

Second Annual TDSN Banquet

Imagine the Possibilities

Please join members of the TDSN and the community at large on Sunday, March 14, 2004 at 7:00 p.m. at the Embassy Suites in Cary and listen to Keynote Speaker, Karen Gaffney and imagine the possibilities of the future of a person you love who has Down syndrome.

Karen Gaffney earned a high school diploma from St. Mary's Academy and went on to attain an A.S. degree and a Teacher's Aide

Certificate from Portland Community College.

On July 23, 2001, Karen, a member of a six-person relay team, set out from Shakespeare Beach in Dover, England, swam toward the coast of France and into the official record books of the English Channel Swimming Association. Fourteen hours later, the team reached the coast of France and Karen

became the first person with Down syndrome to have completed a relay swim across the English Channel.

Currently serving as president of the non-profit organization, the *Karen Gaffney Foundation*, Karen travels internationally and is a frequent speaker at conferences and workshops. The Foundation, established in 1998, is dedicated to champi-

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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.

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.

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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 hope that you all had a safe and happy holiday season. Thank goodness it only comes one time a year. I can't believe another year has passed us by and a new one is now beginning. But as we all know, having kids makes time just fly right on by.

I would like to welcome the new families to the group that have joined us in the last year. You have become a part of a great network of friends. Congratulations on the birth of your child and may they bless you as much as ours have blessed us.

I would also like to welcome the new board members voted in during the Buddy Walk in Octo-

ber. The newest members of the Board of Directors include Denise Ryan, Michelle Pfeiffer, Martin Osterhout, Joanne Mackey, Julie Lanning, Nori Jackson, Jackie Holcombe and Christie Coghill. Welcome and thank you for the hard work and dedication that you have already provided as members of the Triangle Down Syndrome Network.

We have another busy year coming up with lots of exciting things in store. Our main event will be our banquet in March. Karen Gaffney will be the Keynote speaker and it looks like it will be an exciting yet informative event. Please plan to attend as we hope to see you there. And of course, there

will be the annual events we have every year, like the picnic and Buddy Walk, just to name a few. Thanks to all of you who helped out in any way last year. We couldn't have made it without you.

Well, I hope that everyone will have an exciting and blessed New Year. If you have made any resolutions, (I don't usually because I know that I will just break them, seeing as I have no willpower,) good luck! I look forward to having another fun filled year as I hope you will too.

Sincerely,

Stephanie Bednar

Notes from the Board

Board Meeting Highlights

- △ Leigh Menconi will chair the Nominations Committee for new board members.
- △ New Board Members are Denise Ryan, Michelle Pfeiffer, Martin Osterhout, Joanne Mackey, Julie Lanning, Nori Jackson, Jackie Holcombe and Christie

Coghill. New Board Member bios will be posted in Mar/Apr newsletter.

- △ Andrea Pacyna will begin coordinating the Parent Meetings.
- △ TDSN membership is annual. Members will need to re-register in 2004 and pay a \$5.00 fee.
- △ *Imagine the Possibilities* Banquet details were discussed.

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.

TDSN Parent Meeting Information

New Parent Meeting Coordinator

Andrea Pacyna has agreed to coordinate Parent Meetings. She is in the process of scheduling speakers on topics of interest. Please visit the TDSN website for specific information about the speakers scheduled for January and February. 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, con-

tact Andrea at (919) 872-7434 or by email at dpacyna@yahoo.com.

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 approximately one mile on the right.



TDSN Calendar Items

JANUARY

- 1/10 Board Meeting at Cary Travel at 7 p.m.
- 1/17 Parent Meeting at White Plains Children's Center from 10:00 a.m. until noon (*see additional info on page 2- refreshments and child care will be provided*)
- 1/26 Mom's Night Out
(*Kemp's Seafood House -see page 4 for details*)

FEBRUARY

- 2/2 Board Meeting at Cary Travel at 7 p.m.
- 2/21 Parent Meeting at White Plains Children's Center from 10:00 a.m. until noon (*see additional info on page 2- refreshments and child care will be provided*)
- 2/26 Mom's Night Out
(*Home of Allison Bell- see page 4 for details*)

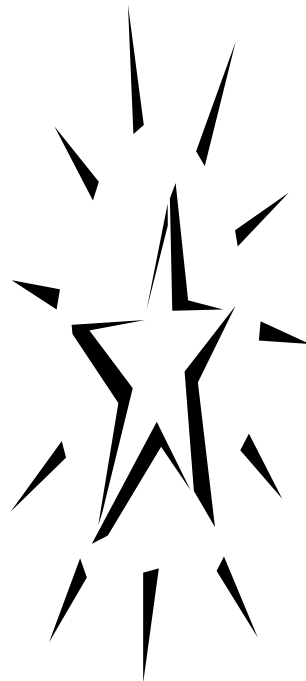


For add'l info on activities
call the
Information Line at 919-788-3646
or visit the
TDSN web site at
www.Triangledownsyndrome.org

Birthday Superstars!

JANUARY SUPERSTARS!

- 1/2/95 Jacob Gutierrez
- 1/5/00 Myles Monk
- 1/7/96 Jonathan Mitchell
- 1/7/00 Aaron Parker
- 1/16/01 Grace Paxton
- 1/16/03 January Sage McPhee
- 1/18/98 Gabrielle Angelini
- 1/19/95 Jake Gerber
- 1/20/88 Sarah Spruill
- 1/20/00 Nicholas Little



FEBRUARY SUPERSTARS!

- 2/1/02 Megan Gannon
- 2/2/99 Andrew Higgins
- 2/7/01 Jordan Stanley
- 2/8/96 Megan Dudek
- 2/11/98 Josi Ferguson
- 2/11/87 Brian "BJ" Buckley
- 2/15/01 Michael Bailey
- 2/17/90 Jennifer Abbruscato
- 2/17/92 Alexander Furiness
- 2/20/85 Jenny Lowther
- 2/20/02 Jenna Claire Fogleman
- 2/23/01 Wilson Lloyd
- 2/28/01 Jada Spivey

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.

Imagine the Possibilities

(Continued from page 1)

oning the journey to full inclusion for people with Down syndrome and other disabilities. Karen, along with the Foundation, has produced two videos. One targeting new parents and the other for educators. A third video, *Imagine the Possibilities*, is a documentary telling the story of "Team Gaffney's" relay swim across the English Channel. This video is an amazing account of teamwork and community inclusion.

You will not want to miss what is sure to be an inspiring evening. As on previous occasions, the TDSN Board of Directors will recognize individuals who have enriched the lives of our children. Recognition will be given to those members of the community who have not been "blinded" by disability but focused instead on ability and helped a person with Down syndrome imagine and reach towards their goals.

Tickets to the dinner are \$40 per person. Invitations will be mailed to all TDSN members. Please consider adding your friends' and family's names to the mailing list for the banquet. To do so, or for more information, please contact either Donna Beckmann at (919) 682-5188 or by email at dbeckmann@nc.rr.com or DeniseLloyd at (919) 933-9039 or by email at denisewlloyd@earthlink.net.

Mom's Night Out

Come join other moms on the fourth Monday of each month for a night of fun, relaxation and camaraderie! We generally meet at 6:30 p.m. and we alternate between an area restaurant and a member's home. When we meet at a member's home, guests bring a dish to share. We are always looking for suggestions for restaurants and members who are willing to host.



Please consider sharing your ideas or volunteering your home. Our goal is to meet at a variety of locations to accommodate the large geographic area that we serve. For more information, please contact Donna Beckman at (919) 682-5188 or by email at dbeckmann@nc.rr.com or Tracey Stephenson at (919) 844-0462 or by email at tstephenson5@nc.rr.com. Please check the TDSN website or telephone information line for up-to-date information on meetings.

*MNO Dates and Sites
for January and February*

* Jan. 26th at 6:30 p.m.
Kemp's Seafood House at
115 Page Point, Durham 27703
(919) 957-7155

* Feb. 23rd at 7:00 p.m.
Home of Allison Bell
9804 Rockledge Drive,
Raleigh 27617
R.S.V.P. (919) 847-0829

Banquet Support Needed

TDSN requests that everyone consider inviting friends, family, therapists, teachers, or others involved in your families life to the 2004 *Imagine the Possibilities* Banquet. Names may be submitted to Leigh Menconi at 102 Dupont Circle, Raleigh 27603-1924 or by email at lmconci@earthlink.net or by fax to (704) 772-9909. Assistance is

needed for publicity. Please consider posting information concerning the banquet in your church bulletin, on your company bulletin board, in your club newsletter, etc. Volunteers are also needed at the banquet. If you are interested in supporting the banquet, please contact please contact either Donna Beckmann at (919) 682-5188 or by

email at dbeckmann@nc.rr.com or DeniseLloyd at (919) 933-9039 or by email at [A stylized graphic featuring a white heart outline centered within a black, jagged, star-like shape. The background is white.](mailto:denisewl-</p></div><div data-bbox=)

TDSN Annual Membership Drive

It's time to renew your TDSN membership or become a TDSN registered member for the first time! TDSN has two levels of membership: **Associate** and **Registered**

•As an **Associate Member**, you will receive the newsletter free of charge and will be welcome at all meetings, events and other group functions.

•As a **Registered Member**, you will have all the benefits of the associate membership PLUS be

entitled to vote at our annual meeting on new board members as well as on changes to the by-laws. (The annual meeting is held at the October Buddy Walk.) You will also be eligible to serve on the board (all board members are required to be Registered Members). This level of membership is for those individuals, families, self-advocates and professionals who want to take an active role in guiding TDSN to best serve all of its members and requires a nominal annual

membership fee per voting member (\$5) at each mailing address, renewable each January.

If you would like to become a Registered Member, complete the TDSN membership form contained in the newsletter and return it to the address listed on the form. If you are a current member, it is time for annual renewal. Please complete the membership form contained in the newsletter and return it to the address listed on the form to renew your membership.

Regional Conference in Atlanta

The Down Syndrome Association of Atlanta is hosting a regional conference titled *Knowledge is Power-Take the Leap!* The conference will occur on February 28-29, 2004 at the Atlanta Marriott Hotel, Century Center.

Featured speakers included:

- Julie Beckett, "Mother" of the Medicaid deeming waiver program
- Debra Beckman, nationally acclaimed speech therapist spe-

cializing in oral motor and motor speech disorders

- Brian Chicoine, medical director of the Adult Down Syndrome Center at Advocate Lutheran General Hospital, Park Ridge, IL
- Jose Cordero, Director of the National Center on Birth Defects and Developmental Disabilities at the CDC
- Rob Langston, author, motivational speaker and self-advocate

Featured Topics:

- Medical Update, Dental Care
- Therapy Workshop
- Behavior Management
- Future Planning
- Siblings
- Empowering Faith Communities, an interactive session on Accessible Congregations

Contact Sue Joe at 404-320-3233 or Janice Nodvin at 770-956-8511 x 207

Family Support Network

The FSN Parent Group is meeting on January 20th and February 16th from 6:30 until 8:00 p.m. at the Brooks Avenue Church of Christ at 700 Brooks Avenue in Raleigh. The topic for the January meeting is "**Steering your Ship.**" Discussion will be centered on enhancing family-centered care by organizing all the special people in your child's life. The February topic is titled

"**Marriage Made in Holland.**" Discussion will be on how to stop being a special needs parent all the time and start being a couple. Please RSVP to Julia Haskett at (919) 662-4600 x257 or by email at julia@familysupportonline.com. Respite care is available for children if an RSVP is received a week in advance. Please visit www.fsnc.org for additional infor-

mation on the various programs and resources available at Family Support Network.



Partners in Policymaking

What is Partners in Policymaking?

“Partners” is a leadership training program designed for parents of young children with disabilities and self-advocates ages 18 and older. The overall goal of the “Partners” program is to empower families and self-advocates. The program explores disability issues and builds leadership skills, which can impact disability services at all levels. “Partners” will develop positive partnerships with community leaders, elected state and federal elected officials who make policy decisions in achieving positive systems change to obtain the most appropriate state of the art services that you, your family and others use.

“Partners” is a commitment to attend weekend training sessions, practice new skills in a comfortable and safe

environment, build a network of people from diverse cultural backgrounds and life experiences, and learn from national and state experts who share our vision and values.

Academic sessions include topics such as: History of the Disability Movement, Inclusive Education, Supported Living, Person-Centered Planning, Family Support, Supported Employment, Assistive Technology, Seating and Positioning, Positive Behavior Supports, Federal Policy and Legislative Issues, State Legislative Issues, State and Local Policy/Service System and Parliamentary Procedures and Community Organization.

We especially need Graduates of “Partners” from Craven, Davidson, Duplin, Lincoln, Randolph, Stokes and Union Counties. Applications

will be sent out in November.

ECAC website will have a link to the Partners in Policymaking home page to access more information and the application online (under construction now).

The overall mission is to foster and achieve productive partnerships between individuals traditionally unserved and underserved and those in a position to make policy.

Please visit the website at www.ncpartnersinpolicymaking.com for an application. Applications are due by January 15th in order for final selections to be made concerning training topics and dates.



Coffee House



Coffee House

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 church’s 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 9:00 p.m. Locations and dates for January and February follow below. 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
Jan. 9
Feb. 13

Good Shepard Lutheran Church
7000 Creedmoor Road
Raleigh, NC
Contact Gail Vaughn at 847-8183
Jan. 30
Feb. 27

Bowling For Individuals with Special Needs

New Bowling League for Special Needs

Who: Fully Mobile Mentally Challenged Teenage and Adult Individuals

When: Friday Nights
*Beginning February 6th ending April 30th
(no bowling April 30th Good Friday)*

Where: Buffaloe Lanes Cary
151 House Road
919-468-8684

Athletes will learn money- handling skills by paying \$8.50 weekly and will bowl three games in a competition style league, comparable to any other league structure. This program is designed to give those planning to transition, transitioning or already transitioned into an independent or assisted living lifestyle outside the home. Athletes should be able to participate with minimal to moderate assistance and have the desire

to have more fun then should be allowed. This will be an excellent opportunity for caregivers to network and alternate with others for an occasional evening off. With several trained and experienced caregivers loved ones participating it will be easy to coordinate nights off amongst the group. Space may be limited! So please sign up early. To reserve a spot, for more details or any questions, please Kelly Bednar at 919-796-9934

Special Events

TDSN Float in Christmas Parade

Ann Garrett provided a first hand account about riding on the float in the 2003 Raleigh Christmas Parade

“What impressed me so much about the float, which is the reason I will always support doing this, is watching the people’s faces as rode down the route. People would look at the riders with puzzled faces then read our banner on the side of the float and then smile. Most would start clapping, hooting, hollering and waving. What I read in their faces was Wow, they have Down syndrome and they are proud of it; not afraid to pronounce it to the world! And if one child asked his mother, “What is Down syndrome?” or “Why do they look different?” and she did a

decent job of answering, I’m happy! I tried to hug and kiss Sydie a LOT so people could see that having a child with Down syndrome is a joyous experience. Thanks to all who came out to ride and watch!”

Additional float riders included: Matthew Bednar, Josi Ferguson, Tinsley Hess, Lindsay Holcombe, Gray Jourdan, Cluadia Menconi, Nicholas Salcedo, Matthew Schwab and Linsey Woodard.



TDSN Holiday Party

TDSN’s holiday gathering, “Holiday Brunch with Santa” was a huge hit! Zoe, the Clown entertained the children until Santa’s big arrival. The food and fellowship was wonderful as usual and Mary Zahn would like to thank everyone that attended. Special thanks goes to Martin Osterhout, Denise Ryan, Kate and son Watts, Laura McClees, Kelly Nestle, and her roommate, Sherrill and Brittany Steen, Allison Jourdan, Leigh Menconi and Michael Citrini. An additional special thank you to Daryl Silver at Krispy Kreme.

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.

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 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.

February 12th is the deadline for the March/April 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. To include stories about your children on the site contact Patti Dudek at 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.

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 email 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



TDSN

Triangle Down Syndrome Network
109 Raphael Drive
Cary, NC 27511

Phone: 919-788-3646

TDSNews

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www.triangledownsyndrome.org

TDSN Membership Enrollment Information

Triangle Down Syndrome Network has established two levels of membership: Registered Members and Associate Members.

△ Associate Members will receive the newsletter free of charge and will be welcome at all meetings, events and other group functions.

△ Registered Members will receive the newsletter free of charge and will be welcome at all meetings, events and other group functions.

△ Registered Members will be entitled to vote at the annual meeting (Buddy Walk) on board members and changes to the by-laws.

△ Registered Members will be eligible to serve on the board (all board members are required to be Registered Members)

△ Registered Members can be those individuals, family members, self-advocates and professionals who want to take an active role in guiding TDSN to best serve all of its members.

△ A nominal annual membership

fee per voting member is \$5.00 at each mailing address and renewable each January.

△ TDSN hopes that everyone, especially families, will become registered members who, as stated in the by-laws, are “interested in fostering the purposes of the corporation.”



TDSN Annual Membership Drive Underway!