



UPCOMING EVENTS

- **Just Dance Fundraiser for PDSSN**—February 24th—Pinedale Christian Church. Page 2
- **THIRD FRIDAY** of each month: **New club for adults 18-45**, Miller Park, 6:00—8:00 p.m. Page 8.
- **NEXT CHAPTER BOOK CLUB**—Facilitator Training—4/14. Page 8.
- **CENTERPOINT DD ADVISORY MEETING**—First Thursday of each month. **Next meeting:** February 2nd, 5:30—7 p.m., CenterPoint, 4045 University Parkway.
- **NO LIMITS II DANCE:** Next Dance will be February 10th. See page 9.

Look for part of your email address in this issue to win free registration & shirts for Buddy Walk 2012! Email ckelsey@triad.rr.com to say that you saw it!

PDSSN NEWS

VOLUME 5, ISSUE 1

WINTER 2012

Grant Approved!

Here's some good news for our new year!

The Winston-Salem Foundation has awarded PDSSN \$20,000 to hire a part-time Director! We have already had seven applicants express interest in the position, with additional ones coming in each week!

The Search Committee held their first meeting this week to determine their plan. The process will include sorting for qualified candidates, review of the applications, and discussion as to “best fit” for PDSSN. Prime candidates will be interviewed by the committee. The Board of Directors will make the final selection based on recommendations and final interviews.

We hope that by next issue, we will be able to introduce the first-ever Director for the organization. These are exciting times, indeed! Some of you have wondered what our Director will do. The vision is for the Director to help us stay organized, to provide a “voice” and telephone presence for members and for those seeking information, and to be of support to Committees. Members will still play their significant roles because a part-time staff member can't possibly do it all. For example, there will still be a Buddy Walk Chair and Committee, and the Director will be of support and provide advice and resource connections.

Our budget has been increased to cover additional expenses that we'll incur to support this position. The Winston-Salem Foundation expects us to meet certain goals with the help of the Director, including increasing our income by 20%, and increasing our membership.

This has been a dream in the making for a long time. We thank Deborah Woolard who wrote the grant, and we thank those who wrote letters of support to WS Foundation on behalf of our application.

Help spread the word to people you feel would be good potential candidates! Follow the progress of our hiring process on www.pdssn.com and through emails that will be arriving in your inbox!

**JUST DANCE IS OUR FIRST ANNUAL DANCE FUNDRAISER FOR PDSSN!
IT'S PLANNED AS A FAMILY AFFAIR—KID FRIENDLY, AND
FUN FOR YOUR WHOLE FAMILY, FRIENDS, AND NEIGHBORS! REGISTER NOW!**



Just Dance!



Sponsored by Piedmont Down Syndrome Support Network

February 24, 2012, 7 - 9 PM

Pinedale Christian Church

3395 Peters Creek Parkway

Winston-Salem, NC



Get your tickets early & save!

In advance (before Feb. 20th):

Individual - \$5 Family—\$15

Send check with names to:

D. Woolard, 4049 Max Drive, WS, 27106

At door:

Individual—\$8 Family—\$20

Tidbits from the Top!

JACK RICE, STAR BOWLER!

True to form, Jack Rice won another blue ribbon in bowling during the Winter Olympic games. He bowled a 95 and a 109 - enough to pick up 1st place.

Jack's mom, Phyllis Marshall-Rice, was on hand to root him to victory and to snap the game winning photo!

Congratulations, Jack!



Brent's Mistletoe Run!

On Saturday, December 3, 2011, Brent Bennett reached a personal goal. He participated and completed his first 5K race with a finish time of 49:24. The event was The Mistletoe Run and it was held at the William G. White, Jr. Family YMCA.

Here he is showing off his ribbon from the event. **Way to go, Brent!!!**

**Join Us!
2012 Buddy Walk® on
Washington
February 29 – March 1,
2012**

*Sponsor: The National Down Syndrome Society
Www.ndss.org*

DALTON

Dalton Cope gives us the "thumbs up!" Dalton attends Stoner Thomas school in Davidson County and is an awesome young man!



More Tidbits from the Top!



Good News: Rachael's Employment!

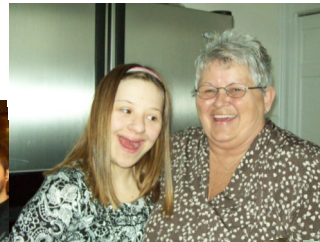
Rachael Owen, daughter of Craig and Patti Varner, and Brad and Laura Owen, of Lexington, has been hired part-time at Carolina Cancer Services in Lexington, NC. She has been working at CCS as a part of her Supported Employment through Easter Seals UCP since November. Her job Coach Amanda, is helping her reach goals to become an independent worker/employee in the near future.

As she learns her job, Rachael's supports diminish and her confidence increases. At the Carolina Cancer Services, she has various duties. She even has her own desk! No day can be called typical because every day there are new clients to serve. Rachael's tasks include cleaning and straightening each room, stocking supplies as needed, arranging the library/resource center and the Wig Room, greeting clients, and serving them whenever needed. She is also helping in the planning of upcoming fundraising events.

She loves her fellow employees, with a special place in her heart for Don Richardson, who was willing to give her the opportunity to work at such a caring place. Rachael loves to socialize and is well-known in the Lexington community. She has a special gift for serving others, so this job seems so well suited to her abilities.

Below is a link to the Carolina Cancer Service Website and a listing of some of the services they provide the community:
<http://www.carolinacancerservices.org/>

- Medication Assistance
- Support Groups
- Library/Education
- Individual Telephone Support
- Visitation Program
- Home Health Equipment & Supplies
- Day-to-Day Necessities
- Transportation



Carolina Cancer Services is located at 25 West Sixth Avenue, Lexington, NC 27292. Phone: 336-249-7265.

CCS Mission: *Through education, awareness, and assistance, we are committed to providing emotional, physical, and financial support to the numerous individuals in North Carolina who are fighting the battle against cancer.*

Upcoming fundraising event: Walk, Run, Ride for Life. April 14, 2012. Finch Park, Paul Beck Rd. Lexington, NC.

We congratulate Rachael on her new job, and her interest and dedication in doing her very best for Carolina Cancer Services—a worthy non-profit!





HANG TIME

Open Basketball
for Adults with
Disabilities

Wednesdays, 9 a.m. to Noon
Miller Park Recreation Center
400 Leisure Lane
Winston-Salem, NC 27103
336/727-2831

SUPPORT RIVERWOOD THERAPUTIC RIDING CENTER'S SOUPER BOWL

Order your chili pronto! Great food to help a great cause! \$10/Quart. Order before February 1st for your pick-up at Salem Kitchen on February 4th between 9 and 4!

Vegetarian - Meat - White Chicken
Kathylyn Barnhill can tell you more!
barnbetts@windstream.net

BEES No More: "Exceptional Families" is Born!

Many members and friends of PDSSN benefited from BEES for Parenting—a group that was sponsored by PDSSN, CenterPoint, Family Support Network, and Hines and Son, for many years.

In recent years the attendance of PDSSN families seemed to be waning. So with the help of Chris Gentry of FSN, a "new and revised" version, called "Exceptional Families" is coming into being. Tboggs@BB

The group will continue to meet on the fourth Thursday of each month.

Call Chris Gentry at FSN for more information. (336/924-5301) The meeting place is Little Creek Rec Center on Jonestown Rd. (610 Foxcroft Drive, near the Bowling Center).



A special thanks to Patti Varner who has joined the Newsletter Committee and contributed her skills to this issue! We appreciate Patti's support and help! - ck

A Letter From Maria Vicente. . .

This is Maria from Foundation Invest for children. I have contacted you previously to introduce you to Down TV, www.downtv.org.

Now, a year after its first steps, Down TV has incremented the number of videos and languages and we want to keep growing in order to have our message spread all over the world.

I wonder if you could help us disseminate this site in order to make it a useful tool for families and professionals. Videos on the site contain prized information, and they are a clear evidence of all the abilities of the people with Down syndrome.

I would really appreciate your own ideas to improve our site and any kind of collaboration we could have.

Kind regards,

Maria Vicente
Invest for children
Via Augusta 200, 1º
08021 Barcelona
Tel.: +34 93 240 5752
Fax: +34 93 240 5755

YOUR PDSSN BOARD OF DIRECTORS FOR 2012

President: Melinda Gentry (sister of Brent)
Vice-President: Jayne Koeslin (special education professional)
Secretary: Winnie Reeves (mother of Jamie)
Treasurer: Helen Johnson (grandmother of Hannah)
Board Chair: John Fuller (father of Karly)
Deborah Woolard (mother of Jeremy)
Allison Yokeley (mother of Joshiah)
Maggie Warren (mother of Davis)
Eddie Bines (father of Morgan)
Brent Bennett (self-advocate)
Jeremy Donohue (self-advocate)
Tamison Jewett, MD (professional)
Chris Kelsey (retired professional)
Will McGuirt, MD (professional)

CLAUDETTE PARSONS IN MEMORIAM

Contributed by Brigette Parsons

We "lost" Claudette Parsons 10/13/11, two days prior to the Buddy Walk, after an 18 month battle with cancer. She didn't want tears or all the formality that comes with funerals. My dad asked that we write something that we remembered about her at the memorial. Here is my story:

In the twenty six years of Claudette being my "Mama II," there are many, many stories. I will tell only one because it's the one that's closest to my heart:

Five years ago I was struggling with being pregnant and facing raising my baby girl as a single mom. Not to mention "baby brain" (my thoughts would disappear as soon as they appeared). I couldn't think of a name for this wonderful gift God was giving me. I knew I wanted Grace to be part of her name but what about the other half? We were sitting at the kitchen table and Claudette said "What about Ella? That's your mom's middle name."

At the time, my mom was in a nursing home very close to the end of her life. My mom had not been able to extend any courtesy to Claudette in the past 20 years. But Claudette looked past that and gave Ella Grace and my mother a bond that will last forever.

I know my mom and Mama II are up in heaven now with hands joined, my mom has thanked her for that selfless gift and there are no more ill feelings. They are watching over Ella Grace and keeping her safe.

What I wasn't able to write at the time of Claudette's passing is how I'm so very proud of her strength when she was faced with imminent death. She knew she was dying and handled it with grace. Her final thoughts were not about herself. She asked me before one of her radiation treatments if I would make sure that I took care of daddy. Instead of flowers at the funeral and memorial, she wanted donations made to PDSSN. She was an advocate till the day she left this earth. This poem was read at her funeral:

Do not stand at my grave and weep,
I am not there; I do not sleep.
I am a thousand winds that blow,
I am the diamond glints on snow,
I am the sun on ripened grain,
I am the gentle autumn rain.
When you awaken in the morning's hush
I am the swift uplifting rush
Of quiet birds in circling flight.
I am the soft starlight at night.
Do not stand at my grave and cry,
I am not there; I did not die.

Claudette did not die, she lives on in everyone that was helped by the donations made in her memory. She lives on in my daughter Ella Grace. She lives on in me and in everyone whose life she so positively touched.

Editor's note: Nearly \$640 was given to PDSSN in memory of Claudette. Her generous spirit lives on.



The Friday Socialites Rock!

Who are the Friday Socialites: Anyone between the ages of 18 years and 45 years who has an intellectual or developmental disability who likes to socialize and spend time with friends.

Who are The Socialite Friends: Adults who do not have intellectual disabilities who like to socialize and spend time with friends. Friends at Wake Forest and at Winston-Salem State have joined the group.

What type things do the Friday Socialites and Friends do:

Eat pizza, watch movies, bowl, swim, play Putt Putt Golf,
Share potluck dinners, picnic,
Attend sporting events, volunteer as a group,
Attend community events.
... And they want to hear about your interests & ideas!

When do they meet: Third Friday of each month, 6:00—8:00 PM (Come anytime 5:30 or after)

Where do they meet: Miller Park Recreation Center
400 Leisure Lane
Winston-Salem, NC 27103

RSVP: The Wednesday before so that enough supplies will be on hand. Call/write Leah Friend at Leahf@cityofws.org or 336-727-2831, or Danielle Dobbs (danielled@cityofws.org)

Sponsor: Special Olympics of Forsyth County

If a Socialite needs one on one support to participate, a support person should accompany them to the event.

NEXT CHAPTER BOOK CLUB

Would you like to be in on the “ground floor” of this new PDSSN adventure? On April 14th parents, professionals, and other interested community members will be trained as facilitators for “Next Chapter Book Clubs.” The book club concept has been around forever, but this time it will engage all readers—no matter what level their skill. Designed to meet the needs of everyone, and provide discussion opportunities for all people, it is PDSSN’s plan to have volunteers trained and ready to start book clubs wherever there is interest in joining. The clubs will meet in a public venue — such as a restaurant, church, library, or public meeting room. If you are interested in being trained, call Deborah Woolard at 922-0530.

Dance! Dance! Dance!

No Limits II

Spend some more time with your family
Get More Exercise
Catch Up with Friends

NEXT SEVERAL DATES:

February 10
March 9
April 13
May 11 (formal—begins at 6:30 p.m.)

Time: 7—9 p.m.
Where: Pinedale Christian Church
(Get directions at www.pdssn.com)

No Limits II is for adults 18 and over who have mental and physical challenges.

LET'S MAKE 2012 A GREAT YEAR FOR PDSSN!

It is going to be our best year—WITH YOUR HELP! Here are some ways you can help a little, or a lot, depending on the time you can give:

SPREAD THE WORD:

- ◆ **About our job opening.** (Candidates must have a college degree; experience in the field of human services, or specifically Down syndrome; good speaking and writing skills; good listening skills; and an empathic, “can do” attitude.
- ◆ **About Just Dance**—our first all-inclusive 2012 fundraiser open to everyone, families, neighbors, bring all the people you enjoy spending time with! See page 8.

SIGN UP AND BECOME ACTIVE IN PDSSN:

- ◆ **Join!** It costs only \$10 per family per year! (This one takes very little time!)
 - ◆ **Help!** With a committee or event—if you have time/interest, contact:
 - Educational Program committee - Sandy Sauer (chair)
 - New Parent Contact - need someone in Davidson, Davie, Surry, and Yadkin.
 - Guys Night Out - Bill Donohue (chair)
 - Just Dance - Melinda Gentry or Deborah Woolard
 - Notebook Committee- Lori Dahlin (chair)
 - Newsletter - Chris Kelsey (editor)
 - Media/Publicity - Allison Yokeley (chair)
- And we need someone to assist with website and producing flyers for events.

Piedmont Down Syndrome Support Network



4045 University Parkway,
Winston-Salem, NC 27106

Phone: 336-714-9120

E-mail: pdssnemail@gmail.com

Website: www.pdssn.com



Support PDSSN!! Join Today!!

PDSSN friends—if you are not yet a member of PDSSN, consider joining, please. You can print the membership form you'll find on our website and mail it with your \$10 family membership annual dues to:

PDSSN
Helen Johnson, Treasurer
PO Box 91
Pfafftown, NC 27040

PDSSN is a non-profit organization

PDSSN News Publishing Schedule

- ◆ Winter (January, February, March),
- ◆ Spring (April, May, June),
- ◆ Summer (July, August, September)
- ◆ Fall (October, November, December)

Contributions, including photos, may be sent to pdssnemail@gmail.com in early December, March, June, and September (the month prior to each publication) or earlier. Share your thoughts and proud moments in *PDSSN News*!

YOU SHOULD SEE!

- ♥ If you haven't seen this, you are in for a real treat! Go to : <http://www.youtube.com/watch?v=hkNzRjXK3hc> the video is the genius work of Jennifer Munson—Proud Momma of miracle twins, Gemma (T21) & Cameron.
- ♥ Did you see this story on the news? It's wonderful! Go to: <http://www.downsyndromedaily.com/2011/03/tims-place-worlds-friendliest.html>. Bill and Deborah have met this family at DS conventions.



CONDOLENCES

Gwen Berry, a long-time part of the PDSSN family, passed away in late December. Our sympathy goes out to her husband Wayne, their children and extended family.