download the information from the website at www.frcd.org

Advocates United Ninth Legislative Forum

September 20, 2008

Noon to 3:30pm

The Orland Park Civic Center
14750 S. Ravinia Avenue
Orland Park, IL

Everyone is welcome. We anticipate having 40-50 candidates for state office in attendance representing the south side of Chicago and the southwest suburbs. Candidates will be given an opportunity to share their plans to help those with developmental disabilities if they are elected. There will be time for questions from the audience. Don't miss this opportunity to learn more about the candidates.

If you have questions or need more information contact Advocates United Secretary and long-time NADS member, Tom Ryan at **815-464-7111**.▲

NADS Conference

November 8, 2008

Our conference brochure was mailed in late August, and we hope you plan to attend. If you haven't received it, please call us at **773-327-5808**, or go to our website www.nads.org to download the brochure and to register online.

Consumer and family stipends are available through the Arc of IL to cover the cost of registration. Go to: www.thearcofil.org and click on Consumer Stipend Project.▲

A Life That Far Surpassed Expectation

NADS recently received memorial donations in honor of a gentleman named Jack Mossor and a letter that told us a little about his life, and I wanted to share it with our members, who might believe that inclusion is just beginning.

Jack Mossor lived a life that far surpassed any expectation. He never saw anyone that was not his friend and he had no enemies. He was mainstreamed into the two-room school near his house in the mid-fifties, and never thought of himself or was treated any differently than any other child. Jack lived to be 60 years nine months. What an accomplishment!

Some of the things that I find amazing about Jack:

1. He attended school every day and did what the other children did. He was less graceful, slower in games, talked slurred, wrote slower and not as neat; but he was not aware as the teachers praised him and the students included him in activities. It was not uncommon for someone to say "Wait on Jack, so we can all go in together."
2. He would deliver the mail to his older neighbors, find out if they needed anything from the store, get what they needed and return. (Most of his close neighbors were older and some not able to walk for the mail or to get items from the little store. Jack was a real service to them.)
3. He was the one who rang the church bell 10 minutes before church began. He would go inside after ringing the bell and sit in the first pew to greet everyone who came into the service.

Hopefully NADS will continue to encourage parents to enjoy their children with Down syndrome. Each one is the most pleasant, loving child created!

Sincerely,
Rita Jarvis

Support The Adult Down Syndrome Center

We encourage our members to support Dr. Brian Chicoine as he raises funds for the Adult Down Syndrome Center by running once again in the Chicago Marathon.

Dear Friend of the Adult Down Syndrome Center,

The Adult Down Syndrome Center's fitness team is stepping up its efforts this year, and we hope you will join in. I am preparing to run in my fifth consecutive Chicago Marathon on October 12, 2008. Dr. Erin Dominiak, our second physician at the Center, is also running in the Marathon.

As you know, our run helps raise much-needed funds for the Center. But just as important, our preparation and training provide an opportunity for us to work with and encourage our patients to improve their physical fitness. A group from the Center runs several shorter races throughout the year, and we invite our patients and friends like you to join us in running or walking at these events. (The photo above shows one of our patients and me at the end of an event we ran together this spring.)

In a related effort, we are piloting a new program to help improve physical fit-

ness for our patients. As you may know, many people with Down syndrome follow fairly set patterns of behavior in their daily activities. We call these tendencies "grooves." We are providing a small group of patients with step pedometers in the hope that the novelty of the device will help them get into the healthy "groove" of walking the recommended number of steps every day. This increase in activity will lead to improved fitness, which could reduce health complications related to overweight or obese conditions.

How can you join in?

Attend the events to run, walk, or cheer us on. We invite people with Down syndrome, their families, agency staff and friends. Sign up and bring a person with Down syndrome to an event and walk or run with him or her. Send me your email address and I will send you a schedule of the events we are participating in. Send me events that you are interested in walking/running so I can let others know. My email address is: brian.chicoine@advocate-health.com.

Send a donation to the Adult Down Syndrome Center. We have an Adult Down Syndrome Center Fitness Team T-shirt designed by Lizzie Schuda. One shirt is provided for each \$100 donation. We can send the shirt to you, or you can tell us to give a shirt to one of our patients. (For example, if



you send a \$500 donation, you might keep two shirts for yourself and let us give the other three to patients - indicate t-shirt sizes.) Please make your check out to: Adult Down Syndrome Center and mail it to:

**Adult Down
Syndrome Center
1999 Dempster Street
Park Ridge, IL 60068**

If you prefer to use a credit card, please call Carol Rizzie at Advocate Charitable Foundation - **847-723-8899**.

Gifts from our Family Partners are a critical pillar of financial support for the Center. Your gifts help bridge the gap caused by declining reimbursements from Medicare, Medicaid, and other insurance.

Your participation in this fitness/fund-raising program will improve the health of adults with Down syndrome in multiple ways. I remain grateful for your support.

Sincerely,
Brian Chicoine
Medical Director

New Pediatric Down Syndrome Clinic

**Alexian Pediatric
Specialty Group
1555 N. Barrington
Road**

Hoffman Estates, IL
Services are provided for infants, pre-school-age and school-age children by a multi-disciplinary team headed by:

Nancy Keck, MD,
Developmental-
Behavioral Pediatrician

and

Cesar Ochoa, MD,
Developmental-
Behavioral Pediatrician

Complete medical, developmental, behavioral and psycho-educational evaluations are provided. For an appointment call **847-490-4222**.▲

More Fashion Show Models

We continue to shine a spotlight on our 2007 Fashion Show models. The biographies were written by family members:



Jacob Skonieczny

God's Gift to Our Family
Almost four years ago, our family was blessed with the arrival of Jake. From the day he was born, he captured everyone's heart - especially mine, his very proud Aunt/Godmother!

To know Jake is to love him. With a flash of his bright, blue eyes and sweet smile, he'll have you wrapped around his little finger. He has a distinctive charm that exudes love and compassion - even when he's beating me at "Ants in the Pants."



To me, the mark of someone extraordinary is his or her ability to make another feel special. How do I describe the feeling I get when I see Jake and he comes running towards me with open arms, smiling, giggling and ready to give me one of his famous hugs - all just because he's happy to see me? I feel pretty special.

Jake, you're extraordinary. I love you,
Auntie Vikki



Christina Gordon

It was December 7, 2000 when our beautiful Christina was born and we were told that she has Down syndrome. We were confused and scared. We asked ourselves, how can we help her? Where do we start? Then we talked to parents who had children with Down syndrome and we got ideas of what to do and where to start.

One of the parents told us about Early Intervention. The therapists came and told us what kind of therapy Christina would need. With their help we started to see a lot of improvement.

In May 2004 Christina became the proud big sister to twin brothers Michael and Matthew. She tried to help out with changing diapers and holding bottles. Her face lights up whenever she looks at her brothers. The boys call her Nina and they love her more than anything.

When Christina started full-day kindergarten, talk about a scary day! She has been doing great and making friends, and she is now in 1st grade. She started bowling after school and loves it! In fact, she bowls better than her mother! Christina will also join the Pep Squad this year!

Christina loves her brothers and her Nani more than anything. She is the apple of her parents' eyes. She is the most sweet, friendly, huggable little girl in the world. We are very blessed that God chose us to be her parents. She always makes our day with her hugs and smile. We love her more than anything!



Kenny Clayton

I am blessed to be the mother of four children. However, according to the nurse on shift the day our son Kenton was born - we are especially blessed! My third son, 9-year-old Kenny, was born with Down syndrome. It was a

total surprise. As we struggled with our surprise, my nurse Joy explained to us that in her native country, the Philippines, parents who have a child with Down syndrome are considered blessed, even lucky. She went on to say they believe that those parents, in fact the whole family, has God's blessing in abundance. I will never forget her telling me that people want to hold the special baby, and touch the parents for luck! Wow. I was certainly the one to have the good fortune to meet Joy that day!

Kenny is now in third grade at Elim Christian School. He continually challenges me, as do his 2 brothers (Mitch and Reed) and his little sister Lucy. However, it was Kenny who connected us with our special new family of friends in the Down syndrome community. He is a 'joy', a 'blessing', and our good 'luck'!

Shelly - Kenny's mom! (Mitch, Reed, and Lucy's too!)



Paloma Bonilla
Paloma is 11 years old. Her

best buddies are her two sisters, Esme and Pilar, and her two big dogs. She goes to Currier Elementary in West Chicago, where she sings in the chorus and takes part in the Running Club after school. Paloma has many interests outside of school, like Special Olympics swimming, gymnastics, horseback riding, but probably most important to her is watching movies. She loves to watch her favorite movies over and over, at full volume, reciting the lines and acting out all the parts, much to the joy of the entire family - NOT! Mostly Paloma is simply a joy to all who know her and can make anyone smile with her wonderfully twisted sense of humor.



Nathan "Nate" Robinette
Nate is 9 years old. He has a twin sister, Danielle, and an older brother, Brad. From the moment he was born we never looked back and concentrated on what Nate could do, not what he couldn't. Nate has brought us a whole new understanding of what is important in life and has taught all of us

not to sweat the small things and enjoy life and all it brings.



Carly Zieseemer
Carly is 21 years old. She works 5 days a week at Babies R Us in Vernon Hills. Her interests are music, dancing, and sports. On March 8, Carly and her boyfriend and dance partner, Blake Peacock, appeared in a TV news feature on NBC Chicago that covered their interest in dance and showed them demonstrating their skills at the Fred Astaire Dance Studio in Buffalo Grove where they took lessons. Like many others, Carly has also been very absorbed in the new TV program and soundtrack, High School Musical 2. As for sports, she's currently training in ice figure skating and recently competed with her Hoffman Estates team at this summer's Ice Skating Institute's World Recreational Team Championships held in Bensenville and Franklin Park.

Matthew Peters
My little guy Matthew is 2 1/2 years old. He has a smile and laughter that warms my heart and the hearts of others who know him. Like any typical 2 year-old, at times his tenacious ways can be challenging. However, most of the time he just enjoys life and everyone around him. He makes me so proud whenever he learns something new, laughs out loud or gives someone a big hug. Every day is a new opportunity for Matthew to learn and explore.



Matthew is so peaceful and full of love. I hope he has the opportunity to share with as many people as possible the gift that God has sent to our family. I feel special to be chosen to care for my little angel. We have a very special bond that gets stronger everyday. His unique gift of humanity, his gentle spirit, and his enthusiasm for living offers the chance to see beyond his shell of disability to the real person within.

Illinois Stars for the Future

Advocating for the Futures of People with Disabilities in Illinois Life Span

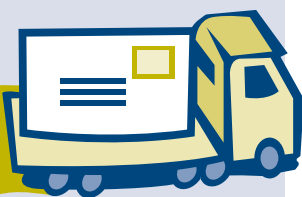
This year the Family Support Network introduces its fourth in a series of trainings designed to empower people with disabilities and their family members to become confident, effective advocates for their futures in their communities, locally, statewide, and nationally.

Across an eight-month period, starting in September 2008, participants will be trained on current disability issues, technology, and best practices. They will become familiar with the legislative process and how to work with policymakers at every level.

The training is free to successful applicants. A \$50 stipend will be provided to each participant for each session attended to help offset travel expenses.

Every year the training will concentrate on a different part of the state. This year, the Family Support Network is seeking twenty individuals from upstate Illinois. The Saturday trainings will take place in Schaumburg and in Springfield in the spring.

This is a great opportunity for self-advocates, whom we encourage to take advantage of this great training program. For more information, contact the Family Support Network at 309-693-8981 or fsn@familysupportnetwork.org.▲



Moving?

Please be sure to let us know when you move so that we can continue to get NADS News to you. If you e-mail Kathi Rutili at krutili@nads.org and provide your OLD and NEW addresses, Kathi will update our mailing list. Please put "NADS News Address Change" in the subject line. Or, you could let us know of the change via snail mail at: NADS - P.O. Box 206, Wilmette, IL 60091.

Antioxidants Do Not Help Development In Children With Down Syndrome

Advance for Speech-Language Pathologists and Audiologists

Editor's Note: We respect the rights of parents to make their own choices about health-related treatments for their children. We offer articles on current research in NADS News so that parents can remain informed about the latest developments in medical research and can consider that information in making decisions for their family.

Giving children with Down syndrome antioxidants and nutrients does not help their condition improve at all, according to a new study (British Medical Journal, March, 2008)

U.K. researchers studied the effect of giving such supplements to 156 babies under 7 months old with Down syndrome over an 18 month period. Down syndrome is the most common genetic cause of learning disability in the UK affecting around 1 in 1,000 newborn babies.

Previous studies have investigated the possibility that giving folate, antioxidants, or both might improve the effects of Down syndrome, particularly language and psychomotor development.

Although none have reported any significant effect, use of vitamin and mineral supplements is widespread in children with Down syndrome in Europe and the United States due to the marketing of commercial preparations claiming substantial benefits.

In this study, the babies, from several sites in England, were split into four groups. One group was given a daily dose of antioxidants, one folic acid, one a combination of antioxidants and folic acid, and one a placebo. All the supplements were given in a powder that could be mixed with food or drink.

After 18 months, the children remaining in the study were assessed for their mental and cognitive development.

This study provides no evidence to support the use of antioxidant or folic acid supplements in children with Down syndrome, the authors concluded. Parents who choose to give supplements to their children need to weigh their hope of unproved benefits against potential adverse effects from high dose, prolonged supplementation.

The full article is available online at <http://press.psprings.co.uk/bmj/february/Downs.pdf>



3rd Annual Luncheon and Fashion Show Benefit for the National Association for Down Syndrome

*Soaring to New Heights...
Don't Be Surprised*

Sunday, October 19, 2008

10:30am - 2:00pm

*Donald E. Stephens Convention Center
North Ballroom - Rosemont, Illinois*

This event will feature children and adults with Down syndrome modeling fashions from Macy's Oakbrook, The Disney Store Oakbrook, and La Colonna in Wilmette. There will also be a Silent Auction and Raffle.

Proceeds from this event will support the programs that NADS provides to children and adults with Down syndrome and their families.

3rd Annual Luncheon and Fashion Show for NADS

Tickets are \$50 each or \$500 for a table of 10.
Runway Table Seating is \$1,000 for a table of 10.

Yes, I will attend. Enclosed is \$_____ for _____ tickets.

Name _____

Address _____

_____ Phone _____

Email _____

Sorry, I cannot attend, but please accept my donation of:

\$25 \$50 \$75 Other _____

To reserve your seat, please mail
this form with a check made payable
to: NADS Fashion Show

MAIL TO:
NADS Fashion Show
P.O. Box 5582
Woodridge, IL 60517-0582

Guests

I am purchasing tickets for and/or
would like to be seated with:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Reservation deadline is October 1, 2008. Reservation confirmations will be sent.

familyalbum



Adam Swanson and Lizzie Schuda



Sam Baebler

Hanna Elizabeth Stopka



Nicole Elsey



Fletcher Jones

Books & Aids

Teaching Math to People with Down Syndrome and Other Hands-On-Learners - Book 2: Advanced Survival Skills

DeAnna Horstmeier, Ph.D.
415 pages - \$24.95

www.woodbinehouse.com

This is a sequel to the popular and successful math Book 1 written by this author. Using her proven, practical hands-on-activities - with the help of games, manipulatives, props and worksheets to make learning concrete and more tangible to hands-on learners. Book 2 reviews some of the basics, but mostly focuses on more challenging skills such as: Multiplication and division, fractions measurement, money and decimals.

Teaching Math Activities & Games - CD-ROM from Teaching Math Books 1 & 2

\$14.95, www.woodbinehouse.com

This CD-ROM enables you to print out and reproduce over 150 worksheets, games and teaching aids from both books on your own computer. Print them in color and make multiple copies for home or school to take on trips

Hands-On Math Kit

\$34.95 www.woodbinehouse.com

This kit is a convenient kit of manipulatives and teaching aids needed for activities in both Book 1 and 2. It includes dry erase board, marker, paper money, craft sticks, magnetic wand, chips, ruler, playing cards, measuring cup, counting checkers, colored clothespins, game pawns.

Time Timer

\$32.95 www.woodbinehouse.com

This timer reinforces the sense of elapsed time with an easy-to-see graphic depiction of the time remaining. It is an excellent visual support that makes the passage of time concrete for kids and adults and they don't need to know how to tell time. It's good for setting time limits, measuring the duration of activities, easing transitions and encouraging students to make better use of available time.

Voice Over

\$8.95 www.woodbinehouse.com

This small, 10-second voice recorder/playback unit can be affixed, with the adhesive included, to a picture schedule, visual support, sentence strip, or can be used to make a talking book. It is a valuable tool for students who are non-verbal, hard to understand, or who have difficulty with social skills and initiating conversation.

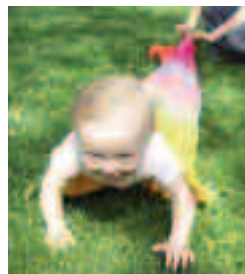
GE Window Alarm

\$9.95 www.woodbinehouse.com

Do you worry that your son/daughter may wander the house or leave the house without you knowing it? This GE window alarm can be placed on a door, window, cabinet or refrigerator. No wiring is required and these portable alarms can be taken with you on vacation or visiting grandma.

Tcrawler

The Tcrawler(c) is a cloth tunnel designed to motivate children with developmental disabilities to crawl on all fours-a very important milestone. It is made from recycled T-shirts, vintage scarves and buttons. There is a cloth "window" in the middle to let light in and to provide a focal point to crawl toward. The fabric's bright colors are visually stimulating, enticing children to crawl through it. Each Tcrawler is a little different-just like our kids.



The idea for the Tcrawler came about after my son Nathan's OT brought a long cloth tunnel for him to crawl through. It was dark inside and all one color. So I thought of trying to make a very colorful one with a little window in it to help with the hesitation of going inside. Nathan loves it! I have also developed a special Tcrawler for OTs that has a little pocket on the outside containing cloth shapes to identify and button on. In a playgroup setting, the

Tcrawler provides a great opportunity to learn how to take turns and share. Kids can't wait to go through it again and again.

For more information about the Tcrawler or to purchase one go to: thepickypeasant.com or contact Liita Forsyth directly at 773-237-8104. The Trawler is \$49 plus \$5 shipping. Discounts available on two or more.

Road Map To Holland How I Found My Way Through My Son's First Two Years With Down Syndrome

Jennifer Graf Groneberg
New American Library Penguin Group www.penguin.com
288 page, \$14

In Road Map To Holland Jennifer Groneberg shares the story of life after the birth of her twin sons, Bennet and Avery. When Jennifer and her husband first learned they were having twins, they worried that their Montana home might not be big enough to hold their growing family. However, five days after the babies were born, Avery was diagnosed with Down syndrome, and the focus of their lives changed significantly. Here Jennifer shares the stories of her "new" life -the unanticipated challenges and rewards, the medical and emotional rollercoaster rides, the unexpected twists and turns, which were sometimes overwhelming and sometimes thoroughly enjoyable.

This is a beautifully written book - a wonderful story of a mother and her sons, each one special, but the Down syndrome journey created many wonderful growth opportunities for Jennifer and her family. Many times, like so many parents, she struggled with the Down syndrome diagnosis, and through her struggles she arrived at a place where she could see a beautiful son with special gifts and challenges - just like her other sons, but different in ways too. This book is a great resource for parents, and Jennifer is a mom that many parents will relate to in a very personal way.▲



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

The editor of this newsletter writes as a non-professional. NADS does not promote any therapy, treatment, institutional or professional system, etc. The editor reserves the right to make any such corrections as necessary in accordance with established editorial practice in material submitted.

NADS GIFT MEMBERSHIP

Please send a NADS gift membership to:

Name:

Address:

From:

Phone:

Relationship:

\$20 per recipient should be enclosed and sent to:
 National Association for Down Syndrome
 (NADS), 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!

NON-PROFIT
 ORG.
 U.S. POSTAGE
 PAID
 Permit No. 202
 Wilmette, IL