



WVDSA Monthly

Willamette Valley Down Syndrome Association

Welcome to First Board Meeting of 2008!

After 2 years of serving the Willamette Valley Down Syndrome Association as the president, Keri Prince has decided to step down as the leader of the group. She will still remain on the board of directors for the group, but needs a break from the huge amount of responsibility she's been carrying.

The WVDSA has been getting by with the work of a very few people—mostly the members of the board—for quite a number of years. It's time to add some "new blood"! We have many talented people among our members, but there seems to be some reluctance to step forward to offer help—maybe because they figure the existing board is doing just fine without them?

The next Board Meeting

will be held **January 19th**, at **9:00 am**, at the Keizer Fire Department's Board Room. This is just down the hall from the room where we've had several of our social gatherings in the past few years. Our meetings generally last about two hours, but you're welcome to come for part or all of it, if you're interested.

Obviously we're going to need to elect a new president. Fortunately, the president isn't required to do as much as Keri has been doing over the past two years, so this shouldn't be a daunting task if someone were willing to think about it.

You can also find out what sorts of things are needed from our members. There are lots of jobs to be done and many of them involve

very little time—just a willingness to help out in different areas. As the saying goes, "Many hands make light work"!

This Board Meeting will also cover the upcoming events for the coming year. We try to have socials three or four times during each year: a Spring get-together, Summer Picnic, Christmas Party, and, this past year, our first Harvest Party (which was a LOT of fun, if you were unable to attend!). It helps to have lots of ideas and feedback, so your presence would be welcomed for that!

Besides president, we're going to be needing a vice president, a Buddy Walk chair (or co-chair), someone to coordinate social activities, and any other jobs that would benefit the group. Think about it and plan to come!

WVDSA
PO Box 8098
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Learn About I MPACT: Our February Meeting!

Haven't heard of this program? Join us at **Mighty Oaks Children's Therapy Center** in Albany, Oregon on **Tuesday February 19, 2008 at 7pm**. Jen Taylor is the **Impact Coordinator** and she will be talking to the group about this amazing program and all of the benefits and of course answer any of your



questions. I MPACT stands for Individualized Movement and Physical Activity for

Children Today. Oregon State University offers this unique program designed for children with special needs. I MPACT occurs weekly during the school terms for an hour and a half session, consisting of 45 min of Motor Activities and 45 min of Swim time.

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Despite the fact that our webmaster, Teresa Filtz, is in Australia with her family, we encourage you to check our website for the latest information of what's happening in the group. Teresa plans to keep things updated, including how they're doing "down under" & what adventures they're having. Check in often! Go to <http://www.wvdsa.org>.

2007 Buddy Walk Pictures!



February Meeting:
Mighty Oaks Children's Therapy Center
Albany, OR
Feb. 19
7:00 PM



Buddy Walk 2008 planning meetings will be starting soon. Keep an eye on our website or the newsletter to find dates and times of meetings. Remember that many people are needed to get all the details pulled together for a successful Buddy Walk!





Thank you to everyone that participated in the 2007 Buddy Walk!
It was a big success and we had a great time in our new location along with an Oktoberfest theme.

We enjoyed hearing from **Ryan and David Phelps** - A dynamic father and son team!

Also a big thank you to **Joan Medlen** for her comments.

Many of you have asked to get in touch with Joan, please see our website for contact information.

Thanks to the **ALBANY GERMAN BAND** for their musical entertainment.

We appreciate all those that support the efforts of the WVDSA.

Thanks to our Oktoberfest Lunch Sponsors:

Roth's

Lowe's

Frito-Lay

PhilCo

Thanks to our Great Volunteers:

South Salem High School Leadership Club

South Salem High School Drama Club

LDS Battle Creek Ward Young Women

A big thanks to the W.A.V.E.S. volunteers:

Stella Cruson, coordinator

136 team members!

Thank you to the following donors:

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IMPACT occurs weekly during the school terms for an hour and a half session, consisting of 45 min of Motor Activities and 45 min of Swim time. Each child has at least one college student as a one-on-one helper with different aspects of motor skills. OSU understand the need for consistency, so typically your child will have the same volunteer for the entire semester. Come to this meeting, even if you aren't from Corvallis, to hear about this **great** program. Families drive miles to take advantage of IMPACT, so distance isn't a factor. Carpooling is always a possibility if you have a ways to drive. There is a waiting list, however, so the sooner you get on it, the sooner your child can benefit from the program! For more information about the program check out this website: <http://www.hhs.oregonstate.edu/IMPACT/index.html>. To get on the waiting list immediately, please contact Jen by email at taylojen@onid.orst.edu.



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**New WVDSA Website:
(Check it out!!)
<http://www.wvdsa.org>**

Comin' Around The Corner - ORPTI Trainings Planned for January

Planning, Organizing & Preparing for Your Child's IEP

IEPs are sometimes stressful events if you don't prepare, organize & plan for them. If you start now, by the time you have your meeting, you will be ready to actively participate. Good IEPs don't happen by chance. Come and plan for a productive IEP meeting!

Thursday, January 17, 2008

6:30 to 8:30 PM

**Wood Middle School
11055 Wilsonville Road
Wilsonville, OR 97070**

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Are We There Yet? Moving to & Through Adulthood with a Disability

The transition from High school into adult life can be an exciting time; there are so many choices to be made. This workshop starts with a look at how transition is addressed in the IEP. It then covers the choice of college and employment and career options. These include Social Security work incentive programs, Vocational Rehabilitation programs and the Ticket to Work program. This workshop would be most helpful

for students 16 through 21, their parents and the professionals who work with them. It will be offered at the following time and location:

Wednesday, January 23, 2008

6:30 to 8:30 PM

**Corvallis High School
1400 NW Buchanan
Corvallis, Oregon 97330**

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To ensure enough materials will be available for everyone, please register for this workshop by contacting:

Leah Skipworth, 541-791-4415; Toll Free: 1-888-505-2673, Ext. 214; Email: lskipworth@orpti.org.
Confirmation calls are not provided.

Linguistic Accommodations:

If you need assistance in a language other than English, please contact Miriam Bautista at: 1-888-505-2673, Ext. 106 to request an interpreter, translator, translations or assistance from our bilingual staff.

Si usted necesita ayuda en otro idioma que no sea el Inglés por favor comuníquese con nosotros para solicitar

un intérprete, traductor, traducciones o ayuda de nuestro personal bilingüe.

IEP Clinic:

If you have questions or concerns about your child's IEP, Leah will be available after the training by appointment. Please call or e-mail Leah for your appointment time.

Who is the Oregon PTI?

We are the federally funded Parent Training and Information Center for the State of Oregon. Our mission is to educate and support parents, families and professionals in building partnerships that meet the needs of children and youth with the full range of disabilities, ages birth to twenty-six.

Contact us: 2288 Liberty St. NE, Salem, OR 97301; 503-581-8156; 1-888-505-2673; Help Line: 1-888-891-6784; E-mail: info@orpti.org; Web site: www.orpti.org

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Although WVDSA is not affiliated in any way with the Oregon PTI, the service they provide is wonderful and we would encourage you to take advantage of any trainings appropriate for your situation.