



WVDSA Quarterly

Willamette Valley Down Syndrome Association

“Final” Quarterly Mailing!

In an attempt to cut costs involved in mailing a quarterly newsletter, the WVDSA Board has decided to make the newsletter an “e-document” which can be accessed on our website. An e-mail notice will be sent out each time the newsletter is available, so you’ll know there’s a new one for your enjoyment.

Other important events and upcoming activities will also be both put on the website and e-mailed to you. We’re hoping this will make it easier to keep track of what’s happening, while cutting down the costs of printing and mailing.

Before some of you protest, “I love the

newsletter, but I don’t have access to the Internet!”, we will still make a hard copy version available for those who need it. Your responsibility will be to call Gretchen (541-451-5215) or Cory (503-463-9788) to make sure we have you on our snail-mailing list. You can also e-mail us (addresses on page 4) or drop us a “snail mail” of your own. Please do this before July 1, 2009, the date of the next “Quarterly”. If we don’t hear from you by then and don’t have your e-mail address, we will assume you’ll go to our website on your own to access the newsletter. We hope this decision will be well-received by all of you!

WVDSA
PO Box 8098
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2009 Spring Social—Willamette University

The 2009 WVDSA Spring Social has been scheduled **Saturday, May 2nd** in the **Alumni Lounge** of the **University Center** at **Willamette University** in Salem. We are being joined by the university’s “Best Buddies” group in hosting the event (see more about “Best Buddies on page 3). All ages will be welcome!

The Social will be from **1-3 PM** and, although this is a little later than lunch time, refreshments will be served if you want to plan to have a late lunch. More details of activities, directions to the University Center on campus and other important information will be posted on our website and e-mailed to you.



Don’t miss the latest information from WVDSA?

Check the website: www.wvdsa.org! If you want to be added to the E-Mail Notification List, email Cory Harrington at wvdsacory@yahoo.com with your email address.

Featured WVDSA Child for Spring Quarter: Hayden Wells

When we found out that we were pregnant, we were so overjoyed. I had a very normal pregnancy, or as normal as I could imagine, since Hayden was my first. I really didn't know what to expect. All my tests came back normal; we had an ultrasound at 20 weeks. At the ultrasound they found a calcium build-up on his heart and sent us to have an extensive ultrasound. They told us that it was nothing; that it possibly was from a valve not being closed yet. They examined him



After a day of being in the hospital we started feeding him with the bottle, because my milk had

had surgery on his bowels. The surgery went beautifully; we couldn't have asked for a better outcome and he is pooping like a champ 😊

One week after surgery we went home; it was a long 5 weeks of driving back and forth everyday up there, but definitely worth it.

Hayden has kept us on our toes from the moment we have gotten home. He has been a very active little guy. He was sitting up at 6 months, crawling at 8 and taking steps at his first birthday and



carefully during the ultrasound and said everything looked good. So we went about our day and the next 20 weeks thinking nothing was wrong.

Hayden ended up turning around at 38 weeks and so I

had to have a C-section. I kissed him after he came out and thought nothing, but what a beautiful baby he was.

I was waiting in recovery when Jarrod walked in with the Pediatrician and was crying. I was so afraid.

The pediatrician told me that he had Down Syndrome. I just stared at Jarrod for the longest time; I didn't know what to say. How was I going to take care of a child with Special Needs? I wasn't a strong person



and I had no idea what to do! But after they brought him in and I saw him and held him, my heart melted. He was my son and I loved him so much already.

not come in yet. After each one of his feedings he kept throwing up and I told the nurse about and asked if she could take him to see if that was common or if something was wrong or if I was just being paranoid.

Well quite a few hours went by and I called down to see about having him brought back. The nurse came in and said that they had called in the pediatrician because they thought he had a blockage. So we went down to the nursery and they had him hooked up to an IV.

The Pediatrician told us that she had contracted Doernbecher and was going to have him transported up there; she suspected he had some sort of a blockage in his bowels. The PANDA team came down and transported him up to Doernbecher NICU. They ran some tests and said he had Hirschbrungs,

which is where some of the cells are missing in the lining of the colon to allow it to contract to go to the bathroom (#2, if you get my drift). They wanted him to be a little bigger before doing the surgery; the doctor

that they wanted to do the surgery was going on a two week vacation, too, so we had to wait.

When Hayden was one month old he



hasn't stopped since. It just makes us smile and laugh at all the wonderful new things he does everyday.

Hayden has been a pretty healthy little guy, except he constantly got sinus infections, so I saw an ENT up at Doernbecher and they decided to take his adenoids out and put tubes in his ears. He hasn't been sick since and with the tubes he has been speaking up a storm.

I never imagined myself with having a child with Special Needs and never thought I was strong enough to handle it but my grandmother told me that "God will never give you more than you can handle." So I guess I must be a pretty strong person. I take that and do everything I can for Hayden. I feel like he is such a blessing to us and has taught us so much in the short time he has been here. I can't imagine a day with out him. 😊



Erin Wells

Best Buddies International, Inc.

You may be wondering who "Best Buddies" are, who will be co-hosting our Spring Social on May 2.

Best Buddies is a nonprofit organization dedicated to enhancing the lives of people with intellectual disabilities by providing opportunities for one-to-one friendships and integrated employment.

Founded in 1989 by Anthony Kennedy Shriver, Best Buddies is a vibrant, international organization that has grown from one original chapter to more than 1,400 college, high school and middle school campuses across the country and inter-

nationally. Best Buddies programs engage participants in each of the 50 United States. They have accredited international programs on six continents with additional country programs under active development.

Even though Best Buddies has advanced tremendously in our short existence, many areas of the country and many regions of the world still lack programs to help people with intellectual disabilities become part of mainstream society. Our goal is to continue expanding nationwide



and at the local community level, while more broadly engaging the global community through our programs.

Willamette University's chapter of Best Buddies is seeking any young adults from WVDSA who are interested in this kind of friendship and social experience.

Please contact Emily Johnson:

ejjohnso@willamette.edu for more information or keriprince@wvdsa.org if you are interested in attending the social!

Upcoming "Mom's Meetings"

This is an ongoing event held **every 3rd Thursday** morning. Join us every month for a time of sharing with other moms of kids with Down syndrome.

Thursday, **April 26** & Thursday, **May 21**—9:00 am: Steam Heat at **3860 River Rd. in Keizer.**

2009 "Buddy Walk": September 26!

The 2009 Buddy Walk will be held Saturday, September 26, at Riverfront Park in Salem.

"To catch the reader's attention, place an interesting sentence or quote from the story here."

What's Happening in June?!

Karate: Join us at **Ireland's ATA** to learn some Taekwondo in Keizer on June at Mr. Keegan Ireland will be showing some basic moves to all interested, so Mom's and Dad's don't be shy feel free to join your family in this class for everyone. Ireland's ATA is located at 3842 River Rd. Keizer, OR 97303. For more information on Ireland's ATA visit their website at

<http://www.ataoregon.com/>. Several WVDSA families have been attending classes here and have great admiration for how great Mr. Ireland has worked with and treated their children with respect and patience.

Looking for helpful tips on how to help increase your child's patience or to stay on task? Dr. Julie Bingham will share strategies with families on

how we can help our children focus their attention on a desired task. Dr. Bingham will share with the group in late June, please see the website or subscribe to the email list to find out more details as they are confirmed. Dr. Bingham is a Clinical Psychologist who happens to have a daughter with Special Needs, to learn more about her visit their (her husband is an M.D.) website at www.whatsupdoc.us

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WVDSA Website

<http://www.wvdsa.org/>

Comin' Around the Corner



Don't Forget the
Adair Easter Egg Hunt
Saturday, March 22, 2008
9:30 am
Benton County Park, Adair

This is a great family event and, as you would expect, there are a lot of kids that come to this hunt, but what makes this Easter Egg Hunt unusual is the fact that they open it up in a special way to children with disabilities! Buddies are provided for every special needs child. **For questions please call Ray Shimabuku at 541-754-9317**



Personal Ponies

Watch for more details to come on a fun filled day in May visiting the Personal Ponies Farm in Independence. Personal Ponies' mission is to make **MAGIC** in children's lives; to bring smiles and joy in a most unusual way. They believe that the lives of children with special needs are immeasurably enriched by having a small equine companion to love and care for, so this is what they do! Their ponies are uniquely suited in temperament and size to small children, and they provide them to families completely without charge. The Farm's website is www.personalponies-or.org. Be sure to join the WVDSA Email list or check our website for updated news on this event.

Two Other WVDSA Gatherings are in the works...

- Speech Educational Meeting
- Nutrition Educational Meeting

If you'd like to join the planning committee and help with these and other events, please call Cory at 503-463-9788. These meetings rely on our volunteers!

~*~*~*~*~*~

The newsletter's "new look" is thanks to Cory, who graciously filled in as editor for me while I recover from a broken wrist. Thank you, Miz President!

Gretchen (who took 5 minutes to type