

My most successful Halloween story is the year Evan dressed up as a mailman. Evan has always been fascinated with the mailman, and when he was five years old, took a particular liking to our mailman, Bruce. Bruce even took Evan on a short walk one day to deliver mail with him. Because of this, Evan decided he wanted to be a mailman for Halloween. While he was trick-or-treating dressed up as a mailman, Evan delivered "the mail" to each house. This "mail" was a letter I had written to the neighbors, from Evan, explaining that he was a child who lived in the neighborhood and had a syndrome called Prader-Willi syndrome. It gave a few details about the syndrome, and how to help keep Evan safe. I was particularly touched one of the following years when I realized that a neighbor always had healthy treats to choose from. When I said a special thank you to him for this, I explained that Evan had PWS and could not eat most of his "treats". He smiled, nodded his head and said "I know."

We have always let Evan go trick-or-treating. He has never had any food seeking difficulties. A few days before Halloween, I would go to 8–10 neighbors scattered throughout the block and give them an individual serving size of cereal to give to Evan on Halloween night. In addition, he would get a few treats from other houses, such as goldfish or pretzels, that he was allowed to eat. When we got home from trick-or-treating, Evan, along with his parents, would sort through his bag to separate what he could have, and the rest he would give to daddy. Evan's treats would be stored with the rest of our food, and then he would have one intermittently throughout the next few weeks. We also made Halloween special by cooking a spooky dinner like dead man meatloaf.



## DAPPU PALLOMEED



I would like to take this opportunity to introduce myself. May name is Evan, and I live in your neighborhood. I have Prader Willi Syndrome. This is a rare genetic disorder caused by a deletion of part of my 15th chromosome.



PWS is a complex disorder that typically causes low muscle tone, short stature, cognitive disabilities, problem behaviors, and a chronic feeling of hunger that can lead to excessive eating and life-threatening

Thanks to my family, friends, teachers and many others, I am doing great. Some kids with this syndrome might try to sneak food, lie to other people to try and get food, or even steal food. You can help keep me safe by never offering me food without my

If you would like to learn more take a look at the following cool website:

If you look close you might even see my picture!

Well thanks for reading about me and have a spooty night



Suzette La Vigne, Mom to Evan (17)