

MDSS Newsletter

January 2019

Save the Date

Applebee's Flapjack Fundraiser Breakfast

March 17, 2019

Baby Love

April 27, 2019

Annual General Meeting

*TBA

Walk with Us

September 29, 2019

Dinner & Dance for Family and Friends

November 2, 2019

Hello Happy New Year Everyone! My name is Val Surbey and I am the current president of the Manitoba Down Syndrome Society.

A bit of background: I am the parent of Timothy, who is now 28 years of age. In 1990 my husband and I adopted Tim and our lives changed forever more after that stellar day. Timothy has faced many challenges, not the least of which was a battle with leukemia (which so far he has won) and was the inspiration for myself along with a group of amazing parents to initiate the formation of the Manitoba Down Syndrome Society in 1991.

Today the organization has thrived, grown and accomplished amazing things. All of this you will be able to explore on our website, our Facebook page, and through this wonderful newsletter.

Thank you to our amazing board, and especially to the editor of this amazing newsletter, Tayyaba Malik.

Val Surbey-President Manitoba Down Syndrome Society

Upcoming Event

Applebee's Flapjack Fundraiser Breakfast happens in celebration of World Down syndrome day.

Last year, Susan Cearn and Ruth Joseph organized a wonderful event and everyone had a great time with their families.



Ruth Joseph with Taylor

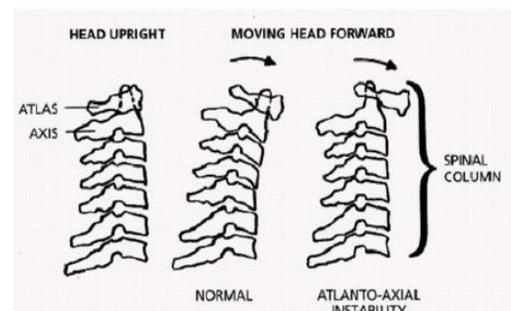
Next one on **March 17, 2019**

Atlantoaxial Instability

Atlantoaxial Instability is a condition that is more prevalent in people with Down syndrome than the general population. It results from ligament laxity and low tone which affects a key joint in the neck. The condition can lead to serious health effects including sudden death. While many people become aware of this condition around the time they register for children's Special Olympics programming,

It is important to continue screening for symptoms throughout adolescence and adulthood.

The condition can develop at any time and if left untreated can result in life-altering consequences. We encourage everyone to review the recommended health supervision guidelines by the American Academy of Pediatrics with their medical support team.



<http://pediatrics.aappublications.org/content/128/2/393>

* To Be Announced



Annual General Meeting

Thank you to those who attended our AGM. We welcomed our three new board members Christine Nelson, Tayyaba Malik and Shelby Colvin this year. We at the MDSS look forward to pursuing new endeavors with a growing team in support of our community.

Members are always welcome to get involved. This can mean joining the board, or it can be proposing an idea and getting it off the ground. Reach out anytime at

info@manitobadownsyndromesociety.com

At our AGM we were so grateful to have the opportunity to view Holly Giesbrecht's "Bringing Up Down syndrome" video, featuring two of the families from our own community, "Friesen family" and "Hrehirchuk family".

Holly sought out on a school project to create a short documentary style film that brought up a conversation about Down syndrome. We think she did an awesome job!

You can view Bringing up Down syndrome on you YouTube by simply searching

"Bringing up Down syndrome by Holly Giesbrecht"

<https://bringingupdownsyndrome.wordpress.com/>



Balloon Painting by Jackson



Giraffes Can't Dance by Joshua

Walk With Us

Manitoba Down Syndrome Society hosted it's annual fundraising walk at the Canadian Mennonite University North Campus grounds again this year on September 23, 2018. The annual walk is our most important fundraiser through which we raise the majority of the funding we need to fulfill our mission.

Attendees had fun listening and dancing to the music performed by the 2Man Band.

The Macfadden family had the honor cutting the ribbon. Everyone showed enthusiasm during the walk and took part in the silent auction and 50/50 draws.

With all your efforts Walk with Us raised approximately **\$74,000.**

A BIG THANKYOU EVERYONE !

For more information <https://walkwithus.ca>



News

- ◆ MDSS has now reached out to Manitoba hospitals with obstetrician services to offer the new parent packages on the birth of their child with Down syndrome. Having built these relationships now helps us to increase our contact with new families.
- ◆ Members had an opportunity to go to a Bomber game on Saturday, Oct 13, 2018 against the Saskatchewan Roughriders. MDSS members had the honour of carrying the Canadian Flag across the field. Tickets for the persons with Down syndrome were free and support persons tickets were subsidized by the MDSS.
- ◆ In order to increase the accessibility of our programs and services, including membership. MDSS has taken the initiative to increase access for low income members or families. Please see our website for details. If you have further questions contact info@manitobadownsyndromesociety.com for more information.



BabyLove - Fall '18



Well we have another Baby Love under our belts and what a Baby Love it was.

We were joined by a few new families and even a couple who are expecting. There were also a number of families that traveled in from out of town; up to four hours away!

Our Fall Baby Love was the most attended to date with 175 people in attendance. We had 200 RSVP`d, some did not attend due to illness , others I am not sure as I did not hear back from them after the initial RSVP.

Baby Love was intended for new families and over time I feel that the Board and Membership see the benefit we do in having older people with Down Syndrome at this event. It was meaningful to us when my husband and I first attended and after speaking with people at the last couple of events this has been confirmed by many.

CTV news was expected to be there but they could not make it out. We hope they will be in attendance at the Spring Baby Love as it is a very good way to bring awareness to Down Syndrome.

We thank the Covenant Christian Reformed Church for the use of their facility. Thanks to their volunteer Jerry who joked with me that he drew the short straw; from what I heard he even did most of the dishes. Thank you to the Church`s Youth Group that had the task of setting up all of the tables and chairs the

night before.

A special shout out to Christine for once again going on a mission of finding the awesome toys and books that she hands out to our children with Down Syndrome. This Fall instead of handing them toys selected by her she allowed the children to choose one on their own only adding to the excitement of receiving a gift. Thank you to our MDSS member Donna for helping out with pretty much whatever we needed help with, whether it be greeting and signing people in when I could not but also with the set up and clean of the event. Even our MDSS President Val got her hands dirty by assisting in the kitchen with Christine`s mom Pat; great jobs ladies. Thank you to Kathy who took photographs of the event, I can`t wait to see them. Some attendees remained behind after Baby Love ended to help with putting away the tables and chairs, it was a great help so Thank you all for that.

We will see you at the next Baby Love in the Spring April 27,,2019.

“We hope you leave having met a new friend“

Thank you,

Kris — Baby Love Coordinator



See Me Beautiful Conference

On November 6, 2018 135 parents, educational assistants and educators came together for the 21st Annual See Me Beautiful Conference.

The day was spent learning about best teaching practices, communication strengths and weaknesses and behaviour strategies for students with Down syndrome.

Thank you to Riley Rosebush from the Down Syndrome Research Foundation for sharing her expertise. Parents and their child's school team were able to plan, discuss and celebrate the special person that they have in common for the entire day.



Dinner and Dance for Family and Friends

Our Dinner and Dance Event took place on November 3, 2018 during Canadian Down Syndrome week. It was a fun filled evening with approximately 120 people in attendance. The Dinner and Dance included a buffet dinner, great music and a photo booth. This year we added a door prize which went home to a lucky winner one of the founding members of MDSS, Ann Zebrowski. This is an annual event if you have missed this year you can always join us next year. Visit our website and/or facebook page for more information.



Buddy Night

Our buddy nights are a great way for young adults (18-30) with Down syndrome to socialize and participate in fun filled activities. This event is supervised by staff and volunteer. The MDSS Social Club was excited to start another year. We plan several outings per year. If you are interested in the Social Club registration begins around July. You can see more details on our website or facebook page.



For general information

Visit: www.manitobadownsyndromesociety.com

Contact: info@manitobadownsyndromesociety.com

For Newsletter related content submission

Contact: tayyaba@manitobadownsyndromesociety.com