



## CADS MONTHLY NEWSLETTER

MAY 2024



### CADS Community,

Last month, we came together for some fantastic events! We enjoyed a fun-filled gathering at Chuck E. Cheese, enjoyed a special Moms Night, and proudly advocated for Down syndrome at a community fair. These moments of connection, support, and awareness-building are what make our community so vibrant and strong. Thank you for being part of these meaningful experiences. Let's continue to create positive change together!



## HAPPY MOTHER'S DAY FROM CADS



A heartfelt thank you to all the incredible moms of children with Down syndrome! Your dedication to nurturing, supporting, and empowering your children is truly inspiring.

Thank you for being extraordinary moms! ❤️



# ☀️ CADS Family Spotlight ☀️

## Tianna



- 24 years old
- Tianna is nonverbal and working on sign language.
- She is famous for her smile and her big hugs.
- Tianna was the first person with Down syndrome or special needs to be on a cheer squad from NEHS and was featured on Fox 17.
- She has played for Buddy Ball and on the Challenger League for St. Bethlehem.
- Loves scary movies, Micheal Myers is her favorite. She loves to color, dance, and sing. She loves Frozen, Harry Potter, and Twilight. She loves Hannah Montana and Justin Bieber. Tianna loves to draw hearts.
- She has three siblings and many pets.

## Meet Tianna and her family

Tianna, a bright spirit, communicates through sign language and is known for her infectious smile and warm embraces. Notably, she made history as the first person with Down syndrome or special needs to join the cheer squad at NEHS, garnering attention on Fox 17. She's an active participant in Buddy Ball and the Challenger League for St. Bethlehem, showcasing her love for sports. Tianna's mother holds CADS dear to her heart stating that “Everybody is amazing when they see Tianna or her sister Sydney they always have arms open, hugging those girls, and Cads have been our family for a very long time. We have watched all our kids grow. I love spending time with all our moms, and our Chuck E. Cheese gatherings.” Eager to contribute further, she expresses a desire to join the CADS board and dreams of establishing a camp for older individuals with Down syndrome, inspired by Tianna's unfulfilled opportunity to attend camp. Tianna's journey inspires her advocacy efforts, championing not just for Tianna, but for every member of the Down syndrome and special needs community, ensuring they're seen, heard, and celebrated.





## Get Involved

[Click here to sign up as a volunteer!](#)

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## Are You a CADS Parent?

[Click here to fill out the CADS family form if you havent already!](#)

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## Mark Your Calendars!

- Kiwani's Rodeo 5/18
  - Fun Fest 7/20
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## Stay Connected



@CADSTN



For real-time updates and community highlights, be sure to follow CADS on social media



CADS Calendar | Clarksville Association Down Syndrome |

Thank you for being an essential part of CADS. Together, we are fostering a community where every individual is valued, celebrated, and empowered to reach their full potential.

-CADS Team