

# PODS Newsletter

Parents of Down Syndrome Support Group OF NEPA

A Division of The Arc of NEPA

March 2012

## HAPPY ST. PATRICK'S DAY

Mark your calendars for our next meeting:

Sunday – March 25, 2012

The ARC of NEPA  
115 Meadow Ave  
Scranton, PA

6:00 PM (Board members 5:00)

Babysitting will be available



October 2012  
**October 2012**

A great big thank you to Sherry Durkin, Debby Pusey, Toni Christ, and Cindy Rossi for heading the Buddy Walk committee! Stay tuned for details

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## Mass of Awareness

Sunday, March 11<sup>th</sup> at St Peter's Cathedral, 315 Wyoming Avenue in Scranton at 10:00am. The mass is followed by a continental breakfast in the former Bishop Hannon building.

## World Down Syndrome Day

Come celebrate World Down Syndrome Day with us, Wednesday, March, 21<sup>st</sup> – see the attached flier!

### **How are you celebrating this World Down Syndrome Day?**

The My Great Story public awareness campaign honors the 400,000 Americans with Down syndrome by sharing inspirational stories by and about them. The collection is authored by people with Down syndrome as well as their family members, friends, colleagues, others. The stories are displayed in a beautiful online storybook.

There are several sections in which participants can share their stories, including family, friends, education, hobbies, amongst others. There is a new section for World Down Syndrome Day stories! All are encouraged to share their plans for March 21 and let everyone know how they are celebrating!

In addition to sharing a story, there are other ways to participate in the My Great Story campaign as well. Everyone is invited to read through the collection of stories already on the site, and to comment and vote on their favorite ones. The top voted story each month wins the My Great Story of the Month Contest, and the top two voted stories are featured in the NDSS monthly e-newsletter.

Visit [http://ndss.org/index.php?option=com\\_mgs](http://ndss.org/index.php?option=com_mgs) to access the My Great Story campaign site and click the submit bookmark to share your story.

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## Annual Easter Egg Hunt



*We look forward to seeing you at the  
Annual Easter Egg Hunt – Saturday  
March 31<sup>st</sup> ! Don't forget to RSVP with  
how many will be attending – Thanks  
(For more details, see the attached flier)*

## Updating Contact Information

Help us stay in contact with you. We are trying to update any mailing addresses or e-mail addresses that might be out of date. If you think you might not be receiving e-mails or postal mailings, please let us know. Or if you know someone who is not receiving e-mails or postal mailings and wants to, let us know at [podsofnepa@yahoo.com](mailto:podsofnepa@yahoo.com) .

Please email us with any topics you wish to see discussed at an upcoming meeting or to offer a suggestion for a guest speaker.



Thank you to everyone who came out to the Parents Night/ Meet & Greet. We especially want to thank Christine Fick for putting together such a wonderful evening!

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[Down Syndrome Research and Treatment Foundation](http://www.dsrtf.org)

## Improving Cognition

The Down Syndrome Research and Treatment Foundation is dedicated to finding a treatment to improve cognition including learning, memory and speech for individuals with Down syndrome. Since the founding in 2004 they have become the leading private source of funding in the United States for Down syndrome cognition research.

## The Mission

The mission of DSRTF is to stimulate biomedical research that will accelerate the development of treatments to significantly improve cognition, including memory, learning and speech, for individuals with Down syndrome in order that they:

- participate more successfully in school;
- lead more active and independent lives;
- and avoid the early onset of Alzheimer's Disease.

## The Vision: Not a Cure, but Treatments to Improve Memory, Learning, Speech, and Ultimately Independence

DSRTF's vision is a world in which people with Down syndrome are fully included in academic and social environments and where they can live independently as adults, if they so choose. In recent years, private and public services, including early intervention, special education and job training, have greatly improved the lives of those who have DS. Nevertheless, cognitive challenges make it difficult for most to live independently during adulthood, and additionally most of those with DS experience the early onset of Alzheimer's Disease.

DSRTF is funding research that applies the information, tools and techniques resulting from the genome project along with recent advances in brain research to the study of cognition in Down syndrome. Their goal is the development of treatments that will improve learning, memory, and speech, and therefore enhance the lives of those with Down syndrome and their families. The majority of individuals with Down syndrome fall into the mild to moderate range of cognitive impairment. For many of these individuals, a 10%-20% improvement in cognitive ability would provide them with the ability to live independently, hold a job and be fully integrated within their communities.

You can read more at <http://www.dsrtf.org>