



WVDSA Monthly

Willamette Valley Down Syndrome Association

March Meeting: In "Touch" With S-I

If you're like me, you had never heard of "Sensory Integration" before the March meeting, but Ann Hopkins did an excellent job of educating us about this important subject!

In a nutshell, "sensory integration" is the process in the brain that helps each person make sense of his world. Jean Ayres, who did research on this subject back in the 1950s and 60s, once said, "Your relationship with gravity is more important than your relationship with your mother!"

In her studies, she discovered the basic premise that each child knows what his or her nervous system needs to function and develop. She noticed that kids with "S-I" problems needed a lot of movement to accomplish tasks that other children were able to do



while sitting still. Basically, their "vestibular system" in the inner ear was stimulated every time they moved, so the movement helped them get things working more efficiently.

The goal of occupational therapists who work with kids with S-I problems is to help them adapt their movements to be able to make sense out

of what they're learning.

Ann was familiar with S-I in her work as an OT, but one day came to the realization that her daughter with Down syndrome was having problems that were directly related to the area of S-I. By applying the therapy techniques she used with other children to her daughter, she was able to help her learn more easily.

Things to look for: an inability to tolerate a stimulus. Automatic nervous system response of "Fight, Fright, or Flight," and a tendency to resist certain stimuli (sensory defensiveness).

Not all children with Ds have S-I problems, but it's worth considering. The book, "Out of Sync Children" by Carol Stock-Kranowitz is a good resource to look at, if you suspect your child may have S-I issues.

WVDSA
2598 NW Maser Dr
Corvallis, OR 97330

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April 1, 2003



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Looking Ahead

There are lots of fun things happening in the near future so stay tuned!
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Tuesday, April 15—
WVDSA monthly meeting at Grace Lutheran Church in Corvallis. Speaker: Kevin E. Mayne, a Salem

attorney who will be talking to us about estate planning for families with disabled children. **Important Meeting!**
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Saturday, April 19—
Adair Easter Egg hunt. See story on page 2 for

additional information about this premier event!

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May, 2003—Spring Social. More details will be included in the May newsletter, including date and location of the social.

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Easter Egg Hunt at Adair Village!

Once again, a collaborative effort of the Kiwanis Sunrisers, Morning Rotary, OSU Circle K, The ARC of Benton County, the Corvallis Kiwanis Foundation, and the City of Adair Village is presenting the annual **Adair Easter Egg Hunt!** This event is one of the premier Easter Egg Hunts in the Willamette Valley and is geared to our special kids!

Reed and Keri Prince went to the hunt last year and were enthusiastic in their praise of the event! Boy Scouts had volunteered to assist those kids who needed a "buddy", escorting them on the hunt and helping them have a fun time as they looked for the candy- and toy-filled plastic eggs. Keri said that if you have ever considered attending this hunt in the past, but didn't do it, plan to go this year! Dallin had a ball and their daughter, Kate, had a lot of fun in her age-appropriate category, too!

The **Adair Easter Egg Hunt** is held at **Benton County Park** in Adair and will be held on **Saturday, April 19th at 9:30 AM.** It's open to all Adair children, friends, and special guests (which is why we're

included each year! We're their friends and special guests!).

The Age Categories are as follows: 0—3 years of age; 4—6 years; 7—9 years; 10—12 years; wheelchair-bound; and an "open" category. Siblings of special needs children are welcome to participate. Parents get to watch the activities, letting the Scouts take charge of their kids who need the help!



Besides the plastic eggs filled with candy and toys, there will be larger raffle prizes on hand. Be sure to bring an umbrella if it's going to rain, because the hunt goes on—rain or shine! This is Oregon, after all!

Directions to the Benton County Park in Adair: Go north on Highway 99W (~7 miles from Corvallis—a large pond is on the right hand side). Go 0.2 miles past mile



post 76 and turn right on Arnold Ave. Go 0.4 miles and turn left into Benton County Park (Valley Catering/Benton County Club House is on the right). The Easter Egg Hunt will be at the North End of the Park.

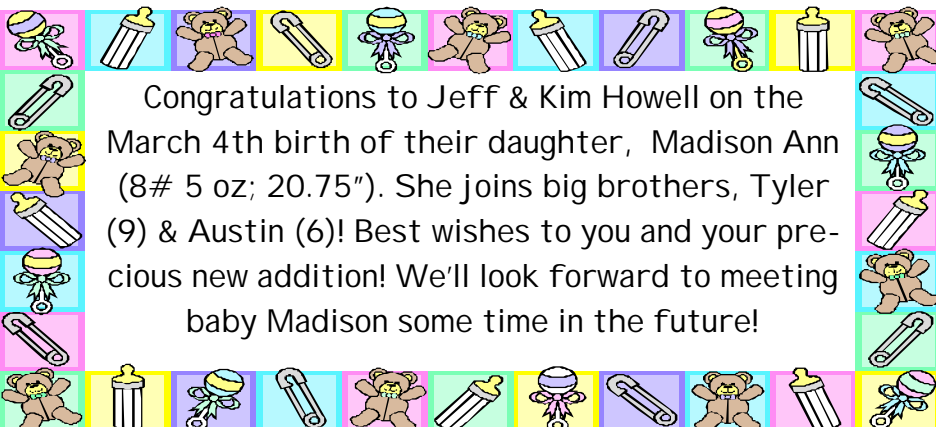
Reserved parking only for disabled children. There are ample other parking spaces available.



We hope to see many of you there!

April Meeting
April 15th
7:00 PM
Grace Lutheran Church
435 NW 21st St
Corvallis, OR

What's New?



Congratulations to Jeff & Kim Howell on the March 4th birth of their daughter, Madison Ann (8# 5 oz; 20.75"). She joins big brothers, Tyler (9) & Austin (6)! Best wishes to you and your precious new addition! We'll look forward to meeting baby Madison some time in the future!

Child of the Month Submissions

Thank you to those of you who have submitted pictures and information about your children for our WVDSA "Child of the Month" Feature! We're set for this month and next. Please see page 3 for information on where to send either a short story about your child or the information so we can write it up. Also include 1-4 pictures we can put in the newsletter.

April WVDSA Meeting: Estate Planning for Children with Disabilities

One of the most important things we can do for our children with disabilities is to plan for their futures. This isn't always as easy as just writing a will or indicating what you would like to happen in the event that you are removed from the picture.

An entire section of estate law has been developed for the purpose of making sure that your child is provided for when you're not there to do it. There are certain things you need to think about when making these plans and even things that need to be communicated to well-meaning grandparents or others who may want to include your child in their estates with the hope of "helping out" with the long-term care of your child.

Kevin E. Mayne, a Salem attorney from the new law firm of **Brewster & Mayne, PC** (opening May 1st in Salem), will be speaking to our group at **7:00 PM on Tuesday, April 15th** at the **Grace Lutheran Church** in **Corvallis**. He plans to give us the bigger picture of estate planning and how this can affect your child's future and then give us some practical ways we can make



sure that our special children aren't left with an insecure future as a result of planning errors.

Each one of us needs to be made aware of these important elements of caring for our children. We urge you to make attendance at this meeting a priority. You won't be sorry!

Kevin and his former law firm have been instrumental in helping the WVDSA get their non-profit status application approved and put into force in the past. His expertise

with matters concerning disabled children are well-respected by those who have worked with him!

Come prepared with questions and any other matters about which you've had concerns in regards to estate planning, trusts, and writing a will that properly addresses your child's care.

Submit your
child's
information to:
**Gretchen
Davey**
**370 Center St
Lebanon, OR
97355**
wvdsa@ookla.com

Directions to the WVDSA Meeting

WVDSA Meetings at the Corvallis site can be reached by following these directions:

Coming from I-5 – follow Highway 34 into Corvallis, coming over the bridge just east of town. You will be on Harrison Street, a one-way street heading west. *Follow this until you get to the intersection with Kings Blvd. At this point, you will want to be in the right hand lane, because just as you

go through the intersection, a sign will say "Right Lane Ends". You will remain in the right hand lane, however, because you will turn into the parking lot of Grace Lutheran Church before the lane ends. We are meeting in the Fellowship Hall at the north end of the building. You'll see other cars parked near the entrance.

If you're coming in on 99W from the north or south, turn right (from the

north) or left (from the south) at Harrison and follow the directions from I-5 from *.

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!

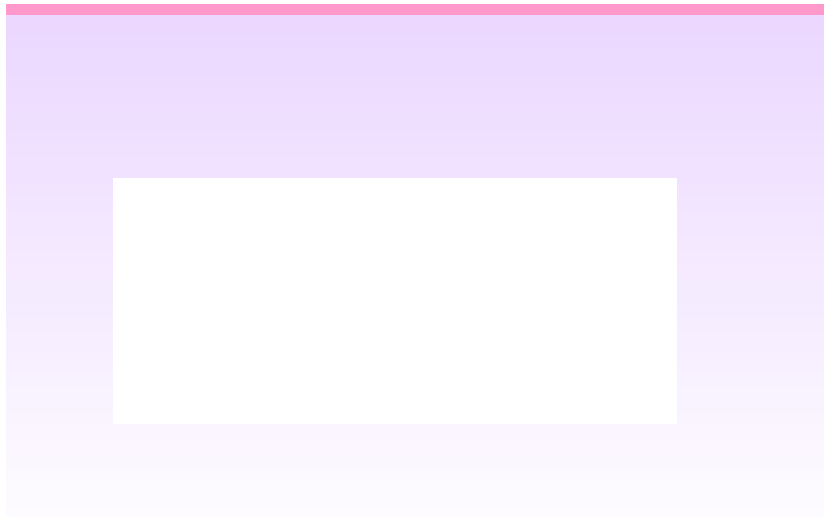


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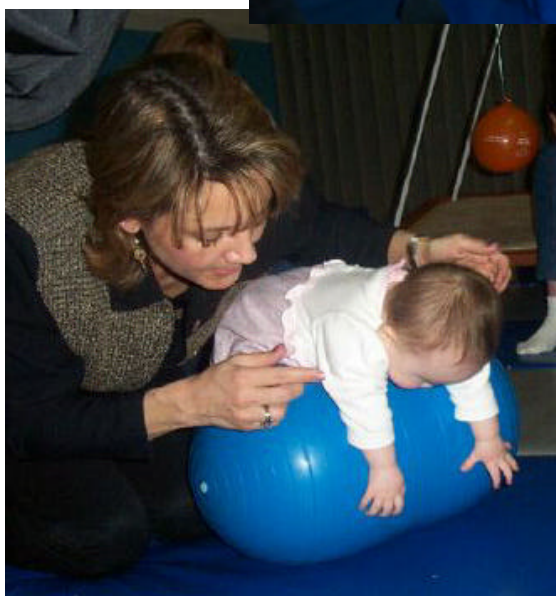
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President's Corner: Gym Time Pictures!



Gym Time with Ann Hopkins at the Children's Guild Gym in Salem

