

PODS Newsletter

Parents of Down Syndrome Support Group OF NEPA

A Division of The Arc of NEPA

May 2011

Prepared by: Meg Rembecki & Valerie Altier

Mark your calendars for our next meeting

Sunday June 5, 2011

*The Arc of NEPA
115 Meadow Ave
Scranton, PA*

5:00pm - Board

5:30pm – General meeting

*Babysitting will **NOT** be available*

This meeting is dedicated to discussing the Buddy Walk, so please bring your ideas. We also need Volunteers!!!



We would like to thank Christine Fick and Cindy Holmes and everyone who donated their time and goodies for the Annual Easter Egg Hunt. We all had a great time and really appreciate all that you do!!



Mark your calendars for the PODS baseball game, Friday, June 3rd at 7:05pm. Registration and payment is due by May 27th - Hope to see you there!

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Buddy Walk 2011

It's Official – the date is set

The Buddy Walk will be here soon, so please come to the next meeting if you are interested in signing up to help. This is a very special year. It is the 10th anniversary of the Buddy Walk in our area. Volunteers are needed to help make this a huge success as it has been in the past! Bring your ideas and suggestions. The date for the walk is **Sunday October 9th** at North Pocono High School. If you cannot make it to the meeting, but would like to help out, please contact Michele Reese at michelereese1@aol.com or (570) 862-1679.

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[PODS of NEPA Playgroup](#)

The PODS playgroup will meet over the summer at local parks. All are invited!! Hope you can come! Find us on facebook at [PODS of NEPA Playgroup](#), request to join the group and I will send out an invitation as a reminder each week. I realize that most people will not be able to attend all the groups, but please try to respond to the weekly invitations. I will mail out on facebook so that we can all tell if anyone else is able to attend. If you are not on facebook, you can email Amy Quinn at aqtommy9@comcast.net. Below is the tentative schedule for the summer:

May Playgroup:

Friday, May 27th - Monroe Park, Dunmore - 10am

June Playgroups:

Friday, June 17th - Mellow Park-bring a lunch - 10:30am

Wednesday, June 22nd McDade Park - 4:30-6:30pm

Saturday, June 25th Moffet Estate, Covington - 10:00am

Tuesday, June 28th Condella Park in Olyphant (the "flats") - 10am

Thursday, June 30th Parent "playgroup":=) Dunkin Donuts in Dunmore - 7pm

*In the case of bad weather, the playgroup will be cancelled for that day and we will catch up the next week. If you have a suggestion for a different park, I will gladly take them as we go along. We can always change our location and then let people know ahead of time. I can get to all of these parks, but I am not good at giving directions to them!

**Dates and locations are subject to change as the summer progresses, but I will keep you posted through facebook. Please understand that there may be park outings that no one is able to attend, so you must check the list of attendees on facebook to see if anyone else is going. This is meant to be a casual meet-up and the number of people attending may vary from time to time due to people's schedules.

My Great Story Father's Day Section



Father's Day is coming up next month, and the newest My Great Story holiday section will be devoted to sharing and telling stories about the dads in your life! All are encouraged to share stories about fathers, grandfathers, husbands, brothers, uncles, nephews, cousins and friends who have children with Down syndrome. We especially want to hear from self-advocates about their dads! Go to <http://www.ndss.org/> for more information on how to nominate someone great!