



# FEDS News Today

## Letter From the Board

Dear FEDS Family,

We are excited and looking forward to a great year with our FEDS family. We, the FEDS board have been working diligently to plan the activities and events for the coming year. We have speakers in place and will include topics that will be of interest to both new parents and the "more seasoned" parents of children with Down syndrome. These speakers include a pediatric dentist, an expert in the field of Alzheimers and the connection to Ds, and a sleep specialist who will discuss sleep apnea.

Our holiday party is ready to roll and invites are in this newsletter. In February, we are having a yoga session to help us "relax". We are planning on having a training program for more support parents for our Parent-to-Parent support program in the spring. We are in great need of more support parents for the new parents that have joined the group. FEDS is growing rapidly. We have a variety of programs and activities for all ages. The Young Athletes Program, Club 21, My Chance to Dance and Bocce dates are set and on the FEDs calendar.

Most of all, we on the board would like you to know that we are working for YOU, our members. If there is a topic that you would like to cover, or an activity that you would like to see happen, please let us know. Please email us at [fedsofmichigan@gmail.com](mailto:fedsofmichigan@gmail.com) with any suggestions or concerns. We look forward to seeing you all in the coming year!

Are you receiving our emails every Monday? If not, email us at [fedsofmichigan@gmail.com](mailto:fedsofmichigan@gmail.com)  
Remember to add us to your contact list to ensure it does not go to your junk/spam mail.

Are you on Facebook? Have you "liked" us yet?

([facebook.com/FamiliesExploringDownSyndromeOfMichigan](https://www.facebook.com/FamiliesExploringDownSyndromeOfMichigan))



## *Focus on Family*

### *Meet Rune - He's 1 in 7 Billion!!!*

From the start, this pregnancy was a one in a million chance. The cheaper, generic form of the birth control pill, that the wonderful company Pfizer had to recall, was Rune's chance to wiggle his way into this world. I had just moved to Houghton that July and was looking forward to the next four years at Michigan Tech. Then I found out I was pregnant on Thanksgiving, and little did I know how much I would be thankful for.

When I moved down from Houghton back to Warren, I was six months along and didn't even look like I was pregnant. I went to an OB on the west side who almost couldn't believe I was that far along.



We had to do more ultrasounds because Rune is stubborn and was either spine up or up in my ribs and the technicians never could get a clear look at his heart. When the tech was silent, I knew something interesting was about to happen. Being recommended to a neonatologist on your first pregnancy is rather daunting. After a two hour wait just to get in, that daunting turned to annoyance. I kept thinking "There's nothing wrong with Rune. He just doesn't like ultrasound techs, and he'll be fine." The first diagnosis was a full atrial ventricular canal defect, and it is a common marker for Down's. I knew Rune didn't have it.



I had that matern 21 test and there was a 1 in 5,500 chance that I would have a Down's child. I wasn't worried, but I had an amnio just to check. Because if it was something else I wanted to be prepared.

That three day wait was long, but I went online, went to the library and researched everything. I wanted to know the ins and outs of the heart, that cardiac system of the body, what exactly an AV canal defect was, the treatments, warning signs. I wanted to know it all. I have a heart diagram I drew that impressed the cardiac team at Children's. Yeah, I got that detailed! I felt in control, I knew everything I could, everything my brain could comprehend and then some.

Then the phone rang. "Hello, Miss Marchand, I have the preliminary results of your amniocentesis. Your son has the markers for Down Syndrome." "Ok".....

"Miss Marchand I have to ask if you would like to terminate? It's past the allotted time in Michigan, but we can help make arrangements out of state."

"No.".....

"Ok, well if you have any questions please feel free to contact my office. Have a good afternoon." For a two minute conversation, it sure packed a lot of punch. I was taken aback, I'm 26. Twenty-six year olds don't have kids with Downs. It only happens to older women, right?

I have grown up around Down Syndrome, my first cousin Matt has the diagnosis. I never thought anything of it, I didn't think it was weird or strange or different, I didn't think him weird, strange, or the dreadful word retarded. He was just different, like me. I'm the black sheep of the family. We're all different. But I was taken aback. I cried and freaked out. Here I was a technically single mom with a baby who has Downs. What the hell am I going to do now. I researched, studied, read, watched, and talked to my wonderful Aunt Nancy, who helped me through those first dark days. I also wrote a compelling yet probably politically incorrect letter to the neonatologist who thought termination was the first response to Down Syndrome, especially at 32 weeks along. But, I digress. Less than a week later, we found out Rune's official heart defect diagnosis.

Right Coronary Artery Fistula. Rune's right coronary artery that supplies the blood to the right side of the heart, goes completely through the right ventricle wall and pumps all that blood back into the heart. His coronary artery is the size of mine. Only 9 cases of have ever been diagnosed prenatally in medical history. Rune is number 9. He is the only person with this condition and Down Syndrome. Rune is literally one in 7 billion. That's amazing and terrifying. Thankfully, the cardiologist, who has dedicated his career to this condition, is at Children's Hospital of Michigan. Talk about being in the right place at the right time. I have no doubt if I would have delivered in Houghton, Rune wouldn't be alive.

I had a month to digest all this information before Rune decided to break my water and make his official appearance. My water broke at 4:30 am and Rune was out by 8:51 am. Best delivery ever!

When he was pulled out and he cried, I knew two things, he's ok and he's mine. I got to see him for less than a minute before they had to whisk him off for tests, observations and echoes. I didn't see him until 8 hours later. This little man attached to all these wires at 6 pounds 1 ounce was mine. That rush of love is so overwhelming, so great, and so powerful.

Forty four hours later, he was having a heart cath to check things out. Two hours later the cardiologist was in my room. "Your son needs to have this coil implanted to hopefully slow the blood flow or he needs to have a heart transplant. We need you to make a decision now." Do they teach horrifying medical decision timing in Med

school or is it just raw talent?

Eleven months, two heart caths, 36 heart echocardiograms, and one research paper published later Rune is almost 16 and a half pounds, more stubborn than before, sitting up like he was born that way, and starting to take his first steps. He has taught me how to balance the worry if he will have a heart attack, or get cancer, or to be able to communicate and appreciating him for everything he has given me, and the wonder how this one in seven billion chose me for his mom. He surprises me every day. He is the biggest ham I have ever seen. He has the best toothless smile, and he is the strongest little man who has captured my heart.





Thank you FEDS family for your dedication to our group and the support you give. This was my first year handling the Walk, and after last year's success, I felt it only appropriate to keep it going. Many people asked why the Zoo? Why pay? DSG doesn't. To me and I hope to FEDS, an awareness walk is to bring others in. We already know how great our kids are, but if we can reach out to even one person ... to make a difference. Wouldn't you want to be that person?! We had the Zoo for an hour to ourselves for the camaraderie and then opened to the public to allow them into our world - regular people living regular lives. We didn't ask to make money. It was to bring awareness. The donations were a bonus! So to end, for next year, I am open to suggestions. I want excitement! I want you to look forward to the Walk! Please let me know your thoughts, suggestions, etc. - [macsmom1124@yahoo.com](mailto:macsmom1124@yahoo.com)

In the meantime, I say thank you...

for everything!

**Jamie Rivard**





**Thank You! Thank You! Thank You!**

To everyone who came out for the Walk even though it wasn't the most ideal weather!  
Thank you for the support and donations that were made. We appreciate it!

**Special thanks to Jamie Rivard for chairing this event! Great Job!**

**FEDS people are the best group around!**

## Scholarship Thank Yous



Dear Feds Family,  
Thank you so much for the summer scholarship. I used it for swim lessons. I can now swim the entire length of the pool!  
Love, Lucas Wheelock



Dear FEDS,  
Thank you so much for my summer scholarship. I used it to help me go to SCAMP, an awesome summer camp. I had a wonderful time going on field trips, and hanging out with my friends at the beach!  
Love, Megan Moore



Thank you for the summer scholarship.  
Joined a baseball team, enjoyed the game and meeting new people.  
Katrina Happy



Thanks to FEDS for granting Ryan a summer scholarship to RARA SCAMP camp! He had a blast, as usual!!!!  
Sincerely, Ryan Tessmar and family

**Let us know what your child did with their Summer scholarship money. We'd love to see pictures!**



SkyLine Camp was awesome! It was my first time at a week long, overnight summer camp. I went by myself & had a great time. Next year my friend will be old enough to attend the same session with me. I can't wait. Thank you for the scholarship.

Meghan Talbot



Dear FEDS,  
Thank you FEDS for the Scholarship. I used it towards SCAMP. I always have fun swimming, bowling, dancing and going on field trips at SCAMP  
Love, Ava Gilleland



Dear FEDS,

Thank you so much for the summer scholarship. I used it for private swim lessons. I learned a lot of new things this year and loved it.

Thank you! Ayla Coe

Dear FEDS,

Thank you for the Summer Scholarship! I signed up for soccer and had so much fun! I made lots of new friends and I want to play again next year.

Love, Luke Pardue XOXO



## *Congratulations, Get Wells & Donations*

Deepest sympathy to Colleen & Anthony Kucharski on the loss of Ron Kucharski

Good luck to Elijah Gallihugh who had tubes placed in his ears

Speedy recovery to Bob Cunningham for car accident

Feel better soon to Mateo Sabou for breathing treatments in hospital

Thank you to First Presbyterian Church of Warren for a great Bocce Tournament & their donation to Club 21

Congratulations to Scott Weideman on his new job at Bahama Breeze

Congratulations to Sarah Itoh, Eric Lempinen & Michael Mendez! They have earned their Green Belt in karate. All are proud members of the Genbu Kai karate family, which is run by Sensi Anthony Sorrentino.

Thank you to the DADS for their generous donation

Congratulations to the Bocce team of Kristin Cunningham, Sarah Itoh, Trevor Taylor, Brendan Buresh, Frank Taylor & Leo Buresh, who took 2nd place in the First Presbyterian Church Tournament

Donation received in celebration of Luke Pardue's 7th birthday from Grandma & Grandpa, Lou & Mary Gatti

Donation by Nicole Gehringer in memory of Charlotte Forsthoff

Donation by Steven & Shelly Hopkins in memory of Charlotte Forsthoff

Donation by Johnathon & Caryn Goo in memory of Charlotte Forsthoff

Donation by Charlene Miller in memory of Mary Ellen Martin

Donation by Maria Pitts in memory of Mary Ellen Martin

Donation received in memory of Rose Pizzurro, grandmother of Nicholas

### **Mom's Night Out!**

Alumni Mom's Night Out  
Oct 21 7:00 pm.  
Cheeseburger in Paradise  
13883 Lakeside Circle Sterling Heights  
Come join us for some good conversation and laughs!  
RSVP to  
Marian [mcunningham720@gmail.com](mailto:mcunningham720@gmail.com)

Mom's Night Out  
10/23 7:00 p.m.  
Red Ox Tavern  
45411 Park Ave.  
Utica 48315

Friday November 8 7:00 p.m.  
East Side Mario's  
2273 Crooks Rd  
Rochester Hills

Join us for a night out with others. Grandmas, aunts, sisters, everyone is welcome! If this is your first Mom's Night Out, dinner is on FEDS. Please let us know if this is your first time. RSVP on facebook or email [fedsfomichigan@gmail.com](mailto:fedsfomichigan@gmail.com)





Welcome Drew!  
Congratulations  
Kleist Family!!



Congratulations  
to the Goulet  
family! Welcome  
Emerson!



Welcome to the  
Soresi Family!!



Congratulations Wettstein Family!  
Caden born August 2!

# Sleep Problems in Children with Down Syndrome

By NDSC

August 27, 2013

## Questions and Answers with George Capone, MD

Director of the Down Syndrome Clinic and Research Center at Kennedy Krieger Institute

**What is the link between behavioral problems and sleep?** The relationship between sleep and behavior is complex and causality runs in both directions. Children with Down syndrome (DS) who have high levels of activity or anxiety may display difficult behavior with bedtime routines. Such children are more likely to have insomnia and problems initiating and/or maintaining consistently restful or restorative sleep. Poor quality sleep can exacerbate existing problems with attention, learning and daytime behavior control. Even in those children without pre-existing behavior concerns, the onset of new medical or health related conditions may result in poor sleep and daytime behavior concerns.

**What is the physical cause that makes children with Down syndrome more vulnerable to have sleep disordered breathing?** Several factors contribute to sleep problems in children with DS. Narrowing and collapse of the upper airway resulting in obstructed breathing with respiratory pauses or apnea, during sleep is common. A small oral cavity with a relatively enlarged tongue and low tone of airway muscles are common to most children with DS. Apnea may become worse due to enlarged tonsils or adenoids, nasal or sinus congestion, poorly controlled asthma or gastroesophageal reflux. Having more than a single airway factor with or without overweight increases the severity of OSA. Symptoms of obstructive sleep apnea (OSA) often include snoring, restless sleep, unusual sleep position, excessive mouth breathing, daytime tiredness, or behavioral changes such as irritability, inattention, and poor impulse control. Even children who have undergone tonsil or adenoid removal may have persistent OSA.

**What are the statistics of sleep disturbances and Down syndrome?** There is a 50-100% incidence of OSA in children with DS, with almost 60% of children having an abnormal sleep studies by age 3.5-4 years. The incidence of OSA increases as children grow older. In one study 97% of children with DS between 1-19 years, who snored had OSA. Unfortunately, the ability to predict OSA in children based on parent observation is poor, except in severe cases. A sleep study or polysomnogram (PSG) remains the gold standard test from which to evaluate [sleep disorders](#) and OSA. The American Academy of Pediatrics Health Supervision for children with Down Syndrome (2011) now recommends PSG by age 4-5 years for all children with DS

## Are there neurological factors that can cause sleep disturbances in Down Syndrome?

Some children may have an underlying predisposition for limb movements or restless sleep with frequent arousals and awakenings resulting in fragmentation of sleep even in the absence of OSA. These phenomena likely reflect problems with neurochemical signaling during the orchestration of sleep-phase cycling throughout the night and often results in a lack of restorative sleep.

## How can sleep apnea be improved in children with Down syndrome?

Recognizing the need for consistently good sleep is an important and practical goal. Addressing underlying medical and health-related concerns is paramount.

1. Medical factors to address with your pediatrician and/or ENT when OSA is suspected

The presence of risk factors in their typical order of appearance (younger to older child)

Tracheal narrowing or collapse –in some infants or toddlers

Narrow inlet to upper airway – can the airway be visualized easily?

Small, narrow, crowded oral-cavity or relatively enlarged tongue

Enlarged tonsils & adenoid tissue – or regrowth after prior removal

Decreased airway muscle tone – especially during REM sleep (2-6am when no one is watching)

Congested nasal passages & sinuses

Poorly controlled allergies, gastroesophageal reflux or [asthma symptoms](#)

Lingual tonsil – at the base of the tongue (older children) – requires ENT examination to visualize

Overweight – increases the work of breathing

2. What to discuss with your pediatrician and/or ENT physician when OSA is present

[Treatment options](#) according to severity & location of OSA symptoms

Nasal rinses & decongestants, antihistamines or steroid spray in the evening

Sleep positioning – sleep on side or propped up – not lying flat on back which often makes OSA worse (good luck!)

Tonsil & adenoid removal (surgical procedure)

More extensive reconstruction of the upper airway, uvula, soft palate or tongue (surgical procedure)

Positive Airway Pressure (PAP) during sleep – some older children can be trained to wear a PAP mask during sleep (good luck!)

**How can sleep hygiene be improved in children with Down syndrome even when OSA is not present?**

Working to promote consistently good sleep (sleep hygiene) is an important and practical goal

1. Tips to promote better sleep

Consistent bedtime routine: bath time, story time and lights-out

Consistent wake-up time

Afternoon physical activity helps to make kids tired in the evening

Limit evening computer, TV and game time

No TV, computer, iPods or iPads in the bedroom

A night light or white-noise machine may help the child to relax

Avoid afternoon naps

Avoid caffeine containing drinks and late meals

2. Medical, health & wellness considerations

Avoid too much heat or dryness in the bedroom at night – better to be humid & cool

Treat allergies and respiratory infections aggressively – nasal saline rinse, steroid spray, humidity, anti-histamines, in the evening

Treat symptoms of asthma, gastroesophageal reflux in the evening

Consider checking body iron stores (Ferritin level) sometimes associated with limb jerks and restless sleep. This is not the same entity as iron deficiency anemia

3. When considering medication and non-medication sleep aides

Melatonin may help with sleep initiation (a naturally produced neurohormone)

Benadryl may help with sleep onset & maintenance through the night (an antihistamine)

If other medications are already being used to treat other conditions

Try to use sedating medications at bedtime when feasible

Some breathing treatments for airway disease are necessary at bedtime but may cause problems with initiating sleep

Avoid stimulant medications (for ADHD) in the late afternoon or evening

Non-stimulant medication for managing symptoms of ADHD should be considered

# Just Look What We Can Do!!!



# 2013 Pizza Party



# Myths & Truths

## By NDSS

Today there are still many misconceptions about Down syndrome and those who have it. This guide dispels some of the common myths about Down syndrome.

**MYTH:** Down syndrome is a rare disorder.

**TRUTH:** Down syndrome is the most commonly occurring genetic condition. One in every 691 babies in the United States is born with Down syndrome, or approximately 6,000 births per year. Today, there are more than 400,000 people with Down syndrome living in the United States.

**MYTH:** People with Down syndrome have a short life span.

**TRUTH:** Life expectancy for individuals with Down syndrome has increased dramatically in recent years, with the average life expectancy approaching that of peers without Down syndrome.

**MYTH:** Down syndrome is hereditary and runs in families.

**TRUTH:** Down syndrome is hereditary in approximately 1% of all instances. In the other 99% of cases Down syndrome is completely random and the only known factor that increases the risk is the age of the mother (over 35). Translocation is the only type of Down syndrome known to have hereditary link. Translocation accounts for 3 to 4% of all cases of Down syndrome. Of those, one third (or 1% of all cases of Down syndrome) are hereditary.

**MYTH:** Most children with Down syndrome are born to older parents.

**TRUTH:** Most children with Down syndrome are born to women younger than 35 years old simply because younger women have more children. However, the incidence of births of children with Down syndrome increases with the age of the mother.

**MYTH:** People with Down syndrome have severe cognitive delays.

**TRUTH:** Most people with Down syndrome have cognitive delays that are mild to moderate. Children with Down syndrome fully participate in public and private educational programs. Educators and researchers are still discovering the full educational potential of people with Down syndrome.

**MYTH:** Most people with Down syndrome are institutionalized.

**TRUTH:** Today people with Down syndrome live at home with their families and are active participants in the educational, vocational, social, and recreational activities of the community. They are integrated into the regular education system and take part in sports, camping, music, art programs and all the other activities of their communities. People with Down syndrome are valued members of their families and their communities, contributing to society in a variety of ways.

MYTH: Parents will not find community support in bringing up their child with Down syndrome.

TRUTH: In almost every community of the United States there are parent support groups and other community organizations directly involved in providing services to families of individuals with Down syndrome.

MYTH: Children with Down syndrome must be placed in segregated special [education programs](#).

TRUTH: Children with Down syndrome have been included in regular academic classrooms in schools across the country. In some instances they are integrated into specific [courses](#), while in other situations students are fully included in the regular classroom for all subjects. The current trend in education is for full inclusion in the social and educational life of the community. Increasingly, individuals with Down syndrome graduate from high school with regular diplomas, participate in post-secondary academic and college experiences and, in some cases, receive college degrees.

MYTH: Adults with Down syndrome are unemployable.

TRUTH: Businesses are seeking adults with Down syndrome for a variety of positions. They are being employed in small- and medium-sized offices: by banks, corporations, nursing homes, [hotels](#) and restaurants. They work in the music and entertainment industry, in clerical positions, childcare, the sports field and in the computer industry to name a few.

MYTH: People with Down syndrome are always happy.

TRUTH: People with Down syndrome have feelings just like everyone else in the population. They experience the full range of emotions. They respond to positive expressions of friendship and they are hurt and upset by inconsiderate behavior.

MYTH: Adults with Down syndrome are unable to form close interpersonal relationships leading to marriage.

TRUTH: People with Down syndrome have meaningful friendships, date, socialize, form ongoing relationships and marry.

MYTH: Down syndrome can never be cured.

TRUTH: Research on Down syndrome is making great strides in identifying the genes on chromosome 21 that cause the characteristics of Down syndrome. Scientists now feel strongly that it will be possible to improve, correct or prevent many of the problems associated with Down syndrome in the future.

- See more at: <http://www.ndss.org/Down-Syndrome/Myths-Truths/#sthash.xhsv4Mva.dpuf>

## *Calendar of Events*

- October 19 - Special Education Fair
- October 21 - Alumni Mom's Night Out - Cheeseburger In Paradise at 7pm
- October 23 - Mom's Night Out - Red Ox Tavern at 7pm
- October 29 - Bocce League
- October 30 - DADS Meeting
- November 5 - Club My Chance To Dance
- November 8 - Mom's Night Out - East Side Marios - Rochester Hills at 7pm
- November 12 - Bocce League
- November 13 - FEDS Member Meeting - 7:00 pm at MISD, Michigan/Superior room (park on north side of building)
- November 19 - Club My Chance To Dance
- November 21 - FEDS Board Meeting at Beaumont
- November 26 - Bocce League
- December 5 - DADS Meeting
- December 10 - Bocce League
- December 14 - FEDS Christmas Party at Club Venetian
- January 8 - DADS Meeting





## Down Syndrome & Alzheimer's Disease

November 13, 2013 Speaker

Kate Williams, LMSW,  
from The Alzheimer's Association

Kate has worked in the field of elder care for over ten years. In her current position as a counselor/care manager for the collaboration between The Alzheimer's Association and Henry Ford Health System, she provides education, individual and family counseling, and information and coordination of community resources to patients and families being seen by the multi-disciplinary clinic. Past work includes discharge planning, long term care marketing and admissions, activity program development and implementation, and geriatric mental health screening.



### From the Library



Are you looking for a specific book or video that may assist you with your child with DS? Please let us know! If we don't have it in our library, we can order it. Come check out our selection of books and DVDs this Fall!



## YOUNG ATHLETES PROGRAM

Would you like your child with Down syndrome to get involved with Special Olympics, but they are not yet 8?

Look into our Young Athletes Program! YAP is a terrific program offered by Special Olympics to children 2-7 years old. It is a unique sport and play program for children with intellectual disabilities.

The focus is on fun activities that are important to mental and physical growth. Children enjoy games and activities that develop motor skills and hand-eye coordination. Young Athletes is an early introduction to sports and to the world of Special Olympics.

Parents also say that their children in Young Athletes also develop better social skills. The confidence boost makes it easier for them to play and talk with other children.

Come and Join us! We are offering two locations:

### Warren Location

Will meet at Bovenchen school on select Friday evenings, starting in November.

### Macomb Location

Will meet at Peters School on select Tuesday evenings @ 6:30 p.m.

For more information contact us at [fedsfomichigan@gmail.com](mailto:fedsfomichigan@gmail.com)



Members are asked to donate a new children's book for Charlotte's Wings, an organization that is dedicated to supporting ailing children in Southeast Michigan through donation of new books to the children and their families in hospital and hospice care. For more information visit [charlottes-wings.com](http://charlottes-wings.com)



# FEDS Picture Perfect HOLIDAY CELEBRATION

Saturday, December 14, 2013 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.**

The Knights will have a gift for your special person with Down Syndrome. Please fill out the wish list below and remember that the Knights shop ONLY at the Kmart Store on John R & 12 Mile Rd. They 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. All Kmarts are not alike. **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 13th. To volunteer to help at the Christmas Party, contact Deanne at:** [deanne135@gmail.com](mailto:deanne135@gmail.com) or 248-766-5790 or Lynn at [lynngilleland@sbcglobal.net](mailto:lynngilleland@sbcglobal.net) or 586-752-2063.

**Mail this form in with your check by the deadline - November 13th!**

To reserve a place for your family please fill out the following form completely and return to FEDS with payment no later than November 16th. **No Exceptions!**

Family (Adults) Name: \_\_\_\_\_ Child's Sex \_\_\_\_\_

Child w/DS Name: \_\_\_\_\_ Age \_\_\_\_\_

Developmental level (for toy selection) \_\_\_\_\_ Phone #: \_\_\_\_\_ Cell #: \_\_\_\_\_

Gift Wish #1 \_\_\_\_\_

Gift Wish #2 \_\_\_\_\_

This year the cost is \$8.00 per person (anyone 7 years old and up) and \$4.00 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) \_\_\_\_\_ @ \$8.00 = \_\_\_\_\_  
 Number of children (3-6 years old) \_\_\_\_\_ @ \$4.00 = \_\_\_\_\_  
 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** \_\_\_\_

Send the bottom of form and money to: FEDS PO Box 1191, Sterling Heights, MI 48311 **by November 13th** or bring this form and your check to the **Membership Meeting on Wednesday, November 13, 2012.**





Come out and enjoy a dinner with other Dads! All Dads, grandfathers, uncles are welcome. Dinner will be compliments of the DADS group. Location: Club Venetian 29310 John R Rd. Madison Heights. Any questions? Contact Jim Spencer at [jspencer50@msn.com](mailto:jspencer50@msn.com)

Schedule of Meetings

- 10/30/13
- 12/5/13
- 1/8/14

Thank you to all of our Dream Cruise volunteers and Sponsors! Thank you to SRG Global, Level One Bank and Frank Simon PLC for all of their help and support. It was very successful and a great time!

DADS Bowling Event

Location: Sunnybrook Lanes 7191 17 Mile Rd. Sterling Heights  
Time: 1:00-3:00 p.m.  
RSVP: Jim Spencer [jspencer50@msn.com](mailto:jspencer50@msn.com)



Congratulations to the DADS on another successful golf outing!



**BOWLING PARTY!**

**SATURDAY, NOV. 9TH  
1:00 - 3:00 PM**

**SUNNYBROOK LANES  
7191 17-MILE ROAD  
STERLING HEIGHTS, 48313**

**FREE TO ALL F.E.D.S. KIDS  
& THEIR SIBLINGS!**

**RVSP TO JIM SPENCER ASAP AT:  
JSPENCER50@MSN.COM**

SPONSORED BY:



## *FEDS Contacts*

### Board

**Vice President  
Special Olympics  
YAP Representative  
Greeter & Membership**  
Margie Wheelock  
[wheelszoo@yahoo.com](mailto:wheelszoo@yahoo.com)  
248-375-5323

**Treasurer  
2013 Appreciation Night**  
Barb Lempinen  
[bjlemp56@hotmail.com](mailto:bjlemp56@hotmail.com)  
586-754-7180

**Recording Secretary  
2013 Appreciation Night  
Special Olympics  
Scholarships  
Alumni Mom's Night Out**  
Marian Cunningham  
[mcunningham720@gmail.com](mailto:mcunningham720@gmail.com)  
586-758-6139

**Holiday Party Co-Chair  
NDSS, NDSC, DSAIA Liaison  
Artist Extraordinaire  
Fashion Show Co-chair**  
Lynn Gilleland  
[lynngilleland@sbcglobal.net](mailto:lynngilleland@sbcglobal.net)  
586-752-2063

**Dress Down Days  
Focus on Family**  
Kathy Tessmar  
[tssmrkthy@yahoo.com](mailto:tssmrkthy@yahoo.com)  
248-630-5974

**Holiday Party Co-Chair**  
Deanne Moore  
[Deanne135@gmail.com](mailto:Deanne135@gmail.com)  
248-726-1369

**Web site calendar  
YAP Coach-Peters  
Picnic Prizes**  
Kristin Karr  
[k34karr@hotmail.com](mailto:k34karr@hotmail.com)  
586-770-9595

**Library  
YAP Coach-Peters  
Picnic Prizes**  
Kadi Coe  
[kadijo@hotmail.com](mailto:kadijo@hotmail.com)

**2013 Walkin' Wild  
Picnic Prizes  
Tickets**  
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Bill Marchiori - **Treasurer**  
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Families Exploring Down Syndrome  
Wishes Everyone  
a Fun & Safe Halloween