

Down Syndrome Information Network of the Twin Tiers

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The Ten Commandments for Parents of Special Needs Children – *author unknown*



1. Take one day at a time, and take that day positively. You don't have control over the future, but you do have control over today.
2. Never underestimate your child's potential. Allow him, encourage him, and expect him to develop to the best of his abilities.
3. Find and allow positive mentors; parents and professionals who can share with you their experience, advice and support.
4. Provide and be involved with the most appropriate educational and learning environments for your child from infancy on.
5. Keep in mind the feelings and needs of your spouse and your other children. Remind yourself that this child does not get more of your love just because he gets more of your time.
6. Answer only to your conscience: then you'll be able to answer to your child. You need not justify your actions to your friends or to the public.
7. Be honest with your feelings. You can't be a super-parent 24 hours a day. Allow yourself jealousy, anger, pity, frustration, and depression in small amounts whenever necessary.
8. Be kind to yourself. Don't focus continually on what needs to be done. Remember to look at what you have accomplished.
9. Stop and smell the roses. Take advantage of the fact that you have gained a special appreciation for the little miracles in life that others take for granted.
10. Keep and use a sense of humor. Cracking up with laughter can keep you from cracking up from stress.

Buddy Walk Update

September 29, 2007
Chemung Canal Trust, Elmira, NY

The Buddy Walk is less than a month away by the time you read this. We have introduced a team concept this year to attract a more diverse crowd to hear our message of awareness, acceptance and inclusion for people with Down syndrome and all disabilities. We have 11 teams right now, not including teams put together by parents! We all usually have family show up and would like you to consider yourselves a team when you do that. We'll recognize all the teams from the podium during the short program and you can shout, whistle and cheer for your own team. The more teams we have this year, the easier it will be to get even more teams next year, since it becomes a bandwagon for everyone to jump on! So please pull your family, friends, doctors, hairdressers, letter carriers and anybody else together to form a team to support your family member with Down syndrome! Please call Michelle (739-0272) or email (mbatters@stny.rr.com) to register your team with her.



During the registration period, the Kramer Foundation Dogs will be around meeting people and working the crowd. We'll also have posters of various members of our Down syndrome community. Each family or group that registers will receive a trivia card to fill out by reading the posters. When a completed card is turned in, they will get a goody bag. We hope this will teach the walk attendees that people with Down syndrome have diverse interests and capabilities, just like the rest of the population.

The band FLAME will play from 10 to 11 a.m. They are an excellent band that plays a lot of really fun music. Every person in the band has some kind of disability and they are breaking stereotypes everywhere they play. At 10:30 Blade from the Elmira Jackals will be there to have his picture taken with anyone who wishes. At 11, we'll draw the raffles and have a short program before leaving for the walk.

Check out our website www.downsyndromeintt.org for up to date information. We are proud to honor Rene's memory by naming the Buddy Walk after her. We hope to have our best Buddy Walk yet, because we know she wouldn't want it any other way.

Next Monthly Meeting: September 19, 2007 6pm Chemung ARC

Sponsored by:

Meetings are held on the 3rd Wednesday of the month. The next meeting dates are:



October 17th from 6 to 8 p.m.
(Holiday Party) December 15th from 6 to 8 p.m.
No meeting in November, due to the Thanksgiving holiday.

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

Governor Spitzer Signed Bill 5396-A

Last month we asked you to contact the governor to encourage him to sign this bill restoring the burden of proof to the school districts in disputes with parents. He signed it! Thanks for your support and action.

Rene Jones Memorial **BUDDY WALK**™

Saturday, September 29, 2007

Opening Ceremonies: 11am

Registration: 9am

OUR MISSION is to promote awareness, acceptance, & inclusion for individuals with Down syndrome in addition to raising funds for local and national education, research and advocacy programs.

TEAMS ENCOURAGED

Form a team with friends, families and co-workers to show your support.

Location:

Chemung Canal Trust Company

Baldwin Street

Elmira, NY

Walk finishes at Chemung Canal Fall Fest

For more information or to register call:

Michelle Battersby: 607.739.0272

Registration & team captain materials also available online @

www.downsyndromeintt.org






Free Concert

Join us from 10 to 11am and rock to the phenomenal sounds of **FLAME**.

FLAME is a rock band that has impressed celebrities, amazed politicians and overwhelmed audiences of all ages and backgrounds. They play over 100 popular classic hits from the past 5 decades and they tour the northeast playing over 75 performances per year. They are changing the world through music and their fame is growing rapidly.

By the way, the eleven band members happen to have developmental and physical disabilities, including autism, Down's syndrome, mental retardation, and blindness.

More Buddy Walk Happenings:

-  Kramer Foundation Dogs
with special guest "Kramer Jr., and some new Pawtners"
-  Blade from the Elmira Jackals
-  Raffle items

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