

THE DSG News

PEOPLE WITH DOWN SYNDROME – VALUED AND INCLUDED

October 2011

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

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

2011 Learning Together, Focusing on Possibilities Fall Conference

Saturday, October 22, 2011
Crowne Plaza Suites – Dallas
7800 Alpha Road

Dallas, TX 75249

9:00 am – 4:30 pm

Each year, the Down Syndrome Guild of Dallas' annual education conference brings together members of the community to learn from our collective accomplishments and the expertise of professionals. This conference acts as a platform to share cutting-edge developments and information from specialists in their respective fields as it relates to Down syndrome and other intellectual disabilities.

You'll experience first class presenters and hands on sessions full of information you can take back to your homes, businesses, and classrooms to use immediately including:

- Differentiated instruction and brain-based learning
- Creative uses for technology
- Strategies that support inclusive classrooms
- Making math accessible for all students
- Goal setting and independence during and after transition
- Building and strengthening collaborative relationships

Who should attend?

Parents, educators, medical professionals, service providers, direct care staff, and advocates are all encouraged to attend. Our goal is to provide attendees with practical information and tools to help individuals with Down syndrome and other intellectual disabilities be independent and lead productive, fulfilling lives.

Resource Fair

The conference also provides a great opportunity to network with fellow participants and to shop the resource fair for products and information that will help support people with intellectual disabilities both at home and at school.

Speakers and Topics

Lisa Kirby (keynote speaker): Lisa's session titled *Differentiated Instruction and Brain-Based Learning* continues throughout the day

Kim Voss:

Session 2: *From Low Tech to High Tech: Begin Teaching by Design*

Session 7: *Boardmaker/Boardmaker Plus & Negotiating*

Boardmakershare.com

Session 11: *Who Said I Have to Talk to Prove I Can Read?*

Jane Georges:

Session 3: *Making Math Accessible for Secondary Students*

Session 6: *Making Math Stick for All Students*

Session 10: *Making Math Stick for Elementary Students*

Debbie Wilkes:

Session 4: *Increasing Independence and Responsibility*

Session 8: *Promoting Student Interdependence Through Collaborative Transition Planning*

Session 12: *Individual Goal Setting for Middle School and Beyond*

Complete session descriptions and speaker bios can be found on our website at www.downsyndromedallas.org.

Registration

Register online by clicking on the *Register Online* link on our homepage at www.downsyndromedallas.org. Simply follow the on screen instructions to choose your sessions and complete your registration.

Registration fees are \$40 for individuals and \$70 for married couples on or before October 8, 2011. The fee will increase to \$50 for individuals and \$80 for married couples after October 8, 2011.

For additional information or questions, please contact the Down Syndrome Guild office by phone at (214) 267-1374 or via e-mail at dallasdsg@sbcglobal.net.

Buffalo Wild Wings- Buddy Walk® Day

October 12, 2011
Buffalo Wild Wings
4140 Lemmon Avenue
Dallas, TX 75219
Phone: (214) 520-7067

Mark your calendars for Buffalo Wild Wings – Buddy Walk® Day! Please join us on Wednesday, October 12, 2011, at the Buffalo Wild Wings on Lemmon Ave. It is Buddy Walk® Day from 11:00 am - midnight with 10% of each table's food sales going to the Down Syndrome Guild of Dallas' 2011 Buddy Walk®! This is a great time to meet other teams; eat lunch, dinner, or grab a snack; and raise money for the Buddy Walk®. This is an all day event, so please feel free to stop by at anytime throughout the day. Be sure to tell your server that you are there for the DSG Buddy Walk® and 10% of your check will be donated to our fundraiser. See you there!

****Please note that this is at the Lemmon location only.***

2011 Buddy Walk®

Sunday, November 13, 2011
Flag Pole Hill at
White Rock Lake
8700 E. Northwest Highway
Dallas, TX 75238
Activities begin at 11:00 am
Walk begins at 1:00 pm

Mark your calendar for the 2011 Buddy Walk® on Sunday, November 13, 2011. We are 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 hope of a better world for all people with Down syndrome.

We hope that you will join us for a fun filled day that includes bounce houses, obstacle courses, slides, music, games, food, and most of all friends and family.

Buddy Walk® Challenge

The Buddy Walk® helps to raise funds to support the programs offered by the Down Syndrome Guild of Dallas, including educational seminars for 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, but we need your help.

It's easy to form a Buddy Walk® team and begin raising funds by registering online at www.downsyndromedallas.org. Select the Buddy Walk® logo on the DSG homepage and continue to follow the on screen prompts to complete your registration. Online registration makes it easy for teams to register and encourage giving. It also allows teams to reach

out to friends and family outside the Dallas community with a simple e-mail link. Please contact the DSG office by phone at (214) 267-1374 or via e-mail at dallasdsg@sbcglobal.net if you need assistance with online registration and giving.

Tips for Building your 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)

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

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 the DSG office at dsged@sbcglobal.net or (214) 267-1374 for a sponsorship packet.

From the Board of Directors *by Terri McKinney*

Fellow Members:

I believe we're all anxious to welcome Fall to North Texas this year! We're not only excited about the possibility of cooler weather but Fall brings some of the Down Syndrome Guild of Dallas' most popular events to our members. Mommy & Me, the Fall Educational Conference, Buddy Walk®, and Snackin' with Santa are just a few of the activities that should be on your calendar these next few months.

I look forward to attending our upcoming Fall Educational Conference, *Learning Together, Focusing on Possibilities*, on October 22, 2011. The agenda includes a number of topics that will interest a diverse group of family members and educators. We're pleased to offer some learning discussions centered around the impact of technology on learning skills. Recent surveys have shown that strong computer skills often benefit people with Down syndrome by strengthening their visual processing, enhance learning with repetition and practice, and build their visual memory. These skills are believed to have the potential to assist in learning new skills for future jobs, enhance activities in daily living, and improve communication and social life. Students of all ages can benefit from these new learning techniques. I would encourage you to reach out to the educators and professionals in your life to invite them to the Conference. We offer Continuing Education Units for Social Workers and Certificates of Attendance for Educators and Professionals. Call our office today at (214) 267-1374 or access the

brochure and online registration at www.downsyndromedallas.org to attend this year's Conference.

On behalf of the DSG Board of Directors, I am pleased to announce the promotion of Neely Holland to the role of Executive Director. Neely has previously served our membership in the role of Operations Manager. Neely describes this as her "dream job," and we know that she's anxious to continue and expand our member programs. We are also pleased to report that Becky Slakman will serve as the DSG's Community Relations Specialist. As many of you know, Becky's son was wounded in Afghanistan. As he recovers, Becky will continue to serve the DSG membership by supporting several of our key relationships and activities. The Operations Manager position has been filled by Jennifer Ford, who many of you know from her previous experience as the DSG's Administrative Assistant a few years ago. Cara Prentice continues in her support of the Adult and Teen Programs. The Board believes that we are staffing to serve the growing needs of our members with an experienced, caring team. We are extremely thankful for each of them. We could not do all that we do without our amazing staff!

Again, my sincere best wishes to you and yours as we enjoy a Fall season filled with cooler temps, turning leaves, and a festive DSG calendar. I look forward to seeing you at our events. Always check our website and Facebook page for upcoming activities.

Terri McKinney,
President

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.*

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. Upon receiving a memorial or an honorarium gift, the DSG will notify the family or individual of your thoughtfulness and send you, the donor, a letter of receipt.

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

Lose the Training Wheels Bike Camp *by Kathy Gamble, PTA, Therapy2000*

“Working out at the gym” took on a whole new meaning as my son Jason and I walked, jogged, and ultimately ran behind riders for five days at Lose the Training Wheels during August 8-12. The camp, divided into five daily 75-minute sessions of eight riders each, was sponsored by the Down Syndrome Guild of Dallas for the fourth year and held on the UT Dallas campus. Forty children and adults with a variety of disabilities pedaled around the gym for the first several days on bikes custom-built by engineer and founder Dr. Richard Klein, advancing through eight graduated, tapered rollers that replaced the rear tire. Handles mounted behind the seats (available at bike shops) allowed the volunteer spotters to steady the bikes and control the inevitable spills. Thirty-seven campers completed the week, and

all but 3 or 4 were up on a conventional bike by Friday at various levels of independence.

Katie, a bright, enthusiastic, straight-A 10-year old, was a twin born at 27 weeks with CP, PVL, and hypoglycemic seizures. She had given up riding her bike because she was embarrassed to ride with training wheels. Katie was flying on her own bike by the end of the week, all smiles in her coordinating pink and purple outfits, bike, and helmet!

Cole, a sweet, sensitive 12-year old with a need for speed, has made tremendous progress since a stroke in-utero; he was cheered on by his entire supportive family on the last day. He was overcome with tears of joy and apprehension when he transitioned to the 2-wheeler Thursday afternoon. By Friday, his dad, a fit runner, barely managed to keep up with him as he pedaled furiously around the gym and

outside. Cole’s family will continue to work on his bike control and scanning ahead for safety.

Sharon Colantonio, Floor Supervisor, and John Reyes, Bike Technician, of LTTW, and Neely Holland, DSG Executive Director, kept the campers rolling smoothly. Eighty events were held in 2010, including independent camps and school-sponsored events. Campers’ fees vary, with sponsor groups raising the balance of the cost and often offering scholarships to families in need.

The non-profit organization’s website, losethetrainingwheels.org, lists riders’ requirements for enrollment and success, as well as a sizing and bike fitting guide for new riders, on the Parents’ page. You can also link to the organization’s Facebook page from the website, where parents post updates and success stories.

I learned some great tips to help prepare my patients for bike riding (and hopefully attending a future camp,) including safely using the handle, ‘fit to learn’ for safety and confidence, and learning to push off for self-starting. I also plan to refer my parents to the online sizing and bike guides. I highly recommend Lose the Training Wheels for your patients who can pedal a

tricycle or bike with training wheels, as well as ambulate without assistance or assistive devices. I look forward to volunteering next year! See you there!



Families of Adults with Down syndrome- Help Your Child Set Goals, Become More Independent, & Receive Employment Services

Join us at the *Learning Together, Focusing on Possibilities* annual Fall Conference when Debbie Wilkes presents multiple sessions specifically for families, teachers, and professionals of older teens and adults. Debbie Wilkes has participated in Texas statewide transition planning since 1989. She designed and implemented one of the first totally community based transition programs in Texas. As Director of Special Education in Richardson, Texas, she made innovative changes in programming for students in all areas of special education. She wrote an Employment/Social Skills curriculum for the University of Texas Southwest Hospital System. Ms. Wilkes presently provides support to parents, school districts, and supported employment agencies in the area of transition; work-based learning, employment, assessment, and person directed planning.

Promoting Student Interdependence through Collaborative Transition Planning:

Families who have adult children with disabilities are shocked to find that their child does not qualify for services through vocational agencies such as the Department of Assistive and Rehabilitative Services (DARS) and therefore employment is not an option. In this session, find out how this pitfall can be avoided and learn the strategies that should be taught from middle school and beyond so that ALL people can work. *Learn the ins and outs of the new Dallas Area Rehabilitation Services (DARS) requirements for employability. This is the first time

this new information will be presented. Do not miss this session!

Increasing Responsibility and Independence: Is your student/child dependent on you or other adults to complete a task? Does he or she wait to be told what to do? In this session learn strategies to increase independence and enhance the natural maturation process.

Individual Goal Setting for Middle School and Beyond: All individuals need to have the skills to set goals, develop a strategy to achieve the goal, evaluate if the strategy is working, and make necessary alterations. This session explores the rationale behind individual decision-making and provides participants with tools to help their students/children set and achieve goals.

Register for the *Learning Together, Focusing on Possibilities* Fall Conference online at www.downsyndromedallas.org.

Halloween Costume Party for Self Advocates 19 and Older

Friday, October 28, 2011
6:30 pm - 9:00 pm
Arapaho United Methodist Church
1400 W. Arapaho
Richardson, TX 75080
(Northeast corner of Arapaho and Coit-
Please use east entrance)

Wear your best costume and come prepared to have some fun. Adults 19 and older are invited to dance, sing, and party the night away. We will have pizza, karaoke, dancing, and pumpkin decorating. Come and join the fun!

Please RSVP to Jennifer Ford at (214) 267-1374 or via e-mail at dallasdsg@sbcglobal.net to attend.



Pictured: The adult options group sang their hearts out at Dallas Family Karaoke.

Buddy Walk® Team for Self Advocates Ages 19 and Over

The Buddy Walk® is coming on Sunday, November 13, 2011, at Flag Pole Hill, and we want you to walk with us. It is a fun day with music, food, and friends.

We are once again putting together a team of self advocates. Join the team **Best Buddies and Rockin' Friends**; we want you to be included. Just think of ALL the cool activities and parties the Down Syndrome Guild has been able to provide for us this year. We really enjoyed the cooking classes, karaoke parties, and service projects, just to name a few. That is what part of the money that we raise for the Buddy Walk® supports – **our** activities, as well as many other worthwhile programs. So let's participate in raising some money for the DSG!

If we reach our goal of \$5,000 or more, we will have a party for all of our rockin' self advocates who **join the team and help us reach our goal.**

Mommy & Me

Wednesdays, September 14-
December 14, 2011
(There will be no class
on November 23, 2011)

10:00 am - 11:30 am

Aaron Family Jewish

Community Center

7900 Northaven Road

Dallas, TX 75230

The Down Syndrome Guild invites moms of children with Down syndrome ages 3 months – 3 years old to this fun learning experience. The class will be taught by Cynthia Casper, a certified *Music Together* instructor. Cynthia is

Don't Forget- you have the ability to register online to be on the **Best Buddies and Rockin' Friends** team and customize your own fundraising page. Simply go to the Down Syndrome Guild website at www.downsyndromedallas.org, click on the Buddy Walk® logo, and follow the prompts to join our team. (You will need to register a new account if you do not already have one).

You can then forward to your e-mail contacts and post on your Facebook, Twitter, etc. Each time someone donates to our team, you will automatically be notified. If you have any trouble registering on the team page please contact the DSG office at (214) 267-1374 or dallasdsg@sbcglobal.net.

Please, please, please join **Best Buddies and Rockin' Friends** and walk with us! We want everyone out at Flag Pole Hill on November 13!

Your Friend,
Abby Munn

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 children for an outdoor playground experience.

There is no fee for Down Syndrome Guild members, but space is limited to the first 12 families to register. You must commit to the entire semester.

To register, call or e-mail the DSG office at (214) 267-1374 or dsged@sbcglobal.net.

Fall Costume & Pizza Party for Teens Ages 13-18

Sunday, October 30, 2011
4:30 pm - 6:30 pm
Adat Chaverim

6300 Independence Pkwy.

Plano, TX 75023

(Northeast corner of Independence Pkwy. and Spring Creek)

Teen self advocates ages 13-18 are invited to enjoy crafts, games, and a pizza dinner hosted by the Jewish community of Dallas. Of course, wear your best costume and come prepared to have some fun! Please RSVP to Jennifer Ford by phone at (214) 267-1374 or by e-mail at dallasdsg@sbcglobal.net to attend.

Dad's Group Happy Hour

Wednesday, October 19, 2011
6:30 pm - 8:30 pm
The Londoner

14930 Midway Road

Addison, TX 75001

(972) 458-2444

Join Down Syndrome Guild dads for drinks and conversation. Feel free to invite other dads who might enjoy attending.

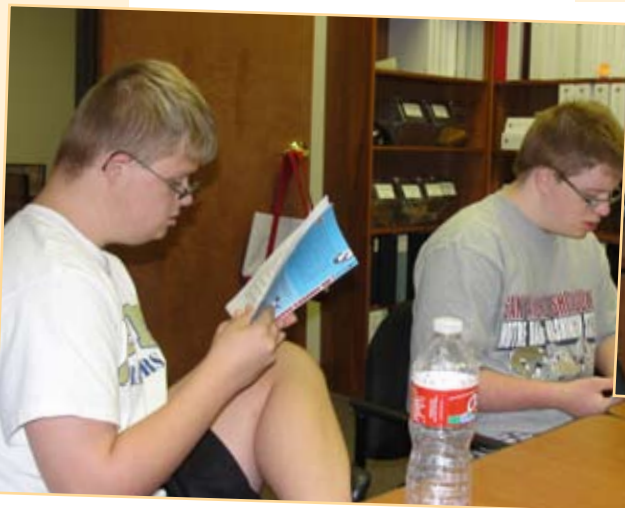
RSVP to Neely Holland by phone at (214) 267-1374 or via e-mail at dsged@sbcglobal.net. Not able to join this time, but would like to be added to the list to receive information for future events? Let us know that as well.



Top: Campers pedaled their way through bike camp.



Middle: DSG teens cooked up a healthy dinner and lots of fun.



Bottom: The DSG teen book club enjoyed reading Mr. Popper's Penguins this summer.

1702 N. COLLINS
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RICHARDSON, TX 75080

Return Service Requested

(214) 267-1374

www.downsyndromedallas.org

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AT CHILDREN'S MEDICAL CENTER.
CALL (214) 456-2357

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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

October 12

Buddy Walk® Day at
Buffalo Wild Wings

October 19

Dad's Happy Hour

October 22

Fall Conference

October 28

Adult Costume Party

October 30

Teen Costume & Pizza Party

November 13

Buddy Walk®