

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

July 2016

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



Studio Movie Grill Night with Adult Self Advocates 18+

Friday, July 8, 2016

Time TBD

Studio Movie Grill Dallas

(Royal Lane)

11170 N. Central Expy.

Dallas, TX 75243

Self advocates ages 18 and older are invited to join peers for a night out at the movies. Adults will sit back and relax with popcorn and a drink while watching a fantastic movie. Time and movie will be determined closer to the date of the event. Please RSVP with the name of the adult joining to Samantha Escherich at samantha@downsyndromedallas.org or (214) 267-1374 **no later than Friday, July 1, 2016.**

Breakfast for Dinner for Adult Self Advocates Ages 18+

Saturday, August 6, 2016

5:00 pm - 8:00 pm

DSG Office

1702 N Collins Blvd Suite 170

Richardson, TX 75080

Self advocates ages 18 and older are invited to join peers for a night full of morning traditions. Wear your favorite pajamas, enjoy live pancake flipping and eating, and curl up with your blanket and pillow to relax with friends while watching a movie on our big screen. Please RSVP with the name of the adult joining to Samantha Escherich at samantha@downsyndromedallas.org or (214) 267-1374 **no later than Friday, July 22, 2016.**

Volunteers Needed

The Down Syndrome Guild is seeking volunteer spotters for our 2016 iCan Shine Bike Camp August 8-12 at the UTD in Richardson. Requirements for participation include:

- At least 16 years old
- Able to attend 90 minutes at the same time each of the 5 days of camp
- Able to provide physical, emotional, and motivational support to assigned rider
- Able and willing to get some exercise (light jogging/running) for a great cause

A *Volunteer Registration Form* can be found at <http://downsyndromedallas.org/ican-bike-camp> and must be submitted to Samantha Escherich at samantha@downsyndromedallas.org or mailed to 1702 N. Collins Blvd., Suite 170, Richardson, TX 75080. Approved volunteers will receive a confirmation e-mail outlining their session time and volunteer training details.

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 ext. 1 or e-mail jennifer@downsyndromedallas.org.

President's Message *By Lynn Campbell*

The first month of summer has passed quickly. The change in routine for most is a welcome relief. At the Guild we have had Social Skills Camp, Art Camp, Music Therapy, Dad's Night Out, Game Night for Adult Self Advocates, and Aquarium Outing, to name a few of our recent activities. We are busy planning for the Fall Education Conference on October 1st as well as for the Buddy Walk in the fall.

Whether your calendar is filled with summer school, swim lessons, camps, vacations, days at the pool, participating in or attending sporting events, or other activities, I hope you are enjoying it all. Summer is also a great time to reflect on the past school year or year at work for your loved one with Down syndrome to identify what worked well, what did not go as planned, where things went off course, and what adjustments may need to be made to avoid some of the difficulties going forward. Sometimes small changes make a big difference.

Review the vision you have for your

family member with Down syndrome. Your vision is the "big idea" or big picture. Think about your initial vision and determine if you need to update that vision. What is specifically hindering or helping your child on the path to that vision? Talk with trusted extended family members, close friends, and other parents of children with Down syndrome for their often valued perspectives. Remember your child's particular strengths and challenges. Plan to build on the strengths and improve in the areas of challenge.

It is also a great time to work on skills at home. Doing chores, meal planning and prep, playing games, reading, writing, and doing a little math can help maintain skills levels and even help improve on skills in a focused environment. Keeping a routine, albeit different than during the school year, and structure, are helpful for behavior, learning, and well-being.

The Staff and Board of the DSG wish you a Happy 4th!

Gardening For Teens Ages 13-17

Saturday, July 9, 2016

2:00 pm - 4:00 pm

Down Syndrome Guild

1702 N Collins Blvd., Suite 170

Richardson, TX 75080

Teens ages 13-17 are invited to come learn about plant life, nature, and

gardening. Teens will paint their own pottery and have the opportunity to plant herbs to take home for future use. Space is limited and RSVP is required to Samantha Escherich at (214) 267-1374 or samantha@downsyndromedallas.org **no later than Friday, July 1, 2016.**

Hawaiian Falls Day for Youth and Teens Ages 5-17

Saturday, August 6, 2016

10:00 am - 6:00 pm

Hawaiian Falls Water Park (Garland)

4550 N. Garland Ave

Garland, TX 75040

Youth and teens ages 5-17 and their immediate family members (*parents and siblings*) are invited to join us for some fun in the sun at Hawaiian Falls Water Park in Garland. Your day includes all day entrance to all the water park features, a hot lunch buffet in our own reserved pavilion, and an all day unlimited drink pass. Lunch will be served at 12:00 pm. Space is limited and RSVP is required to Samantha Escherich at (214) 267-1374 or samantha@downsyndromedallas.org no later than Friday, July 29, 2016.

Teens Expressed Their Creativity at Art Camp



Outstanding Educator of the Year Award Nominations

Each year, the Down Syndrome Guild of Dallas recognizes individuals and/or teams working with students with Down syndrome in an inclusive educational setting, public or private. Experience, education, and community involvement, as well as teaching philosophy, are all criteria that the Award Committee will consider. Past winners have included teachers, transition specialists, speech therapists, paraprofessionals, and others working at all grade levels.

Any Down Syndrome Guild member may nominate their favorite educator by going to our website at <http://downsyndromedallas.org/fall-conference> and downloading a nomination form. **Deadline for nominations is Monday August 29, 2016.** Winners will be recognized at the *Learning Together, Focusing on Possibilities* Fall Conference on October 1, 2016. Members may also contact Jennifer Ford at jennifer@downsyndromedallas.org or (214) 267-1374 to request a form.

Employer Spotlight: HUGS Cafe, McKinney, TX

The Down Syndrome Guild is pleased to feature two employees from Hugs Cafe as part of a new series of articles highlighting outstanding employers and employees around the metroplex. Hugs Cafe started as the dream of Founder and President Ruth Thompson. Her vision was to create a non-profit cafe that will be run and operated primarily by adults with special needs. Hugs Cafe opened last fall in the historic square in downtown McKinney and continues to provide training and employment for adults with special needs. You can hear more about Ruth's vision and Hugs Cafe at this year's Fall Conference on October 1, at Collin College. Until then, let's take a look at what the cafe's employees have to say about their job and what to make sure you order when you visit the restaurant.



First Name: Jerry

Age: 25

How long have you worked here?

Jerry started training for Hugs during the

cooking classes and food handler safety courses that Ruth Thompson began in 2014. Jerry is one of the original "team mates" to be employed when Hugs opened in October 2015.

Why did you choose this type of work? Jerry loves food and enjoys cooking and helping at home. But after 3 jobs with other employers, Jerry finally found his special niche at Hugs. He was very serious when in training and quickly learned new skills that gave him the confidence to be a successful employee at Hugs. He enjoys working, and will clean, serve, bus tables help with the prep work, what ever is asked of him.

What do you like most about your job? Jerry loves being "the server" at Hugs, but more than that he enjoys the friendships that have developed between the Hugs staff, the other special needs adults (team mates), volunteers and customers. Since starting work at Hugs and interacting with many people (on different levels), his people skills, including conversation and articulation, has soared with his new found confidence. His first "official job" at Hugs was as a greeter. As a parent I wasn't sure he could do it, but he did & the pride he had for himself was just amazing. Since he has always been self-conscious about his ability to communicate, this was a proud moment for all of us.

What is your favorite item on the menu? Jerry's favorite menu item (aside from the wonderful home-made cookies) is the Fiesta Pulled Pork Burrito. Jerry learned to make this in the Hugs cooking classes, then started making it at home for his family. It is awesome!



First Name: Blaine

Age: 30

How long have you worked here?

Blaine began when they opened, nine months ago, but trained for 6 months prior to opening.

Why did you choose this type of work? It is a cafe that employs adults with special needs, and he loves to be around people.

What do you like most about your job? Blaine loves the people and the food.

What is your favorite item on the menu? Blaine really enjoys the fiesta pork burrito and the wedding cookies.

save the date

10.01.16



2016 FALL CONFERENCE

Learning Together, Focusing on Possibilities

DOWN SYNDROME GUILD
OF DALLAS

Saturday, October 1, 2016

Collin College Spring Creek Campus – Conference Center
2800 E. Spring Creek Parkway, Plano, TX 75074
9:00 am – 4:30 pm

CEU'S PENDING FOR SOCIAL WORKERS AND SLP'S. CERTIFICATES OF ATTENDANCE FOR EDUCATORS AND OT'S.

Learn from nationally renowned specialists as they share their expertise relating to Down syndrome and other intellectual disabilities. Experience first class presenters and hands on sessions full of practical information to help individuals with Down syndrome be independent and lead productive, fulfilling lives.

Don't miss this incredible opportunity!

NATIONALLY RECOGNIZED SPEAKERS INCLUDE:

Tim Harris, *Restaurateur, Inspirational Speaker, Social Change Advocate*

Michael Remus, *Inclusion Specialist*

Julie Harmon, *Director of Parent Services, PEAK Parent Center, Colorado Springs, CO*

In depth tracks offering training for parents, teachers, teaching assistants, educational/school psychologists, social workers, speech language pathologists, and other health and education professionals.

Early Years Track:

Sessions focusing on self help and independence skills, toilet training, and ear, nose, and throat concerns specific to infants, toddlers, and young children birth to 4 years old.

School Years Track:

Sessions focusing on inclusion, behavior, accommodations and modifications, and transition planning specific to school age children and teens ages 5 to 17 years old.

Post School Years Track:

Sessions focusing on self advocacy, healthy living, employment, and transition planning specific to older teens and adults ages 18 and older.

THE 2016 DSG ANNUAL FALL CONFERENCE IS MADE POSSIBLE BY THE GENEROSITY OF THE CHARLES H. PHIPPS FAMILY FOUNDATION.

Online registration open August 1, 2016 www.downsyndromedallas.org 214.267.1374

Pearls for Prevention: Cervical Spine Instability

By Joanna Spahis, RN, CNS, APNG

Clinical Nurse Specialist, Down Syndrome Clinic, Children's Health Dallas/Plano

Q : *What is cervical spine (c-spine) instability?*

A: It is a common condition where the ligaments of the upper spine that support the spinal cord are too loose. This can put the person at higher risk for injury to the head, neck, or spine. It is also called "atlanto-axial instability" or "craniovertebral instability."

Q: *Why are people with Down syndrome at higher risk for C-spine instability?*

A: It is more common due to the general hypotonia (low muscle tone) that is common in people with Down syndrome.

Q: *Are there symptoms of c-spine instability?*

A: Symptoms are not usually present. However, if a child suddenly

becomes weak or numb in the arms or legs, is suddenly not able to walk, or has persistent pain in the head or neck or always holds his/her head sideways, this should be reported to the child's doctor right away. These symptoms would be rarely seen.

Q: *How is c-spine instability diagnosed?*

A: It is diagnosed by means of a series of radiographs (x-rays) called a "Davis series" which is done any time after the age of 3 years. Before that time, the results are not reliable. The radiographs examine the distance between the base of the head (occiput) and the first and second vertebrae and looks at how they move when the head moves up and down.

Q: *What are restrictions for people with known c-spine instability?*

A: People with c-spine instability should not do anything head first, such as tumbling, diving, gymnastics, or bouncing on a trampoline, horseback riding (galloping), or be in very competitive contact sports. They can still do most normal activities and sports.

Q: *Is there anything else for people with DS and c-spine instability to know?*

A: These special x-rays should be repeated every 1-2 years if c-spine instability is found. People can become more normal with age and their c-spine instability can go away. About half of people with Down syndrome and c-spine instability later become normal. For more information, feel free to call me at (214) 456-2017.

Grupo de Familias Unidas



The Force Was with Campers at Our Stars Wars Social Skills Camp



DSG IMPCT Members Cheered on The Texas Rangers with Friends



New Parent Families Explored Sea Life at the Children's Aquarium at Fair Park



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RICHARDSON, TX 75080

Return Service Requested

(214) 267-1374

www.downsyndromedallas.org

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

PRESIDENT: LYNN CAMPBELL

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

July 8

Studio Movie Grill Night with
Adult Self Advocates 18+

July 9

Gardening For
Teens Ages 13-17

July 21-24

NDSC Convention