

# Down Syndrome *Information Network* of the Twin Tiers

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## LENDING LIBRARY

We have bought a few copies of all these books over the years and are keeping them at Chemung ARC in a locked cabinet, just for our use. If you think one of these books would be helpful to you, please come to a meeting and check one out.

*Sibling SLAM Book*  
*Help Your Teen Beat Depression*  
*Uncommon Fathers*  
*From the Heart*  
*Medical and Surgical Care for Children with Down Syndrome*  
*Planning the Future*  
*Adventures in the Mainstream*  
*Down Syndrome Nutrition Handbook*  
*Early Communication Skills*  
*Fine Motor Skills*  
*Classroom Language Sills*  
*Learning a Living*  
*Gross Motor Skills*  
*Teaching Math to People with Down Syndrome*  
*Mental Wellness in Adults with Down Syndrome*  
*Signing Time Videos*  
*Making Plans – Financial Guide*



## Save The Date

**November 5, 2007**

**William Cohen, MD**, will be giving a presentation at the Burgundy Basin Inn in Rochester on "Down Syndrome: Health Across the Lifespan." For more information, call (585) 275-7783. Dr. Cohen is the **Director of the Down Syndrome Center** at the University of Pittsburgh

Medical Center. He is co-founder and co-chair of the **Down Syndrome Medical Interest Group (DSMIG)**, and medicine editor of **Down Syndrome Quarterly**. He is editor of the "Health Care Guidelines for Individuals with Down Syndrome: 1999 Revision," published in **Down Syndrome Quarterly** Vol 4, No 3 (September, 1999). He is the chair of the **Clinical Advisory Board of the National Down Syndrome Society (NDSS)** and a member of its Board of Directors. He is co-editor of the book *Down Syndrome: Visions for the 21st Century*, published in 2002 by Wiley-Liss on behalf of the National Down Syndrome Society. At the July 2004 NDSS Conference, he shared the Clinical Award with DSMIG co-founder and co-chair, Dr. Bonnie Patterson.

## 2007 Rene Jones Memorial Buddy Walk

Planning for the BW is coming along. We're about ready to send sponsor letters to businesses; we've contracted with Dustin Hewit at Howell, Liberatore & Wickham for our publicity; and we'll be updating our brochure. We continue to target educators, employers, and medical professionals to hear our message of Awareness, Acceptance, & Inclusion. We're going to be pushing the team concept harder this year and will need lots of help. If you would be willing to help with anything, please call Michelle (739-0272), Chris (739-2229), or come to our next meeting. Thanks to Nancy for agreeing to order the t-shirts this year and to Sharilyn for helping get all necessary supplies. We're still trying to think of ways to make the Walk more interactive, maybe some laptops playing short movies.



## Next Monthly Meeting:

**May 16, 2007 6pm Chemung ARC**

Meetings are now on the **3<sup>rd</sup> Wednesday of the month**. The next meeting dates are:

Sponsored by:



May 16<sup>th</sup> from 6 to 8 p.m.  
Regular Meeting  
June 20<sup>th</sup> from 6 to 8 p.m.  
Buddy Walk Meeting  
July 18<sup>th</sup> from 6 to 8 p.m.  
Buddy Walk Meeting

Meetings are still held at Chemung ARC located at 711 Sullivan Street in Elmira, and pizza/wings and child care are provided.



This year's convention has a theme of "Show Me the Possibilities." There will be sharing sessions, an Awards banquet, Dance and many presentations. A few of the speakers include Libby Kumin (author of *Early Communication Skills*), Joan Medlen (Editor of *Disability Solutions* and author of the *Down Syndrome Nutritional Handbook*), and Sally Shott (MD at Cincinnati). There will also be a Youth & Adult conference for people with Down syndrome to network with each other, gain self-advocacy skills, and participate in a talent show. Visit [www.ndscenter.org](http://www.ndscenter.org) for more up to date information and program details.

## On the Web...The "R" Word

**Soeren Palumbo** is a senior honors student at Fremd High School in Wheeling, Illinois, and big brother to Olivia. During Writer's Week (in March 2007), he gave a speech to a gymnasium full of his high school peers and faculty and received a standing ovation. See

[http://www.specialolympics.org/Special+Olympics+Public+Website/English/Press\\_Room/Global\\_news/ARC+of+Illinois+Reprint.htm](http://www.specialolympics.org/Special+Olympics+Public+Website/English/Press_Room/Global_news/ARC+of+Illinois+Reprint.htm) for the full text of his speech.

Soeren described how "retard" is the last of many hateful words to still be in normal everyday vocabulary of young and old alike. According to Soeren, people with mental challenges are the most able to teach humanity, yet receive it the least from the general public. Soeren's sister is mentally handicapped from an unidentified disability, yet he learns more from her than she learns from him. It took a lot of courage for a high school senior to publicly chastise his peers and teachers, but he did it with love for his sister. The local CBS station picked up on the story and you can see the news clip here:

[http://cbs2chicago.com/specialreports/local\\_story\\_112214637.html](http://cbs2chicago.com/specialreports/local_story_112214637.html)

Check out our website [www.downsyndromeintt.org](http://www.downsyndromeintt.org). You can see what events are coming up next and you can get to know us a little better.

## Inspiration from People with Down Syndrome - Simple Truths



Please see <http://www.stservicemovie.com/> for a wonderful story about how a man with Down syndrome changed an entire business.

## Recent Publications

**The Down Syndrome Educational Trust** ([downsed.org](http://downsed.org)) has published four new books for adults with DS.

- *Life for Adults with Down Syndrome – An Overview*
- *Information Communication Technology for Adults with Down Syndrome*
- *Advocacy and Adults with Down Syndrome*
- *Spiritual Well-being of Adults with Down Syndrome*

We are looking at purchasing these books and will let you know when they come in. In the meantime, the [downsed.org](http://downsed.org) website has a lot of great information. They are based in the UK, which is thought to be a pretty accepting place for people with disabilities.

