



WVDSA Monthly

Willamette Valley Down Syndrome Association

Veteran Parents Speak To Group

A nice-sized group of WVDSA members were on hand to hear Bud & Dot Fredericks share from their rich experiences of life, bringing up their son, Tim—36-year-old man with Down syndrome. This isn't the first time the Fredericks have addressed our group, but we never get tired of being the beneficiaries of their experience and advice!



Two rules of thumb for raising a child with a disability: 1.) You get what you expect—keep your expectations high! And 2.) Set a goal, meet it, then set another goal! Dot says

that if you expect the best from your child, you'll see them develop beyond your expectations! A positive-minded parent always gets more than one who stays in a negative mind-set when it

comes to your child. Bud pointed out that, in his experience, the two most important areas to focus on are Language and Socialization. These two

focal points are the things that will help our child most as they become adults, making their way in the non-disabled world. He stressed that it's important to start as early as middle school to make sure that your child's IEP is focusing on skills that will be helpful to their independence: cooking, shopping, using a checkbook, etc. Spending time acquiring academic skills that won't help them as adults should be evaluated for their relevance.

We all came out of the meeting with much food for thought!

WVDSA
2598 NW Maser Dr.
Corvallis, OR 97330

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Looking Ahead: Spring Activities

Lots of "don't miss" type of activities coming up this spring! Mark your calendars!

March 17—Advocacy Training in Salem. For details, contact Michael: mtbclarion@attbi.com.

March 18—Anne Hopkins speaking on "A Parent's Guide to Sensory Integration".

(Children's Guild in Salem)
April 15—Kevin E. Mayne, a Salem attorney, will speak to us about estate planning for families with disabled children.
(Grace Lutheran in Corvallis)
April 19—annual Kiwanis Easter Egg Hunt at Adair Village south of Corvallis. Those who have attended in the past

have been very impressed at how well this is organized and how appropriate it is for our kids. More details next month.
May—Spring Social. More details to be announced later.

We have a new baby due this month! We'll give you the full story as soon as we get word from the parents!

Tim Frederick's Eagle Scout Speech

"What it's Like to be Retarded"
By Tim Fredericks

Here is a reprint of Tim's address, "What it's Like to be Retarded", which he delivered in schools far and wide, as well as DD Conferences, throughout the latter '80s as his project to achieve his Eagle Award in Boy Scouting in 1986:

My name is Tim Fredericks. I am handicapped because I have Down Syndrome. I was born with Down Syndrome. Down Syndrome people have an extra chromosome. Nobody knows why we have this extra chromosome. All of you have 46 chromosomes. I have 47. Would any of you like my extra chromosome? I would be glad to give it to you if I could.

I would like to tell you what it is like to be retarded. I am doing this so that you might be able to understand people like me. School is a good place to learn, but I don't really like to go to school. I am a slow learner. I have a hard time spelling. Some of your teachers tell me that you have a hard time spelling and you don't have my problem. I have trouble reading. Everyone tells me that I read at about the fifth grade level. I hate to write letters and diary because it is hard for me to write.

After I graduate from school, I hope to live in an apartment with a good friend. I also hope to have two or three part time jobs. I have two now that I get paid for. I work at Ark Animal Hospital every morning for two hours. I have to be there at 7:15. I work at Vandehey's Cabinet Shop three afternoons a week. I have been working now for more than a year at both jobs.

I do chores at home. I have to take care of all the animals---twelve chickens, three cats, a dog, three goldfish and a horse. That's a lot of mouths to feed! I also help my Dad cut wood. I take care of my own room, and I help my Mom vacuum. She says I do a better job than she does.

I love music. I like to listen to dif-

ferent types of music, but I like hard rock best, by my Mom doesn't.

I have a hard time explaining how I feel but I feel the same way you do. The hardest thing for me is when people make fun of me or ignore me. For instance, I went to a dance a few weeks ago, and no girl would dance with me. Can you guys imagine how you would feel if that happened to you?

Well, I feel the same way.

Kids on the bus used to make fun of me. That used to make me mad. I have a girlfriend but she goes to a different school than I do. I don't get to see her too often. She is handicapped too. I have other handicapped friends, but my best friends are Chris and Mark Weaver. They are not handicapped. They have been my friends for five years. I think they really like me and I like them.

I feel good when people talk to me or are friendly to me. That's one of the things I like about Boy Scouts. The boys accept me as I am. They know I am handicapped but it doesn't make any difference., I am a Scout just like them. It takes me longer and I have to work a little harder to get my merit badges, but I get them

done. That's one of the reasons I am here. I am trying to be an Eagle Scout.

I only have three more merit badges to go. My Eagle Scout project was to tell you about myself. I hope I have done that. I want to thank the principal, staff and students for letting me come to talk to you.

If anyone would like to ask any questions, I'll try to answer them, but if I can't my Dad is here and he can help me.

Tim and his wife, Heather, live in a duplex in Corvallis. They enjoy the same things any married couple enjoys—renting videos, bowling, sending cards to friends and family, and doing things together. They both have jobs in the area and need little assistance, other than transportation and some help with their finances. Tim and Heather will have been married five years this coming September!

March 18th

7:00 PM

Children's Guild

290 Moyer

Lane NW

Salem, OR

March Meeting

WVDSA Parent Education Meeting

Featuring: **Anne Hopkins, OT**

Day: **Tuesday, March 18, 2002**

Time: **7:00PM**

Children's Guild

290 Moyer Lane SW

Salem, Oregon

On March 18th we have **Anne Hopkins**, an Occupational Therapist and mother of three, who will present "**A Parents Guide to Sensory Integration**" (the organization of sensory information for ongoing use). A lot of children with disabilities seem to have trouble coordinating their senses so that they work

efficiently together. Many Occupational and Physical Therapists use Sensory Integration as they work with children with autism, learning and developmental disabilities, brain injuries or children born prematurely, to name a few.

Anne's professional and personal experience with children with Down Syndrome makes her especially interesting and relevant. She'll be giving us some "hands on" learning opportunities! Wear comfortable clothes and bring socks for the gym. Curious, now?



Young Adult of the Month: Aaron Good

Obviously, we can't call a young man of 21 a "Child of the Month", but in this month of focusing on self-advocacy, it's appropriate that we feature Aaron! Here is his story:



the bikes and I clean the weight training room. I am so proud of my new job. "

~*~*~*~*~*~*~

From Mom (April Waters): "Polite, generous, kind, thoughtful -

"My name is Aaron Good. I was born in Colorado. I have a brother and a sister. I am the oldest.

"I like going to the movies. My favorite movies are "The Mummy Returns, Spiderman and Men in Black Two". I like to go bowling with my friends. I like going out to lunch with my friends.

"I go to Chemeketa [Community College-ed.]. We go swimming on Tuesdays. I always read the newspaper in the morning. I make my lunch at the apartment. I have a new job (work experience) at the Courthouse. I clean

ful, and funny are some of the words to describe this precious young man. He is 21 and about to graduate from Chemeketa's transition program. He is quite an artist as well and has had his work made into cards by



his life are getting together with friends at the ARC dances and going out every weekend to go bowling, swimming, to the movies and out to eat. Aaron shops almost independently now for his groceries and takes the bus downtown when he wants to see a movie. His goals are to be a cook, move out with his friends, and have his own home."

~*~*~*~*~*~*~

Our "Child of the Month" feature doesn't have to be limited to "children". If you have an adult child with DS, consider letting us feature him or her in a future issue of the

both the Down Syndrome Congress and Very Special Arts. He took drawing all through high school and also at Chemeketa.



"The highlights of

"WVDSA Monthly" newsletter. Contact information is in the box at right. We hope to hear from more of you soon!



Submit your Child of the Month information to: Gretchen Davey

**370 Center St
Lebanon, OR
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wvdsa@ookla.com

Directions to WVDSA Meeting

To reach the **Children's Guild at 290 Moyer Lane NW** in West Salem:

From the North: Take Exit 253 on I-5 and stay in the right lane, merging onto Mission Street/Hwy 22. * Go 2.29 miles to the City Center/Hwy 22 exit to the right. Stay left at the fork at the end of the ramp. Follow Hwy 22 for 1.57 miles - going over the Marion Street Bridge - and take the exit towards West Salem Business District. Take the OR-221/Wallace

Road exit towards Dayton. Turn slightly right on Wallace Road NW/OR-221/Salem-Dayton Hwy and go 1/4 mile. Turn right onto Moyer Lane NW. It's a rough road; don't panic!

From the South: Take Exit 253 on I-5 and turn left at the light onto Mission Street/Hwy 22. Follow directions from the * in northbound directions.

From the West: Follow Hwy 22 into Salem and take the OR-221 Exit. Take a slight right on Edgewater St/

OR-221/Salem-Dayton Hwy and continue to follow OR-221/Salem-Dayton Hwy to Moyer Lane NW. Turn right.

Debbie says Moyer Lane is barely paved, but just keep driving and you'll find the Children's Guild. If you get to Roth's IGA on Wallace Road, you've gone too far.

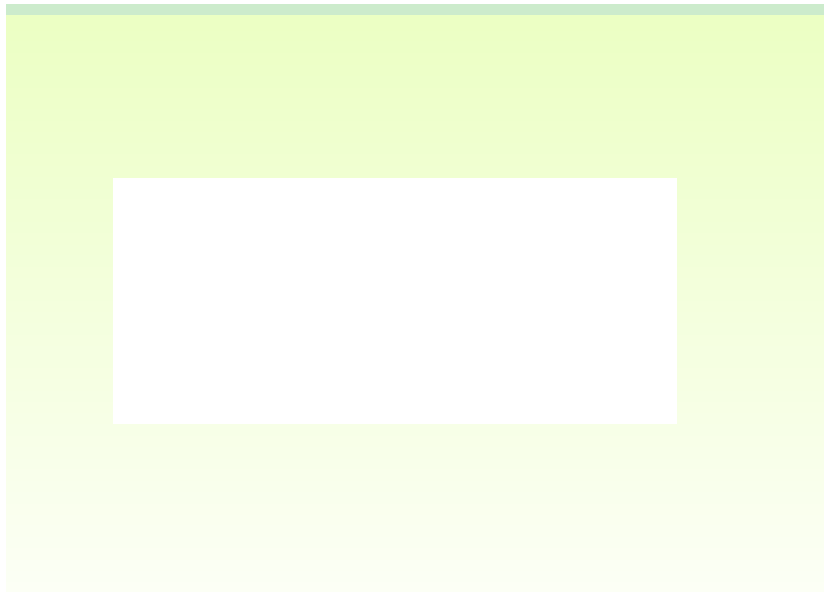
If you have any questions, call Debbie Lisle at (503) 371-3046 or Gretchen Davey at (541) 451-5215. We hope to see you at the meeting!

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President's Corner

Dear Parents, family and friends of WVDSA,

It is great to have an individual spotlight again in the newsletter! Thank you, April and Aaron, for your contribution. There are many opportunities coming up that I hope will be useful to you:

~**Shelley Joyce** of **Oregon Parent Training and Information** has planned a two-part IEP (Individual Education Plan) Basics training session.

Both sessions are tailored for parents of children with developmental delays.
Wed. March 19, 2003 6-9PM: The IEP
Wed. March 26, 2003 6-9PM: Advocacy

Both sessions will be held at the Willamette Education Service District Annex, 2600 Pringle Rd. SE Salem (This is directly across the street from main building).

Advance sign up is appreciated.
CHILD CARE REGISTRATION is mandatory.

For more information email Shelley Joyce at shelljoyce@attbi.com or call her at (503)581-0018.

Oregon PTI is sponsoring the **Annual Wagonwheel Conference** on April 25-

27, 2003. It will be held at the great Central Oregon Kaneeta Resort.

This excellent conference is for parents of children with disabilities. Several WVDSA members attended last year and gave it high marks. Karen Gaffney and Michael Bailey will be two of many outstanding presenters.

For more information and to receive a registration packet Call: Devon Himelfarb at (503) 282-9288 or call the OPTI main office: (503) 581-8156 ext. 206

The National Down Syndrome Society Conference will be held in St. Louis Missouri July 11-13. The NDSS website will be posting registration soon. (www.ndss.org)

For additional information email: info@ndss.org or telephone at 800.221.4602

Also FYI, WVDSA member **Laura Yoder** is interested in providing information to interested parents about the Warner Clinic. F. Jack Warner MD, FAAP is the medical director of the Warner House, a center for the study and treatment of trisomy disorders and

autism (see www.warnerhouse.com). Dr. Warner's pediatric practice is in Fullerton CA, but he holds satellite clinics all over the United States.

There is an upcoming clinic in the Northwest. The Yoders highly recommend Dr. Warner's consultation. For more information contact: www.warnerhouse.com or telephone: (714) 441-2600 (or email Laura Yoder at dlyoder@juno.com We will have more details about the local clinic soon.

It is impressive that we have so many opportunities for our education and enrichment so close at hand. I hope you can be part of any or all of them.

I look forward to seeing you soon,



Sincerely, Debbie Lisle

