

UPCOMING EVENTS

- **Law & Advocacy Conference April 7th** (see page 2)
- **KidsFest, April 9** (see page 6)!
- **CENTERPOINT DD ADVISORY MEETING**—First Thursday of the month. Next meeting: April 7th, 5:30—7 p.m., Center-Point, 4045 University Parkway.
- **NO LIMITS II DANCE:** April 15th!
- **DASH** baseball game, Sunday April 17th, sponsored by I-CAN House and NC Autism Society
- **BEES**—Building Exciting, Effective Skills for Parenting—Next meetings are April 28, May 26, June 23rd (always the 4th Thursday of each month from 6-7:30). April's speaker is Dr. Ann Hines.
- **Fun Day**—Friday, May 20th, 9-5, Central Park in King.

PDSSN has served
our families &
community for a
quarter of a century!

PDSSN NEWS

VOLUME 4, ISSUE 2

SPRING 2011

Lucky Reader Prize!

Find your email address within a story in this newsletter (excluding email addresses that are placed for information purposes) and you will win a free registration for the 2011 Buddy Walk! This will include up to four Buddy Walk T-shirts! Just send an email acknowledging that you saw your email address to pdssnemail@gmail.com!

At a recent meeting, the PDSSN Board decided that each newsletter will include this prize, in order to promote our readership and ensure that our mailing list is current. The newsletter is published four times a year:

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

News is requested about mid-way through the month prior to publication—for example, March 18th was the deadline for this issue.) We love to have photos of your children, family, and any thoughts you'd like to share with our readers.

We are in the middle of revising our mailing list. If you know someone who is not getting the newsletter, please send their email address to pdssnemail@gmail.com.

Now go look and see if you can find your email address in this issue! Have fun!

SPECIAL THANKS TO WAYNE!

Wayne Kennedy has stepped down from his position as President of PDSSN after several years of dedicated service to our organization.

Words seem "small" to describe our appreciation for your leadership, Wayne. Thanks so much for all you've done for PDSSN and our community!

SPECIAL ANNOUNCEMENT!

Special Education Law & Advocacy Conference
with Peter Wright, Esq.
Westover Church - Greensboro, North Carolina
8:00 am - 4:30 pm
April 7, 2011

VOLUNTEERS NEEDED!

- ◆ Veronica Thomas needs someone to take over organizing the BEES childcare providers starting in June. This typically involves 1 1/2 - 2 hours 10 months of the year.
- ◆ See page 3 for some ways to help with this year's Buddy Walk.



"Kindness is more important than wisdom, and the recognition of this is the beginning of wisdom."

- Theodore Issac Rubin

Strategic Planning for PDSSN's Future

Monday, May 23rd is the date of the Board's strategic planning session. Leading us (as a volunteer) in this effort will be Karl F. Yena. Karl is well known in our community for both his professional credentials and for his extensive volunteer experience. He has consulted with dozens of non-profit organizations and Fortune 500 businesses. We will meet 6-8 p.m.

If you are not a Board member, but would like to participate, write us at pdssnemail@gmail.com.



Buddy Walk 2011

Sherry Jeffries and Barbie Wright are already hard at work on plans for our fall Buddy Walk! They need your help! If you have some time, call Sherry or Barbie and let them know you'd like to help with one of the following:

FOOD, ENTERTAINMENT, TALENT SHOW, PUBLICITY & EDUCATION, SET UP OR CLEAN UP, PARKING, PRE-REGISTRATION, T-SHIRTS REGISTRATION, DISPLAY BOARDS, PICTURES, RAFFLE, VIDEO, SILENT AUCTION, SOLICITING SPONSORSHIPS

If your place of business could offer an item, or would be a sponsor, or if you patronize a restaurant or business that would williamsamy@hotmail.com consider donating a gift certificate, or being a sponsor, please approach them. Check with Sherry or Barbie so that efforts are not duplicated, but everyone can help in some way, small or large, to make this year's walk a big success!

Sherry: shjeffri@wfubmc.edu Barbie: bbeawright@gmail.com

Be A Member of PDSSN!

Membership in Piedmont Down Syndrome Support Network offers some tangible benefits such as eligibility for workshop scholarships and the right to vote in elections, but the best intangible benefit you get is the pleasure of supporting activities that all children with Down syndrome and their families enjoy!

We keep saying it's the best bargain available at \$10 per family per year! If your name is not on the list, perhaps you just forgot to join this year—please seize the opportunity for your family to be part our membership! Just send a \$10 check to Helen Johnson, our treasurer, today! See the page 8 of this newsletter for Helen's address. (If you have joined and are not listed here, please let us know at pdsne-mail@gmail.com!)

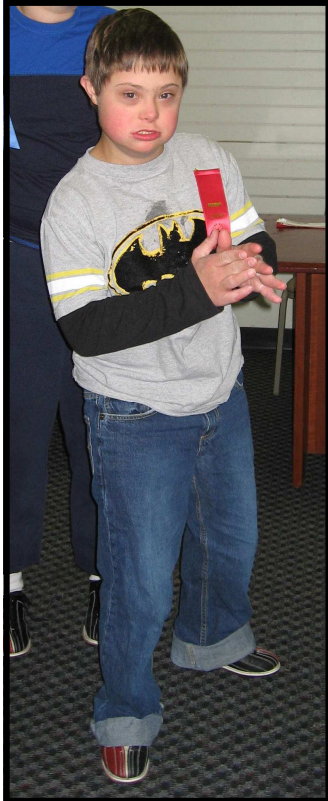
Barnhill, Bruce & Kathylyn
Dahlin, Jacob & Lori
Gentry, Melinda & Jeff
Johnson, Helen & Jim
McGuirt, Will
Reaves, James & Winnie
Severt, Nancy
Wright, Brad & Barbie

Bennett, Tootsie, Bobby & Brent
Donohue, Bill & Deb
Harvell, Michael & Karen
Kelsey, Chris & Arnn, Loretta
Newton, Brian & Traci
Rice, Ron & Phyllis
Smith, Kelly & Gail
Yokeley, Joey & Allison

Cain, Bob & Louise
Fuller, John & Anike
Jewett, Tamison
Kennedy, Wayne & Lisa
Parsons, Claudette & Marshall
Rippey, David & Mary Lee
Williams, Brad & Amy

Tidbits from the Top!

We asked for some good news and we got some great news! Continue, dear readers:



Jack Strikes Again!

On December 10, 2010 Jack Rice was proud to represent Lowrance Middle School in bowling. Jack came in a respectable 2nd place, down from his usual Blue Ribbon status for the Winter Games Bowling Event. As usual, Mom was on hand to cheer Jack on. A great day was had by all and everyone who played was a winner! This was Jack's first year representing Lowrance. He is in 6th grade.



From a New Parent

Just thought I would share my babies, Morgan age 3 and Holden age 10 weeks (DS). I am new to PDSSN. I have a 10 week old diagnosed with DS, still trying to learn more and getting great information from people in PDSSN! Thanks!

- Teresa Boggs



Another Star Bowler: Rachael Owen



Proud mom, Patti Varner writes: "Rachael is a USBC (United States Bowling Conference) sanctioned league bowler. She's been in youth leagues for about 4 years and bowled in a number of tournaments. One year she was named Bowler of the Year for her particular bowling center league. She's also won several hundred dollars in scholarship due to awards and tourneys. But she topped it all on a Saturday last month, when she won FIRST PLACE in the HPBC Tournament. The grand prize was \$225. She beat out 24 bowlers in an elimination tournament. She bowled six games to win, gaining a top five finish and beating all three bowlers she bowled in the top five, including the top seed, a 17 year old young man. She was focused and professional as she calmly bowled consistently, game after game.. This is her sport. This is her moment. I hope she will be able to bowl for many years to come. She bowls year round, which is why she wanted to be on the USBC circuit. She's been in clinics with pro bowlers on several occasions. What makes this truly special is that this is a league for typical bowlers, although a few special needs bowlers are included. Rachael won fair and square, beating typical bowlers one on one. Needless to say, I am on CLOUD NINE today! So proud of my daughter.

"This is an example of what our children may be capable of doing. Don't ever assume your child has to be separated from typical kids to be successful. It's a myth and the opposite is becoming more true day after day. The more exposure to normal conditions in our world, the better off our children will be. It is a scary but necessary part of life!"

More Tidbits from the Top!



The Guilford Grasshoppers Jump to It!

Jeremy Donohue's 3-on-3 basketball team, the Guilford Grasshoppers, had a season much like the Demon Deacons. But Jeremy ended the season on a high by making 12 points, 4 rebounds, and 1 assist in his final game.

Great going, Jeremy!

Brr-r-r-r-r-r-r!

Daniel and Kathylyn Barnhill were "Freezing for a Reason" for their 3rd year on February 26th at the Sportscenter in Kernersville! Photo to right includes Daniel, Austin, and Kathylyn.



Austin's cheering team won 1st place in their division 2/12/11, they also cheered on the "plungers" at the Polar Plunge. Thanks to all who supported Austin and other Special Olympic athletes.



Brent & His Lady Friends

You may recognize some of these people. They serve on the PDSSN Board of Directors. Sorry that some folks escaped being in this photo, taken after our 2011 Annual Meeting. It was an excellent meeting, highlighting Dr. Tamison Jewett's yearly update on the latest findings and medical aspects of Down syndrome—always a treat to hear!

KidsFest Circus at Wake Forest University



Clown around with us under the big
top!

Free for individuals with special needs of all ages and
their families

April 9th

From 2 to 5 PM

At the Mag Quad

Rain location: Reynolds 201

Presented by HOPE

If you haven't done so already, please email Deborah Woolard at dgwoolard@gmail.com to let her know how many members of your family plan to attend. You don't have to sign up or register, they just need a general number so they can plan on how much food to make available.

Buddy Walk Shirt 2011

Change Your World

DOWN  **SIDE UP**

Piedmont Down Syndrome Support Network - PDSSN.COM

This is the design that will be on our 2011 Buddy Walk Shirts. Registration will begin in late August or early September for the October walk. Look for a special article on the first page regarding a prize that's being offered to one lucky reader each newsletter!

"All of you reading these words have loved someone, have done someone a kindness, have healed a wound, have taken on a challenge, have created something beautiful, and have enjoyed breathing the air of existence. Never doubt how precious, how vitally important you are. Every moment you make a difference. So, today appreciate yourself as a random act of kindness."

Piedmont Down Syndrome Support Network



Piedmont Down Syndrome Support Network

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Winston-Salem, NC 27106

Phone: 336-714-9120

E-mail: pdssnemail@gmail.com

Website: www.pdssn.com

Dance! Dance! Dance!

COME AND DANCE! WELCOME SPRING!

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

No Limits II

When: April 15: 7—9 p.m.
Where: Pinedale Christian Church
(Directions on PDSSN Web Site)

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



News You Can Use!

- ♥ Want to be real happy? Go here: <http://www.ds-int.org/video/will-you-let-us-in> (Thanks to Melinda Gentry!)
- ♥ For another treat, go to this link: <http://www.wltx.com/news/education/article/121995/67/Teacher-Born-With-Down-Syndrome-Breaks-Stereotypes> (Thanks to Alison Yokeley!)
- ♥ Camp Discovery 2011 is for 8-21 year olds this summer. \$50/week for WS residents; \$60/week for others. Info: Leahf@cityofws.org, or 336-727-2831.
- ♥ Kristen Douglass plans "Ladies Night Out" - a chance for moms to gather for dinner and friendship. Look for the dates via email.
- ♥ A great link sent by Kristen Faulkner: <http://www.brianskotko.com/> "Dr. Skotko has a sister with Down syndrome and a passion for educating healthcare professionals about Down syndrome."
- ♥ April 1 & 2 buildings around the world will turn their lights blue to raise awareness for Autism and to commemorate World Autism Awareness Day on April 2nd.