



Issue No. 1

June 2011

Welcome F.R.I.E.N.D.S.

Welcome to the first edition of the F.R.I.E.N.D.S. monthly newsletter. It is our goal to keep our group connected to each other, informed of upcoming events and activities, as well as educate and share medical, social, and political information about persons with Down syndrome.

It will be imperative to the success of this newsletter to receive input from our group throughout the month on these topics and any other's that you feel the group would benefit from.

This format is a work in progress, so if you have any ideas, comments or suggestions on how to improve the format or content, please do not hesitate to share.

Health & Wellness

This section will be devoted to health and wellness topics.

Down syndrome is our group's common bond, but we all have had different experiences with our children's health and can benefit from sharing this knowledge with one another.

We will also provide links to accredited sources for medical research and additional information.

Social & Political Awareness

Links and other information will be provided on current issues dealing with Down Syndrome awareness and acceptance.

Upcoming Activities

June Upcoming Events

June 25th- First Annual Crab Feast in Honor of Autumn Grace Blasko- at 7pm at the Urbana Fire Hall, Urbana, Maryland, for more information and tickets please contact Alicia Solano at 240-401-8478 or at alicia.solano@comcast.net

June 29th- Buddy Walk Planning Meeting- at 6:30pm we will be meeting at the Baker Park band shell area...if it rains, then the meeting will be held at MUMC

Our Kids Corner

Once a month we would like to feature a child from our group (w/picture) and include a short bio

Affiliated Organizations

We will include links to our partner websites and any available information about their organizations that can provide further support to our group.



<http://friendsofredco.org/>

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