

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

April 2016

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



When: Monday, August 8 –
Friday, August 12, 2016

Where: University of Texas - Dallas
Student Activity Center
800 W. Campbell Rd.
Richardson, TX 75080

Fee: \$150 per person

Session Times:
(Maximum 8 riders per session)
8:30 am - 9:45 am
10:05 am - 11:20 am
11:40 am - 12:55 pm
2:00 pm - 3:15 pm
3:35 pm - 4:50 pm

How it Works:
iCan Shine's iCan Bike program is designed to teach individuals with disabilities how to ride a conventional bike and become

lifelong independent riders! iCan Bike uses a fleet of adapted bicycles, a specialized instructional program, and a trained staff to teach individuals with disabilities how to ride a bike. Riders attend the same 75-minute session each day for five consecutive days (M – F) whereby they are physically assisted and encouraged by two volunteer “spotters”. Over the course of the 5-day camp, the adapted bike is adjusted to gradually introduce more instability in an effort to challenge riders at their own individual pace. For additional information about the iCan Bike program, please visit the iCan Shine website at <http://icanshine.org>.

Requirements for Participation:

(Riders must meet all criteria below):

- Minimum of 8 years of age by the start of camp
- With a disability (not specific to Down syndrome)
- Able to walk without assistive device
- Able to sidestep to both sides
- Minimum inseam of 20"
- Maximum weight 220 lbs
- Willing and able to wear a properly fitted bike helmet
- Able to attend camp all 5 days

Registration:

Registration materials are

available on our website at <http://downsyndromedallas.org/ican-bike-camp>. Please complete the registration form in its entirety and mail with full payment to 1702 N. Collins Blvd., Suite 170, Richardson, TX 75080. Session availability and placement is on a first come, first served basis and must follow the iCan Shine requirements for assignment. **Early registration and priority placement will be given to DSG members through April 30, 2016. Beginning May 1, registration will open to the public.** Full payment is required to reserve your spot, and there are no refunds unless there is a waiting list for your participant's particular session. Limited scholarship opportunities are available; please contact Samantha Escherich at (214) 267-1374 or samantha@downsyndromedallas.org for additional details and to request a scholarship application.

Questions:

If you have any questions about this year's camp or need a registration packet mailed to you, please do not hesitate to contact us by phone at (214) 267-1374 or via e-mail at samantha@downsyndromedallas.org.

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.

Happy Birthday Sydney June!
From: Josh & Samantha Cook

In Memory of Howard Glen Thomas.

From: Rosalie Gonzalez, The Leroy Thomas Family, Scott Dunlap, Thomas Sewing Center - Pat Fuller, and Janet Pancake

A gift to the Down Syndrome Guild to honor loved ones is a tangible way to recognize their lives, celebrate holidays, birthdays, anniversaries, graduations, new homes, or any number of occasions.

A gift in honor 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 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 Jennifer Ford at (214) 267-1374 ext. 1 or e-mail jennifer@downsyndromedallas.org.

Membership & Newsletter Delivery Updates

For over 35 years, the Down Syndrome Guild of Dallas has provided accurate and current information, resources, and support for people with Down syndrome, their families, and the community. The Down Syndrome Guild currently serves over 1,500 families ranging from expecting new parents to adults with Down syndrome. We strive to create positive awareness about Down syndrome in the North Texas community and take pride in offering programs and services at little or no cost to our members throughout the year.

Membership is always complimentary at the Down Syndrome Guild and renews automatically each year. In order to continue receiving event notifications and our monthly newsletter, please remember to notify us if your contact information has changed. This is especially important this year as we shift to electronic delivery of our monthly newsletter. As of June 1, 2016, all DSG members with a valid email

address on file will begin receiving our monthly newsletter, *The DSG News*, electronically. This shift will not only allow for reallocation of funds for programs and services by reducing operational costs, but will also ensure more timely delivery of information to our members. Members without an email address or those who still prefer a paper newsletter mailed to their homes may opt out by contacting Samantha Escherich by phone at (214) 267-1374 or via email at samantha@downsyndromedallas.org. Monthly newsletters are emailed to members on or before the first day of each month. Current and past issues are also available for download on our website at <http://downsyndromedallas.org/in-the-news> at any time. Our goal is to make this a smooth transition for all members, so please do not hesitate to contact the Down Syndrome Guild office at (214) 267-1374 should you have any questions, concerns, or need to update your account information.

2016 DSG College Scholarships

The Down Syndrome Guild of Dallas is awarding five \$1,000 college scholarships to local deserving high school graduates whose future coursework will benefit individuals with Down syndrome. If

you or someone you know is interested in applying, please download the application and full requirements from our website at <http://downsyndromedallas.org/membership>. **Applications are due by 4:00 pm, Thursday, April 28, 2016.**

2016 Herb's Paint & Body/DSG Golf Classic



Tuesday, April 19, 2016

Canyon Creek Country Club

625 W. Lookout Drive, Richardson, TX 75080

2:00 pm shotgun start

\$125 individual player fee (includes cart and green fee, driving range, lunch, on course refreshments, and dinner)

Join PGA Tour Professional and 2016 Honorary Chair, Ryan Palmer, in supporting the 2016 Herb's Paint & Body/Down Syndrome Guild Golf Classic! The Down Syndrome Guild of Dallas and Herb's Paint & Body are partnering for the tenth year to raise funds that will allow the Down Syndrome Guild 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, which will be used to fund the programs and long-term growth of the organization.

Don't wait; register your team today by downloading a packet at <http://downsyndromedallas.org/golf-tournament>. You can also support the DSG by purchasing drawing tickets for only \$10 each or 6 for \$50. There are many great prize packages available this year including your chance to win a 5 day vacation rental with airfare to Panama City Beach, FL, a 42 mm Apple watch, Xbox One gaming bundle, professional sporting event tickets, and so much more. Simply complete the enclosed tickets and mail with payment to the DSG at 1702 N. Collins Blvd., Suite 170, Richardson, TX 75080. A complete list of prize packages can be found on each ticket. You may make copies of the enclosed tickets or download additional sets at <http://downsyndromedallas.org/golf-tournament>.

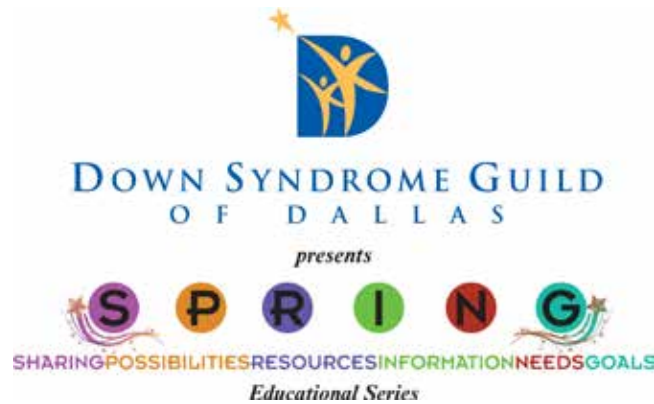
For additional information about the 2016 tournament, please visit our website at <http://downsyndromedallas.org/golf-tournament> or contact Jennifer Ford at jennifer@downsyndromedallas.org or (214) 267-1374.

Day at the Dallas Zoo for Teens Ages 13-17

Saturday, May 21, 2016
11:00 am - 2:00 pm
Dallas Zoo

650 S. R L Thornton Fwy.
Dallas, TX 75203

Teens will enjoy a fun afternoon with friends exploring animal exhibits from all over the world. Zoo tickets and a picnic lunch will be provided by the DSG. Please bring your own money if you want to purchase souvenirs, additional snacks, or participate in zoo add on activities. **Attendees MUST register with Samantha Escherich at samantha@downsyndromedallas.org or (214) 267-1374 no later than Monday, May 2, 2016, to reserve your space.**



*Down Syndrome Guild of Dallas
1702 N. Collins Blvd., Suite 170
Richardson, TX 75080*

April 9, 2016 - Transition Panel: Elementary to Middle School

10:00 am - 12:00 pm

Similar to Kindergarten Round-Up, this session will be devoted to assisting parents and educators in preparing for the transition between elementary and middle school. A panel of parents will share helpful information and explain their own challenges and experiences throughout the transition process. There will be time at the conclusion of this session where questions are encouraged.

May 14, 2016 - Life Care Planning for the Special Needs Family

10:00 am - 11:30 am

Presented by Matt Adamczyk, CLU, ChSNC, CLTC, a Special Care Planner with MassMutual Dallas – Fort Worth and father of four including a son with special needs

How can you help ensure that your child with special needs has the financial foundation for a secure, comfortable, and meaningful life – long after you are no longer alive? What is the difference between limited planning and comprehensive planning? Who are the essential participants in the process? What are the primary issues you need to address? Mr. Adamczyk will share his experiences and outline the 9 steps in Life Care Planning. His presentation will also address these and many more questions as he helps us understand this important process.

May 14, 2016 - Caring for a Sibling with a Disability

12:00 pm - 1:00 pm

In this video-based workshop, you'll learn about the unique needs and concerns of those who inherit the responsibility of caring for a brother or sister with a disability. Told through the eyes of a family of four siblings, you'll hear them discuss some of the emotional and financial challenges they are facing. A facilitated question and answer session with Mr. Adamczyk will help address the particular concerns of those in the audience who wish to discuss and ask questions about their own special concerns.

There is no cost to attend; however, attendees must register online at <http://downsyndromedallas.org/spring-education-series> or contact Jennifer Ford at (214) 267-1374 or jennifer@downsyndromedallas.org.

Registration closes the Monday prior to each session.

Childcare is NOT provided.



PLEASE SEE THE BACK SIDE TO SELECT YOUR PRIZE PACKAGE

NAME: _____

PHONE: _____

EMAIL: _____

All proceeds benefit the Down Syndrome Guild of Dallas. Contributions are not tax deductible. Must be 18 years old or older to enter. Drawing tickets are \$10 each or 6 for \$50. Drawing will occur on April 19 during the Herb's Paint and Body/Down Syndrome Guild Golf Classic dinner. Prizes are not convertible to cash or credit. No refunds. Winners are responsible for all applicable taxes. Travel and accommodations subject to availability. Please visit www.downsyndromedallas.org for additional details. SOME RESTRICTIONS MAY APPLY . NEED NOT BE PRESENT TO WIN

The Down Syndrome Guild
SPECIAL PRIZE PACKAGE
DRAWING TICKET



NAME: _____

PHONE: _____

EMAIL: _____

SPECIAL PRIZE PACKAGE
DRAWING TICKET

SELECT ONLY ONE
CIRCLE THE PRIZE PACKAGE YOU WOULD LIKE

CIRCLE THE PRIZE PACKAGE YOU WANT • SELECT ONLY ONE

Tickets may be purchased 6 for \$50 or individually for \$10

- A Sports Fanatic:** 4 Texas Rangers Baseball Game Tickets with Parking Pass; 2 Dallas Mavericks Basketball Game Tickets; 2 Byron Nelson Golf Tournament Tickets; Dirk Nowitzki Signed Memorabilia (all game dates to be determined)
- B Cowboys Feast:** 2 Dallas Cowboys Football Game Tickets for Thanksgiving Day 2016 with Parking Pass
- C Weekend Getaway:** 2 Round Trip Southwest Airlines Tickets, 2 Night Stay at any Omni Hotel/Resort
- D Take Me Out to the Ballgame:** 4 Texas Rangers Baseball Game Tickets with Parking Pass; \$100 Gift Card to Silver Fox, Ill Forks, or Cool River Cafe' (game date to be determined)
- E Date Night:** 2 Dallas Mavericks Basketball Game Tickets; 1 Night Stay at W Dallas Hotel (dates to be determined)
- F Gadget Guru:** 42 mm Apple Watch
- G Ultimate Gamer:** Xbox One 500GB The LEGO Movie Console Bundle; \$50 GameStop Gift Card; 2 Extra Controllers; Headset; 2 Additional Games, 2 Star Wars Light Sabers
- H Best of Dallas:** 1 Night Stay at Hilton Anatole, 2 Tickets to Dallas Theater Center Dreamgirls, Unlimited Valet Parking Pass for Galleria Dallas; Dozen Sprinkles Cupcakes
- I Beach Vacation:** 2 Round Trip Southwest Airlines Tickets; 2 Bedroom/1 Bath Condo in Panama City Beach, FL for 5 Days

LIVE AUCTION PREVIEW: PGA TOUR MASTERS FLAG SIGNED BY JORDAN SPEITH

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10 Tips About Placement

by Pat Howey (Reprinted with permission. Article originated in Wrightslaw E-Newsletter www.wrightslaw.com)

Do Not Put Placement Before the IEP

You must have an appropriate IEP before you can get an appropriate placement. Many parents make the mistake of putting the cart (the placement) before the horse (the IEP).

IDEA requires all IEPs to include present levels of academic achievement and functional performance. (20 U.S.C. 1414(d)(A)(i))

Start by making a grocery list of your child's present levels of educational and functional performance. Without "present levels" there is no foundation on which to build an IEP.

You can list anything that affects your child's ability to function inside and outside of the school setting! Not every child will need functional goals. You will not know that unless you include present levels of functional performance.

The IEP is the Blueprint for Your Child's Program

The IEP is the blueprint the school must use for your child's program. This includes placement. It all begins with present levels of educational and functional performance. The "present levels" in the IEP guarantees that your child gets the right special instruction, related services, modifications, adaptations, accommodations, assistive technology, or any other needed item.

An appropriate IEP answers the following question. "In what setting (placement) can we appropriately put

this IEP into action?" If the school does not have an appropriate placement, it must create one.

This process sounds simple. But, you may have to work hard to get there. You are the best person to do this. You know your child best. You may have to do these three things.

- Convince the team that the current IEP is not appropriate.
- Guide the team to use the IEP to find the placement.
- Negotiate with the school to create a placement if the school does not have the placement your child needs.

A Good Placement Begins With an Appropriate IEP

To make sure the "blueprint" is appropriate you should follow this process.

1. Make lists of your child's strengths and challenges. These lists are your child's present levels of academic achievement and functional performance.
2. Study your lists. They will guide you in teaching the team about what your child needs.
3. You will use your lists to help the team develop an IEP that builds on your child's strengths and corrects his areas of challenge.
4. Use information from the first lists (strengths and challenges) to make a third list. Your list should include the following.

The special education and related services your child needs. Remember that special education means "special

instruction."

The adaptations, modifications, and accommodations your child needs in addition to special instruction. These are not substitutes for "special instruction."

5. Use your three lists to help the team create an IEP that prepares your child for: Further education , Employment, Independent living
6. IDEA obligates the school to prepare your child for the three things in number five. (20 U.S.C. 1400(d))
7. When you have your three lists, you are ready to ask the team to meet again to change the IEP
8. A few days before the meeting give each team member a copy of your list.
9. Ask the team to include your lists in the IEP under "Parent Concerns."
10. Remember. You should not look at placement for your child until you complete the IEP!

Reference Sites for Resources on IEPs, Inclusion & Education

- www.ndscenter.org
- www.ndss.org
- www.down-syndrome.org
- www.paulakluth.com
- www.wrightslaw.com
- www.theinclusiveclass.com

Moms' Night Out

Saturday, May 14, 2016

3:00 pm

Hawaiian Nail Bar

5500 Greenville Ave. #216

Dallas, TX 75206

or

Cowboys Nail Bar

2208 Dallas Parkway #325A

Plano, TX 75093

Moms of individuals with Down syndrome of any age are invited to join us for an afternoon of pampering while enjoying the company of other moms. Your Toe-tally Pampered experience includes a full pedicure with Dead Sea salt and essential oil treatment. This event is free for DSG members (tip not included); however, space is limited and RSVP is required to Samantha Escherich at (214) 267-1374 or samantha@downsyndrome.org. **Please specify your preferred location when making your reservation.**

New Parent Meeting for Families with Children Ages 0-2 Years Old

Sunday, May 22, 2016

2:00 pm - 4:00 pm

Down Syndrome Guild of Dallas

1702 N. Collins Blvd., Suite 170

Richardson, TX 75080

Growing Up with Down Syndrome - A Sibling Perspective

Join other new parents (*with children ages 0-2 with Down syndrome*) as we gather information, meet new friends, and share resources. Our panel of siblings will share their personal experiences on growing up with a sibling diagnosed with Down syndrome. There will be ample time for Q&A as well as opportunities to connect with other families. Light snacks and childcare will be provided. Childcare space is limited and families must RSVP to Samantha Escherich at samantha@downsyndromedallas.org or (214) 267-1374 **no later than Friday, May 13, 2016. When making a reservation, please include the number of children needing childcare, their names, ages, dietary restrictions, and any additional information you think would be helpful to our childcare workers.**

2016-2017 Innovative Teaching Grant Applications

The Down Syndrome Guild of Dallas is now accepting applications for Innovative Teaching Grants. Innovative Teaching Grants are designed to encourage, facilitate, recognize, and reward innovative, creative, and highly engaging instructional approaches that benefit students with Down syndrome.

Individuals or teams of individuals within the Dallas Metroplex who are involved in the instruction of students

are eligible to apply. Instructional approaches or projects designed to begin during 2016-2017 and which meet the selection criteria are eligible.

Grants will be awarded to projects/programs within the range of \$500 - \$5,000. **Applications are due by 4:00 pm, Thursday, April 28, 2016.**

Please visit our website at <http://downsyndromedallas.org/for-educators> to download an application and full requirements.

2016 DSG Talent Show



Grupo de Familias Unidas



Texas Rangers Baseball Game for Adult Self Advocates Ages 18 and Older

Friday, May 13, 2016
Game Time 7:05 pm
Globe Life Park

1000 Ballpark Way
Arlington, TX 76011

Self advocates ages 18 and older are invited to join us for a fun night of Rangers baseball at Globe Life Park in Arlington, TX. Lower level tickets and all you can eat buffet is provided by the DSG. Please bring your own money if you want to purchase a souvenir.

Attendees MUST register with Samantha Escherich at samantha@downsyndromedallas.org or (214) 267-1374 no later than Friday, April 22, 2016, to reserve your space.

1702 N. COLLINS BLVD.
SUITE 170
RICHARDSON, TX 75080

Return Service Requested

(214) 267-1374

www.downsyndromedallas.org

LIKE US ON FACEBOOK AT WWW.FACEBOOK.COM/DALLASDSG.

PRESIDENT: MARK BARRY

EXECUTIVE DIRECTOR: JENNIFER FORD

DIRECTOR OF PROGRAMMING: SAMANTHA ESCHERICH

DOWN SYNDROME CLINIC EVERY THURSDAY
AND FRIDAY 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.

VISION STATEMENT: PEOPLE WITH DOWN SYNDROME - VALUED AND INCLUDED.

ARE YOU MOVING? DON'T FORGET TO PROVIDE US WITH YOUR CHANGE OF ADDRESS BY CALLING THE OFFICE AT 214.267.1374 OR SEND US AN E-MAIL AT JENNIFER@DOWNSYNDROMEDALLAS.ORG.

Down Syndrome Guild Calendar of Events

April 9

Transition Panel:
Elementary to Middle School

April 10

Family Picnic

April 19

Herb's Paint & Body/Down
Syndrome Guild Golf Classic