

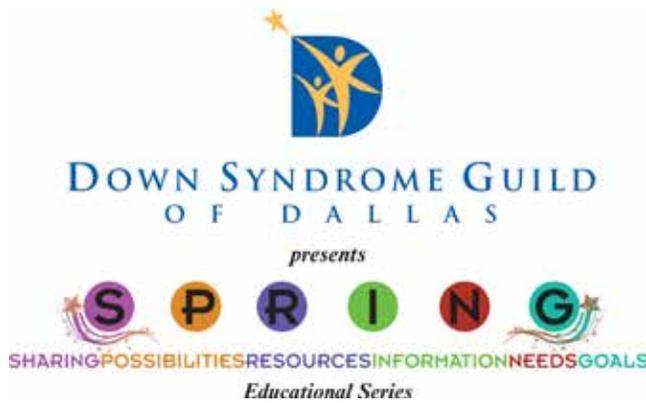
THE DSG News

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

December 2016

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



10:00 am - 12:00 pm

Down Syndrome Guild of Dallas

1702 N. Collins Blvd., Suite 170

Richardson, TX 75080

Saturday, January 21, 2017 - Early Literacy Instruction

Speakers: Stephanie Al Otaiba, Francesca Jones, and Miriam Ortiz,
Southern Methodist University

This seminar will focus on early literacy instruction for students with intellectual disabilities. We will give an update of the research we are conducting to teach reading to students with ID including some examples of our books, materials, and the assessments we have used. We will also discuss more broadly some of the critical features that we have identified for success in early reading instruction and provide some information and ideas about what parents and teachers can do to support their beginning reader.

Please visit the DSG website at <http://downsyndromedallas.org/spring-education-series> to register and view the complete 2017 Spring Educational Series seminar sessions. There is no cost to attend; however, attendees must register in advance. Childcare is NOT provided.

Holiday and Year-End Giving

Whether you are searching for that perfect holiday gift or simply interested in making a year-end charitable contribution, a gift to the Down Syndrome Guild is a wonderful way to give back to the community. Your tax-deductible contribution will help support the mission of the DSG by allowing us to continue providing accurate and current information, resources, and support for people with Down syndrome, their families, and the community.

To make a holiday or year-end contribution to the Down Syndrome Guild, please visit our website at www.downsyndromedallas.org and click the *Donate Now!* link in the upper right corner of your screen.

Please contact the DSG office at (214) 267-1374 or e-mail jennifer@downsyndromedallas.org if you have any questions or need assistance with your giving.

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 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 or e-mail jennifer@downsyndromedallas.org.

Executive Director's Message *By Jennifer Ford*

Next month marks 10 years since I moved to the metroplex and became involved with the Down Syndrome Guild of Dallas. At that time, I knew very little about Down syndrome and could count on one hand the number of people with Down syndrome I had ever even met. Like many of you, I started off as a total newbie with limited knowledge and probably a few uninformed preconceived notions as well. Fast-forward to 2017 where there isn't a day that goes by that I don't think about the personal influence someone with Down syndrome and the DSG has had on my life.

I am often asked how I became involved with the Down Syndrome Guild, and a lot of people are quite surprised to learn that I didn't have a connection to someone with special needs prior to joining the team. However, I think this says a lot about the power of the special needs community and the advocacy and awareness efforts

of parents and organizations like the DSG over the years. In the ten short years I've been in Dallas, I've seen this organization and the community as a whole grow leaps and bounds in terms of the resources available to families and the inclusion opportunities available for education, employment, and daily living. When I first started with the DSG, post secondary education opportunities for people with Down syndrome were just beginning, employment was very limited, programs like the ABLE Act were not even on the radar, and television shows and ads featuring people with Down syndrome were few and far between. I'll be one of the first to admit that we still have a long way to go in terms of inclusion and equality for our loved ones with Down syndrome, but it's encouraging to reflect on where we've been and exciting to see what the next 10 years hold for individuals with special needs and their families.

HERB'S PAINT & BODY
DOWN SYNDROME GUILD
GOLF CLASSIC

New Place,
New Date
...Mark Your
Calendar

Monday, May 22, 2017 • Dallas Athletic Country Club

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

Sunday, January 22, 2017

2:00 pm - 4:00 pm

Down Syndrome Guild of Dallas

1702 N. Collins Blvd. Suite 170

Richardson, TX 75080

The Joys and Challenges of Raising a Child with Ds Parent Panel

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 "experts" will share their personal experiences on the joys and challenges often associated with raising a child 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, January 13, 2017. When making a reservation, please include the number of children needing childcare, their names, ages, and any additional information you think would be helpful to our childcare workers.***

Mommy & Me for Ages 0-4

Tuesdays, January 10 -
May 9, 2017
11:30 am - 1:00 pm

*Jewish Community Center
7900 Northaven Road
Dallas, TX 75230*

The Down Syndrome Guild invites caregivers of children with Down syndrome ages 0 to 4 years old to this fun learning experience. The class will be taught by Cynthia Casper. 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 children for an outdoor playground experience.

There is no fee to attend; however, space is limited. Reserve your space today by contacting Samantha Escherich at (214) 267-1374 or samantha@downsyndromedallas.org.

One-on-One Volunteer Training

Saturday, January 7, 2017
1:00 pm - 2:00 pm
Down Syndrome Guild
1702 N. Collins Blvd. Suite 170
Richardson, TX 75080

One-on-one volunteers serve as peer buddies at various events (i.e. the zoo, a baseball game, movie) with teens and adults with Down syndrome. Volunteers will form ongoing relationships with self-advocates and also support staff in making sure the event goes smoothly and as planned.

All one-on-one volunteers are required to complete this mandatory training in order to volunteer for the Guild at ongoing events. This training will cover what Down syndrome is, what the role of a volunteer is, filling out paperwork, completing a background check, and playing some fun games!

Interested volunteers may contact Samantha Escherich at (214) 267-1374 or samantha@downsyndromedallas.org for more information and to sign up for training.

Special Thanks to Our 2016 Corporate Sponsors

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Celebrating the 2016 Buddy Walk®



DOWN SYNDROME GUILD
OF DALLAS

Thanks and gratitude to all who participated, volunteered, donated, and came out in support of the 15th Annual Down Syndrome Guild of Dallas Buddy Walk®!

First and foremost, thank you to all the Buddy Walk® Teams and individual donors. Our Team Captains work tirelessly to include their closest friends and family, and we could not be more appreciative of your support. The energy and enthusiasm that we see from our teams year after year is so inspiring. It's always so exciting to see the decorated strollers and wagons, creative t-shirt designs, and posters. Team tailgating also took on a whole new meaning this year, and the Plaza was filled with dancing and entertainment. Congratulations to our first, second, and third place teams Ty Wyl E Coyotes, Team Levi, and Talor's Team for your fundraising successes this year. Together these three teams raised over \$95,000 in support of the Buddy Walk®. You continue to amaze and inspire all of us with your dedication to the Buddy Walk® and DSG!

Next, thank you to all of our corporate partners and sponsors. Your participation illustrates your commitment to our community and programs.

Last, but certainly not least, the Buddy Walk® would not happen without our fantastic volunteers. Our volunteers assist us throughout our planning, but their services are critical on Buddy Walk® day. They unload trucks at 6:00 am, direct traffic, manage face painting and games on the Plaza, cheer on walkers, and perform tasks both big and small. Their helping hands are greatly appreciated as they work to make the day enjoyable for everyone.

While the Buddy Walk® is just one day, the success of the event is felt year round. With over \$335,000 raised to date, the DSG will be able to continue sponsoring events, hosting programs, and supporting education and medical research initiatives for our members. The Buddy Walk® also cultivates awareness with people that may not have had a direct connection with Down syndrome before but now recognize that people with Down syndrome are valued and included. Most importantly, the Buddy Walk® reminds us that we are members of a shared community - a group composed of those who understand how you feel, know what you may be experiencing, and may offer words of wisdom when needed. Together, we can make a difference in immeasurable ways!

Special Thanks to Everyone Who Participated in the 2016 Buddy Walk®





A Night Out at the DSG "Lounge" for Adult Self Advocates 18+

Friday, January 6, 2017
7:00 pm - 9:00 pm
DSG Office

1702 N Collins Blvd Suite 170
Richardson, TX 75080

Self-advocates ages 18 and older are invited to come to the DSG "Lounge" for a night out. Adults will mingle, eat heavy appetizers for dinner and enjoy signature mocktails all evening. Live karaoke, performed by none other than our self-advocates, will be the entertainment for the night. It is sure to be a night out like never before. Please RSVP with the name of the adult joining and any food allergies to Samantha Escherich at samantha@downsyndromedallas.org or (214) 267-1374 **no later than Friday, December 23, 2016.**

Parents' Night Out

Saturday, January 28, 2017
7:00 pm - 10:00 pm
Celebration Restaurant
4503 West Lovers Lane
Dallas, TX 75209

Time for you and your significant other to have a night out and enjoy time with other parents. Couples will join together for a fun evening at Celebration Restaurant sharing a meal together and

getting to know new friends and catching up with old friends. Child care is not provided, therefore please plan accordingly. Space is limited and reserved for those who are able to attend. RSVP to Samantha Escherich at (214) 267-1374 or samantha@downsyndromedallas.org **no later than Friday, January 20, 2017.**

Pottery Painting for Teens Ages 13-17

Saturday, January 28, 2017
2:30 pm - 4:00 pm
Quiggly's Clayhouse
1344 E. Belt Line Rd
Richardson, Texas 75081

Teens ages 13-17 are invited to join peers for an afternoon of meeting new friends, catching up and painting their own beautiful pottery piece. Teens will choose a piece of pottery, their

paint colors, and decorate as they wish. Pottery will be available for pick-up at the DSG office 2 weeks after the event. Please RSVP with the name of the teen joining to Samantha Escherich at samantha@downsyndromedallas.org or (214) 267-1374 **no later than Wednesday, January 18, 2017.**

SPARK! for Youth Ages 5-12

Saturday, January 7, 2017
10:00 am - 1:00 pm
SPARK! Adventures In Creativity
1409 S. Lamar St.
Dallas, TX 75215

Families with a child with Down syndrome ages 5-12 and their immediate family members, (parents and siblings), are invited to join us for an afternoon filled with creativity at SPARK! in Dallas. The afternoon will be fun for all siblings and children, having freedom to explore by climbing, crawling and sliding through the 11,000- square-foot facility.

This creative space will allow children to embrace their imagination and creativity, learn about music through an instructor led activity and socialize with other children. This afternoon will also allow parents to get to know one another and talk while their children play. Space is limited and RSVP with the number of adults and children is required to Samantha Escherich at (214) 267-1374 or samantha@downsyndromedallas.org **no later than Saturday, December 30, 2016.**

Pearls for Prevention: Orthotics

By Joanna Spahis, RN, CNS, APNG

Clinical Nurse Specialist, Down Syndrome Clinic

Q: What are orthotics?

A: Orthotics are a group of different devices that go under or around the foot and into the shoe.

They are often made of soft plastic and can be purchased ready-made or may be custom-made to the person's foot by a professional orthotist.

Q: Why are they necessary?

A: Children with Down syndrome (and adults) have hypotonia, or low muscle tone that affects all of the joints and ligaments of the body. This can put the person at higher risk for deformities to the foot and ankle. The ankles often turn inward, called "pronation." People with Down syndrome also often have flat feet. Orthotics can help by giving the foot and ankle more support and can give the person better balance and more endurance for walking.

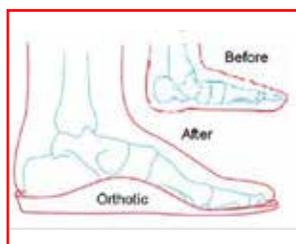
Q: At what age are orthotics usually recommended?

A: They are typically recommended around 18-24 months of age, or as early as when a child begins to stand.

Q: What are some different types of orthotics?

A: Some orthotics are flat but with a built-in arch, and are called UCBL's.

They mostly support the arch of



the foot. More commonly are SMO's which look like a small boot and come up over the ankle. Other children may require more support, and some orthotics come up to the knee and are called AFO's.

Q: How long do children with DS need to wear orthotics?

A: This is different for every person. Some children need them for only a year or so until their ankles and legs get stronger. Other people need to wear them for their whole life, although they must be refitted periodically while the foot is still growing.

Q: Is there anything else for people to know about orthotics?

A: Orthotics may be measured and ordered by a physical therapist or a child may go to an orthotics clinic or company to be evaluated. An order is required from a health care provider if the orthotics will be custom-made. Children's Health has an orthotics clinic in both the Dallas and Plano locations.

For more information, feel free to call me at (214) 456-2017.



White Elephant Holiday Party for Adults 18 and Older

Saturday, December 17, 2016
12:00 pm - 3:00 pm
Down Syndrome Guild
1702 N. Collins Blvd. Suite 170
Richardson, TX 75080

Everyone loves a good holiday party! Self advocates ages 18 and older are invited to wear their tackiest holiday apparel and join us for lunch and a gift exchange. Please bring a \$15.00, wrapped, unisex gift in order to play the game. We ask that no food items are brought as gifts because of allergies.

Participants must RSVP to Samantha Escherich at samantha@downsyndromedallas.org or (214) 267-1374 ext. 2 no later than Friday, December 9, 2016.
Happy holidays!

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

Return Service Requested

(214) 267-1374

www.downsyndromedallas.org

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PRESIDENT: LYNN CAMPBELL

EXECUTIVE DIRECTOR: JENNIFER FORD

DIRECTOR OF PROGRAMMING: SAMANTHA ESCHERICH

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AND FRIDAY AT CHILDREN'S MEDICAL CENTER.

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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

December 10

Cookies with Santa for Families
with Children Ages 0-12

&

Holiday Treats for Teens Ages 13-17

December 17

White Elephant Holiday Party
for Adults 18 and Older