



FAMILIES EXPLORING DOWN SYNDROME

Official Newsletter

Fall – Winter 2015

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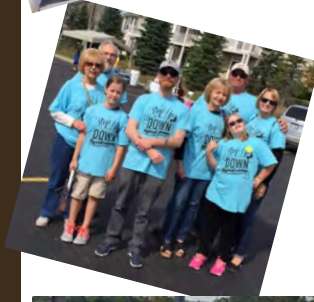
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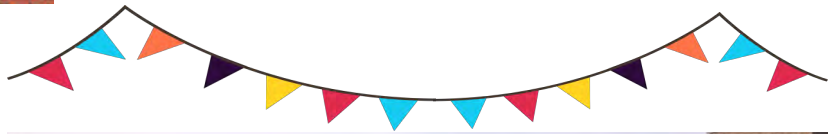
We had perfect weather for our Step Up For Down Syndrome walk at Woodside Bible Church! Many teams gathered to celebrate their special person with Down syndrome while raising funds to support FEDS! Between FEDS and the DSGSEMI we raised a total of **\$73,000!** If you'd like to still make a donation to honor your loved one it's not too late! Just visit our website!

THANK YOU EVERYONE WHO PARTICIPATED AND VOLUNTEERED FOR THIS YEAR'S STEP UP FOR DOWN SYNDROME WALK!

We couldn't have done it without you!



2015 Step Up for Down Syndrome Pictures continued...



October: Down Syndrome Awareness Month

Did you know that October is Down Syndrome Awareness month? Here are some facts about Down syndrome to share with your family and friends!

- *Down syndrome occurs when an individual has a full or partial extra copy of chromosome 21. This additional genetic material alters the course of development and causes the characteristics associated with Down syndrome.*
- *There are three types of Down syndrome: trisomy 21 (nondisjunction) accounts for 95% of cases, translocation accounts for about 4%, and mosaicism accounts for about 1%.*
- *Down syndrome is the most commonly occurring chromosomal condition.*
- *One in every 691 babies in the United States is born with Down syndrome – about 6,000 each year. There are approximately 400,000 people living with Down syndrome in the United States. Down syndrome occurs in people of all races and economic levels.*
- *People with Down syndrome attend school, work, participate in decisions that affect them, have meaningful relationships, vote and contribute to society in many wonderful ways.*

See more at: <http://www.ndss.org/Down-Syndrome/Down-Syndrome-Facts/#sthash.U3Ees7ll.dpuf>



DON'T FORGET - KIDS MY CHANCE TO DANCE!

“My Chance to Dance is a dance & exercise program developed for people with special needs. It was carefully choreographed to insure success. We use popular (but appropriate) music and props together with easy movements and a party setting to get people of all abilities moving. The program provides physical exercise, social interaction, helps students build listening skills by learning to follow directions, strengthens both gross motor and fine motor skills, allows students to express themselves with movement and music, and provides fun for students and can elevate moods.” www.ccplusfitness.org

Kids My Chance to Dance is for children ages 2-12. The cost to dance is \$6/dancer and your first class is free! Siblings are welcome! See Amber Sultes for more info. We will be meeting 6pm-7pm on these usual times below but check the calendar for specific dates:

1st Mondays at The Well Church in Mt. Clemens

4th Thursdays at Woodside Bible Church in Troy (use STUDENT CENTER entrance keypad code: 20028#).



Fall Word Search

Circle all the words listed here in the puzzle below. Words can be backward, forward, up, down, diagonal and across. Print this page !

APPLE AUTUMN BREEZE BROWN CIDER COCOA COLD
DONUTS FALL LEAF ORANGE PUMPKIN RED WINDY
YELLOW



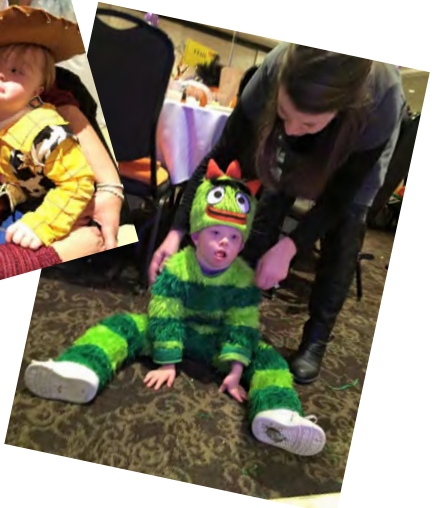
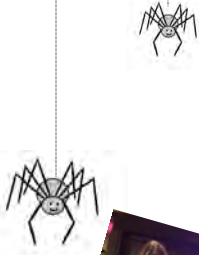


Apple Orchard Trip

On October 11th, we took a group to Stoney Creek Cider Mill in Bruce, MI for some fall fun! Thank you Joyce Dearhammer for organizing this trip! We hope you had a great time and enjoyed the beautiful fall weather!



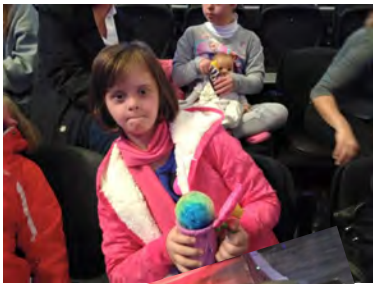
2015 Halloween Party



It's always fun to see everyone all dressed up at our Annual Halloween Party at Club Venetian. Thank you Bill and Kim Marchiori, Venetian Club of Mutual Aid and The Venetian Club for hosting our monster mash!



2015 Halloween Party continued...



Disney
ON ICE



Thank you Bethany McLain for organizing our trip to Disney on Ice! It was a magical night!

FEDS HOLIDAY CELEBRATION

Saturday, December 12, 2015 at Club Venetian
29310 John R Road, Madison Heights, MI 48071
(Just North of 12 mile Road)
<http://www.clubvenetian.com>



Doors open at 10:45 a.m. Lunch Served at 12:00 p.m.
Crafts, Food, Fun, DJ, D.A.D.S. sponsored Photo Booth and Santa will all be there!
High chairs and booster chairs are limited, feel free to bring your own along.

This year we are asking for donations for Dutton Farms (duttonfarm.org), a non-profit organization that educates, employs & celebrates people with special needs. We ask that you bring cleaning supplies and/or give a monetary donation that will go towards their wish list which includes items such as: an asphalt driveway, new fencing, new stove, new gardening supplies, weed whackers, animal feed, hay and straw.

I will help with: Set-up @ 10:00 _____
Crafts _____ I will be Santa's Helper _____
Clean up @ 2:00 _____

Send the bottom of form and money to:
Deanne Moore
1049 Moran Dr Rochester Hills, MI 48307

by November 18th or bring this form
and your check to the General Meeting on
Wednesday, November 11, 2015.

The Knights will have a gift for your special person with Down syndrome. Please fill out the wish list below, the Knights will try to fulfill your child's wish (between \$20.00 and \$25.00). The more available an item and generic the choice, the more likely they are, to obtain the exact item.

Because this is such a popular event, the party is open to FEDS members only.

Reminder: if your other children will be visiting with Santa, please bring a wrapped and labeled gift and turn it into Santa's helpers at the registration table when you enter.

The menu for the party includes salad, chicken fingers, buttered pasta, pasta with marinara sauce, rolls, pop, coffee and dessert.

Deadline November 18th. To volunteer to help at the Christmas Party, contact Deanne at: deanne135@gmail.com or 248-766-5790 or Lynn at lynngilleland@sbcglobal.net or 248-808-2320.

Mail this form in with your check (made out to FEDS) by the deadline - November 18th!

Family (Adults) Name: _____ Child's Sex _____

Child w/DS Name: _____ Age _____

Developmental level (for toy selection) _____ Phone #: _____

Gift Wish #1 _____

Gift Wish #2 _____

This year the cost is \$10.00 per person (anyone 7 years old and up) and \$5.00 per child (3-6 years olds).
(This is your cost to attend. FEDS picks up the additional costs for this event.)

Number of people (7 years old and up) _____ @ \$10.00 = _____
Number of children (3-6 years old) _____ @ \$5.00 = _____
Number of children (Under 3) free _____ ---FREE---
TOTAL number attending in your family _____ Total Amount Enclosed _____



Congrats, Thank You's & Well Wishes



FEDS would like to welcome back to Michigan our friends Donovan & Somer Myers and their beautiful daughters, Ever and Olive! We missed you all and are glad you call Michigan home again!

Great job Megan Moore and Marty Sultes on your turn down the catwalk at Dutton Farm's 3rd Annual Fashion Show on October 22nd! You looked great!




Look for a write-up on the fashion show in Detroit's own *Hour Magazine!*



Fall/Winter Upcoming Events:



<p><u>November 2</u> KIDS My Chance to Dance 6:00 pm - 7:00 pm The Well Church, Mt. Clemens</p>  <p><u>November 3</u> Bocce 7:00 pm - 8:00 pm Club Venetian, Madison Hgts.</p> <p><u>November 6</u> 7Up BINGO 7:00 pm - 8:00 pm MISD MIPP Rms A & B</p>	<p><u>November 10</u> My Chance to Dance 7:00 pm - 8:00 pm Christ United Methodist, Fraser</p> <p><u>November 11</u> Sibling Panel FEDS Monthly Mtg. 7:00 pm - 9:00 pm MISD Michigan/ Superior Rms <i>Childcare available \$1/child</i></p> <p><u>November 17</u> Bocce 7:00 pm - 8:00 pm Club Venetian, Madison Hgts.</p>	<p><u>November 19</u> KIDS My Chance to Dance 6:00 pm - 7:00 pm Woodside Bible Church, Troy</p> <p><u>December 1</u> Bocce 7:00 pm - 8:00 pm Club Venetian, Madison Hgts</p> <p><u>December 7</u> KIDS My Chance To Dance 6:00 pm - 7:00 pm The Well Church, Mt. Clemens</p>	<p><u>December 12</u> Annual Christmas Party 10:45 am doors open Club Venetian, Madison Hgts.</p> <p><u>December 15</u> Bocce 7:00 pm - 8:00 pm Club Venetian, Madison Hgts.</p> <p><u>December 17</u> KIDS My Chance To Dance 6:00 pm - 7:00 pm Woodside Bible Church, Troy</p>

Resources

Below is listed a variety of resources you might find helpful. We also have a library you may check books and movies out for free at our monthly meetings. FEDS does not endorse one organization over another.

ADVOCACY & SUPPORT

www.bridges4kids.org

www.michiganallianceforfamilies.org

www.mpas.org

www.arcservices.org

DOWN SYNDROME AWARENESS

Global Down Syndrome Foundation
www.globaldownsyndrome.org

National Down Syndrome Society
www.ndss.org

National Down Syndrome Congress
www.ndsccenter.org

LEARNING HELPS

Handwriting Without Tears
www.hwtears.org

Down Syndrome Education
www.dseusa.org

Talk Tools
www.talktools.com

MEDICAL

Children's Special Health Care Services

1-800-359-3722

www.michigan.gov
cshcsfc@michigan.gov

LIFE SKILLS, WORK, TRADES, HIGHER EDUCATION

Dutton Farm
2270 Dutton Rd
Rochester Hills
(248) 760-6081

www.duttonfarm.org
**Thrift & Gift store available to public*

Rising Stars Academy
23855 Lawrence Street,
Centerline, MI 48015
(586) 806-6455
www.rising-stars-academy.org

**catering services available to public*

Ruby's Rainbow
(college scholarships)
www.rubysrainbow.org

Social Resources, Inc.
www.socialresourcesinc.com



EXTRA-CURRICULAR

Adaptive Swim Lessons
www.aquatots.com

AYSO VIP League of Macomb
www.ayso459.org

Challenger Little League Baseball
www.eteamz.com/michdist6/locations/challenger@littleleague.org

PARENT HELPS

Down Syndrome Pregnancy
www.downsyndromepregnancy.org

Friendship Circle
www.friendshipcircle.org

Love and Logic
www.loveandlogic.com

Parent to Parent Connection
info@familieexploring-downsyndrome.org

EMERGENCY

www.ifineedhelp.org

FREE Newborn Book From DownSyndromePregnancy.org!

"We are excited to share our recently-released book for the parents of newborns with Down syndrome, **"Welcoming a Newborn with Down Syndrome"** based on our nationally-recognized pregnancy book.

"The book is available for **free** online at downsyndromepregnancy.org and for purchase from Woodbine House, so check it out today and share the link with your friends and colleagues!

"Welcoming a Newborn" offers support and accurate, reliable information to the new parents of a baby with Down syndrome receiving a postnatal diagnosis. The book covers topics like breastfeeding, adjusting to a diagnosis, preparing siblings, understanding medical issues, preparing for the future, and, most importantly, it shares diverse stories about the daily lives of families whose children have Down syndrome. The book also features vignettes from parents and beautiful images by noted photographers, Kelle Hampton, Matthew Day, and Conny Wenk.

"The material was reviewed by an expert panel of advisors, including pediatricians, lactation specialists, genetic counselors, education professionals, parent support group leaders, and parents of children with Down syndrome."



DownSyndromePregnancy.org

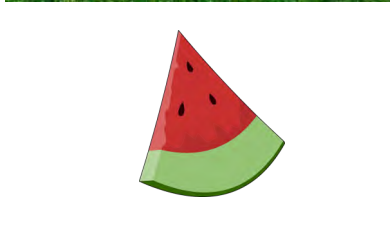
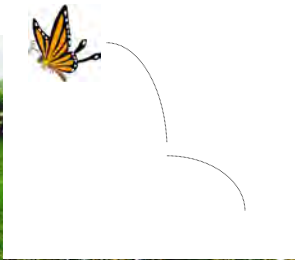
Kristy Anderson, mom of a newborn with Down syndrome:
"This book is an invaluable resource for parents who are embarking on the journey of raising a child with Down syndrome. It was helpful for me to read a practical book that addressed the range of emotions, worries, and questions I had about my sweet baby. And, it's written by experienced parents—the best experts of all!"

Sarah Cullen, Family Support Director at the Massachusetts Down Syndrome Congress (MDSC): "Welcoming a Newborn with Down Syndrome" is an exceptional resource for families and will be included in every MDSC First Call welcome package! The pages are full of essential information, practical suggestions and key resources, woven together with compassion and support. This book will undoubtedly be the gold standard for families of newborns with Down syndrome."

2015 Summer Picnic



The Annual Picnic at Veteran's Memorial Park in Saint Clair Shores was a blast! There was great food and a lot of fun summer games like water balloon toss and sack races. Everyone enjoyed getting their prizes at the end of the day! Thank you Sheryl Fournier for chairing this event. Thank you Kristen Karr for organizing the prize table. Thank you to the many volunteers who helped with games, set up and clean up. Thank you also to the DADS group for grilling!



2015 Annual Pizza Night



Our Annual Pizza Night at the MISD was a great time to regroup after a long summer. Along with pizza, we got to dance with Mrs. Peggy from My Chance to Dance! Thank you Christine Spencer and Joyce Dearhammer for chairing this event! Thanks also to everyone who helped volunteer to help serve food and clean up!



FEDS Statement of Activity

MAY 2014 - APRIL 2015

REVENUE	
DONATIONS	\$ 679.82
End of Year Campaign	\$ 3,385.00
Total DONATIONS	\$ 4,064.82
Non Profit Income	
321 Day	\$ 855.46
Bike Camp	\$ 3,837.00
Bocce	\$ 1,292.44
Club 21	\$ 850.00
Holiday Party	\$ 1,179.50
My Chance to Dance	\$ 310.00
Non-Profit Revenue	\$ 1,296.56
Picnic	\$ 50.00
Reimbursement	\$ 50.00
Tickets	\$ 1,145.00
Walk	\$ 965.00
Total Non Profit Income	\$ 11,830.96
Sponsor	\$ 593.13
Walk Income	\$ 19,565.87
TOTAL REVENUE	\$ 36,054.78
EXPENDITURES	
FUNDRAISING	
Walk expense	\$ 5,032.90
Total FUNDRAISING	\$ 5,032.90
MANAGEMENT EXPENSE	\$ 259.03
Bank Charges	\$ 251.04
Board Mtg	\$ 284.24
Brd Conference	\$ 3,998.63
Dues & Subscriptions	\$ 1,795.00
Insurance	\$ 1,282.00
Legal & Professional Fees	\$ 2,030.00
Newsletter	\$ 792.68
Office Expenses	\$ 1,113.97
P.O. Box	\$ 62.00
Phone	\$ 53.00
Postage And Delivery	\$ 366.10
Stationery & Printing	\$ 890.10
Storage Unit	\$ 1,052.00
Supplies	\$ 306.06

Travel	\$ 3,031.00
Travel Meals	\$ 17.58
Total MANAGEMENT EXPENSE	\$ 17,584.43
Meetings	
Child Care	\$ 220.00
Refreshments	\$ 151.92
Speaker gift/donation	\$ 135.00
Total Meetings	\$ 506.92
PROGRAM SERVICES	\$ 389.44
321 Day	\$ 825.49
Appreciation Night	\$ 29.68
Bike Camp	\$ 7,975.10
Bingo	\$ 168.98
Bocce	\$ 1,095.00
Charitable Contributions	\$ 1,439.53
Club 21	\$ 1,813.93
Get Well / Sympathy	\$ 582.14
Giving Tree	\$ 1,150.00
Holiday Party	\$ 3,228.75
Medical / Parental Outreach	\$ 492.58
MNO (Moms Nite Out)	\$ 105.74
My Chance to Dance	\$ 990.00
New Parent Brunch	\$ 687.99
Picnic	\$ 296.70
Pizza Party	\$ 674.98
Scholarships	\$ 4,900.00
Special Olympics	\$ 800.00
Tickets	\$ 1,630.00
Total PROGRAM SERVICES	\$ 29,276.03
Uncategorized Expenditure	\$ 300.00
TOTAL EXPENDITURES	\$ 52,700.28
<i>Net Operating Revenue</i>	<i>\$ -16,645.50</i>
<i>Other Revenue</i>	
<i>Interest Earned</i>	<i>\$ 23.37</i>
<i>Total Other Revenue</i>	<i>\$ 23.37</i>
<i>Other Expenditures</i>	
<i>Reconciliation Discrepancies</i>	<i>\$ 99.99</i>
<i>Total Other Expenditures</i>	<i>\$ 99.99</i>
<i>Net Other Revenue</i>	<i>\$ -76.62</i>
Net Revenue	\$ -16,722.12

FEDS BUDGET

MAY 2015 - APRIL 2016

INCOME/REVENUE

Bocce	\$ 1,100.00
Club 21	\$ 625.00
Donations	\$ 3,000.00
Holiday Party	\$ 1,500.00
Tickets/Events	\$ 1,600.00
Walk 2015	\$ 35,000.00
TOTAL INCOME	\$ 42,825.00



DID YOU KNOW?

FEDS has a wheelchair that was donated to us! If you need to borrow it contact FEDS via email!

EXPENSES

Accounting Fees	\$ 1,000.00	Insurance	\$ 1,400.00
Affiliate Fee (DSAIA)	\$ 1,600.00	Let's Play Group	\$ 150.00
Appreciation Night	\$ 700.00	Library	\$ 200.00
Babysitters	\$ 300.00	Medical Outreach/Parent Mentoring	\$ 1,000.00
Bank Fees	\$ 75.00	Merchandise	\$ 600.00
Bingo	\$ 175.00	Mtg Refreshments	\$ 100.00
Board Exp	\$ 250.00	New Parent Brunch	\$ 700.00
Bocce	\$ 1,600.00	Newsletter	\$ 200.00
Cell Phone	\$ 100.00	Office Supplies (copies, paper, ink)	\$ 400.00
Club 21	\$ 1,500.00	Picnic 2015	\$ 400.00
Donations	\$ 1,000.00	Pizza Party	\$ 800.00
DSAIA Conference	\$ 4,000.00	P.O. Box	\$ 65.00
Education (members)	\$ 200.00	Scholarships	\$ 4,000.00
Get Well/Sympathy	\$ 600.00	Special Olympics	\$ 750.00
Giving Tree	\$ 1,500.00	Stamps/Postage	\$ 175.00
Golf Outing	\$ 500.00	Storage Unit	\$ 1,000.00
Holiday Party 2015	\$ 3,200.00	Tickets/Events	\$ 2,800.00
Intuit (chg card machine)	\$ 160.00	World DS Day(321)	\$ 1,000.00
		Zoo Walk 2015	\$ 8,000.00

TOTAL EXPENSES \$42,200.00

Did you know The ABLE Act passed into law?

According to Michigan Alliance for families,

“The ABLE Act has been signed into law in Michigan!



The Michigan Achieving a Better Life Experience (ABLE Act) allows for savings accounts to be used for spending on education, housing, transportation, employment training and support, assistive technology and personal support services, health, prevention and wellness, financial management, legal fees and other expenses.

Money in an ABLE Act account is exempt from being counted against an individual when determining financial eligibility for assistance programs.”

This is very exciting news! For more information on how The ABLE Act is going to impact our special loved ones with Down syndrome, visit legislature.michigan.gov. You can also visit <http://www.upmatters.com/news-upmatters/able-act-help-with-disability-related-expenses> to see an overview of The ABLE Act.

FEDS 2015 Board Members and Chairs

President: Margie Wheelock

Vice President: Lynn Gilleland

Treasurer: Barb Lempinen

Secretary: Marian Cunningham

Board Members: Katherine Egan, Bethany McLain, Kadi Coe,
Deanne Moore, Kristen Karr

7Up BINGO: Sara Everhart

Calendar: Kristen Karr

Christmas Party: Kelli Ohnstead, Deanne Moore, Lynn Gilleland

Dads Appreciating Down Syndrome: Bill Marchiori

Facebook: Kadi Coe, Lynn Gilleland

Graphic Designer, Email Blasts: Lynn Gilleland

Kids My Chance To Dance: Amber Sultes

Mom's Night Out: Kristen Karr

Newsletter: Amber Sultes

Pizza Night: Christine Spencer, Joyce Dearhammer

Playgroup: Joyce Dearhammer

Special Event Ticket Sales: Bethany McLain

Summer Picnic: Sheryl Fournier

Support Parent Connection: Margie Wheelock

Website: Donovan Myers, Lynn Gilleland

Young Athletes Program: Kristen Karr

Contact Us

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www.familiesexploringdownsyndrome.org

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