

Down in the Southland

Friends Don't Count Chromosomes!

Volume 2, Issue 2

March 2012

Ink from the Inc.

Information on the latest organizational happenings

I can't believe the snow crocuses are blooming and the daffodils are popping up already! That must mean that spring is just around the corner. Hopefully the end of cold & flu season will mean more of us will be able to get together soon!

We are very close to bringing our regular monthly parent meetings to fruition...we have a tentative location, so we may be able to meeting on the second Friday evening of the month as soon as April! Once we get our monthly meetings scheduled, we will be able to easily cover topics such as financial planning, math, reading and a host of other educational topics. If you know of anyone who would be able to provide information that would be of interest to parents in our organization, please send an email with the topic and contact information to info@downinthesouthland.org and indicate 'Monthly Meeting Topic' in the subject field.

LOOKING AHEAD...

GARAGE SALE... We need your HELP! For those of you who want to teach your children to help others, especially friends, this is a great opportunity. [The Gryga family](#) will be having a garage sale on Friday, June 1st and Saturday, June 2nd. They are looking for volunteers and donated items. All profit made from the sale will directly go to the [Trey Gryga Research Foundation](#). Look under the Current Funds of Hope, about halfway down the page for more information about the fund.



Down in the Southland Walk

Plans are being made for our Second Annual Walk for Down in the Southland! If you know of a business who would be interested in being a t-shirt sponsor or donating items for our raffle, please send a note to info@downinthesouthland.org and indicate 'Walk' in the subject field.

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May the Irish hills caress you.
 May her lakes and rivers bless you.
 May the luck of the Irish enfold you.
 May the blessings of Saint Patrick behold you.
 ~Irish Blessing

March 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11 Cooking Class 	12 '11-'13 Monthly Play Date	13	14	15	16	17  St. Patrick's Day '05-'07 Play Date
18 Shedd Aquarium Outing	19	20 First Day of Spring	21	22	23 4-5:30 Executive Committee Meeting	24
25 Cooking Class 	26	27	28	29	30 02-'04' Monthly Play date	31

Resources:

Some great resources, regardless of age, can be found at the Riverbend Down Syndrome Association website [here](#)

<http://www.riverbendds.org/index.htm?page=home.html>

Although the Riverbend Down Syndrome Association is physically located in the St. Louis area, their web site has a lot of great information on it.

Ages 0-3:

The [Beyond Play](#) catalog features many therapeutic items, as well as items that can be found at major retailers. A resource for the types of toys that will be most beneficial to our kids & also to share the link with family & friends who might be looking for a birthday or Christmas gift.

Ages 4-6:

Great site for timed math facts:
<https://www.xtramath.org/>

Ages 7-9:

Great site for timed math facts:
<https://www.xtramath.org/>

Ages 10-13:

If you have resources that could be listed here, please send them to info@downinthesouthland.org and indicate 'Resource 10-13' in the subject field.

Ages & Stages Corner

Ages and Stages Groups

'11-'13

We have new families who will be meeting in March to start the '11-'13 Ages & Stages group!! Hopefully this will become a wonderful lifelong resource for these and any new families! If you have a baby born in 2011 or even 2012 and are interested in getting together with other moms and babies, please send an email to info@downinthesouthland.org

'08-'10

It's official! The '08-'10 Ages & Stages group is starting regular play dates! HOW EXCITING! This is such a fun age for all of our kids...and one full of new and exciting transitions. Why go it alone when you don't have to?!?! This group will prove to be a wonderful resource now and well into the future! If you have a child born between 2008 and 2010, please consider coming to our next play date! Watch your email for a survey asking what days and times work best for you

'02-'04

Our January Ages & Stages was an intimate gathering, but wonderful for kids and moms alike! Our February play date was postponed until early March due to illness...our next play date is 3/24/12...if you have never received an Evite for these playdates and are interested in attending, please email info@downinthesouthland.org and indicate '02-'04 in the subject field.

'05-'07

Since the little ones in this age range should be mostly done with naps...let the fun begin! It eases the restrictions on times and days of the week...and also the location! Warmer weather is not that far off and park play dates are fun in the spring and summer months and help our kids with PT and OT (think hanging from monkey bars!) The March play date for this group will be on 3/17/12

'98-'01

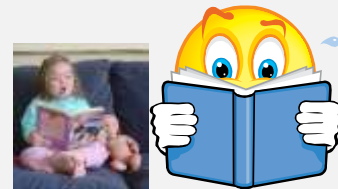
The '98-'01 Ages & Stages is growing and is up to 8 families and is looking to reach even more families. The pre-teen/early teen years provide enough challenges on their own, so going through it with understanding friends and support can only be a welcome blessing. Please let us know what Down in the Southland can do to help YOUR family! Send an email with your ideas to info@downinthesouthland.org with '98-'01 in the subject field.

First Open Gym burned off a lot of energy!

Our first all ages open gym proved just the place for the kids to burn off some of that pent up winter energy! Basketball, kickball and just being able to RUN was great fun for the kids. We are looking forward to adding additional low maintenance games such as running bases, relay races, sack races etc. Games will be determined by the ages and abilities of the attendees. ;>) Hope to see you next time at our open gym in April!

IEP/Ice Breaker meeting full of information!

Our IEP/Ice Breaker meeting on 3/26/12 at the Tinley Park Library provided many innovative ways to start your IEP meeting, without causing feelings of ill-will, with you (mom & dad) in the driver's seat. Peggy Marchionda and Melody Gass gave ideas for quick and simple things that you can do at the beginning of your meeting to build the sense of team and help the team get to see your child as more than their diagnosis. In addition to ways to start the meeting and create a sense of team, many ideas for inclusion, goals, and productive ways to approach disagreements regarding goals, placement as well as the abilities of individual children were discussed.



EVENTS AROUND TOWN

TASH is presenting a webinar series now through March 20th entitled, "Building Inclusive High School Communities". Speakers include past NDSC Convention speakers Cheryl Jorgensen and Michael Wehmeyer, as well as Hank Bohanon. There is a fee. For more information visit www.TASH.org/webinar.

For a list of their current webinars:
[http://tash.org/conferences-
events/webinars/current-webinars/](http://tash.org/conferences-events/webinars/current-webinars/)

LITERACY/TUTORING PROGRAM

OUR MONTHLY UPDATE ON THE TUTORING PROGRAM

Down in the Southland offered a literacy training session in January. Thank you to all of the parents who attended. A HUGE thank you to Peggy Marchionda, who presented the training. We are still in need of more if we want to service all interested families. If you know of someone, please have them email Lisa or Peggy with their contact information to info@downinthesouthland.org with LITERACY in the subject field.

Happy Birthday!!

March Birthdays

Nathan Pringle 3/4

Amy Chisholm 3/8

Iris Thornberry 3/13

Arianna Soto 3/13

Lauren Blount 3/13

Emily Chudzik 3/29

Down in the Southland Board of Directors:

President: Juliette De Nova 708-614-6118

Vice President: Lisa Pringle 708-535-1438

Secretary: Rita Barnes 708-655-5208

Treasurer: Peggy Marchionda 708-258-6963

Member-at-Large: Rachel Thornberry 708-599-4212

For more information about Down in the Southland email info@downinthesouthland.org with DOWN IN THE SOUTHLAND as the subject

LOOK WHAT WE DID!!

Each month, this space will be a place to share our children's recent accomplishments. Send your child's recent successes to info@downinthesouthland.org

The Cheer Command Cadets competed at Jamfest Nationals Cheer Competition!
Many of the Cadets are members of Down in the Southland!

