

*Plan Ahead-Get Ahead!  
Preparing Your Child for Transition to School*

*Reprinted from Upsy-Daisy,  
Nashville, TN.*

**Keep on Track**

Routines are important for all children, but are of particular benefit for a child with cognitive delays because they provide a framework that helps him to anticipate what will happen next and what is expected of him. Maintaining established basic routines –eating, sleeping and toileting –throughout the summer is also essential for sustaining your child’s good health, ensuring his optimum energy level and building good habits.

**Parents can maintain regular eating habits and energize their child by:**

- sticking to a regular bedtime.
- placing a dark covering over the window to shut out excessive light.
- keeping the child’s room cool if heat keeps him awake.
- providing a nutritious snack program.
- having predictable meal times
- eating at the table and

not on the run!  
**Parents whose child is physiologically and developmentally ready for toilet training can facilitate progress by:**

- creating a bathroom as-



*...routines are important for all children...*

sociation. Anything and everything that has to do with toileting should be done in the bathroom. This includes the actual event and changing of diapers. It’s important that the child make the association between eliminating and the bathroom .  
-dressing your child in easy to pull down and up pants so that toileting doesn’t become a lesson in dressing.  
-creating a time schedule and sticking to it. Observe your child to identify if

there is a pattern for bowel movements. Your child will learn the routine and eventually “save up” for the scheduled toileting time.  
-accepting your child’s efforts. If your child does not go, stay calm, praise the effort (e.g. “what a big boy trying to pee in the toilet”) and explain that they can try again later. (e.g. “ Good try. You can try again after lunch.”)  
This keeps the toileting experience as positive as

possible. It’s so important to avoid creating a negative experience with words or actions that would make him feel upset or that he failed.

**“Check” It Out**

The results will be evident if you familiarize your child with the self-help skills that are part of the curriculum in preschool and other classrooms.

1. Start by reading the following list of skills and checking off those that your child can do.

*(Continued on page 6)*

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**TDSN Officers**

- **Chair– Leigh Menconi**
- **Co-Chair– Allison Jourdan**
- **Secretary– Ann Garrett**
- **Treasurer– Billy Zahn**

# Letter from the Chair

## Letter from the Chair

After much thought and deliberation, I have decided to step down as board chair for TDSN but remain on the board for the rest of my term. The next few months are just too hectic and stressful with Claudia's surgery/recovery and other family commitments for me to make TDSN the priority it needs to be to make sure things continue to run smoothly. Allison Jourdan will serve as chairperson until the end of my term in October when new board members and officers are chosen. Stephanie Bednar has graciously accepted the position of co-chair.

In many areas, TDSN faces the problem of providing continuity of leadership from both the level of committees and the board itself. Some of our recurring projects and events require this continuity so that we don't re-create the wheel each time. We have tried to institute a chair/co-chair arrangement so that the co-chair can be a "chair-in-training" and prospective volunteers might not be apprehensive about handling the responsibilities alone or starting from scratch.

On a higher level, we have this issue in board membership. As our by-laws are currently written, members of the board may serve no more

than two consecutive two-year terms after which a successor board member is elected. However, according to North Carolina Statute, if no successor is elected that director may continue to serve until a successor director is elected, designated, or appointed and qualifies, or until there is a decrease in the number of directors. We currently have a board of 16 people and 5 of those board seats are up for election. Of the 11 remaining board members, 7 are currently in their first terms on the board.

Because of the nature of our group, new parents are joining all the time either by birth, adoption, or relocation. In the last couple of years we have formed a nomination committee that actively seeks new members for the board to keep fresh ideas and enthusiasm coming in and while we don't want the board to seem closed to new members if term limits are eliminated entirely, we do not want to lose the active, experienced board members who are willing and able to take on a more active role.

*At the August meeting, we will be holding a vote to amend the by-laws to extend the number of consecutive terms from 2 to 4 two-year terms. Proxies will be sent via email to registered members of record as of July 31<sup>st</sup>. If your email address has changed since you registered or if*

*you are interested in becoming a registered (voting) member of TDSN, please contact me at [Lmenconi@earthlink.net](mailto:Lmenconi@earthlink.net) or 919/856-0391 as soon as possible. Membership forms were sent with the January newsletter but the forms can be mailed in at any time before July 31<sup>st</sup> to participate in the vote.*

We believe that this is in the best interest of the corporation to provide continuity of leadership in an group in which many members cannot, because of time constraints and other commitments, take on another commitment. If this vote passes, those 5 board members whose seats fall under the 2 term limit will be on the ballot for the October election at the Buddy Walk if they wish to continue serving on the board.

***The TDSN Board meets  
every month on the first Monday.  
Meetings occur at 7 p.m. at Cary Travel.  
For more information, contact Leigh  
Menconi at 856-0391 or by e-mail  
[lmenconi@earthlink.net](mailto:lmenconi@earthlink.net)***

## Notes from the Board

### May /June Board Meeting Highlights

- △ Leigh Menconi has resigned citing family obligations. She will continue on the board. Allison Jourdan will act as Lead Co-Chair and Stephanie Bednar will act as Co-Chair
- △ Robyn Trueblood-Noll has resigned as newsletter editor in order to continue

her education. TDSN is looking for a new editor.

- △ Motion has been made to extend term limits on the board to four years. Registered members will vote on issue.
- △ Becky Corbin is responsible for the silent auction at the NDSC Conference in Philadelphia in August. Cedar Creek Galleries made a generous donation on behalf of TDSN to the silent auction.

- △ TDSN will participate in Learning Express's fundraiser in November.
- △ TDSN will continue as an affiliate in the United Way brochure. Please designate your contribution to TDSN if your company supports United Way.

## Directions to TDSN Parent Meetings

### Directions to Parent Meetings

Parent Meetings are held monthly at White Plains United Methodist Church located at 313 S.E. Maynard Road. Childcare over age one is provided. For more information, contact Christy Manning at (252) 235-5911 or Leigh Menconi at 856-0391.

### From Sanford:

Take Hwy. 1 North to Cary. Exit at Cary Parkway.  
Take a left onto Cary Parkway.  
At third light, turn right onto Kildaire Farm Road.  
At third light, take a right onto S.E. Maynard Road.  
WPUMC is about one mile on the left.

### From Chapel Hill/Durham/Raleigh:

Take U.S. 1 South/Hwy 64 to Cary.  
Take Walnut Street exit.  
Turn right onto Walnut Street.  
At third light, turn left onto S.E. Maynard Road.  
WPUMC is about one mile on the right.

# TDSN Calendar Items

## JULY

7/28 Mom's Night Out (Meet at Amedeo's on Western Blvd. Contact Stephanie Bednar @ 752-0313 to RSVP and get directions)

\* No Board Meeting or Parent Meeting planned for July

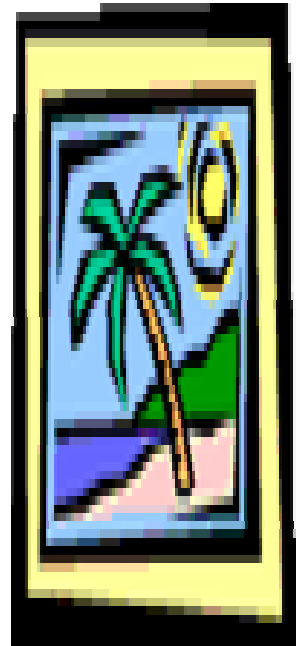
## AUGUST

8/4 Board Meeting at Cary Travel at 7 p.m.

8/5 Support Meeting at Brooks Avenue Church at 7:00 p.m. (Topic on Back to School Strategies to Ease the Transition. Child care provided by RSVP at 821-2400)

8/16 Parent Meeting at White Plains Children's Center at 10:00 a.m. (Hal Shigley will discuss behavioral issues)

8/25 Mom's Night Out (Meet at Gino Russo's Oyster Bar on Glenwood Avenue. Contact Stephanie Bednar @ 752-0313 to RSVP and get directions)



For add'l info on activities  
call the  
Information Line at 919-788-3646  
or visit the  
TDSN web site at  
[www.Triangledownsyndrome.org](http://www.Triangledownsyndrome.org)



## Birthday Superstars!

### JULY SUPERSTARS!

7/7/99 Gray Jourdan  
7/29/00 Carly Young  
7/29/01 Mary Katherine Zinn  
7/30/95 Gianna Giambalvo

*If your child has a birthday coming up and you would like to include it in the newsletter, please contact Leigh Menconi at 856-0391 or [lmconconi@earthlink.net](mailto:lmconconi@earthlink.net).*



### AUGUST SUPERSTARS!

8/4/01 Faith Joanna Bettex  
8/5/84 Rawley Kabrick  
8/6/95 Hannah Woody  
8/9/90 J.T. Rea  
8/12/99 Shane Oglesby  
8/16/87 Sarah Austin  
8/16/00 Bronson Manning  
8/27/97 Thomas Zahn  
8/30/96 Nicholas Salcedo

# Successful Events

## TDSN's First Annual Buddy Bowl

Triangle Down Syndrome sponsored its first Annual Buddy Bowl on June 14th at Buffalo Lanes North. Kelly and Stephanie Bednar coordinated the event. Twenty-five enthusiastic bowlers attended and played two games. Chik-Fil-A supplied free food while Best Buy, A.C. Moore, Red Lobster, the Carolina Hurricanes and the Carolina Mudcats provided generous donations. There were strikes and a few gutter balls but more importantly there were lots of laughs, high fives and hurrahs. Everyone had a great time. Matthew Schwab bowled a strike but was more bowled over by

the shoes and stated "Mom, these are cool, can I take them home?" The Buddy Bowl event raised \$900.00! Pretty good for a first annual event.

Thanks to Kelly and Stephanie for coordinating the event and to all the generous sponsors. Look for another Buddy Bowl in the future!



**Fundraisers a success!**

## Hair-Raising Event a Success

Kathy Jordan, a TDSN parent of fifteen year old Joe and owner of "Who Does Your Hair?" salon in Wake Forest sponsored a Cut-A-Thon fundraising event for Triangle Down Syndrome Network. The "hair raising" event occurred on May 17th from 8 a.m. until 2 p.m. Each stylist contributed \$15 dollars per client for appointments scheduled during the Cut-A-Thon hours. The stylists raised a whopping \$1,107.00 in only six hours! Thank you Kathy and stylists for your support and generous contribution to TDSN.

## Respite Care Home

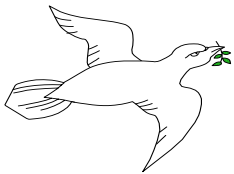
*Johnny, who is developmentally delayed, needs a lot of help. He must be fed, bathed and dressed. His mother does these things for him all the time. Now that she has to go to the hospital, what will the family do?*

*Susan, a six year old child with mental retardation and epilepsy, has always been very active. She requires constant supervision because she has no sense of danger. Her parents have not had much time to spend with their other child since Susan has been born. How can they be fair to both children?*

The Respite Care Home, a service of Johnston County Mental Health Center, is a support program that can assist families with similar situations. Families and individuals in the Johnston County and South Central Region are eligible to use the home. The Home is a house like any other in the community. There are always staff on site to see that each resident's needs are met in the most normalized environment possible. The staff do not teach or train, but provide a family setting with an emphasis on leisure and recreational activities. Families in

Johnston County may call the Home at 934-9213. Families in the South Central Region may call their local Developmental Disabilities Service Coordinator or Case Manager to request information. The Home is located five miles west of Smithfield on Highway 210, just off Highway 70. There is a fee, based on family size and income. The fee can be discussed prior to admission or during the application process. It is recommended that interested families complete an application even if services are not needed immediately.

## Lessons from Noah's Ark



*Reprinted from NewsLine, Spring 2001, Exceptional Children's Assistance Center in Davidson, N.C.*

1. Don't miss the boat.
2. Don't forget that we are all in the same boat.

3. Plan ahead - it wasn't raining when Noah built the Ark.
4. Stay fit - when you are 600 years old someone might ask you to do something big.
5. Don't listen to critics, just get on with what has to be done.
6. For safety's sake, travel in pairs.
7. Two heads are better than one.

8. Build your future on high ground.
9. Speed isn't always an advantage, after all, the snails were on the same Ark as the cheetahs.
10. When you are stressed, float awhile.
11. Remember, the Ark was built by amateurs, the Titanic was built by professionals.
12. Remember that after the storm, there's a rainbow waiting.

## Get Outside!!!

Wake County Parks, Recreation and Open Space offers all kinds of recreational facilities and activities to serve citizens, including: ☼ hiking trails ☼ nature trails ☼ mountain biking trails ☼ jogging/walking paths ☼ fishing ☼ boat rentals/launch areas ☼ picnic areas ☼ playgrounds ☼ tennis courts ☼ softball/baseball fields ☼ batting cages ☼ soccer/football fields ☼ multi-purpose courts/fields ☼ volleyball courts ☼ tracks ☼ museums *and much more!*

School Parks open to the public include:

Apex Elementary School  
Carver Elementary School  
East Wake High School  
East Wake Middle School  
Fox Road Elementary School  
Fuquay-Varina Elementary School  
Knightdale Elementary School  
Penny Road Elementary School  
Rolesville Elementary School  
Salem Elementary School  
Swift Creek Elementary School

Vance Elementary School  
Wake Forest-Rolesville Middle School  
West Millbrook Middle School  
Willow Springs Elementary School

For more information on parks, recreation and open spaces in Wake County call 856-6670



## Informative Websites and Resources

*The websites and resources have been previously mentioned in past newsletters however they warrant mentioning again.*

### Best Buddies

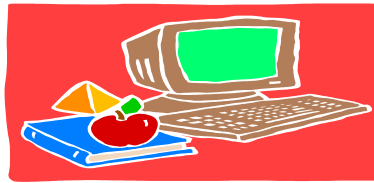
The Best Buddies website provides information about getting an e-mail buddy or support for persons with mental retardation. This resource is connected to the Kennedy Foundation and offers an opportunity for teens and adults with Down syndrome to make some great social connections.

The website address is [www.bestbuddies.org](http://www.bestbuddies.org)

### Specially Designed Clothing

Clothing designed especially for adults with Down syndrome is available online at:

[www.specialfitonline.com](http://www.specialfitonline.com).



### Governor's Advocacy Council

This nationwide system of protection and advocacy agencies is committed to ending disability-based discrimination. GACPD's goal is to give people with disabilities equal opportunity in all areas of life. For more information about GACPD

services call:  
(919) 733-9250

or write to:

1314 Mail Service Center  
Raleigh, NC 27699-1314

## A Happy and Rewarding Life

### Suggestions on how to live a happy and rewarding life.

- ☺ Never deprive someone of hope. It might be all they have.
- ☺ Don't be afraid to say "I'm sorry."
- ☺ Don't interrupt.
- ☺ Don't tailgate.
- ☺ Wave at children on the school bus.
- ☺ Listen to your children.
- ☺ Improve your performance by improving your attitude.
- ☺ Leave everything a little better than you found it.

- ☺ Make it a habit to do nice things for people who will never find out.
- ☺ Vote.
- ☺ Be forgiving of yourself and others.
- ☺ Stop blaming others. Take responsibility of every area of your life.
- ☺ Do more than is expected.
- ☺ Be there when people need you.
- ☺ Take care of your reputation. It's your most valuable asset.
- ☺ Say "thank you" a lot.

- ☺ Say "please" a lot.

- ☺ Keep your promise.

- ☺ Judge your success by the degree that you're enjoying peace, health and love.

- ☺ Live so that when your children think about fairness, caring and integrity they think of you.



*Never give anyone a fruitcake.*

## Plan Ahead-Get Ahead!

(Continued from page 1)

2. Next, select one or two areas that you and your child can work on. It's important to only choose tasks that your child is developmentally ready to learn and those that he shows an interest in and is physically able to perform.
3. Finally, select an appropriate goal for your child to work towards. Start with easy-to-reach goals, then increase expectations as objectives are attained. Progressive goals will keep the child from becoming frustrated. This in turn, minimizes avoidance behaviors and increases chances for success.

### "It's Time To Go Out"

When it is time to go out, can your child identify these personal items?

- Coat
- Shoes
- Backpack

Activities can progress from:

- holding his coat or shoes out in front of him and having him reach for it

while stating "Come get your coat."  
-having him select his coat from among two different ones. State "Which is your coat?"  
-asking him to go to the coat rack and bring his coat or shoes back to you. State "Go get your coat."



### "Do It By Yourself"

Is your child able to dress and undress himself? Can he:

- pull his pants up and down?
- put his shoes on and take them off?
- zip his coat?

Tip: Equip your child with "kid friendly" clothes. Clothes he can manage on his own will help develop motor skills and increase independence. "kid friendly" clothing can be purchased or adapted. -When shopping for new pants, select those that have an elastic waist band because they allow your child to dress and undress more independently. Buttons, zippers or straps are difficult for little fingers to manipulate.

-Velcro strap shoes are great and can make the "do up" process a successful and independent one.

-When buying coats for your child, select one with a zipper rather than buttons, attach a large key chain to the zipper. This gives small fingers something substantial to hold on to when zipping.

## Miscellaneous

### Cheerleading Group Forming

Competitive cheerleading now available in Wake County! Impact Gym in Apex, N.C. is now forming a special athletes cheerleading team. Team members will train at Impact Gym and travel to competitions. One team will be formed and training will begin as soon as pos-

sible. For more information contact Bonnie Strowd at (919) 542-4346 or by e-mail at [Strowd@mindspring.com](mailto:Strowd@mindspring.com)



### Toys R Us Catalogue Models

The latest Toys R Us catalogue showcasing products especially for children with special needs will feature Olivia and Victoria Ryan. They are the daughters of Denise and Bill Ryan. It's a sure bet that their adorable faces will entice many to visit their local Toys R Us store. Look for the new catalogue to hit stores in the fall.

## Sunshine Committee has New Chair

### Welcome New Sunshine Committee Chair

TDSN has found someone to chair the Sunshine Committee. Sunshine Committee provides baskets filled with goodies to individuals who are hospitalized. Basket items such as stuffed animals, lotions and perishables have been prepared. The committee is re-

sponsible for delivery once a call or e-mail is made requesting a visit. Sandra Bettex has volunteered to chair the committee and states "this is a wonderful committee to be a part of and I would gladly welcome any newcomers to this committee. As of right now, I do not have a list of past committee members so the door is open for anyone who would like to lend helping hands

by delivering baskets to the parents and children in our group who have sick ones in the hospital for any extended amount of time. Please contact me by e-mail at



## Upcoming Special Events

### Fall Teen Dance

Teens, mark your calendars! The Fall Teen Dance is scheduled for October 25th at White Plains United Methodist Church.

The theme will be costume-optional so tell all your friends.

We are certain that this event

will be just as exciting as the

ones in the past. Start

thinking about your costume

now!



### Coffee House

The Resurrection Lutheran Church in Cary and Good Shepherd Lutheran Church in Raleigh are hosting a "Coffee House" for teens and adults with special needs. The get-together will be held twice a month with the churches alternating in hosting the events.

Friends and families are also invited to join the group for live music, refreshments, and fellowship. Admission and refreshments are free. The Coffee House occurs from 7:00 p.m. until 10:00 p.m. Locations and dates follow. Please feel free to attend either or both each month.



#### Resurrection Lutheran Church

107 Lochmere Drive W

Cary, NC 27511

\*Contact John and Kathy Sherman at 467-2090

July 11

August 8

September 12

#### Good Shepherd Lutheran Church

7000 Creedmoor Road

Raleigh, NC

\*Contact Gail Vaughn at 847-8183

July 25

August 29

September 26

## Newsletter Policy

**General Information:** TDSNews is published bi-monthly by the Triangle Down Syndrome Network, 109 Raphael Drive, Cary, NC 27511. Current circulation is over 550 issues. You can view the newsletter via the TDSN web site. Robyn Trueblood-Noll is the editor of the newsletter. Her e-mail address is [rocknrobyn2@yahoo.com](mailto:rocknrobyn2@yahoo.com).

**Change of Address:** TDSNews is mailed 3rd

class bulk-rate and will not be forwarded if you move. Please send address changes to Leigh Menconi at [lmconci@earthlink.net](mailto:lmconci@earthlink.net) or leave a message on the TDSN Information Line at 919-788-3646.

**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](mailto:rocknrobyn2@yahoo.com).

**August 12th** is the deadline for the September/October newsletter.

## TDSN Information

### TDSN Website

The TDSN's website at [www.triangledowns syndrome.org](http://www.triangledowns syndrome.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. To include stories about your children on the site contact Patti Dudek at [pdudek@nc.rr.com](mailto:pdudek@nc.rr.com). Indicate if you have photographs that can be posted.

We also provide 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](mailto:TDSN-subscribe@yahoogroups.com).

#### Newsletter now available on the Web!

The newsletter can be viewed on the TDSN website. Information on how to download the Adobe Acrobat viewing software that you will need is also on the site. If you would like to receive a notification via email when the newsletter is available to view rather than receive a hardcopy in the mail two weeks later, please email [lmconci@earthlink.net](mailto:lmconci@earthlink.net) with your full name and email address.

The TDSN Website address is  
[www.triangledowns syndrome.org](http://www.triangledowns syndrome.org)

### TDSN Information Line 919-788-3646

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.

#### Special Note:

Patti Dudek has a new email address at [pdudek@nc.rr.com](mailto:pdudek@nc.rr.com).



**TDSN**

Triangle Down Syndrome Network  
109 Raphael Drive  
Cary, NC 27511

Phone: 919-788-3646

**TDSNews**

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**We're on the Web!**  
[www.Triangledownsyndrome.org](http://www.Triangledownsyndrome.org)

## WANTED:



### New TDSN Board Members

Are you pleased with the direction of TDSN? Do you have ideas on how to productively guide the organization? Do you have ideas on how TDSN can improve and better meet the needs of its members? TDSN is recruiting new board members for the up-coming term that begins in November 2003. If you would like to make a contribution to TDSN please volunteer to be a board member. Contact Michelle Schwab at (919) 557-0381 or by e-mail at [michelle\\_schwab@mindspring.com](mailto:michelle_schwab@mindspring.com)

### Pictures of Children for Buddy Walk Posters

TDSN is creating posters to line the one mile walking trail at the 2003 Buddy Walk. If you would like your child's picture included, please send it along with a quote, bible verse, or your family's name and a \$25 check to Michelle Schwab at 716 Little Leaf Court, Holly Springs, NC 27540.