



Wake Reads Together 2007

'The Memory Keeper's Daughter'
March 29 Finale Highlights TDSN

TDSN mom Denise Lloyd will be a featured speaker, and TDSN will have a photo exhibit representing our organization at the March 29 finale of the Wake County Public Library's *Wake Reads Together 2007* selection that revolves around the birth of a child with Down syndrome.

At last informal on-line check, there were more than 700 people on the Wake County Public Library waiting list to read this compelling novel by Kim Edwards that begins in the early 1960s, when doctors routinely recommended children with Down syndrome be institutionalized.

This book is about a doctor who delivers his own twins, and doesn't tell his wife their baby girl has Down syndrome. Instead, he gives the child to a nurse and keeps the secret from his family for 25 years. The novel unfolds the way this fateful decision eats away at his relationships and eventually helps create new ones.

Please come and show your support **Thursday, March 29 at 7 p.m. at the Cameron Village Library, 1930 Clark Avenue, Raleigh.** Wake Reads Together provided local parents with cameras so they could send in photographs of their children for this special event. For more information, check your local library or go to www.wakegov.com/readstogether/.



Anna's Angels

...Cook up
"Heavenly Goodness"

...Gala April 21



Kim Crenshaw photo

Anna's Angels is publishing a cookbook named "Heavenly Goodness," a cookbook by friends of Anna's Angels. The cookbooks, expected out this summer, are pre-selling for \$25.

Anna's Angels will hold its **"4th Annual Anna's Angels Gala Sponsored by Merrill Lynch"** on Saturday April 21st at Prestonwood Country Club. The Anna's Angels Foundation supports research on Down syndrome. The Gala will include dinner, dancing, and a live and silent auction. Steve Daniels, ABC 11 News anchor will emcee the evening's activities. The event last year raised \$80,000, which is going to Down syndrome research. If you are interested in attending or donating to the auction please contact Michelle Pfeiffer at michellepfeiffer@nc.rr.com or visit www.annas-angels.org. (See page 4 for the latest grants).



Community Partnerships, Inc.
2nd Annual
"Mission Possible"
Fundraising Luncheon

When: March 21, 2007, 12-1 p.m.

Where: Delightful Inspirations, 5511 Avent Ferry Road, Raleigh.

Contact: (919) 781-3616, ext. 250, nsmith@compart.org.

Community Partnerships is a private, not-for-profit organization whose mission is to improve the quality of life for children and adults who experience disabilities or other challenges. Community Partnerships believes that no child should be turned away from a daycare or preschool because of a disability; that every person who wants to work can work, and that they should earn at least minimum wage or higher. *(continued on page 6)*

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TDSN Officers

- **Chair** – **Martin Osterhout**
- **Co-Chair** – **Jane Ball**
- **Treasurer** – **Billy Zahn**

Let's Play!

New TDSN Playgroup



Interested in spending time with other moms and their kids? Consider joining the newest TDSN playgroup hosted by Kristine Flora. For more information, contact Kristine at krisflora@yahoo.com or (919) 846-2256.

All kids are welcome!

The playgroup will be one time per month and will rotate Monday through Friday. The time for each date will always be 10a.m. - noon.

Come join the group at the following locations:

| | | |
|------------------|----------------------------|--|
| MARCH | Wednesday, the 21st | Triangle Town Center play area |
| APRIL | Thursday, the 26th | Alanna Minnick's home |
| MAY | Friday, the 18th | Baileywick Park |
| JUNE | Monday, the 18th | Sertoma Park |
| JULY | Tuesday, the 17th | Pullen Park |
| AUGUST | Wednesday, the 15th | Pool at Kristine Flora's home |
| SEPTEMBER | Thursday, the 20th | Kids' Together Park, Cary |
| OCTOBER | Friday, the 19th | Baileywick Park |
| NOVEMBER | Monday, the 19th | Playspace (groups of 10 kids+ cost \$5/kid) |
| DECEMBER | Tuesday, the 18th | home, tbd |

Please note that all outdoor dates have a rain backup location of Triangle Town Center play area. In addition, specific meeting locations at the individual parks/locations will be e-mailed out on the listserv beforehand.

TDSN Dad's Night Out March 4th

Do you have tickets to the Duke-UNC game?

No?

Then come out to the Beckmann's on Sunday, March 4th to watch the Duke vs. UNC men's basketball game on a giant television.

(The game may even be broadcast in high definition).

Whether you are a Duke fan, a UNC fan, a State fan rooting against the Tar Heels, like college hoops, want to check Bob's electronic gadgets, or just want to hang out with the guys, this afternoon is just for dads! Plan to arrive around 3:30 for the 4 p.m. tip-off. The Beckmann's live in eastern Durham County. Call for directions.

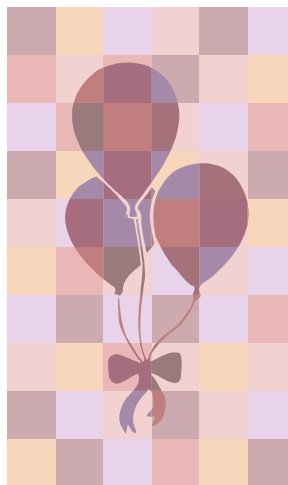
Please RSVP so we know you are coming and to get directions (919) 682-5188 or dbeckmann@nc.rr.com.

Calendar of Events

- March 4** **TDSN Dad's Night Out.** Watch Duke vs. Carolina. 3:30 p.m. At the Beckmann's. Call (919) 682-5188. (see page 2).
- March 10** **Teen to Adulthood.** 9:30-11 a.m. Millbrook Exchange Community Center, 1905 Spring Forest Road, Raleigh. "Thinking In and Outside the Box" Two Recreation Specialists talk about Programs and Possibilities for Recreation and Leisure. Contact Kathy Honeyman at honeymank@earthlink.net or (919) 878-3239. (see page 9)
- March 10** **Successful Transitions Conference.** 8:30 a.m.-3:30 p.m. St. Andrew's Presbyterian Church, 7506 Falls of Neuse Road, Raleigh. \$15, \$20 per family. (919) 832-2660, ext. 100. www.arcwake.org. (see pages 10 & 11).
- March 16** **TDSN "Coffee Mornings."** 9:30-11:30 a.m. Bear Rock Café. Peachtree Plaza. Raleigh. (See page 5).
- March 16** **St. Patrick's Day Dance.** 7-9:30 p.m. Raleigh Parks & Recreation. Green Road Community Center. Contact Jennifer Tabery, (919) 831-6640. \$5. No one-to-one assistance. \$5. (see page 7).
- March 18** **Special Ministries Sunday.** 11 a.m. Aversboro Road Baptist Church, Garner. (919) 779-0434. (see page 8)
- March 21** **"Mission Possible" luncheon.** 12-1 p.m. Delightful Inspirations, 5511 Avent Ferry Road, Raleigh. Community Partnerships fundraiser. Contact Nikki Smith, (919) 781-3616, ext. 250, nsmith@compart.org. (see pages 1 and 6).
- March 27** **MNO.** 6:30 p.m. 42nd St. Oyster Bar, 508 W. Jones Street, Raleigh, NC. Contact Brenda Wilde at bwilde@nc.rr.com or moms_night_out@triangledownsyndrome.org. (see page 5)
- March 29** **Wake Reads Together** finale of "Memory Keeper's Daughter," featuring TDSN. 7 p.m. Cameron Village Library, 1930 Clark Ave., Raleigh. www.wakegov.com/readstogether/ (see page 1).
- April 11** **TDSN "Coffee Mornings."** 9:30-11:30 a.m. Caribou Coffee, 8201 Brier Creek Parkway. (see page 5).
- April 20-21** **GIFTSNC Home Educating Special Needs Children Conference and Exhibitor's Hall.** Colonial Baptist Church, 6051 Tryon Road, Cary. \$35. <http://giftsnc.com/> (see back page).
- April 21** **Anna's Angels Gala.** Prestonwood Country Club, Cary. Contact Michelle Pfeiffer at michellepfeiffer@nc.rr.com or visit www.annas-angels.org. (see page 1).
- April 24** **MNO.** 6:30 p.m. *The home of the Beckmanns.* To get directions and RSVP, call (919) 682-5188 or e-mail dbeckmann@nc.rr.com. Bring a favorite dish or dessert to share. (see page 5).
- April 26** **SEPTA** general meeting. 7 p.m. Nationwide Insurance Building, 4401 Creedmoor Rd, Raleigh. (919) 788-2500 or e-mail info@WakeSEPTA.org. Website is www.WakeSEPTA.org.

March-April Birthdays

3/4/2001 Zachary Coghill
 3/5/1995 Brenna Conner
 3/8/2002 Lindsey Woodard
 3/9/2004 Molly Minnick
 3/14/2005 Laura Farrell
 3/15/2004 Jonathan Roberts
 3/20/1994 Benjamin Seagroves
 3/20/2001 William Reid Holmes
 3/21/2001 Emily Kouder
 3/22/2004 William Sipe
 3/22/2001 Tempest McKenzie
 3/24/1993 Sarah Goldberg
 3/24/2000 Emily Lanning
 3/26/2003 Joseph Carroll
 3/26/1997 Carson Shade
 3/28/2004 Damion Ramirez
 3/29/2000 Olivia Ryan



3/30/2006 Kalee Ann Alderman
 4/2/1999 Christopher Corbin
 4/3/2003 Emma Waterman
 4/4/1984 Kerry Hagner
 4/7/2003 Tanner Ortiz
 4/10/2005 Rebecca Terrell
 4/10/1976 Laurie Nestle
 4/10/2000 Felipe Franischine
 4/11/1994 Kevin Iannucci
 4/15/2004 Heather Wilde
 4/17/2004 Jake Thomas
 4/18/2001 Brandon Castellana
 4/30/2005 Virginia Reiter

If your child has a birthday coming up and you would like to include it in the newsletter, please contact Charlotte Dunne at cdunne@triangledownsyndrome.org.

Anna's Angels 2007 Grants



The Anna's Angels Foundation, which has raised more than \$200,000 for Down syndrome research, announced its first two grants of 2007, and that more will be given out soon. (*see page 1 for gala fundraiser information*).

Duke University Medical Center Down Syndrome Registry Program

The first grant is for \$25,000 and will continue to fund the National Down Syndrome Registry. Researchers: Priya S. Kishnani, MD (Pediatrics), James H. Heller, MA, MS, CCC (Surgery) at Duke University Medical Center.

The Down Syndrome Registry program is a project to examine the feasibility of establishing a national, longitudinal, observational database that tracks the outcomes of routine clinical practice in individuals with Down syndrome. The outcome of the project will be a comprehensive plan with clearly defined goals that will outline three aspects of a DS registry program: medical, technical, and funding sources.

As part of this project, they are proposing to survey the clinic coordinators of all Down syndrome clinics around the country for basic clinical information, basic technological information including internet access and use of electronic medical records, and interest in and concerns about participating in the registry program once established. They will propose to use website survey methods to collect these data (supported by hard copy forms for programs unable or unwilling to utilize the web-based format) and to document the capability of centers to interact electronically. In addition, they are proposing to survey Down syndrome researchers around the country, using both web-based survey techniques and telephone interviews to solicit ideas on how a registry could facilitate both large population based research and to facilitate their own research interests in Down syndrome research. To learn about the progress that Dr Kishnani and her team have made please visit www.annas-angels.org.

Ophthalmology Research at Duke University

The next grant is for \$25,000 and will research Detecting Amblyopia in Children with Down Syndrome by Sweep Visual Evoked Potentials. Researchers: Tammy Yanovitch MD; Mentors/Collaborators: David Wallace MD MPH, Terri Young MD, Sharon Freedman MD, Sandra Holgado CO MD, Azita Sadgephor, Priya Kishnani MD, Blythe Crissman MS CGC, Gordon Worley MD at Duke University Medical Center.

Infants and children with Down syndrome have an increased risk of developing amblyopia, which is reduced vision in one or both eyes. Amblyopia occurs when the brain fails to receive adequate visual stimulation necessary for normal development during infancy and childhood. Because standard acuity tests depend on the cognitive ability of the patient and the experience of the examiner, some cases of amblyopia in infants and children with Down syndrome are undiagnosed, and therefore untreated. Sweep visual evoked potential (VEP) testing offers an additional method to assess visual performance without relying on patient response or observer accuracy. Sweep VEP testing measures electrical signals generated in the brain by specific visual stimulation. The purpose of this study is to determine the ability of sweep VEP to detect amblyopia in children with Down syndrome.

This is exciting research for individuals with Down syndrome and it is bringing researchers from other areas than Down syndrome to look at issues that affect individuals with Down syndrome.

Mom's Night Out!

Let's get together:

MARCH

Date: March 27
Time: 6:30 p.m.
Location: 42nd St. Oyster Bar
508 W. Jones Street, Raleigh, NC

(For information on their menu, call (919) 831-2811 or check out www.42ndstoysterbar.com)

APRIL

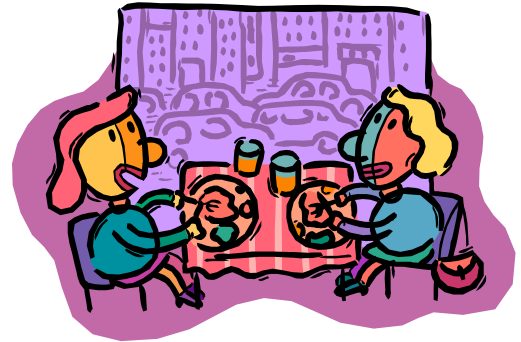
Date: April 24
Time: 6:30 p.m.
Location: Donna Beckmann's

The Beckmann's live in eastern Durham County. Please RSVP to Donna so we know you are coming and to get directions (919) 682-5188 or dbeckmann@nc.rr.com. Bring a favorite dish or dessert to share.

Mom's Night Out - a time for fun, relaxation, laughs, and mom-to-mom support. Mom's Night Out meets on the fourth Tuesday of the month, alternately between an area restaurant and a member's home. New mothers and babies are always welcome. At least one of these dinners is hosted at the expense of TDSN each year. Contact TDSN MNO coordinator Brenda Wilde at bwilde@nc.rr.com or moms_night_out@triangledownsyndrome.org. for more information, to offer a restaurant suggestion, or to host MNO. More information is available at www.triangledownsyndrome.org.

May's MNO will be sponsored by the TDSN board.

*Can we talk?
Yes! We can.*



Monthly Coffee Mornings

All moms — come join other TDSN moms one morning each month for coffee an informal, fun get together — no speakers, no topics, no childcare but plenty of time for friendship. No RSVP required

9:30 -11:30 a.m.

Friday, March 16

At Bear Rock at Peachtree Plaza (Six Forks & Mourning Dove/Sawmill)

Wednesday, April 11

At Caribou Coffee, 8201 Brier Creek Parkway

hope to see you there!



“Mission Possible”

Community Partnerships Impacts Community

(continued from page 1)

Community Partnerships has been providing services and support for children and adults with disabilities for over 20 years, last year helping more than 1,500 people achieve their goals, primarily in Wake and Durham Counties.

How does Community Partnerships’ work impact me?

Last year the 148 individuals served through its Supported Employment services earned over \$1 million in personal income—money which went back into our local economy. They worked at insurance agencies, transportation companies, non-profit organizations, banks, universities, and hospitals. Without Community Partnerships’ support many of these individuals would be unemployed or significantly underemployed, and ultimately, more dependent on government funds.

Each time a child with a disability is successfully included in a regular classroom, typically-developing children learn important lessons about acceptance and diversity, providers learn strategies that make it possible for all children in our community to learn, and families of children with special needs are given

something most of us take for granted—the opportunity to send their sons and daughters to a daycare or preschool of their own choosing.

Last year, Community Partnerships’ Early Intervention programs provided training and technical assistance to 391 childcare providers and worked with 311 children and their families.

Community Partnerships provides support services in:

- Early Intervention
- Supported Employment
- Support Brokerage (Case Management)
- Brain Injury Support Services
- Youth Employed & Succeeding
- Training & Consultation

Where does Community Partnerships get its funding?

The operating budget for the 2006-2007 fiscal year is \$5,745,034. Major funders include: Wake County Human Services; Wake County Public Schools; The NC Division of MH/DD/SAS; Smart Start; The Durham Center; and the NC Division of Vocational Rehabilitation Services. They have also implemented a strategic plan to diversify income and ensure ongoing success, and to combat the uncertainty of government funding so that the families and individuals who need our services can continue to access them.



Raleigh Scholarship Program



City Of Raleigh
North Carolina

The Raleigh Mayor’s Committee for Persons with Disabilities has funding from the City of Raleigh to award two scholarships for \$1000 each to assist persons with documented disabilities in their pursuit of academic and vocational endeavors.

The academic scholarship is to be awarded to a person with a disability who is pursuing an educational goal. This scholarship is designed to assist with tuition, books, fees, and/or special equipment for undergraduate course work from an accredited institution. The vocational scholarship is to assist an individual with a disability to pursue a vocational education. This money may be applied to the purchase of items such as tools, special equipment or tuition and fees to enhance and sustain employment opportunities.

Applicants must be residents of the city of Raleigh and must be enrolled in or have been accepted to an accredited undergraduate post secondary school, college, trade school or other institution of higher learning. The selection of scholarship recipients shall be based upon academic performance, financial need, character, school, work and community activities, honors, ability to express him/herself in written form, personal motivation and/or leadership potential.

The Scholarship Application must be received by The Raleigh Mayor’s Committee by May 31, 2007. Scholarship recipients will be recognized at the July Raleigh Mayor’s Committee meeting.

To obtain an application or for questions, call Lori Millette at (919) 716-3122.

Chris Burke Back for Buddy Walk!

Would you like him to visit your child's school? Tell us why by May 25, and he may.

TDSN members Lisa Macario and Donna Harvey are our new Buddy Walk co-chairs for 2007.

This year's Buddy Walk date is already set for **October 21** at Anderson Point Park in Raleigh and actor Chris Burke is booked once again to entertain us!

He will also be available the Wednesday and Thursday (October 17 and 18) prior to the walk to visit as many as four area elementary schools and do a presentation.

If you are interested in having him visit your child's school, the committee will need to see a strong commitment from parents and school administrators. We will need a letter from the principal that they are willing to hold an assembly to raise awareness about Down syndrome in their school.

The deadline for proposals to request an appearance at your child's school is May 25.

Sibshops

Sibshops is a support group for typical children who have sisters or brothers with special needs. It is available through Raleigh Parks and Recreation.

The Sibshop model mixes information and discussion activities with new games (designed to be unique, off-beat, and appealing to a wide ability range), and special guests.

Pizza and drinks will be provided. The cost is \$15 per session. Siblings are encouraged to register for multiple sessions in order to build relationships. Sessions will be held from 6-9 p.m. at Laurel Hills Community Center on the following Fridays: March 9 and April 13.



Preference will be given to proposals that include fundraising and strong commitment to involvement by the parents and school principal.

More information will be posted on the website soon.

TDSN is looking forward to another record-breaking year in 2007. Please consider joining this fun group of TDSN families. It seems we all have stories about what this group has

meant to us at various times. Come and create more memories with your unique talents and ideas for another great Buddy Walk.

We need your creative input, community contacts and a little bit of your time to make this the best Buddy Walk ever.

The committee is meeting the second Monday of each month at Raleigh's Crabtree Valley Mall Panera Bread location on the first floor just below the food court.

Or call anyone you know who may have served on the committee, and they can tell you how much fun it was, and how rewarding it is!

Contact Donna at dbharvey@nc.rr.com or Lisa at macfam12@nc.rr.com.

We look forward to having you join us!



Sibshops are facilitated by Ashley Stone, a special education teacher at Sanderson High School who has been trained by the National Sibshop Facilitator and has a sibling with special needs.

For more information, please contact Jennifer Tabery at (919) 831-6640 or via e-mail at

jennifer.tabery@ci.raleigh.nc.us.

St. Patrick's Day Dance

St. Patrick's Day Dance

March 16, 7-9:30 p.m., Green Road Community Center, Raleigh. \$5.

There is no one-to-one assistance provided for this activity. Those that need one-to-one assistance are welcome to attend, but must provide their own assistant.

Parents, workers, and group home staff do not have to pay to enter. For more information, contact Jennifer Tabery at (919) 831-6640



Cary Family Dental Presents the 2nd Annual



Benefits TDSN!



Benefits TDSN!

- Every year, March thru June, when you have your teeth whitened, we will donate the entire fee to charity. This is possible through the generous donations of Discus Dental and the Crown Council. Since all whitening products and time are donated, **you write your check directly to the Smiles For Life Foundation** - not to Cary Family Dental. And not only that, but your entire fee is tax deductible. Your donations will be equally divided between two very worthy charities. This year the two charities are "Smiles For Life", an organization that helps seriously ill, disabled, and underprivileged children get their dental needs met around the world, and **TDSN (Triangle Down Syndrome Network)**, a local organization that is dedicated to promoting the well being of individuals with Down Syndrome in the Triangle area.



So please join us, to not only brighten your smile, but brighten a child's life.

Please check out the Smiles For Life website at www.smilesforlife.org



Aversboro Road Baptist Church Special Ministries Sunday, March 18th

Come join in the celebration of the gifts and abilities of the children and adult's special ministry programs at Aversboro Road Baptist Church, located at 1600 Aversboro Road in Garner March 18 at 11 a.m. The two classes, for children and adults with mental and physical disabilities, will provide drama, music, and worship.

This time together is to build church and community awareness. You are also invited to join them Sundays for regular Sunday School hour, from 9:30-10:30 a.m., for children and adults of all ages.

Aversboro Road Baptist Church provides respite the first Friday of each month from 6-8:30 p.m.. Children 12-under stay at the church, while 12-and up may go bowling, watch a movie, or do other activity. Parents are asked to contact them the Wednesday prior to the Friday respite night.

For more information, you may contact the church office at (919) 779-0434.

“TEEN TO ADULTHOOD”

A parent group dedicated to helping parents understand transition services and issues for teens and young adults with disabilities.

Meetings are scheduled every second Saturday of the month, from 9:30 — 11 a.m., at Millbrook Exchange Community Center, 1905 Spring Forest Road, Raleigh. Light refreshments will be provided. This program is free of charge. Registration is at the door. For more info contact Kathy Honeyman at honeymank@earthlink.net or (919) 878-3239.

“Thinking In and Outside the Box”

Two Recreation Specialists talk about

Programs and Possibilities for Recreation and Leisure

Chris Frelke, Program Director Specialized Recreation Services, Raleigh Parks and Recreation

Janet George, Inclusion Consultant/Trainer for the Healthy Out of School Time project at Community Partnerships, Inc.

Date: Saturday, 3/10/07

Time: 9:30 — 11 a.m.

Place: Millbrook Exchange Community Center

1905 Spring Forest Road, Raleigh, NC

TDSN GRANTS

TDSN has started awarding grants from its new program.

This program will provide funding to support community awareness and activities for people with Down syndrome, their siblings, their parents, and their educators. While activities should focus on awareness and support of people with Down syndrome, they should be all inclusive for people with all abilities. TDSN reserves the right at any time, without prior notice, to change the terms of the grant program and/or to withdraw the program altogether.

The program is restricted to the support of activities located in central North Carolina supporting the community in Raleigh, Cary, Durham and the surrounding areas. Eligibility is restricted to not for profit organizations and/or individuals or groups which are not associated with a for-profit corporation. Funds are not available to support the salary of any individual associated with the event.

This program is not intended to be funding for an individual to attend an event of any sort. Nor is it intended for funding for an individual to receive treatment or therapy. Grants will be considered twice yearly by the TDSN board in February and in July/August. Grants are allocated in terms of six-month periods. For details, please visit www.triangledownsyndrome.org/grant_program.htm.

One of the TDSN grants awarded so far was to the Special Education PTA (SEPTA) in order to purchase copies of “Teaching Reading to Children with Down Syndrome” for each of the Wake County library branches. (Patty Dudek may have information about other grants they approved at the February meeting) SEPTA is also collecting books from the community (tax deductible donations) to be placed in the library’s collection to increase the number and variety of books available to parents and teachers

TDSN Scholarships

TDSN has also established a scholarship program to aid our members in meeting certain financial obligations in selected areas of interest and concern. To qualify for the available funding, the requester must be a current member of TDSN (associate or registered). An application can be made on behalf of the member or can be made by the member on behalf of an educator. Priority will be given to those members who have not received scholarships in previous years. Payment will be in the form of reimbursement once proof of payment is submitted to TDSN.

For details on how scholarships can be used, visit www.triangledownsyndrome.org.

The Arc of Wake County Presents:

**Saturday,
March 10, 2007**

8:30 a.m. - 3:30 p.m.

**St. Andrews Presbyterian
Church**

**7506 Falls of Neuse Road,
Raleigh, NC**



**For more information
call**

(919) 832-2660 x 100

or visit

www.arcwake.org

to register online or to

download a

registration form.

A conference to help families face and navigate the stages of disabilities through a lifetime.

SESSION I

Preparing for Preschool: An overview of the transition between the Early Intervention Infant-Toddler Program and Wake County Pre-School Services (IFSP versus IEP). This session is appropriate for family members, professionals, and all others interested in preschool issues and services.

Entering Elementary School: A discussion of: different placement options, an overview of staffing, student profiles, classroom structure, examples of appropriate (measurable) IEP goals, and parental input into the IEP process. This session is appropriate for family members, professionals, and all others interested in elementary school issues and services.

Mastering Middle School: A discussion about the physical and psychological changes that occur during puberty and their impact on education. Examples of coping mechanisms will be shared. This session is appropriate for family members, professionals, and all others interested in middle school issues and services.

Hopes for High School: A discussion about the educational choices available: diploma track versus occupational/vocational track; general education versus special education; exploring inclusive versus separate extracurricular activities. This session is appropriate for family members, professionals, and all others interested in high school issues and services.

SESSION II

Financial Planning: The Piedmont Carolinas Group, LLC specializes in providing Financial Planning for individuals with disabilities and their families. Over the past several years, this firm has been reaching out to the community via free public seminars highlighting the importance of future planning. This session is appropriate for family members, professionals, and all others interested in financial planning.

Spirituality: A discussion on the importance of including individuals with disabilities in spiritual and faith-based communities. This session is appropriate for family members, professionals, and all others interested in spirituality.

Leisure & Recreation: A presentation of the wide spectrum of activities available in Wake County. This session is appropriate for family members, professionals, and all others interested in leisure and recreation.

Developmental Disabilities Services: A presentation about publicly funded services available to children and adults in Wake County, eligibility determination, application process, how services are funded (including NC's Medicaid Waiver program CAP-MR/DD), why there are waiting lists, etc. This session is appropriate for family members, professionals, and all others interested in developmental disabilities services.

(continued next page)

Sponsored by:



(from previous page)

SESSION III

Financial Planning: A repeat of Session II.

Supported Employment: A presentation on preparing for competitive employment: including skill development, appropriate social interaction, job requirements, employer expectations, maintaining employment, and career advancement. This session is appropriate for family members, professionals, and all others interested in supports and services for economic self-sufficiency.

Housing Options: Exploring alternatives in housing options for individuals with disabilities in Wake County – from supported to independent living arrangements. This session is appropriate for family members, professionals, and all others interested in housing options.

Lifetime Connections: A discussion about this membership-based program of First In Families of North Carolina. This program assists individuals with disabilities and their families attain life goals and feel secure about the future via the development and maintenance of personal networks. Members receive ongoing future planning support and enjoy the security of knowing that their loved ones will have a real network to continue to support them after other family members cannot. This session is appropriate for family members, professionals, and all others interested in developing ongoing personal networks.

Newsletter Policy

Newsletter Policy:

TDSNews is published bi-monthly by the Triangle Down Syndrome Network
PO Box 37190
Raleigh, NC 27627-7190
Current circulation is more than 600 issues.

Subscriptions: Notices are sent via e-mail to those for whom we have e-mail addresses when a new issue of TDSN News is available to view/print at our website (see below). Printed subscriptions are mailed third-class bulk rate the following week. The newsletter will not be forwarded to a new address by the post office so please send address updates to mailinglist@triangledownsyndrome.org, or leave a message on the TDSN Information Line at (919) 788-3646.

Submissions: Submissions to the newsletter are due by the 12th of even-numbered months. Any information received after that date will be considered for the next newsletter. Ideas, articles and pictures for the newsletter should be sent to the editor, Andrea Higgins, at

newsletter@triangledownsyndrome.org
or jandahiggins@aol.com.

The next deadline is April 12 for the May-June issue.

TDSN Information

TDSN General Information:

- www.triangledownsyndrome.org

To include stories about your children on the site, contact Patty Dudek at pdudek@triangledownsyndrome.org. Indicate if you have photographs that can be posted.

- **Listserve:** 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@yahogroups.com.

- **24-Hour Information Line:** Get the latest information about TDSN meetings and other activities and events by calling the 24-hour information line. A volunteer will retrieve the messages and call you back as soon as possible.

- **Directions:**

White Plains United Methodist Church is located at 313 S.E. Maynard Road, also known as Maynard Loop, which circles Cary.

From Interstate 40: Take exit 291 to Cary Towne Boulevard and turn right

(west) toward the intersection with Maynard Road. Then turn left on Maynard Road.

From Highway 54: Highway 54 intersects Maynard Loop at two points. Turn right onto Maynard and travel south-east at the western intersection or turn left on Maynard and travel southwest at the eastern intersection.

From US Route 1/64: Take exit 292 to Walnut Street and go north. Turn left on Maynard at the intersection of Walnut and Maynard Loop across from the Cary Towne Center Shopping Mall.



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TDSN News

We're on the web

www.triangledownsyndrome.org

GIFTSNC Home Educating Special Needs Children Conference and Exhibitor's Hall

April 20-21

Colonial Baptist Church, 6051 Tryon Road, Cary

There are so many challenges that parents face in raising a child with special needs. Many parents doubt their ability to add "schooling" into the mix. This conference, with more than 50 workshops on topics from literacy to technology to music to nutrition, will enlighten, educate, and encourage you to move along the path of successfully home educating your children, especially those with special needs. We will have many experienced parents share their own home school adventures and offer time-tested solutions for dealing with the many unique aspects of home schooling children with different learning needs. We will also have several professionals addressing issues of interest to the special needs community.

Keynote speaker **Dr. John Pittman**, founder of The Carolina Center, a facility where multiple healing modalities were brought together to help patients with chronic degenerative illnesses. He will discuss an integrative medical approach to developmental delay, brain injury, and other conditions affecting neurologic function. Chronic brain disorders include a wide range of conditions with a variety of causes, though common abnormalities can often be identified which when treated can often improve the quality of life on many levels. A comprehensive and holistic approach to understanding these conditions will include explanations of numerous environmental factors and predispositions, as well as effectively treating brain injury and inflammation with hyperbaric oxygen therapy.

On April 20th from 7 pm-9 p.m., there will be an opportunity for those attending the conference to meet and exchange information on various topics or areas of interest to home school parents. Parent to parent information exchange is most often the best way to gather information on home schooling and special needs. Display Contest Conference attendees are encouraged to bring a tri-fold display board of things that have worked in their home school. The display categories include: technology, curriculum, resources, services, inclusion, and your own "tips and tricks."

For more information: <http://giftsnc.com/>. Contact: Kim Ashby—(919) 851-8139, bashby@mindspring.com; or Sue Patrick—(919) 649-2860, spatrick1@nc.rr.com; Joyce Millard (registrations)—(919) 878-4584, millards4@bellsouth.net.