

# 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

September 2016

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

## Making a Difference with the Buddy Walk®



DOWN SYNDROME GUILD  
OF DALLAS

**S**unday, October 23, 2016  
AT&T Plaza at Victory Park  
2500 Victory Avenue  
Dallas, TX 75219

11:00 am – 3:00 pm

Registration and giving now open at  
<http://2016dsgbuddywalk.kintera.org>.

The Buddy Walk® is a day of celebration filled with shared fellowship and awareness for the Down syndrome community. However, its greatest impact is felt throughout the year as it funds the programs and activities of the Down Syndrome Guild of Dallas.

Without the Buddy Walk®'s fundraising success, we could not support our continued efforts to realize our mission of providing accurate and current information, resources, and support for people with Down syndrome, their families, and the community.

As a valued member of the DSG, you may not realize that most of our events are **FREE** to our members. Social events for varied age groups, show and sports tickets, seminars, resource materials, advocacy for research and legislation, educator outreach and grants, DSG membership, and conference scholarships are just a few of the **FREE** offerings extended to DSG members. We're proud to report that we have actively worked to expand and increase these resources based upon member feedback. We encourage you to take a moment and visit our website at [www.downsyndromedallas.org](http://www.downsyndromedallas.org) to see the extensive list of events and resources available to our members.

You and your Buddy Walk® Team empower the DSG to implement these initiatives. **Without you, none of this would be possible.** You are an active participant in the future of the DSG and its programs. Each dollar raised makes a difference in the lives of people with Down syndrome in North Texas. We need your help to continue these activities, while creating awareness in our community. Here's how you can make a difference:

- Build your Buddy Walk® Team today by registering at <http://2016dsgbuddywalk.kintera.org>. (Please remember that **EVERY** participant regardless of age must register in order to participate and be eligible to receive a commemorative Buddy Walk® t-shirt.)
- Encourage your corporate and business contacts to sponsor the Buddy Walk®. We're pleased to offer unique ways to highlight our sponsors at Victory Plaza as well as our social media campaigns. There are many sponsorship levels to choose from. Please contact Jennifer Ford at (214) 267-1374 or [jennifer@downsyndromedallas.org](mailto:jennifer@downsyndromedallas.org) for additional details.

Please remember that you impact the lives of people with Down syndrome by simply asking those around you to join us this year. Please don't hesitate to contact the DSG office by phone at (214) 267-1374 or via e-mail at [jennifer@downsyndromedallas.org](mailto:jennifer@downsyndromedallas.org) for assistance registering your Buddy Walk® Team or to learn of fun, creative fundraising ideas. Thank you for your continued support of the DSG and its activities.

## 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 Vera C.*

*From: The Savoie Family*

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](mailto:jennifer@downsyndromedallas.org).

## President's Message *by Lynn Campbell*

Thankfully, our summer heat turned off early, and hopefully September's weather will be kind to us as well. As we enter into new routines and activities, there is excitement as well as new resolve to make this the best school year or job situation ever. With time to rest from school activities, homework, IEP meetings, etc., we are ready to take on the challenges and opportunities ahead. At the end of July, I had the privilege of attending the NDSC Convention in Orlando. Convention is an uplifting, encouraging, and exhausting time to see friends from all over the country and to hear from speakers on topics specific to people with Down syndrome. One of my favorite things about convention was seeing so many people with Down syndrome of various ages in one place, having fun talking to each other, going to sessions, participating in activities, and dancing at the two evening dances. I went to the convention with an attitude of excitement and anticipation and was not disappointed. I attended sessions on a variety of topics and want to share with you some "take-aways" from those sessions.

- There are increasingly more opportunities for inclusive postsecondary education. Housing is a major issue because it is generally tight at most institutions of higher learning. Two good sources for more information are: [ThinkCollege.net](http://ThinkCollege.net) and [Brightexpectations.org](http://Brightexpectations.org).

- Strategies for improving educational experiences and outcomes abound. There are more and more sources for help to access the general education content and curriculum. The Guild is looking for knowledgeable, experienced speakers to share this information with our membership and community in the near future. One good source is: [www.dsfo.org](http://www.dsfo.org).

- The New Federal Education Law ESSA, Every Student Succeeds Act,

has new provisions effective August 2016. The act sets a higher bar for the quality of education of students with disabilities. Most states are functioning off a transition plan while working on a full ESSA implementation plan for the 2017-18 school year. To receive action alerts, sign up for emails at <https://www.ndsccenter.org/stay-up-to-date-with-ndsc-news/>.

- Medical research continues. Studies include those involving Alzheimer's as well as sleep studies, feeding difficulties, celiac screening, hearing issues and new protein biomarkers, to name a few areas. While there is ongoing medical research, there is a need for continued educational research specific to Down syndrome. Dr. Sue Buckley, of the UK, discussed the importance of funding educational research so that we know best how to teach those with Down syndrome.

- In plenary sessions we had the opportunity to hear from the cast of "Born This Way" and to listen to the story of a woman with Down syndrome who has married her sweetheart, lives independently with him, and has fulfilling, gainful employment.

May I remind you that the DSG Fall Conference is coming up on October 1, 2016. We have scheduled excellent speakers, several of which we have heard at previous NDSC conferences to speak on topics that you find helpful and encouraging. Please notify the educators of your child about the conference. Topics include supporting positive behavior in the inclusive classroom, inclusive practices tips, transition planning, accommodations and modifications to the curriculum, living an independent life, employer panel, self-help skills, and ENT manifestations in Down syndrome. You won't want to miss this time to hear these excellent speakers and interact with other parents and educators. There is something for everyone! See you at the conference!

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

***Sunday, September 18, 2016***

***2:00 pm - 4:00 pm***

***Down Syndrome Guild of Dallas***

***1702 N. Collins Blvd., Suite 170***

***Richardson, TX 75080***

Families with children ages 0-2 with Down syndrome are invited to join us as we gather information, meet new friends, and share resources. Moms and dads of older children will share their personal experiences and be available to answer common questions and concerns. Light snacks and childcare will be provided. Childcare space is limited and families must RSVP to Samantha Escherich at [samantha@downsyndromedallas.org](mailto:samantha@downsyndromedallas.org) or (214) 267-1374 ***no later than Wednesday, September 14, 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.***

## ***Moms Night Out***

***F***riday, September 23, 2016

***6:30 pm - 8:30 pm***

***Down Syndrome Guild***

***1702 N. Collins Blvd., Suite 170***

***Richardson, TX 75080***

Moms of individuals with Down syndrome of any age are invited to join us for a night of Bunco while enjoying the company of other moms. A catered 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, September 16, 2016.***

## ***Instructor-Led Playgroup for Ages 0-4***

***M***ondays, September 12 -

***December 12, 2016***

***9:00 am - 10:00 am***

***Eagle's Wings Athletic Center***

***104 N Greenville Ave.***

***Allen, TX 75002***

Join other families with children ages 0-4 with Down syndrome for an instructor-led playgroup that aims to promote motor and social skills. Siblings of any age are also welcome to attend. The class will be taught by Wendy McLean, PT, C/NDT. Wendy graduated from the Texas Tech University Health Sciences Center physical therapy program and has completed 227 hours of advanced holistic pediatric clinical training to earn her certification as a Neuro-Developmental Treatment

(NDT) therapist. Wendy has extensive experience helping children and adults with developmental and neurological challenges through early childhood intervention programs, schools, and outpatient clinic setting. She is a certified clinical instructor for PT students through the American Physical Therapy Association and has also been trained in the use of Adaptive Yoga, Emotional Regulation Techniques, and Infant Massage.

Participants must RSVP to Samantha Escherich at [samantha@downsyndromedallas.org](mailto:samantha@downsyndromedallas.org) or (214) 267-1374 with parent name, child with Down syndrome name and age, and sibling name and age.

## 2016 Learning Together, Focusing on Possibilities Fall Conference

### Saturday, October 1, 2016 . Collin College Spring Creek Campus . 9:00 am - 4:30 pm

Each year, the Down Syndrome Guild of Dallas' annual conference brings together members of the community to learn from our collective accomplishments and the expertise of professionals. This conference serves as a platform to share research and evidence-based information from specialists in their respective fields, as it relates to Down syndrome and other intellectual disabilities. You'll experience first class presenters and hands on sessions full of information you can take back to your homes, businesses, and classrooms.

#### Who Should Attend?

Parents, educators, medical professionals, service providers, direct care staff, and advocates are all encouraged to attend. Our goal is to provide attendees with practical information and tools to help individuals with Down syndrome and other intellectual disabilities of any age be independent and lead productive, fulfilling lives.

#### Resource Fair

The conference also provides a great opportunity to network with fellow participants and to shop the resource fair for products and information that will help support people with intellectual disabilities both at home and at school.

#### Registration

To register for this year's conference, please visit our website at <http://>

[downsyndromedallas.org/fall-conference](http://downsyndromedallas.org/fall-conference) or complete and return the enclosed registration brochure. The fee is \$50 for individuals and \$15 for self advocates and includes lunch, handouts, and refreshments.

#### Presenters and Sessions

**Michael Remus**, Co-founder at *Possibilities, Inc.* and Director of *Student Services at Sedona-Oak Creek Unified School District*

#### **Keynote 1: Are We There Yet with Inclusive Practices after 40 Years?**

This keynote will hopefully recharge people to keep advocating for more inclusive practices knowing we have an uphill battle not only in our schools but at the federal and state level with implementing the law that was passed in 1975. Are we there yet? Not yet but we must keep striving to move the system ahead.

#### **Strategies for Supporting Positive Behaviors in the Inclusive Classroom**

This session will deal with all the issues that can cause behavior issues in the classroom and how we must address the root cause for a behavior. Unless we get to the root of the behavior discipline and behavior plans are not going to work as we would not be treating the root cause.

**A Community of Practice for Inclusive Education** - This session will deal with all the audiences needed to support inclusive practices and

how to obtain their buy-in for moving a school system to more inclusive practices. Strategies for each audience will be provided and the participants can take and create their own activities to use in their own school district to move towards more inclusive practices.

**Stump the Director** - This session will be geared for participants to bring any legal questions and issues they are facing with their school district to see if they can stump the director. Participants can come and ask any questions they have about what they are dealing with so the director can answer their questions and give them suggestions and/or recommendations on how to move past the barriers facing them.

**Tim Harris**, *Restaurateur, inspirational speaker, and social change advocate, Tim's Big Heart Foundation*

**Keynote 2: Seven Steps to an Awesome Life** - Tim Harris will be speaking on living life to the fullest using the seven steps he integrates into his daily life and how he stays so positive.

**Tim Harris and Lori Fierro**, *Tim's Big Heart Foundation*

#### **Living an Independent Life**

**Successfully** - Tim will discuss the steps he has taken to live independently as a young adult. He will discuss challenges he has faced and how he has worked to overcome these challenges and the people who have helped him along the way. There will also be a time for questions and answers with Tim and Lori.



DOWN SYNDROME GUILD  
OF DALLAS

GRUPO DE FAMILIAS UNIDAS

**17 DE SEPTIEMBRE**

**3-5 PM**

**REUNION DE**

**GRUPO DE**

**FAMILIAS**

**UNIDAS**

**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

17 de septiembre de  
2016

3-5 pm

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

***Accommodations and Modification to the Curriculum: Ensuring Meaningful Participation in General Education Classrooms*** - In this fun, hands-on workshop, families and educators will explore real examples of accommodations (changes in how a student learns and shows what he/she knows) and modifications (changes in what a student learns) for students with disabilities! Participants of this workshop will: learn about the role of accommodations and modifications and the differences between each, explore various tools and strategies that can assist teachers and parents, and will learn how to include individualized accommodations and modifications on an Individualized Education Plan (IEP). This session will also explore Universal Design for Learning as a strategy to design curriculum that is accessible to all students!

***Transition: Life After High School*** - Transition is not a one time event; it's a process. And, when it comes to helping support young people with disabilities to enter adulthood, there are unique and important things for students, families, educators, and community members to take into consideration. In this workshop, participants will explore

Individualized Education Plan (IEP) goals that relate to transition to adulthood, independent living, employment, self advocacy, community resources and more! Transitioning from high school to the adult world brings about tremendous opportunity. This session will help keep a vision of possibilities alive as young people with disabilities are being supported to move from high school to the adult world!

***Transition – Grade-to-Grade, School-to-School: Planning for Success*** - Families and educators should not have to “reinvent the wheel” every time a student changes grades or schools! In this productive workshop, effective transition processes will be explored from preschool through high school! Participants will learn how to collect and share key information so school teams can build on the existing successes and strengths of the student!

**Gretchen Champion**, *MD, The Ear, Nose & Throat Centers of Texas*

***ENT Manifestations of Down Syndrome*** - A review of the ear, nose and throat issues in children and adults with Down Syndrome including hearing loss, eustachian tube dysfunction, ear infections, sinusitis, sleep apnea and airway obstruction.

**Kari Zerbe**, *Chairman of the Board, Rise School of Dallas*

***Self Help Skills in the Early Childhood Years to Create Independence*** - This session will cover effective strategies in the areas of adaptive/self help skills that will better promote and increase independence in young children. We will discuss being successful and realistic while mastering skills.

**Ruth Thompson**, *Founder and President at HUGS Café & Mary Ann Pyron*, *Blake's Snow Shack*

***Employer Panel*** - This session will focus on the opportunities and challenges associated with employment for people with intellectual disabilities. Panelists will share their personal entrepreneurial experiences with ample time for question and answer.

*Special thanks to the Charles H. Phipps Family Foundation for their support of the 2016 Learning Together, Focusing on Possibilities Fall Conference.*





## *Meet & Greet Dinner with Tim Harris for Self Advocates Ages 18 and Older*

**F**riday, September 30, 2016  
6:00 pm - 8:00 pm  
Down Syndrome Guild  
1702 N. Collins Blvd., Suite 170  
Richardson, TX 75080

Self advocates ages 18 and older are invited to join us for dinner and a meet and greet with restaurateur, inspirational speaker, and social change advocate, Tim Harris. Tim will share his impactful life story with plenty of time for questions and photos. Please RSVP with the name of the adult joining and any food allergies to Samantha Escherich at [samantha@downsyndromedallas.org](mailto:samantha@downsyndromedallas.org) or (214) 267-1374 **no later than Friday, September 16, 2016.**

*Due to space constraints, this event is limited to adults with Down syndrome. Parents and self advocates may also hear Tim present at the 2016 Learning Together, Focusing on Possibilities Fall Conference on Saturday, October 1. Complete details can be found on pages 4-5 of this publication.*

## *Staff and Board President with John from Born This Way at the NDSC Convention in Orlando, FL*



## *Eat Chipotle and Support the DSG*

# CAUSE AN EFFECT



Make dinner a selfless act by joining us for a fundraiser to support Down Syndrome Guild of Dallas. Come in to the Chipotle at **8445 N. Beltline Rd Ste 130** in Irving on **Tuesday, September 6th** between **5:00pm** and **9:00pm**. Bring in this flyer, show it on your smartphone or tell the cashier you're supporting the cause to make sure that 50% of the proceeds will be donated to Down Syndrome Guild of Dallas.

## IMPCT Gala for Self Advocates Ages 18 & Older

*You are cordially invited to the*

# Enchanted Forest Gala

THE DOWN SYNDROME GUILD OF DALLAS  
HOSTS THIS GALA IN SUPPORT OF TEAM IMPCT

*Friday, 14th October, 2016  
at Six O'Clock in the evening  
Noah's! Richardson, TX*

ATTIRE: SPORT COAT OR SUIT; FORMAL OR LONG DRESS

# Details

PLEASE JOIN US AT NOAH'S EVENT VENUE

2251 N. GREENVILLE AVE  
RICHARDSON, TX 75082

COME ENJOY A NIGHT OUT FULL OF EATING A CATERED MEAL,  
DANCING 'TIL YOUR FEET HURT AND BRINGING HOME A GOODIEBAG ALL WHILE  
SUPPORTING TEAM IMPCT. TEAM IMPCT IS A TEAM OF ADULTS WITH  
DOWN SYNDROME WHO WALK AT THE ANNUAL BUDDY WALK,  
RAISING FUNDS FOR THEIR ADULT SPECIFIC EVENTS. THIS  
OPPORTUNITY IS OPEN TO DSG SELF ADVOCATES AND THEIR DATE  
(WITH OR WITHOUT DOWN SYNDROME).

*We can't wait to see you!*

*RSVP*

PLEASE RESPOND VIA MAIL BY SEPTEMBER 30  
DSG IMPCT GALA, 1702 N. COLLINS BLVD. SUITE 170  
RICHARDSON, TX 75080

INDIVIDUAL ( \$25 )       COUPLE ( \$50 )

SELF ADVOCATE NAME: \_\_\_\_\_ DATE'S NAME ( IF APPLICABLE ) \_\_\_\_\_

PARENT NAME: \_\_\_\_\_ PARENT EMAIL: \_\_\_\_\_

CASH / CHECK ENCLOSED       CREDIT CARD

NAME: \_\_\_\_\_ NUMBER \_\_\_\_\_ EXPIRATION \_\_\_\_\_

*Self advocates with Down syndrome and their dates must RSVP using the RSVP card and return envelope they received in the mail for this event or please cut along the dotted lines and mail with payment to DSG IMPCT Gala, 1702 N. Collins Blvd. Suite 170, Richardson, TX 75080. For additional questions about the DSG IMPCT Gala, please contact Samantha Escherich at [samantha@downsyndromedallas.org](mailto:samantha@downsyndromedallas.org) or (214) 267-1374.*

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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U.S. POSTAGE  
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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](mailto:JENNIFER@DOWNSYNDROMEDALLAS.ORG).

## *Down Syndrome Guild Calendar of Events*

**September 6**  
Chipotle Night

**September 12**  
New Parent Playgroup Begins

**September 21-22**  
TalkTools Workshop

**September 23**  
Moms' Night Out

**September 24**  
Teen Perot Museum

**September 30**  
IMPCT Meet & Greet  
with Tim Harris