



DOWN SYNDROME ASSOCIATION
of Houston

DSA H TODAY

February / Winter 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.

A note from our President—Immediate Action Needed!

The Texas Legislature is meeting now and will cut \$40 million from money that is used to pay for services for individuals with disabilities unless your representatives hear from you!!

The progress of the last 20 years will be lost, with services cut for those receiving services now, and even longer waiting lists for fewer services for those not receiving services yet.

ALL FAMILIES WHO HAVE LOVED ONES WITH DS WILL BE IMPACTED!!

What can you do? Contact your state representative <http://www.fyi.legis.state.tx.us/> and set up a meeting. Put your child in the car and drive to Austin for a face to face meeting. Tell them directly that you do not want services cut and the impact it will have on your family.

For more information, contact Ann Fontenot 281-855-7567 or Ale Lima 713-682-7237.

Together we can make a difference!

NON-PROFIT ORG.
U.S. POSTAGE
PAID AUTOMATICALLY
PERMIT NO. 441
HOUSTON, TEXAS

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

President's Corner

Dear Members and Friends,

I'd like to thank, on behalf of the Board and all members, every Buddy Walk Captain who led their team in November. A special thanks to those who came to our Annual Buddy Walk Wrap Up Party and Acoustic Night at the RC! A good time was had by all as we listened to the live music of Season Ammons.

All BW Captains and supporters raised money to run the Resource Center, provide New Parent Baskets, assist the Community Groups, provide Gymboree twice a month, sponsor Camp Ability, train Board Members, offer Club 21, advocate for legal/medical/educational issues, and much, much more!

A huge THANK YOU goes out to all who participated in the Chevron Houston Marathon/ Half Marathon, and to the donors who chose DSAH as their charity. It is our first year chosen to be one of the 51 charities in this event. Let's keep the new tradition and make it bigger and better next year! Start your training schedule now for January 2012.

With the New Year off to a great start, we look to February and its many events. In addition to the DSAH events, on 2/23-26 the Inclusion Works! Conference www.thearcoftexas.org will be in Austin, and the DS Affiliates in Action Conference www.dsaia.org will be held 2/24-27 in Dallas. Several Board Members are going to trainings in Dallas to serve our members better! Happy Valentine's Day to everyone!

Ann P. Fontenot
MCD., CCC-SLP
President DSAH

February Monthly Meeting

Saturday, February 26, 2011
at the Resource Center

English meeting from 10:00 a.m. to noon
Everyone is invited to lunch at noon
Spanish meeting from 1:00 p.m. to 3:00 p.m.

Speaker: Dr. Gelhen Rodriguez

Topic: Medical Screenings for Individuals with Down syndrome

Dr. Rodriguez is a pediatrician currently working in the Pediatric Infectious Disease department of the University of Texas in the Houston medical center. She is also the aunt of Christine Mosquera (9), a young member of DSAH. Dr. Rodriguez will speak about scheduled screenings for individuals with Down syndrome.

We hope to see you there!

Paula Davis, Vice President

STRENGTH IN NUMBERS

This year will be the most critical year for advocacy for Texans with disabilities and their families in a generation! The Texas Legislature is struggling with a budget shortfall estimated to be \$26 billion.

People with disabilities are facing the very real possibility that their services will decrease or be cut altogether. Those on Medicaid Waiver waiting lists have little hope of additional funds for more slots.

In light of this, there are many things that we can do to influence legislation that affects our family and friends with disabilities:

- Get to know your legislators; To find out who represents you go to <http://www.legis.state.tx.us/> and look for the "who represents me" box
- Tell your story, and/or testify to the state legislature. Influence the development of a bill and possibly even appropriations with your story
- Join email Action Alert lists; (The Arc of Texas, Community Now, NDSS, NDSC)
- Sign petitions (<http://communitynowfreedom.com/petition>)
- Attend rallies

Planning for rallies in Austin, TX is underway. The goal is to have at least one rally per month during the legislative session. Watch for email blasts regarding dates and times of the rallies from the Down Syndrome Association of Houston and other organizations that offer email action alerts. Then, go to the rally! Take your family and friends and loved ones with disabilities. **There is strength in numbers!**

Decisions made in 2011 about services that Texans with disabilities depend upon to work, live, learn, play and participate fully in the community of their choice may extend for decades. Make no mistake, services to Texans with disabilities are at risk! **We need to show our support to be there and to make sure that Texans with disabilities are heard.**

Contact Tamara (Tammy) Ishee, the Legislative Awareness Director for DSAH, for more information and support for your journey as an advocate. governmentaffairs@dsah.org Together, we can make a difference.

Websites to check out:

www.thearcoftexas.org – The Arc of Texas - The oldest and largest nonprofit, volunteer organization in the state committed to creating opportunities for people with intellectual and developmental disabilities to be included in their communities and to make the choices which affect their lives.

www.cotwd.org – Coalition of Texans With Disabilities - Through governmental advocacy, public awareness activities, and professional disability consulting, CTD ensures that persons with disabilities may work, live, learn, play and participate fully in the community of their choice.

www.communitynowfreedom.org – Community Now Freedom - A statewide non-profit organization committed to promoting inclusive communities for all Texans with disabilities.

www.ndss.org – The National Down Syndrome Society - The national advocate for the value, acceptance and inclusion of people with Down syndrome.

www.ndsccenter.org – The National Down Syndrome Congress - The mission of the NDSC is to provide information, advocacy and support concerning all aspects of life for individuals with Down syndrome.



"TEXANS MARCH FOR INDEPENDENCE" INVEST IN COMMUNITY! NO CUTS!



SAVE THE DATE: TUESDAY, MARCH 1ST @ 9:30AM
Where: Downtown Austin

Tell your legislator that you plan to march for your independence!

Travel stipends available upon request.

Contact Joe Tate for more info. (830)305-0613 tate392@gmail.com

Stay tuned. More information to follow...

<http://www.communitynowfreedom.com/>

Texas Medicaid Buy-In for Children

Medicaid Buy-In for Children can help pay medical bills for children with disabilities. This program helps families who need health insurance, but make too much money to get traditional Medicaid. Families “buy in” to Medicaid by making a monthly payment (premium).

To be in this program a child must:

- Be age 18 or younger.
- Meet the same rules for a disability that are used to get Supplemental Security Income (SSI).
- Live in Texas.
- Be a U.S. citizen or legal resident.
- Not be married.

Medicaid health-care services for children

This program pays for many health-care services for children. Here are some examples:

- Doctor and clinic visits.
- Hospital visits.
- Emergency care.
- Medicine.
- Glasses.
- Dentist visits for children age 20 and younger.
- Speech therapy (helps you learn how to speak again or speak better).
- Occupational therapy (helps you learn to do everyday activities i.e. getting around your home, getting in a car, & getting dressed).
- Physical therapy (helps you learn how to move around better or become stronger).
- Regular checkups and help with Medicaid services (case management).
- Family planning.
- Pregnancy and childbirth care.
- Mental health care.
- Care in your home.
- Care in a nursing home or other place of care.

Other health insurance

If you have health insurance from your work, Medicaid might pay for services your insurance doesn't cover. Medicaid will pay only for services you get from a Medicaid doctor.

If your work offers health insurance and your employer pays half or more of the annual cost: You must sign up and keep that insurance. If you don't, your child can't be in the Medicaid Buy-In for Children program.

Medicaid Health Insurance Premium Payment Program (HIPP): If your work offers health insurance, we will check to see if the HIPP program can pay your insurance premium. To learn more about HIPP, call 1-800-440-0493 or visit www.gethipptexas.org.

Monthly payments (premium)

Most families make monthly payments to be in the Medicaid Buy-In for Children program.

The monthly payment is based on:

- The amount of money your family gets from jobs and other sources (income).
- The number of people in your family.
- If you get insurance through work.
- If you are in the HIPP program.

Cost-share

Some families have to pay part of the cost for their child's doctor visits, hospital stays, medicine, therapy, and other health services. These costs are usually for the monthly buy-in payments, co-pays, and deductibles. There is a limit to the amount of costs a family has to pay every 12 months. When the family meets the limit, Medicaid will pay all costs for the rest of that 12 month term.

How to apply:

Get an application form for Medicaid Buy-In for Children (Form H1200-MBIC).

Here's how you can get one:

- Go to www.hhsc.state.tx.us. Click on “How to Get Help.” Then click on “Children.”
- Call 2-1-1 and ask to have a Medicaid Buy-In for Children application mailed to you.
- Go to an HHSC benefits office. Call 2-1-1 to find one near you.

To find out more:

2-1-1 Texas: 2-1-1 or 1-877-541-7905

You can call 8 a.m. to 8 p.m. Central Time. When you call, pick a language, and then pick option 2. You will need to pick “Medicaid” options.

“True Confessions of a Bully”

EVERYONE IS INVITED!!

February 19th @ 2:30 p.m. — right after Sibling Social Club ♦ Down Syndrome Resource Center ♦ Duration: 45 minutes

Brandon the Bully thought he was above it all. Picking on students who were vulnerable and disabled, Brandon thought he ruled the school. Until he met Nina and the rules changed.

Dionysus Theatre's originally written play by Deborah Nowinski is comprised of 7 actors who are archetypes of today's students. The cheerleader, the wanna-be bully, the bully, the disabled, the new girl, “*True Confessions of a Bully*” is a must see for student and parent alike.

Michael Iovine, 23, one of Dionysus Theatre's newest actors will be appearing too. He is a recent graduate of Cinco Ranch High School, where he was on the junior varsity swim team. Michael is a powerful actor who just happens to have Down syndrome. As for being on-stage, Michael says he's living his dream!

This show is followed by a talk back session where students can interact with the actors and speak their hearts.

2010 Buddy Walk Team Winners

WINNERS OF THE TOP FUNDRAISING TEAMS FOR 2010



1st Place
 Team: Mason's Mob
 Captain: Stephanie Wisnoski
 Total funds collected as of 10/30/10: \$20,333
 Prize: A Spot in the 2011 Buddy Walk Billboards, a \$50 Visa gift Card and 4 South West Airline Tkts

WINNERS OF THE TOP FUNDRAISING INDIVIDUALS FOR 2010: (outside of the team captains from the top 3 teams)



1st Place
 Team: Hannah Halfen's Angels
 Captain: Lisa Halfen
 Total funds collected as of 10/30/10: \$7,190
 Prize: Weekend getaway at the Magnolia Hotel, 2 tickets to the Houston Symphony and a \$25 Visa Gift Card



2nd Place
 Team: Action Jackson Super Hero Squad
 Captain: Brian Horn
 Total funds collected as of 10/30/10: \$11,414
 Prize: A Spot in the 2012 DSAH Calendar and a \$50 Visa gift Card



2nd Place
 Team: Brayden's Buddies
 Captain: Cindi Condon
 Total funds collected as of 10/30/10: \$5,451
 Prize: An overnight getaway at the Houstonian Hotel and a \$50 Visa GC



3rd Place
 Team: Nathan's Navigators
 Captain: Belinda Gaddis
 Total funds collected as of 10/30/10: \$7,550
 Prize: A Spot in the 2011 Buddy Walk Billboards and a \$50 Visa gift Card



3rd Place
 Team: Jordyn's Army
 Captain: Jordyn Watson
 Total funds collected as of 10/30/10: \$5,084
 Prize: Overnight getaway at the Renaissance Hotel and a \$50 Visa gift card

BEST BANNER



Aasher's Army

Team with the Best Banner: Aasher's Army
Prize: A James Avery Pearl Necklace and Earrings and a 50 minute massage for two people at the Hilton America's Skyline and Health-club Spa.

MOST SPIRIT



Rally for Aly

Team with the Most Spirit: Rally for Aly
Prize: A Fun Pack for the Kemah Boardwalk. It includes four passes for the all day/all rides, four tickets for the carnival games, four passes for the Sting Ray Reef, the Sponge Bon square 4D theater, the Boardwalk Beast and a free appetizer at any of the Kemah Boardwalk restaurants.

BEST THEME / COSTUME



EMILEE'S BELIEVERS

Team with the Most Creative Theme or Costumes: Emilee's Believers
Prize: A 32" Magnavox LCD TV

Please see www.dsah.org to read *Owen's Story* — a personal account from a new BW team captain.

DSAHA Membership Survey Results

Dear DSAHA Members,

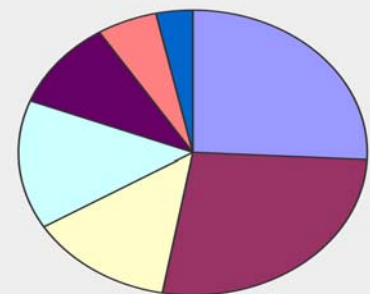
You spoke and we listened! Thanks to all of you who responded to our survey during the month of September 2010. This is what we found out:

- 91.0% of responders are a parent of an individual with Down syndrome
- 32.6% have been members for more than 5 years and the same amount for 1-3 years
- 33.7% found DSAHA through an internet search
- How old is the individual with Down syndrome?
 - 25.8% 0-3
 - 27.0% 4-8
 - 13.5% 9-12
 - 14.6% 13-18
 - 10.1% 19-28
 - 5.6% Over 25
- 83% of responders think of DSAHA as a support group
- 60.7% of responders say DSAHA has assisted them to meet the needs of individuals with DS
- 56.2% of responders say DSAHA has assisted them in meeting the needs of family members impacted by Down syndrome

- 56.8% of responders say DSAHA has assisted them to meet the needs of professionals
- 83.1% of responders access information about DSAHA through our newsletter *DSAHA Today*
- 62.2% of responders do not attend any DSAHA events or programs because of our location
- 23% of responders participate in our community groups
 - 47.8% belong to the Katy Community Group
 - 21.7% will be forming part of the Deer Park La Porte Community Group
 - 17.4% belong to the Pearland Community Group
 - 13.0% belong to the North Side Community Group

- We learned that 51.6% of responders' area of expertise is in the administration/management field
- 47.5% of responders said they would like to become a more active member with DSAHA

How old is the individual with Down syndrome?



Legend: 0-3, 4-8, 9-12, 13-18, 19-25, Over 25, N/A

Socializing On Saturdays **S.O.S.**

Need an experienced caregiver for your child on Saturdays?

Then we invite you to look into 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.

S.O.S. Dates:

January 8, 2011	May 14, 2011	September 10, 2011
February 12, 2011	June 11, 2011	October 8, 2011
March 12, 2011	July 9, 2011	November 12, 2011
April 9, 2011	August 13, 2011	December 10, 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 DSAHA 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.

"My daughter looks forward to attending SOS every month and so do I! The program offers me respite but is not a babysitting service, she enjoys the changing theme that lays out the activities for the day. It's not just babysitting – it's educational, social and occupational activities that help Ceci develop social skills." - Adriana Herrera



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)

- Learn about Community Resources
- Network with Families & Professionals
- Enjoy Free Food, Fun, & Games

Bring the entire family for a day of fun!

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



Organized by MRMRA - IDD/PAC Public Awareness

SAVE THE DATE
CAMP FOR ALL – Family Weekend Retreat
March 4 - 6, 2011
Burton, Texas

Our 7th Annual Camp for All Weekend is getting closer. Camp for All is located just outside the town of Brenham in the heart of bluebonnets and Blue Bell Ice Cream country. They provide a wonderful camp program designed for children and adults of all abilities. There will be horseback riding, rock climbing, archery, games, great food, campfires, just to name a few – and of course the all important S'Mores!! This is a family camp, so children will need to attend with a supervising adult. This is fun for the entire family.

The cost will be \$65 per person (per night), which includes lodging, meals, and activities. **Children with Down syndrome are free.** If you would like to come just for the day the cost is \$44 per person for meals and activities. Children 2 and under are free (you will need to bring food, and a portable bed). Accommodations at the camp are cabins divided by gender (i.e.: all individual staying in each cabin will be of the same gender). Each cabin has up to 14 beds and shower facilities. A child under the age of 6 may stay with a parent of the opposite gender. Our space is limited, so be sure to reserve your spot early. Visit CFA's website (www.campforall.org) for an overview of the facilities.

Registration form is at www.dsah.org—please mail in by February 18th to DSAH, Attn: Ana Dunkel, 7015 W. Tidwell, Suite #108, Houston, TX 77092

For more information, contact Ana Dunkel (anadunkel@yahoo.com) or Laura Thomas (laurat58@gmail.com)

Understanding Sexuality in People with Intellectual Disabilities Seminar
Presented by Terri Couwenhoven

Dates: Friday, February 25, 2011; Saturday, February 26, 2011
Location: College Station Conference Center
Fee: \$30 per Person; \$45 for couple from same household; \$15 for Self Advocates
(FREE, if parent/guardian is registered for morning class)

Register Now – Space is Limited!

Mail registration form (www.downsyndromeofbc.com) with your check, payable to DSABV. **Registration deadline is 5p.m. Feb. 21, 2011**

Questions? Contact Christy Knight, DSABV President, 979-778-7010, dsabv@yahoo.com

DSAHA North Side Community Group
Monthly Get Together

Saturday, February 19, 2011
11:30—1:30pm
at Moody Park
3725 Fulton, Houston, TX 77009

If you live in the North side of Houston (610N and 45N), then you can be a part of our New North Side Community Group.

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

DSAHA Pearland Community Group
Monthly Get Together

Friday, February 11, 2011
6:00—8:00pm
at Pearland Library
3522 Liberty Dr, Pearland, TX 77584

Join us for our monthly get together.
Questions? Feel free to contact:
Felicia Dickerson or **Kerri Liles** at
pearland@dsah.org
or **Erika Marquez** (Spanish)
pearland@dsah.org
if you have any questions.

DSAHA Katy Community Group
Monthly Get Together

Wednesday Feb 9th, 2011 @ 9:00am
Saturday Feb 19th, 2011 @ 9:00am
at The Bagel Café
Mason and Kingsland

For more information about this event please contact:

Joy Siebenman
jsiebenman@comcast.net

JJ Ladner
jjhiggins74@yahoo.com



REGISTRATION FEES

- Professional: \$75
- Parent: \$25
- Student: \$15

Childcare Services Provided Onsite:

- \$10 (first child)
- \$5 (each additional)

Saturday, February 5, 2011 . Registration 8:00am

TRISOMY 21 is a cutting edge conference designed specifically for medical professionals, teachers and parents to provide new insights, address current trends, and answer complex questions related to Down syndrome. Our Tristrand learning model allows professionals and parents to choose specialized topics related to their field of expertise or area of interest. Our goal is to offer innovative instruction, essential resources, and leading informational and motivational speakers that educate and promote awareness and understanding in our community.

The Church of St. John the Divine
2450 River Oaks Blvd—Houston, TX 77019

Keynote Speakers:

- Michael M. Harpold, Ph.D., *Chief Scientific Officer, Down Syndrome Research and Treatment Foundation*
- Austin Davenport and Christi Hockel-Davenport

All-day Technology Lab & Education Modifications Workshop

For More Information: Phone: (281) 736-8008

Email: sec@clearlakeds.org **Website:** www.fathersjoy.org/t21

D.A.D.S Meeting

Dad Kickoff Meeting was a great success with 10 fathers who all had much to contribute. **From a tiny acorn a huge oak tree grows.**



Please join us for the next meeting on Thursday, Feb 3rd at 7:00 pm at the Resource Center.

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



January 15
February 5 & 19
March 5 & 19
April 2 & 16
May 7 & 21
June 4 & 18

July 16
August 6 & 20
September 17
October 1 & 15
November 5 & 19
December 3

Gymboree Christmas Party **Saturday, Dec 17, 2011** at 1:30pm.
Gymboree located on 14623 Memorial Dr. Houston, TX 77079

**Want to Be a Published Author AND Help New
Parents Dealing with "The News"?**

One of our local parents and DSAH Board Member, Brian Horn, has a book deal and is looking for contributing authors.

The book, *"Don't Worry, Your Kid Will Be Cool"* will be a collection of letters from parents of children with Down syndrome to new parents. We are looking for a mixture of letters from Dads, Moms, parents who knew before birth, parents that were surprised when baby arrives, parents of kids that are still young, parents that are now adults, etc.

The idea is to write a letter to parents that just found out their child will have Down syndrome. Tell them your story, the accomplishments of your child, how they have added to your life, how you dealt with the news and overcame it, etc.

The second goal of this book is to hit the best sellers list the day it launches. This will help bring more attention to our cause. The publisher has a 100% track record for getting books on the best seller list. This can be a big win for our kids. Send submissions to publicrelations@dsah.org

All proceeds from this book will go to Down syndrome related charities.

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
January 15th, February 12th, March 12th,
April 9th, and May 14th



GREATER HOUSTON
RESOURCE SERVICES

St. Luke's United Methodist Church
March 19th



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

Reservations must be made by email or phone. FDO will have a cap of 15 children, and reservations will be on a first-come first-serve basis. All families must have a current application completed for each child attending FDO.

In order to cover some of the cost, we are asking families to give a minimum \$10.00 donation for the first child, and \$5.00 donation for the second child. If your budget allows you to donate more, it is always appreciated.

Sibling Social Club at DSRC • 11am to 3pm

The DSAH Sibling Social Club is HERE on Saturdays!

This club is exclusively for siblings, ages 6 to 12, of those with Down syndrome. This is a place where the siblings can meet and feel safe expressing their emotions all under the care of experienced and trained facilitators.

Games, activities, food and beverages are provided at all socials.
FREE to DSAH members.

Dates:

February 19, 2011	June 18, 2011	September 17, 2011
March 19, 2011	July 16, 2011	October 15, 2011
May 21, 2011	August 20, 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.

"True Confessions of a Bully" play
Saturday, Feb 19th @ 2:30 p.m.
All members invited!

**Save the Date
Special Olympics Texas**

Presents

Families Resource and Health Fair
for individuals with an intellectual disability

Join Special Olympics Healthy Athletes initiatives Opening Eyes, Special Smiles, and Fit Feet for free health screenings in vision, dental, and podiatry along with free sports physicals to qualify participants for Special Olympics Texas competition.

Saturday, April 2, 2011

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

Club 21 Events

- Feb 19** -- Bingo/Spaghetti Supper 6:00 – 8:00 pm
-- Sleepover 8:00 pm – 8:00 am
- Mar 5** -- Mardi Gras Dance 6:00 – 9:00 pm
- 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
- Jun 18** -- Outdoor Picnic/Games 6:00 pm – 8:00 pm
-- Sleepover 8:00 pm – 8:00 am
- Jul 9** -- 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 Dance 6:00 – 9:00 pm
- Oct 29** -- Halloween Costume Party 6:00 – 9:00 pm
- Nov 19** -- Craft Night 6:00 – 8:00 pm
-- Sleepover 8:00 pm – 8:00 am
- Dec 3** -- Christmas Dance 6:00 – 9:00 pm

Club 21 membership is required for all events.
Visit www.dsah.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,

Me gustaría dar las gracias, en nombre de la Junta y todos los miembros, a cada capitán de la caminata el cual llevó a su equipo a este gran evento en noviembre. Un agradecimiento muy especial va a los que vinieron a nuestro Anual Buddy Walk Wrap Up Party y Noche acústica en el Centro de Recursos! Todos tuvimos un buen momento mientras escuchamos la música en vivo de Seasons Ammons.

El esfuerzo de los capitanes para recaudar fondos es muy agradecido ya que estos fondos se usan para mantener el centro de recursos, para , proporcionar Cestas a los Nuevos bebés, ayudar a los grupos comunitarios, proporcionar Gymboree dos veces al mes, proveer Camp Ability, el Club 21, y mucho, mucho más!

Un enorme GRACIAS sale a todos los que participaron en el Maratón de Chevron de Houston y en el Medio Maratón de Aramco, y para los donantes que eligieron a DSAH para donar. Es nuestro primer año en ser elegidos como uno de las 51 organizaciones de caridad en este evento. Vamos a mantener la nueva tradición y hacerla más grande y mejor el año que viene! Inicie su programa de entrenamiento ahora para enero de 2012.

Con el año nuevo a un gran comienzo, tenemos muchos eventos en el mes de febrero y además de nuestros eventos contamos con la Conferencia de Inclusion Works de www.thearcoftexas.org será en Austin del 2/23-26, y la conferencia de Afiliados en Acción de DS www.dsaia.org será en Dallas del 2/24-27. Varios de nuestros miembros de la junta directiva estarán asistiendo a estos entrenamientos en Dallas para servirles mejor!! Feliz Día de San Valentín a todos!

Ann P. Fontenot

M.C.D., Patóloga del habla y lenguaje CCC
Presidente DSAH

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, dental, 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

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

Reunión Mensual

Sábado, 26 de febrero 2011

**Todos están invitados a almorzar al mediodía
reunión en Español 1:00p-3:00p**

Presentadora: Dr. Gelhen Rodríguez

Tema: exámenes médicos para personas con síndrome de Down

La Dra. Rodríguez es una pediatra que trabaja actualmente en el departamento de Pediatría de Enfermedades Infecciosas de la Universidad de Texas en el Centro Médico de Houston. También es la tía de Christine Mosquera (9), una joven miembro de DSAH.

La Dra. Rodríguez hablará sobre los exámenes que se les debe de hacer a las personas con síndrome de Down.

Esperamos contar con tu presencia!

Paula Davis, Vice presidente

Marque su Calendario

CAMPAMENTO PARA TODOS

Retiro de Fin de Semana Familiar

4 a 6 marzo, 2011 • Burton, Texas

Nuestro séptimo Campamento Anual de Fin de Semana esta cada vez más cerca. Campamento para Todos se encuentra a las afueras de la ciudad de Brenham en el corazón de Bluebonnets y el helado Blue Bell. Ellos ofrecen un programa de campamento maravilloso diseñado para niños y adultos de todos los niveles. Habrá paseos a caballo, escalada, tiro con arco, juegos, comida, fuegos de campamento, sólo para nombrar unos pocos - y por supuesto los S'mores lo más importante! Este es un campo de familia, así que los niños tendrán que asistir con un adulto Esto es divertido para toda la familia.

El costo será de \$65 por persona (por noche), que incluye alojamiento, comidas y actividades. Los niños con síndrome de Down son gratis. Si a usted le gustaría venir sólo por el día, el costo es de \$ 44 por persona por las comidas y actividades. Niños menores de 2 años no pagan (tendrá que traer comida y una cama portátil). Alojamiento en el campamento son cabañas divididos por sexo (es decir: todos los integrantes en cada cabaña serán del mismo sexo). Cada cabaña cuenta con hasta 14 camas y duchas. Un niño menor de 6 años pueden quedarse con un padre del sexo opuesto. Nuestro espacio es limitado, así que asegúrese de reservar su lugar temprano. Visitar sitio web del CFA (www.campforall.org) para una visión general de las instalaciones.

El formulario de inscripción está en www.dsah.org- por favor enviar su reservación por correo a mas tardar el 18 de febrero a: DSAH, atención: Ana Dunkel, 7015 W. Tidwell, Suite # 108, Houston, TX 77092

Para obtener más información, contactar con Ana Dunkel (anadunkel@yahoo.com) o Laura Tomás (laurat58@gmail.com)

Socializing On Saturdays



¿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.

Fechas de S.O.S. :	Marzo 12, 2011	Junio 11, 2011	Septiembre 10, 2011
Enero 8, 2011	Abril 9, 2011	Julio 9, 2011	Octubre 8, 2011
Febrero 12, 2011	Mayo 14, 2011	Agosto 13, 2011	Noviembre 12, 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 DSAH 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 de SOS. Ofreceremos almuerzo y merienda.

"A mi hija le encanta asistir al programa de S.O.S todos los meses y a mi también! El programa me ofrece a mi un descanso una vez al mes pero no es solo un lugar donde los cuidan. Ella disfruta de las actividades planeadas de mes a mes con un tema el cual ella aprecia. Este programa es educativo, es social y ocupacional! Todas estas actividades ayudan a que Ceci aprenda mas conceptos sociales." - Adriana Herrera

¿Quieres ser un autor publicado y ayudar a los nuevos padres como entender "las Noticias"?

Uno de nuestros padres, Brian Horn, esta en proceso de publicar un libro para el cual esta buscando material proveniente de otros padres de niños con síndrome de Down.

El libro, "No se preocupe, su hijo sera Cool" será una colección de cartas de los padres de niños con síndrome de Down a los nuevos padres. Estamos buscando una mezcla de cartas de los papás, las mamás, los padres que sabía antes del nacimiento, los padres que se sorprendieron cuando llego el bebé, los padres de los niños que todavía son jóvenes, los padres que ahora son adultos, etc

La idea es escribir una carta a los padres que se acaban de enterar que su hijo tendrá síndrome de Down. Cuéntenos su historia, los logros de su hijo, cómo ha cambiado su vida, cómo lidio con las noticias y como lo superó, etc

El segundo objetivo de este libro es tratar de llegar a la lista de los más vendidos el día de su lanzamiento. Esto ayudará a atraer más atención a nuestra causa. El editor tiene un historial de conseguir que sus libros se conviertan en "los mejores vendidos" un 100%.

Enviar artículos a publicrelations@dsah.org. Todas las ganancias de este libro se destinarán a organizaciones benéficas relacionadas con el síndrome de Down.

Acompáñanos en nuestra próxima junta el Jueves 3 de febrero a la 7pm en el Centro de Recursos. Refrescos y comida serán proveídos.



Noveno Anual Picnic en el Parque

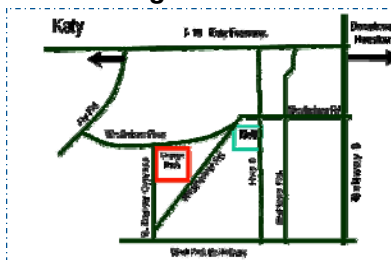
- Vinculación de Familias Unidas -

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@mhmrharris.org

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

"Confesiones de un verdadero Acosador"

Todos están invitados!

19 de febrero a las 2:30 pm - justo después del Club Social para Hermanos en el centro de recursos. Duración: 45 minutos

Brandon, el acosador pensaba que estaba por encima de todo. Escoger a los estudiantes que eran vulnerables y discapacitados, Brandon pensaba que gobernaba la escuela. Hasta que conoció a Nina y cambió las reglas.

Obra originalmente escrita por Deborah Nowinski del Teatro Dyonisos. Esta obra está compuesta por siete actores que son arquetipos de los estudiantes de hoy. La porrista, el aspirante a ser matón, el agresor, los discapacitados, la nueva chica, "True Confessions of a Bully" es una obra que debe ser vista por estudiantes y padres igual.

Este programa viene con una charla con los actores después de su actuación.

Club Social para hermanos(as) de individuos con síndrome de Down en el DSRC • 11am—3pm

Este club es solo para los hermanos(as) de personas con síndrome de Down entre 6 y 12 años de edad en donde podrán confidencialmente expresar sus sentimientos, preocupaciones y sugerencias. Tendremos comida y refrescos para los que asistan y este programa es gratis a miembros de DSAH. Marque su calendario con las fechas del Club Social:

Fechas:

Febrero 19, 2011	Junio 18, 2011	Septiembre 17, 2011
Marzo 19, 2011	Julio 16, 2011	Octubre 15, 2011
Mayo 21, 2011	Agosto 20, 2011	Diciembre 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.

Marque su calendario: 2.19.10 para la obra "True Confessions of a Bully" a las 2:30p.m.

Clases de Computadoras Para mayores de 8 años

DSAH ofrece clases de computadoras todos los lunes! Inscribese 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 www.dsah.org/N_Events.htm

Regístrese HOY para nuestra próxima Sesión!



Precio: \$40 por 6 semanas
Sesión I: 3/7/10 - 4/11/10

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

Fechas de Gymboree para el 2011 en DSAH
10:00—11:00 a.m.

Enero 15
Febrero 5 y 19
Marzo 5 y 19
Abril 2 y 16
Mayo 7 y 21
Junio 4 y 18



Julio 16
Agosto 6 y 20
Septiembre 17
Octubre 1 y 15
Noviembre 5 y 19
Diciembre 3

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

CALENDARIO DEL CLUB 21

Feb. 19	Noche de Bingo / Spaghetti 6:00 - 8:00 pm Noche de Pijamas en el DSRC @ 8:00 pm-8:00 am
Mar 5	Baile de Mardi Gras
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
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. 29	Fiesta de disfraces de Halloween 6:00 - 9:00 pm
Nov. 19	Arte Noche 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

Grupo Comunitario de Pearland Junta Mensual

Viernes, Febrero 11, 2011 6:00-8:00pm
La Biblioteca de Pearland
3522 Libertad Dr, Pearland, Texas 77584

Únase a nuestro nuevo grupo comunitario de Pearland! Para mas información de este grupo comuníquese con:
Felicia Dickerson o Kerri Liles: pearland@dsah.org
Erika Marquez: (Español) al: pearland@dsah.org

Grupo Comunitario de Katy Junta Mensual

The Bagel Café ~ @ Mason and Kingsland

Miércoles Febrero 9, 2011 @ 9:00am
Sábado Febrero 19, 2011 @ 9:00am

Para más información sobre éstos grupos comuníquese con: Joy Siebenman - jsiebenman@comcast.net o con JJ Ladner - jjhiggins74@yahoo.com

Grupo Comunitario del Norte Junta Mensual

Vive usted en la parte Norte de Houston (610N y 45N), entonces usted puede pertenecer a nuestro Nuevo Grupo Comunitario del Norte de Houston!

Cuando: Sábado, Febrero 19 **Hora:** 11:30—1:30

Contactos: Alice Torres 832-264-2929 o Amanda Torres 832-275-9231

Lugar: Moody Park 3725 Fulton Houston, TX 77009

"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

Día de Familia

Un programa para niños con TODOS los tipos 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 - 2/12, 3/12, 4/9 & 5/14

Iglesia San Lucas Unida Metodista—3/19

Para reservaciones o preguntas, por favor comuníquese con: Erin Siatong esiatong@eastersealshouston.org o (713) 838-9050 x 357



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*



ArcherCare LLC
 You are not Alone
 Peace of Mind for those with
 Special Needs
 Steven C. Rhatigan, Principal
 1717 St. James Pl., Suite 205
 Houston, TX 77056
 (O) 713.572.1717 ~ (F) 713.572.1723
 steve@archercare.com

Coming Soon... Our Virtual Baby Basket Donations!

DSAH is making a difference one baby at a time... and you can help change someone's life by donating an item to our Baby baskets. We will soon have a virtual Baby Basket donation link that will allow you to donate the items that go inside our baskets. We need diapers, baby wipes, baby clothes, \$25 gift cards, Babies with Down syndrome books and many other items. Visit our website soon for your opportunity to donate to this great cause!



Looking for Advertising Opportunities? Consider DSAH TODAY!!

With prices as low as \$100 for business card size, your business can reach many of the families that DSAH serves. For a complete list of prices please visit www.dsah.org under the newsletter tab or e-mail Ali Lima at executivedirector@dsah.org. You can soon be on your way to being a DSAH STAR SPONSOR

Need Volunteer Hours? Consider DSAH

Does your child 16 and up need volunteer hours for their school? Consider volunteering with DSAH at any of our events! We always need help during our monthly meetings, or at our social club on Thursdays. Volunteering duties include playing with children, cleaning up or assisting our Education for Life students with their academics. If you are interested in volunteering please fill out our volunteer form found on www.dsah.org under the volunteer tab.

Questions? volunteer@dsah.org

