

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

November 2010

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

2010 Buddy Walk®!

Sunday, November 7, 2010
Flag Pole Hill at White
Rock Lake

Activities begin at 11:00 am

Walk begins at 1:00 pm

Mark your calendar for the 2010 Buddy Walk® on Sunday, November 7th. 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, games, 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 DSG, 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!

NEW ONLINE REGISTRATION & GIVING!

We're excited to introduce a new way to participate in the Buddy Walk. Our new online registration makes it easy for our Teams to register and

encourage giving. It also allows our Teams to reach out to friends and family outside of Dallas with a simple email link.

It's easy to form a Buddy Walk® team by going to the DSG website at www.downsyndromedallas.org and selecting the **Buddy Walk** logo. Click on **Register Online Here** and then select the **Register** link. Continue to follow the easy steps. 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

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 the **Buddy Walk** logo
3. Click **Donate Online**
4. Choose donation type
5. If donating to a team, **write the name of team** 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!



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.*

***To Kate Andreck, in memory of
your mother Amanda Mallory***

From:

Kate & Mike Andreck
Ann & Barton Allen

In Memory of Mrs. Jeanne Marx

From:

Joyce & Robert White
Nora Loveland
Doris & Marvin Lane
Joann & John O'Brien
Bes Irwin
Sue Milam
Maurice Story
Julia Jett

Doris & Earl DuPree
Park Cities Baptist Church

***To Herb's Paint & Body for their
partnership with the DSG.***

From: The DSG Board of Directors

***To Becky, Neely, and our
Committees for their unwavering
energy to produce the Golf
Tournament & Fall Conference.***

From: The DSG Board of Directors

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.

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

Executive Director Message

by Becky Slakman

As I begin writing this month's message, the Down Syndrome Guild is deep into our "Event Season". Last week was our annual Herb's Paint & Body/Down Syndrome Golf Classic. As you read this article the Learning Together-Focusing on Possibilities Fall Conference will have just taken place, our Buddy Walk® will soon be here, followed by Snackin' with Santa. These events are only possible with the help and partnership of MANY people. We are extremely grateful for the countless hours that our busy committee chairs and members have spent making these special events the success that they are. Success is measured in a variety of ways. We need individuals to lead the way and equally important, we need people to attend, participate, invite others and evaluate. I am very happy to let you know that we now have many volunteer groups from local high schools and colleges that assist at our events. These volunteers are our future educators, professionals and employers.

***"The achievements of an
organization are the results of the
combined effort of each individual"***
Vincent Lombardi

If you already attend the activities the DSG offers, thank you! If you would like to increase your involvement please contact the office and we will guide you to opportunities you may find of interest.

In keeping with the vision of the DSG, "People with Down syndrome –valued and included, I am pleased to let you know that President Obama recently signed into law "Rosa's Law" which removes the terms "mentally retarded" and "mental retardation" from federal education, health and labor laws. The measure, called "Rosa's Law" in honor of a Maryland girl who has Down syndrome, has already passed the Senate

and is expected to be signed into law by President Obama.

Rosa's law substitutes the terms "intellectual disability" and "individual with an intellectual disability" for the earlier terms, now considered outdated and stigmatizing by many self-advocates and their families. It does not cover entitlement programs, which include SSI, Medicare, Medicaid and Social Security.

Peter V. Berns, CEO of The ARC of the United States, hailed the measure's passage as "another historic milestone in our movement. We understand that language plays a crucial role in how people with intellectual disabilities are perceived and treated in society," Berns said in a statement. "Changing how we talk about people with disabilities is a critical step in promoting and protecting their basic civil and human rights."

In closing I would like to wish you and your family a very happy Thanksgiving. We all need to take time to take a breath, relax, reflect and count our blessings.

Quarterly Meeting for Families of Babies with Down syndrome

Sunday, November 21, 2010
 3:00 pm – 5:00 pm
 Location: Jewish
 Community Center of Dallas
 7900 Northaven Road
 Dallas, TX 75230-3392

Speakers: Austin Davenport and
 Christi Hockel Davenport

Topic: One Kind of Bliss

Austin and Christi Hockel Davenport met at a National Down Syndrome convention for Youths and Adults, fell in love and courted via cell phones and airplanes for five years, leading to their wedding last October.

Both Austin and Christi were fully

included through the majority of their education. Each has served on the National Down Syndrome Congress Board of Trustees and each has been a keynote speaker not only at a National Down Syndrome Congress annual convention but other gatherings around the country.

They will speak to new parents about their experiences growing up with Down syndrome as well as share some thoughts about married life and its adventures.

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!

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.

2011 Down Syndrome Guild IEP Clinics

Region 10 Service Center
 904 Abrams Road
 Richardson, TX 75081
 10:00 a.m. to 12:00 p.m.

Transitions Across the School Years
Saturday, January 22, 2011

Co-Presented by:

Kristen Adams, Teacher, KinderFrogs School at TCU

Nancy Meadows, M. Ed., Director, Alice S. Neeley Special Education Institute at Texas Christian University

This family and educator friendly seminar will focus on transitioning students between school and programs from early childhood through high school. Fears and anxieties about transition will be addressed along with tools and resources to help effectively advocate for children, teens and young adults.

Teaching Children Self Helps Skills and Increasing Independence
Saturday, February 12, 2011

Presented by:

Kari Zerbe, MA in Early Childhood Special Education, Educational Coordinator at The Rise School of Dallas, Member of DSG Board of Directors

Basic adaptive skills are as important to learn as the academic skills that are being taught in the classrooms. Presentation will provide practical advice to enable parents and professionals to teach children skills in the areas of dressing, personal hygiene, eating and toileting. Strategies for overcoming challenges in this developmental area and tools will be given to help begin and then build on that foundation. Participants will walk away the ability to identify and teach basic self-help skills.

Matching the Behavior Intervention to the Function: Assessing Behavioral Needs and Altering the Way We Think About Behavior

Saturday, March 26, 2011

Co-Presented by:

Laura Seiferd, M. Ed., Instructional Support Specialist for Plano ISD

Jackie Rymysz, M. Ed., Centralized Structured Classroom teacher in Plano ISD

This informative seminar will examine behavior objectively and get to the function of the behavior. Social and behavioral skills are keys to success. Focus on assessing behavioral needs and most importantly making lasting changes to behavior will be offered. Tips to assess and take efficient data on when and why the behaviors are occurring will be presented. Practical intervention ideas to change behavior will be explored.

Slant 45- Team Do Something Great

On Saturday, Sept. 11th, fifteen teen self advocates rocked The Family Gateway Homeless Center with their music, jokes, instruments, and props as they performed at the "Party for Change". The singing was beautiful, the jokes and games fun, and the day was filled with magic that will be remembered for some time to come. Thanks to all who participated, to the parents who schlepped their kids to practice every other week, and to all those who donated to the over 100 backpacks, umbrellas and school supplies. Our team rocks!!



The #1 Need From the www.disabilityisnatural.com E-Newsletter by Kathie Snow

Great energy is devoted to determine what a person with a disability needs. Assessments are done, tests are given, observations are made, and more. Then more energy (along with many dollars) is spent trying to meet these needs.

For children with disabilities, professionals and/or family members may focus on the perceived need for therapies or services which attempt to get a child to walk, talk, behave appropriately, make eye contact, master the pincer grasp, read at grade level, and much more. For adults with disabilities, the focus may continue to be on some of these same things (especially behavior!), as well as habilitation, job skills, transportation, and more.

Based on almost 20 years of experience, it seems the #1 need of the vast majority of children and adults with disabilities—regardless of the type of disability, the age of the person, or anything else—is seldom identified by professionals or family members. What is this #1 need? Friends.

A friend doesn't care if you have the "functional skills" that are valued by so many. One friend can lead to other friends. A friend can be the gateway to meeting other real needs of a person: employment, transportation, joining a club, enjoying new experiences, and so much more.

We often worry about the social skills of a person with a disability. Aren't friends the best way to improve in that area? All of us want and need to be successful in our own peer groups. Children and adults with disabilities are routinely expected to "achieve" in order to be successful in the eyes of professionals and/or family members.

But isn't success in one's own peer-group a far greater achievement? And how many of us have recognized that a person's behavior is much different (and better) in other environments? In addition, have we ever questioned whether a person's so-called inappropriate behavior might be the result of the person not having friends or social opportunities outside of "special" (segregated) environments?

There are many benefits to having at least one good friend. My son, Benjamin, who has cerebral palsy, received pediatric therapies for the first six years of his life, much of it devoted to getting him to crawl "normally;" he never performed this feat for therapists. He resigned his therapy career at age six. Several months later, he crawled across the gym floor at school. Why? Because his friends were doing it in a PE game! Think of the benefits of friendship in your own life. What if you had no one to share your secrets with, vent to, joke with, and so much more? Now, try to imagine if the only people in your life are those who are paid to be around you. To me, it is unimaginable.

Can any system—special ed, adult services, etc.—meet this real need? No. There are no rules and regs about friendship, and no way to write goals for same. Nevertheless, we can all take steps to generate positive change.

Friendships are made based on shared interests. When we make the effort to identify a person's interests, and connect the person to others who share those interests, we've opened the door to new opportunities and potential friendships.

In all of our efforts to meet the needs of children and adults with disabilities, we must reconsider what's really

important. Which is more important? Achieving this skill or that, or having a friend who wants to be with you, just the way you are? And shouldn't children and adults with disabilities also enjoy the life-changing joys and rewards of being a friend to someone else who needs a friend?

QUOTES:

Good friends are good for your health. Irwin Sarason

A friend is one who knows us, but loves us anyway. Fr. Jerome Cummings

The only way to have a friend is to be one. Ralph Waldo Emerson

Copyright 2010 Kathie Snow, All Rights Reserved, used with permission.

Contact kathie@disabilityisnatural.com for reprint permission.

Visit www.disabilityisnatural.com for new ways of thinking!

2011 Wall Calendars Available NOW!

\$15 each and \$2 for shipping

Call the DSG office to place your order 214-267-1374.

Order forms are also available on our website www.downsyndromedallas.org

These calendars will make great holiday presents!



Mommy & Me Class

Every Wednesday, September 15 - December 15, 2010
(no class November 24)

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 6 months – 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.

The Guide to Good Health for Teens and Adults with Down Syndrome

by Brian Chicoine, M.D. & Dennis McGuire, Ph.D.

The Guide to Good Health for Teens and Adults with Down Syndrome covers the complete scope of healthcare and wellness needs for adolescents and adults, and is the companion book to the authors' highly acclaimed *Mental Wellness in Adults with Down Syndrome* (Woodbine House, 2006). Drs. Chicoine and McGuire provide families, caregivers, and medical professionals invaluable insight to what health problems are more common in their patients, and how medical issues can present uniquely in people with Down syndrome. In a clear, empathetic style, they discuss how to promote a healthy lifestyle to prevent problems and how to recognize health problems early on to ensure appropriate care for the best outcome.

Key Topics include:

- Characteristics of Down syndrome that can affect health
- More commonly occurring medical issues

- The connection between mental & physical health
- Dealing with hospitalizations
- Long term health and well being throughout the lifespan
- Advance directives and end-of-life issues
- Specific medical conditions (ranging from skin and nail problems, eye, nose and throat issues and cardiac concerns, to thyroid disorder, diabetes, Alzheimer disease, and sleep problems)

With today's generation of people with Down syndrome living longer, parents and caregivers will want this essential book to guide them in ensuring optimal health and a bright future for their teen or adult. The Down Syndrome Guild now has a copy of Drs. Chicoine and McGuire's new book in the resource library at our office. We invite you to stop by and take a look. Also, keep your eye out for more health articles, taken from *The Guide to Good Health...* in future newsletters.

Thank you to all who made the 4th Annual Herb's Paint & Body/DSG Golf Tournament a success!

3M	Gary L. Harris, D.D.S.	Star Tire
Abuelo's	Gold Medal Recyclers	Techline Sports Lighting
Assurant	Grand Bank	The Stewart Organization
ARCHITEXAS	Hargrove Electric Co	The Rise School
Baker/Triangle	Inwood Bank	The Wischmeyer Benefit Partners
Bank of America	L.A. MotorCars	Toyota of Richardson
Ben E. Keith	LKQ/Keystone Automotive	WFAA
Best Bumper	M2Ventures	Wheel Technologies
Bin303	Mitchell International	Young Chevrolet
Car-O-Liner Southwest Company	Norman Slakman, CPA	Zurich
Collision Equipment Specialist	OPS	
Dal-Chrome Company	PARS Paintless Dent Repair	
Doug Bartol	Red Hot & Blue	
Economy Signs	Research Down Syndrome	
English Color and Supply	Ron's Towing	
Enterprise Rent-A-Car	Sentinel Alarm	
Family of Alana Drablos	Signature Towing	
Frost Insurance	Silveron Capital	



Major Changes in Store for Dart Paratransit

During the two decades that DART has been providing paratransit services for riders who cannot access the fixed route system, there have been lots of changes, tweaks, grumblings and successes. But now DART planners are looking at an entirely different approach to providing the service.

DART currently is offering a “supply driven” model. DART decides how many vehicles and drivers are needed with an eye on what it can afford. The “supply” of rides is determined by budget, estimated hours and availability of vehicles. That then dictates how many hours of rides are offered.

The new plan under consideration is “customer driven”. DART will hire a transportation management company who will coordinate ride requests with independent transportation providers with whom they have contracts. It would work something like this; a certified paratransit rider calls the reservation number and requests a ride much as it is currently done. The transportation management’s software searches through the independent providers for a match. A rider could be matched with someone who also accepts work from an established taxi company for example.

DART is quick to point out that this will be nothing like the brief and troubled attempt several years ago to work with cab companies. We will address the differences in a later communication.

There are obvious financial advantages for DART in the new plan, but there are huge potential benefits for riders as well as it will dramatically increase the pool of potential drivers. As the need for rides increases then

the management company will increase the number of trip requests to as many independent transportation providers as are needed to satisfy customer demand.

Just think, in a few years we might not be just looking at “same day” reservations, but trip request within a few hours of the time a ride is needed. This change in how DART delivers paratransit services is still in the early planning stages and nothing is definite at this point. One thing that DART will always retain is customer service and eligibility determination.

For more information and future follow ups to this and other important topics, go to <http://arcdallas.blogspot.com/>.

(Reprinted with permission from The Arc of Dallas BlogSpot by Drew Dixon)

Dad's Group Happy Hour

Wednesday, November 17, 2010
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.

Snackin' With Santa

Saturday, December 11, 2010
10:00 am - 12:00 pm

Custer Road

United Methodist Church

6601 Custer Road, Plano, TX
75023

The Down Syndrome Guild’s annual time with Santa is finally here! Parents have an opportunity to chat with friends, old and new, while the children get a picture taken with Santa, make a craft, play games, win prizes, and enjoy the refreshment stand. It's all free of charge.

Admission is free but we encourage all attendees to bring a new Children's Book to be donated to Family Gateway Homeless Center.

Please contact Becky Slakman at the DSG office by phone at (214) 267-1374 or by e-mail at dsged@sbcglobal.net if you have questions or if you want to volunteer to help.



1702 N. COLLINS
SUITE 170
RICHARDSON, TX 75080

Return Service Requested

(214) 267-1374

www.downsyndromedallas.org

dsged@sbcglobal.net

EXECUTIVE DIRECTOR: BECKY SLAKMAN
PRESIDENT: TERRI MCKINNEY
LAYOUT EDITOR: NEELY HOLLAND
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



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

November 7
Buddy Walk

November 17
Dad's Happy Hour

December 11
Snakin' With Santa

November 21
New Parent Get Together