

# 5p- Newsletter

FIVE P MINUS SOCIETY

NATIONAL SUPPORT GROUP FOR FAMILIES WITH CRI DU CHAT SYNDROME

Volume 36

Issue 1

## President's Message Nick Wallace

Welcome to 2021!!! I think most of us have been ready to say that. 2020 was a rough year for most all of us, but as I reflect on 2020, I find a common thread that happened in the past year. That thread is ... resilience and innovation.

In 2020 we went through so many changes. We had schools, music venues, restaurants, and so many other places closing. We had events and gatherings being canceled. What have we done though? We adapted! We created new ways to stay relevant, to remain open, and to keep connected.

During 2020 businesses and restaurants were hit hard due to closures of in-person dining/shopping. So they innovated and found ways to offer curbside pickup, delivery, and shopping reservations. Innovative thinking helped save so many businesses, but unfortunately there were many that were unable to survive the pandemic.

We also found that there were many theatres, concert venues, and museums that have been closed. The world needs the arts, and once again, artists and performers innovated. We saw an increase in virtual tours as well as virtual concerts. We even saw live and previously recorded shows streamed online. During this time, as during previous dark periods in history, artists and performers took the time to create. I believe in 2021 we will see many new albums, movies, pieces of artwork, and live theatre release.

Events and social gatherings took a hard hit in 2020. At the

5p- Society we know all too well about events and gatherings being cancelled. We were so excited to have everyone come to Chicago for our annual conference and to also attend our regional gatherings, but unfortunately those were cancelled/moved. Instead of letting this derail us from supporting our families, we decided to innovate and host our first ever virtual conference and our first ever virtual Halloween dance. We have other virtual events planned for 2021 and are really hoping that we will be able to have our conference in Chicago this year.

So the one thing we can take into 2021 is that although this pandemic has changed the way we live our lives and will change how things are done in the future, we know that we are strong. We are resilient, and no matter what gets thrown at us, we will innovate and work our way through it. We will not always win the battles, but we will learn from them, and we will be stronger because of them.

I sincerely hope that you have an amazing 2021 and that you know that the 5p- Society is here for you during the high points and during the low points. Hang in there everyone, and remember that you are resilient and that you will make it through this adversity and will be stronger because of it.



Please note the dates for the 2021 Chicago conference are July 15-18, 2021, mark your calendars. You can make hotel reservations at the Eaglewood Resort & Spa by clicking on this [5p- Society Reservation](#) link. Room rates are \$149.00 per night. If you have any trouble making your reservations, please let us know.

The 5p- Society will be scheduling 5p- Syndrome zoom conversations throughout the month. Each with a specific topic. Our first zoom talk was on 1/2/2021 and focused on Puberty. These "talks" will be designed as informal zoom gatherings where parents/caregivers can ask questions and get answers from other parents. These will not be recorded due to privacy and to let the parents speak freely about the discussed topic. Watch your emails for the next zoom talk -- (will be sent through mailchimp.com)

# Take Time for Yourself

Michelle Myatt

Each year around this time, I start to think about what I want in the next 12 months or so. I think about personal goals, finances, career plans, and family. I like to look at the big picture and think about where I see myself in a year. I imagine all my kids another year older and what that means for them.

This time it all feels so different. The big question is...when will this pandemic be over? COVID-19 really has ingrained itself into every fabric of our lives. Think back to January and February of this year. We were starting to hear about cases of people becoming ill overseas and how fast it was spreading. We watched from the comfort of our homes not ever imagining that it could happen to us.

But then it did. Schools across the United States closed abruptly in March. Many states imposed stay at home orders in hopes to regain control and save lives. It has become second nature to wear a mask and social distance in public. Everything has changed. We shop online and pick up in the parking lot. We stay home way more than we would like too. Many people are struggling to work and pay bills, and some businesses have closed. Our healthcare system is being pushed to its limit.

The education system has also taken on a new hat. Many kids are utilizing technology in order to zoom or get onto Google Classroom for lessons. Some students are actually doing relatively well adjusting to this new style, while others have begun to homeschool or even transfer from public to private school. Parents are having to reassess their child's learning needs and then make decisions in their best interest.

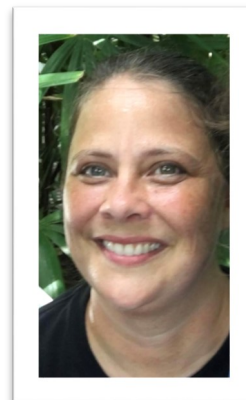
Our country feels so divided in regards to COVID-19 and how one chooses to cope with it and with new regulations put into place. How many times do you feel as if you had to defend your way of thinking? I almost cannot bare to watch the news at night as it is just so heavy. But we have learned to cope as best we can.

I feel like life over the last nine months parallels the experience of parenting a child with Cri du Chat Syndrome. In the beginning it was such a shock that it was happening to us. But we worked through our fears and educated ourselves as best we could. We learned what experts to listen to and which ones to ignore. We get involved in our children's education and push for things to be better when needed.

We are flexible. We know things may not go as planned. We need a plan A, a plan B, and probably a plan C. We parent our children differently based upon their needs. We defend our decisions time and time again. We are exhausted and sometimes need a break from reality. In the end, we love unconditionally and recognize that tomorrow isn't a promise. Life changes in the blink of an eye, and we often have very little control over it.

But we can control how we respond. This year as you make your resolutions, please include time for yourself. Learn yoga. Find a new exercise routine. Call a friend up regularly just to chat about each other's lives. Learn what it means to be mindful and how to meditate. Start a new hobby. Don't sweat the small stuff in life, but instead, celebrate the small steps your child takes forward.

This pandemic will end, but the way we live our lives will never be the same. Just as during other great moments in history, I suspect that COVID-19 will leave a permanent mark on our society. But as we are learning to cope with so many changes and uncertainties, in addition make sure you take time to care for yourself. You have a lot of people counting on you!

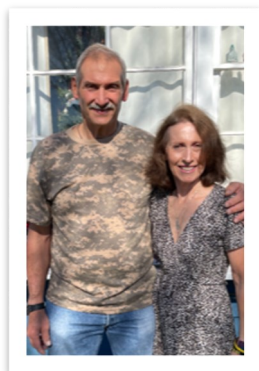


**Now's YOUR time to jump on Board!!** That's right, you could be the next 5p- Society Board Member!

We are currently seeking one position on the Board. Please contact our nominations chair, Jolene Towers at (937)241-3226 or email [gntowers@aol.com](mailto:gntowers@aol.com) for more information.

# Introducing the 5p- Society Board of Directors

## *Laura Castillo, Executive Director*



Hi there, I have lived in Lakewood, California for 29 years. I have been married for 34 years to my husband, Mike. I met Mike in college. We have four children: Katie (1987), Joey (1989), Mikey (1992), and Maggie (1994). Our oldest, Katie, has Cri du Chat Syndrome. Our son Joey is a police officer in Sugarland, Texas. He is married and has two children. Our son Mikey is a food scientist and creates some of the foods you may have eaten at El Pollo Loco. He lives close by in Long Beach, California, with his partner. Our daughter Maggie is an athletic trainer and lives in Tucson, Arizona, with her boyfriend.



I joined the board of directors in 1996 and I became the executive director in 1997. I have been the executive director of the 5p- Society for 23 years. I enjoy meeting new families. Some of my best friends are my 5p- moms and dads.

Something interesting about me: I am an athlete. I played competitive softball until I turned 50. In high school I was named all CIF pitcher. I love to read, sew, and work out. I have recently lost 50lbs on the BodyFx and JNLVIP programs.

## *Nick Wallace, President*



For those that don't know me, my name is Nick Wallace. I have served on the board of directors for 15 years now and have been serving as president of the board for the past 3 years. My family and I live in the small town of Bellefontaine, Ohio.

My wife, Angie, and I were high school sweethearts, so she knew what she was getting into when she married me. That is why most people wonder what she was thinking when she said yes to my proposal. During our dating years, we would have never thought that we would be involved with the 5p- Society. We didn't even know what the 5p- Society or Cri du Chat Syndrome were until the birth of our daughter Allie (17 years old), who has Cri du Chat Syndrome.

Angie and I have two other kids, Nate and Laney. Nate is what is known as a conference baby. We decided to have Nate (15 years old) after attending our first conference. We heard so many families saying that it is a good thing to have a child close in age to your child who has Cri du Chat Syndrome. The siblings will help teach each other and will aid them in their development. For our family, this has proved to be true. Laney (7 years old) has also learned a lot from Allie. Even at a young age, Laney is concerned for the well-being of her sister (unless she is trying to manipulate Allie to get something she wants from a place that is out of her reach).

So, that is our crazy family.

## *Michelle Myatt, Vice President*

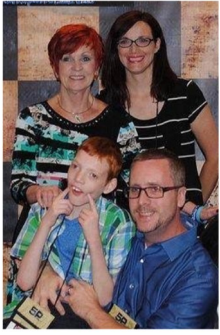
Michelle Myatt was born and raised in St. Louis, MO. She has lived in Granite City, Illinois for the past 20 years. She and her husband, Jason, have been married for 18 years. They have four daughters ages 16, 15 (CdC), 11, and 3 and are fostering a 1 year old little boy. They have been a licensed foster family in Illinois for four years. In that time, they have cared for 9 children in foster care and adopted one. Michelle joined the board of directors after hosting the Indy Conference in 2015.

Michelle has a Bachelor's Degree in Social Work from the University of Missouri-St. Louis (1998), a Masters Degree in Social Work from Southern Illinois University-Carbondale (2000), and a Masters in Education Administration from McKendree University (2013). She is currently a school social worker with nearly 25 years of experience in the field.



*Continued on page 4*





## *Gloria Griffin, Secretary*

Hi! I would like to tell you a little bit about myself. I was born in Arizona, as were my two brothers. We moved to Louisville, KY, as kids, and my brothers and I spent our summers in central Kentucky living with four of our bachelor great uncles helping on their farm.

I grew up watching “The Wonderful World of Disney” on Sunday nights. Then as young parents it was natural for us to “Wish upon a Star” when Disney started building Disney World in Orlando, and we started saving for a trip.

I’m the mother of two sons. Like many I go by several names. My family knows me as Jean, my friends know me as Gloria, but to my four grandsons and their friends, I’m GiGi.

Years ago one of my friends asked if I would help show a group of challenged kids how to play softball. Our first year was a learning process as we got to know the kids and they learned to trust us.

Five days after my fourth grandson, Landen, was born he was diagnosed with 5p- (Cri du Chat). I spoke with Laura Castillo on that day about possibly coming to the 2003 Conference in Nashville. As soon as I walked in the “Welcome Session” I knew this was the group for our family. I was invited to join the 5p- Board in 2004. I’ve served on multiple committees, chaired the fundraising committee, and currently serve as secretary.

## *Stefanie Batdorff, Treasurer*

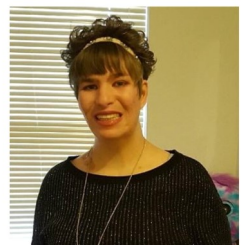
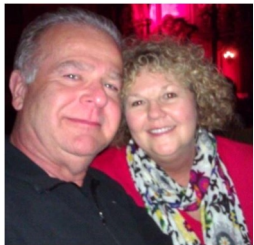
My name is Stefanie Batdorff, and I am currently living in Savannah, GA, but I am originally from North Carolina. I have been on the board for 10+ years. I am a mom of 3 kids living the military life with my husband of 23 years, Bret. My oldest son, John (20), attends Texas A&M. My middle daughter, Alex (18), has an unbalanced translocation of 5p- and 11q+. My youngest daughter, Reagan (14), is in high school at Savannah Arts Academy. The military has moved us 7 times, so we have seen much of the United States between military moves and conference locations.

Our first conference was in Philadelphia in 2004. We were new parents and we learned so much from all the great speakers and even more from all the other families that attended. We have been to multiple conferences since then, and as a “seasoned” parent of a medically fragile child, I try to help, when I can, the sometimes-shell-shocked new parents. I have enjoyed my time on the board and meeting families from so many different backgrounds, and all of us knowing the blessings that are our children.



## *Kent Nicholls, Founder*

Kent Nicholls is the father of Kelli, his 36-year-old daughter with 5p- and is always searching for information and resources to help his daughter live a better life. As the founder of the 5p- Society, Kent has participated in every 5p- Society Annual Conference and has helped families connect, provide mutual support, and learn from each other. Kent currently serves on the 5p- Society Board of Directors and is chairman of the strategic planning committee.



Kent has previously served on the board of directors for the *March of Dimes* and *The ARC*, as well as technology advisor to the *Children’s Center for the Visually Impaired* and the *Bloch Cancer Survivors Park*, all in Kansas City.

Kent is a retired IT solutions consultant, having contributed to the success of some of the key innovators in technology, including Apple, Dell, and Microsoft. He is also a climate crisis activist working to mitigate and adapt to the most profound set of challenges in human history.

Kent and wife Betty live in a small town just north of Kansas City. Kelli lives in a group home in suburban Kansas City.

## *Eileen Sherman*



I have been a board member since 1998, serving as treasurer from 1998-2018. I am from Skokie, Illinois, a suburb of Chicago and I have been married to my husband, Mark, for 43 years. We have three children and three grandchildren. My oldest child is Heather who is turning 41 in December and has Cri du Chat. She is non-verbal but is very aware and usually runs the show. She has lived in a group home for the past six years with 4 other ladies. She has a brother and a sister. She has a niece and twin nephews who live in Alaska. I am a former school teacher and also worked in the healthcare industry for over 25 years. I am now semi-retired.

## *Kristi Furnari*

I was born in Alabama, lived in Indiana for a few years, but spent most of my formative years in Connecticut. After graduating from Western Connecticut State University, I moved to NYC for a decade, then moved with my family to Northeast Florida.

I have been on the board since 2015. I think! Time flies, and it is hard to keep track.

My husband, Steve, and I met the old fashioned way (at a bar) in NYC and got married in 2005. After tiring of the cold weather and the city grind in 2011, we moved our growing family to a small beach town in Northeast Florida near my parents.



Our oldest daughter, Katie (now 12), was born in 2008 and has Cri du Chat Syndrome. She is a good kid who has a great sense of humor and loves school. Her two younger sisters, Willa (10) and Mattie (7), are best buds and are awesome siblings to their big sister. We enjoy going to the beach, hanging in the pool, and just being together. I am just a regular working mom chasing my tail to get it all done. Someday I'll have time to be interesting. :)

## *Jen Wong*



I'm Jen Wong. I grew up in St. Louis, MO, but now live in Folsom, CA. I've been on the Board for 10+ years (?13). I've been VP and president. My husband, Cedric, who's on the 5p- Professional Board, and I have 4 children: Emma (18), Christopher (17), William (15), and Daniel (13). We have two dogs, Triton (11) our lab and Bao (?) our rescue poodle mix. I keep busy getting everyone to their activities and volunteering to advocate/educate families on the IEP process.

## *Krista Kells*



Hi! My name is Krista Kells. I'm from Ontario, Canada. I'm a fairly new member to the board, joining in June of this year.

My husband, Bill, and myself have a big, busy family: three sons, a daughter, two daughters-in-law, and 2 grandbabies! In the photo are left to right, bottom row: daughter in law Nikki (25), granddaughter Callie (4), daughter

Grace (14), and daughter in law Kenzie (21). Top row: son Taylor (25), son Dalton (27), son Gavin (21), and grandson Christopher is 11 months. Our oldest, Dalton (aka Big D), was diagnosed at birth with Cri du Chat. To make our craziness even crazier, we spend all of our spare time on our funny farm, with our 14 chickens, 2 ducks, 1 goose and 4 dogs!



I was so excited to be asked to join the board of directors this year! I wanted to be able to help, encourage, and support families like ours!

2020 has certainly made things difficult, but I'm looking forward .... Let's see what our amazing 'family' can accomplish in 2021!

### *Hutch Renk*

Allow me to introduce myself. My name is Hutch Renk, and I am the father of an amazing 11 year old daughter named Allison. “Ally” was diagnosed with Cri du Chat Syndrome about 10 days after she was born.

Along with my talented and gifted wife, Brenda, we have been on an incredible journey that has been nothing short of a lot of tiny miracles. Our family resides in a suburb of Milwaukee, Wisconsin.

Part of this journey led us to the 5p- Society, which we got involved with back in 2011 by attending our first family get-together in Columbus, Ohio. As luck would have it while being transported from the Columbus Airport to our hotel, we accidentally met the organization’s founder, Kent Nichols, on the Marriott shuttle. The most wonderful relationship with the 5p- Society began at that moment.

During the conference I had the opportunity to spend some one on one time with Kent and asked him if the organization had ever considered Milwaukee as a possible location for the annual conference. He said they hadn’t because the area did not have any families there willing to do it. Well, 6 years later, Brenda, myself, and two other families from the Society hosted the 2017 5p- Society Conference. It was one of the most inspiring and gratifying events we were ever involved in.

Five years earlier while attending the 2012 conference in Denver, I threw my hat in the ring to be considered for the board of directors. Fortunately, I was nominated and voted to the board that week.

I have found that by serving on the board with this group of very dedicated and caring parents, I can help to assist the many other families that have all been put in this very unique position of raising a child with Cri du Chat. I very much treasure the bond that has been created with the other board members, as they are truly part of our “family.”

Something most people would not know about me is that I am a late bloomer. I was not married until I was 47 years old and did not become a father to Ally until I was 53 years old. My career in the hospitality business had kept me on the road for many years, and it took me a little longer to settle down.



### *Jolene Towers*

I am from Salt Lake City, Utah, but after years of moving around with the military (Mississippi, England, Washington state), we have settled in Ohio.

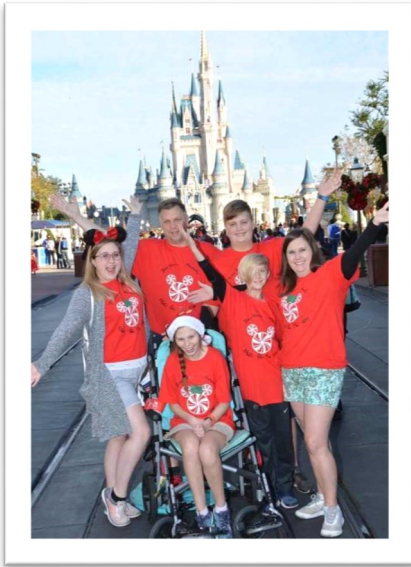
I have been on the board since August 2002 for 18 1/2 years. I’ve been the secretary, vice-president and was president from 2007-2012. I am currently the nominating chair, so if you’re interested in joining the board, I am the one to talk to.

Taylor, our daughter with the syndrome, will be 25 in February. She is our oldest. We also have 3 boys, a daughter-in-law, and currently an exchange student from Italy.

I was a vocal performance major in college. I still enjoy singing, but I don’t perform much anymore. I love sports, and I’ve coached soccer, basketball, and currently coach lacrosse at the high school.





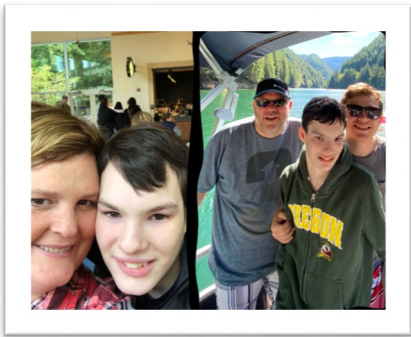


### *Taimie Hoffman*

Hi, my name is Taimie Hoffman. I have been on the board since 2011. My husband Michael, and I have been married 22 years and we have 4 awesome kids: Kaila (20), Alexa (18 with CdC), Jet (16), and Ryan (14). Alexa was diagnosed with CdC when she was 3 weeks old. As a family we absolutely love Disney. However, Alexa is the true addict. She likes to watch YouTube videos of families who blog their trips. She will watch the same videos over and over. She especially likes Disney Morgan. Alexa would live at Disney if she could. This was the first Christmas in a few years we did not visit the most magical place on earth. Alexa just doesn't understand she would have to wear the mask the whole time. I love serving as a board member for the 5p- Society. We are like a big family. I love watching new families mingle at the conferences and seeing families who thought they "were the only ones" meet others who know what they are going through. It truly is a great feeling when you realize you are not alone. That is one of the main reasons I love serving on the board of directors. I enjoy all aspects of the 5p- Society and the conferences. As a family the annual conferences are a way for us to "feel normal."

### *Dan Hoover*

Hello, my name is Dan Hoover. I am from Frazeysburg, Ohio, about an hour east of Columbus. I reside there with my wife, Jessica, and my two children, Austin (20) and Siarra (18). They both graduated this past year from high school. We are looking for a day program for Austin, and Siarra is a freshman at Ohio Wesleyan University, majoring in special education. I have worked with the Licking County Common Pleas Court for the last 21 years and serve as a court administrator. In my spare time, I enjoy the outdoors and hunting.



### *Becky Owens*

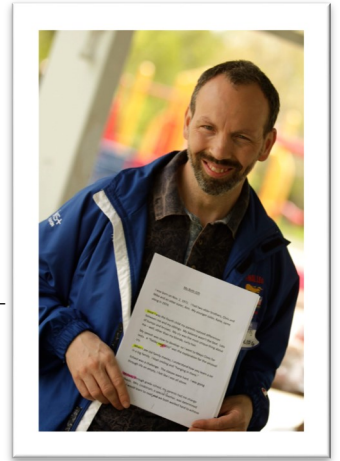
I just joined the board in late 2019. My husband, Rob, and I live in Lake Oswego, which is a suburb of Portland, Oregon. We have two boys: Charlie (18 years old) and Max (15 years old). Max has 5p- Syndrome. Before Covid, we enjoyed lots of activities – like watching Charlie play baseball, watching Max run track, going wine tasting, eating at the myriad of restaurants that we have around here, and working out in our home gym (Rob is a total Peloton addict!). Now, we stay home, take walks, and Zoom with friends and family!

As far as an "interesting tidbit," I couldn't really think of anything, but then I dug deep – all the way back to high school – and came up with one. I used to be a "Highland Dancer" (Scottish dancer). I performed on our high school team, and we danced with our marching band in a wide variety of local and national parades (including George HW Bush's Inaugural Parade and the Tournament of Roses Parade in 1991). We were accompanied by our pipe band (10 or so bagpipers and Scottish drummers). I'm pretty sure I remember the steps to one of the dances, but I seriously lack the stamina and flexibility to actually DO them anymore! LOL!

I really enjoy being a part of the 5p- Society Board of Directors and am so grateful to work with such smart and thoughtful people who work tirelessly to make this society a valuable resource and a strong network for families who have loved ones with 5p-.

# My Birth Gift

James Chalmers



I was born on Nov. 2, 1971. I had two older brothers, Chris and Mike and an older sister, Ann. My younger sister, Katie, came along in 1974. Since I was the fourth child my parents noticed differences between me and my siblings. My balance wasn't the best. Lots of bumps and bruises. My cry was the most unique thing about me — well, other than my blonde, curly hair.

My speech was slow to develop—so I went to Mayo Clinic for tests. A “flabby epiglottis” was the explanation for the unusual cry.

When I see old family movies, I understand how you learn a lot in a big family. I kept smiling and “hanging in there.”

School was a challenge. The classes were hard. I was going through life on empty, I felt like I was all alone.

Midway through grade school, my parents had me change schools. The Special teacher there was determined that I would learn to read and we both worked hard to achieve that.

In '91 Listening to books on tape was a good motivator.

I became familiar with Norman Vincent Peale and Zig Ziglar and their positive messages.

About this time my track coach shared with me the visualization lesson she had learned from my dad who was one of her high school coaches.

In another class we saw a video of one of our teachers having surgery under hypnosis. I was amazed at the power of our minds.

I was on the Special Olympics floor hockey and cross country skiing teams in grade school and junior high. In high school I was on the track team and I continued as manager for the football team.

During junior high I received the diagnosis of Cri du Chat from a specialist with the University of Wisconsin. Dr. Krassikof got involved with my case through the Gunderson Clinic in Lacrosse, WI. She had a lot of test results and an X-ray showing a missing part of the fifth chromosome. She asked my parents if I had an unusual cry as a baby. When they said, “Yes”, she said she felt she had the answer. It had taken a long time to arrive at Cri du Chat.

When she said that: I felt like huge hands going into me and taking away my Mind, Heart, Soul, and Spirit!

My explanation of Cri du Chat is: Imagine this water glass is like one of my chromosomes—the water is between half and full.

After graduating from high school I attended Brained Vocational School three hours from my home. It was an opportunities skills course.

I was the manager for the football team from the Community College in Brained. During a losing streak the coach gave me an opportunity to give a pep talk. We started winning again and we finished second in the state play-offs. After the 1 year course I moved back home.

When in the spring of 1992 RW Special Olympics head coach asked me if I'd like to be a volunteer. I said, “Yes”. That yes changed my Life!!!

I could feel something magical and powerful within me. Special Olympics would change that half full water glass into a big Pitcher of Life.

I have been on both sides of life. I was a boy with an intellectual disability from 1971 to 1992. From 1992 to the present, I am a man with intellectual abilities.

I have been coaching Red Wing Special Olympics. for 27 years. Coaching has given me greater strength and knowledge about who I am, as well as giving me a great deal of satisfaction seeing the athletes develop both physically and socially.

For the past 19 years I have competed in downhill skiing.

The Special Olympics oath is: “Let me win, But if I cannot win, Let me be brave in the attempt.”

Because of Special Olympics I can meet the world head on!!!!!!

A benefit of being involved in Special Olympics has been an increase in self-confidence. This confidence enabled me to decide to run a marathon.



When my older brother, Chris, suggested we run the Med City Marathon in Rochester, MN I was motivated to do it. In 2004 I ran my First Marathon.

In preparation I followed a 5 month training program. Both Chris and my brother Mike had used this to prepare for their marathons.

The training began in January so it was difficult with the cold, snow and ice. But I got through it just fine.

My goal was to run the marathon in under 4 hours. My time was 3 hours and 59 minutes. I felt so proud of this accomplishment that I decided to run the Twin Cities Marathon in October 2006.

My goal was to run a better time than my 1<sup>st</sup> marathon. While I was running, people kept calling out my name. A runner next to me asked, "Are you the mayor of this town? Everyone knows you." I said, "No, my mom noticed from being at my brother's marathons that people called out encouragement by name if you had your name on your shirt so she printed my name all over it."

My time was 3 hours and 19 minutes! 40 minutes faster than my 1<sup>st</sup>. My family and friends were blown away with the time, I was too!



I had taken the opportunity to use the Marathon as a fundraiser for our R. W. Special Olympics teams. I went and talked to groups and businesses about my goal. I not only raised more awareness of Special Olympics but I was able to raise over \$4,200.

I ESPECIALLY LOVE GIVING BACK TO THE TOWN OF RED WING AND SPECIAL OLYMPICS.

One of the biggest supporters of my fundraiser was my company, Red Wing Shoe. I began working there in the maintenance department in 1996! Every day is something different: moving, hauling, and cleaning. I have been working there for 23 years!

In 2008 I had a chance to run the Twin Cities Marathon with law enforcement officers from the Torch Run to support Special Olympics. Someone from the crowd said, "Why do you run? I raised my arm that held the Special Olympics Torch Run Flag and said, "This is why I run.", Again I could feel that magical and powerful feeling of Special Olympics within me!!

In 2009 I ran the Twin Cities Marathon in memory of Eunice Kennedy Shriver, founder of Special Olympics, She was a pioneer in the world wide struggle for rights and acceptance for people with intellectual disabilities.

In 2010 I was one of 9 people selected to run in the Final Leg of the Torch Run leading up to National Games in Lincoln, NE. For a week we traveled the state of Nebraska running and speaking to spread awareness of Special Olympics.

In 2010 I also made a big change personally. I moved into my own apartment. I love it. I call it my castle.

I still work with high school athletes as the Volunteer general manager for all sports! I'm active as Mass C., Eucharistic Minister, Knights of Columbus, and an Alter server at my church, and for the past 6 years I have been a "Y" pals mentor!

My active life is aided considerably because I got my Driver's License when I was 23.

In 2014 my sister Ann gave me a camera and I decided to take a picture in Red Wing every day for a year. I did it! Friends from the Photography Club and the Arts Assoc. helped me put on a show at the Art Gallery. What a thrill! You see I could go on and on, but I should stop.

Why do I call Cri du Chat my birth gift?

Because if God did not make me this way, I would not be in Special Olympics, have a Positive Life and I would not be here with you today.





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## Meet C5

The Mascot of the International  
Cri du Chat Awareness Week

**WE'RE ON THE WEB**  
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WWW.FACEBOOK.COM/CRIDUCHATSOCIETY](http://WWW.FACEBOOK.COM/CRIDUCHATSOCIETY)

## Help the 5p- Society with all your Shopping

When SEARCHING the internet, don't forget to use GOODSEARCH – sign up and put in 5p- Society as your Cause. The 5p- Society gets a penny for every search. [www.goodsearch.com](http://www.goodsearch.com)

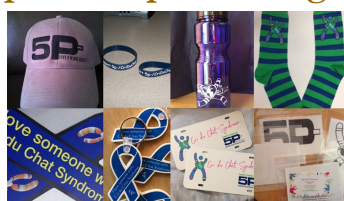
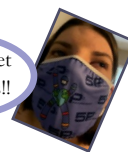


When purchasing items on Amazon, make sure you go to AmazonSmile at <https://smile.amazon.com/> and choose to support 5p- Society (Lakewood). The 5p- Society gets a small % of what you purchase. Every little bit counts and we are grateful to you for your participation.

Shop for your 5p- items below at

<https://fivepminus.org/shop/>

Don't forget  
your masks!!



[Shop on CafePress](#)

[Shop on SquareUp](#)

[Shop on InkSoft](#)

## Newsletter Submissions Request

We are asking all members to submit ideas, photos, or best yet, articles to be published in future editions. We need to know what interests you and your family. Please submit articles, photos, and ideas to Shari Campbell at: [djchc@charter.net](mailto:djchc@charter.net).