



STEPPING UP

February 2009

Issue 6

PUBLISHED BY THE NORTHWEST DOWN SYNDROME ASSOCIATION
CELEBRATING EVERY PERSON WITH DOWN SYNDROME

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All Born "In"

A picture is worth a thousand words

By Jodi Collins

My involvement with the Northwest Down Syndrome Association began in 2004 when I received a call from Tacee Webb. Her little boy was about to undergo heart surgery, and she wanted to do a photo shoot before he entered the hospital. She needed to schedule on very short notice, on the day of my sister's birthday. Normally I wouldn't have been able to accommodate such a request, but I was intrigued by Tacee's story, and I agreed to meet her.

The shoot went very well, and lasted hours longer than a usual shoot, as Tacee and I made a real connection. I didn't have much experience with people with disabilities, and I was very moved by the whole experience. Meeting Tacee and her family really changed my perceptions of what life was like for a family touched by disability.

When she approached me later asking me to help with a calendar for the Northwest Down Syndrome Association, I was excited for the opportunity to work with her, and learn more. I was glad to find a way to take my photography and use it to give back to the community with volunteer work. This was a great opportunity to help raise Down syndrome awareness, and participate in something larger than myself.

Please see *All Born "In"* on page 4

Celebration

Starting off on the right foot

By Jen Brandse

The first day of kindergarten is a big step for any child. Last September, Chloe walked into her neighborhood school and began her formal education. As her mom, not only was I very proud of my little girl, I also knew things could be very different if not for the work I did last spring when we wrote her first Individual Education Program (IEP).

Since early on in Chloe's life, I have understood the importance of inclusion and I advocated for her at IFSP (Individual Family Service Plan) meetings, making sure she received her services in a setting that included typical peers. She attended Early Head Start for two years, then Head Start for another two. Even though she had a resume of inclusion, I was still nervous about the IEP meeting.

In the past five years, I attended several trainings, including Partners in Policymaking, SpecialQuest, and the All Born "In" cross-disability inclusion

Please see *Celebration* on page 11

"We find comfort among those who agree with us – growth among those who don't."

Frank A. Clark

NWDSA

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To be added to our mailing list please visit www.nwdsa.org and click on the resources link, or send your mailing info to the address above. There is no subscription fee, but if you would like to make a donation, you may send a tax deductible contribution to NWDSA at the address listed above or use PayPal on our website.

Readers are welcome to submit letters and articles to the address above or e-mail editor@nwdsa.org. Please include your name, address, phone number and e-mail.

All submissions will be reviewed and edited for content and style.

The NWDSA Mission:

Create and nurture a loving and inclusive community celebrating every person with Down syndrome.

NWDSA will accomplish this mission by empowering and supporting families and individuals who have been touched by Down syndrome. We will work to increase education, promote public understanding and acceptance, and toward full inclusion of individuals with Down syndrome in our community.

Opinions published in *Stepping Up* are not necessarily those of the NWDSA

Photo on front and back cover by Jodi Collins of Urban Photography www.urban-photography.com

Letter from the Board

Looking back on 2008, and forward to 2009

By Steven Holland, NWDSA President

What a year it has been, with financial and economic meltdowns on the one hand, and the election of the first African-American President on the other - it's been a year for the history books.

2008 was one amazing year for the NWDSA, starting with the debut of the All Born "In" Photo Exhibit at OHSU's Center for Health and Healing in January. We held our 3rd Annual All Born "In" Conference in April. We also expanded our network by building relationships in Washington D.C., meeting with Madeleine Will of the National Down Syndrome Society and Cathy McMorris-Rogers, U.S. Representative for Washington's 5th District, and founder of the Congressional Down Syndrome Caucus. We appointed our first Executive Director, a milestone for our growing organization. We also focused on our core work, holding a number of Reciprocal Learning Community trainings, and expanding the Open Arms Playgroup to Vancouver. We enjoyed a fun and well attended Summer Social in August, and in October more than 700 people in our community celebrated our 10th Annual Buddy Walk!

None of these accomplishments could have happened without the work, dedication, and support of the NWDSA Board of Directors. It is a working Board, who guide the NWDSA and invest hours of their own time in supporting our work. Thank you Jen Brandse, Angela Jarvis-Holland, Abby Braithwaite, Angela Frome, and Jamie Burch for serving the NWDSA in 2008.

As the year begins, the Board is working to develop an Advisory Board that will work with us to help our group focus on expanding its strategic vision, and help us identify resources to support our mission. Our goal was to recruit eight members and we're pleased to announce that we filled all of the positions with talented and committed individuals. We formally introduced our Advisory Board members at the NWDSA Friend Raiser on January 14th.

Lastly, I wanted to share something I read on Christmas day. The leader of the world's Anglican Church, the Archbishop of Canterbury, was quoted as saying that people should not look for a hero, or charismatic leader, or political solutions to cure the ills of the world, but should "get to work to improve their corner of the world." Whether you are religious or not, it's still sound advice. Archbishop Rowan Williams went on to say that "so often the answer lies in the small and local gestures, the unique difference made in some particular corner of the world" and that we as individuals taking action in our communities can shift history towards "compassion and hope."

He is not saying the political process is not important - it is. What he is saying is that change starts in your own community. Don't wait for the change to come - it might not happen. Get out there and create change. I feel encouraged by the words of Rowan Williams. I believe all of us are helping to create compassion and hope, and positive change. We struggle to keep our children in the regular classroom where they belong, their brothers and sisters protest Hollywood movies that call our kids retards, and we advocate and demand that good information must be shared with new parents when confronted with the pressures of genetic testing. Let's keep working together to improve our corner of the world.

Community Voice

Never too young to lend a helping hand

By Jadya Schofield

Hi! My name is Jadya. I'm nine years old and in fourth grade. I'd like to share my volunteer experiences with the Northwest Down Syndrome Association. Since May, I've been helping with the Open Arms playgroup in Vancouver. The toddlers that come to the group, like Evan, Adara, Karly, Allie, and Brielle really make me feel happy inside. The playgroup is a fun place to watch these kids play, grow, learn, laugh, and build memories. It has been a great opportunity for me to realize that even though they may look different, they are just regular kids like me. I even got my mom, my dad, and my little brother to go to the playgroup!

I also went to the Buddy Walk on October 4th, and I had a great time! It was neat for me to see how much the community cares for those with Down syndrome. I think that is really amazing! I hope other young people like me get a chance to volunteer the way I have!

For more on the Open Arms Playgroup, please see the events section on page 10.



Jadya, Colleen Roscoe, and two young playmates

Editor's note: If you, or someone you know, would like to volunteer with the NWDSA, please contact us at 503-238-0522.

Jadya started to volunteer with us because she told her mom she wanted to "help kids with disabilities." Her mom, Geneva Barnes of Vancouver, did some research and contacted the NWDSA Resourcefulness Center to see how they could get involved. It's as easy as that. And we need you! All of our work depends on volunteers like you. What do you like to do? What are your hidden talents? Being an active participant in our organization has many benefits. Our volunteers find support, friendship, laughter and more. Ask any one of our volunteer Board Members and you will hear stories of all that we have gained being involved with the NWDSA. We welcome volunteers of all ages and interests. Give us a call and we will find a place for you!



Jadya enjoying a game with two new friends.

Family Corner

Deeper Meanings of Life

By Ray Robbins



Alivia and her Grampa

At 6 AM every Tuesday I get up knowing the day will be filled with sunshine. This I'm sure of, no matter what the local weatherman has predicted. Tuesdays are the days that Grandma and Grampa get to baby-sit our granddaughter Alivia.

I pick her up at my daughter, Nicole Reid's, place of work, and on our drive home Alivia and I discuss world events and our plans for the day. When folks ask why she doesn't yet speak at 3, I assure them she does. Only this morning she clearly stated, "Zub blis du plunk se poo zorb." Her signing skills are even more impressive. With her exceptional array of arm and hand signals, I'm sure she could easily bring planes in to land on aircraft carriers, or at the very least referee at NFL football games.

While marveling at the wonders of her digestive system when changing her diapers, she and I sometimes discuss the progress of her potty training, but perhaps we'll save those details for some future class in advanced contortion techniques.

Most of the day we spend reading, drawing, and playing, with her teaching us the deeper meanings of life. Whenever she gives me one of those unexpected hugs around the knees or one of those heart-melting hugs around the neck, I am convinced that an angel has been placed among us whose mission is to bring joy to every life she touches.

At naptime, while grandma is playing her night-night music, I always look down at her sleepy face and say, "Grampa loves Alivia." I know I don't need to, but I do, because I know she knows.

All Born "In"

Continued from page 1

The DS Now Calendar came out in December of 2004, and with the energy generated by Tacee and the NWDSA, a billboard campaign was launched. I was seeing my photographs far larger than life on signboards around the city. It was a pretty big deal to see my work up there like that. It was a big deal for the NWDSA, too, and it felt great to have helped them with their campaign to share beautiful, positive images of people with Down syndrome.

I began working with the NWDSA again in 2007 when Angela Jarvis-Holland approached me about doing another calendar. After the shoots were underway, the project grew to include the All Born "In" traveling photo gallery. Although my business had grown, and time had become a bit more precious since the birth of my twins, I was excited to have another opportunity to work with the NWDSA again.

After nearly two years of planning, it was wonderful to see the banners and calendar together at an Open Studio night at my studio in Northeast Portland on November 15th. It was very rewarding to watch so many diverse people witness the impact of this project.

We are all busy people, and it is easy to feel that you don't have time for "extra" work, but it is also easy to make time when something is important. I have come to believe strongly in the work and mission of the NWDSA, and it is wonderful to be able to partner with such a great organization.

It is easy to feel that you don't have time for "extra" work, but it is also easy to make time when something is important.

Buddy Walk News

10 Years of Celebrating Down syndrome

From the Board of the NWDSA

On October 4th, the NWDSA community celebrated our 10th annual Buddy Walk with big gusts of wind, wonderful live music and speakers whose stories spanned a generation.

The rain took a break that stormy Saturday as over 700 participants and volunteers of all ages came together for the biggest Buddy Walk yet. It was a true community event, with more volunteers than ever before. Led by coordinator Jamie Burch, the Buddy Walk committee met once a month from June through September to plan the games, food and entertainment. The Board of the NWDSA would like to send out a huge thank you to the volunteers who gave their time and creativity to make the day a smash hit. One of the highlights of the walk was flipping through the retrospective calendar created by parent volunteer Nancy Korf, featuring beautiful photographs of past Buddy Walks. We are fortunate to have such talented, committed people in our community, willing to dedicate time and love to our projects.

Another great moment was watching our Grand Marshals Joan Medlen and Sunday Sheely take the first steps around the Rose Quarter. These two women took the lead in the beginning stages of the Northwest Down Syndrome Association, and we are grateful for the vision that they had so many years ago. Their willingness to dream big paved the way for all the work we are doing now.

Our speakers this year touched on the theme of Past, Present and Future. Kristin Nichols shared her life and adventures living with Down syndrome. She made it clear that DS hasn't prevented her from achieving her hopes and dreams. Judy Marick reminded us how much has changed in the 33 years since her son Jason was born with DS. Because of her persistence as a parent who believed her child could learn, Judy and other parents of her generation paved the way for Early Intervention, and dramatically changed the expectations for individuals with Down syndrome. Abby Braithwaite inspired the audience by describing the dreams she has for her two-year-old daughter with Down syndrome. She spoke of a future in which Adara can carry out her own dreams without the barriers that exist today.

Everyone enjoyed dancing to Conjunto Alegre and the Bureau of Standards, two fabulous local bands that came out to play for us. Thank you to all the band members for braving the cold fall weather and joining us in our celebration.

Finally, we would like to thank all the sponsors who helped make the Buddy Walk possible. With generous support from the community, we were able to add the first Buddy Walk Silent Auction to the mix, and the raffle prizes were better than ever. We hope to continue to expand our sponsorship base in the year to come, as we spread our message of inclusion out into the wider community. With every new donation we receive, we are confident that we have brought someone new into our circle. As we welcome each new sponsor, we take heart that one more person is working to create a better world for our children.

Thanks for coming out to make the 2008 Buddy Walk such a great day. We hope to see you again next year!



"Team Carter"

Over 700 people joined the NWDSA for the 10th Annual Buddy Walk, making it our biggest walk to date.



Chloe's Oma, Grandma, & Tante

BUDDY WALK™

2008 Sponsors

Thank you for your support!



The Standard

Morgan Stanley



Dr. Britton Frome, M.D.

Innerchanges LLC

Ray & Lorraine Robbins
on behalf of their
granddaughter Alivia



Kristin Nichols



Angela Jarvis-Holland

The NWDSA would like to thank the following individuals and companies who gave generous donations of their time and/or products to bring you entertainment and refreshments, donations for our raffle prizes, goodie bags and silent auction, contributions to advertising, photography and production of our commemorative 10th Anniversary Buddy Walk calendar.

Franz • Kidz with Ice • Apple Foods • Kettle Foods • Darkside Troopers • Central Catholic Cheerleaders • WOU Latino Club • Winterhawks Tom-a-Hawk • Rose City Rollers • Rose City Clowns • City of Portland Sustainable Development • Portland Police • Clif Bar • Hanna Andersson • Tuality Healthcare • Sunset Bowl • Dr Robert Southworth • Providence Swindells • Old Spaghetti Factory Beaverton • Rivermark Bank • Inflatable Kingdom • Dollar Scholar • Red Robin Llyod Center • Kidz on Earth.com • Hall Street Grill • Safeway • New Seasons • KINK FM 101.9 • Lori Krampetz @ Circle Healthcare • Arthur Murray Dance Studio • Hotel Deluxe • Gracie's Restaruant • Baby Boot Camp • Kazoodles • Wild Roots Salon • Beyond Bliss • Portland Nursery • Home Depot Vancouver • Spa at Waldorf • Bonneville Hot Springs Resort • Cedars on Salmon Creek • Lakeview Golf Challenge • Hartwood Golf Course • Lewis River Golf • Generations Boutique • Mother Nature's • Milagros Baby Boutique • Phronesis Publishing • Olive Garden Beaverton • Olive Garden Vancouver • Cookies By Design • Disability is Natural • North Clackamas Aquatic Park • Western Culinary Institute • Downs Ed Trust • Chuck E Cheese Beaverton • DeNicola's • Babies R Us • Portland Rent All • Brainstorm NW Magazine • MESD • Libby Weifenback • Chere Edwards • Misty Cato • Prophoto • NDSS • PC Paramedix • Printing Solutions • Metro East • Jared Holmgren • Laz D • Clara Link • Quinn Jarvis-Holland • Martha Morgan • Nancy Korf

the 2008 Buddy Walk committee

Karis Almgren, Eleanor Bailey, Heather Brown, Emily Boyer, Kristian Burch, Meagan Cermak, Emily Dart-McLean, Sue Dobrunick, Harry Esteve, Rachel Esteve, John Fausti, Chrystal Figueroa, Sheyla Hirshon, Kyle & Jared Holmgren, Alan Hubbard, Nancy Korf, Clint Olsen, Charles McLeod, Jessica Montas, Kevin Nickerson, Warren Nickerson, John & Lisa Rhodes, Matt & Kathleen Youell, Mary Williams, Maria O’Harra, and the NWDSA Board of Directors.

Jamie Burch - Buddy Walk Coordinator



*Buddy Walk Coordinator
Jamie Burch*



Bureau of Standards



Photography on these two pages by Clara Link

The Treasure within our Community

Reflections from our Executive Director

By Angela Jarvis-Holland

Greetings, and Happy New Year!

I love the feeling of possibility and new beginnings at the start of a new year. For our family, 2009 brings changes and adjustments as I step into the role of executive director of the NWDSA. I want to thank all of you for the trust and investment being made in me. This is going to be an exciting year for me and I pledge my hard work and passion to the mission and dreams that we share. But I never work alone, and now more than ever I am grateful for the web of strength and support that I have as I work. The NWDSA relies on the commitment, passion, creativity and grace of many individuals and organizations, and over the past year it has been exciting to watch our community grow.

I also know that for many, 2009 brings truly tough times. Families are faced with the fears that we all have for our jobs, the economy, our families, and the services that we rely on. This is a scary time across the country, and I find hope in remembering that none of us has to face this alone. I am reminded of the Irish proverb that accompanies the March image in the All Born "In" calendar, "It is in the shelter of each other that people live." The NWDSA is very aware of the fact that our community is diverse and that access to resources is not equal. I hope that the NWDSA can be part of that shelter for our families as the year progresses.

Times are tough for non-profits as well, as access to funding becomes more restricted. But thanks to the commitment and dedication of many people across our community, the NWDSA continues to move forward, and to thrive. As a small and mostly volunteer group we have seen tremendous growth in the reach and impact of our work. This has happened because others are willing to join with us and support us.

While it is true that there is great need in our community, part of our work is to spread a more positive message about families living with disabilities. With this in mind, we seek out ways to share our needs that also promote the dignity and rights we should all expect. Instead of focusing on the fear of scarcity, we think of the community as a treasure chest that has much to offer us. We are blessed with a treasure chest brimming over with gifts from people, businesses and organizations. The gifts come in many forms. We use free space for our playgroups and our trainings. We work with designers and photographers who volunteer their time and talents. We also enjoy the support of a variety of sponsors and benefit from relationships with mentors and supportive businesses. Our partners such as Multnomah County, MESD and PSU expand our reach greatly.

As a group, we are always looking for ways that we can add to the treasure chest as well. I am grateful to work with a committed group of talented volunteers who are always willing to share their skills to enhance the work of the NWDSA. We enjoy coming together to share what we have at conferences, socials and Buddy Walk. Our advocacy and stories are also treasures, and as family and loved ones of people with disabilities, we have

Continued on next page



Angela, Daniel, Steve
celebrating in the country

*...we seek out ways
to share our needs
that also promote the
dignity and rights we
should all expect.*

Continued from previous page

a unique perspective to offer the wider community. Through our newsletter, and Buddy Walk, and just by living as families within our community, we offer diversity and a fresh perspective.

The NWDSA started with the love of a child with Down syndrome. That love is still the driving force behind our work, and we find ourselves in an expanding circle of people who are joining us in our work motivated by the love of all children. Whatever we face together this year this love is not going to run out. We have exciting plans and will work to grow the things we do well that you have decided are important. Happy new year and let your dreams for your children flourish in the shelter of each other.

Siblings in Action

Beavers step up and raise awareness

by Jamie Burch

This fall, Oregon State University business student Brian Longfellow contacted the Northwest Down Syndrome Association. He was heading up a group project for his business management class, which required each group to hold a fundraising event for the charity of their choice. One of Brian's group members has a sibling with Down syndrome, and suggested they raise funds for the NWDSA.

They decided to organize a basketball tournament for OSU students in November. The class goal was to raise at least \$1000. Brian Longfellow said in an email, "Our current plan was simply to raise money to donate by putting on a tournament on campus for students. However, we think it would be a good thing to incorporate some Down syndrome awareness into the event as well." To that end, they displayed NWDSA brochures at the tournament to help answer questions from participants about where their money would go.

In the end the event was a success. He reported that 17 teams signed up, they exceeded the class fundraising goal, and the final championship game was very exciting. Brian also said, "Looking back there were certainly a few things we could have improved on, but we definitely learned from this."

We were very excited too. It is great to see people contributing in ways that make sense to them. The creativity of our circle of support never ceases to amaze us. We are grateful to this group of OSU students for taking the initiative to raise money and educate their fellow students. It is inspiring to see the energy that younger people can bring to our community, and to see siblings reaching out to make a difference for their brothers and sisters. The funds raised from this event will go into our mini-grant program. One of the newest projects this program supports is a youth advisory board headed up by Quinn Jarvis-Holland. We look forward to more collaboration like this in the future, and welcome ideas from everyone. If you are interested in learning more about the NWDSA's new youth and sibling advisory board, contact our office at 503-238-0522.

We find ourselves in an expanding circle of people who are joining us in our work motivated by the love of all children.



Thank You Beavers

Events

Portland Open Arms Playgroup: Join other parents and their children on the third Friday of every month from 10 - 11:30 AM at the Rainbow Preschool in Bethlehem Lutheran Church, 1244 NE 39th Ave. in Portland, just off I-84. A great opportunity to ask questions, share ideas, and learn from others' experience. For more information contact Jamie Burch at 503-704-3883 or Abby Braithwaite at 360-887-0684.

Vancouver Open Arms Playgroup: We are currently meeting at Church of the Good Shepherd, 805 SE Ellsworth Road, Vancouver, WA 98664. Join us every month on the third Thursday from 5 - 7 PM, dinner will be provided. For more information see contact info for Portland Open Arms listed above.

Valentine's Day Social: Our winter social was snowed out, so we rescheduled the fun for February 14, 2009. Join us at the Inflatable Kingdom, 6830 SW Bonita Road, Portland OR 97224. Please R.S.V.P. by February 10th to Jamie Burch at jburch@nwdsa.org or call (503) 238-0522. See enclosed flyer for more information.

2009 All Born "In" cross-disability inclusion conference: April 18th at the Ambridge Event Center in Portland. Tools, networking, and inspiration for parents and professionals committed to inclusive education opportunities for children (birth - 21) with disabilities. This year's keynote speaker will be David Pitonyak. For more information on David, visit www.dimage.com, and look for more conference information coming soon on www.nwdsa.org.



Spread the love, join us for our Valentine's Day social!

Et Cetera

... The NWDSA was the proud recipient of a Walmart grant for \$25,000. The grant was given to support our work on genetic testing awareness and DS Now hospital trainings designed to increase awareness for medical professionals around current, best-practices Down syndrome information.

... The Reciprocal Learning Community gathered at the Valley Community Presbyterian Church on December 6th to discuss ideas and strategies on how to prepare for IEP and IFSP meetings. Parent Kathleen Youell opened the session by sharing some of the differences between services in California compared to Oregon. Dave Andrews from MECP, Ruth Falco from PSU, and Dolores McNee from Washington County Community Action joined parent and RLC coordinator Jen Brandse to review the actual forms used to write goals and different ways to be strength-based in presenting information to best formulate goals that work for your child and your family. The workshop was well attended and participants enjoyed a luncheon after the session with a chance to network and share more ideas.

... The first annual Mobius Inclusion Awards were handed out on January 14th at the NWDSA fundraiser at the Hotel deLuxe. Prizes were awarded to community partners committed to working to further the NWDSA mission of creating a more inclusive community for all. 2009 recipients included Ruth Falco (Early Childhood Educator of the year), Paula Stanovich (Elementary Educator of the year), Cori Feist (Medical Partner of the year) and Eleanor Bailey (Community Action Advocate of the year). Congratulations to all, and a heartfelt thanks for all the work that you do on behalf of our community.



Parents and professionals share and learn together at the RLC

Celebration

Continued from page 1

conferences. I did extensive internet research over the years, and got inspiration from speakers including Norm Kunc, Kathie Snow, Michael Bailey, Michael Remus and David Pitonyak. Discussions with other parents and professionals who have been through the IEP process led me to develop a game plan for when the big day came to write Chloe's goals for kindergarten.

It is crucial to be proactive in the transition process. As soon as I received the first letter from the district's transition coordinator, I made a point of making a phone call to introduce myself and set up a face to face meeting. I visited the neighborhood elementary school and the developmental kindergarten class, which was not in our neighborhood. It would take work on my part to make sure Chloe was placed with typical peers as I heard several comments from the district about how well she would do in the developmental class. I side-stepped those comments with a reminder that the decision of placement is not made until after the goals are written at the IEP meeting.

Before the meeting, I prepared a document that highlighted Chloe's strengths, her likes, her present levels of performance, what works and doesn't work, suggested modifications, and plenty of photographs of Chloe. I sent this to the transition coordinator to distribute to the team members who I would be meeting for the first time on the day of the IEP: the general education teacher, the special education teacher, the speech therapist.

I invited people involved in Chloe's life to join me at the IEP meeting, including her Head Start teacher and Early Interventionist, and a close friend for moral support. The relationships I built over the years with staff who work directly with Chloe was invaluable when we were crafting her plan. Some of the pre-written goals the school staff suggested were things that Chloe had already accomplished, it helped to have her previous teacher confirm Chloe's skills and strengths.

After some intense discussions, we came up with goals that included peer models - making it clear that a self contained class would not be appropriate for Chloe. Supports and modifications were written into her plan to set the stage for success.

Several times in the first few months of school I saw how important it is to have a well written plan. The road has not been easy. We are still figuring out how to provide the modifications and support written in her plan. Being able to point to the IEP and show where work still needs to be done takes some of the pressure off my child to prove herself and puts the responsibility on the whole team to follow through on what is written in her IEP.



Chloe's Kindergarten photo

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Angela Jarvis-Holland
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For more contact info
please visit
www.nwdsa.org

NWDSA is organized for charitable, scientific & educational purposes to provide families and individuals with Down syndrome social opportunities, support, education and information.

NWDSA is a registered non-profit corporation in Oregon and has 501(c)3 tax-exempt status with the federal government.

Down syndrome is a genetic condition that occurs in approximately one of every 800 live births. The chance of having a baby with DS is not affected by where you live, social class or race. Also, having a baby with DS does not mean you did anything wrong: nothing done before or during pregnancy causes DS. Recent advances in our understanding have resulted in dramatic improvements in the potential and life span of individuals with Down syndrome.



northwest down syndrome association

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A Message from the NWDSA

As proud parents to children with Down syndrome, each board member of the NWDSA has firsthand experience with the joys and the hardships of raising a child with individual needs. We understand the importance of connecting with other families and how much we rely on these relationships when we encounter the inevitable challenges. We also celebrate each others victories, making the journey so much richer. The Board of Directors of the NWDSA consists of volunteers and is supported by enlightened professionals. For more information on our organization and ways in which you can become involved or make a donation, please visit our website at www.nwdsa.org or call 503-238-0522.

Para comunicarse en español, llame a Maria O’Harra al 971-570-0942 o Sheyla Hirshon 503-239-1509



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Please Recycle



this newsletter

NWDSA Newsletter Committee

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The limited edition 2009 All Born “In” calendar is still available for purchase. For more information, contact us at 503-238-0522 or visit our website at www.nwdsa.org

