

JULY 2012 Newsletter

Issue No 14

HAPPY BIRTHDAY AMERICA- HAPPY 4TH OF JULY

**MOVIE NIGHT- FRIDAY- JULY 20TH- START TIME- 7pm- MUMC
EVITE TO BE SENT OUT SHORTLY**

THANK YOU TO ROTARY AND CATHERINE FAIRLEY

Thanks to the Rotary Club and Catherine Fairley's efforts, we now will have rotational volunteer staff at our monthly meetings to help out with the youth while the parents are able to listen to speakers, coordinate activities such as the Buddy Walk and socialize with each other.

SAVE THE DATE: 11TH ANNUAL BUDDY WALK DATE SET FOR SEPTEMBER 22ND, 2012:

Much preparation is going to be needed to accommodate our ever growing group and outreach programs, so PLEASE, if you have not been involved in previous years or are new to the group, we NEED YOU!!! There are many volunteer opportunities available and needed to make this day a HUGE success for our group and our Down syndrome awareness efforts. Committees are forming now, contact Denny for more information.

KIDS CORNER

Every month we strive to showcase a different child from our group in our Kids Corner. If your child has not yet been showcased, please send a picture and a bio to holly.mohler@yahoo.com. Beginning next month, we will also be showcasing siblings of our group, so please send in your bios and pictures.



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HAPPY 4TH OF JULY

FUN FACTS ABOUT THE 4TH OF JULY:



It has now been 236 years since the signing of the Declaration of Independence on July 4, 1776.

1. A Truly Young Nation

The average age of the Signers of the Declaration of Independence was 45.

The youngest was Thomas Lynch, Jr (27) of South Carolina. The oldest delegate was Benjamin Franklin (70) of Pennsylvania.

The lead author of The Declaration, Thomas Jefferson, was 33.

2. An Act of Treason

After signing the Declaration, John Hancock remarked that Congress must now “*all hang together*”.

Benjamin Franklin replied,
“*Yes, we must indeed all hang together, or most assuredly we shall all hang separately.*”

3. Date for History

Congress revised the Declaration for final approval on July 4, 1776.

The only two signers of the Declaration of Independence who later served as President of the United States were John Adams and Thomas Jefferson.

Both John Adams and Thomas Jefferson (bitter rivals) died on the same day, July 4, 1826, the 50th anniversary of the Declaration.

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4. Enjoy Your Day Off Without Pay

Congress made Independence Day an official unpaid holiday for federal employees in 1870. (In 1938, Congress changed Independence Day to a paid federal holiday)

5. Our Nation Has Grown

There were an estimated 2.5 million people living in the newly independent nation in 1776. Total U.S. population in 2011 was 311.6 million.

6. A Salute to the Union

A salute of one gun for each state in the United States, called a "[salute to the union](#)," is fired on Independence Day at noon by any capable military base.

7. The Liberty Bell Tap

Every 4th of July the Liberty Bell in Philadelphia is tapped (not actually rung) thirteen times in honor of the original thirteen colonies.

FOUNDING FATHERS FACTS

OF THE FOUNDING FATHERS WHO BECAME PRESIDENT, ONLY GEORGE WASHINGTON DID NOT GO TO COLLEGE. JOHN ADAMS GRADUATED FROM HARVARD, JAMES MADISON GRADUATED FROM PRINCETON, AND THOMAS JEFFERSON ATTENDED THE COLLEGE OF WILLIAM AND MARY.

THOMAS JEFFERSON DIED BROKE. BEFORE HIS DEATH, JEFFERSON WAS ABLE TO ALLEVIATE PART OF HIS FINANCIAL PROBLEMS BY ACCEPTING \$25,000 FOR HIS BOOKS FROM CONGRESS. THOSE BOOKS WERE USED TO BEGIN THE LIBRARY OF CONGRESS. FRIENDS EVEN TRIED TO ORGANIZE A LOTTERY TO SELL PART OF HIS LAND TO HELP, BUT IT WAS NOT ENOUGH.

JOHN ADAMS DIED ON JULY 4, 1826, AT THE AGE OF 90 YEARS, 247 DAYS. HE HAD THE LONGEST MARRIAGE OF ANY EX-PRESIDENT. HE AND ABIGAIL WERE MARRIED ON OCTOBER 25, 1764, AND THE MARRIAGE LASTED 54 YEARS (HIS WIFE DIED IN 1818).

JAMES MADISON PROPOSED THAT CONGRESSIONAL PAY WOULD BE DETERMINED BY THE AVERAGE PRICE OF WHEAT DURING THE PREVIOUS SIX YEARS OF A CONGRESSIONAL SESSION.

THOMAS JEFFERSON AT EIGHTY-THREE YEARS OF AGE FELT THAT HE WOULD NOT LIVE THROUGH THE SUMMER OF 1826, BUT HE HOPED TO LIVE THROUGH JULY 4TH (THE 50TH ANNIVERSARY OF THE DECLARATION OF INDEPENDENCE). BOTH HE AND JOHN ADAMS DIED ON JULY 4, 1826 AFTER LONG AND DISTINGUISHED CAREERS. THEY HAD EARLIER BEEN FRIENDS, THEN POLITICAL ENEMIES, AND BY THE END OF THEIR LIVES HAD MAINTAINED A STEADY CORRESPONDENCE. ADAMS' LAST WORDS WERE "THOMAS JEFFERSON STILL SURVIVES" NOT KNOWING THAT JEFFERSON HAD EXPIRED EARLIER THAT DAY IN VIRGINIA. JEFFERSON'S LAST WORDS WERE: "IS IT THE FOURTH? I RESIGN MY SPIRIT TO GOD, MY DAUGHTER, AND MY COUNTRY."

PRESIDENT JAMES MONROE ALSO DIED ON JULY 4, 1831 — FIVE YEARS AFTER THOMAS JEFFERSON AND JOHN ADAMS.

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SOCIAL AND POLITICAL AWARENESS

THE POLITICS OF DOWN SYNDROME by Ed Lewis

The Politics of Down Syndrome by Ed Lewis, Kieron Smith Kieron Smith is the author of The Politics of Down Syndrome and the father of Tanzie, his primary-school age daughter who has Down syndrome. He spoke to Ed Lewis about the ideological and political causes of the stigmatisation and exclusion of people with the condition.

‘There are so many stereotypes and generalisations that surround Down syndrome and I was trying to work out why they had so much cultural purchase. The Americans use ‘retard’ a lot as an insult, which is used less here (there was a case, for example, of another comedian, Doug Stanhope on Radio 4 who got censured by Ofcom for using it in relation to Sarah Palin’s son). But here ‘Downs’ is used a lot, ‘mongol’ is still used occasionally. Insults around learning disabilities are used fairly normally on a day to day basis, whereas if you inserted a racist term instead, the same phrases wouldn’t get used. That’s a way to exclude people. It means, for example, that as soon as you have a conversation if there’s a diagnosis in pregnancy for Down syndrome, you see that metaphor, you don’t see the person. That’s the problem – it’s always a dehumanising exercise when you’re perceived as something else. Otherness and stigmatisation mean that you’re not seen as human. And that’s where it starts to have real effects on people. Do you think the dehumanising quality of the metaphor reflects the racist origins of the John Down’s diagnosis in the 19th Century, in which he labelled people with the syndrome as ‘mongoloid’ or ‘mongol idiots’? I think where you get a strong image developed in society, there are residues of these things, partially because of the physical characteristics which are common with the condition, which underline the otherness of it. This leads to the phenomenon of people going out and getting plastic surgery for their children, which is horrendous! I think the racist origins of the diagnosis is something that society has never fully faced up to – it’s surprising to me how many people don’t know anything about the history of Down Syndrome. We’ve seen recently with ‘Mongoloid’ being thrown around again it’s still there, there’s still an element of this. You can’t use ‘Mongol’ as throwaway word, it’s got so much baggage. Tell us about the effects that prejudice and discrimination have on people with Down syndrome and the ways in which they are excluded. They start from conception really. There’s a default position because of this existing stereotype that Down syndrome is such a terrible thing to bear for a person that it’s a legitimate thing to screen for it. Yet we don’t screen as a society for other things, Fragile X and cystic fibrosis for example, no particular difference in terms of the process, but because the image of Down Syndrome is so strong, the termination rates are very high. If you’ve not met anyone with Down syndrome and you don’t understand what the particular things that can help in terms of development, in terms of educational intervention and the opportunity to lead a fulfilling life, then you end up with a termination rate of 91%.

To read more- go to <http://www.zero-books.net/books/politics-of-down-syndrome-the> or buy the book

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HEALTH AND WELLNESS

HEARING ISSUES AND DOWN SYNDROME

Sixty to 80% of children with Down syndrome have hearing deficits." (Pueschel) Individuals with Down syndrome may have sensorineural loss, conductive loss related to otitis media, or both. Small ear canals are associated with this syndrome. (Cohen) This means that examinations are more difficult for these children and may have implications when fitting earmolds. It has been suggested by some audiologists that the child with Down syndrome produces an excessive amount of earwax. Sinusitis also is frequently a problem.

In his article "Health Care Guidelines for Individuals with Down Syndrome" Dr. William Cohen makes recommendations regarding medical management. Since loss of hearing, even minor loss, can greatly impact language development and learning, thorough and ongoing evaluation is critical.

The chart which follows shows his recommendations related to evaluating hearing function with children diagnosed as having Down Syndrome.

Age	Recommended hearing evaluations
birth to 2 months	Refer for auditory brainstem response (ABR) test or other objective assessment of hearing to assess hearing by 6 months of age, if not performed at birth.
2 to 12 months	Provide brainstem response test (ABR) or other objective assessment of hearing by 6 months of age if not performed previously or if previous results are suspicious.
1 to 12 years	Evaluation by ENT specialist for recurrent otitis media.
1-3 years old	Yearly auditory testing for children 1-3 years old and every two years for children 3-13 years old.
3-13 years old	Yearly auditory testing for children 1-3 years old and every two years for children 3-13 years old.
12 to 18 years	Hearing evaluations every other year.
over 18 years	Continue auditory testing every two years.

Additionally, parents and school nurses will want to monitor for ongoing problems with fluid in the middle ear. Generally parents can tell if a child has fluid in his middle ear and if it is infected because the child will cry, act fussy, or tug at his ears. He may also have other symptoms such as fever, diarrhea, or a runny nose. If the fluid is not infected, it may be harder to tell. (Texas Department of Health) However, if your child seems to be ignoring you more than normal or saying "huh" a lot or giving any indication that he or she might not be hearing very well, get it checked out. Don't accept the excuse that he is just being stubborn and not responding. He may not be hearing you.

Children with Down syndrome may also have sensorineural hearing loss. They may have processing difficulties that affect their perception of words and their auditory short-term memory usually has limited capacity for storing and processing units of information they hear, for example, words and their meanings, instructions and numbers. (Buckley & Bird, 1994) Good assessment is very important in both of these areas as well, especially when planning instructional intervention.

Retrieved <http://www.deafblind.com/downmoss.html> on June 28th, 2012



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UPCOMING EVENTS AND ACTIVITIES

JULY

JULY 20TH- MOVIE NIGHT at MUMC- 7pm

JULY 19TH- 22ND- NDSC CONVENTION- F.R.I.E.N.D.S is offering the first 20 families to sign up a \$75 reimbursement check for the conference- sign up TODAY!

AUGUST

AUGUST 7TH- MONTHLY MEETING

FAMILY NIGHT OUT- BOWLING- Saturday in August

SEPTEMBER

WEEK PRIOR TO SEPTEMBER 22ND- STUFF THE BAG NIGHT- VOLUNTEERS NEEDED

SEPTEMBER 22ND- BUDDY WALK

OCTOBER

OCTOBER 2ND- MONTHLY MEETING- DRESS UP FOR HALLOWEEN PARTY

FAMILY DAY- HARVEST FARM- Saturday in October

NOVEMBER

NOVEMBER 6TH- THANKSGIVING DINNER

TECHNIQUES FOR SUCCESS CONFERENCE

DECEMBER

DECEMBER 4TH- CHRISTMAS PARTY

MISC:

F.R.I.E.N.D.S PHOTO SHARING- [HTTP://DOWNBUTUP.SHUTTERFLY.COM/](http://downbutup.shutterfly.com/)SHARE PHOTOS OF THE GROUP AND INDIVIDUALS WITH DOWN SYNDROME THROUGHOUT THE YEAR

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UPCOMING EVENTS AND ACTIVITIES

Save the date!

4TH TECHNIQUES FOR SUCCESS CONFERENCE

November 9, 2012 – Parent session

November 10, 2012 – Conference for educators

The 4th Techniques for Success (TFS) conference will take place in November 2012. TFS focuses on practical strategies for educating students with Down syndrome and those with other special needs. This year, there will be a special session for parents in the evening of Friday, November 9 (location to be determined) and an all-day conference for educators on Saturday, November 10, at the Gaithersburg Marriott in the Washingtonian Center.

Please save the date and ask staff at your child's school to attend!

Inviting your child's teaching team is a great way to show support for them and to spread up-to-date knowledge about Down syndrome within our school system.

The educators' conference is appropriate for general and special education teachers, paraprofessionals, therapists, counselors, administrators and homeschooling parents. The specific topics and speakers change each time so it is worthwhile to attend every year. This year's topics will include technology, behavior issues and an interactive session about accommodations, modifications and strategies.

The conference is offered free of charge, thanks to those Buddy Walk donations. Watch the DSNMC listserv and website for details about registration, which will open in the late summer.

TFS is a joint effort between DSNMC and F.R.I.E.N.D.S. of Frederick County. If you would like to become a part of the Planning Committee, please contact Heather Sachs, TFS Planning Committee Co-Chair, at heather@dsnmc.org.

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OUR KIDS CORNER

WE WOULD LOVE TO SEE YOUR CHILD FEATURED HERE NEXT MONTH

EVEN SIBLINGS ARE WELCOME TO BE HONORED- PLEASE SEND IN YOUR PICTURE AND BIO TO HOLLY.MOHLER@YAHOO.COM





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AFFILIATED ORGANIZATIONS



Newsletter Committee:

Holly Mohler (holly.mohler@yahoo.com)