



### October 2020 Edition

In this newsletter, I highlight Down Syndrome Awareness Month. Down Syndrome Awareness Month is symbolized by the colors blue and yellow. You can show your support by wearing these colors. October also happens to be American Cheese Month, so I encourage you to try a new cheese variation with some friends.

Let me know who or what inspires you! Drop me a line at [jenni@jennibasch.com](mailto:jenni@jennibasch.com). If you aren't already receiving this newsletter in your email, please join my list at [jennibasch.com](http://jennibasch.com).

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### Have you heard of The Global Down Syndrome Foundation?



The **Global Down Syndrome Foundation** is part of a network of affiliate groups who work to improve the lives of people with Down syndrome. The nonprofit foundation produces a magazine called *Down Syndrome World* and works with scientists, community members, parents, and professionals.

The Global Down Syndrome Foundation focuses on four areas:

- Medical Care
- Research
- Education
- Advocacy

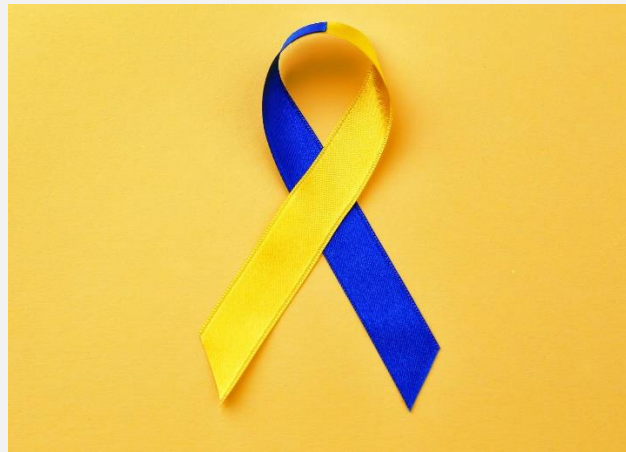
Click [here](#) for more information.

## October is Down Syndrome Awareness Month!



### Did You Know?

- According to Pediatric Associates of Franklin, 40,000 people in the US have Down Syndrome.
- The most common type of Down syndrome is trisomy 21, which means an extra copy of the 21<sup>st</sup> chromosome.
- Down syndrome occurs across all socioeconomic classes.
- Treatment for Down syndrome consists of services which enhance and optimize strengths and abilities.



For more information about Down syndrome, check out these websites for resources and useful information:

<https://www.ndss.org/about-down-syndrome/down-syndrome/>

<https://www.cdc.gov/ncbddd/birthdefects/downsyndrome.html>

## Awesome Product Alert!

So here's a great product for kids of all abilities: **Kids Swing Hammock Pod Chair!** This chair hangs from the ceiling, outdoor post, or tree. Lots of fun and hours of entertainment with a chair made for decreasing stress and dysregulation. The soothing feeling of swinging helps children feel safe and centered. We have one of these hanging outside for my kids to play with. Let me know if you try it!

You can find it [here](#)



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## Book of the Month

*Sitting Pretty: The View from my Ordinary Resilient Disabled Body* by Rebekah Taussig offers essays from the author about her experience of being paralyzed in an able-bodied world. She explores the concept of ableism and disability with humor, anecdotes, and practical experience. This is a fabulous book!

Rebekah Taussig's Book:



Get it [here](#)

## Inspiring Stuff!

Meet **Tatyana McFadden**. Tatyana McFadden is a 17-time Paralympian medalist in track and field and cross country skiing. Born with spina bifida, McFadden spent her adolescence playing sports as a way to strengthen her body. McFadden became an advocate for disability rights starting in high school when she fought for the right to compete against her able-bodied classmates. Check out her story on the Netflix documentary *Rising Phoenix*, where she and eight other athletes share their stories.



Check out her story:

<https://www.tatyanamcfadden.com/>

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I hope this newsletter provided useful and inspiring information. Keep healthy and drop me a line if you have questions or comments.

Until next time,  
Jenni Basch