



# WVDSA Monthly

## Willamette Valley Down Syndrome Association

### Round Two with Kevin Mayne!

After hearing from quite a few members that they were wishing they could have made the meeting on Estate Planning with Kevin Mayne, he graciously agreed to hold another session up in Salem. Quite a few people from that area attended and were able to take advantage of his knowledge of estate planning and other issues affecting future needs of our disabled children.

According to Keri Prince, who attended the meeting, he was able to answer a lot of questions people had and, as he did at the last meeting, offer many solutions and sug-

gestions.

His new law firm is



available to do this sort of legal work for anyone who wants to get things set up. A ballpark figure for getting a trust fund set up and an estate plan in place is about \$1500, depending on how much is involved. It would be money well-spent, though,

if the results can be peace of mind concerning your child's future. There are a number of good estate lawyers in our area, so check your local attorneys, if you don't live near Salem.

If you were unable to attend either estate-planning meeting, give some serious thought to this area. If nothing else, find some good books on estate-planning—especially if they have portions dealing with planning for the care of a disabled child. It's one of those things you **must** to have taken care of before it's needed!

### Looking Ahead

**July:** No meeting scheduled for this month, but make it a point to get together with other WVDSA members in your area!

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**August 19:** Family Picnic at the Lion's Shelter in Avery Park, Corvallis. More details

will be in the August newsletter, but it will probably be from 6:00 to 9:00 PM and will be a potluck-type picnic with games and activities for the whole family!

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**September:** Topic to be announced. Expect a "planning

meeting" for the Buddy Walk during the month, besides the meeting! If you'd like to help with the details, call one of the Board Members on page 4 of the newsletter!

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**October 4: 2003 Buddy Walk in Salem!!**

WVDSA  
4292 NW Pintail Place  
Corvallis, OR 97330

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# August Family Picnic & Other News

Although we won't be having a meeting during the month of July, the Family Picnic scheduled for August will be worth the wait. We will, once again, be using the Lion's Shelter at Avery Park in Corvallis for the picnic. There is a playground right next to the picnic shelter and a large number of activities for both kids and adults in the nearby areas of the park.

Weather permitting, we hope to have some organized games and activities for everyone in the family! We'll give more details of what foods to bring and things like that in the August newsletter, but be sure to mark your calendars for Tuesday, August 19th, in the meantime!

~\*~\*~\*~\*~

Not having a meeting in July doesn't



2002 Family Picnic

mean you don't have any opportunities to get together with other WVDSA friends! Make it a point to look up the other families in your area and plan a "play date" at a local park! Several Corvallis moms have been getting together on Wednesdays during the summer to let their kids play on the playground while they enjoy the chance to chat

with the adults. This has been a great, informal way to support each other and find out what the more experienced parents have done when their children reach the stage that **your** child has reached at the moment! Sometimes it's nice just to hear that your child is developing normally and you're not doing anything wrong to make them do the things that they do!

~\*~\*~\*~\*~

I had hoped to have an update on Madison Howell, who underwent a difficult heart surgery in April, and again in May, but haven't heard back yet from her mom, Kim. If at all possible, I'll have news on how she's doing by the next newsletter! I've had a lot of people ask and express concern about her. We're thinking of you, Jeff & Kim!

## Stages of Parenthood

From the time our children are born and throughout their school years, there are plenty of resources available for us to use to get some idea of what to do. We move from Early Intervention to Early Childhood Education. From there, our children are absorbed into the school system and we work our way through the various schools—from elementary through high school. The laws are worded in such a way that our children are actually able to stay in school until they are 21, even if they decide to go through the graduation exercises with their typical peer classmates.

What happens when the child reaches "adulthood", though? At this point they may have a job and even be living somewhere besides under our roof, but the concerns and cares we feel for our children doesn't stop just because they have become "adults"!

It's not out of the question anymore

for our children to date and even marry, if they find the right person. The problem is: how do they find that right person? The school has a built-in socialization environment, in which the child is able to mingle with others his or her age. They become largely isolated from these social contacts, however, once they leave school.



Aaron Good of Salem

April Waters of Salem expressed concern about this issue when dealing with her son, Aaron. At 21, Aaron is out of school and working in a job near his home in the Salem area. He wants friends, though—particularly girl-type friends—but April doesn't know how to help find these

social contacts in the area.

Many of us, as parents of younger children with Down syndrome, wonder what will happen when our child reaches this stage. Although we're happy for any socialization our children get in places like church youth groups or Sunday

School, it would be nice if they could be around other children with similar handicaps. In this environment, they would be able to spend time with kids

with similar interests and understanding, who don't feel like they "have to be nice to them" or treat them with special deference; they can just be themselves.

The example of Tim & Heather Fredericks, who have been married for nearly five years, is one that many of us look at with the hope that our children will find similar happiness in life. To do this, though, they need to find young people of the opposite sex with which they can become acquainted.

The socialization of our young people will be discussed more in the future. If any parents of older "young adults" with Down syndrome are interested in getting together, in the meantime, you can contact April Waters at (503) 370-3155.

**No July Meeting**  
**Family Picnic in August!**  
**August 19th**  
**6:00 PM**  
**Avery Park**  
**Corvallis, OR**

## October 2003 Buddy Walk Needs Your Help!

This October will be the 5th Annual Buddy Walk (an annual event to promote awareness of Down syndrome). Last year's Buddy Walk at Salem's Riverfront Park was, we hope, the first of many successful events sponsored by the Willamette Valley Down Syndrome Association! The weather was perfect and the location the best—especially the Carousel!

This year, we're planning to hold the walk on Saturday, October 4th. We will again make use of the beautiful Riverfront Park in Salem, starting and stopping at the Carousel located there. We're hoping all of you will mark your calendars and plan to participate. The walk is a wonderful chance to spend the day with your family, enjoying the Carousel and wonderful playground located in the park. There is also the A.C. Gilbert's Discovery Village—a great family destination—to be found at the north end of the park!

Last year's walk turned out to be a wonderful fund-raiser for the WVDSA! Many of us gathered pledges from friends and relatives, resulting in donations of several thousand dollars! Being organized in this effort really made a difference and helped us raise enough to keep our group in a position to do what we've had as our

goal: to provide education and support to families who have children with Down syndrome. If everyone participates as much as possible, there is the potential to be able to become a driving force in our communities, helping many others see how special our kids are!

We're hoping to have a planning meeting in August, at which time we'll line up the areas in which we need help. We should have a list of "needs" in the next newsletter, which will give you a chance to see where you will most be able to help.

We'll also be sending out pledge letters that you can use to copy and send out to everyone you think might like to help support our group. Feel free to make copies of this letter and emphasize the fact that donations of \$25 or more gives the donor the choice of being put on our mailing list and receiving our newsletters and



Buddy Walk 2002 in Salem, Oregon

other potential mailings.

This Buddy Walk is very important to allowing us to continue to provide things like this monthly newsletter, special speakers and "New Parent Packets", so please plan to help!

Submit "Child of the Month" information to:

Gretchen Davey

370 Center St  
Lebanon, OR  
97355

[wvdsa@ookla.com](mailto:wvdsa@ookla.com)

## Directions to the August Picnic

Avery Park can be accessed from either Highway 99 (turn at Avery Avenue) south of downtown Corvallis or from Highway 20/34 (turn at 15th Avenue) on the west side of town. Once in the park, follow signs to "Lion's Shelter". We will have balloons up to mark our picnic location.

While in the park, there are a lot of family-type activities to enjoy. Be-

sides several play areas and a real locomotive for children to play on, there is a small skateboard ramp for older children. There is also a really nice rose garden for your enjoyment with some beautiful specimens of roses, including several unusual ones not seen anywhere else.

We'll also have some activities planned, such as croquet, so we can

have an opportunity to play together and get to know one another.

Plan to bring blankets and/or lawn chairs if you don't want to spend all your sitting time on the picnic table benches.

If the weather isn't "perfect", the Lion's Shelter is a covered picnic area, so we can still have our picnic with a roof over our heads!

**WVDSA**  
4292 NW Pintail Place  
Corvallis, OR 97330

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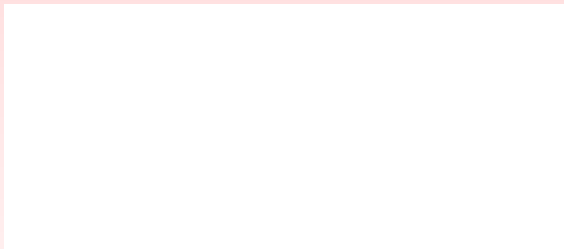
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## President's Corner

Dear friends,

In an attempt to be more consistent in the collection of our membership dues—the lifeblood of our organization—we had planned to have October as our “re-up” month. We found that, with Buddy Walk contributions coming in, this became rather confusing last year. At our meeting last month, the WVDSA Board decided to change the “re-up” month from October to January. This will mean we start the year off with renewal (of our dues) and it will be easier to keep track of the money as it comes in.

The dues you paid for the past year's membership in the Willamette Valley Down Syndrome Association will carry over to December 31st of 2003. We'll be sending out renewal notices in November and December to give you two months' worth of reminders.

As in the past, the dues will be what keeps your subscription to the WVDSA Monthly newsletter cur-

rent. Many people were surprised to discover that they weren't getting the newsletter anymore and were quick to send in their membership dues when they realized what had happened. A few people “slipped through the cracks” this year, but with Keri Prince as our treasurer now, that's not too likely to happen in the future.

So....keep this in mind as the year winds down and January, 2004



approaches. When you pay your dues, be sure to mark “Membership

for 2004” on the Memo line so we get your membership dues recorded properly.

We hope that you have plans for this summer that will allow you to enjoy your child with Down syndrome and that you'll come to the Family Picnic in August to tell us all about it. If you do something really neat, be sure to bring the pictures to share with us!

Be sure to let us know if you're interested in helping with this year's Buddy Walk and stay tuned for more information in upcoming issues of the WVDSA Monthly!

We hope to see you in August, if not before!

The WVDSA Board

