



MDSS Newsletter

November 2019

Save the Date

See Me Beautiful!
November 6, 2019

Family Winter
Sleigh Ride
December 1, 2019

Applebee's Flapjack
Fundraiser
March 22, 2020

Baby Love- Spring
April 18, 2020

Editor's Note: Welcome everyone to our bi-annual newsletter. If you missed the first one it can be seen on our website or our facebook page. We really look forward to your participation & feedback. Please contact us if you'd like to share anything with us.

Email is tayyaba@manitobadownsyndromesociety.com . Thank you!

Dual Diagnosis - Down Syndrome & Autism

The combination of Down syndrome and Autism spectrum disorders (ASD) was considered rare until quite recently. Now, several publications suggest that about 1 in 20 children with Down syndrome might have ASD—a 25 times higher chance than in the general population.

ASD is not a single disorder, but a group of pervasive developmental disorders with a wide range of symptoms that can vary in severity. Low IQ, repetitive or ritualistic movements, postures or utterances (stereotype), lack of eye contact, inability to “process” spoken language, and infantile spasms (a form of epilepsy) are all potential risk factors for autism. Diagnosis of ASD is itself challenging and in a person with Down Syndrome you can not differentiate the cause of certain behaviors.

A thorough assessment and a formal diagnosis may help parents better understand what is going on with their child and may enable them to offer better support. In some cases, a diagnosis could lead to partial treatment of certain behavior, which is beneficial to the child and the family. For practical purposes, a formal diagnosis can help get school services and programs.

https://dsresearch.stanford.edu/community/archives/archive_issue_11.html

UPCOMING EVENTS

See Me Beautiful Conference— this conference is designed for educators, parents and community members who are passionate about supporting a person with Down syndrome. It is on November 6, 2019.

Family Winter Sleigh Ride— The MDSS is hosting its first fun filled Family Winter Sleigh Ride event. It will take place on December 1st, 2019 at Birds Hill Park Ranch. For more information please visit our website (Registration Deadline November 20, 2019).

World Down Syndrome Day '19

The Winnipeg Sign located at the Forks changed its color to BLUE and YELLOW in celebration of **World Down Syndrome Day** on **March 21st**. A big thank you to everyone who joined us for a group photo. A special thanks to the Lord Selkirk School teacher, Joan, for initiating this awareness opportunity in support of a local student.

In honour of World Down Syndrome Day, the Winnipeg Police Service members from District 3 hosted their 2nd fundraiser Hockey Game and presented a generous donation of 500 dollars to the Manitoba Down Syndrome Society. We thank our Down Syndrome Community for joining us, we all enjoyed the game and hope it will become an annual event.



Thank You Note - Baby Love

The Manitoba Down Syndrome Society (MDSS) hosted its' Spring Baby Love event on April 27, 2019. And on October 19, 2019 Our Baby Love Event for the Fall took place.

Baby Love Coordinator: Kris Yunker

The Manitoba Down Syndrome Society (MDSS) hosted its Fall Baby Love event on October 19, 2019.

This year I decided to go Green and sent out invitations via email. This process seemed to go well and it not only helped the environment but also saved on the costs! Another change this time around was the new location. The Bronx Community Center was a hit and we will continue to host future Baby Love events at this same facility. We had 151 people RSVP however 110 were in attendance; some of which were new families who experienced their very first Baby Love. We were also joined by families from Neepawa and Ontario. The children were entertained for one hour with appearances by Spiderman and Elsa. Guests enjoyed a yummy lunch after that. Board members Serena and Tayyaba were in attendance as guests and Kathy was on hand to take some photos. In addition, a big thanks to Kyle who was on hand as videographer for the day. We had Volunteers Dorothy, Joan, Pat, Janet and Donna; thank you to everyone for their hard work. We hope to see you all at the next Baby Love event which will be held on **April 18, 2020** with our regular time of **10:00 AM-1:00 PM**.

"We hope you leave having met a new friend"

Walk With Us

Thank you to everyone who participated in this years annual MDSS Walk With Us fundraiser at CMU Sept 29, 2019.

Although it was another rainy day, we still had over 600 walkers! A huge thank you to our MANY volunteers - family and friends - we couldn't do this without you! Special thanks to Paula and her group of RBC volunteers - thank you so much for donating your time! Also thank you to Chloe and Jeremy Williamson for taking pictures and video

Congratulations to our winners:

MOST RAISED - Team Eynne's Entourage - \$6065

MOST WALKERS - Team Emalyn - 55

(honorable mention to Team Reya Sunshine with 50 walkers)



Despite the rain a lot of fun was had by all. We had Elsa and Spiderman, Blue Bombers mascots and cheer leaders, face painting, a photo booth, and special thanks to the Winnipeg Police Service Community Support unit who brought ARV. Everyone had a blast dancing to the 2 Man Band and Jake Chenier! There was pizza/chips/cookies both regular and gluten free. Thank you to the Fontaine family for cutting the ribbon and leading the way for our walk :)

This year, through your efforts, we were able to raise over \$60,000.00 for MDSS. I would personally like to thank the MDSS board and the Walk With Us Committee for helping me navigate my first year as the coordinator. Your dedication to the organization is what makes this event a huge success. Thank you to everyone who participated. See you next year!



Grand prize contributors*

True North Youth Foundation
Dave Yunker

Corporate sponsors

Lawton Partners
XL Drilling
Old Dutch
Sierra Courier

*you can find the list of prize contributors for the WALK With Us on our MDSS website and Social Media.

**if you have any comments/questions/suggestions please feel free to email me at ccwpgmb@gmail.com. Feedback is always appreciated :)

Christine Collings –Walk With Us coordinator



Applebee's Flapjack Fundraiser Breakfast

The MDSS hosted our well-known annual event which was organized by Susan Cearn and her daughter Ruth. Participants were served a delicious breakfast of pancakes, bacon, juice, tea and coffee. This wonderful breakfast was served by our Self-Advocates and volunteers. A new addition was our delicious ROCK YOUR SOCKS cookies!

Every year we look forward to your participation. Please Contact Susan if you or someone you know would like to volunteer for the next Pancake breakfast!

Next one is on **March 22, 2020!**



Annual General Meeting

Thank you to those who attended our AGM. Val Surbey has stepped down from the role of president of MDSS. We are thankful for all of her fantastic efforts for our organization. Kris Yunker has been nominated as the new President. Devin Newton, as vice president. Rick Sawyer as the Treasurer and Kathy Yunker, the Secretary. We wish them all success in their new roles.

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 to us at anytime at

info@manitobadownsyndromesociety.com

Book Launch

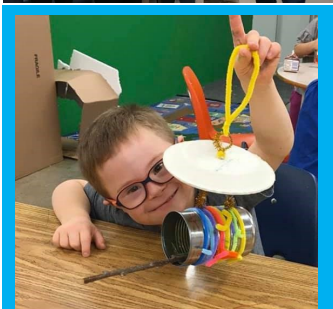
The MDSS would like to invite the community to the Winnipeg book launch for **"Shut Away: When Down Syndrome Was a Life Sentence" by Catherine McKercher.**

This event will be held **Wednesday, November 13th 2019, 7:30 pm** at McNally Robinson located at 1120 Grant Avenue. Brandy, MDSS board director, will be joining Catherine McKercher for a discussion about her new book and the changes in supports for families and loved ones. Please note that a portion of proceeds from sales of "Shut Away" will be donated to the MDSS.

News



- ◆ MDSS Westman Chapter—We are trying to re-establish MDSS in Western Manitoba so if you or someone you love live there, please contact our representative Shelby Colvin at shelby@manitobadownsyndromesociety.com.



Bird Feeder by Jackson



Artwork by Daaniyal

- ◆ We are proud to announce that we now have our very own custom made umbrellas. They are high quality umbrellas sporting our beautiful MDSS logo and will be available to you for the great price of \$20.00 (taxes included). These awesome umbrellas are available at MDSS events.
- ◆ The Fontaine Family had an opportunity to be featured on Charleswood neighbourhood magazine where they talked about their son Daxton and all of their experiences. You can read more on our website or facebook page.
- ◆ Manitoba Down Syndrome Society would like to give a heart-felt thank you to the Royal Arch Masonry for your generous donation! It was such an honor to meet you in person and to accept the cheque on behalf of MDSS! What an amazing opportunity, thank you again!
- ◆ Our Instagram account is now LIVE! You can follow us on **@manitobadownsyndromesociety**

For general information

Visit: www.manitobadownsyndromesociety.com

Contact: info@manitobadownsyndromesociety.com

For Newsletter related content submission

Contact: tayyaba@manitobadownsyndromesociety.com