

THE DSG News

PEOPLE WITH DOWN SYNDROME - VALUED AND INCLUDED

A P U B L I C A T I O N O F T H E D O W N S Y N D R O M E G U I L D O F D A L L A S

August 2009

Affiliate of the National
Down Syndrome Congress
and the National Down
Syndrome Society

2009 Herb's Paint and Body/Down Syndrome Guild Golf Classic

Tuesday, September 22, 2009
Canyon Creek Country Club
625 W. Lookout Drive
Richardson, TX 75080
\$175 entry fee

Once again we are partnering to raise funds that will allow the Down Syndrome Guild of Dallas to carry out its mission of providing accurate and current information, resources, and support for people with Down syndrome, their families, and the community. The DSG will receive all proceeds of the tournament. We are pleased to announce that Joe Trahan of WFAA-TV will again be the honorary chair of the golf tournament. This will be a tournament you will not want to miss!

Herb's Paint & Body is a family of auto repair businesses founded in 1956. Herb Walne started his business with a Humble Gas Station located in Northeast Dallas. Herb soon added a full-service paint and body shop that has become an icon in and around the Dallas area. Today, customer service is still their number one concern, as well as giving back to the community. Currently, there are six full-service Herb's Paint & Body shops in the Dallas metro area.

There are many sponsorship opportunities available. Honor your child by becoming a hole sponsor for only **\$200**. If you or your company is interested in a sponsorship packet, please contact Becky Slakman at (214) 267-1374 or dsged@sbcglobal.net.

Not a golfer? Kari Hatfield, 2009 Golf Tournament Chair and her committee also have many ways for you to volunteer and be a part of the day. Please contact Teresa Sims-Ramirez at teresa.sims-ramirez@bankofamerica.com if you are able to volunteer.

Lunch and dinner will be provided. We hope to see you there!

****New this year!** Non-tournament participants will have the opportunity to purchase drawing tickets for great packages. Stay tuned for additional information.

Down Syndrome Guild Fall Education Conference

Learning Together - Focusing on Possibilities
Saturday, October 10, 2009
Crowne Plaza Suites - Dallas
7800 Alpha Road
Dallas, TX 75240
9:00 am - 4:30 pm
Registration begins at 8:00 am

This year's conference will interest a diverse group of attendees – parents who have a child of any age with developmental disabilities, family members, self advocates, service providers, educators, para-professionals, and school administration are all encouraged to attend. There is sure to be something for everyone - two keynote speakers and a variety of session topics.

Speaker bios and session descriptions can be found on the Down Syndrome Guild website at www.downsyndromedallas.org. For additional information, contact Becky Slakman by phone at (214) 267-1374 or by e-mail at dsged@sbcglobal.net.

Inside This Issue:

- Club 21..... 2
- Reading Matters..... 2
- Mommy & Me Class 3
- President's Message..... 3
- Sexuality Education - Understanding the Big Picture..... 3
- 2009 Legislative Wrap-Up..... 4
- Development Matters..... 5
- From The DSG News Editor..... 5
- Dad's Group Happy Hour 5
- Cooking Class for Adults with Ds..... 6
- Sibling Workshop..... 6
- Grandparent Get-Together 6
- 2009 Buddy Walk 7
- Quarterly Meeting for Families of Babies with Down syndrome..... 7
- DSG Calendar of Events 8

GREAT WAY TO HONOR
LOVED ONES

Club 21

is a Down Syndrome Guild program to honor a loved one: matching the numeral of the important chromosome that affects our children.

In memory of W. N.
"Buck" Saigling.

From: Michael, Alwilda, and
Leslie Murphy

In memory of Rose Mary Nass,
grandmother of Madeline Brown.
From: Minnie & Keith Blackwell

A gift to the Down Syndrome Guild to honor loved ones is a tangible way to recognize their lives, celebrate birthdays, anniversaries, graduations, new homes, or any number of occasions. A gift in memory of a friend or relative is a thoughtful and caring way to express sympathy while sharing concern for an important cause.

Interested in making a Club 21 donation? Contact Becky Slakman by e-mail at dsged@sbcglobal.net or by phone at (214) 267-1374.

Reading Matters

Reading Comprehension: Strategies for Children with Learning Difficulties

The following are key points from an article by Jason Mosheim, Senior Associate Editor at ADVANCE – jmosheim@advanceweb.com, published in ADVANCE, November 17, 2008 – Vol. 18, No. 46. Underlining represents words not from the author but added for clarification.

Reading comprehension requires the decoding of words, visualization, understanding context, activation of prior knowledge, maintaining a wide vocabulary, and having access to comprehension strategies, regardless of skill level. We've all glossed over pages of text without extracting any real meaning from them. While most people simply can backtrack and fill in the gaps, children with learning difficulties need to develop the appropriate strategies that would allow them to understand a story they just read.

Readers may not comprehend what is read because they cannot decode, don't know the vocabulary, don't have the prior knowledge, or do not have successful strategies. If children have to work too hard to decode words, they often do not have enough short-term memory left to be able to pull any meaning from text. Vocabulary similarly affects comprehension because children need to be able to make sense of the words in front of them.

Successful reading involves activating prior knowledge, what is referred to as real reading whereas fake reading is when a person reads words but fails to make a connection to the text and can't extract meaning from it.

When good readers come across

an unfamiliar word in the context of a passage, they usually can get an idea of its meaning without having to look it up. But children with learning difficulties may not know how to relate unfamiliar words to context. When some students struggle, they don't have a strategy when they come to words they don't know, which can affect their comprehension.

A student needs to bring thinking to the surface so it becomes visual. If we can talk about it and describe it, we can build upon it. Wordless books also help encourage critical thinking by taking away the text and giving the reader an opportunity to infer based upon the pictures.

Helping our students to organize the information about which they are reading is important. Educators need to help students build and organize background knowledge before children read to help them more easily comprehend the text.

Another strategy is drawing pictures and constructing semantic webs because some students have an easier time holding pictures in their heads than words.

Children who have trouble with comprehension don't always know how to select the best strategy for the situation. Educators should not only teach students specific strategies to help them with reading comprehension, but also help them understand the situations in which the strategy should be applied.

Encouraging reading for reluctant slower readers

Any progress in learning to read should be valued and celebrated. All children should receive reading instruction and sufficient opportunities to learn to read

with materials chosen and made to link with their language and interest levels. Teachers and parents should convey to children that learning to read, at any level of proficiency, is valuable, whatever their rate of reading skill development.

There are many ways to make reading or “visual language” fun and to encourage children to want to learn to read.

Children with low self-esteem, avoidance behaviors or experience of failure, like all other children, require praise and positive interaction. It is important that all of their achievements and positive behaviors are celebrated frequently, in the classroom and at home. Avoidance behaviors may indicate a lack of positive learning experiences and children should be taught the skills for learning with praise and other rewards. Children who have developed a resistance to reading may have experienced failure or felt under too much pressure to read. These children can be helped by making reading games errorless as far as possible. They can see how to succeed with easy matching

games, modeling or correct answers and by not asking them to read aloud unless they want to. The authors suggest that learning support assistants and teachers read to children and deliberately do not ask them to read until the children are relaxed and confident enough to want to try. When they begin to show interest, be careful not to ask them to do the task too often. Be keen to do the task yourself and offer the task to other children as well as working in a group and taking turns. When reluctant readers have begun to want to participate in reading activities, do let them (or ask them) to finish games or activities while they are succeeding—but do not push them to practice for too long or to the point of failure. Do not leave children who lack confidence in their skills to fail—help them to complete the task successfully or change the task so that they can succeed on their own and praise them.

From Reading and Writing for Children with Down syndrome (5-11 years) Gillian Bird, Jane Beadman and Sue Buckley

President's Message

By Kelly Drablos

Early August is the time of the year I rest and reflect, gathering my strength for the back-to-school commotion. I rest by taking a vacation and having very little planned. I reflect on the previous school and work years. I begin to plan and schedule for the fall. I take the time to read books of various types, books that inform me, books that inspire me, books that I enjoy.

I encourage all parents of children with Down syndrome, before the lazier days of August pass, to take time to think about reading and literacy as they pertain to your child. Read the article review *Reading Comprehension:*

Strategies for Children with Learning Difficulties in this newsletter. Formulate some realistic goals to further your child's progress in these areas. Focus so you can visit with your child's instructors on this topic very early in the school year. Every step forward in reading, no matter how small it may seem, is very important. Show your child that reading is fun and valuable.

Stay cool and rest up. Enjoy the pool, or beach, or backyard with your good book. The pace will soon increase. A little mental preparation will make the transition easier.

Mommy & Me Class

Wednesdays, September 16
- December 16, 2009
(no class November 25)

10:00 am - 11:30 am

Aaron Family Jewish

Community Center

7900 Northaven Road

Dallas, TX 75230

The Down Syndrome Guild invites moms of toddlers with Down syndrome ages 1 – 3 years old to this fun learning experience. The class will be taught by Cynthia Casper, a certified *Music Together* instructor. Cynthia is a master teacher with a degree in Early Childhood Education, who has over 20 years experience teaching preschool children. Mornings will include music, art, free play, movement activities, informal parenting discussions, as well as joining together with other toddlers for an outdoor playground experience.

No fee for Down Syndrome Guild members but space is limited to the first 12 toddlers to register. You must commit to the entire semester.

To register, call or e-mail Becky Slakman at (214) 267-1374 or dsged@sbcglobal.net.

Sexuality Education - Understanding the Big Picture

The book *Socialization and Sexuality*, Kempton (1998), describes some of the reasons why individuals with intellectual disabilities need sexuality education. For one, the disability itself makes it more difficult for these individuals to gain the information and knowledge they need to develop a healthy and positive attitude about their own sexuality. Often, they do not know who, how, or when to ask questions concerning sexuality. Access to books that they can read without an adult's help is another hurdle. There may also be little opportunity for them to observe, model, and practice appropriate social/sexual behaviors in a nonjudgmental environment.

Sexuality education can help individuals with intellectual disabilities in many ways. First, it can help them talk without embarrassment about their

sexual needs and can assist them to make better decisions about what sexual expressions are within their ability to access. Second, sexuality education can help individuals avoid sexual abuse, disease, and unwanted pregnancies. And third, sexuality education can help individuals clarify their own values and desires and take personal responsibility for their actions. The greater degree of competence a person achieves, the more opportunities become available. These opportunities can lead to a richer life experience and higher satisfaction.

There are six key components in sexuality education that support the development of sexuality in healthy children, teens, and eventually, responsible adults.

1. Adult self-care
2. Anatomy and physiology
3. Empowerment
4. Relationship skills

5. Social skills
6. Social/sexual rights and opportunities

Education limited to only some of these components can lead to misunderstandings and mistakes and may make individuals with intellectual disabilities more vulnerable to criticism or to being taken advantage of, instead of helping them become more socially included and capable.

Reprinted from The Facts of Life... and More - Sexuality and Intimacy for People with Intellectual Disabilities by Leslie Walker-Hirsch

NOTE: To learn more about sexuality education and healthy social boundaries for people with Down syndrome, attend author Leslie Walker-Hirsch's workshop at the DSG's Fall Conference on Saturday, October 10, 2009.

2009 Legislative Wrap-Up

On June 1, the 81st Texas Legislature adjourned – and won't reconvene until 2011. During the 2009 session, the legislature appropriated significant funding for institutional and community services and supports used by people with intellectual disabilities through Rider 48, a component of appropriations Senate Bill 1. Some of the most important funding includes:

- Almost 500 million Federal and State dollars to reduce the waiting lists for community services (This amounts to a 20% reduction; includes approximately 5000 HCS slots for families who have been waiting for as long as 10 years.)
- 620 additional slots for people who want to leave Intermediate Care Facilities, including state institutions

- 196 Emergency diversion HCS slots for families in crisis

- Additional funds to monitor and regulate community services

- Although not in Rider 48, funds were also appropriated for the Medicaid Buy-In Program for children with disabilities allowing many children to qualify for Medicaid benefits

Rider 48 also shifts case management authority back to the local Mental Retardation Authority (MRA). This shift is receiving positive and negative feedback so it is critical that advocates closely monitor this process. The DSG through our collaboration with *Community Now!* will be at the table as negotiations unfold to ensure that this transition and subsequent case

management services are accountable.

Thanks to your calls, e-mails, and letters, there were significant strides made for people with intellectual disabilities, but there is still much work to be done. There were several landmark bills introduced that would close and consolidate state institutions, provide long term planning, and shift more funds and supports to community, but they died in the Texas House of Representatives. The next two years will be an important time to build relationships with your state representatives while they are in their home district and can devote more attention to your visit or phone call. Watch for more advocacy information and training coming to the DSG in the future. You can make a difference!

Development Matters

Have you reviewed your will lately? Most of us do not want to face our own mortality. As a result, we put off doing something that greatly benefits our loved ones and organizations that rely on us. Do you have a will? If so, have you reviewed it lately? Providing for those you hold most dear is a wonderful way to celebrate their extraordinary lives!

Did you know that over 50% of families do not have a will? Of those that have a will, many are out of date. Has your family situation changed in a way that would warrant changes in your will? Without a will, or with an outdated will, you will let the court determine your personal wishes. Unfortunately, the results are not always what you intended.

The following are some areas of concern to be considered with your will:

- Guardianship of your children
- Power of Attorney to handle your

affairs if you are incapacitated

- Living Will
- Assignment of an executor for your estate
- Establishment of a special needs trust for your child with Down syndrome
- Distribution of assets
- Designation to charitable gifts through your estate

Charitable giving will enable you to leave a legacy to the organizations most important to you and your family. The following are a few ways to make charitable gifts in your will:

- Designate a specific amount to your charity
- Designate a percentage of your residual estate to your charity
- Assign your charity as a beneficiary of life insurance policy
- Create a charitable trust to produce income to beneficiaries and a future gift to your charity

Your charitable giving will create an income stream for your charity in perpetuity. Your gift will be used to support and grow your charity and celebrate the extraordinary lives of your loved ones. The following wording can be inserted into your will, "I give, devise, and bequeath to the NAME OF ORGANIZATION, a nonprofit organization located at ADDRESS OF ORGANIZATION, the sum of \$_____” or “_____ percent of my net estate.” or “the following stocks and/or bonds to be used for the NAME OF ORGANIZATION mission.”

Please contact Pat Brown at patrick@dsagc.com with comments or questions regarding this article.

Contact Becky Slakman by phone at (214) 267-1374 or via e-mail at dsged@sbcglobal.net to discuss naming the Down Syndrome Guild in your will.

From *The DSG News* Editor

I will be “retiring” as of this issue from volunteering as editor of *The DSG News*. The staff of the Down Syndrome Guild will edit the newsletter in-house from now on. It has been a pleasure and an honor to serve the Down Syndrome Guild in this way. I have learned so much from the parents and staff through the years. I would especially like to thank the volunteers, Minnie Blackwell, Elizabeth Longworth, and Terri McKinney, who were the ever amusing committee to critique *The DSG News* material and who made this publication what it is. Thank you to DSG Executive Director, Becky Skakman, for her creative ideas as well

as her patience, and a special thank you to the gifted DSG staff member, Jennifer Ford, who will continue to create the beautiful layout of *The DSG News*.

-Nancy Davenport

On behalf of the Down Syndrome Guild of Dallas, we would in turn like to thank Nancy Davenport and her newsletter committee for sharing their talents and time with us over the years. *The DSG News* has grown leaps and bounds due to their hard work and dedication. We greatly appreciate all that these women have done for not only *The DSG News*, but the Down Syndrome Guild of Dallas as a whole.

Dad's Group Happy Hour

Wednesday, August 19, 2009
6:30 pm - 8:30 pm
The Londoner
14930 Midway Road
Addison, TX 75001
phone: (972) 458-2444

Join co-chairs, Chris McKee and Doug Dureau, for drinks and conversation. Feel free to invite other Down Syndrome Guild dads who might enjoy attending. RSVP to Becky Slakman at (214) 267-1374 or via e-mail at dsged@sbcglobal.net. Not able to join this time, but would like to be added to the list to receive information for future events? Let Becky know that as well.

Cooking Class for Adults with Down syndrome

Saturday, August 29, 2009
10:00 am - 1:30 pm
Arapaho United
Methodist Church
1400 West Arapaho
Richardson, TX 75080
(Northeast corner of Coit & Arapaho- use the east parking lot entrance)

Summer is the perfect season to enjoy a good old fashioned picnic. The sun is hot, and the days are long. What could be better than a healthy meal prepared with friends? The Down Syndrome Guild invites young adults with Down syndrome (ages 19+) to attend an exciting cooking class taught by Jennifer Hood, a DSG member. Jennifer is a teacher at the Collin County Community College and Central Market cooking schools, as well as a registered dietician. Participants will enjoy a cooking class filled with fun and flavor!

Because of space constraints, participation is limited. You must RSVP Becky Slakman by phone at (214) 267-1374 or by e-mail dsged@sbcglobal.net to attend.

Sibling Workshop

Down Syndrome Guild of Dallas
701 N. Central Expressway,
Suite 5-I

Richardson, TX 75080

Siblings ages 8 -11 years of age
(maximum 12 participants)

Fee: DSG Members \$30 for 6 week session; Non-members \$55

Registration deadline: September 8

Mail your registration payment to the DSG office or call (214) 267-1374 with your credit card information

PARENT WORKSHOP:

Thursday, September 10, 2009

7:00 pm - 8:30 pm

Attendance by a parent is required for sibling participation.

SIBLING WORKSHOPS:

Sundays at 2:00 pm - 3:30 pm

Dates: September 13, 2009

September 20, 2009

September 27, 2009

October 4, 2009

October 11, 2009

October 18, 2009

PARENT WRAP-UP:

Sunday, October 18, 2009

3:30 pm - 4:00 pm

(after final day of workshop)

DSG parents often express concern about the other children in the family.

They wonder about the sibling's understanding of Down syndrome, and they are sometimes unsure of how to explain Down syndrome to them. There is anxiety about what effect having a sibling with Down syndrome will have on their other children's developing personality, and how they will feel about their experience.

The Down Syndrome Guild will be hosting a Sibling Workshop this fall to address these and other issues. We will have a Parent Workshop to kick off the Sibling Workshop. The Sibling Workshop will be fun as well as educational and will

consist of activities, role play and games designed for children ages 8 – 11 years of age.

WORKSHOP FACILITATORS:

Debbie Clark, LCSW, LMFT - Social Worker, Down Syndrome Clinic

Becky Slakman, DSG Executive Director

Debbie Clark, LCSW, LMFT is a licensed clinical social worker and a licensed marriage and family therapist. She has worked with children and families for 34 years. She has been a staff member in the Down Syndrome Clinic at Children's Medical Center since the clinic opened in 1993. In addition, she has a private counseling practice in the Lakewood area.

To register or for more information, contact the DSG office at (214) 267-1374 or dsged@sbcglobal.net.

Grandparent Get-Together

Wednesday, August 26, 2009
7:00 pm - 8:30 pm
First Community Bank

Community Room

429 Belle Grove

Richardson, TX 75080

Join DSG member and grandmother Diane Strawn (Gigi to Shelby Kate Strawn) for dessert and cold drinks to share the joys and challenging experiences of having a grandchild with Down syndrome. Attendees at this meeting will have the opportunity to define how they would like to see this new initiative grow within the Down Syndrome Guild of Dallas. Remember to bring pictures of all of your beautiful grandchildren!

RSVP to Becky Slakman by phone at (214) 267-1374 or dsged@sbcglobal.net.

2009 Buddy Walk® – Start Planning Now!

Sunday, November 8, 2009
Flag Pole Hill at White
Rock Lake

Activities begin at 11:00 am

Walk begins at 1:00 pm

Mark your calendar for the 2009 Buddy Walk® on Sunday, November 8th. We're pleased to partner once again with Park Place Volvo to host Dallas' biggest community awareness event in support of families of children with Down syndrome. The Buddy Walk® is an incredible day of celebration with family and friends to raise awareness, raise funds, and raise the hope of a better world for all people with Down syndrome.

Join us for a fun filled day that includes bounce houses, obstacle courses, slides, music, a petting zoo, food, and most of all friends - old and new.

Buddy Walk® Challenge

The Buddy Walk helps us to raise funds to support the programs of the Down Syndrome Guild of Dallas, including educational seminars for the families of school age children, parent to parent support, options for adults, and social events for all ages. Our goal this year is to double the donations and sponsorships we had last year. We need your help!

It's easy to form a Buddy Walk® team by going to the DSG website at www.downsyndromedallas.org and downloading team forms. Start organizing your team now to begin raising money and promoting our goals of awareness, acceptance and inclusion of people with Down syndrome!

Tips for Raising Money:

Day 1: Start by sponsoring yourself for **\$25**

Day 2: Ask three family members to sponsor you for **\$25**

Day 3: Ask five friends to sponsor you for **\$20**

Day 4: Ask five co-workers to sponsor you for **\$10**

Day 5: Ask five neighbors to sponsor you for **\$10**

Day 6: Ask five people from your place of worship to sponsor you for **\$10**

Day 7: E-mail 15 people and ask for a **\$20** donation

Day 8: Ask five businesses you patronize for **\$25**

Day 9: Ask your company for a matching donation

You raised **\$775** plus a company match!

Tips for Building a Team:

Start with people that are closest to you:

1. Family Members
2. Friends
3. Neighbors
4. Business Associates
5. Others in the community (your hairdresser, doctor, etc)

Easy Steps for Donating Online:

1. www.downsyndromedallas.org
2. Click on "donate now" in the top right corner
3. Complete the contact information
4. Scroll down to gift information
5. Drop down to Buddy Walk®
6. Write the name of team for which you are donating in the "comment box"

Corporate sponsorships are also an important part of our effort - if you, your company, or anyone you know is interested in sponsoring the Buddy Walk®, please contact us at (214) 267-1374 or dsged@sbcglobal.net for a sponsorship packet. There are several sponsorship levels from which to choose – and one is right for you!

Quarterly Meeting for Families of Babies with Down syndrome

Sunday, August 16, 2009
3:00 pm – 5:00 pm

*New Location: Jewish Community Center of Dallas
7900 Northaven Road
Dallas, TX 75230-3392*

Please join us to meet other parents, some new – some not so new! Get information, ask questions, and find out how the Down Syndrome Guild of Dallas can be a resource and support for you and your family. We look forward to meeting you and your whole family!

Speaker: Ms. Julie Hobert, M.A., CCC/SLP - Founder and Lead Speech and Language Therapist of Hobert Pediatrics

Topic: Feeding, Speech, and Sensory Issues for Babies with Down Syndrome

New Location: As you walk in the front door of the JCC, go straight ahead down the main hallway, and we will be in the first and second rooms on the right. The adults are in the Big D Room and the siblings have their own play room right next door in the Yad B'Yad Room.

If you have any questions, please call the Down Syndrome Guild office at (214) 267-1374.

701 N. CENTRAL EXPRESSWAY
BUILDING 5-I
RICHARDSON, TX 75080

Return Service Requested

(214) 267-1374

www.downsyndromedallas.org

dsged@sbcglobal.net

EXECUTIVE DIRECTOR: BECKY SLAKMAN

PRESIDENT: KELLY DRABLOS

COPY EDITOR: NANCY DAVENPORT

LAYOUT EDITOR: JENNIFER FORD

DOWN SYNDROME CLINIC EVERY FRIDAY

AT CHILDREN'S MEDICAL CENTER.

CALL (214) 456-2357

NON-PROFIT ORG.

U.S. POSTAGE

PAID

RICHARDSON, TX

PERMIT NO. 65

Disclaimer: The Down Syndrome Guild of Dallas (the DSG) assumes no specific or implied liability with respect to the interpretation, use, misuse or subsequent communication of editorial content or information contained in this publication. The opinions, beliefs and viewpoints expressed herein are those of the individual authors and contributors and do not necessarily represent those of the DSG, its directors, members or the editor of this publication. The content of all *The DSG News* is provided as a public service for informational purpose only and is not a substitute for medical or professional advice. *The DSG News* does not endorse any particular therapy, institution or professional system. The information herein is presented as is, without warranty of any kind express or implied. Submissions to *The DSG News* are edited to ensure usage of 'people first' language.

8

DOWN SYNDROME GUILD OF DALLAS

This month on the DSG calendar Collin, Payton, Kendall, and Katelyn are ready to go back to school.



MISSION STATEMENT: THE DOWN SYNDROME GUILD OF DALLAS PROVIDES ACCURATE AND CURRENT INFORMATION, RESOURCES AND SUPPORT FOR PEOPLE WITH DOWN SYNDROME, THEIR FAMILIES AND THE COMMUNITY.

ARE YOU MOVING? DON'T FORGET TO PROVIDE US WITH YOUR CHANGE OF ADDRESS BY CALLING THE OFFICE OR BY E-MAIL AT DALLASDSG@SBCGLOBAL.NET.

THE PUBLICATION OF *THE DSG NEWS* IS MADE POSSIBLE BY THE GENEROSITY OF THE CHARLES H. PHIPPS FAMILY FOUNDATION.

Down Syndrome Guild Calendar of Events

August

Mom's Escape - *Visit the website for details about the August outing.*

August 3-7

Lose the Training Wheels Bike Camp

August 16

Quarterly Meeting for Families of Babies with Down syndrome

August 19

Dads' Group Happy Hour

August 26

Grandparents Get-Together

August 29

Cooking Class for Self-Advocates