



DOWN SYNDROME ASSOCIATION
of Houston

DSA H TODAY

January / 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.

The Annual Buddy Walk Wrap Up Party

January 29, 2011 — 7:00-10:00 pm

All members are invited
A special invite to our 2010 Buddy Walk Captains and supporters!

Please RSVP by 1.21.10 to Alejandra Lima at 713.682.7237 or executivedirector@dsah.org

DOOR PRIZES - BYOB
DINNER AND REFRESHMENTS WILL BE PROVIDED - ADULTS ONLY

No babysitting available



Season Ammons
will be appearing live!!



7015 W. Tidwell, Bldg G, Suite 108, Houston, TX 77092, 713-682-7237

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

My name is Ann Fontenot and I am the new President of the Board of Directors of DSAH. I am a Speech-Language Pathologist, wife to Will and mother to John (14), Rick (11), and Tricia (9 with DS). We live in Cypress-Fairbanks ISD where Tricia attends 2nd grade.

When Tricia was born, I was told, "The most important thing is support." I thought, "I am in trouble-I have no support," because I have no family in Texas. Nine years later, I can say that I do have a family in Houston, DSAH, and I receive all the support I need.

I want to tell every family who needs more support: we are here for you, please ask, and we will do whatever we can for you. If we cannot do it, we will find out who can help you.

I thank each member for giving me the opportunity to serve as President. It is an honor to work with our Board, volunteers, and members. I ask for your prayers and patience as I move from Secretary to President of the best nonprofit organization in Texas!

The Texas Legislature meets this year and will cut the state budget. Tamara Ishee is the Board Member who will keep us informed of proposed cuts to services which our loved ones with DS receive or will receive. Check the DSAH Website and E-blasts for what we can do to preserve funding for services.

We have an amazing year planned! Our Education for Life Program, serving adults with DS after high school, is expanding from one to two days a week! We will continue Gymboree, New Parent Orientation, Baby Baskets, Community Groups, Club 21, Gathering of Friends, Buddy Walk, and more.

You are also invited to become more involved - just a small amount of your time or talent makes a huge impact with members. I welcome all who want to volunteer to improve our group and the lives of individuals with DS.

Have a wonderful January, a blessed New Year, and cherish your family member with DS!

Ann P. Fontenot
President DSAH
M.C.D., CCC-Speech Language Pathologist

Due to a scheduling conflict, **DSAH Membership Survey** results will be available in the February newsletter instead of January as originally planned. Thanks very much for your patience.

January Monthly Meeting

Saturday, January 22, 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.

Topic: Toilet Training 101 with Joanne Mothes

Alex's Angels craft class will resume at 11am

COGNITIVE RESEARCH MEETING



Join us on January 19, 2011 at 7:00 pm at the DS Resource Center for an informative update on the progress and promise of DS cognitive research. The speakers are Robert Schoen, PhD, and Paul Watson Of the Research Down Syndrome. They will discuss a summary of promising drug targets identified by researchers at Johns Hopkins, Stanford and UC, San Diego. These drug targets provide the promise of the development of biomedical therapies that could improve memory and learning in persons with DS. Questions? Contact Rosa Rocha at rosarocha08@sbcglobal.net

Dionysus Theatre performs "The Actor's Nightmare" January 15-30th, 2011



Start 2011 out with laughter, as Dionysus Theatre performs the dark comedy, "The Actor's Nightmare" by Christopher Durang. Opening January 15th and running thru January 30th, this show examines everyone's fear: being on stage and not knowing your lines!

In the inclusive cast is Michael Lovine, a popular resident cast member of Dionysus Theatre. Michael is a person with Down syndrome, but he constantly educates the audiences that people can do anything – with style, talent and humor.

Let's show our support! Join the Board of Directors on Sunday, January 16, 2011, at 3:00 p.m. Appropriate for ages 10 and up. Tickets can be purchased from the DSAH for \$12.00. Call Ali @ 713.682.7237 or executivedirector@dsah.org.

Synopsis: A man from the audience inadvertently finds himself thrown into three shows and dealing with actors, a frustrated stage manager and realizing in the end, "all the world's a stage".

Dionysus Theatre
Inside the Jewish Community Center
(Joe Frank Theatre)
5601 S. Braeswood, Houston, Texas 77096
www.dionysustheatre.org

Please support the only inclusive theater in Texas that truly "changes Lives... one act at a time."

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, Jan 6th at 7:00pm at the Resource Center.

Chevron Houston Marathon—Raising Money for DSAH

Rene Enriquez

It seems like just yesterday but this year Adelina and I celebrated 20 years of marriage and next May 2011, our beautiful angel, Alyssa will be turning 20 years old. We could never have imagined how much of a blessing she would be in our lives and how God would use her in various capacities. Back then, one of the first support groups and resources we reached out to was the Down Syndrome Association of Houston. Those were the early days of DSAH and the first years of the annual Gathering of Friends picnic. So, it's a no brainer that I would pick DSAH as the beneficiary of my Running for a Reason in the 2011 Houston Half-Marathon.

I hope that you will join me in supporting the Down Syndrome Association of Houston by making a financial contribution toward my goal of \$1,000.

I can do all things through Christ who strengthens me. –Phil. 4.13

Fundraising goal: \$1,000

Fundraising progress: \$695

Click here to donate: <http://www.chevronhoustonmarathon.com/RunForAReason/>



Trish Jacquet

On an early, cool January morning, near downtown Houston, I will be setting forth on the first steps of my 26.2 mile journey ahead of me by taking part in the Chevron Houston Marathon. Three of my favorite things in life are family, jogging and challenging myself. Therefore, I have decided to run a full marathon, just 7 months after the birth of my daughter.

I signed up for the Houston marathon when my daughter was less than a month old and decided instead of just running for me, I wanted to run for a greater cause and take on the task of fundraising for a charity. I reviewed the list of 52 organizations that are part of the marathon's "Run for A Reason" program and narrowed it down. I finally chose the Down Syndrome Association of Houston (DSAH). As a mom of two, this organization spoke to me because the organization provides support to families of those with Down syndrome (DS).

A couple of months later, I came back to work and reconnected with a colleague, Irene Horn, who was pregnant the same time I was. Now that we were back from maternity leave, I asked her to lunch to talk about our babies. It was during this lunch that Irene described Jackson's first week of life. She said that on day 2, he stopped breathing and was placed in NICU. The doctor later confirmed he had DS. I was in awe with how well she adjusted to this major life-changing event and she displayed nothing but unconditional motherly love. Jackson is such a blessing for her family and he is a little angel here on earth. As a mother myself, nothing speaks to me more than this kind of love.

Irene went on to explain how much support she received from the DSAH and how a member of the organization was in her hospital room the day of the diagnosis. By pure coincidence, it happened to be the same charity I had signed up for! I have had the pleasure of visiting the resource center and meeting some of the kids and parents and I'm impressed at the facilities and know all donations will be put to good use.

As I go on my training runs, I think so much about the families of those with DS. Parenthood changes you. I love being a mom more than anything and I have the honor this year to run the marathon for this love. It is with pleasure that I get to run for Jackson Horn and represent the DSAH. I get to run for the love of being a mother.

Unlike other events of this type, the proceeds of the \$1,000 I am planning to raise will benefit our families, friends and neighbors right here in Houston. Tax Deductible Donations can be made by sending a check to Houston Marathon or by credit card on-line at <http://www.chevronhoustonmarathon.com/RunForAReason/> and searching for my name, Trish Jacquet, directly from this link.

This event would be even more wonderful if you could come and cheer me on along the route and be part of this inspiring weekend.

Thank you for your support and for making a difference.

Sincerely,
Trish Jacquet

SAVE THE DATE—Join DSAH at the Chevron Houston Marathon on January 30, 2011

BUDDY WALK 2010

On behalf of the Board of Directors of the Down Syndrome Association of Houston I would like to thank you for making the 2010 Houston Buddy Walk an amazing success! With over 193 teams, 5,600 participants and \$189,000 raised, you can be proud to be part of the largest Down syndrome awareness event in Texas.

The funds raised at the Buddy Walk are vital to the continued growth of programs and services at the DSAH. 95% of DSAH programs are funded through the proceeds of Buddy Walk. I cannot thank the Team Captains, the Walkers, and those who donated enough for partnering with us to create positive outcomes for individuals with Down syndrome and their families.

It is our goal to be responsive and accountable to our members. Please let those who supported your team know that funds raised at this year's Buddy Walk will be used in the following manner:

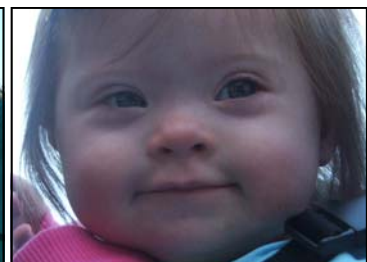
- **Education for Life Program** Our amazing Adult Literacy and Education program for continuing education post high school.
- **Teddy Bear program** – Provide a stuffed animal to comfort a child with Down syndrome who is experiencing a hospital stay.
- **Conferences** - This year's conference was called "Practical Solutions for Educating Students with Down syndrome" and we had more educators in our audience than parents!
- **DSAHA Today** – produce and mail a monthly newsletter to over 1,200 homes and businesses.
- **Festival of Friends** – annual festival/picnic attended by over 3,000 members and friends.
- **Sibling Social** – provide a monthly forum for kids who have a sibling with Down syndrome to safely talk about their feelings and experiences.
- **Medical and Educational Outreach** – awareness programs .
- **Monthly meetings** in English and Spanish –lunch is provided to our membership free of charge.
- **Camp Ability** – summer camp for all ages at minimal cost to our members.
- **Camp For All** – an annual event for our families held in the spring.
- **Dances for Teens/Young adults** – social program that includes 5 Dances per year.
- **World Down Syndrome Event** – awareness program.
- **New Baby Baskets** – our Executive Director delivers our New Baby Basket to the hospitals
- **Annual Swim and Holiday Parties**- Social Events for all members
- **D.A.D.S. meetings** – A monthly gathering just for the fathers to meet friends and share experiences.
- **Socializing on Saturdays (SOS Program)** – respite for parents/caregivers.
- **Club 21** - monthly teen/adult events – social event/respite for parents/caregivers – movie nights, overnight sleepover and game nights.
- **Community Groups** – provide administrative and funding support to 4 existing groups, and work on creating 6 more.
- **Provide a donation to National Down Syndrome Society** to further their important work.

Your continued support of the Houston Buddy Walk allows the DSAH to reach out to anyone in our community who is impacted by Down syndrome. Thank you for believing in and supporting our organization, we are only successful because of your strong commitment.

Your feedback is vital to our ability to improve the Buddy Walk as well as DSAH programs and services. If you have any comments on how to improve the Buddy Walk or how DSAH can better serve our community, I encourage you to contact the DSAH Executive Director, Alejandra (Ali) Lima, 713-682-7237 or executivedirector@dsah.org .

Kristin Miller—Buddy Walk Chairperson

To see the 2010 Houston Buddy Walk photos, courtesy of Jennifer Garza Photography:
<http://2010buddywalkhouston.shutterfly.com/>



CLUB 21 UPDATE FOR 2011

Club 21 got off to a great start in 2010, but we have even bigger, better things planned for 2011. First of all, Club 21 now has its own web page located on the www.dsah.org website. Be sure to check the webpage often to see our calendar of events, get the latest updates, member birthdays, photos of events, etc.

In case you're not familiar with Club 21, it is a social club for individuals, ages 13 to 99, who have Down syndrome. The Club was started to provide additional activities at the Resource Center and out in the community. The annual membership dues are \$25 and should be sent to the DSAH along with the application form which can be found at www.dsah.org. Membership benefits include free admittance for members & their guests to our events, special recognition for birthdays, advance notice of events, etc.

During the past 6 months, our members have enjoyed a full range of activities such as dances, bingo & spaghetti dinners, an evening of karaoke, movie nights, and a Halloween costume party. To see all the great activities we have planned for 2011 check out our calendar.

Our free events are on the 3rd Saturday of the month from 6:00 – 8:00 pm followed by our Sleepover from 8:00 pm to 8:00 am Sunday. **Great news for 2011**, a larger budget for Club 21 has been approved!!! So, for Club 21 members, we are able to **lower the cost of the Sleepover from \$50 per person to \$30**. Not only do our members get to enjoy a night out with their friends -- their caregivers also get a night for themselves -- and all at a great price!!! Even better, if you come for the event from 6-8, you'll get an extra 2 hours!! So check out our schedule and reserve your spot right away. Space is limited to the first 12 people that register and registrations are accepted on a first come, first served basis.

For the Sleepover, DSAH provides a light dinner/snacks, breakfast, Wii and Xbox games, movies, music and chaper-

ones. Payment is due no later than the time of drop off. The registration form can be found at www.dsah.org under the Club 21 tab.

I'm looking forward to meeting all of you in the coming months.

Mary Fouts – Club 21 Committee Chairperson
Club21@dsah.org

Club 21 2011 Calendar

- Jan 15** -- Movie Night 6:00 - 8:00 pm
-- Sleepover 8:00 pm – 8:00 am
- 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*

Update on DSAH's PANTHER PACK – Bowling Tournament Results *By Belinda Garza-Gaddis*

After three months of training, the DSAH sponsored Special Olympics Spring Panther Pack team participated in a bowling tournament on Saturday, December 4, 2010. You would have been so proud of Malique Baldwin, Sean Davis, Nathan Gaddis, Johanne Gonzalez, Jessica Oseguera, Nicholas Popiel, David Rocha and Justin Stevens. David was part of the Opening Ceremonies and recited the Special Olympics Athletes' Oath – "Let me win, but if I can not win, let me be brave in the attempt."

And our team did just that. Each one of them exceeded their average at the tournament. Sean received a GOLD medal! Silver and Bronze medals were collected too. What an awesome experience to see Jessica and Johanne embrace after their game and to see the torch go from Sean to Justin. Each of our athletes is forging life long relationships with each other.

There were lots of teams at the bowling tournament and I recognized many of our members. Congratulations to all who attended. Many thanks to Kim Renee and Carleen Alvarado who volunteered their time to assist. And, of course, I can't forget to thank the volunteer coach - my husband, Chris - who drove Nathan from speech therapy to the bowling alley each Monday night.

We practice in the I-45 North/1960 area. If you'd like to join us for basketball, you will need to have a medical form completed and turned in to the Special Olympics by January 4th. Go to: <http://www.sotx.org/get-involved/athletes/>

The DSAH will sponsor other community teams – all we need are coaches – and Special Olympics will provide the training in late January. Email me at bggaddis@tuckervaugan.com if you are interested.



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)



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

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

Dionysus Theatre Classes

Our winter classes resume January 4th and end with a recital on March 8th. These 10 week classes meet every Tuesday night from 7-8:30 p.m. Being in these classes students not only learn about theatre, they walk away learning life skills, communication, empowerment and develop self-esteem.

Classes for 10 weeks are \$125.00.

For registration, please go to our website: www.dionysustheatre.org under classes or call 713-728-0041.

DSAHA North Side Community Group Monthly Get Together

Saturday, January 15, 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, January 14, 2011
6:00—8:00pm
at Pearland Library
3522 Liberty Dr, Pearland, TX 77584

Join us for our Game Night on Jan 14th at the Pearland Library!

Questions? Feel free to contact:
Felicia Dickerson feliciabd@att.net
Kerri Liles kamokountrygurl@yahoo.com
or **Erika Marquez**
e_marquez1@hotmail.com (Spanish)
if you have any questions.

DSAHA Katy Community Group Monthly Get Together

Wednesday Jan 12th, 2011 @ 9:00am
Saturday Jan 15th, 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
jhiggins74@yahoo.com

Things Keep Looking Up

GYMBOREE For Kids 0 - 6 years old

To all our Gymboree fans—come have fun and play

**Class Schedule Saturday January 15th
(10:00-11:00 am)**

**Gymboree is at no cost to DSAH members
January 1st class is cancelled due to holiday**

"Gymboree Play & Music" is a type of socialization through therapy & music games.



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 713-271-6001

Computer Classes for kids 8 years old and above

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.

**Register TODAY
for our NEXT
Session starting Jan 10!**



**Price: \$40 for 6 weeks
Session I: 1/10/11 - 2/14/11**

TIMES: 6:30—7:30pm

Socializing on Saturdays (SOS) Program

For children, ages 6 to 12 years, we have Socializing On Saturdays (SOS) at the RC on the second Saturday of each month. We have experienced caretakers for the children. And the caregivers will have some respite.

Cost: \$40/person Time: 10am—4pm Age: 6 to 12 yrs

Jan 8 Celebrate New Year's Around the World
Application deadline: 12/31/10

Feb 12 Valentine Party
Application deadline: 2/4/11

Limited number of participants – so call and register your child today. Application is found on dsah.org and must be received at the DSRC by deadlines shown above, via mail to 7015 W. Tidwell #108 Houston, TX 77092 or by fax to 713.996.9290. We will offer lunch and snacks.

Sibling Social Club: January 15th, 2011

Place: Down Syndrome Resource Center

Time: 11am to 3pm

The DSAH Sibling Social Club is HERE! This club is exclusively for the siblings of those with DS ages 6 to 12. Join us in a place where the siblings can meet and feel safe expressing their emotions.

Food, beverages and games will be provided.

FREE to DSAH members.

Please RSVP to 713.682.7237 by
Jan 13th or by e-mail to
dsahouston@att.net

Save the Date: 2.19
"True Confessions of a
Bully" play @ 2:30 p.m.
– All members invited!

Down Syndrome Reading Clinic

with Joanne Mothes

Dates: Jan 22, 8:00am—10:00am
Jan 24—28, 8:00am—7:00pm

Location: Down Syndrome Resource Center

ONLY accepting pre-registration, with payment, to secure an appointment. Classes will focus on Reading, Math and will offer Cognitive Stimulation for younger students.

Call Joanne at 614-329-8878 to pre-register your child.



New date for
4th DSAH Gala —
September!

More details to follow

DSAH's Education for Life program...

DSAH proudly announces the opening of a second day of EFL every week! Teachers and students are very excited to be part of such a great accomplishment. The EFL Program is conducted at our Resource Center on Thursdays and Fridays from 9 AM-4 PM. We will add a few new students to continue their education after high school. The basis of our program continues to be academic classes such as reading, writing, math, science and P.E. Starting in January, we will also offer a pantomime class! Julithe Garret is a professional Pantomime and joins our faculty to teach and to create DSAH's own Pantomime Troop. This semester, students will take classes covering topics in geography, chemistry, and astronomy, as well as favorite electives computer training and speech therapy. To our faculty, Mrs. Boyd, Mrs. Cannon, Mrs. Fontenot, Mrs. Castaneda and Mr. Garret, we welcome you to our Spring 2011 semester!

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,

Mi nombre es Ann Fontenot y seré la nueva presidente de la Junta de Directores de DSAH. Soy Patóloga del lenguaje, esposa a Will y madre a John (14), Rick (11), y Tricia (9 con síndrome de Down). Vivimos en Cypress-Fairbanks ISD en donde Tricia asiste a segundo grado.

Cuando nació Tricia, se me dijo, "Lo más importante es el apoyo." Pensé, "estoy en problemas!! Aquí no tengo ningún apoyo!" porque no tengo familia en Texas. Nueve años más tarde, puedo decir que tengo una familia en Houston con DSAH, y recibo todo el apoyo que necesito.

Quiero decirle a cada familia que necesita más apoyo: estamos aquí para usted, por favor pregunte, y haremos todo lo posible para usted. Si no podemos hacerlo, vamos a averiguar quién le puede ayudar..

Doy las gracias a cada miembro por darme la oportunidad de servir como presidente. Es un honor trabajar con nuestra Junta Directiva, voluntarios y miembros. Pido sus oraciones y paciencia mientras me muevo de la secretaria del presidente de la mejor organización sin fines de lucro en Texas! La Legislatura de Texas se reúne este año y reducirá el presupuesto del Estado. Tamara Ishee es el miembro de la Junta, que nos mantendrá informados de los recortes propuestos a los servicios que nuestros seres queridos con síndrome de Down reciben o van a recibir. Visite el sitio web DSAH y E-blasts por lo que puede hacer para preservar la financiación de los servicios.

Hemos previsto un año increíble! Nuestro Programa de Educación para la Vida, que sirven a adultos con síndrome de Down después de la secundaria, se expande de uno o dos días a la semana! Seguiremos Gymboree, Nueva Orientación para Padres, cestas de bebé, grupos comunitarios, Club 21, Encuentro de Amigos, Buddy Walk, y mucho más.

También le invitamos a participar más: sólo una pequeña cantidad de su tiempo o talento hace un gran impacto con los miembros. Doy la bienvenida a todos los que quieran trabajar como voluntarios para mejorar nuestro grupo y la vida de las personas con síndrome de Down..

Espero tengan un maravilloso enero, un bendecido Año Nuevo, y cuiden de sus familias con síndrome de Down!

Ann P. Fontenot
Presidenta DSAH
M.C.D., Patóloga del habla y lenguaje CCC

Reunión Mensual

Sábado, 22 de enero 2011

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

**Tema: Como entrenar a los niños a ir al baño
independientemente con Joanne Mothes**



**Septiembre será la nueva fecha para la
cuarta Gala de DSAH!**

Más detalles próximamente

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 cabina 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)

Reunión del grupo D.A.D.S.



La reunión de D.A.D.S. fue un gran éxito en donde tuvimos 10 padres presentes en donde se contribuyo valiosa información. Únase a nosotros!

**Acompáñanos en nuestra
próxima junta el Jueves 6 de Noviembre a la 7pm en el Centro de
Recursos. Refrescos y comida serán proveídos.**

El Maraton de Houston recauda fondos para DSAH

Rene Enriquez

Parece que fue ayer, pero este año Adelina y yo celebramos 20 años de matrimonio y el próximo mes de mayo de 2011, nuestro hermoso ángel, Alyssa se cumple 20 años de edad. Nunca podría haber imaginado la bendición tan grande que ella es para nosotros y me asombro al ver cómo Dios la utiliza en varias capacidades. En aquel entonces y todavía, uno de los primeros grupos de apoyo y fuente de recursos es la Asociación Síndrome de Down de Houston. Hace 20 años atrás eran los primeros días de DSAH y los primeros años del Festival de Amigos. Por lo tanto, es un placer para mí elegir a DSAH como beneficiario de mi carrera por una razón en el medio Maratón de Houston del 2011.

Espero que se unan a mí en el apoyo a la Asociación Síndrome de Down de Houston haciendo una contribución financiera hacia mi meta de \$1,000.

Puedo hacer todas las cosas en Cristo que me fortalece. -Fil. 4.13

Meta de recaudación de fondos: \$1,000

Progreso de recaudación de fondos: \$600

Haga clic aquí para donar: <http://www.chevronhoustonmarathon.com/RunForAReason/>



Buddy Walk 2010

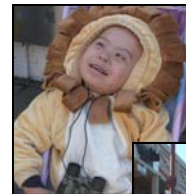
En nombre de la Junta de Directores de la Asociación Síndrome de Down de Houston me gustaría darles las gracias por hacer que la Caminata de Amigos del 2010 fuera un éxito increíble! Con más de 193 equipos, 5,600 caminantes y 189.000 dólares recaudados, ustedes pueden estar orgullosos de que fueron parte de la celebración de síndrome de Down mas grande en Texas.



Los fondos recaudados en la caminata son vitales para el crecimiento continuo de los programas y servicios en el DSAH. 95% de los programas de DSAH se financian a través del producto de la Caminata de Amigos. No puedo agradecer a los capitanes del equipo, caminantes, y los que donaron suficiente por asociarse con nosotros para crear resultados positivos para las personas con síndrome de Down y sus familias.

Nuestro objetivo es ser responsable y rendir cuentas a favor de nuestros miembros. A todos aquellos que apoyaron su equipo, queremos que sepan hacia donde van los fondos recaudados de la caminata de este año He aquí algunos de los programas en los cuales se utilizaran:

- Programa de Educación para Toda la Vida - este es un programa de educación académica para adultos graduados de la secundaria.
Programa Teddy Bear - Proporciona un osito de peluche para consolar a un niño con síndrome de Down que está experimentando una estadía en el hospital.
- Conferencias - La conferencia de este año fue llamada "Soluciones prácticas para la Educación de Niños con síndrome de Down" en la cual habian más educadores en nuestra audiencia que padres!
- DSAH Today - es la revista mensual la cual llega a mas de 1,500 familias incluyendo a negocios.
- Festival de Amigos - festival anual al cual asisten mas de 3.000 miembros y amigos.
- Sib-Social - proporcionar un foro mensual para los niños que tienen un hermano con síndrome de Down puedan hablar con seguridad acerca de sus sentimientos y experiencias.
- Programas de alcance Médico y Educativo - nos permite crear programas de sensibilización en diferentes comunidades.
- Reuniones mensuales en Inglés y Español -se proporciona información a nuestros miembros de forma gratuita.
- Camp Ability - campamento de verano para todas las edades a un costo mínimo para nuestros miembros.
- Campamento para todos - un evento anual para nuestras familias, celebrada en la primavera.
- Bailes para adolescentes y adultos jóvenes - programa social que incluye 5 bailes por año.
- Día Mundial del Síndrome de Down - programa de sensibilización.
- Canastas de Bebés para nuevos padres - Visitamos las familias de bebés recién nacidos y les proveemos información
- Fiesta de Piscina Anual -Evento Social para todos los miembros
- Grupo D.A.D.S. - Una reunión mensual sólo para los papas para reunirse con amigos y compartir experiencias.
- Socializando los sábados (Programa SOS) - Respiro para los padres / cuidadores.
- Club 21 - eventos sociales para adultos con SD que incluyen noches de cine, pasar la noche durante la noche y noches de juego.
- Los grupos comunitarios - prestar apoyo administrativo y de financiero a cuatro grupos existentes, y trabajaremos en la creación de más 6.
- Proporcionamos una donación a la National Down Syndrome Society para promover su importante labor.



Su apoyo constante a la Caminata de Amigos de Houston permite a DSAH llegar a cualquier persona en nuestra comunidad que se ve afectada por el síndrome de Down. Gracias por creer y apoyar a nuestra organización, que sólo tienen éxito debido a su fuerte compromiso.

Su opinión es vital para nuestra capacidad de mejorar la caminata, así como programas DSAH y servicios. Si tiene algún comentario sobre cómo mejorar la caminata o cómo DSAH pueden servir mejor a nuestra comunidad, le animo a que se comunique con Alejandra (Ali) Lima, 713-682-7237 o executivedirector@dsah.org.

Kristen Miller-
2010 Buddy Walk Chair

DSAH TODAY en Español

Las cosas siguen mirando hacia arriba

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

Club Social para Hermanos de Individuos con Síndrome de Down

Fecha: Enero 15, 2011 ~ Hora: 11am a 3pm
Lugar: Centro De Recursos del Síndrome de Down

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. Gratis a miembros de DSAH.

Confirmar su asistencia a más tardar el 13 de Enero al 713.682.7237 o por e-mail a dsahouston@att.net.

Fiesta de Celebración de la Caminata de Amigos! 29 de Enero del 2011 — 7:00-10:00 pm

Todos los miembros son invitados Especialmente los Capitanes de Equipo y los que apoyaron el evento!
SÓLO PARA ADULTOS!
Traiga su propio licor.



Confirmar su asistencia a más tardar el 21 de Enero con Alejandra Lima al 713.682.7237 o por e-mail a executivedirector@dsah.org

DSAH ofrecerá comida y refrescos No habrá cuidado de Niños disponible

Season Ammons se presentará en vivo.

7015 W. Tidwell, Bldg G, Suite 108, Houston, TX 77092 713-682-7237

Clases de Computadoras Para mayores de 8 años

DSAH 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 www.dsah.org/N_Events.htm

Regístrese HOY para nuestra próxima Sesión que empieza 1/10!



Precio: \$40 por 6 semanas
Sesión 1: 1/10/10 - 2/14/10

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

Socializando los Sábados (SOS)

Para los niños entre las edades de 6 a 12 años, hemos creado Socializando los sábados (SOS) en el Centro de Recursos el segundo sábado de cada mes. Tendremos personal experimentado en cuidado de niños.

Costo: \$ 40/persona Hora: 10 a.m.-4 p.m. Edad: de 6 a 12 años

- 08 de enero: celebran Año Nuevo en el Mundo
Confirmar asistencia para el 12/31/10
- 12 de febrero: fiesta de San Valentín
Confirmar asistencia para el 2/4/11

Número limitado de participantes - llame y registrar a su hijo hoy. La aplicación se encuentra en dsah.org y debe ser recibida en el DSRC en las fechas indicadas anteriormente. Enviar por correo postal a 7015 W. Tidwell # 108 Houston, TX 77092 o por fax al 713.996.9290. Vamos a ofrecer almuerzos y meriendas.

CALENDARIO DEL CLUB 21

Ene 15	Noche de película @ DSRC 6:00-20:00 Noche de Pijamas en el DSRC @ 8:00 pm-8: 00 am <i>Miembros del Club de 21- \$30; todos los demás 8p-8a \$50</i> <i>Confirmar asistencia para Ene 14—713-682-7237</i>
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, Enero 14, 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: feliciabd@att.net Dickerson
Kerri Liles: kamokountrygurl@yahoo.com
Erika Marquez: (Español) al: emarquez_1@hotmail.com

Grupo Comunitario de Katy Junta Mensual

The Bagel Café ~ @ Mason and Kingsland

Miércoles Enero 12, 2011 @ 9:00am
Sábado Enero 15, 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 15 de Enero **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

Para Niños de 0 - 6 Años de Edad



Ven a divertirte con el payaso "Gymbo"
Horario de clases Sábado 15 de enero (10:00-11:00 horas)

Gymboree es sin costo alguno para los miembros DSAH
clase 01 de enero se canceló debido a las vacaciones

"Gymboree Play & Music" es un tipo de socialización a través de juegos y terapia musical.

"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

DSAHA SPONSORS

A very special THANK YOU to our 2010 Buddy Walk Sponsors



Calendar of Events ~ Down Syndrome Resource Center ~ 7015 W. Tidwell, Bldg. G Suite 108 Houston TX 77092. 713/682-7237 ~ www.dsah.org ~ DSRC M-F 9:00a-2:00pm

"DSAH TODAY" is a monthly publication of the Down Syndrome Association of Houston.

Please contact the DSAH office at 713-682-7237 if you have any questions about the contents of this newsletter or if you would like to contribute an article.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 RC CLOSED- Happy New Year
2	3	4	5	6 *Education for Life 9am - 4pm * D.A.D.S. meeting 7p	7*Education for Life 9am - 4pm *Adult Social Club 4pm - 6pm *Respite Night 6:30pm - 10:30pm	8 *S.O.S. 10a-4p
9	10 *ECI Meetings 1pm *Computer Classes 6:30pm—7:30pm	11	12*Katy Group Mom's Coffee Break 9:00am the Bagels Café @ Mason and Kingsland	13 *Education for Life 9am - 4pm	14*Education for Life 9am - 4pm *Adult Social Club 4pm - 6pm *Respite Night 6:30pm - 10:30pm * Pearland Community Group @ Pearland Library 6pm	15 *Katy Community Group @ Bagel Café 9:00am *Gymboree 10a-11a * Sib-Social 11 a-3p * NorthSide Community Group @ Moody Park 11:30a * Club 21 Movie Night 6pm *Sleepover 8pm—8am
16 *Dionysus Theater The Actor's Night- mare 3:00pm	17 *Computer Classes 6:30pm—7:30pm	18	19 *Cognitive Research Update Meeting 7:00pm	20 *Education for Life 9am - 4pm *Club 21—parents meeting 7pm	21 *Education for Life 9am - 4pm *Adult Social Club 4pm - 6pm *Respite Night 6:30pm - 10:30pm	22 * Monthly Meeting English 10am Spanish 1pm Alex Angel's 11a Art w/ The River—10:30a Music w/ The River 1p *Reading Clinic
23	24 *Computer Classes 6:30pm—7:30pm *Reading Clinic 31 *Computer Classes 6:30pm—7:30pm	25 * Reading Clinic *Board Meeting 7p	26 * Reading Clinic	27 *Education for Life 9am - 4pm * Reading Clinic	28 *Education for Life 9am - 4pm *Adult Social Club 4pm - 6pm *Respite Night 6:30pm - 10:30pm * Reading Clinic	29 *Annual Buddy Walk Wrap up Party 7pm

Statement of Policy and Disclaimer: The editor of the newsletter writes as a non-professional. We attempt to report items of interest in relation to Down syndrome. These items are not necessarily endorsed by DSAH and we do not promote any therapy, institution or professional system. We wish to bring together those interested in Down syndrome and attempt to create an informative dialogue. DSAH is a non-profit organization.