



TDSN Busy as Ever!

The Triangle Down Syndrome Network is as busy as ever. Two very important events will take place this fall. The Fourth Annual Buddy Walk is scheduled for October 5th at Crowder Park in Apex with the Regional Down Syndrome Conference at Meredith College in Raleigh scheduled for November 9th. Additional information on both events are included in this newsletter.

Please note, other excit-

ing events coming up in the next few months including the Teen Social, New Parent Meeting, Mom's Night Out, and the Raleigh Christmas Parade. TDSN can always use volunteers to assist with events. If you are interested in helping out go to the TDSN website at www.Triangledownsyndrome.org for e-mail contacts or call the TDSN Information Line at 919-835-3739.

One additional event to look forward to is the release of the New Parent Book. It will be available very soon!



Fall is just around the corner and choked full of exciting and interesting

The Buddy Walk Draws Near

The Fourth Annual Buddy Walk is right around the corner. Crowder Park in Apex is the place to be October 5th rain or shine. We are all very excited and hope to make this the most successful walk ever. The walk begins at 11:00 am with registration starting at 9:30. The fee is \$10 until September 25th. On September 26th it becomes \$15, so be sure to pre-register today. Doughnuts and coffee will be available

during the pre-registration. Following the walk, there will be a catered lunch. Monetary donations will be accepted for lunch. Door prizes and the raffle drawing will also be held after the walk. You do not need to be present to win. You can help by collecting donations from friends, relatives and co-workers or by selling raffle tickets. Contact Christie Coghill at ccoghill@mindspring.com or by phone at 359-0243

for more information. Prizes include two round trip tickets to anywhere in the continental U.S., a Lowes Food gift certificate, a catered pig picking for 50 or a weekend getaway package.

Inside this issue:

<i>Pathways to Success</i> Down Syndrome Conference	2
Birth-3 Resource Support Group	2
Notes from the Board	2
Calendar Listings and Birthday Superstars	3
Contributions, Sibshops, Call for Nominations	4
Volunteer Ops, Website, Information Line	5
<i>Pathways to Success</i> Registration Information	6

TDSN Officers

- Chair– Leigh Menconi
- Co-Chair– Allison Jordan
- Secretary– Jeannie Ammons
- Treasurer– Billy Zahn

Pathways to Success— Regional Down Syndrome Conference

Pathways to Success is a state-wide conference organized by the Triangle Down Syndrome Network, that will focus on current issues related to Down syndrome. The conference will be held on November 9th, 2002 at the Belk Center on the Meredith College Campus. Registration begins at 8:15. The featured keynote panel of speakers will discuss current medical research, building communication skills for individuals with Down syndrome as well as sibling and family issues. An inspiring message from a self-advocate and his mother, and a special magic presentation by a self-advocate and his father will celebrate the lives of individuals with Down syndrome and their potential for success. Breakout sessions include topics that will address the concerns of families and professionals in-

involved with preschool, school age and transitional age individuals. Topics of interest include guardianship, medical care, teaching math, promotion of inclusion, sign language, the power of the arts, sensory integration, residential programs and the IEP process. Triangle Down Syndrome Network seeks to promote community awareness and acceptance of individuals with Down syndrome. Support and information are provided to families, health-care professionals and educators. Through these efforts, TDSN strives to improve the quality of life for all people with Down syndrome in the Raleigh,



Pathways to Success 2002 Regional Down Syndrome Conference

Durham, Chapel Hill and surrounding communities. TDSN hopes everyone will gain useful information from the conference necessary for them to pursue their own *Pathway to Success*.

Birth-3 Resources Support Group

Reprinted from the Summer 2002 Edition of the Family Support Network of Wake County Newsletter

Family Support Network of Wake County will start a Resource/Support Group this fall for parents whose children are ages birth through three or are in the Early Intervention program. The group would meet on a monthly basis. Meetings would consist of a

guest speaker for forty-five minutes to an hour and then a thirty minute social/support meeting afterwards. Many parents have expressed an interest in this type of group and this is your chance to be in on forming the group. We need to hear from parents. We would like to mail a short survey to everyone interested to find out what topics are

of interest, what day and time would be best, and if childcare is needed. If you are interested, please call Rene' Morrison at 919-662-4600 x257 for more information or to have a survey sent to you.

**Contact Rene' Morrison at
919-662-4600 x257
for more information**

△ Notes from the Board

The TDSN Board meets the first Monday of each month. The next meeting is September 9th. For directions or more information, please call Leigh Menconi, the Board Chair, at 856-0391.

Board Minutes from August 2002

- △ The 3rd edition of the New Parent Book has been submitted to the printer and will be available soon.
- △ Linda Loveland of Fox50 wants to do a story on the Buddy Walk to promote October as Down Syndrome Awareness month. Chareen Monk is the contact.
- △ Grants through the Junior League are available for children who are at-risk. This includes monetary or volunteer support. Ann Garrett is requesting volunteers to assist at the Buddy Walk and conference. Ann will continue to pursue information on accessing

volunteers and grant monies.

- △ Christie Coghill gave an up-date on the Buddy Walk. There will be theme baskets for the raffle. Water bottles, Frisbees and static cling bumper stickers reading "Someone I love has Down syndrome" will be on sale. Sue Talbot will handle registration. The printing of raffle tickets has been donated. There will be a catered BBQ lunch as well as coffee and doughnuts at the walk. The clown is donating her time but has requested \$25 per hour for face painting. Registration bags with goodies will be available. Christie will not continue as Buddy Walk chair next year but will assist the new chair. Ann Garrett will solicit people to sponsor posters of children to be displayed along the Walk course.
- △ Board Member terms ending include Lisa Byrd, Becky Corbin, and Sue Talbot. Chareen Monk and Brett Wilson will not

return and Jeannie Ammons has resigned. She has nominated Kara Nauhouse as her replacement. The Nominations Committee is seeking replacement members to fill these vacancies. Michelle Schwab is the contact person.

- △ Voting on the amendments to the by-laws and articles of incorporation will occur at the Buddy Walk as there were not enough people at the June meeting to form a quorum.
- △ Voting membership issues have been tabled until the next meeting.

TDSN Calendar Items

SEPTEMBER

- 9/7 Teen Social Planning Meeting at Bear Rock Café, Crossroads Shopping Center
- 9/8 Buddy Walk Planning Meeting— call Christy Coghill @ 359-0243 for more information
- 9/21 New Parent Meeting at White Plains from 10am-12pm.
Newcomers to the group through birth or relocation are welcome to come and meet each other and existing members for informal and social / support meeting. Childcare is provided.
- 9/23 Mom's Night Out— call Stephanie Bednar @ 752-0313 for more information
- 9/29 Buddy Walk Volunteer Orientation— 3:00 at Crowder Park

OCTOBER

- 10/5 Buddy Walk at Crowder Park
- 10/28 Mom's Night Out— call Stephanie Bednar @ 752-0313 for more information

NOVEMBER

- 11/2 Fall Teen Social at White Plains
- 11/9 Regional Down Syndrome Conference
- 11/23 TDSN's Float will be in Raleigh's Christmas Parade



Send calendar items to Leigh Menconi at Lmenconi@intrex.net

Birthday Superstars

SEPTEMBER SUPERSTARS!

- | | |
|---------|-----------------|
| 9/4/91 | Joshua Glenn |
| 9/9/98 | Dylan Kinlaw |
| 9/11/99 | Olivia Dixon |
| 9/12/99 | Nicole Bell |
| 9/13/90 | Rebekah Yilling |



OCTOBER SUPERSTARS!

- | | |
|----------|------------------|
| 10/2/98 | Mark Brooks |
| 10/10/96 | Lucia Romano |
| 10/11/97 | Steven Talbot |
| 10/13/00 | Elliot Kuehn |
| 10/16/96 | Megan Czejkowski |
| 10/22/97 | Matthew Schwab |
| 10/29/94 | Tyler Jones |
| 10/31/97 | Ashley Westman |

Contributions

Matching Gifts for Employee Contributions

Many companies offer a Matching Gifts for Employee Contributions program. For most companies, retiree gifts are also eligible. Some companies may take up to one year to match your gift. Ask your employer for a Matching Gift form, complete it and send it to TDSN at 109 Raphael Drive, Cary, NC 27511. A list of participating companies are provided below. If your company is not listed, contact your Human Resource Department to determine if they participate in the program.

Participating Companies

*Abbott Labs *GlaxoSmithKline
*Advantis *Allied Signal *Jefferson Pilot

*American Express *Johnson Controls
*Ameritec *AON Corporation *Lucent Technologies *Mallinkrodt *Bell Atlantic
*May Department Stores *Bank of America *McGraw Hill *Becton Dickson
*Merck *Bell South *Merrill Lynch
*Monsanto *Carolina Power & Light
*Mutual of New York *Caterpillar
*Novartis *Chevron *NYNEX *CIGNA
*Pfizer *Cisco Systems *Philip Morris
*Citibank *Pitney Bowes *Computer Associates *Prudential Insurance
*Corning *Southern Bell *Sprint Foundation *Eli Lilly *Square D *Equitable Life *Sun Microsystems *Ericsson GE
*Tandy Corporation *Exxon Corporation *UPS
*Waste Management



Save 10% and Contribute \$ to TDSN

Learning Express of Cary at Wellington Shopping Center located at 6460 Tryon Road (corner of Cary Parkway and Tryon Road) is sponsoring TDSN through a pre-holiday shopping fundraiser that is a win-win situation for you and TDSN! Customers that present a special TDSN flyer during the week of October 28th through November 2nd, will receive 10% off their purchases. In addition, TDSN will receive a donation of 10% from the total purchases made that week. Flyers will be distributed in October, so check your mailbox.

Sibshops

Sibshops is a program for siblings of children with special needs to obtain peer support and education within a recreational context. Meetings may occur once or twice a month for approximately four hours. Although Sibshops is not therapy, its effects can be therapeutic for many children. In over two hundred communities internationally, there are monthly support groups modeled on the program

developed by Donald Meyer and Patricia Vadasy through the Sibling Support Project. We would like to organize a group in Wake County but need to know how many people would be interested. The target range of siblings would be seven to thirteen years of age. Please leave a message on the informa-

tion line at 835-3739 if you are interested. Please include the names and birthdates of siblings that may participate along

with any suggestions regarding *when* and *where* the group might be held.

SIBSHOPS hopes to begin in January 2003.

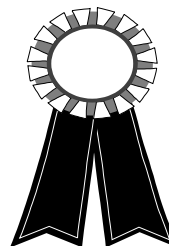
Call 835-3739 and leave a message if you are interested.

Call for Nominations

TDSN would like to recognize those that support and assist us in achieving and maintaining high goals and standards for our children. The nominations committee will select one person from each category to recognize at TDSN's *Pathways to Success* Regional Down Syndrome Conference scheduled for November 9th at the Belk Center located at Meredith College.

Categories are:

- Δ Teacher/Educator
- Δ Professional/Para-Professional (doctor, therapist, etc.)
- Δ Self-Advocate
- Δ Parent Advocate



Nominations requested for those providing "exceptional service" to the TDSN community

The deadline for nominations is September 30th. Send nominations to TDSN, Attn. Nominations, 102 DuPont Circle, Raleigh, NC 27603-1924 or e-mail nominations to nominations@Triangledownsyndrome.org. Please include the name of the individual, reason for nomination and information on how to contact them.

Volunteer Opportunities

Speaker Coordinator

TDSN is looking for a volunteer or group of volunteers to coordinate topic and speaker presentations for several monthly TDSN meetings beginning January 2003. Speakers are needed for the January, February, April, August and November meetings. If this seems to be a daunting task for one individual, perhaps a group of individuals could divide the responsibilities. Several people could schedule a month or two apiece. Please leave a message on the information line at 835-3739 if you are interested in helping out.



Volunteers make it happen!

Fall Teen Social

The Fall Teen Social is coming up. It is scheduled for November 2nd at White Plains from 7:00 until 10:00 pm. Dona Hess and Paula Goldberg are heading up the team of volunteers. Contact Dona at 319-9975 if you are interested in donating your time and ideas for this event.

Believe it or Not...

The holiday season is right around the corner! The Raleigh Christmas Parade will occur on Saturday, November 23rd and TDSN will have a float in the parade. Ann Garrett is coordinating the arrangements. Individuals interested in riding on the float will be chosen on a "first come-first served" basis. Riders under twelve years of age will need to be accompanied by an adult. If you are interested, please contact Ann Garrett at 556-8732 or by e-mail at ann.o.garrett@gsk.com. Include your name, phone number and your child's name and age.

Newsletter Policy

General Information: TDSNNews is published bi-monthly by the Triangle Down Syndrome Network, 109 Raphael Drive, Cary, NC 27511. Current circulation is over 450 issues. You will soon be able to view the newsletter via e-mail. For more information contact Leigh Menconi at Lmenconi@intrex.net. Robyn Trueblood-Noll will be the new editor of the newsletter. Her e-mail address is rockn_robyn2@yahoo.com.

Change of Address: TDSNNews is mailed 3rd class bulk-rate and will not be forwarded if you move. Please send address changes to Leigh Menconi at Lmenconi@intrex.net or leave a message on the TDSN Information line at 919-835-3739.

Deadline: Submissions to the newsletter are due by the 12th of even numbered months. Any information received after that will be considered for the next

newsletter.

Submissions: Submit ideas, articles and pictures for the newsletter to Robyn Trueblood-Noll at rocknrobyn2@yahoo.com.

OCTOBER 12th is the deadline for the November/December newsletter.

TDSN Information

TDSN Website

The TDSN's website at www.Triangledownsyndrome.org was established in January 2000 as a resource for our families and professionals that assist and support us with the well-being of our children. Please e-mail information and stories about your children to be included on the site. Indicate if you have photographs that can be posted. Contact Patti Dudek at pdudek@ipass.net. We also pro-

vide an e-mail list for those who would like to stay in touch and share information about local resources. To subscribe, send an e-mail to TDSN-subscribe@yahoogroups.com.

The TDSN Website address
is

www.Triangledownsyndrome.org

TDSN Information Line 919-835-3739

Get the latest information about TDSN meetings and other activities and events by calling our new information line. A member of the TDSN Board will retrieve the messages and return calls as soon as possible.



TDSN

Triangle Down Syndrome Network
109 Raphael Drive
Cary, NC 27511

Phone: 919-835-3739

TDSNews

We're on the Web!
www.triangledownsyndrome.org

Pathways to Success Registration Info

Triangle Down Syndrome Network is sponsoring the Regional Down Syndrome Conference *Pathways to Success*. The conference will occur on November 9th, 2002 at the Belk Center on the Meredith College campus. Registration will begin at 8:15. Coffee and doughnuts will be available. Additional key information follows:

△ Registration materials and a map of the conference site are available on the TDSN website at Triangledownsyndrome.org.

△ The registration fee is \$25 and will include breakfast,

lunch and a compendium of all speaker presentations.

△ An early-bird registration by October 15th of \$20 is also available.

△ Scholarships covering the registration fee will be provided for those in need of financial assistance.

△ Please contact Becky Corbin conference chair at 919-554-8812 for additional information.



Triangle Down Syndrome Network 2002 Conference
Pathways to Success