

DESIGNER GENES DATES TO REMEMBER



Save the date for DG events!

Designer Genes hosted an indoor picnic on March 18th with approximately over 10 families in attendance. There was much visiting, laughing and chasing of children.

The best thing about an indoor picnic is the weather is always great! Designer Genes hosted an indoor

Physical therapist Heather Lundeen shared information about motor functions in individuals with Down Syndrome.

Mark your calendars and don't miss the opportunity to take part in future Designer Genes events:

August 6 • Annual Family Picnic 3 p.m. - 7 p.m. CDT

Jaycees Centennial Park Shelter
When we say family picnic, we mean bring the whole crew—grandparents, nieces, uncles and even cousins are welcome. We'll

even take really good friends that seem like family. Watch your mail for invites with more information as the date approaches.

September 30 • Buddy Walk 11 a.m. CDT

State Capitol Grounds
Join us for the 3rd Annual Designer Genes Buddy Walk. Each year we keep learning and improving our awareness efforts. Come help shine the light on the what individuals with Down syndrome can accomplish.

ATTEND THE FAMILY CONNECTIONS CONFERENCE

There is still time to register for the 2006 Family Connections Conference taking place June 15-16, at the Bismarck Ramkota Hotel. Focused on families with children who have special needs, the conference offers a variety of topics to meet the interests of any family. Sessions apply to children and adults with special needs.

A unique portion of the meeting will feature an exercise called Open Space, which tries to build community responsibility by joint problem solving. Participants will find that everyone's voice will be heard and they'll leave feeling like change is possible.

More information about the entire conference and the family picnic planned for the evening of June 15 at Magical Moments Playground, can be found online at www.conted.und.edu/connections or contact Roxane at 701-258-7421. Or check out the enclosed flyer.

BECEP FAMILY SUPPORT

BECEP held an end of the year picnic for it's family support group in May. It was a great time filled with incredible diversity and kids with a wide range of abilities. The family making connections with each other shared one thing in common, they all have someone with a special need in their life. Isn't it cool how we are all more alike than different?

DS MEDICAL SITE

Looking for an interesting web site with information about medical issues and Down syndrome? Check out: www.ds-health.com

Watch for the next edition of Positive Places in late July/early August.

CELEBRATING THE RAINDROPS IN OUR HOMES

A wise person once shared a story about having a child with Down syndrome and how it was a little different that having a typical child. The comparison dealt with developmental differences by talking about rain.

When you have a child without Down syndrome, you are constantly getting a little rain (reaching developmental milestones). If your child has Down syndrome you often have long periods where no rain falls. You wonder if you'll ever see the rain as you become frustrated because your child just can't master some new skill. But, when rain comes it seems to down pour. You reach one milestone, than another and another that somehow seemed out of reach. So you see, all parents ex-

pect rain. Parents with children who have Down syndrome have just learned to appreciate each drop a little more because sometimes they wait a little longer for rain to fall.

In each of the upcoming issues of this newsletter, we hope to share some little accomplishments or RAINDROPS our families are having in their lives. We'd like to invite anyone who is comfortable to share their successes here for all of us to cheer about. When we celebrate together, everyone succeeds!

Two-Wheeler Riding

Congratulations to Sarah Goodman who is the proud master of a two-wheeler bike! Great job!



We should celebrate every drop!

Puzzle Master

Twenty-five piece puzzles have met their match! Cristian McMerty is independently tackling them whenever he gets the chance.

Wanted: Your Successes

Let us celebrate your family and it's accomplishments. Email your raindrops to msmcmerty@bis.midco.net for inclusion in our next newsletter.

SUMMER FUN AVAILABLE ALL OVER TOWN

Looking for some fun things to do this summer? Here's a couple of suggestions to help keep the family busy and active!

• Signing Times on PBS Kids

PBS is broadcasting an excellent sign language show for children. Check it out at 12 noon on Sundays.

• Digital Cable Offers PBS Sprouts

Great PBS programming is not available anytime on digital cable's new PBS Sprouts channel. Check it out on channel 109 in the Bismarck-area.

• Capital Racquet Kiddie Exercise Classes

Capital Racquet and Fitness Center is offering half-hour fitness classes for kids for \$1 called Kiddie Size. Call Capital Racquet at 221-6855.

• New Elks Aquatic Center - Swimming Pools

Young and old can have a great time at the new Elks Aquatic Center. Complete with a pool and toddler-terrific splash park, admission to the park is \$2. Also

don't forget Hillside Pool for some great waterslide action along with regular pool enjoyment.

• YMCA Day Camps

During the summer months the Bismarck YMCA offers a number of day camps for children of all ages. For more information about a program that may be of interest to your child, check them out line at http://www.bismarckymca.org/summer_camps.htm

• Easy Fun At Home

Don't forget the easy joy you can create with the following at home during a lazy summer day:

- Bubbles
- Water Sprinkler
- Sidewalk Chalk
- Water Balloons
- Popsicles
- Tents

Positive Places • Designer Genes
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