



FAMILIES  
EXPLORING  
DOWN  
SYNDROME

Official Newsletter, Summer - Fall 2016



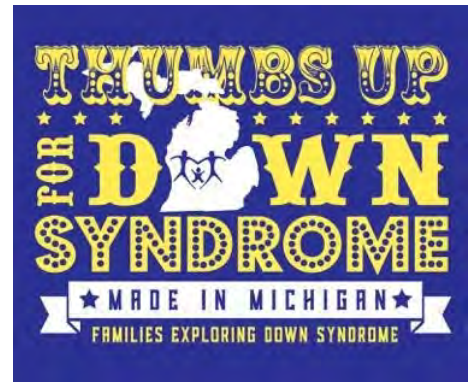
Families Exploring Down Syndrome would like to thank everyone who participated in this year's walk on September 24, 2016 at the MISD! We had 41 teams registered and so far we have raised a total of over \$36,000 (minus expenses). Funds are still trickling in so we will keep you posted on the final amount. Also, it's not too late to donate, see contact info to send donations!

FEDS members, their families and friends are still talking about what an amazing time they had at this year's walk! We even made the local Channel 4 News! With pony rides, a petting zoo, carnival games, bounce houses, a choo choo train, a DJ, emergency and army vehicles to tour, silent auctions, raffles, cheerleaders, a marching band, special character and guest appearances, face painters, and great Michigan and carnival themed food—it's not wonder that many are saying that this year's walk was the best they've ever been to!

We couldn't have put on this event without all of our incredibly, amazing volunteers! Thank you to the DADS group for grilling and providing the food! Thank you also to our walk chair persons, *Donovan Myers* and *Kadi Coe* and sub-chairs *Margie Wheelock*, *Charissa Antonelli*, *Cori Sabou*, *Bethany McLain*, *Kelli Ohnstad*, *Sam Lichocki*, *Barbara Lempinen*, *Lynn Gilleland*, *Marian Cunningham*, *Colleen Holmes*, and *Somer Myers* for all your hard work and dedication to insure this walk was a success!



# This Year's Top Fundraisers:



**#1: Kallan the Barbarian!**

Raising \$2,775 for FEDS, amazing! Also the largest team this year at about 47 members!



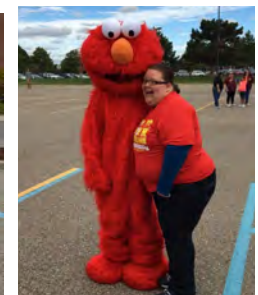
**#2: Easton's Entourage!**

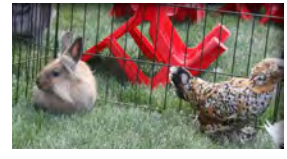


**#3: Big Steps, Little Steps**



**THANK YOU TEAMS!**







# Thank You's & Well Wishes



FEDS Family,  
Thank you for my summer scholarship. I played softball with St. Clair Shores Titans! We won all our games! Come out and watch me next year!

Kristin Cunningham



Thank you for my scholarship. I went to camp with my friends. We went on field trips, painted, and made projects with

sand. I really liked shooting the water out of the hose with the help of a fire fighter.

Adam Karr

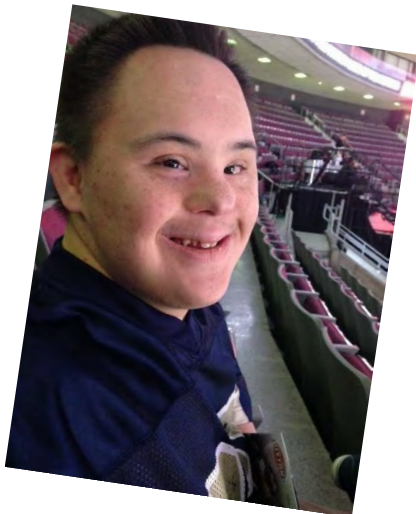


Thank you for my scholarship for swim lessons. I love to swim!

Marty Sultes III

“Thank you for my scholarship. I will put it towards my buddy cruise in October to buy my pop card.”

Love, Trevor Taylor



Thank you for the Piston's tickets, Jeremy had a good time!

Dear FEDS,  
Thank you so much for the summer scholarship!!!! It allowed us to provide swim lessons for Ayla this summer. She learned how to swim!!! We are so thankful for your support!

The Coe Family



## DID YOU KNOW?

FEDS has memorial/in honor of inserts for funerals or special events. Email FEDS at [fedsofmichigan@gmail.com](mailto:fedsofmichigan@gmail.com) to place an order.

## Our deepest sympathies, thoughts and prayers go out to:

Kathy E. and family on the loss of her dad, Robert Grimm.

Thank you Kathy and family for the memorial gift made in his honor to FEDS .



A very special thank you to the DADS Club for your generous donation to The Michigan FAR Flyers Special Hockey team. The money will be put towards new jerseys for the team. If anyone ever wants to see some pretty special hockey players come to the Royal Oak Arena on Saturdays at 3:00pm September thru March. You will be amazed!

The Michigan FAR Flyers Special Hockey Team.  
Frank Taylor, Coach



# D.A.D.S. DREAM CRUISE



The DADS hosted the Dream Cruise on August 20th! FEDS families enjoyed many activities and got to see some great cars!



Changing the Face of Beauty's Detroit "Headshot Clinic" round 2 took place on June 20! It was a scorcher at Belle Isle but they managed to get some amazing photos of our beautiful kids. We even made the Channel 7 News!

CTFOB hosts photo clinics as a chance for our loved ones to get some great pictures but also to offer an opportunity for them to be scouted as a model with disabilities for various companies. *"We here at CTFOB are aware that the dream for inclusion in advertising not only starts with the advertisers. It also starts with the casting firms all over the country. We are committed to bringing our message to cities around the nation and providing aspiring models with disabilities headshots to take to casting agencies and ask to be represented."*

Go to <http://changingthefaceofbeauty.org> to stay in the loop of the next clinics coming to our area! These beautiful pictures shown below were taken by local photographers Amanda Armitage, Jamie Oldenburg, and Sara Demick.



# Medical Checklist



Children and adults with Down syndrome need more medical screenings than the average person. There is an extensive checklist available in PDF at <https://www.medicalhomeportal.org/link/5217>. Some physicians are unaware of these needed screenings and well checks so it's important to make sure they are on the doctor's radar for referrals at the right age.



FEDS Annual Picnic on July 31st at Veterans Memorial Park was amazing! Thank you, Sheryl Fournier, for all your hard work in organizing the food and Melissa Moffett for running the games! Thanks to all the volunteers as well! See you next summer!

# Painting with a Twist®



On August 4th, Mom's Night Out got creative! Everyone looked like they had a great time and your paintings turned out amazing! Check the calendar for the next MNO!





# Upcoming FEDS Events

continued on next page...



7Up BINGO is for children with Down syndrome and their siblings ages 7yrs+! Light refreshments, prizes and it's lots of fun!

7pm MISD Michigan/Superior Rms.

**October 21, 2016**  
(costumes welcome)

**February 3, 2017**

## Monthly Meetings

FEDS meets the second Wednesdays of the month. These meetings are to inform our community on topics pertaining to Down syndrome. Light refreshments served, childcare available (\$2/child).

7pm MISD Michigan/Superior Rms.

**November 9, 2016**

Featuring Eric Rzeppa from ProTech  
Topic: Reasons & Benefits for Orthotics

**January 11, 2017**

Topic: Our Favorite Things

**February 8, 2017**

Featuring Dr. Sonja Earles



Dancing, food, & a haunted house! Wear your costume!

\*\*\*waiting list only!\*\*\*

Email Bethany McLain  
ASAP for wait list

**October 22, 2016**

10am-2pm, Club  
Venetian Madison Hgts



## Bocce League



FEDS has a bocce team that competes in the Special Olympics. See Cheryl Taylor for more information.

6:30pm-8pm Club Venetian, Madison Hgts.

**November 1, 2016**  
**November 15, 2016**  
**November 29, 2016**

**December 13, 2016**  
**December 27, 2016**

**January 10, 2017**  
**January 24, 2017**

**February 7, 2017**  
**February 21, 2017**

## MOM'S night out

A chance for the mom's to go out with other mom's (without the kids)! Your first time to a MNO is on FEDS!

**November 12, 2016**

7pm Too La Roo, Downtown Rochester

**My Chance to Dance**, dance for fun and fitness!  
Ages 13yrs+, \$6/class

7pm Christ United Methodist  
Church, Fraser

**November 8, 2016**  
**November 22, 2016**

**January 17, 2017**  
**January 31, 2017**



**MY CHANCE TO DANCE!**

# Upcoming FEDS Events



The Musical

1pm \$45/ea. (person with Down syndrome is free)

November 20, 2016  
The Fox Theatre

\*\*\*limited tickets available\*\*\*

Email Bethany McLain for tickets

Join us to experience Halloween on Tillson Street,  
Romeo, MI

Halloween on Tillson Street is amazing!  
Almost all of the homes are transformed  
into amazing Halloween Attractions .

Sunday Oct. 30, 2016 2pm



Meet at our house and we will walk down Tillson Street and check out all the cool decorations  
It will be very busy and a ton

of people. Don't pay to park just find a spot on a side street

You are welcomed to dress up if you would like, but there is no trick or treating that day



RSVP Charissa  
charissal15@yahoo.com  
Sunday Oct. 30, 2016



2pm



Be sure to check the Email BLAST or Facebook for any updates on events!

**5 DID YOU KNOW?**

Approximately 1 in 700 babies born will have Down syndrome, making it the most common chromosomal condition. This is true for all races, nationalities, ethnic groups and classes.

October is Down syndrome awareness month!



# FEDS HOLIDAY CELEBRATION

Saturday, December 10, 2016 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 **Lighthouse** a non-profit provider of emergency food and housing to low-income families in Oakland County. We ask that you bring items such as: baby items (shampoo, wipes, jar food, blankets, clothes, crib sheets, diapers, formula), household items (baking pans, brooms, laundry detergent, pots & pans, trash bags, etc.), personals (band-aids, combs/brushes, toothpaste/toothbrush, soap, shampoo, feminine products, razors, denture paste, etc), pantry items (canned food, dry milk, dry pasta, rice, etc.), and other items like batteries, gas gift cards, grocery bags, phone gift cards, school supplies and grocery gift cards.

Send the bottom of form and money to:

Emily Menczywor  
679 Dennison Ct., Oakland, MI 48363  
By November 21st, or bring this form and your check to the General Meeting on Wednesday, November 16, 2016.

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 21st. To volunteer to help at the Holiday Party, contact Emily at [emilyamansour@yahoo.com](mailto:emilyamansour@yahoo.com) or 586-381-1733.

Mail this form in with your check (made out to FEDS) by the deadline - November 21st!

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 = \_\_\_\_\_

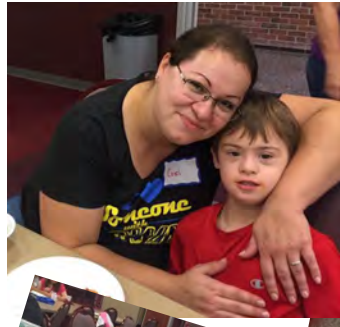
Number of children (Under 3) free \_\_\_\_\_ ---FREE---

TOTAL number attending in your family \_\_\_\_\_ Total Amount Enclosed \_\_\_\_\_



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

BACK TO SCHOOL  
**PIZZA PARTY**



FEDS hosts an Annual Pizza Party each September to welcome families back from summer break and also welcome any new families to our group! Pizza, cake and dancing! Thank you Christine Spencer and Joyce Dearhammer!



October is  Down syndrome Awareness Month  
 promoting acceptance and inclusion of all individuals with Down syndrome



Catch all the facts on our Facebook page!

Down syndrome Awareness month  
**FUN FACT #28**  
 Having a child with Down syndrome opens doors to a lot of new and lasting relationships you never would have had otherwise.

   Miracles of 21©

# 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](http://www.bridges4kids.org)

[www.michiganallianceforfamilies.org](http://www.michiganallianceforfamilies.org)

[www.mpas.org](http://www.mpas.org)

[www.arcservices.org](http://www.arcservices.org)

[www.changingthefaceofbeauty.org](http://www.changingthefaceofbeauty.org)

## **DOWN SYNDROME AWARENESS**

Global Down Syndrome Foundation  
[www.globaldownsyndrome.org](http://www.globaldownsyndrome.org)

National Down Syndrome Society  
[www.ndss.org](http://www.ndss.org)  
National Down Syndrome Congress  
[www.ndsccenter.org](http://www.ndsccenter.org)

## **MEDICAL**

Children's Special Health Care Services  
1-800-359-3722  
[www.michigan.gov](http://www.michigan.gov)  
[cshcsfc@michigan.gov](mailto:cshcsfc@michigan.gov)

## **PARENT HELPS**

Down Syndrome Pregnancy  
[www.downsyndromepregnancy.org](http://www.downsyndromepregnancy.org)

Friendship Circle  
[www.friendshipcircle.org](http://www.friendshipcircle.org)

Love and Logic  
[www.loveandlogic.com](http://www.loveandlogic.com)

Parent to Parent  
Connection  
[info@familieexploringdownsyndrome.org](mailto:info@familieexploringdownsyndrome.org)

## **EMERGENCY**

[www.ifineedhelp.org](http://www.ifineedhelp.org)

## **EXTRA-CURRICULAR**

Adaptive Swim Lessons  
[www.aquatots.com](http://www.aquatots.com)

AYSO VIP League of Macomb  
[www.ayso459.org](http://www.ayso459.org)

Challenger Little League Baseball  
[www.eteamz.com/michdist6/locations/challenger@littleleague.org](http://www.eteamz.com/michdist6/locations/challenger@littleleague.org)

Team GUTS  
<http://www.grounduptraining.com/teamguts/>

## **LIFE SKILLS, WORK, TRADES, HIGHER EDU.**

Dutton Farm  
2270 Dutton Rd  
Rochester Hills  
(248) 760-6081  
[www.duttonfarm.org](http://www.duttonfarm.org)

Rising Stars Academy  
23855 Lawrence Street,  
Centerline, MI 48015  
(586) 806-6455  
[www.rising-stars-academy.org](http://www.rising-stars-academy.org)  
*\*catering services available to public*

Ruby's Rainbow  
(college scholarships)  
[www.rubysrainbow.org](http://www.rubysrainbow.org)

Social Resources, Inc.  
[www.socialresourcesinc.com](http://www.socialresourcesinc.com)

## **LEARNING HELPS**

Handwriting Without Tears  
[www.hwtears.org](http://www.hwtears.org)

Down Syndrome Education  
[www.dseusa.org](http://www.dseusa.org)



## **We'd like to hear from you! Tell us who's your fave!**

Sharing good resources in our Down syndrome community is important! Do you have a favorite doctor, specialist or OBGYN you'd like to recommend for our resources page? If so, please submit their contact information to our FEDS newsletter email

along with your reason for the recommendation!



## From the editor:

If you have photos from FEDS events, Thank You's/Well Wishes/Congrats, special articles, etc. you'd like to see featured in the newsletter, please send them to [newsletter@fedsmi.org](mailto:newsletter@fedsmi.org).

You can also use a hashtag (#) when posting pics from FEDS events or tag "Families Exploring Down Syndrome" and the event title in your posts!



WE ARE LOOKING FOR SOMEONE TO CHAIR OUR FACEBOOK PAGE. PLEASE SEE ANY OF THE BOARD MEMBERS IF YOU ARE INTERESTED IN HELPING US WITH SOCIAL MEDIA.

## FEDS 2016 Board Members and Chairs

**President:** Margie Wheelock

**Vice President:** Lynn Gilleland

**Treasurer:** Barb Lempinen

**Secretary:** Donovan Myers

**Board Members:** Bethany McLain, Deanne Moore, Kristen Karr, Amber Sultes

7Up BINGO: Jamie Rivard

Calendar: Kristen Karr

Christmas Party: Kelli Ohnstead, Emily Menczywor

Correspondence: Marian Cunningham

Dads Appreciating Down Syndrome: Bill Marchiori

Email Blasts: Lynn Gilleland

Facebook: Kadi Coe

Fundraising: Jamie Rivard

Graphic Designer,: Lynn Gilleland

Library: Barb Lempinen

Medical Outreach: Margie Wheelock, Kadi Coe, Kristen Karr

Mom's Night Out: Kristen Karr

My Chance to Dance: Paula Derosiers

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, Kristen Karr

Thumbs Up for Down Syndrome Walk: Donovan Myers, Kadi Coe

Website: Donovan Myers

Young Athletes Program: Cherie Townsley, Debra Hinson



*Hanging out at the 2016 Annual Back to School Pizza Party at the MISD!*

## Contact Us

Families Exploring Down Syndrome  
P.O. Box 1191  
Sterling Heights, MI 48311

(586) 997-7607

Feds of Michigan  
@gmail.com

Like us on

Follow us on

[www.fedsmi.org](http://www.fedsmi.org)

*Submissions to the newsletter can be sent to [newsletter@fedsmi.org](mailto:newsletter@fedsmi.org)*