

SOUTHERN NEW MEXICO DOWN SYNDROME FAMILIES SPRING 2015 NEWSLETTER



VOLUNTEER POSITION AVAILABLE

When I volunteered to become the Interim Director of the Southern New Mexico Down Syndrome Families, it was with the intention of temporarily keeping the group active until the next Director could be named. That was five years ago. I've done my best to keep the organization going, but now it is time to pass the reins to someone who can give this important advocacy and support group the time commitment necessary for it to thrive. Our son Mateo is ten years old now, and is involved in more activities these days. In addition, obligations required by my full-time job at New Mexico State University are becoming increasingly time-intensive. My two busiest times at work also happen to coincide with the annual Buddy Walk and World Down Syndrome Day.

At the present time the position is unpaid. However, with some aggressive fund-raising that could change. SNMDSF is a 501(3)(c) registered nonprofit with the IRS.

My last day as Director of the SNMDSF will be June 30, 2015. If you know someone who may have an interest in leading the group, please let them know about this opportunity. We will put together a selection committee if there are multiple applicants. Applicants do not have to be persons with a family member affected by Down syndrome. We are just looking for someone with a passion to work toward the following goals:

- **To support families as they adjust to the birth of a child with Down syndrome.**
- **To provide informational and educational opportunities to families and interested persons.**
- **To provide support for new and expanded educational, recreational, social, vocational, and residential opportunities for individuals with Down syndrome.**
- **To provide legislative, informational, and advocacy support on issues impacting the lives of people with Down syndrome.**
- **To provide social support to families.**
- **To provide public awareness activities.**

I can provide any helpful advice upon request, but otherwise the group would be under the auspices of the Director and other officers. There has been discussion of forming an Advisory Board. I recently heard from someone in northern New Mexico who is willing to donate "Congratulations" baskets to new families, but I am still looking for a volunteer to coordinate welcoming new Down syndrome families to the community. The web page needs work, and a Facebook presence needs to be established again.

Through this position you will meet a number of loving and interesting families. The resource providers in the local community are especially supportive of our organization. Just seeing the smiles and laughter on the children, young people, adults, and self-advocates at such events as the Buddy Walk have made my time as Director a fulfilling and purposeful endeavor.

Thank you,

Tim Query

snmdsf@gmail.com 575-636-3643 (cell)

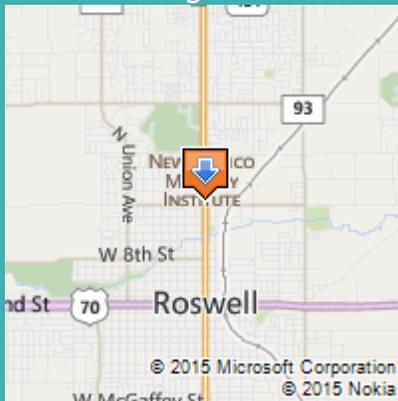
Please note that our next two monthly events will be outside of Las Cruces, in Roswell and Silver City. Details are as follows:



Are you coming to the 3rd Annual Educational Workshop?

When:
Saturday, April 25th
8:30am-4pm

Where:
Toles Learning Center -
New Mexico Military
Institute Campus
101 W. College



Roswell, NM 88201
[Driving Directions](#)

Keynote Speakers

Could you benefit from continuing education, professional development or great ideas on how you can better serve your students with different abilities?

You and your colleagues are invited to a one-day educational workshop on **Saturday, April 25, 2015**. After two greatly successful years, we are excited to host the Third Annual Educational Workshop in southeastern New Mexico. The purpose is to provide you with more tools and information to help educate all students especially those with special needs. This workshop is **FREE** to all educators, therapists, and parents. There will be great speakers, good food, exciting raffle prizes and lots of laughs. Come join us for a day of inspiration and fun.

Enjoy keynote speakers that will encourage and inspire all educational professionals regardless of your title or role.

There will be break out sessions to meet the needs of elementary teachers & secondary teachers, administrators, therapists and parents. Bring your friends for a day of fun and learning.

Complimentary continental breakfast, lunch & afternoon snack will be provide.

Although the event is FREE, we need you to register!



Ben & Wendy Erdman



Dr. Sean Smith

[Get More Information](#)

[REGISTER HERE](#)

[I can't make it](#)

Please don't hesitate to contact us at 575-622-1099 or email info@dsfsenm.org with any questions about how to register or for help registering.

Finally, thank you for your attention and quick response!

We look forward to seeing you on April 25th!

Sincerely,

Missy Holman

Executive Director

Down Syndrome Foundation of SENM

info@dsfsenm.org

Polynesian Night to Feature Island Food, Performances



© Western New Mexico University

Silver City, NM – Polynesian students at Western New Mexico University will be showcasing traditions in music and food at the third annual Polynesian Night on Saturday, May 9 at 6:30 p.m. in Old James Stadium. Share in this fun event with Down syndrome families from Silver City!



PLAY BALL! Dream League T-ball/Baseball runs from May 9 - June 27.

Registration begins April 22 @ Meersheidt Recreation Center.

A Researcher at East Tennessee State University is conducting a survey of parents of children with special needs. Please respond via the link below:

First Name: Jon

Last Name: Webb

Email: webbjr@etsu.edu<mailto:webbjr@etsu.edu>

Message:

Hello, my name is Jon R. Webb, Ph.D., and I am a Clinical Psychologist at East Tennessee State University, and also the parent of a child with Down syndrome.

I have received approval from the Institutional Review Board at my University to conduct a national survey of parents of children with special needs. Specifically, I am interested in learning more about the experiences of these parents, how they cope with daily life stressors, and what the effects of care-giving might have on their physical and emotional health.

Past research on families with children having special needs has largely been focused on dysfunction, or the negative impact of a special-needs family member. However, I am taking a different approach, focusing instead on positive psychological functioning such as resiliency, coping strategies and the strengths that emerge in such families. This area has been overlooked in the literature.

I am writing to you today to request that you disseminate information about participating in this survey to all members of your organization. Participants who volunteer will complete a group of online surveys asking about their emotional and physical health, coping techniques, and the quality of their life. Completing the surveys should take between 30-45 minutes, and all responses are both confidential and anonymous; all responses will be grouped together for analysis, no individual answers will be examined.

I am hoping that you will agree to spread the word about this survey, perhaps by posting a link to the online survey on your website, adding it to a newsletter, or sending the link out via email to your members. It is also my hope that the valuable information to be gained from this study will contribute not only to science, but will be used to improve the lives of families with members having special needs.

Here is the link: <https://www.surveymonkey.com/s/copingstudy>

Thank you in advance for your consideration and assistance. Please feel free to contact me at any time if you have questions about this study.

Sincerely, Jon R. Webb, Ph.D.