

321 World Down Syndrome Day

World Down Syndrome Day is celebrated every year around the world on March 21 (3/21, in honor of Trisomy 21, or Down syndrome). There are many ways to celebrate your loved one with Down syndrome!

On Monday, March 20, our young adults with Down syndrome will be serving at Culver's in Madison Heights from 4pm-8pm! A portion of the sales between those hours goes towards FEDS. This has become an annual tradition for our young adults on World Down Syndrome Day! Come cheer them on and support FEDS!

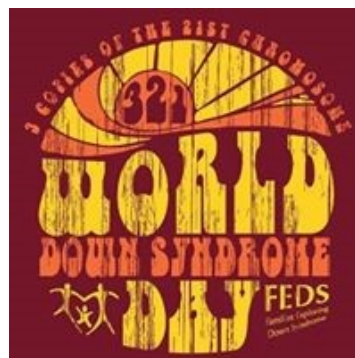
FEDS Bocce team will also be playing at Club Venetian on March 21 to celebrate 321 Day! Come see them play at 6:30pm!



On March 10, FEDS will be hosting a free 321 Party at 6pm at the MISD (Michigan/Superior Rms). You can RSVP on our website. If you plan on coming, please sign up ASAP—we have a limited amount of space available and it's filling up fast! If you'd like to volunteer, please contact Bethany McLain.

FEDS went retro for this year's 321 World Down Syndrome Day! *Your special person with Down syndrome is eligible to get a FREE TEE!*

Information on how to order their shirt and more can be found on page 2 of this newsletter. Hurry, ordering ends February 23!



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Thank you's & well-wishes

Amazon Smile link info

321 World Down Syndrome Day Apparel!

Place orders on our website www.fedsmi.org
by Thursday, February 23, 2017

To request your **FREE** T-shirt for your person with Down syndrome, email
Lynn with name and size at
lynn.gilleland@familieexploringdownsyndrome.org

WHEN CAN I PICK UP MY ORDER?

Wednesday, March 8th FEDS Monthly Meeting MISD 7pm – 9pm

or

Friday, March 10th FEDS 321 Party MISD 7pm - 9pm

(All the items are listed as **FREE SHIPPING** and WILL NOT be shipped to your house directly.
When checking out, you may list the same address for billing and shipping, since you will be picking up
your order.)





Letter from the President, Margie Wheelock



Dear Families Exploring Down Syndrome members and friends:

After serving for four years as your board president and nearly ten on the FEDS board, I have decided to step down from the board effective April 30, 2017. My time on the board has been challenging at times but always very rewarding. I would like to take this opportunity to thank the board, who I believe has been stellar in their performance during these years, always demonstrating the ability to work as a team and get a lot accomplished; I will miss all of you and in a way, I will miss those long evenings in the board room, (as crazy as that sounds!) I would like to thank my husband and family for their endless support without which I could have never held this position. Finally, I would like to thank you, the FEDS family; the best part of being part of this board is that it has given me the opportunity to get to know so many of you and your families whom I have and will always consider my FEDS family.

I am extremely happy to announce that Donovan Myers has agreed to step up and has been voted onto the board as the new president effective May 1, 2017. Donovan has served on the board for two years and has some new and innovative ideas that will allow FEDS to grow and move forward. I am excited that he has agreed to take on this position and I am looking forward to the new ideas that he will bring to the table.

Moving forward, personally, I will still be connected to FEDS in some capacity. At this time, I will still continue as the coordinator for the Parent-to-Parent program (along with Kristen Karr.) In addition, I will, once again be the chairperson for volunteers for the 2017 Thumbs Up for Down Syndrome walk (please continue to send me those volunteers)!

It has been a pleasure to serve you!
Warm Regards,
Margie Wheelock
Board President
Families Exploring Down Syndrome



Meet our new FEDS President, Donovan Myers!

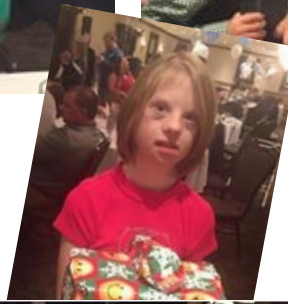
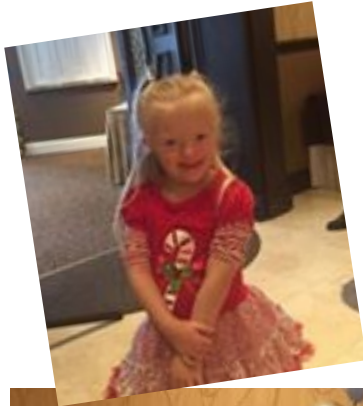
Donovan became involved with Families Exploring Down Syndrome in 2012 when his first daughter, Ever, was born. He has helped with the website and other online and technical aspects since then. In 2015, he was officially elected to the board as Recording Secretary and helped chair the 2016 Thumbs Up for Down Syndrome Walk with Kadi Coe. In 2017, Donovan will be taking on the FEDS President position (with plenty of help) as well as once again co-chairing the walk with Cori Sabou.





ANNUAL
Holiday Party

On Saturday, Decemeber 10th, FEDS families enjoyed the annual Holiday Party at Club Venetian! Attendees took part in holiday crafts, dancing, DADS photo booth and a visit from Santa! Thank you to Kelli Ohnstead and Emily Menczywor for chairing this event! Thank you also to all the volunteers! And a very special thank you to our secret shoppers and the Knights of Columbus!



A few pictures from the



Ghost, goblins, witches oh my! Fun times were had at the FEDS Halloween party on October 22, 2016! Attendees dressed in costume and enjoyed good food, dancing, and even a haunted walk! Thank you to all the volunteers and the members of Club Venetian! See our Facebook page for more pics!

NIGHT *to Shine*

SPONSORED BY THE **TIM TEBOW** FOUNDATION™

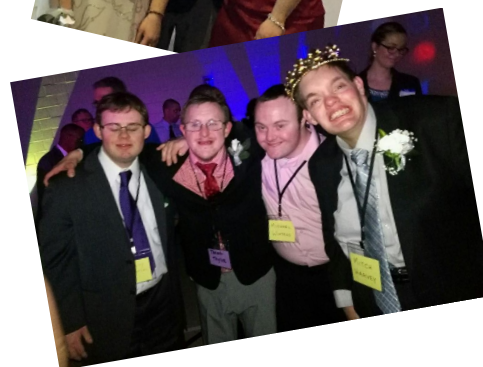
On February 10th, people with special needs all over the world had a *Night to Shine!*

Approximately 150,000 volunteers came together worldwide to host an amazing prom night celebrating teens and adults with special needs. This year's annual *Night to Shine* event featured 375 churches in 50 states and 11 different countries! It was estimated that 75,000 special guests attended across the globe.

Special guests received the "royal treatment" on this night to honor them. The red carpet is rolled-out, volunteers cheer and take pictures. Make-up, hairstyling, and shoe-shining services are offered free of charge. Guests could even choose their prom attire from gowns and suits that had been donated for the event. And every attendee was crowned king or queen of the prom! Some NTS venues offered services for parents of the prom-goers, like a massage!

NTS took place locally in Warren, Shelby and Troy. Some of our FEDS members attended the Woodside, Troy NTS! We hope you had an amazing time!

If you'd like to know more information on the Tim Tebow Foundation or on how to volunteer or attend a NTS event next year, please visit www.timtebowfoundation.org. Use the hashtag #NightToShine on social media to see more pictures and videos of this incredible night!



Baby Play Group



On Saturday, February 18th from 10am-12pm, babies 0-2yrs and their parents spent some time getting acquainted at a Baby Play Group at the MISD!

It was a great time for parents and little ones to get to know each other!

If you have any questions about the next Baby Play Group email Jessica at jkilano@yahoo.com.



EVENTS

Mark your Calendar

Bocce

6:30pm - 8pm
 Club Venetian
 29310 John R Rd
 Madison Heights



February 21
March 7
March 21
April 4
April 18

7 UP BINGO 7yrs+ & siblings

May 5
 7pm - 8pm
 MISD (Michigan/Superior Rms)
 44001 Garfield Rd, Clinton Twp.
 Please RSVP to jamie716@me.com

FEDS Monthly Meetings

1st Wednesdays
 7pm - 9pm
 MISD (Michigan/Superior Rms)
 44001 Garfield Rd, Clinton Twp.

March 8: *Dr. Earls will discuss healthcare guidelines, answer any questions*

May 10: *Orthodontics Dr. AJ Ker*

Club My Chance To Dance

16+ yrs.

7pm (doors open 6:45pm) - 9pm
 Christ United Methodist Church
 34385 Garfield Rd, Fraser
 Contact Paula Desrosiers at (586) 978-9066
 or JDero1@yahoo.com

February 28
March 14
March 28
April 11
April 25



6:15pm - 7:15pm
 Glen Peters School
 44650 Heydenreich Rd
 Macomb Twp.
 Contact Cheri Townsley at
 (586) 419-3573 or townsley.cheri@gmail.com

March 7
March 22
March 29
April 11
April 26



Information on FEDS events can be found on our website calendar, email BLASTs and Facebook!



Parents Night Out!

February 25th, 7:00PM

Hamlin Pub

1988 S Rochester Rd
Rochester Hills, MI 48307

Guys and gals join us for a fun night out!

Please RSVP to Kristen@fedsmi.org

We've begun planning the 2017 fundraiser walk and we need you!

We are looking for dedicated and driven people to help chair this year's fundraiser walk.

Chair Positions

Many chair positions available. You must be able to attend the monthly/bi-monthly/weekly meetings as the walk approaches. Meetings will be held at the MISD or by phone/video conferencing. Meeting schedules will be given out at the first meeting.

The first 3 meetings are:

- **Wednesday, March 1st**
- **Monday, April 10th**
- **Tuesday, May 2nd**



Volunteers

We will have an online sign-up available shortly after our first meeting on March 1st. If you are interested in volunteering for setup, day of the event, or cleanup, please contact us via email and we'll notify you as soon as the form is available.

SHRINE CIRCUS

Thursday, April 6th at 11am

Suburban Collection Showplace, Novi

We have 25 FREE tickets!

If interested in tickets please email Marian at marian.cunningham@familiesexploringdownsyndrome.org



APPRECIATION Night!

April 21st from 7pm-9pm
at the MISD

Is there a special person that has made a difference in your child's life?

Honor them at our Appreciation Night! Nominees could be a teacher, a family member, a friend, a physician, etc.

Write in 200 words or less about how they have been instrumental in your child's life and submit an email to fedsofmichigan@gmail.com. Nominee submissions must arrive by March 14th. Include the person's name and address as they will receive an invite to our Appreciation Night!

This is a special night for everyone! You and your family will be present also. Desserts will be served.





Just wanted to thank you again. Caden had a great time at Sesame Street Live!!

Heather



Thank you for my scholarship in May. I purchased my beverage package on The Buddy Cruise. My trip with my friends was awesome.

Trevor Taylor



A huge THANK YOU for 2016's year-end donations: \$2,300.00!

Thank you for the donations recently received from:

- Stacy Gillespie in celebration of Ava Gilleland
- Kim Adamski in celebration of Brody Adamski
- Renee Atkinson in celebration of Marty Sultes
- Carol Diel in celebration of Theresa Nalepa
- Jeanne Spencer Graham in celebration of Lexi Spencer
- Jennifer Faunce in celebration of Dylan Brown
- Marc Whitlock in celebration of Macaylah Whitlock
- Jan Putman in celebration of Sophia Anton
- Charlotte Oliver in celebration of Tim MacLean
- Amanda Busch in memory of Olivia Busch
- Mary Pizzurro in memory of Eleanor Love
- Carol Ross in memory of Betty White
- Crawl, Walk, Jump, Run Therapy Clinic
- Jaime Rivard for the Walk (2017)

Shout out to Orange Leaf Macomb for providing yummy frozen yogurt for our upcoming 321 Party! (Details for the party can be found on page 1 and our website.)



Get well wishes to:

- Easton Rowley
- Emerson Goulet
- Rebekah McLain
- Brigston Koivula
- Hope Freeman



with deepest SYMPATHY

To the Reece Family on the loss of their husband/father.

To the Castro family on the loss of their wife/mother.



Jamie Rivard and friends took the annual Polar Plunge challenge to raise money for Special Olympics!

We admire you all for braving the cold weather (and frigid water) for a such great cause!

Way to go!



**Special
Olympics
Michigan**



Congratulations to our 2017 Winter Special Olympians!

A lot of medals came home!

If you have any pictures you'd like to submit of your Olympians and their medals, please send them to newsletter@fedsmi.org

"To launch the team's Hockey Is For Everyone Month, the Detroit Red Wings will donate more than \$12,000 in brand new hockey equipment to the Michigan FAR Flyers, a special hockey team based in Birmingham, Mich. FAR Flyers special hockey is dedicated to the development and enjoyment of hockey for developmentally or physically challenged athletes."



The Detroit Free Press

Congratulations on this honor, FAR Flyers! We hope you had an amazing time in Hockeytown!

Resources

Listed below are a variety of resources you might find helpful. FEDS does not endorse one organization over another. FEDS also has a library that you can check various books and movies out at our monthly meetings!

EXTRA-CURRICULAR

- Adaptive swim lessons: www.aquatots.com
- AYSO VIP Soccer League of Macomb: www.ayso459.org
- Challenger Little League Baseball: www.eteamz.com/michdist6/locations/
- Team GUTS fitness: <http://www.grounduptraining.com/teamguts/>

LIFE SKILLS, WORK, TRADES, HIGHER ED

- Dutton Farm: www.duttonfarm.org
- Rising Stars Academy: www.rising-stars-academy.org
- Ruby's Rainbow (college scholarships): www.rubysrainbow.org
- Social Resources, Inc: www.socialresourcesinc.com

LEARNING HELPS

- Handwriting Without Tears: www.hwtears.org
- Down Syndrome Education: www.dseusa.org

ADVOCACY & SUPPORT

- www.bridges4kids.org
- www.michiganallianceforfamilies.org
- www.mpas.org www.arcservices.org

DOWN SYNDROME AWARENESS

- www.globaldownsyndrome.org
- www.ndss.org
- www.ndsccenter.org
- www.changingthefaceofbeauty.org

MEDICAL

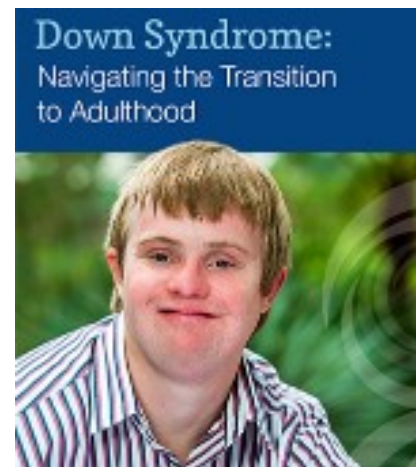
- Children's Special Health Care Services: www.michigan.gov
- Guidelines: www.medicalhomeportal.org/link/5217

PARENT HELPS

- Down Syndrome Pregnancy: www.downsyndromepregnancy.org
- Friendship Circle: www.friendshipcircle.org
- Love and Logic: www.loveandlogic.com
- Parent to Parent Connection info: familiesexploringdownsyndrome.org

EMERGENCY

- www.ifineedhelp.org



If you missed February's FANTASTIC monthly meeting on Transitioning into Adulthood, you can get the information on the FEDS website!



Looking for a charity to donate to on Amazon? Now you can shop and give back to FEDS! Simply use this Amazon Smile link: <https://smile.amazon.com/ch/38-3039071> and Amazon will give FEDS back 5% of the purchases made!

Thanks for supporting FEDS!



President: Donovan Myers
Vice President: Lynn Gilleland
Treasurer: Barb Lempinen
Secretary: Deanne Moore
Board Members: Bethany McLain, Kristen Karr, Amber Sultes

7Up BINGO: Jamie Rivard
Bocce: Frank & Cheryl Taylor
Calendar: Kristen Karr
Christmas Party: Kelli Ohnstead, Emily Menczywor
Correspondence: Marian Cunningham, Bethan McLain
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, Cori Sabou
Website: Donovan Myers
Young Athletes Program: Cherie Townsley, Michele Palmateer

Contact Us

Families Exploring Down Syndrome
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fedsfMichigan@gmail.com

www.fedsmi.org

*Submissions to the newsletter
can be sent to
newsletter@fedsmi.org*

