



THE DSG NEWS

Down Syndrome Guild of Dallas

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

downsyndromedallas.org

December 2006

DECEMBER 2006

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HAPPY HOLIDAYS

DSG Calendar

December 11

Board Meeting

December 16

Snackin' with Santa

Office closed December 25, 2006

Office closed January 1, 2007



**Keep Current!
Check**

www.downsyndromedallas.ORG

**for the most up to date
activity info and to read the
DSG newsletter online.**

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The DSG maintains a list of **child care facilities, neighborhood play groups, neighborhood networking groups, and respite providers**. Please contact the office for a copy or check our web site, www.downsyndromedallas.org.

The Down Syndrome Guild maintains a **Medical Professionals List** from recommendations by Guild parents. If you are looking for a medical professional, please e-mail c-george@mindspring.com with the specialty (dentist, cardiologist, OT, etc.) and the area of Dallas you need.

Down Syndrome Clinic every Friday at Children's Medical Center.
Call (214) 456-2357 for appointment.

Cado Viernes, Children's Medical Center ven a niños con síndrome de Down.
Para citas, llame (214) 456-2357

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Submissions to the DSG newsletter are edited to ensure usage of 'people first language.'

Se Necesitan Traductores

Se necesitan personas que puedan traducir artículos para este folleto. El motivo que no hay muchos artículos traducidos es por la falta de voluntarios. Si usted desea hacerse voluntario para que la comunidad de habla hispana este mas informada llame por favor a Patty Erbert al 972-412-3796. ¡Gracias!

- Submitted by Patty Erbert ☺

DSG Board Meeting

Monday, December 11, 2006, 7:00 pm
 701 North Central Expwy., Bldg 5-I
 Richardson, TX 75080

All members are welcome to attend the regular meeting of the DSG board at the DSG office. ☺

Be prepared for your child's ARD meeting!

After a great reception in 2006, the DSG's IEP Clinic series returns in 2007. Please mark your calendars for the presentations and speakers described below:

January 20, 2007 Charlene and Jim Comstock Galagan will co-present. Charlene is a long-time advocate for people with disabilities, is associated with Inclusion Works, previously was with the ARC of Texas, and speaks widely on topics related to IEP planning and inclusion. Jim is an attorney representing people with disabilities privately who served for years as the executive director of Advocacy, Inc. in Texas. Charlene and Jim are now living in Mississippi so this is a wonderful opportunity to hear them both!

February 17, 2007 Gail Wayman will present on the topic, "Toilet Training-A Complete Program for Teaching

Independence." Gail is an experienced special educator with a Master's degree in Special Education and is also a Board Certified Behavior Analyst. She has opened the Wayman Learning Center, a private center serving children with autism spectrum disorders and other developmental delays, and providing consultation services for school districts. Gail comes highly recommended by DSG member, Rachel Wolverton.

March, 2007 To be announced.

Please note all the IEP Clinics are on Saturdays at the Region 10 Service Center on Abrams Road in Dallas. More details will follow.

Submitted by Kelly Drablos ☺

Presentaciones de IEP del 2007

Después de una gran recepción en el 2006, nuestra serie de clínicas de IEP regresan en el 2007. Por favor de tomar nota en sus agendas sobre las presentaciones y presentadores mencionados abajo:

20 de enero del 2007 Charlene y Jim Comstock Galagan presentaran juntos. Charlene ha sido una intercesora de mucho tiempo para las personas deshabilitadas, esta asociada con el programa de Inclusión Trabaja (Inclusión Works), estuvo antes con la asociación del ARC de Texas, y habla sobre temas relacionados con inclusión y el planeamiento de los IEP. Jim es un abogado de leyes que representa a personas con deshabilitades privadamente y estuvo como director ejecutivo de la agencia de Advocacy, Inc. de Texas. Charlene y Jim están vivien en Mississippi y esta es una gran oportunidad de escuchar a los dos.

17 de febrero del 2007 Gail Wayman estará presentando sobre el tema, "Entrenamiento para ir al servicio(baño)- Un programa completo

para enseñanza independiente.” Gail es una educadora especializada con un certificado de Maestría en educación especial y esta certificada por el congreso de analistas de comportamiento. Ella ha creado el centro de aprendizaje Wayman, un centro privado que sirve a niños con desorden de autismo y otros problemas de desarrollo y provee servicios de consulta para el distrito escolar. Gail viene con recomendacio-

nes muy altas por Rachel Wolverton, miembro del DSG.

marzo del 2007 Será anunciado.

Todas las presentaciones tomaran lugar los sábados en el centro de Region 10 en la calle Abrams en Dallas. Se les comunicaran los detalles.

Sometido por Kelly Diablos.
Traducido por Myrna Castillo ☺

Snackin' with Santa



Saturday, December 16
10:00am – 12 noon
First United Methodist
503 North Central Expressway
Richardson, TX 75080
(located just south of the DSG office)

You are invited to Snackin' with Santa – the DSG's annual holiday gathering for the families of young children with Down syndrome – and it's FREE! Please join us to see old friends and to make some new friends.

The event will be in the Family Life Center building on the west side of the First United Methodist Church in Richardson. The entrance is located on the south side. Contact Director of Children's Ministry-Allyson George at 972-235-8385 or Crystal Wells at 214-277-3131 or via email: crystalvw@sbcglobal.net for more information.

Submitted by Crystal Wells and Dianne Whiting ☺

Bocadillos con Santa

Primera Iglesia Unida Metodista
First United Methodist
503 North Central Expressway
Richardson, Tx 75080
(Localizado atrás de las oficina del DSG)

Reúnase una vez mas a la celebración annual del DSG de Bocadillos con Santa, la cual será el Sábado 16 de Diciembre de 10:00am a 12 del mediodia en la Iglesia Metodista de Richardson.

El evento será en el Centro de Vida de Familia (Family Life Center), edificio que esta localizado al Oeste de la Iglesia. La entrada es en el lado sur. Contacte al Director del Ministerio de Niños, Allyson George al 972 235 8385 o tambien con Crystal Wells o 214-277-3131 para más información.

Submitto por Crystal Well y Dianne Whiting

Traducido por Myrna Castillo ☺

DSG Newsletter Available Electronically

Save the DSG money, save yourself some time and save a tree! The Down Syndrome Guild newsletter is available on our website — generally before the 1st of every month. Now members have the option to completely forgo the paper copy of the newsletter. You can receive a notice via the Yahoo Group when the newsletter is available on the website. Members can “opt out of paper” at any time – just contact minnieblackwell@comcast.net. ☺

El folleto Informativo del DSG esta disponible electrónicamente

¡Ayuden al DSG ahorrar dinero, ahórrense tiempo y conserven árboles! El folleto informativo de la Guilda de Síndrome de Down esta disponible en nuestro sitio de Web – Normalmente antes del primero de cada mes. Ahora nuestros miembros tienen la opción de renunciar a su copia de papel del folleto informativo. Pueden recibir un aviso vía el grupo de Yahoo cuando el folleto informativo ha sido puesto en el sitio. Los miembros pueden “optar, no al papal” en cualquier tiempo – Solo contacten a minnieblackwell@comcast.net. ☺

Order your 2007 DSG calendar!

Just in time for holiday gift giving – the 2007 calendars are available and the price is the same as last year - \$15. The calendar features beautiful photos of the children of DSG members. You will OOOH and AHHH! We are very pleased and grateful that underwriting for this year's calendar has been provided by a grant from the Ginger Murchison Foundation.

Contact the DSG office to place your order: 214-267-1374 or dallasdsg@sbcglobal.net. ☺

Ordene su calendario 2007 del DSG!

A tiempo de regalar para las festividades – el calendario del 2007 está disponibles y el precio es el mismo del año pasado - \$15. El calendario presenta hermosas fotos de los niños miembros del DSG. Dirán AAAAA y UUUUUU al ver las fotos! Estamos muy contentos y agradecidos que el seguro del calendario de este año ha sido proveído por una subvención dada por la fundación de Ginger Murchison.

Comunicense con la oficina del DSG para poner su orden: 214-267-1374 o dallasdsg@sbcglobal.net.

Traducido por Myrna Castillo ☺

Did You Know?

by Elizabeth Longworth

If your infant or toddler has a visual or hearing impairment, he or she may be eligible services from a vision or hearing teacher. Contact your local Early Childhood Intervention program for more information. In the Dallas area, call the ECI central referral line at 972-503-1709 and your call will be routed to the appropriate ECI program. Even if your child receives therapy outside of ECI, he or she may still be eligible for these free services. ☺

Sabia Usted?

by Elizabeth Longworth

Traducido por Myrna Castillo

Si su niño o niña tiene problemas con su visión u oído, pueden ser elegibles para servicios de un maestro de visión o de oído. Comunicense con el programa de Intervención Temprana de Niños (ECI) local para mas información. En el área de Dallas, llamen a la línea central de referencias del ECI a 972-503-1709 y su llamada será mandada al programa apropiado de ECI. Aun si su niño recibe terapia fuera del programa de ECI, el o ella aun puede ser elegible para estos servicios. ☺




Down Syndrome Guild
GOLF CLASSIC
2006



The 8th Annual DSG Golf Classic was a huge success!

Thank you to this year's Golf Committee Members and Volunteers! This event could not have been a success without you! We want to especially thank Jay Gray for his role of emcee of the Golf Tournament

2006 Golf Committee

Celebrity Chair: Joe Trahan

Emcee: Jay Gray

Chair: Teresa Ramirez

Co-Chair/Sponsorships: Kari Urban

Sponsorships: Jennifer MacDonald and Tamara White

Golf Treasurer: Carole George

Golf Logistics: Karen Deary, Tina Grey, Bob Baines

Marketing: Marsha Long

Food/Beverage: Becky Igo and Connie Griffith

Silent Auction: Donna Verner

Photographer Liaison: Kari Hatfield

Volunteers

Robert Mayo	Liza Archer
Rick Wagner	Jason Bush
Jeff Mohr	Stefani Ramirez
Joyce Mohr	Stephanie Crow
Sherri Munn	Lotty Brodsky
Nancy Davenport	Kelly Waterman
Terry Kwasniak	Elizabeth Longworth

Please mark your calendars for the next Golf Classic on October 9, 2007. The 2007 Golf Committee is already being formed. Please contact Teresa Ramirez at 972-252-1512 or email her at TeseRamirez@aol.com if you are interested in being a member of the planning committee.

Submitted by: Teresa Ramirez ☺

Adult Issues — A New Book of Interest to Families of Adults

by Minnie Blackwell

I talk to many DSG families about many issues. The most difficult phone call for me is when a family member asks about resources to evaluate a change in the behavior and/or functioning level of an adult with Down syndrome. The resources are meager. So I was very pleased when DSG member, Nancy Davenport, told me about a newly-published book she purchased at the National Down Syndrome Congress Convention this past summer.

Mental Wellness is an invaluable resource for parents, mental health professionals, case managers, and caregivers who want to understand how to promote good mental health and resolve psychosocial problems in people with Down syndrome. The authors are Dennis McGuire, Ph. D. and Brian Chicoine, M.D. — both of whom are founding directors of the Adult Down Syndrome Center at Lutheran General Hospital in Park Ridge, Illinois (www.advocatehealth.com/adultdown). This facility was established almost 30 years ago and its multi-disciplinary team has treated more than 3,000 adolescents and adults with Down syndrome ages 12 to 83.

Mental Wellness - an authoritative, easy-to-read guide - clarifies the common behavioral characteristics of people with Down syndrome, how some can be mistaken for mental illness, and the bona fide mental health problems that occur more commonly in people with Down syndrome. The authors discuss the importance of regular assessment and how behavior and mental well-being can be affected by environmental conditions, social opportunities, and physical health.

A copy of *Mental Wellness* has been purchased for the DSG's lending library. To check on availability, call the DSG office at 214-267-1374. ☺

Tootsie's Does it Again!

by Nancy Davenport

For the second time this year Tootsie's hosted an exciting Fashion Show benefiting the Down Syndrome Guild. Carrabbas Italian Grill on Luther Lane provided delicious hors d'oeuvres. Numerous self advocates and a few brave mothers wore casual to evening dress, giving a taste of what fashion will look like in the coming months. Thank you Tootsies and Carrabbas! ☺

¡Tootsie lo hace otra vez!

by Nancy Davenport

Traducido por Myrna Castillo

Por segunda vez este año, Tootsie ha sido la anfitriona del desfile de moda que beneficia el Down Syndrome Guild. El restaurante Carrabbas Italian Grill situado en Luther Lane proveo aperitivos deliciosos. Un numero de personas que abogan por si mismos y varias madres valientes usaron vestidos casuales y de noche, dando una prueba de la moda que veremos en los meses que vienen. ¡Gracias, Tootsie y a Carrabbas! ☺

Perspectives in Parenting - Cup runneth over when training a tot

By Nancy Lambert Davenport

The subject of our babies learning to drink from a cup is not one that many of us live and die for, but to any parent who is trying to train her child with Down syndrome to a cup, it's an important topic. I think some parents procrastinate teaching this skill because they consider the project daunting. They know how

attached their child is to the bottle and simply don't see him ever giving it up. Some parents imagine their child taking their bottles off to school with them.

No need to fret. Weaning can be done and without a lot of stress.

It is ironic that just about the time parents get the hang of nursing or bottle feeding and really have a great schedule going, it is time to introduce the cup. For most kids that is at about twelve months of age even if parents plan to continue nursing or bottle feeding for a long time. The world of child development even has a fancy word—plasticity—for the optimum moment of learning a skill. About twelve months is the age of plasticity for learning to use a cup. In other words, one year of age is the EASIEST age for a baby to learn the skill, not the only age. Kids can learn it when younger or older than one year, but around one year is the least stressful for everyone. And we are all for “easy” and for stress free.

Here are some hints for EASY cup training for any child at any ability level. At about one year:

- Find a cup that is properly proportioned to the size of the child's face. A medicine cup or a shot glass that holds about an ounce and half is ideal especially if you can see through it.
- Avoid those cups with the spouts for training. They are good for traveling, but are really just another kind of bottle because kids suck the drink out. They won't learn how to drink from a cup using them.
- A good rule is: put no more in the cup than you are willing to clean up.
- Of course you hold the cup at this learning time.
- Have something wonderful in it.
- Don't have the baby too thirsty or hungry or she will get frustrated.

• Until she gets the hang of it, look at this as an exercise, not as a means of nourishment.

• Sometimes it is helpful to have the child sit on your lap facing away from you as you hold the cup. That way you can hold his hands away from the cup with one of your arms as you guide the cup to his mouth with the other hand. His natural tendency will be to grab the cup. He first must learn to drink from the cup before he can learn to hold it as he drinks. That's two different skills. Remember, with our kids, we always must break a skill down into many small steps.

It's going to take practice because the baby is learning how to swallow a different way than she has with a bottle or nursing. Give her time. Be patient. She can and will learn this unless there is a severe physical impairment. And of course, some children will just take longer than others.

I promise, though, unless parents are record breaking procrastinators, kids will learn this skill before they go to school.

Contact Nancy at nancdave@swbell.net ☞

Thank You Everyone

Thanks to everyone for making the DSG newsletter a success this year. On behalf of the DSG staff, we would like wish everyone Happy Holidays.

Leslie Breaux, Newsletter Editor and DSG Administrative Assistant ☞

Gracias a Todos

Gracias a todos por su ayuda en hacer el folleto informativo del DSG un éxito este año. Por parte del personal del DSG, queremos desearles unas festividades felices.

Leslie Breaux, Editora del folleto informativo y asistente de administración. ☞

Plan NOW for the 14th Annual Inclusion Works Conference Feb. 28th - Mar. 2nd

Renaissance Austin Hotel
9721 Arboretum Boulevard
Austin, Texas 78759
Phone: 512-343-2626

The state's premier conference designed for teachers, administrators and parents working to educate students with disabilities in more inclusive settings has a new addition -- the Inclusion Works for Parents, Too! The workshop for the parents is scheduled for March 2nd -3rd, 2007.

Registration for Professionals is \$175 (Or \$75 for Saturday only). Registration for Parents and Students \$50 (or \$25 for Saturday only).

The presenters for the Inclusion Works Conference are Dr. Paula Kluth, Dr Wendy Murawski, Dr June Downing, and many more.

The conference will cover the following topics:

- Co-Teaching for Inclusion
 - Brain Research
 - Differentiating Instruction to support Inclusive Education
 - The Nuts and Bolts of Inclusive Education
 - Including students with:
 - Emotional Disabilities
 - Autism
 - Learning Disabilities
 - Inclusive Practices at the Secondary Level
- and MUCH MORE!

Special conference day with sessions designed for parents (school staff are welcome, too) to help achieve inclusive education for their children! ☞
