



PO Box 23553 ♥ Eugene, Oregon 97402  
[www.efdsn.org](http://www.efdsn.org) ♥ [contact@efdsn.org](mailto:contact@efdsn.org)

---

---

December 2009

Vol 1, Issue 4

---

Dear Friends and Families of the Emerald Family Down Syndrome Network,

Welcome to our E-Newsletter for December.

If you have anything you would like to include in the newsletter, please submit it to [contact@efdsn.org](mailto:contact@efdsn.org) no later than the 25th of the previous month. Your feedback is very much appreciated!

Besides news and updates, we will be including the group calendar showing scheduled (and "to be scheduled") events for the coming two months to aid you in planning and joining us. Keep in mind things can change, and this events calendar is maintained on the home page of our website [efdsn.org](http://efdsn.org). You can always check there for the most up to date information.

This email goes out to everyone on our "member" and "support services" list. If you do not wish to receive this newsletter, please reply and let us know so we can remove you. You are also welcome to forward this on to anyone who may be interested. Anyone can join this list by becoming a member of our network. This is free and easy to do at our website: [efdsn.org](http://efdsn.org). If you have received a copy of this newsletter and are not on email, please contact Gail at 541-221-0746 to be put on a "snail mail" list.

Thank you,

Gail, Sydney, and Deborah  
EFDSN Board of Directors

---

#### **IN THIS ISSUE**

Events/Group Activities  
Holiday Potluck  
Special Friends  
Latino Family Group  
Final Notes  
Contact us

---

## **EVENTS AND GROUP ACTIVITIES**

### **CALENDAR OF EVENTS**

December 11th: **SPECIAL FRIENDS (Young Adults Group)**  
Friday, 6-8:00pm  
Valley River Mall

December 12th: **EFDSN HOLIDAY POTLUCK**  
**OPEN TO ALL MEMBERS AND EFDSN FRIENDS!**  
Saturday, 11:30am-1:30 pm  
River Road Annex  
1055 River Road (across from Taco Time)

December 19th: **SPECIAL FRIENDS (School Age Group)**  
Saturday, 1:00pm - 3:00pm  
Mary Beth Lennox's House  
for holiday cookie decorating and small gift exchange.

January there will be no 2nd Saturday Play Day.

### **COMING UP: BINGO NIGHT**

Tentatively set for early February at the Amazon Community Center, Amazon Park, Eugene

**Stay tuned for more information - this promises to be a fun group wide event!**

---

### **HOLIDAY POTLUCK**

Saturday, December 12th, 11:30am-2:30 pm

River Road Annex, 1055 River Road (across from Taco Time)

Our holiday potluck will be held this Saturday at the River Road Annex, our usual site of the 2nd Saturday play group. If you are planning on coming, please be sure to RSVP so we have enough food (and don't waste any). We will supply the main dish and beverages, and you may bring a side or dessert to share. We look forward to catching up with everyone.

---

### **SPECIAL FRIENDS**

EFDSN's Special Friends group is for young girls, ages 9 and above. We have been able to split the group into two age groups for most events - a school age group for ages 9 to 15, and a young adults group for ages 16 on up. Through out the school year, the group meets monthly. Collectively, the group leaders and the girls choose which activities would be the most fun and which community service projects they would like to work on. Some of the fun social events organized have been a fairy tea party, a pumpkin patch visit, pottery painting at Brush Fire, and a relaxing movie night. The group also, as a whole, makes a difference in the community by volunteering for certain events.

The special friends groups met last month. The younger gals had a great time baking and decorating cookies and the older girls had a pizza night at Roaring Rapids Pizza. They are planning some fun events for December, and into the new year.

To learn more about Special Friends or join their next activity, contact us or the group leader listed below. Special Friends scheduled events will be listed on the home page at [efdsn.org](http://efdsn.org).

#### **School Age Girls Group**

Ages 9 – 15 years old  
Contact: Mary Beth Lennox  
[marybeth@efdsn.org](mailto:marybeth@efdsn.org)

#### **Young Adults Group**

Ages 16 years old and up  
Contact: Sydney Shook  
[sydney@efdsn.org](mailto:sydney@efdsn.org)

---

## Latino Family Group

¡La introducción del EFDSN Latino Grupo de Familia!  
para más información se pone en contacto con Amy en [espanol@efdsn.org](mailto:espanol@efdsn.org).

We are excited to have a special volunteer, Amy Bray, heading the Latino Family Group. We have a few families that have already gotten together for a couple of activities in the past two months in this group. This has been a great opportunity to meet some fantastic families in the area, despite the language barrier for some of us. If you or anyone you know is interested, please contact Amy at [espanol@efdsn.org](mailto:espanol@efdsn.org).

---

### FINAL NOTES:

The board met and discussed some ideas for the coming year. We are working on a survey that we will have out to you by early January or sooner so that you can tell us what types of activities you would like to see our group do.

- Website: We are up to date - please check dates and times to our events. Last minute changes will be posted on our front page events listing.
- Yahoo! Community Group- Did you know we have a Yahoo group set up so that we can have discussion among us, within our own community about anything under the sun in a secure environment? No one is allowed to view members or discussion unless approved. All members are verified before approval. Some recent discussions have been about schools, behaviors, doctor recommendations, or just sharing pictures (you can have your own photo album). To become a member, go to:  
<http://health.groups.yahoo.com/group/efdsn/>

---

### CONTACT US

*As mentioned at the beginning, this email goes out to everyone on our “member” and “support services” list. If you do not wish to receive this newsletter, please reply and let us know so we can remove you. If you or someone you know is not on the list and would like to, please fill out the “[Contact Page](#)” info on our website.*

*To subscribe, or unsubscribe, or for anything under the sun, contact us at:*

**Email:** [contact@efdsn.org](mailto:contact@efdsn.org)

**en español:** [espanol@efdsn.org](mailto:espanol@efdsn.org)

**By phone:** Gail Udell, 541.221.0746

Sydney Shook, 541.337.6174

**Mailing Address:** P.O. Box 23553, Eugene, OR 97402