

The CIDSO News

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"A Brighter Tomorrow"

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Wisdom from Conference

Our favorite quotes from the 2007 NDSC Conference.

Replace "I can't" with "I can, help me please."

The race is not won by the strong & mighty but by those who endure.

It is more important to be human than it is to be normal.

Meet your child where they are and delight in what they can do.

Don't let guilt get in the way.

Point out the positive.

Assume your child is able.

You must teach self control.

It is more important for your child to be your child than it is for your child to be normal.

No matter how far down the wrong road you go, you can still turn around.

Don't just think wisely, act wisely.

No child is "normal", neither are we.

Regarding inclusion: In the end, parents need to weigh the benefits of the classroom setting verses their definition of happiness and success for their child.

Regarding Prenatal Testing: Today's parents may be trading their fears of the unknown for the illusion they can control their children.

The world believes we are "suffering" from Down syndrome. We know something different.

Train physicians (when a new child is born with Down syndrome, the response should not be "I'm sorry"

or words like "affliction").

Being uninformed is the problem, not the genetic make up.

Loneliness is the only real disability.

Gifts mean contribution and contribution is community.

The greatest student progress is achieved when the learner is understood.

IQ points are not a good predictor of personal happiness or quality of life.

On behalf of Dan, Jean & Christy Bates, Randy Mattia and myself, we would like to thank CIDSO for providing the financial support which made it possible for us to attend this valuable conference.

Potential Funding for Medical Needs

The United Healthcare Children's Foundation is offering support to meet the needs of children 16 and younger across the US with assistance grants for medical services not fully covered by health insurance.

Parents and caretakers across the country will be eligible to apply for grants of up to \$5000 for healthcare services that will help improve their children's health and quality of life. Examples of the types of medical services covered by UHCCF grants include speech therapy, physical therapy, and psychotherapy sessions; medical equipment such as wheelchairs, braces, hearing aids, and eyeglasses; and orthodontia and dental treatments. Visit the website at www.uhccf.org

2, 4, 6, 8...Allyson's Doing Really Great!

Celebrating Triumphs, Submitted by Randi Meyer

Last fall Cheryl Crumrine came and asked if Allyson would like to join a special needs cheerleading team. Allyson said, "Yes". I, of course, was nervous about it, not knowing what it would be like. Then came the routine of Allyson being lifted up. If you knew Allyson you would know that she does not like to be lifted. She actually did it and even looked up at everyone. She also has a problem with making eye contact with people. She now acts like it is a piece of cake. For Allyson this has been a wonderful experience and she enjoys participating with the other girls. It is great to see the team work that they are all doing. The triumph should be for all the girls that are in The Advocates cheerleading group. They all have accomplished so much doing this together. What is even greater is the show of support from the rest of Victory Academy's teams and parents. What will be exciting is the team will be performing at the Buddy Walk. The team started out with 8 girls and now that the word is out I believe it will get larger. Cheryl has really worked hard to make this happen. They also have done their routine in public at Cheer Jamfests. These Jamfests are large. People from all over compete. That was some experience. The cheers from the whole crowd were great. I was sure that Allyson would freak out; she doesn't like big crowds and noise. She hesitated a little, then Beth Crumrine (coach for the advocates) talked her into going out. The way that she finally came out with her head up and smiling was great, I got so emotional. Of course my husband and I were so proud of her and the other girls for coming out and doing what they needed to do. It was great. The big thanks goes to Cheryl for organizing the group and to Beth, and the coaches, Christine and Taylor, for volunteering their time to teach the girls how to move together to make a routine.

The Advocates Cheerleading Team members are: Kristen Crumrine, Kristy Bates, Kristy Newbold, Jordan Nickrent, Kirsten Boswell, Allyson Meyer, Sara Sprague, MacKenzie Mays.

CIDSO Annual Picnic

What: Picnic in the Park

When: August 25th, 5:00 pm to 8:00 pm

Where: Fairview Park Shelter

What to bring:

A side dish or dessert to share and a towel if you want to share in the water fun.

What will be provided:

The main course, drinks, table setting and WATER BALLOONS!

What do you need to do: RSVP to Judy Bates at 726-1145 or mudbug1939@netzero.com

www.beachcenter.org

After realizing that research concerning Down syndrome tends to belong to the researchers and not those who would benefit from it, the Beach Center on Disability has set up a virtual community to share information. Researchers, families and professionals discuss quality of life for families and individuals. This is a place to gather information and provide not only stories and resources but also practical "what to do next" steps.

Mark the Date:

August 25:

*CIDSO Picnic @
Fairview Park*

September 4:

*Buddy Walk Pre-
registration Due*

September 29:

Buddy Walk

October 15:

*CIDSO Board
Meeting*

December 2:

*Holiday Party &
Annual Meeting*

Disclaimer Policy

The editor of this newsletter writes as a non-professional. CIDSO does not promote any therapy, treatment, institution or professional system, etc. Please discuss specific concerns with your health care professional.