

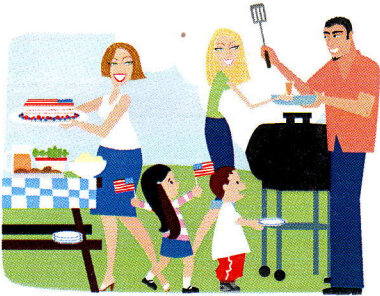
# PODS NEWSLETTER

Parents of Down Syndrome Support Group OF NEPA

A Division of The Arc of NEPA

June 2009

Prepared by: Kristen Finnerty



We are looking for volunteers to organize the PODS Summer Picnic. If you are interested in coordinating this event, please contact [finnertyk@comcast.net](mailto:finnertyk@comcast.net).

## Music Therapy begins Tuesday, June 23<sup>rd</sup> at 4pm at St. Joseph's Center

Bring your child with Down Syndrome to St. Joseph's Center for music therapy. Instructor Frank Carey leads the class through songs, small instrument play and a little bit of dancing too. There is no charge for the class, we just ask that you sign up before you attend. You can e-mail [finnertyk@comcast.net](mailto:finnertyk@comcast.net) if you are interested.



Check out self-advocate,  
Sara Wolff's feature on  
public speaking on the NDSS  
site:

[http://ndss.org/index.php?view=article&com=com\\_content&id=250&tr=y&auid=4951](http://ndss.org/index.php?view=article&com=com_content&id=250&tr=y&auid=4951)

**Keep up the GREAT  
WORK Sara!**

The next session of  
swimming begins Thursday,  
July 2<sup>nd</sup>



## VOTE FOR BRAD!

Self advocate Brad Hennefer, founder of the Golf for Life Foundation, has been chosen as one of 90 finalists in People Magazine and Major League Baseball's "All-Stars Among Us" national contest for his service to the community. **Vote For Brad!** Log onto [www.peopleallstars.com](http://www.peopleallstars.com) and click on the Philadelphia Phillies logo. Then click on Brad's picture. If Brad wins the Phillies vote, he'll win a trip to the MLB All-Star Game in St. Louis on July 14th, and will be recognized there. **If he's the top vote getter among all teams, Brad will be featured in an upcoming issue of People Magazine!** Votes must be in by 6/24.

*\*Source: NDSC e-mail*

# I Can Do It!



My name is Emilee Smith I am now 5 years old I attend Forest City Pre-K program. I love school, My favorite thing is to ride the Bus to School. I also love to run all the time, my mommy says I am like the energizer bunny!! I love the water, bath time is the best. My brother's name is Darrell, but I call him brother all the time. He tucks me in to bed at night and gives me a kiss, then tells me he loves me. He is always taking care of me. I have a Kitty cat named (Cheetah Beeta). I love her...Me and my brother play with her all the time.

My mom found a program called Keystone Extreme Cheer and Dance. This is run by Denise Olewnik Owner and Coach of the whole team. My mom was very nervous and thought I was to young at the age of 4, but I got to join. There are 13 of us all together. My Best buddy is Vito Sabia I like him a lot!! I have practice every Sunday at 1:00 to 2:30 pm. My personal coach's name is Stephanie, she is great! I spend my practices with her helping and also I am with her at the competitions. She helps me to stay on track with the routine. It is so much fun, I have lots of new friends too. We get to exercise, stretch, practice new moves and we get to go on the trampoline. I have finally learned to jump...I love to Jump!

During this season we were able to attend 4 competitions, One in Dallastown PA, the next was in Philadelphia Convention Center, PA the third was Atlantic City and the fourth one was Hershey Convention Center. We placed first and second in the events. The Atlantic City competition was the international cheer and dance competition. We were the first Special Needs Team to compete at this high level event. Our team "Keystone Extreme Team Fire" then got to compete on line at varsity.com which is world wide. We placed 1<sup>st</sup> out of 5 Team's. My mommy and Daddy are so proud of me and our whole team.

I am now so much better at following directions and mom says my memory skills have greatly improved since we first started. I Can jump now on my own without falling down. I will be getting glasses soon, not sure if I will like them. We are going to the Beach this Summer for a few days with my mom, dad and brother...I love the water! I am also going to cheer camp at the gym in August sometime. I Can't wait I miss everyone. Please don't forget to check out our web site keascheer.com

