

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

May 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. 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.

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.

Board of Director's Update

May 31, 2016, marks the end to the Down Syndrome Guild of Dallas' 2015-2016 fiscal year. With that, the DSG Board of Directors and staff are hard at work planning and preparing for all the wonderful activities and events you can expect in the upcoming year. As the DSG looks ahead to our new fiscal year, we would like to take a moment to reflect and recognize four outstanding individuals who have shared their passion and expertise with us while serving on the DSG Board of Directors.

Most members know **Debbie Clark** from her role with the Down Syndrome Clinic at Children's, but she has shared her time and talents with the DSG Board of Directors for the past six years as well. She has been instrumental in helping launch the Grupo de Familia Unidas initiative for our Spanish speaking members and has also facilitated numerous workshops for our siblings. Debbie's medical knowledge and background have provided a strong voice for families and will continue to be utilized with our Adult Services Committee.

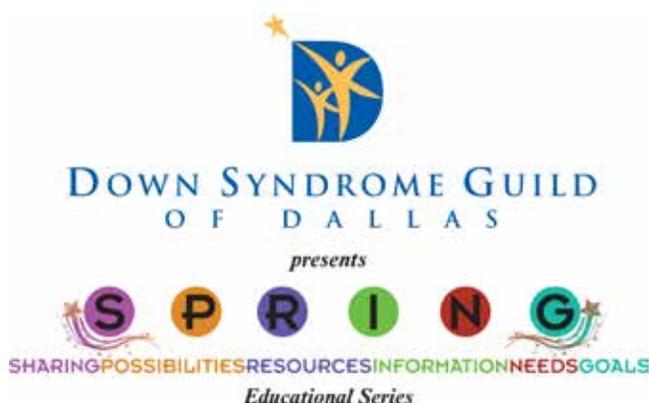
Kari Zerbe will also be concluding her second three-year term on the DSG Board of Directors. Many members may also know Kari from her many years at The Rise School of Dallas. Over the past six years, Kari has played a key role on the DSG Board and Education Committee where she has authored numerous articles for the newsletter, gathered speakers for the Fall Conference and Spring Educational Series, and served as a presenter on

several professional panels for the DSG. Although her time on the DSG Board is coming to an end, Kari will still be very involved in advocating for the needs of our families through various DSG and other community initiatives.

Bryan Shanley has served three years as one of the DSG's Self Advocate Board Members. During this time, he has offered a great deal of wisdom and perspective to the DSG Board and membership. Bryan is an active member of the DSG IMPCT group, is employed at Razoo's, and loves spending time with friends and family in his free time.

Mark Barry will be concluding his two-year term as President of the Down Syndrome Guild Board of Directors, but will still remain on the Board for one more year. During his presidency, Mark has led the organization through a time of transition and has expanded our outreach into the community. Mark and his wife Celina both have a passion for educating and serving new and expectant parents as well as our Spanish speaking families.

The Down Syndrome Guild could not do what we do without the support of individuals such as these. We are so thankful for the continued commitment of dedicated parents and professionals to lead our organization. Thank you all again for your service and continued support. We wish you all the best in your new roles and look forward to welcoming a new set of leaders who will be highlighted in next month's newsletter.



Saturday, May 14, 2016
Down Syndrome Guild of Dallas
1702 N. Collins Blvd., Suite 170
Richardson, TX 75080

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

10:00 am - 11:30 am: Life Care Planning for the Special Needs Family

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.

12:00 pm - 1:00 pm: Caring for a Sibling with a Disability

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. Childcare is NOT provided.

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.**

Art Camp for Teens Ages 13 -17

Tuesdays and Thursdays,
June 14-30, 2016
2:00 pm - 3:00 pm

Down Syndrome Guild
Conference Room
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 project based on these different art techniques. Space is limited and RSVP is required to Samantha Escherich at (214) 267-1374 or samantha@downsyndromedallas.org **no later than Friday, June 3, 2016.** **Priority registration is given to those who can attend all 6 classes.**

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 or (214) 267-1374 no later than Friday, June 17, 2016.

Dads' Night Out

Friday, June 10, 2016
6:30 pm - 8:30 pm
Down Syndrome Guild of Dallas
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 **no later than Friday, June 3, 2016.**



DOWN SYNDROME GUILD
OF DALLAS

GRUPO DE FAMILIAS UNIDAS

21 DE MAYO

3-5 PM

**REUNION DE
GRUPO DE
FAMILIAS
UNIDAS**

*Preguntas y
respuestas con
otros padres*

**GRUPO DE
FAMILIAS UNIDAS**

Ven a conocer y
reunirte con otros
padres que tienen
hijos con
syndrome de Down

Las reuniones son
en Español!

Toda la familia es
bienvenida

Familias Hispanas
Unidas para ayudar
a nuestros hijos

**DOWN SYNDROME
GUILD OF DALLAS**

1702 N. Collins Blvd.
Suite 170
Richardson, TX 75080

21 de mayo de 2016
3-5 pm

214-267-1374

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.***

Aquarium Outing for Families with Children Ages 0-4 Years Old

Saturday, June 4, 2016
10:00 am - 12:00 pm

**Please note the Aquarium is open to the public from 9:00 am - 4:30 pm*

*Children's Aquarium at Fair Park
1462 First Avenue
Dallas, TX 75210*

Parents and siblings of children with Down syndrome ages birth to 4 years old are invited to play and explore at The Children's Aquarium at Fair Park. Visit with old friends and make new friends while exploring over five different exhibit areas. ***Space is limited to parents and siblings of the loved one with Down syndrome.*** RSVP is required with the number of adults and number of kids (ages 3-11) to Samantha Escherich at (214) 267-1374 or samantha@downsyndromedallas.org ***no later than Monday, May 23, 2016.***

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.***



Game Night for Adult Self Advocates Ages 18 and Older

Friday, June 3, 2016
7:00 pm - 9:00 pm
Down Syndrome Guild
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 fun, games, and snacks. Have your game face ready to learn and teach new and exciting games. If you don't love games but like hanging out with friends and munching on snacks, you are welcome too! Please RSVP with the name of the adult joining us to Samantha Escherich at samantha@downsyndromedallas.org or (214) 267-1374 **no later than Friday, May 27, 2016.**

Social Skills Summer Camp for Youth Ages 8-12

Session 1: Monday - Friday, June 13-17

Session 2: Monday - Friday, June 20-24

9:00 am - 12:00 pm

Down Syndrome Guild of Dallas

1702 N. Collins Blvd. Suite 170

Richardson, TX 75080

The Down Syndrome Guild of Dallas is proud to support a summer camp that will challenge and enrich your child. The **Social Skill Star Wars** camp is designed to help facilitate age-appropriate social skills and daily living skills in a small group setting. Children will learn empathy, problem-solving, relationship building, turn-taking, how to work as a team and many other skills needed for everyday life, while incorporating gross and fine motor skills. Teachers target social skills appropriate for each child utilizing video modeling, role-playing, and hands on activities. **Social Skills Star Wars Camp** will give each child a chance to investigate and learn appropriate skills to engage with peers and build friendships. We can't wait to create mini Social Jedis.

Camp Director, Yvette Pelikan is a graduate of Texas Tech University earning a degree in Human Development with a minor in Social Work. She holds a Masters degree from the University of Texas at Arlington in Social Work. Yvette is a Licensed Masters Social Worker and a Certified Special Education and General Education teacher. Yvette was a Behavior Resource Specialist for Carrollton Farmers Branch ISD for 3 years and then moved to Saint Louis, MO, and was an Associate Behavior Analyst for the Special School District. As an Associate Behavior Analyst, Yvette supervised behavior therapists in her district, created goals and objectives for student IEP's, developed student programming, as well as provided consultation to teachers and parents. Yvette currently resides in Saint Louis, MO, and works as a Behavioral Health Social Worker within the SSM Health Center Network. Yvette led our successful teen social skills classes 3 years ago and is thrilled to have the opportunity to teach our younger kids again for the 4th year!

There is no fee to attend the camp, but space is limited and participants must register by contacting Samantha Escherich at samantha@downsyndromedallas.org or calling (214) 267-1374 no later than Tuesday, June 30, 2015. When registering, please include child's name, age, and session preference (limited to one session per camper).

DSG Annual Family Picnic at Sandy Lake Amusement Park



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

NON-PROFIT ORG.
U.S. POSTAGE
PAID
RICHARDSON, TX
PERMIT NO. 65

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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

May 13

Rangers Game for
IMPCT Members
Ages 18+

May 14

Spring Educational
Series Seminars
&
Moms' Night Out

May 21

Dallas Zoo for Teens
Ages 13-17
&
Reunion de Grupo de
Familias Unidas

May 22

New Parent Meeting
for Families with
Children Ages 0-2