

# Carta a Ruth:

Te escribo esta carta por que necesito que conozcas tu historia, como llegaste a mi vida para cambiarla, para ser mejor persona, luchadora, perseverante, paciente y sobre todo me enseñaste a ser madre y te doy las gracias por eso mi Ruth.

Llegaste a mi vida el 09 de Enero del 2005, cuando tuve en mis manos la prueba de embarazo que me confirmaba que dentro de mí se estaba formando un ser, desde entonces soñé con tenerte en mis brazos, como toda espera fue difícil pero valió la pena, luego de 38 semanas de disfrutar tus movimientos en mi vientre, de tocarte a través de mi barriga por fin el 07 de setiembre del 2005 pude cumplir mis sueños de saber como eras, mis sueños de poder oler te y sobre todo de poder tocarte.

Recuerdo bien cuando te pusieron a mi lado y vi tu rostro hermoso por primera vez, sentí una emoción tan fuerte que no pude evitar llorar, pero era un llanto de alegría y desde ese día que por la noche te dejaron dormir a mi lado no nos hemos separado mi amor, TE AMO. Ya sabía desde el cuarto mes de embarazo que nacerías con Síndrome de Down, pero esa noticia no me quitó ese sueño dulce de esperarte, al cuarto día que naciste recibí la llamada de la coordinadora de Babies can't wait, ahí viví la realidad de que tenía un niña especial, yo te veía como cualquier otro bebe, pero era importante que estuvieras también en manos de personas que conocían como ayudarnos para tu desarrollo. Ahora estas camino a cumplir 3 años y parece mentira como pasa el tiempo, y lo que en su momento parecía que eran tormentas que no se podrían superar hoy puedo mirar atrás y sorprenderme como con el favor de Dios hemos podido ir avanzando cada etapa de tu desarrollo y tu salud. Cuando a las dos semanas de nacida tuvimos que llevarte de emergencia al Hospital del Childrens Health Care de Egleston, sentí que mi mundo se colapsaba, jamás imaginé verte sufrir pero tuvimos que atrevernos ese camino para poder seguir avanzando y gracias a Dios, a los médicos, enfermeras y a cada persona que nos ayudó mientras estuvimos esos 35 días en el Hospital hoy ese corazoncito esta reparado, si bien es cierto saliste con un tubo en tu barriguita por que tenias reflujo y además los líquidos se iban a tus pulmones a los 4 meses esto era asunto superado, recuerdo perfectamente cuando en febrero del 2006 fuimos a Atlanta para que te hicieran los exámenes para saber si habías superado el problema del paso de líquidos a los pulmones, como siempre lloré de emoción al ver en la pantalla como el líquido que te deban a beber iba correctamente a tu barriguita ¡lo superé! grité de alegría por fin te veía comiendo y tomando leche por tu boquita, gracias a Dios otro obstáculo superado mi amor.

Vendrían nuevos retos como no, si la vida está llena de retos, pues ahora tendrías que aprender nuevamente a usar el biberon, te imaginas a los 5 meses aprender nuevamente?, tuvimos la bendición de tener un buen terapeuta que te ayudó a recordar lo que sabías hacer al nacer, luego vendrían nuevos retos, con sus respectivas esperas y como no, con mucho trabajo para lograrlo, pues hay que trabajar duro para lograr nuestros objetivos verdad mi amor?, y los resultados están ahí algunos serán excelentes otros quizá no, pero lo importante es no dejar de luchar y tu eres una buena luchadora te he visto y de ti he aprendido.

Es así como pude verte sostener tu cabeza, luego sentarte sola, después dar tus primeros pasos y poco a poco ir diciendo algunas palabras, quiero que sepas que me siento muy orgullosa de ti eres la mejor hija que me pudo haber dado Dios, ahora espero ansiosa el mes de setiembre para llevarte a la escuela y comenzar una nueva etapa de aprendizaje.

Te amo Ruth, juntas iremos avanzando por el camino que Dios ha señalado para nosotras, seré tu apoyo en cada paso, sabes que puedes contar conmigo mi amor, y se que de ti recibo mucho amor en cada abrazo y beso que me das.

Con amor  
Mamá



# A letter to Ruth:

I am writing you this letter because I need you to know your history, how you came into my life and changed it, how you made me a better person, a fighter, persevering and patient, but most of all you showed me how to be a mother and I thank you for that, my Ruth.

You came into my life on the 9th of January, 2005, when I first had in the hands the pregnancy test which showed that a new human being was forming inside of me, since then I dreamed about having you in my arms, and the wait was difficult as those things are, but worth it. After 38 weeks of savoring your movements inside of me, touching you through my belly, at last on the 7th of September, 2005 my dreams were answered, I came to know you, I could smell you, and most of all I could touch you.

I remember well when they put you at my side and I saw your beautiful face for the first time, I was so full of emotion I could not help but cry, but it was a cry of happiness and since that evening when you slept at my side we have not been separated my love, I LOVE YOU. I knew from four months along that you would be born with Down syndrome, but this news had no impact on my sweet dream of waiting for you. On the fourth day after you were born, I received a call from the service coordinator from "Babies Can't Wait", and with that I realized that I did have a special child even though I saw you the same as other babies; it was important that we would get help from people who would know how to support your development.

Now you are almost three years old and it seems a lie how fast the time has passed. Those things which at the moment appeared tortuous and insurmountable at the time, I am now surprised to see, through the grace of God, we have been able to progress past and still advance with each phase of your development and your health. When we had to take you to the emergency room at Children's Healthcare, Egleston, at just two weeks of age, I thought my world had collapsed. I never imagined seeing you suffer, but we had to cross that road in order to move forward and thanks to God and to the doctors and nurses and each person who helped us during those 35 days in the hospital, this little heart was repaired and it's true you left with a tube in your little stomach for the reflux that made liquids collect in your lungs. Four months later, this was another problem that had been turned around. I remember perfectly well in February of 2006 we went to Atlanta so they could do tests to see if you had overcome that problem of passing liquids to your lungs; as always I cried with emotion to see on the screen that the liquid they fed you was passing correctly to your little stomach, you succeeded! I screamed with happiness to finally see you eating and drinking milk with your little mouth, thanks to God another obstacle was overcome, my love.

There would be more challenges of course, life is full of challenges, now you would have to learn all over again how to drink from a bottle, imagine learning that all over at 5 months of age. We were blessed with the help of a good therapist who helped you remember what you knew how to do at birth. Soon there would be more challenges, each with a waiting time and of course requiring hard work, well one has to work hard to reach one's objectives, isn't that true my love? And the results are there for all to see, some will be excellent and maybe others not so great, but the important thing is to never stop fighting and you are a very good fighter; I have watched you and I have learned from you. This is how I have come to watch you hold up your head, then sit on your own, later take your first steps and little by little saying some words, I want you to know that I am very proud of you, you are the best daughter that God could have given me. And now I anxiously await the month of September to take you to school and start off on another new era of learning. I love you Ruth, together we will continue to advance on the road that God has shown to us, I will be your support with each step, you know that you can count on me my love and I know that from you I will receive so much love with each hug and kiss you give me.

With Love  
Mama

The Down Syndrome Association of Atlanta welcomes you to the **BUDDY WALK**

# Hello DSAA Members!

## It's that time of year again, with the weather cooling down it could only mean one thing ... The Buddy Walk Is Almost Here!!!

My name is Jennifer Thanepohn (*Tenpin*) and I am the Down Syndrome Association of Atlanta's 2008 Buddy Walk chairwoman. The Buddy Walk will be on: **October 4th at the Duluth Town Green from 10:00am to 1:00pm**

It will be a fun filled day with Jay Memory, the Cobb County Special Olympics Gymnastics Team and our Favorite Atlanta DJ Neal Howard performing. Throughout the Buddy Walk there will be activities including a trackless train, games and bounce houses, clowns and of course the 1/2 mile walk itself.

### —Register Your Team Online Now—

Organize a group from your workplace, school or community and support people with Down syndrome while building team spirit. Use our online tool at: **www.AtlantaDSAA.org/buddywalk**

to set goals and track your teams progress and standing as your team competes in DSAA's biggest fundraising event of the year.

Also, the **Second Annual DSAA Buddy of the Year Award** will be given at the Atlanta Buddy Walk on Saturday, October 4, 2008. We welcome nominations of any individual with Down syndrome exhibiting the qualities and actions listed below. All nominees must be 16 years of age or older. This award is to acknowledge, celebrate and give recognition to an individual with Down syndrome who has demonstrated outstanding personal and community involvement:

- *Excels in their area of talent and interest*
- *Demonstrates leadership qualities among their peers*
- *Volunteers their time to enhance the lives of others*
- *Has made an important contribution to the community*
- *Is a great model of the potential individuals with Down syndrome have.*

**To make a nomination, please email me at JenniferEMSGirl@yahoo.com for the Buddy of the Year Award Form and send back by email or U.S. mail to arrive no later than September 12, 2008.**

for U.S. mail delivery please send to: Jennifer Thanepohn / DSAA Buddy Walk Chairwoman • Down Syndrome Association of Atlanta / Buddy of the Year Award • 4355 J Cobb Parkway #213, Atlanta, GA 30339

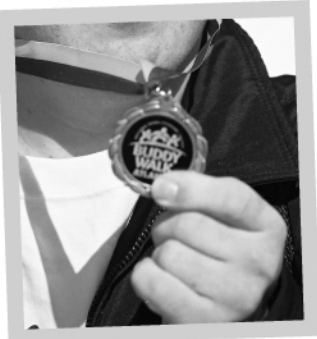

Down Syndrome Association of Atlanta **"2008 Buddy of the Year Award"** Nominations Must Include:

- Nominee's name:
- Parent's name:
- Home address:
- Phone number:
- Email address:

Information on sponsor making the nomination:

- Name:
- Relationship to nominee:
- Phone number:
- Email address:

Background on nominee (providing information that will enable us to understand how they exhibit the qualities of "Buddy of the Year". In 1-2 pages, describe what makes your Buddy so special. Please provide any photos, stories or anecdotes that help illustrate your nomination.

With every Buddy Walk, **We Are Always In Need of Sponsors, SPONSORS and Did I Mention SPONSORS**. If you know of a company or individual who would be interested in being a sponsor for the 2008 Atlanta Buddy Walk please let me know. This year we are in need of items for the Silent Auction and the Raffle tables. We are in need of donated items from places, where you would frequent most, like coffee houses, restaurants, hair salons, etc. in the form of gift certificates, coffee mugs with ground coffee, haircut certificate/hair care/beauty products, hotel accommodations, dinner gift certificate, art pieces, toys, etc. There are volunteer opportunities the day of the walk as well. Please email me if you think you can help at JenniferEMSGirl@yahoo.com

Thank you again and I will see **YOU** at the Buddy Walk! • Jennifer Thanepohn, DSAA Buddy Walk Chairwoman