

# PODS NEWSLETTER

Parents of Down Syndrome Support Group OF NEPA

A Division of The Arc of NEPA

August-September 2009

Prepared by: Kristen Finnerty

## Sara Wolff to be Guest Speaker at PODS of NEPA 2009 Buddy Walk

We are proud to announce that Sara Wolff will be this year's guest speaker at our annual Buddy Walk. As a self-advocate, Sara is a local celebrity in her own right. She organized the first Buddy Walk in Lackawanna County in 2001. She also starred in public service announcements with Meredith Viera of *The Today Show* that were developed by the National Down Syndrome Society for the 2008 Buddy Walk. Sara is an accomplished individual who graduated from North Pocono High School and went on to take classes at Keystone College. She now works as a Law Clerk at O'Malley and Langan, P.C. in Scranton. Her resume also includes work as a motivational speaker for several organizations, including the NDSS, The Arc of NEPA and the University of Scranton. She currently serves on the Board of Directors for the ARC of PA as well as the National Down Syndrome Society.

We are very excited to have Sara speak at this year's Buddy Walk. As a self-advocate she is an outstanding individual and a great role model for our children.



Preparations are well underway, but we still need your help.

If you would like to volunteer to help in anyway, please contact Steve Finnerty at [steven\\_finnerty@comcast.net](mailto:steven_finnerty@comcast.net) or 585-2962. We are currently looking for volunteers to help with setup the day of the walk.



From left: Bryce Borowski, Olivia Reese & Emilee Smith

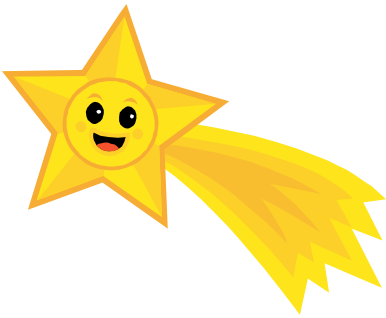


**REMINDER:** The Annual PODS of NEPA Summer Picnic is 12 noon on Saturday, August 29<sup>th</sup> at Lackawanna State Park, Pavilion 1. Please RSVP to Kristen Finnerty at 585-2962 or [finnertyk@comcast.net](mailto:finnertyk@comcast.net).



Congratulations to the Lackawanna County Little League Challenger Baseball Team who will be headed to Williamsport on August 29<sup>th</sup> to compete against the Challenger Team from Springfield, VA in an exhibition game during the Little League World Series festivities.

GOOD LUCK!



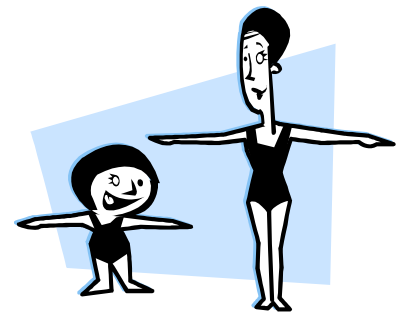
Next Swimming Session Begins Thursday, September 10<sup>th</sup>. The class time is 5:50pm – 6:30pm. If you are interested in attending, please contact Kristen Finnerty at 585-2962. Parents are required to be in the pool with their child.



We're looking for submissions for an outstanding individual in our community that you feel has made a huge impact on your child with Down Syndrome's success. We would like to honor one individual at this year's Buddy Walk. Send in an e-mail to [finnertyk@comcast.net](mailto:finnertyk@comcast.net) on who you are nominating and why. The Board will review the submissions and vote on the winner.

## THANK YOU!

PODS of NEPA would like to give a big thank you to Linda Coleman and Meg Rembecki for organizing some outstanding events this summer. Linda once again organized a great time at the annual PODS of NEPA baseball outing at the Scranton/Wilkes-Barre Yankees Stadium. She did not let a little rain stop the festivities. Thanks Linda! This year Meg Rembecki coordinated our first annual dance party at St. Michael's Russian Orthodox Church in Old Forge. The children and parents had a blast dancing to the tunes spun by EJ the deejay. Thanks to Meg for organizing the event and to the John & Michele Soucek for donating the event space.



The Keystone Extreme Team Fire is a local Special Needs Cheerleading Team that recently won the World Championships in 2009. An Open House will be held on October 23, 2009 from 6pm to 7pm for more information and enrollment. The gym is located at 1505 E. Lackawanna Ave, Olyphant, PA. Visit [www.nepacheer.com](http://www.nepacheer.com) or call 383-1910 for more information.