



## TDSN Buddy Walk A Huge Success

The 2003 Fifth Annual Buddy Walk was a huge success! Between 300 and 350 children and adults attended this year's walk at Bond Park in Cary. The rain stayed away and everyone had a wonderful time. The Buddy Walk is TDSN's largest fundraiser each year. The 2003 Buddy Walk raised over \$25,000!

Several guests made special appearances

such as Mimi the Clown who face painted tons of faces and BB the Clown who created many balloon *objects d'art*! The Fraternal Order of Police made photo identification cards of the children and McGruff, the Crime Dog (with several of his therapy dog friends) lead the walk around the

park. The hotdog dinner was just as much fun and made possible through donations from Barry's Café, Middlesex Grocery, Kerr Lake Caterers, Frito Lay, Bear Rock Café and Coca-Cola. Everyone enjoyed the opportunity to eat,

drink and catch up with old friends as well as make new friends. Trish

(Continued on page 4)



## Second Annual TDSN Banquet Imagine the Possibilities

The 2004 TDSN Banquet has been scheduled for Sunday, March 14th at the Embassy Suites located in Cary. Karen Gaffney, self advocate, high school graduate, certified teacher's aid and a member of the relay team that swam the English Channel, will be the featured speaker. Please mark your calendar now for what is sure to be a wonderful and inspiring evening. Invitations will be mailed after the first of the

year. Please consider inviting friends, family, therapists, teachers or other people involved in your families life to the banquet. You may submit names to Leigh Menconi by email at [lmnconi@earthlink.net](mailto:lmnconi@earthlink.net), by mail to 102 Dupont Circle, Raleigh, NC 27603-1924 or by fax at (704) 772-9909. Volunteers are needed for pre-event planning as well as event day help. Contact Donna

Beckmann at (919) 682-5188 or email [dbeckmann@nc.rr.com](mailto:dbeckmann@nc.rr.com) or Denise Lloyd at (919) 933-9039 or email [denisewlloyd@earthlink.net](mailto:denisewlloyd@earthlink.net) if you can help out. Further details will be posted in the next newsletter and on the TDSN website. To learn more about Karen Gaffney, visit her website at [www.karengaffneyfoundation.com](http://www.karengaffneyfoundation.com).

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## TDSN Officers

- **Chair**— Allison Jourdan
- **Co-Chair**— Stephanie Bednar
- **Secretary**— Ann Garrett
- **Treasurer**— Billy Zahn

# Letter from the Chair



Hello everyone! I can't believe that it is fall already. If you're like me, this is my favorite time of year. I love it when the leaves change and the weather turns cooler. It also means that the holidays are coming, my second favorite time of year. I was recently asked by someone to write a little about what inspires me, well of course like most of you, I thought of my children. It still amazes me that I brought these two precious beings into this world. Everyday I think about how much we take for

granted, and how they have no idea, that the little things they do are making them that much smarter, wiser, and balanced in life. I get so excited every time they accomplish a new milestone, but even more when they realize that they have done something great. How they keep trying and trying to get it right, and when they do, their expressions are priceless. So whenever I am doing something that I think I can't or won't be able to handle, I just think of them. I found a quote that I thought summed this all up.

*"Today, start to make a spiritual inventory of all your blessings. So much good happens to us, but in the rush of daily life we fail even to notice or acknowledge it."*

*Sarah Ban Breathnach*

I hope that you all enjoy the coming season. We have some great things in store for all of you that you will read about in this newsletter. Thanks to all of you that have and do volunteer for the many committees that we have. If you haven't volunteered, please consider doing so, as it is a great feeling to be involved.

Sincerely,  
Stephanie

## Notes from the Board

### Board Meeting Highlights

- △ Bylaw amendment was voted on and approved by 32 submitted votes.
- △ New Board Members were elected at the Buddy Walk by 36 submitted votes. New Board Member bios will be posted in Jan/Feb newsletter.

- △ The Board wishes to express sincere gratitude to out-going members for their dedication and support.
- △ TDSN membership is annual. Members will need to re-register in 2004 and pay a \$5.00 fee.
- △ New volunteers will coordinate Mom's Night Out and Parent Meetings. Volunteer needed for Nominating Committee. This will be addressed in No-

vember 3rd Board Meeting

The TDSN Board meets every month on the first Monday. Meetings occur at 7 p.m. at Cary Travel. For more information, contact Allison Jourdan at 782-5722 or by e-mail [jam03@doc.state.nc.us](mailto:jam03@doc.state.nc.us).

## TDSN Parent Meeting Information

### November Parent Meeting Special Guest

The November Parent Meeting will occur on Saturday the 15th at White Plains United Methodist Church from 10 a.m. until noon. Dr. Jeff Larson of Wake County Public Schools will give an overview of the school system and answer questions about classes and the school system. This will be a general forum and not an opportunity for parents to take up individual situations.

### General Information

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.

### Directions to Parent Meetings

#### 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

## NOVEMBER

11/3 Board Meeting at Cary Travel at 7 p.m.

11/15 Parent Meeting at White Plains Children's Center from 10:00 a.m. until Noon

(see additional info on page 2 — child care will be provided)

Δ No *Mom's Night Out* for November

## DECEMBER

12/1 Board Meeting at Cary Travel at 7 p.m.

Δ No Parent Meeting (in lieu of Breakfast with Santa)

12/13 Christmas Breakfast with Santa

(see additional info on page 7)

Δ No *Mom's Night Out* for December

*TDSN wishes for everyone to have a safe, happy and relaxing holiday season!*

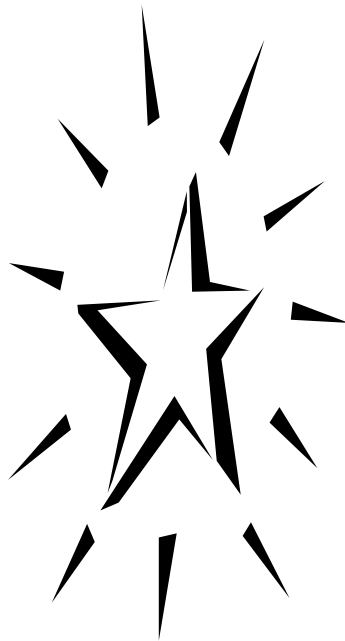


*For addt'l info on activities  
call the  
Information Line at 919-788-3646  
or visit the  
TDSN web site at  
[www.Triangledownsyndrome.org](http://www.Triangledownsyndrome.org)*

## Birthday Superstars!

### NOVEMBER SUPERSTARS!

11/1/99	Michael Wozniak
11/4/97	Emma Adams
11/5/01	Melanie Tutka
11/8/91	Charles Diesel
11/10/97	Treyvon Clark
11/14/90	Jamie McGhee
11/17/00	Thomas Beckmann
11/28/94	Jaime Delott
11/30/96	Sydie Garrett



### DECEMBER SUPERSTARS!

12/4/99	Matthew Bednar
12/11/00	Harrison Matthews
12/13/00	Dezrae Jackson
12/15/90	Anna Wells
12/22/93	Beth Morgan MacDonald
12/23/97	Allison Lister
12/24/96	Justin Whitley

*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 [lmconci@earthlink.net](mailto:lmconci@earthlink.net).*

## Buddy Walk

(Continued from page 1)

Miller, Singer and Storyteller performed after dinner. The children *and* the adults really enjoyed her performance. Prizes including Buddy Walk Sports Bottles, TDSN Hats and TDSN Boater Tote Bags were awarded. Bumper stickers stating “*Someone I love has Down syndrome*” and T-shirts were also available for purchase. Many families took the opportunity to have their child’s picture made into a button!

TDSN would like to give a huge thank you to the individual volunteers and groups such as the

Trinity Academy, St. Francis and the Order of the Eastern Stars for their help in setting up, giving directions, handing out information, passing out T-shirts and helping with the hotdog dinner (cooking, wrapping the hotdogs, etc.)

TDSN would also like to thank our very generous corporate sponsors including: American Society of Professional Education (The Knier Foundation), WakeMed, Prudential Financial, Gress’s Landscaping, Barton Development, ENT & Audiology Associates, Pediatric Therapy Associates, Heritage Bank, Dr. Moran and Dr.

Brooks of Pediatric Dentistry, Accident Research Specialists, Ko & Associates and Shigley Family Services.

TDSN would like to give a special recognition to the individuals on the Buddy Walk committee that helped make the Fifth Annual Buddy Walk a huge success. Committee members are Julie Lanning, Co-Chair, Kelly Nestle, Co-Chair, Christy Manning, Stephanie Bednar, Christie Coghil, Dona Hess, Michelle Schwab, Jeannie Ammons, Zoe Playe, Allison Jourdan, Sue Talbot and Ann Garrett. Thank you for your

## Mom’s Night Out

Mom’s Night Out will not occur in the months of November and December due to the busy holiday season. Additionally, Stephanie Bednar has stepped down as coordinator for MNO in order to coordinate other TDSN events. Donna Beckman and Tracy Stephenson will share the MNO responsibilities. MNO is normally scheduled for the fourth Monday



evening of each month. A routine of alternating the location between a restaurant and someone’s home would like to be established. Although experiencing a new restaurant each month can be lots of fun, it can become cost prohibitive. Meeting at someone’s home will allow moms a better opportunity to talk and meet with other moms. When MNO is located at a home, attendees bring a potluck dish, typically an appetizer or a dessert. As planning begins for 2004, please consider hosting an MNO. Moms

usually hang out in the kitchen and the only thing needed are a few plates, napkins and beverages. A schedule is being prepared for 2004 so contact Donna Beckmann at (919) 682-5188 or by email [dbeckmann@nc.rr.com](mailto:dbeckmann@nc.rr.com) or Tracey Stephenson at (919) 844-0462.

*\*Special thanks to Stephanie Bednar for coordinating MNO for over a year.*

## Being A Parent

Being a parent is the only job that requires no training, no degree, and lasts a lifetime.

It pays no salary, has no vacations or holidays, and allows no sick leave. And you can never say, “I quit!”

But it’s a job with the most benefits. It’s a job that changes you forever and shows you how deeply you are able to love.



*By Claudia G. Lints-taken from Parent Partners Empower newsletter created by the Exceptional Children’s Assistance Center*

# Up-Coming Fundraiser and United Way Campaign

## Learning Express

Save 10%  
and  
Contribute to TDSN!!!

Learning Express of Cary at Wellington Shopping Center located at 6400 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 November 3rd through 7th, will receive 10% off their purchases. In addition, TDSN will receive a donation of 10% from the total purchases made that week.



## Triangle United Way

Triangle United Way's 2003 Campaign is now underway! TDSN encourages you to support the community campaign and the United Way's Community Care Fund. TDSN will be listed in the Triangle United Way's campaign material and is eligible to receive designated donations.

## TDSN Library

### TDSN/WPCC Parent Library

TDSN and White Plains Children's Center have collected a variety of books related to Down syndrome. Books are available for parents and children. The library is opened during the TDSN monthly parent meet-

ings however, it can be accessed during White Plains operating hours which are Monday through Friday from 7 a.m. until 6 p.m. The process for borrowing books is simple. Remove the card from the back of a book, sign it and place it in the file box located on the book shelf. For

more information, contact Michelle Schwab at 557-0381 or Judy Ramquist or Robyn Trueblood-Noll at White Plains. The number is 469-2217. See the list below for specific selections donated by TDSN.

## TDSN Library Selections

### Children's Books

- ▲ ABC for You and Me by *Meg Girniss*
- ▲ Big Brother Dustin by *Alden R. Carter*
- ▲ My Sister Is Special by *Larry Jansen*
- ▲ Russ and the Almost Perfect Day by *J. E. Rickert*
- ▲ Russ and the Apple Tree Surprise by *J.E. Rickert*
- ▲ Russ and the Firehouse by *J.E. Rickert*
- ▲ Someone Special Just Like You by *Larry Jansen*
- ▲ We'll Paint the Octopus Red by *S.S. Bodeen*
- ▲ 123 For You and Me by *Meg Girniss*

### Novels

- ▲ Another Season by *Stallings and Cook*

- ▲ Count Us In - Growing Up with Down Syndrome by *Kingsley*
  - ▲ Expecting Adam by *Martha Beck*
- ### Videos
- ▲ A Promising Future Together by *NDSS*
  - ▲ Language and Reading Development (Birth -3)
  - ▲ One Vision, One Voice by *NDSS*

### Adult

- ▲ A Circle of Friends II
- ▲ Adolescents with Down Syndrome by *Pueschel*
- ▲ Babies With Down Syndrome by *Karen Stray*
- ▲ Biomedical Concerns in Persons with Down Syndrome by *Pueschel*
- ▲ Common Threads: Celebrating Life with Down Syndrome
- ▲ Communication Skills in Children with Down Syndrome by *Kumin*
- ▲ Compendium from 27th NDSC

### Conventions

- ▲ Delicate Threads by *Staub*
- ▲ Down Syndrome A Promising Future Together by *Hassold*
- ▲ Fine Motor Skills in Children with Down Syndrome by *Bruni*
- ▲ God Plays Piano, Too by *Mitchell*
- ▲ Kids With Celiac Disease by *Korn*
- ▲ Teaching Reading to Children with Down Syndrome by *Oelwein*
- ▲ The New Language of Toys by *Schwartz*
- ▲ Unexpected Guests at God's Banquet by *Mitchell*
- ▲ You, Your Child and Special Education by *Cutler*



## Parents As Advocates

*Excerpted from 1990 Community Skill Builders-  
article by Elyda S. Elwinger, Ed.D., O.T.R., CCC-Sp.*

An advocate is someone who protects someone else's rights and interests. Children-especially those with disabilities-are unable to obtain rights for themselves, so adults must "stand in" for them. You are your child's earliest and most important teacher. Learn to teach your child to overcome disabilities. Concerned professionals can help; your child's early training will work best when you work closely with specialists. Be an active member of your child's team of service providers. Learn about normal development and your child's specific problems. Learn about the roles of the various team members. Professionals may disagree amongst themselves; it's your job to understand the issues and help the specialists develop the best program for your child. Then help make the program work. As your child's advocate, you need to: stand up for your child's needs and rights, make important decisions about your child's care, decide which specialists to see and which programs to enter,

learn what placement is best and whether educational plans are right for your child. Your child has basic rights to food, clothing, home, love and security. Another basic right is the right to become as capable as possible. And your child has the right to an independent, fulfilling life. Defend these rights when planning programs for your child. Advocacy is not just for parents. Everyone who comes in contact with your child becomes an advocate. You are emotionally involved with your child; professionals are usually objective and can help you make major decisions wisely. Respect their opinions. There are a variety of ways to advocate for your child at their school. Become educated and involved concerning assessment, evaluation, placement, program planning and curriculum. Your child will do best when you work with teachers. Work done at school is not truly learned until your child can do it at home, too-keep teachers informed about such "carry over." Be involved in long-term planning. Teachers may

be more objective, but you may have more insight into effective goals for your child. You can succeed as an advocate by preparing thoroughly for meetings that concern your child. Share information-you know what makes your child tick. Expect your child to change. New behaviors are due to growth, not the school program. Work closely with teachers to make behavioral changes easier to work with. Understand that teachers care for and teach other children, too. If the teacher seems rushed, don't assume the teacher doesn't care. Inform the teacher about changes in home schedules and share your ideas and suggestions as well. Be involved in classroom and school events. This provides an opportunity to stay connected with your child's school on a consistent basis. It is okay to admit when you don't know what to do. Ask about how to get more information. The more you know, the better prepared you are to plan and make decisions for your child.



## Nominations for Exceptional Individuals

### Imagine the Possibilities



TDSN is hosting it's Second Annual Banquet on March 14, 2004. As on previous occasions, we will

honor individuals who have enriched the lives of our children. Please take a moment to nominate a teacher, parent, professional or

member of the community who has not been "blinded" by disability but focused instead on ability and helped a person with Down syndrome imagine and reach towards their goals.

Nominations can be mailed to TDSN c/o Patti Dudek, 103 Ludgate Ct., Cary, NC 27519 or sent via email to

[pdudek@nc.rr.com](mailto:pdudek@nc.rr.com). Please provide your name, telephone number and email address along with the nominees. Include a brief statement describing the contributions the nominee has made in support of individuals with Down syndrome. January 31st is the deadline to accept entries for nomination.

## Family Support Network

FSN is offering a new opportunity for parents titled "Holland Tour Group" Gatherings. Based on the "Welcome to Holland" story, these gatherings are designed to bring together parents of children with special needs for topical information sharing and social time.

Gatherings occur monthly at Pediatric Therapy Associates from 6:30 p.m. until 8:00 p.m. Notify Julia Haskett one week in advance if childcare is needed or for additional information at 662-4600 x257. Dates and topics for 2003 follow.

Oct 21-Balancing the Kids-(when you have more than one child)  
Nov 11-Sensory Integration  
Dec 16- Babes in Toyland

*Dates and topics for 2004 will be posted in the  
Jan/Feb 2004 newsletter.*

## Upcoming Special Events

### **TDSN Family Holiday Party**

#### ***Breakfast with Santa***

Santa is coming to town! TDSN will host a holiday party for children and families on December 13th from 10 a.m. until 12 noon at the Laurel Hills Community Center located on Edwards Mill Road in Raleigh. TDSN will supply utensils, drinks and crafts. Everyone is asked to bring a breakfast or brunch dish to share. Parents need to bring a small gift for their child to receive from Santa. Mary Zahn is

coordinating the event and is requesting volunteers. Please contact her at 467-7740 or e-mail at [mtzahn@bellsouth.net](mailto:mtzahn@bellsouth.net) if you would like to volunteer or need additional information.

*This event is in lieu of the December parent meeting.*



### **TDSN Float in Christmas Parade**

Believe it or not the time has come for the Raleigh Christmas Parade! The parade will occur on Saturday, November 22nd and TDSN will have 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 serve" basis. Riders under age twelve 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](mailto:ann.o.garrett@gsk.com). Include your name, your child's name and age and a phone number.

## 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).

**December 12th** is the deadline for the January/February newsletter.

## TDSN Information

### **TDSN Website**

The TDSN's website at [www.Triangledownsyndrome.org](http://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. 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).

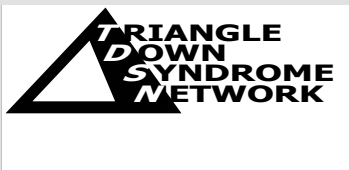
#### **Newsletter available on the Web!**

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 e-mail [lmconci@earthlink.net](mailto:lmconci@earthlink.net) with your full name and email address.

### **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.

The TDSN Website address is  
***[www.Triangledownsyndrome.org](http://www.Triangledownsyndrome.org)***



**TDSN**

Triangle Down Syndrome Network  
109 Raphael Drive  
Cary, NC 27511

Phone: 919-788-3646

**TDSNews**

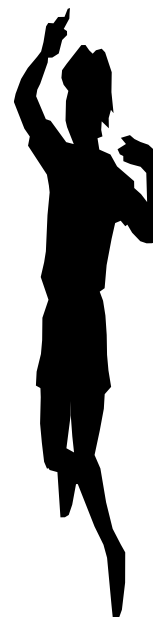
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## KIDS



Here's to kids who are different,  
The kids who don't always get "A's";  
The kids who have ears  
Twice the size of their peers,  
Or noses that go on for days.  
Here's to kids that are different,  
The kids who are just out of step;  
The kids they all tease,  
Who have cuts on their knees  
And whose sneakers are constantly wet.  
Here's to kids who are different,  
The kids with a mischievous streak,  
For when they are grown  
As history has shown,  
It's their difference that makes them unique.



*taken from Parent Partners Empower newsletter created by the Exceptional Children's Assistance Cen-*