



APRIL 2013

COME to the:

Alaska Chapter National Down Syndrome Congresses

POLKA DOT DANCE

Round Food!

Wear your dots!

Prizes!

Saturday, April 27th
7:00-9:00 PM
Polaris K-12 School
6200 Ashwood Street



**Bring
a
friend**

For more information or to volunteer, contact Judy Waldron - 244-0455

Board of Directors

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694-2545

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CHAPTER WEBSITE:
www.alaskadownsyndrome.org

DON'T FORGET TO MARK THIS ON YOUR CALENDAR!

**Swimming at West High School
Sunday, May 5th
2:45 - 4:45**

Calendar of Events

<p><u>April</u> 14th - Baby Group Party Rose Fitch's House</p> <p>25th - 6:00 pm Board meeting - BP Energy Center</p> <p>27th - 7:00 - 9:00 pm POLKA DOT DANCE Polaris School</p>	<p><u>May</u> 5th - 2:45 - 3:45 pm Swimming West High School</p> <p>23rd - 6:00 pm Board meeting - BP Energy Center</p>	<p><u>June</u> 27th - 6:00 pm Board meeting- BP Energy Center</p> <p>26th - 5:00 - 9:00 pm Annual Summer Picnic Ruth Arcand Park</p>
<p><u>July</u> 25th - 6:00 pm Board meeting-BP Energy Center</p> <p>TBA -Family Swimming</p>	<p><u>August</u> 22nd - 6:00 Board meeting-BP Energy Center</p>	<p>We welcome to our group Kaydan Lee, born 1/27/13. He joins 4 siblings - Tara, Shayna, Marissa, and Kavan. Proud parents are Brad and Lori. Lori homeschools and manages the family while dad is a chaplain at JBER. They will also be joining our little satellite group in Eagle River / Chugiak.</p>

Rose Fitch, mother of Reilly, has started organizing some activities for our kids who are 5 years old and younger. If you would like to be a part of this activity group e-mail list, please contact Rose at 297-9671 or by e-mailing her at rosemariem@gci.net Rose has also organized a Facebook group called AKDS Playgroup for Babies and Toddlers. It is private and if you are having difficulty finding it please let her know and she will invite you. The group has been attending the weekly "Toddle Time" sessions at Spenard Rec Center on Thursday. They have also played at H2Oasis on Friday and gone to story time at the library.

The AK Chapter's personal library is located in the S.T.E.P Center library, which is at the Anchorage School District headquarters on the corner of Boniface and Northern Lights. You can look up titles on their website by going to: STEP Center Anchorage School District, click on library search, then type in "Down Syndrome" in the space after "select a category". Click on search now, and you will find the many titles that our chapter has donated to this library of resources. The S.T.E.P. Center can send books through your child's school's mail, so you don't even need to make the trip yourself. For out-of-towners; call Karen Schudel at 346-3191 and she will personally mail it to you. The check out time frame is typical of any library. Not only are there resources for new parents, there is reading for young adults and children's books as well. Have fun reading!

YOUR BOARD AT WORK

Your Alaska Chapter NDSC is a working board, not an advisory board, and in my two months as President I have been impressed by their work. With part-time jobs, full-time jobs, their own families to care for, and often medical issues to take care of, these board members give their time to keep the connection among families all around the state. We can't thank them enough. Several of the members have been working for the Chapter since I left the Presidency 12-13 years ago! And so we must remember that "many hands make light work." We always need committed help on the Board; with a few more members for the Board or for committees, the work need not take up much time.

* Currently a *Vice President* is an absolute need in order to fulfill our bylaws and be renewed as a non-profit organization.

* Create a *Public Relations* position

* *Membership Committee* can use another helper

* We would like to have a "*Professional Liaison*" – a non-family person with an interest in giving our Board an outside perspective.

* Michelle (and all the Board) are looking for help with the annual BUDDY WALK, a single-event job.

CURRENT (new) WORK of the Board includes

* making new *Baby Packets* and distributing them to all the area hospitals and Infant Learning Programs.

* organizing a workshop with speaker June Takagi, Speech/Language Therapist

Please consider if you can join the Board in any capacity or are willing to work on a specific event / project. Give me a call for more information!

Donna Davidson
694-2545

IMPORTANT NEWS FROM THE TREASURER

I would just like you all to know that receipts for all scholarship payments are needed. This is just in case we were to be audited. This pertains to payments made directly to vendors.

Your help with this is greatly appreciated. Please be sure to include receipts when scholarship requests are made.

Scholarships are only available to members in the State of Alaska.

If you have any questions please don't hesitate to contact me.

Kim Ferko 222 - 4970
Treasurer

AKDS PLAYGROUP

APRIL

MONTHLY NEWSLETTER

2013

Greetings

This newsletter will arrive in your email during the first week of each month. Please send anything that you would like to see included in the next newsletter by the 25th of the current month to rosemariem@gci.net. I would love to include your suggestions, photos, links, events, invitations and stories.

To participate in discussions or make plans to meet up with other families please join our facebook group: [AKDS Playgroup for Babies and Toddlers](#) You may follow the link, or, if you are having trouble finding it please email me at rosemariem@gci.net and I will send you an invitation. Events that do not make it into the newsletter will also be posted on the facebook page as they come in.

Are you in the valley? There is a new group for you on facebook!

[Mat-su Valley Down Syndrome Support Group](#)

Supporting those with Down syndrome in the Mat-Su Valley, Alaska

We hope to see you at the [Playgroup Social](#) on Sunday April 28th!

SUNDAY APRIL 28 3 PM



[Playgroup Social](#) hosted by the Fitch family. All families with little ones or older members who would like to meet the young ones are welcome.

The kids can play, parents can socialize and play with the babies - or if you prefer, hang out in the garage and discuss Buick engine construction and maintenance :)

Snacks and beverages will be provided. Please let us know if you are coming just for planning... all are welcome!!!



8330 Little Dipper Avenue

297-9671 ~ Rose

rosemariem@gci.net

Events, Links and Calendars

ALASKA MUSEUM
OF SCIENCE & NATURE



<http://alaskamuseum.org/index.html>

Events calendar listing tinker times and preschool science workshops along with lots of other fun family activities



<http://www.anchagemuseum.org/calendar/GroupDetails.aspx?ID=31>

Listing of fun days and free days



<http://anchorage.macaronikid.com/calendar/>

Most events at the library and rec centers are listed on the Macaroni Kid calendar along with many fun activities in both Anchorage and the Mat-Su Valley



<http://www.bouncinbearsanchorage.com/SpecialNeedsNight.html>

Special Needs Night April 16th - admission is free for our children



<http://www.alaskazoo.org/kids-day>

Saturday, April 20 - 11am to 4pm

Celebrate Kids Day, Saturday, April 20 at the Alaska Zoo presented by Alaska USA.
Join in all the fun and it's free admission for kids 17 and under.



<http://trenalee.yourvirtuoso.com/index.html>

Music classes for children ages newborn to seven.



<http://www.kplayak.com/>

Kaleidoscope Play Studio is where random play and art collide! We have bright blue skies every day and it's always safe and warm. Kaleidoscope Play Studio offers a variety of tactile discovery so kids from 3 – 12 can learn while they play.

Baby and Toddler Fair

Saturday, April 20th 11am to 4 pm at the Egan Center

Toddle Time

\$5/family Tu/Th Ongoing 10:30a-12N NEW 10 PUNCH CARD FOR \$45 Spenard Rec Center, 343-4160

Drop on by and give your toddlers time to move and explore with a variety of play equipment. Toddlers can improve balance and coordination as well as make new friends. Parents must stay with children. For ages 0-2 1/2 yrs.

Loussac Library

<http://www.muni.org/departments/library/kids/pages/default.aspx>

Activities and events for kids at the library

Fun was had by all at the bowling get - together in March



