



DOWN SYNDROME ASSOCIATION
of Houston

DSAHO TODAY

March / Spring Edition 2011

THE DOWN SYNDROME ASSOCIATION OF HOUSTON'S MISSION IS TO CREATE AWARENESS AND ACCEPTANCE OF CHILDREN AND ADULTS WITH DOWN SYNDROME THROUGH ADVOCACY, SOCIALIZATION, EDUCATION AND MEDICAL OUTREACH.

WE ENVISION A WORLD IN WHICH ALL PEOPLE WITH DOWN SYNDROME HAVE THE OPPORTUNITY TO ENHANCE THEIR QUALITY OF LIFE, REALIZE THEIR LIFE ASPIRATIONS, AND BECOME ACCEPTED AS A WONDERFULLY NORMAL PART OF A VERY DIVERSE COMMUNITY.

DSAHO Annual Giving Campaign is Underway

DSAHO is holding an annual giving campaign to raise additional support towards the cost of our programs and services. It costs DSAHO over \$350,000 to operate each year and to provide the various programs and services available; the majority of which are offered free of charge to the DS community.

The campaign will run from April through June and the goal is to raise \$15,000 during this time. As a member of the DSAHO family, you will receive an annual appeal letter in the mail asking that you renew your \$20 membership if you have not done so for 2011 and that you consider making an additional contribution toward our goal.

Remember, support at any giving level is deeply appreciated and will allow DSAHO to continue to create awareness and acceptance of children and adults with DS through advocacy, socialization, education and medical outreach.

Donations can be made online at www.dsah.org or you can mail a check to DSAHO - Attn. Annual Giving Campaign 7015 W. Tidwell, Ste 108, Houston, TX 77092.

For additional information, please contact Adriana Herrera, Development Director via email at development@dsah.org or by calling (713) 298-7166.



NON-PROFIT ORG.
U.S. POSTAGE
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PERMIT NO. 207
HUMBLE, TEXAS

Down Syndrome
Association of Houston Inc.
7015 West Tidwell
Bldg G, Ste. #108
Houston, Texas 77092
www.dsah.org
713-682-7237

President's Corner

Dear Members and Friends,

In February, many Board Members attended a wonderful conference in Dallas called DS Affiliates in Action. DS groups from all over the country met to share best practices about programs, financial responsibility, and relationships with schools, post-secondary opportunities, and living options. Our own Rosa Rocha presented a session about Club 21 dances—way to go Rosa! The Board of Directors budgets money yearly for this conference so that we can better serve our members and advocate on their behalf when we need to do so. See www.dsaia.org for more information.

We still have a chance to tell our legislators not to cut services to our loved ones with disabilities. A few years ago, parents of individuals with DS rallied to establish laws to include our children in school and society. It's now OUR TURN to fight to keep the ground we have won. Once lost, we will have to fight longer and harder to have these rights restored!

After the legislative session ends in May, changes will be in place for at least 2 years; therefore, we need to act during this window of opportunity! Please contact your representatives through phone calls and email. Personal contact makes all the difference in the world. Remember, the quality of life for our loved one with DS is at stake!

Thanks to all of our members and volunteers who make DSAH what it is today. I am so proud to be included in such a group of dedicated people who work for all individuals with DS and their families.

Ann P. Fontenot, CCC-SLP
DSAHA President

DSAHA April Monthly Meeting Saturday, April 16th • 10:00am & 1:00pm

Speaker: **Miranda Hubbard**, 'Sib Club' Facilitator

Title: **Ask the Siblings**

Many times siblings have the longest relationship of anyone with their brother or sister with Down syndrome. They also tend to show unique insight, whether that be an understanding of their sibling's speech or the recognition of certain behaviors and triggers.

DSAHA has been in the process of developing a new program called 'Sib Club', geared specifically for the siblings of our members with Down syndrome. During the 'Sib Club' meetings, brothers and sisters are encouraged to explore their thoughts and feelings related to having a sibling with a disability. Through games, role-playing and interactive exercises, brothers and sisters come away with lessons in advocacy, the opportunity to meet others in similar roles and a new appreciation for their siblings.

Join us at the DSAHA April monthly meeting, as we host a Q&A with a panel of our members' siblings and facilitators of the 'Sib Club'. They will be answering your questions and expressing their thoughts on their own experiences.

Paula Davis, Vice President



DSAHA IS PRESENT AT THE HOUSTON LIVE STOCK SHOW AND RODEO !

You can't live in Houston and not be a part of the biggest celebration ever... Rodeo Week! Our children from the DSAH were there to celebrate with everyone. And they felt like a true cowboy/girl! Many, many thanks to the Houston Livestock Show and Rodeo Special Needs Committee for making the dreams of

some special children come true! Children from ages 4 to 9 were part of the Little Rustler's Rodeo on March 6 where they were partnered with a "Real Cowboy/Cowgirl" and participated in activities such as horse riding, roping, bull riding and much more. At the end they all received a trophy, a real cowboy hat, a buckle and the experience of a lifetime! A real experience that Joshua, my son, will never forget!



Our beautiful children are:
Joshua A. Lopez (top)
Julia Romero (left top)
Damian Castaneda (center)
Warren Dunphy-Miller (right)
Abby Dunn-Ishee (right bottom)



COMMUNITY BASED SERVICES ARE BEING CUT. YOUR VOICE MATTERS!

As the budget writing process continues, it is even more important that you continue to share your story with elected officials. State Representative's staffers have said that they have not heard from very many Texans regarding opposition to budget cuts to critical community based services and supports. We must work together to change this!!!

The impact of the proposed cuts will be DEVASTATING to individuals, families and local communities. Those on Medicaid Waiver waiting lists have little hope of additional funds for more slots. These cuts could financially force families to place their loved one in a State Institution. To keep a family member at home costs about \$38,000 of basic medical care and therapies each year. A State Institution cost a minimum of \$168,000 per year, per person. It is not cost effective to use our tax dollars so ineffectively and, more importantly, admitting individuals into residential facilities tears family's apart. **THERE IS STILL TIME TO TAKE ACTION and MAKE A DIFFERENCE!**

WHAT YOU CAN DO:

1. Contact your state senator and representative and URGE them to OPPOSE cuts to critical community based services and supports. CONSTITUENTS MATTER: To find out who represents you go to <http://www.fyi.legis.state.tx.us/>. Tell them how important these community based services are.
2. Also contact these key members of the Senate Finance Committee and the House Appropriations Committee. These two committees are planning to make cuts to all the home and community based services. YOU must call them and let their staff know that any cuts to home and community based services will hurt your families!

Call these House Members:

Rep Susan King 512-463-0718
 Rep Craig Eiland 512-463-0502
 Rep Warren Chisum 512-463-0736
 Rep John Zerwas 512-463-0657
 Rep Donna Dukes 512-463-0506
 Rep Charles Schwertner 512-463-0049

Call these Senators:

Sen. Jane Nelson 512-463-0112 Sen. John Whitmire 512-463-0115
 Sen. Bob Deuell 512-463-0102 Sen. Tommy Williams 512-463-0104
 Sen. Kevin Eltife 512-463-0101 Sen. Judith Zaffirini 512-463-0121
 Sen. Juan Hinojosa 512-463-0120 Sen. Ogden 512-463-0105

If you do not feel comfortable calling your Representatives, and you have absolutely no idea on how to get started writing a letter, go to www.helpTEXaskids.com. This site has been created for the sole purpose of writing Texas Representatives and to oppose funding cuts to kids with special needs. It takes just 45 seconds of your time. The link pulls up your Representatives for you, has a pre-written letter that can be edited and personalized, signs your name and prints it. Your letter will be put in an envelope, stamped and mailed for you. There are also links to help you email your Representatives.

TOGETHER, WE CAN MAKE A DIFFERENCE!

For more information or help with your message to your Representatives, contact Tamara Ishee at governmentaffairs@dsah.org.

Diversity Outreach Outings

Members attended Sesame Street Live at Reliant Center. It was a huge success. We sold 28 tickets for the event and had 25 seats accounted for at the venue. The children really enjoyed the show, many were on their feet during the entire show.

We also had lunch prior to the event at McDonalds, which was a favorite for many of the kids.

We're planning a picnic and Easter egg hunt in the park. Tentative date is Sunday, April 10—location to be announced soon. We are also doing a meet-and-greet at the Resource Center on Sunday, March 27, from 2:00-3:30pm. We're asking each family to bring a one page biography of their child with Down syndrome and family to share with the group. Light refreshments will be served.

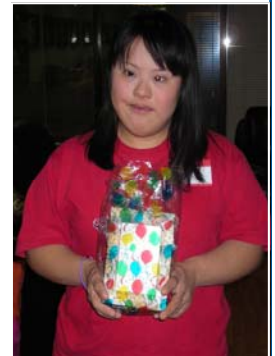


CLUB 21 Members Enjoy Bingo/Spaghetti Dinner & Sleepover

Our members had a great time at the February events. We had 35 attendees at the Bingo/Spaghetti Dinner. And, 22 members registered for our Sleepover — that's our biggest group yet!!! Members at the Sleepover had lots of activities to choose from during the night — Wii & Nintendo games, karaoke, movies and dancing. The girls also got a special treat — professional manicures courtesy of volunteer Hillary Mraz.

Be sure to join us on April 16th for our Game Night (6:00pm—8:00pm) and Sleepover (8:00pm—8:00am).

In addition to our regular events and Sleepovers that are held at the Resource Center, we also have 5 dances during the year that are held at the West Gray Metropolitan Multi-Service Center. So, if you haven't already joined, please go to www.dsah.org and click the Club 21 link for the membership application. *It's the best \$25 you'll ever spend!!!*



Education for Life — Yoga Classes by Jaime MacDonald

When my interest peaked about adding yoga into my repertoire of skills as an occupational therapist, I thought it was a natural fit. I ask children on a daily basis to work on skills that are hard. If the skills were fun and easy, they would not be working with me twice a week. As with any challenge, the greatest growth comes from the feeling of achievement and success. Not only as a therapist is it my job to find the right challenge, it is my duty to foster an internal feeling of accomplishment.

In November 2010, I applied and received a partial scholarship to attend a YogaKids training course in Boston. I accepted the scholarship but was hesitant. I had four packed days of classes that overflowed with creativity, fun, and fitness. The dynamics of the program and the benefits of yoga rapidly changed my perception. Any skills achieved in therapy can be disguised with yoga and can bring about so many physical and mental benefits.

I was approached about teaching yoga at the Down Syndrome Association of Houston. I was confident with working with younger children and 'twens' but I was not sure if I was ready for the challenge of adults. My seven weeks at DSAH were the most energized, exciting yoga classes I have taught thus far. The students blossomed with the program. The timid students became more social and engaged. The amount of speech and language spoken increased. All the students were demonstrating increased strength, flexibility, coordination and balance. Every week, I prepared a lesson that was slightly harder than the week before. They continued to be receptive and rise to the challenge. Not only were they gaining the physical benefits, they were also enjoying the mental benefits. The quietest few minutes of DSAH on Friday afternoons was during the relaxation portion of yoga lesson called savasana. The students would voluntarily lie on their mats, close their eyes, and take a few minutes

to relax. On many occasions, it would take more than a nudge to get the students up and ready for their next activity.

Teaching these classes opened my eyes to how powerful the practice of yoga can be for anyone. Yoga provides a positive, fun activity for exercise that is beneficial in many ways. I strongly believe I learned more from them than they learned from me. They provided me with the confidence and evidence that activities like this must continue to be provided and shared. The group had a choice to love or hate yoga and they all openly accepted it. They smiled and laughed every session. They walked away proud of themselves and their friends. They worked really ... really hard!

I look forward to working with my 15 new friends again in the future. These students proved that anyone can do yoga and enjoy it. Thank you to DSAH, my students and their families for allowing us to have such an exciting, powerful 7 weeks together!



MARDI GRAS

Mardi Gras was in full swing right here in Houston with over 150 attendees at our Club 21 Mardi Gras dance. Be sure to check www.dsah.org for more photos of the evening.



Socializing On Saturdays



Need an experienced caregiver for your child on Saturdays?

Then we invite you to our S.O.S. Program!

Experienced caregivers are ready to provide respite on the 2nd Saturday of the month for children, ages 6 – 12, with Down syndrome. **Socializing On Saturdays (SOS)** gives the participants an opportunity to socialize and learn through activities and games.

Reserve a spot TODAY for your child & get some respite for yourself.

- | | |
|-----------------|--------------------|
| April 9, 2011 | September 10, 2011 |
| May 14, 2011 | October 8, 2011 |
| June 11, 2011 | November 12, 2011 |
| July 9, 2011 | December 10, 2011 |
| August 13, 2011 | |

Time: 10:00am—4:00pm ~ Cost: \$30

Limited number of participants—so reserve your spot now! Please return application form (located at www.dsah.org) to DSAH via fax at 713.996.9290 or e-mail to dsahouston@att.net.

Reservations must be received no later than 2 days prior to SOS date. We will provide lunch and snacks.

Catechesis and Social

For Persons with Disabilities and their Families
Spring Dance

Where: St. Ignatius Loyola Catholic Church
7810 Cypresswood Dr • Spring, TX 77379

Date: Saturday, April 9, 2011

RSVP: Mary Wright • 281-370-3401 or mhwright@silcc.org

HINCHA TV & DSAH Soccer Program

Hincha TV Soccer Educational Youth school and DSAH have teamed up to bring the opportunity of a lifetime to our children!

Get them fit in a fun, safe, non-competitive environment. Spring soccer classes meet on Saturdays at 11:00am. Summer hours will change.

Registration Fee: \$20

The registration fee will cover their uniform (shirt, shorts, socks)

Classes Fee: \$10

Classes are 2 hours a week

Students can wear regular sneakers to play

Ages: 6 to 18

Location: Cambridge Village Park, 13100 Nitida, Houston TX 77045

Because we are more alike than different





Metropolitan Multi-Service Center Weekly Support Group

Are you caring for a child, parent, or other family member who has special needs that require substantial time and commitment?

If so, this FREE group is for you!

Group Meeting Every Tuesday
9:30 am – 11:00 am
1475 W. Gray

For more information, contact Nick Cavallaro at 713.284.1973
or nick.cavallaro@houstontx.gov or
Corneille Smith, LMSW, at 713-667-8457.

*The caregivers support group is a partnership
between Houston Parks and Recreation,
Easter Seals Greater Houston, and Mental
Health America of Greater Houston.*



Mental Health America of Greater Houston
A United Way Agency

DSAH COMMUNITY GROUPS

In our continuing effort to bring activities and support closer to home, DSAH is branching out with our newest community group in the Baytown area. See monthly meeting info for all our community groups below.

DSAH Baytown, Crosby, Sheldon, Beaumont, Huffman, Highlands, Dayton, Liberty Community Group

Saturday, April 30, 2011 • 10:00am
Meeting & Picnic—bring your snack or lunch
Crosby Park • 419 Hare Road, Crosby, TX 77532

For more info contact:

Amanda Kablaw at amanda@kablaw.com / 713-826-3257
Erica Cooper at ericanaysha1@gmail.com / 239-462-6731

DSAH Spring Community Group

Friday, April 15, 2011 • 7:00—9:00pm
Jumpin' Jak's • 3403 FM1960, Houston, TX 77068

For more info contact:

Gwendolyn Baldwin at baldwing60@yahoo.com
Nina Stevens at houstont2@yahoo.com

DSAH North Side Community Group

Saturday, April 16, 2011 • 11:30—1:30pm
Moody Park • 3725 Fulton, Houston, TX 77009

For more info contact:

Alice Torres 832-264-2929 or
Amanda Torres 832-275-9231

DSAH Pearland Community Group

Friday, April 8, 2011 • 5:00—6:00pm
Strawberry Picking at Frobergs Farm
Friday, April 22, 2011 • 6:00—7:00pm
Zumba—Adults and Children Welcome
Pearland Library • 3522 Liberty Dr, Pearland, TX 77581

For more info contact:

Felicia Dickerson at feliciabd@att.net
Kerri Liles at kamokountrygurl@yahoo.com

DSAH Katy Community Group

Wednesday, April 13, 2011 • 9:00am
Saturday, April 16, 2011 • 9:00am
The Bagel Café • Mason and Kingsland

For more info contact:

Joy Siebenman at jsiebenman@comcast.net
JJ Ladner at jhhiggins74@yahoo.com



Ninth Annual Picnic in the Park - Linking Families Together -

George Bush Park
16756 Westheimer Parkway, Houston, TX 77082
4/16/2011 Noon—4pm

Intellectual and Developmental Disabilities Awareness Fair
*(Formerly Autism & Mental Retardation)

Bring the entire family for a day of fun!

**Information/Volunteer/Donate: 713-970-3824 or
email: picnicinthepark@mhmraharris.org**

Organized by MRMRA - IDD/PAC Public Awareness

SAVE THESE DATES

NDSC 39th Annual Convention August 5-7, 2011

JW Marriott Hill Country Resort, San Antonio, Texas
www.NDSCcenter.org

**4th Annual Gala
September 17, 2011**
More details to follow

**2nd Annual Kase Marshall Golf Tournament
Benefitting DSAH
October 28, 2011**
Long Wood Golf Course

**DSAH 22nd Annual Gathering of Friends
October 30, 2011**
Christa V. Adair Park

SibClub at DSRC • 11am to 3pm

Our SibClub is a special time when siblings ages 6-12 that have brothers and sisters who have Down syndrome can get together and share their experiences, play games, role-playing scenarios, and learn more about disabilities in an accepting and confidential environment with peers. Our goal for this group is to provide a safe place for children to form social connections, learn early lessons on advocacy, and understand they are not alone in their unique situation. But most importantly have a time that is dedicated just for them! Our group is based on the Brother-and-Sister Workshops developed by Brian Skotko and his colleague Sue Levine.

Games, activities, food and beverages are provided at all socials.

FREE to DSAH members.

Dates:	July 16, 2011	October 15, 2011
	May 21, 2011	August 20, 2011
	June 18, 2011	September 17, 2011
		December 17, 2011

Please RSVP to 713.682.7237 or by e-mail to dsahouston@att.net at least 2 days prior to event date.

D.A.D.S. Meeting

Please join us for a night out for dinner on **Thursday, April 7th** at 7:00 pm. For more info contact Mitch Berg at 281-236-6878, Email: mbdad51@yahoo.com



2011 Schedule at DSAH Resource Center 10:00—11:00 a.m.

April 2 & 16	September 17
May 7 & 21	October 1 & 15
June 4 & 18	November 5 & 19
July 16	December 3
August 6 & 20	

Gymboree Christmas Party **Saturday, Dec 17, 2011** at 1:30pm.
Gymboree at 14623 Memorial Dr. Houston,

Gymboree is FREE to our members



Family Day Out

FUN for kids with disabilities and a **DAY OUT** for parents. A program for children with ALL types of disabilities (ages 3-14) and their siblings (ages 3-10). Volunteers (ages 15+) are matched with a child and become that child's "Buddy" for the day, assisting with activities and play. There is a nurse on staff at each FDO for distribution of medications and G-tube feedings. Everyone should bring their own lunch and drinks.



Katy Visual & Performing Arts Center
April 9th, and May 14th



For reservations or questions, please contact: Erin Siaotong esiaotong@eastersealshouston.org or (713) 838-9050 x 357



Houston Area Respite Center Provides Child Care on Friday Nights

\$10 for the first child \$5 for the second \$20 max per family

Reservations:
Should be made by 5:00 pm on Thursdays to 713-271-6001 or by e-mail at: cwilt.harc@yahoo.com

Kids with special needs and their siblings can come together. For more information visit their website www.harc-hou.org or contact Karen Jagers at 713-838-9050

Computer Classes for kids 8 years old & above

Register TODAY for our NEXT Session starting Sept. 12th

DSAH offers computer classes every Monday! Enroll for a 6-week computer lesson plan that will help the student focus and develop new learning techniques. The classes are open for those who are 8 and up.

TIMES: 6:30—7:30pm

Price: \$40 for 6 weeks
Session III: 9/12/11 – 10/17/11

Special Olympics Texas

Presents

Families Resource and Health Fair for individuals with intellectual disabilities

Join Special Olympics Texas for FREE vision, dental, and hearing screenings! Participants can also get FREE sports physicals needed to qualify for SOTX involvement.

** Must be at least 8 years old to participate*

Saturday, April 2, 2011
9:00 am—3:00 pm

For more info, call 713.290.0049 or email hnyert@sotx.org.

University Eye Institute • U of H College of Optometry
4901 Calhoun Road • Houston, TX 77204

Club 21 Events

- Apr 16** -- Game Night 6:00 – 8:00 pm
-- Sleepover 8:00 pm – 8:00 am
- May 7** -- Fiesta Dance 6:00 – 9:00 pm
- May 21** -- Sleepover 8:00 pm – 8:00 am
- Jun 18** -- Outdoor Picnic/Games 6:00 pm – 8:00 pm
-- Sleepover 8:00 pm – 8:00 am
- Jul 9** -- Go Hawaiian Dance 6:00 – 9:00 pm
- Aug 20** -- Karaoke Night 6:00 – 8:00 pm
-- Sleepover 8:00 pm – 8:00 am
- Sep 10** -- Western Round-Up Dance 6:00 – 9:00 pm
- Oct 15** -- Halloween Costume Party 6:00 – 9:00 pm
- Oct 30** -- Gathering of Friends Festival 12:00 – 5:00 pm
- Nov 19** -- Craft Night 6:00 – 8:00 pm
-- Sleepover 8:00 pm – 8:00 am
- Dec 3** -- Christmas Disco Dance 6:00 – 9:00 pm

Club 21 membership is required for all events.
Visit www.dсах.org to get your Club 21 membership application

Nuestra Misión: "la de Crear conciencia y aceptación de niños y adultos con síndrome de Down a través de abogacía, socialización, educación y difusión médica."

Mensaje de Nuestra Presidenta

Queridos miembros y amigos,

En febrero, varios de los miembros de la junta directiva asistieron a una conferencia maravillosa en Dallas llamada Afiliados de Síndrome de Down en Acción. Grupos de SD de todo el país se reunieron para compartir las mejores prácticas sobre programas, finanzas, relaciones con las escuelas, las oportunidades de educación postsecundaria, y las opciones de vida. Nuestra propia Rosa Rocha presentó una sesión sobre Los Bailes del Club 21! La junta directiva aprobó los fondos para esta conferencia, para que así podamos servir mejor a nuestros miembros y abogar en su nombre cuando tenemos que hacerlo. Para más información visite www.dsaia.org.

Todavía tenemos la oportunidad de decirles a nuestros legisladores que no deben cortar los servicios a nuestros seres queridos con discapacidades. Hace unos años, los padres de las personas con síndrome de Down se reunieron para establecer las leyes para incluir a nuestros

hijos en la escuela y la sociedad. Ahora es nuestro turno de luchar para mantener el terreno que hemos ganado. Una vez perdidos, tendríamos que luchar más y será más difícil volver a restaurar los derechos que alguna vez tuvimos!

La sesión legislativa presente termina en Mayo, y no será hasta después de 2 años que veamos estos cambios, pero el momento de actuar es ahora. No pierdan esta oportunidad! Póngase en contacto con sus representantes a través de llamadas telefónicas y correo electrónico. El contacto personal hace toda la diferencia del mundo. Recuerde, la calidad de vida de nuestros seres queridos con síndrome de Down está en juego!

Gracias a todos nuestros miembros y voluntarios que hacen DSAH lo que es hoy en día. Estoy muy orgullosa de ser incluidas en un grupo de personas dedicadas que trabajan para todas las personas con síndrome de Down y sus familias.

Ann P. Fontenot, CCC-SLP
Presidenta DSAH

Reunión Mensual

Sábado, 16 de abril 2011 • 10:00am & 1:00pm

Exponente: **Miranda Hubbard**, Facilitadora del SibClub
Título: **Pregúntele a los hermanos**

Muchas veces los hermanos tienen la relación más larga que cualquier persona con su hermano o hermana con síndrome de Down. También tienden a mostrar una visión única, ya sea una comprensión del habla de su hermano o el reconocimiento de ciertos comportamientos y factores desencadenantes.

DSAH ha estado en el proceso de desarrollo de un nuevo programa llamado SibClub, dirigido específicamente para los hermanos de nuestros miembros con síndrome de Down. Durante las reuniones del SibClub, a los hermanos y hermanas se les anima a explorar sus pensamientos y sentimientos relacionados con tener un hermano con una discapacidad. A través de juegos y ejercicios de dramatización los hermanos y hermanas obtienen lecciones de cómo abogar y también tienen la oportunidad de conocer a otras personas en funciones similares. Nuestra meta es que ellos tengan una nueva apreciación de sus hermanos.

Únase a nosotros en la reunión de DSAH del mes de abril, en donde tendremos un grupo de 'hermanos y facilitadores de los nuestro SibClub. Ellos estarán aquí para responder a sus preguntas y expresar sus pensamientos en sus propias experiencias.

Paula Davis, Vice Presidente

DSAH pone en marcha su Campaña Anual de Donación

DSAH está llevando a cabo su campaña de donación anual para aumentar la ayuda necesaria para cubrir los gastos de nuestros programas y servicios. DSAH invierte más de \$350,000 anuales para operar y proporcionar los distintos programas y servicios disponibles, la mayoría de los cuales se ofrecen de forma gratuita a la comunidad con síndrome de Down.



La campaña se desarrollará desde abril hasta junio y la meta es recaudar \$15,000 durante este tiempo. Como miembro de la familia DSAH, usted recibirá una carta de petición anual en el correo pidiendo que renueve su membresía de \$20 si no lo han hecho para 2011. Si ya lo ha hecho, se le pedirá que considere la posibilidad de una contribución adicional hacia nuestra meta.

Recuerde, el apoyo a cualquier nivel se aprecia profundamente y permitirá que DSAH continúe a crear conciencia y aceptación de los niños y adultos con síndrome de Down a través de la abogacía, la socialización, la educación y la divulgación médica.

Donaciones pueden ser aceptadas a través de nuestra página de internet www.dсах.org o por correo al 7015 W. Tidwell Bldg. G Suite 108 Houston, TX 77092.

Para obtener información adicional, por favor comunicarse con Adriana Herrera, Director de Desarrollo a través del correo electrónico a development@dsah.org o llamando al (713) 298-7166.

GUARDE ESTAS FECHAS

Convención Anual No. 39 de NDSC

Agosto 5-7, 2011

JW Marriott Hill Country Resort, San Antonio, Texas
www.NDSCcenter.org

4ta Gala Anual de DSAH

Septiembre 17, 2011

Mas detalles próximamente

2do Torneo Anual de Golf Kase Marshall Beneficiando a DSAH

Octubre 28, 2011

Long Wood Golf Course

Festival de Amigos Anual de DSAH No. 22

Octubre 30, 2011

Christa V. Adair Park

SibClub en el DSRC • 11am—2pm

Nuestro SibClub es un club especial para los hermanos y hermanas entre las edades 6-12 de chicos con síndrome de Down. Los hermanos y hermanas pueden reunirse y compartir sus experiencias y aprender más acerca de las discapacidades en un ambiente de aceptación y confidencial con sus compañeros. Nuestro objetivo para este grupo es el de proporcionar un lugar seguro en que los que asisten puedan formar relaciones sociales, aprender sobre la abogacía, y entender que no están solos en su situación particular. Pero lo más importante es poder tener un tiempo que se dedica sólo para ellos! Nuestro grupo se basa en los Talleres de Hermano y Hermana-desarrollado por Brian Skotko y su colega Sue Levine.

Tendremos juegos, actividades, comida y refrescos.

Gratis para los miembros DSAH.

Fechas:	Agosto 20, 2011
Mayo 21, 2011	Septiembre 17, 2011
Junio 18, 2011	Octubre 15, 2011
Julio 16, 2011	December 17, 2011

Por favor confirme su asistencia al 713.682.7237 o por correo electrónico a dsahouston@att.net en por lo menos 2 días antes de la fecha del evento.

Programa de Fútbol de Hinchas TV y DSAH

Las clases de primavera de fútbol serán los sábados a las 11:00 am.

Cuota de inscripción: \$20 (cubrirá su uniforme-camiseta, pantalón, medias)

Costo de la clase: \$10 (clases de 2 horas a la semana)

Edades: 6 a 18 años



Cambridge Village Park
13100 Nitida
Houston, TX 77045



"Respiro para Cuidado de Niños"

Costo

\$10 por el primer hijo
\$5 para el Segundo
\$20 máximo por familia



Reservas: Deben hacerse a más tardar a las 5:00 pm del día jueves al teléfono 713-271-6001, ó por correo electrónico a: cwilt.harc@yahoo.com

MARQUE SUS CALENDARIOS

Special Olympics Texas

Presenta

La segunda Feria Anual de Salud y Recursos

Para individuos con discapacidades intelectuales

En este feria los participantes podrán tener una revisión gratuita en las áreas de la visión, dentales, y podiatra.

Además aquellos que califiquen también podrán hacerse el examen físico requerido para entrar a la olimpiadas especiales de Texas.

Sabado, Abril 2, 2011 • 9:00am—3:00pm

University of Houston, College of Optometry
4901 Calhoun Road • Houston, TX 77204

Día de Familia

Un programa para niños con TODOS tipo de discapacidades (edades 3-14) y sus hermanos (edades 3-10). Voluntarios (edades 15 +) se juntan con un niño y se convierten en el "amiguito" del día, ayudando con las actividades y el juego. Hay una enfermera en de cada uno de los días de familia para la distribución de medicamentos y alimentación por sonda de gastrostomía. Cada participante debe traer su propio almuerzo y bebidas.

Centro de Artes Visuales de Katy - 4/9 & 5/14

Para reservaciones o preguntas, por favor comuníquese con:

Erin Siaotong esiaotong@eastersealshouston.org o (713) 838-9050 x 357





Noveno Anual Picnic en el Parque

- Vinculación de Familias Unidas -

George Bush Parque
16756 Westheimer Parkway, Houston, TX 77082
04/16/2011 mediodía a 4 pm

- Más información sobre los recursos de la comunidad
 - Conozca mas de las familias y profesionales
 - Disfrute gratis de Alimentos, Diversión y juegos

Traiga a toda la familia para un día de diversión!

Información / Voluntarios / Donar: 713-970-3824 o correo electrónico: picnicinthepark@mhmraharris.org

Organizado por MRMRA - Conciencia Pública DDI / PAC
 vea la sección de Ingles para un mapa mas detallado

El Jueves 7 de Abril a la 7pm estaremos reuniéndonos en un restaurante de comida Mexicana. Comuníquese con Mitch Berg al Tel: 281-236-6878, Email: mbdad51@yahoo.com para mas informacion



Clases de Computadoras Para mayores de 8 años

Regístrese HOY para nuestra próxima Sesión que empieza 9/12!

DSAHA ofrece clases de computadoras todos los lunes! Inscríbese hoy para la próxima sesión de 6 semanas en un plan que le ayuda a los estudiantes a enfocarse y a desarrollar nuevas técnicas de aprendizaje. La forma de inscripción esta en

Precio: \$40 por 6 semanas
 Sesión III: 9/12/11—10/17/11

HORARIO DE CLASE:
 6:30pm-7:30pm

Sesiones de Gymboree en el 2011 en el Centro de Recursos de DSAHA
10:00—11:00 a.m.



Gymboree es GRATIS para miembros

Abril 2 y 16	Augusto 6 y 20
Mayo 7 y 21	Septiembre 17
Junio 4 y 18	Octubre 1 y 15
Julio 16	Noviembre 5 y 19
	Diciembre 3

Fiesta de Navidad de Gymboree **Sábado, 17 de diciembre 2011** a las 1:30 pm. En el Gymboree localizado en el 14623 Memorial Dr. Houston, TX 77079

CALENDARIO DEL CLUB 21

Abr. 16	Noche de juegos 6:00 - 8:00 pm Noche de Pijamas en el DSRC @ 8:00 pm-8: 00 am
Mayo 7	Baile de Fiesta
Mayo 21	Noche de Pijamas en el DSRC @ 8:00 pm-8: 00 am
Jun. 18	Picnic al aire libre / Juegos 6:00 pm - 8:00 pm Noche de Pijamas en el DSRC @ 8:00 pm-8: 00 am
Jul. 9	Baile Hawaiano
Ago. 20	Noche de Karaoke 6:00 - 8:00 pm Noche de Pijamas en el DSRC @ 8:00 pm-8: 00 am
Sep. 10	Baile del Oeste
Oct. 15	Fiesta de disfraces de Halloween 6:00 - 9:00 pm
Oct. 30	Festival de Amigos 12:00-5:00 pm
Nov. 19	Noche de Arte 6:00 - 8:00 pm Noche de Pijamas en el DSRC @ 8:00 pm-8: 00 am
Dic. 3	Baile Navideño

Membrecía al Club 21 es necesaria para todos los eventos.
 Visite www.dsah.org para obtener su solicitud de membrecía al Club 21

Socializing On Saturdays S.O.S.

¿Necesitas un lugar seguro en donde puedan cuidar de tu hijo los sábados?

Entonces el programa de S.O.S puede ser lo que necesites! Tenemos personal experimentado en el cuidado de niños con síndrome de Down para niños con edades de 6-12. S.O.S. pasa el segundo sábado del mes y los asistentes tendrán una oportunidad de socializar a través de juegos y diferentes actividades.

Reserve su lugar HOY para su hijo y obtener un respiro para usted.

Abril 9, 2011	Julio 9, 2011	Octubre 8, 2011
Mayo 14, 2011	Augusto 13, 2011	Noviembre 12, 2011
Junio 11, 2011	Septiembre 10, 2011	Diciembre 10, 2011

Hora: 10:00 am—4: 00pm ~ Costo: \$ 30

Número limitado de participantes, así que reserve su lugar ahora! Por favor devuelva el formulario de solicitud (que se encuentra en www.dsah.org) a DSAHA vía fax al 713.996.9290 o por correo electrónico a dsahouston@att.net. Las reservas deben ser recibidas a más tardar dos días antes de la fecha SOS. Ofreceremos almuerzo y merienda.

GRUPOS COMUNITARIOS DE DSAHA

En nuestro continuo esfuerzo para adaptar sus actividades y el apoyo más cerca de casa, DSAHA se está expandiendo con nuestro grupo más reciente de la comunidad en el área de Baytown. Ver información a continuación.

Grupo Comunitario Baytown

Sábado, Abril 30, 2011 • 10:00am

Picnic en el parque...Trae un plato para compartir!
 Crosby Park • 419 Hare Road, Crosby, TX 77532

Para mas información:

Amanda Kablaw at amanda@kablaw.com / 713-826-3257
Erica Cooper at ericanaysha1@gmail.com / 239-462-6731

Grupo Comunitario de Spring

Viernes, Abril 15, 2011 • 7:00pm

Jumpin' Jak's • 3403 FM1960, Houston, TX 77068

Para mas información:

Gwendolyn Baldwin at baldwing60@yahoo.com or
Nina Stevens at houstont2@yahoo.com

Grupo Comunitario de North Side

Sábado, Abril 16, 2011 • 11:30—1:30pm

Moody Park • 3725 Fulton, Houston, TX 77009

Para mas información:

Alice Torres 832-264-2929 or
Amanda Torres 832-275-9231

Grupo Comunitario de Pearland

Viernes, Abril 8, 2011 • 6:00—8:00pm

Recogida de fresas en la granja de Fröberg

Viernes, Abril 22, 2011 • 6:30—7:30pm

Zumba-Los adultos y los niños son bienvenidos

Pearland Public Library • 3522 Liberty Dr, Pearland, TX 77581

Para mas información:

Felicia Dickerson o Kerri Liles pearland@dsah.org

Grupo Comunitario de Katy

Miercoles, Abril 13, 2011 • 9:00am

Sábado, Abril 16, 2011 • 9:00am

The Bagel Café • Mason and Kingsland

Joy Siebenman jsiebenman@comcast.net

JJ Ladner jjhiggins74@yahoo.com

Welcome to our Virtual Baby Basket Donations!



Now YOU can help DSAH make a difference one baby at a time! Help us fill our baby baskets that are hand delivered to our parents when babies with Down syndrome are born. You can make a donation to our baskets by visiting any Target Store or online.

To search for our registry lists, use the following registry ID number:
Target: 014214400000922,

You can also find the book "Babies with Down Syndrome" third edition, at Barnes and Nobles or Amazon.com.

For more information on how to donate to our New Baby Baskets, please call Ali Lima at 713.682.7237



DSAH SPONSORS

Laura Popiel
Photography
713-992-3662
lpopielphoto@aol.com
Making our 2011 DSAH Calendar possible

Adriana M. Herrera
Certified Grant Writer
(713) 298-7166
beacon4you@yahoo.com
*Your cause is my passion and my endeavor.
Let me help your nonprofit obtain the funding it needs.*
www.lighthousegrantconsulting.com

FREE GIFT
at
BeOnPage1ofGoogle.com

Daniel Chamorro
System Network Engineer
Cell: 713-459-7489
Website: www.msp-tech.com
*Caring for the technology needs of
the Down Syndrome Resource Center.*
24/7



Jarritos Supports DSAH

Thank YOU Jarritos Products for supporting DSAH and Hincha TV Soccer Program! The soft drinks provided for our Open House were delicious and refreshing! Just what our soccer players needed. Jarritos products were also present at our Education for Life luncheon where our students had a wonderful time drinking Appla flavored Mundet, Mineragua and Sangria Seniorial.



Calendar of Events ~ Down Syndrome Resource Center ~ 7015 W. Tidwell, Bldg. G Suite 108 Houston TX 77092. 713/682-7237 ~ www.dсах.org ~ DSRC M-F 9:00a-2:00pm
 "DSAHA TODAY" is a monthly publication of the Down Syndrome Association of Houston.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
3	4 *Computer Classes 6:30pm—7:30pm	5	6	7 *Education for Life 9am - 4pm *E4L—Social Club 4pm—6pm * D.A.D.S. meeting 7p at Restaurant	8 *Education for Life 9am - 4pm *Adult Social Club 4pm - 6pm *Respite Night 6:30pm - 10:30pm * Pearland Com. Group @ Strawberry picking 5pm	9 *S.O.S. 10a-4p * Picnic in the Park GW Bush Park *Soccer Clinic 1:00a Cambridge Village Park 13100 Nitida 77045
10	11 *Computer Classes 6:30pm—7:30pm	12	13*Katy Group Mom's Coffee Break 9:00am the Bagels Café @ Mason and Kingsland	14 *Education for Life 9am - 4pm *E4L— Social Club 4pm - 6pm	15*Education for Life 9am - 4pm *Adult Social Club 4pm - 6pm *Respite Night 6:30pm - 10:30pm * Spring Community Group 7:00—9:00pm	16 *Katy Community Group @ Bagel Café 9:00am *Gymboree 10a-11a * Monthly Meeting Ask the Sibling 10am Eng, 1pm Spa Alex Angel's 11a Art w/ The River—10:30a Music w/ The River 1p *NorthSide Com. Group @ Moody Park 11:30a *Soccer Clinic 11:00am
17	18	19	20	21 *Education for Life No Classes Good Friday	22 *Education for Life *Adult Social Club No Classes—Good Friday *Respite Night 6:30pm - 10:30pm *Pearland Zumba Night	23 *Soccer Clinic 11:00a Cambridge Village Park 13100 Nitida 77045
24	25	26Board Meeting 7p	27	28 *Education for Life 9am - 4pm *E4L—Social Club 4pm—6pm	29 *Education for Life 9am - 4pm *Adult Social Club 4pm - 6pm *Respite Night 6:30pm - 10:30pm	30 * Baytown Community Group @ 10:00am *Soccer Clinic 11:00a Cambridge Village Park 13100 Nitida 77045