

Team Up News



Published by the Down Syndrome Network of Greater Greensboro in Cooperation with the Family Support Network of Central Carolina (336) 832-6507

4th Annual Pool Party!!!

Friday, August 15th

7-9 pm at Bur-Mill Park



Join us for **FREE** food, fun and swimming. Bring your whole family and enjoy pizza, drinks, and the pool all to ourselves! RSVP to nickelhodges@yahoo.com or 856-8968



Mom's Nite Out Schedule

August- 24th- P.F. Chang's, 7 pm, Shoppe's at Friendly Center

Sept.-21st- Indigo Bead, 307 Pisgah Church Rd., 3-5 pm

Oct.-5th- Dessert at the Melting Pot, 2924 Battleground Ave, 7 pm



Are you on our email list? Receive updates, reminders, & national news. If you haven't been getting any emails, please send a note to nickelhodges@yahoo.com. Also you may send address and phone number changes as well.

SAVE THE DATE- Buddy Walk, Oct. 12th at Bur-Mill Park

We are counting down the days to our 5th Annual Buddy Walk. Let's meet one of our Buddy Walk Co-Chairs....

Q & A with Dawn Pettus

Tell me a little about yourself. Jim and I were married in 2002. We moved to Jamestown, NC in 2001 and have lived there ever since. We have two wonderful children, Sarah (age 4) and Nathan (age 2) and one more on the way (ETA: 12/08). I work as a pharmacist at Greensboro AHEC and Jim is a lawyer. We love to travel but most of all love spending time together as a family.

Tell me about Nathan. What does he like now? We were told he would have Down syndrome when I was 20 weeks pregnant. I knew he would be very active even while I was pregnant. He never stopped moving. He was so excited to come into the world that he came 4 weeks early and in only 12 minutes once we got to the hospital (4 minutes in the Labor and Delivery room). Since then, he has been chasing after his older sister trying to do everything she does. His favorite thing to do is to listen to music, sing and dance. Every time we pass a radio, he puts his hands up, shakes his body and says "dan, dan".

What got you interested in the Buddy Walk? Is this your third year participating? And your second year as co-chair? Our first experience with the Buddy Walk was in 2006 when Nathan was 4 months old. We had a great time. ***We thought it was a wonderful experience to get friends and family together to celebrate our little buddy. We have a pre-walk party where everyone comes over for dinner and decoration of shirts.*** I got involved as co-chair of the Buddy Walk last year and this is my second year co-chairing it. Fortunately, I have a wonderful co-chair (Gretchen Baute) to help organize it. The previous chairs (Diane Kroeger, Julie Church, and Val Spaeth) have also been wonderful to help guide us as well. ***To me, the Buddy Walk helps to celebrate Nathan and all of his friends and hopefully raise awareness about Down syndrome in our community. Every time I see someone wearing the Buddy Walk shirt in the community, I just have to smile.***

Why should other families get involved in the BW? I think other families should get involved in the Buddy Walk to help celebrate their family. I like to think of the Buddy Walk as my family's Fun Day. It is a time for us to get together with family and friends to celebrate someone who is very special to us. ***I also would like more families to get involved just to help raise awareness about Down syndrome to our community.*** As we increase the attendance at the Buddy Walk, I believe we increase the awareness as well. Our goal is to have over 400 walkers this year. We had 323 last year.

What types of things do you need help with this year? How can others help you? We are looking for any one who is willing to volunteer to help request items from local companies for the raffle. Also needed is for the day of the walk to help with registration, handing out t-shirts, handling the selling of raffle tickets, etc. We will also need help organizing the t-shirts, contacting the volunteers, setup for the day, and clean up. If anyone is interested in working with us, please contact me at dawn.pettus@mosescove.com or 336-454-3527.

Wow! You have a busy life. What do you do to unwind? Unwind. I am not sure I know what that means! I try to spend as much time with my family and friends. I try to make it to the DSNGG Mom's Night Out once a month as much as possible. Otherwise, if I have time to unwind, I have time to sleep (remember I am 18 weeks pregnant...sleep is very important!!!).

I Look forward to seeing everyone at the Buddy Walk on Sunday, October 12, 2008!!

SUPPORT PARENTS NEEDED

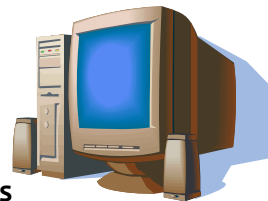
You are a valuable resource! We always have new babies being born and new families moving to the area. The Family Support Network seeks parents of children with Down Syndrome to become support parents. *Please consider* attending a brief two evening course with dinner served. Support parents provide empathetic support to new families or other “matches” thru phone calls, email. We are especially looking for parents of school age or older children. If you are interested in participating, or if you want more information, please contact FSN at 832- 6507 or support@fsncc.org



New Books in the Lending Library

Check out these new additions to the DSNGG Lending Library. To borrow a book please send an email to nickelhodges@yahoo.com or call 856-8968.

- ***Road Map to Holland: How I Found my Way Through my Son's First Two Years with Down Syndrome***, by Jennifer Graf Groneberg
- ***Teaching Math to People with Down Syndrome and Other Hands-On Learners***, by DeAnna Horstmeier
- ***You're Welcome: 30 Innovative Ideas for the Inclusion Classroom***, by Patrick Schwartz & Paula Kluth
- ***A Different Kind of Perfect: Writings by Parents on Raising Children with Special Needs***, edited by Dowling, Nicoll, & Thomas
- ***DVD: As A Parent -What Can I do to Improve my Child's Feeding Skills & Speech Clarity***, by Sara Rosenfeld Johnson



- **Check out this Month's Web Clicks**
www.ds-health.com by Dr. Len Leshin
www.Oralflo.com - for pill swallowing
www.specs4us.com- glasses for special people
www.beyondplay.com – early intervention products & toys
www.dsrf.org – DS Research Foundation
www.woodbinehouse.com- books for special needs

www.downsed.org- improving education for young people with DS