

# 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

June 2016

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

## *Music Therapy for Families with Children Ages 0-5*

*Thursdays, June 23 - July 14, 2016*

*Down Syndrome Guild of Dallas*

*1702 N. Collins Blvd., Suite 170*

*Richardson, TX 75080*

*9:30 am - 10:00 am (Ages 0-1)*

*10:15 am - 11:15 am (Ages 2-3)*

*11:30 am - 12:30 pm (Ages 4-5)*

Come and make melodies and memories in Miss Paula's Mommy and Me Music Therapy! Led by board certified music therapist, Paula Gregory, mothers and fathers will aide their children in participating in music therapy interventions. Participants will play various instruments, songs, and musical games. Goal areas addressed will include, but are not limited to; parent-child bonding, attention to task, social interaction, gross motor, and fine motor skills. All strategies will be adapted as needed for each child's age and ability. Using music allows children to engage in developmentally appropriate materials while still addressing their individual needs. This year, the program is expanding to include parents and their children under a year of age in Miss Paula's Baby and Me Music Therapy. The therapist will guide parents in simple but engaging musical experiences that can later be used in the home during baby's first year. Come join the fun with Miss Paula in "Mommy and Me" and "Baby and Me" Music Therapy Sessions!

*Space is limited and participants must RSVP child's name and age to Samantha Escherich at [samantha@downsyndromedallas.org](mailto:samantha@downsyndromedallas.org) or (214) 267-1374 no later than Friday, June 17, 2016.*

## *Dads' Night Out*

**F**riday, June 10, 2016

6:30 pm - 8:30 pm

Down Syndrome Guild

1702 N. Collins Blvd., Suite 170

Richardson, TX 75080

Calling all dads! This event is just for you! Dads of individuals with Down syndrome of any age are invited to join us for a night out to relax while enjoying the company of other dads. Dads are invited to the DSG office for a night of poker and other card games. Cards and a BBQ dinner will be provided. Please feel free to bring additional beverages of your choice. Space is limited and RSVP is required to Samantha Escherich at (214) 267-1374 or [samantha@downsyndromedallas.org](mailto:samantha@downsyndromedallas.org) *no later than Friday, June 3, 2016.*

**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.*

***In memory of Howard Thomas.***

*From: Linda Murphy and Texas Association of Quilt Guilds*

***In honor of World Down Syndrome Day!***

*From: The teammates at Bridgestone's DFW Distribution Center*

***In honor of the Frisco team at Herb's Paint & Body for their exceptional customer service.***

*From: Charlie Donner*

***In honor of Eli Ravetta!***

*From: Elizabeth & Jim Whitchurch*

Interested in making a Club 21 donation? Contact Jennifer Ford at (214) 267-1374 ext. 1 or e-mail [jennifer@downsyndromedallas.org](mailto:jennifer@downsyndromedallas.org).

## **Welcome New Board Members!**

The Down Syndrome Guild of Dallas is proud to introduce to you the newest members of the 2016-2017 Board of Directors.

**Terri McKinney** - Terri's involvement with the Down Syndrome Guild began over 10 years ago in support of her dear friend and the birth of that family's child with Down syndrome. Over the years, Terri has lent her talents and expertise to the DSG in various capacities and has been instrumental in the growth of the organization. She has previously served as President of DSG Board of Directors, chaired the Buddy Walk®, and has served on numerous committees such as the Finance and Marketing Committees.

**Roy Atwood** - Roy is an attorney by trade and has a 16-year-old son with Down syndrome. He has extensive knowledge and experience with special education law and finance. He has also served on numerous community Boards including LaunchAbility and St. Andrew UMC Children's Weekday Program. Roy looks forward to sharing his skills and experience with the DSG.

**Ali Ackles** - Ali is best known as mom to her 5-year-old son with Down syndrome and his siblings, and she also has a strong background in education. Ali is a former second grade teacher and is currently working on her diagnostician certification. She and her family have been very active with the DSG Buddy Walk® since Levi was born, and she looks forward to giving back to our network of families.

**Drew Wilborn** - Drew has a 4-year-old son with Down syndrome and a strong

passion for serving our new parents. He has 10 years experience in both banking and non-profit management and is currently employed as a pastor. Drew's background and experience will be a great asset to our membership.

**Brandt Urban** - Brandt is the newest Self Advocate Board Member to join our team. He currently attends Richland College and is employed at various local businesses including Howdy Homemade. He also participates in Eagle Scout activities and is excited to help others with Down syndrome be successful in work, home, and in the community.

We are so grateful for the addition of these 5 individuals to the 2016-2017 Down Syndrome Guild Board of Directors as well as our new Executive Committee and returning Board Members listed below.

***Executive Committee***

Lynn Campbell - President  
Jennifer Weiss - Vice President  
Corky Randolph - Treasurer  
Stephanie Diener - Secretary  
Tamara White - Member at Large

***Returning Board Members***

Mark Barry  
Anna Brindley  
Leah Ewing  
Tara Goodwin  
Paula Mathers  
Lori McKee  
James Taylor  
Kristin Walsh



**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 (FULL)

10:05 am - 11:20 am (FULL)

11:40 am - 12:55 pm (FULL)

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. 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.

**Volunteer:**

If you are interested in volunteering as a spotter for our 2016 camp, please complete the *Volunteer Registration Form* on our website at <http://downsyndromedallas.org/ican-bike-camp> and submit via e-mail to [samantha@downsyndromedallas.org](mailto:samantha@downsyndromedallas.org) or mail to 1702 N. Collins Blvd., Suite 170, Richardson, TX 75080.

Volunteers must meet the following requirements for participation:

- 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

**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](mailto:samantha@downsyndromedallas.org).

# save the date

# 10.01.16

2 0 1 6 F A L L C O N F E R E N C E

## 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**, *Assistant, Inspector of Speech, Social Change Advocate*

**Michael Benius**, *Academic Specialist*

**Julie Harman**, *Director of Parent Support, HEAT 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 Tracks**

**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.**

#### **Midlevel Years Tracks**

**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 Tracks**

**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. PERRE FAMILY FOUNDATION.**

Online registration open August 1, 2016 [www.downsyndromedallas.org](http://www.downsyndromedallas.org) 214.267.1374

## 2017 DSG Ambassador & Calendar Model Search

The Down Syndrome Guild is now accepting applications for 2017 Ambassadors and calendar models. The DSG will select 12 individuals to serve as the face of the organization in 2017. Our 2017 Ambassadors will be specially recognized at various DSG events throughout the year, serve as models in our 2017 Down Syndrome Guild calendar, highlighted with a portrait in the DSG office, and receive a feature article in the DSG newsletter. One

outstanding individual will be chosen as our feature model and highlighted on the calendar cover with our 2017 Celebrity Ambassador of the Year.

If you are interested in applying for the possibility of having your loved one serve as a 2017 DSG Ambassador, please visit our website at <http://downsyndromedallas.org/calendar> to download an application and full requirements. All ages are welcome. **Completed applications must be received no later than Friday, June 3, 2016.**

## 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](mailto:jennifer@downsyndromedallas.org) or (214) 267-1374 to request a form.

## Upcoming Activities for Teens Ages 13-17

### Art Camp

Tuesdays & Thursdays,

June 14-30, 2016

2:00 pm - 3:00 pm

Down Syndrome Guild

1702 N Collins Blvd., Suite 155

Richardson, TX 75080

Teens ages 13-17 are invited to attend art camp put on by *Accessible Art*. These 3 weeks will be filled with collage, paper sculpture, paper-making, and much more. We will explore the world of paper art and create a number of hands on art projects based on these different art techniques. Space is limited and RSVP is required to Samantha Escherich at (214) 267-1374 or [samantha@downsyndromedallas.org](mailto:samantha@downsyndromedallas.org) **no later than Friday, June 3, 2016.**

### Gardening

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](mailto:samantha@downsyndromedallas.org) **no later than Friday, July 1, 2016.**



## 2016 Herb's Paint & Body/Down Syndrome Guild Golf Classic

The 2016 Herb's Paint & Body/Down Syndrome Guild Golf Classic was one for the record books with a nearly full am flight and at full capacity for our afternoon round. Although our morning golfers battled a few rain showers, the tournament was a huge success bringing in over \$81,000 for the organization. We were honored have PGA Tour Professional, Ryan Palmer, as the Honorary Chair of our 2016 tournament and greatly appreciate his continued support of the Down Syndrome Guild of Dallas.

You've all heard the phrase "It takes a village", and that is certainly true for the golf tournament. There are many who work tirelessly and support us each and every year to help make our tournament one of the best in North Texas. First and foremost, we would like to thank our partners at Herb's Paint & Body for their unwavering support over the years. The golf tournament would certainly not be what it is today without them. Secondly, we would like to thank our entire golf committee for their dedication to this event and the mission of the DSG. Of course, the golf tournament could not be

possible without the amazing support of all our sponsors (listed below), donors, and golfers. And last, we would like to thank our phenomenal volunteers who often arrive before the sun comes up and don't leave until well after sunset. They brave the elements and keep coming back year after year.

Again, thank you to all for making this year's tournament such a huge success. If you've never participated in the tournament before, we encourage you to join us next year for what's guaranteed to be a fun filled day.

### Special Thanks to Our 2016 Golf Classic Sponsors

#### Platinum Level Sponsors

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In Touch Credit Union  
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3M

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Independent Bank  
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Timberlake & Dickson

#### Bronze Level Sponsors

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Red, Hot & Blue

#### Printing & Design Sponsors

RPV Printing  
Stables Creative Group

#### Prize & Hole In One Sponsors

PGA Tour Superstore  
Land Rover Dallas-Snell





1702 N. COLLINS BLVD.  
SUITE 170  
RICHARDSON, TX 75080  
*Return Service Requested*

(214) 267-1374  
[www.downsyndromedallas.org](http://www.downsyndromedallas.org)

LIKE US ON FACEBOOK AT [WWW.FACEBOOK.COM/DALLASDSG](http://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](mailto:JENNIFER@DOWNSYNDROMEDALLAS.ORG).

## Down Syndrome Guild Calendar of Events

**June 3**  
Game Night for Self  
Advocates Ages 18+

**June 4**  
Aquarium Outing for  
New Parents Ages 0-4

**June 10**  
Dads' Night Out

**June 13-24**  
Social Skills Camp for  
Youth Ages 8-12

**June 14-30**  
Art Camp for  
Teens Ages 13-17

**June 23-July 14**  
Music Therapy for  
Children Ages 0-5