



DOWN SYNDROME ASSOCIATION  
*of Houston*

# DSA H 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.

## World Down Syndrome Day and Talent Show

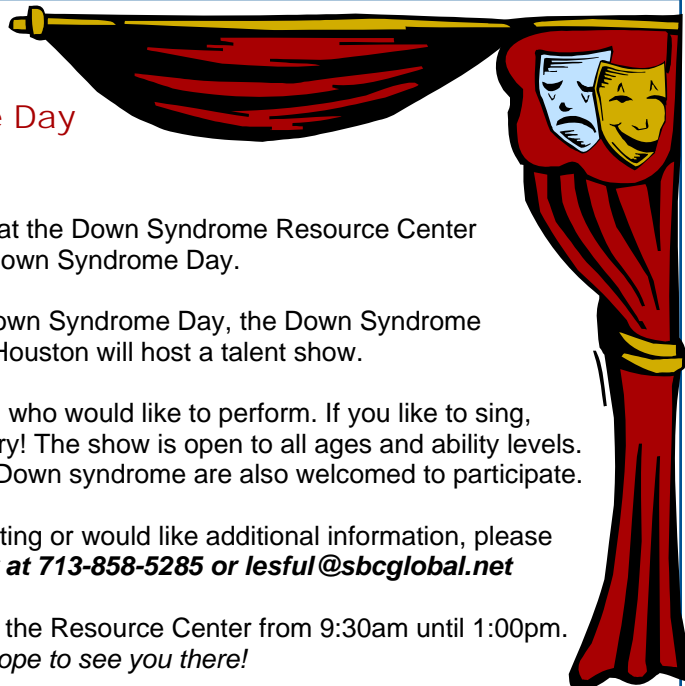
Join us **Saturday, March 26<sup>th</sup>** at the Down Syndrome Resource Center for World Down Syndrome Day.

In celebration of World Down Syndrome Day, the Down Syndrome Association of Houston will host a talent show.

We are looking for any and all who would like to perform. If you like to sing, dance, jiggle or wiggle, give us a try! The show is open to all ages and ability levels. Friends and family of people with Down syndrome are also welcomed to participate.

If you are interested in participating or would like additional information, please contact **Leslie Scantlebury at 713-858-5285 or lesful@sbcglobal.net**

The celebration will take place at the Resource Center from 9:30am until 1:00pm.  
*We hope to see you there!*



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

March is another month to advocate for our loved ones with DS! The Texas Legislature meets January through May every two years—we cannot put off contacting our Representatives and Senators. We have a short window of opportunity to educate our elected officials who are cutting the budget and services to individuals with disabilities. Most officials do not know that supporting an individual in the community is a fraction of the cost of a State School. Let the folks in Austin know that services make a difference in the independence and quality of life for our loved ones!

Turning to our programs in Houston, I am blessed to be involved with the Education for Life (E4L) Program for adults (after high school) at the DS Resource Center. After our daughter Tricia was born with DS almost ten years ago, I had an idea of her life from birth to twenty-one years old: Early Childhood Intervention and the local school district. But what concerned me most was, "What happens after high school?"

Ten years later, I teach E4L students on Thursday afternoons at the RC--and I love it! We've expanded from one day (started by a grant won by Board Member Adriana Herrera) to two days a week. Eventually, we will have a program five days a week. Families who have similar concerns about the future are invited to help the E4L Program through volunteering, sponsoring a student needing tuition assistance, or becoming involved in our Capital Campaign to acquire more space for program expansion. I am thrilled to be part of the answer to the question, "What happens to our family member with DS after high school?"

Have a great March and cherish your loved one with DS!

Ann P. Fontenot, CCC-SLP  
DSAHA President



We are pleased to acknowledge a generous gift of \$2,500 donated by Rosemount Analytical Group, a division of Emerson Process Management, in their continuing efforts to support and help the community.

Here's a photo of Paul Mahoney, Vice President and General Manager, presenting the check to Adriana Herrera, our Development Director.

For more information on Emerson, go to: [www.Emerson.com](http://www.Emerson.com)

Thank you!

The Board of Directors

### March Monthly Meeting

Saturday, March 26th • 9:00am—2:00pm

In conjunction with the World Down Syndrome Day celebration at the Down Syndrome Resource Center, DSAHA will also be hosting a 'Resource Fair' to provide networking and information opportunities as well as sharing and educating about different products and services.

A number of vendors will be available to provide information and hands-on opportunities with their products.

Our entire membership is invited to celebrate together!  
There will be no separate meetings.

We hope to see you there!

**Paula Davis, Vice President**

### THANK YOU, THANK YOU, THANK YOU!

Is all I can say to all of my team captains, sponsors and supporters who made the 2010 Buddy Walk a success! To all of my committee and guests that attended our Annual Buddy Walk Wrap Up Party on January 29<sup>th</sup>, I thank you for your continued support. We had great food, company, door prizes, live auction and music. Being able to meet my team captains and sharing our stories is what makes DSAHA a true family. Season Ammons appeared live and delighted us with her songs; we had delicious food and a marvelous cake donated by Art Cakes By Art.com. We hope that you can continue to join us in years to come in our Buddy Walk wrap up party!



Photos courtesy of Caribe Web Design

## State Budget Cuts May Mean Loss of Services for Thousands of Texans with Disabilities

The Texas Senate has proposed a \$16 billion CUT over the next two years to the Health & Human Services agencies and the programs they run.

The community based programs that allow Texans the choice to receive their long term care services in the community, not in an institution, are in danger of being drastically cut. Those on Medicaid Waiver waiting lists have little hope of additional funds for more slots. If you don't raise your voice and let the Legislators know how losing your services will affect you and your family, then they will make the CUTS!

In the first week of February, the Texas Senate Finance Committee heard public testimony of families who will be affected either now or in the future by these cuts. Many powerful stories were heard from those families describing their necessary services and the consequences of losing them through budget cuts. Even though these people were present, we need to create a larger voice to equal other groups in attendance

### What you can do:

Senator Whitmire, on the Senate Finance Committee, was quoted in the Dallas Morning News as saying, "Build an army... Talk to your neighbors, your employees and your families." We need to follow his advice. Call, email and/or write your legislators, go to Austin to personally tell your stories and attend events such as public hearings, marches and rallies.

Tips on emailing/writing Legislators & their staff:

- Introduce yourself in your email and let the legislator know why you are interested or concerned about the issue. Tell the legislator how the bill will affect you, your family, your friends, and your job/business. Include specific examples if you can.
- Put in bold at the top the bill # S.B. 1 and that you are against a cuts only approach to balancing the budget.
- Let the Legislator know if you are a constituent.

Urge your Legislators to make community a priority and to maintain current services levels. Community based services and supports are critical to families, cost effective to the state, and enhance community living for all. If you don't know which Legislators represents you, take a few seconds to find out at <http://www.fyi.legis.state.tx.us/>.

We all have a stake in the Medicaid Waiver Program. Please take a few minutes to make phone calls or email your legislators to let them know how you feel. They do pay attention to their emails and phone calls.

Attend the Texas Families Unite Rally on Monday, March 14<sup>th</sup> in Austin. There is a full day planned including legislative visits from 9:00am to 12:00pm, advocacy training from 12:00pm to 1:00pm and a rally and press conference at 2:00pm followed by more legislative visits if necessary. Please save this date. This will be an important week in the session and legislative visits are encouraged.

Contact Tamara (Tammy) Ishee, the Legislative Awareness Director for DSAH, for more information and support for telling your story. [governmentaffairs@dsah.org](mailto:governmentaffairs@dsah.org). **Together, we can make a difference.**

## A Rainy Sunday By Belinda Gaddis

He won't understand the play. *Well, let's take him anyway.*  
He won't sit still. *Well, let's just give it a try.* Joining friends at Dionysus Theater on a rainy Sunday afternoon proved to be an inspirational event for us – once again, Nathan proved us wrong. He had a great time! He sat still, was mesmerized and laughed when the actors were being funny.

We saw "The Actor's Nightmare" by Christopher Durang. We fully expected to see Michael Iovine, a popular resident cast member of Dionysus Theatre, who is a person with Down syndrome. What we didn't expect was to see Michael take

command of the stage and of our hearts. We forgot that he was Michael – he became the part – and he just blew us away!

Both Nathan and Michael educated us that evening - people can do anything – with style, talent and humor.

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

[www.dionysustheatre.org](http://www.dionysustheatre.org)



From L to R: Karen Vega, JJ Ladner, Rosa Rocha, Nathan Gaddis, Michael Iovine, Belinda Gaddis and David Rocha

## Model Call for 2012 Calendar!

The Calendar Committee is accepting applications postmarked by May 13<sup>th</sup> for members to be considered for the DSAH 2012 Calendar. We are updating our records, so if you have already sent in your information, please resubmit by filling out this new form. We're also expanding our database to include those who have never submitted any information about modeling for our calendar. Applicants will be chosen to balance age, gender, and ethnicity/race to reflect the diversity of our community.

### **Model Qualifications:**

1. A child or adult with Down syndrome who has never appeared in the DSAH calendar.
2. The family has a current 2011 membership to DSAH.

If chosen, the family commits to an appointment with the photographer at her studio at a mutually agreed upon time between April-June, Monday-Friday, 9 AM-2 PM. Each model is responsible for transportation for the portrait session. Photographer: Laura Popiel, 511 East Huffsmith Street, Tomball, TX, 77375, 1-713-992-3662, [www.laurapopielphotography.com](http://www.laurapopielphotography.com).

The family agrees to help the DSAH sell and distribute the calendars as a fundraiser, and follows all procedures to ensure tracking of calendars and funds.

Application form is available at [www.dsah.org](http://www.dsah.org) or call 713-682-7237.

## **Volunteer Call for 2012 Calendar!**

We're recruiting volunteers to help develop, distribute, and sell the next DSAH Calendar. We're also interested in finding sponsors for pages in the calendar. If you have a business or would like to ask a business to participate, I can provide a sponsor form to you. If you'd like to join our team, please fill out the form & mail to [dsahouston@att.net](mailto:dsahouston@att.net)

Yes! I'd like to help with the 2012 Calendar.

Name \_\_\_\_\_ Main Phone \_\_\_\_\_

Address \_\_\_\_\_

Email \_\_\_\_\_ Languages spoken \_\_\_\_\_

Areas I'd like to participate: (Check all that apply)

- |  |  |
|--|--|
| <input type="checkbox"/> Coordinating photo sessions                     | <input type="checkbox"/> Soliciting Sponsors |
| <input type="checkbox"/> Translating English/Spanish (verbal or written) | <input type="checkbox"/> Selling Calendars   |
| <input type="checkbox"/> Placing Flyers Advertising Calendars            | <input type="checkbox"/> Proofreading        |
| <input type="checkbox"/> Helping with Press Checks                       | <input type="checkbox"/> Writing Short Ads   |

Other \_\_\_\_\_

## HOUSTON CHEVRON MARATHON

DSAHA is extremely thankful to ALL of those who ran in honor of someone with Down syndrome in this year's Houston Chevron Marathon! To all of our Heroes and registrants by fundraising, we want to send a Texas size "Thank You" for your dedication and for choosing DSAHA as your charity of choice! We know that running the half marathon or the full marathon is not easy, but your dedication to training and perseverance brought you to the finish line! Congrats to all and we hope to see you at the 2012 Houston Chevron Marathon!



## D.A.D.S. Meeting

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



## New Member Orientation

**Date:** March 23, 2011  
**Time:** 7:00pm  
**Place:** Resource Center

Are you new to DSAH? Then we hope you can join us at our new member orientation where you will get to know about the programs that DSAH offers as well as tour our facilities and meet Board Members.

## 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.**

March 12, 2011	August 13, 2011
April 9, 2011	September 10, 2011
May 14, 2011	October 8, 2011
June 11, 2011	November 12, 2011
July 9, 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](http://www.dsah.org)) to DSAH via fax at 713.996.9290 or e-mail to [dsahouston@att.net](mailto:dsahouston@att.net).

**Reservations must be received no later than 2 days prior to SOS date.**

We will provide lunch and snacks.

## JOIN US FOR THE DSAH MARDI GRAS DANCE

**March 5th**  
**6:00—9:00 pm**

West Gray Multi-Center  
 1475 W. Gray

Dinner will be provided.

**Club 21 membership is required for all events.**  
**Membership cost is \$25 per year.**

Visit [www.dsah.org](http://www.dsah.org) to get your Club 21 membership application



## SOCCER OPEN HOUSE

March 5, 2011  
 Time: 11:30am

Location:  
 Cambridge Village Park  
 13100 Nitida  
 Houston TX 77045

Because we are more alike than different



## HINCHA TV & DSAH Soccer Program



**Miguel Scalcione**  
 coach - 713-822-4345



*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.*

*Join us for refreshments on the open house day!*

**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**



## Catechesis and Social

For Persons with Disabilities and their Families

Gather with friends & family to attend Mass followed by Pot Luck Dinner (please bring a dish to share) and games.

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

**Dates:** Saturday, March 12, 2011  
 Saturday, April 9, 2011—Spring Dance

**RSVP:** Mary Wright • 281-370-3401 or [mhwright@silcc.org](mailto:mhwright@silcc.org)

## ATTENTION DIVERSITY OUTREACH MEMBERS



### HOUSTON RODEO

Get your cowboy boots and hats ready for the rodeo.

*We're going to see Janet Jackson!*

**Friday, March 4<sup>th</sup>**

**Time: 6:45pm**

**Tickets are \$18.00 ea**

**DSAH WILL COVER THE ENTRANCE FEE FOR YOUR CHILD WITH DS**

Please contact Cynthia Guiton, Diversity Outreach Director for DSAH at 713-825-4986 cell or [crguiton@aol.com](mailto:crguiton@aol.com) ASAP so we can reserve tickets for this event.

## CAMP FOR ALL - Family Weekend Retreat

**March 4 - 6, 2011**

**Burton, Texas**



For more information, contact Ana Dunkel ([anadunkel@yahoo.com](mailto:anadunkel@yahoo.com)) or Laura Thomas ([laurat58@gmail.com](mailto:laurat58@gmail.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](mailto:picnicinthepark@mhmraharris.org)**

Organized by MRMRA - IDD/PAC Public Awareness

## SAVE THE DATE

### NDSC 39th Annual Convention

Friday, Saturday & Sunday, August 5-7, 2011

At JW Marriott Hill Country Resort  
In San Antonio, Texas



[www.NDSCcenter.org](http://www.NDSCcenter.org)

## 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 Spring area. See monthly meeting info for all our community groups below.

### DSAH Spring Community Group

**Friday, March 18, 2011 • 7:00—9:00pm**

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

*For more info contact:*

Gwendolyn Baldwin at [baldwing60@yahoo.com](mailto:baldwing60@yahoo.com) or

Nina Stevens at [houstont2@yahoo.com](mailto:houstont2@yahoo.com)

### DSAH North Side Community Group

**Saturday, March 19, 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, March 11, 2011 • 6:00—8:00pm**

Pearland Library • 3522 Liberty Dr, Pearland, TX 77581

**Pajama Party:** Wear your pjs, bring your pillows and blankets and join us for a popcorn and movie!

**Friday, March 18, 2011 • 6:30—7:30pm**

Pearland Library • 3522 Liberty Dr, Pearland, TX 77581

**Zumba Night:** This Zumba Class will incorporate moves for both adults and kids. All kids ages 4 and up are welcome. A sitter will be available for children under 4 that are unable to participate. This event will be free to all children and adults with Down Syndrome. All other adults will be \$5.00 and children \$2.50. (Please bring cash.)

**Friday, March 25, 2011 • 7:00pm**

**Mom's Night Out** • Scooter's Ice House  
1134 N. Main St, Pearland • 281-485-6124

*For more info contact:*

Felicia Dickerson [feliciabd@att.net](mailto:feliciabd@att.net)

Kerri Liles [kamokountrygurl@yahoo.com](mailto:kamokountrygurl@yahoo.com)

Erika Marquez [e\\_marquez1@hotmail.com](mailto:e_marquez1@hotmail.com) (Spanish)

### DSAH Katy Community Group

**Wednesday, March 9, 2011 • 9:00am**

**Saturday, March 19, 2011 • 9:00am**

The Bagel Café • Mason and Kingsland

*For more info contact:*

Joy Siebenman [jsiebenman@comcast.net](mailto:jsiebenman@comcast.net)

JJ Ladner [jhhiggins74@yahoo.com](mailto:jhhiggins74@yahoo.com)

We also want to start a community group in Crosby/ Sheldon/ Baytown area; so if you're interested in joining contact JJ Ladner at [communitygroups@dsah.org](mailto:communitygroups@dsah.org)

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



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 at 14623 Memorial Dr. Houston, TX 77079

*Sib Club at DSRC • 11am to 3pm*

**The DSAH Sib 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:	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](mailto:dsahouston@att.net) at least 2 days prior to event date.



## 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](mailto:cwilt.harc@yahoo.com)

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

## Special Olympics Texas

Presents

Families Resource and Health Fair  
for individuals with intellectual disabilities

Join Special Olympics Texas for FREE vision 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](mailto:hnyert@sotx.org).

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

## Computer Classes for kids 8 years old & above

**Register TODAY  
for our NEXT  
Session starting March 7th**

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 II: 3/7/11 – 4/11/11**

## 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**

March 12th, April 9th, and May 14th



**St. Luke's  
United Methodist Church**  
March 19th



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

## Club 21 Events

- 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](http://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,

Marzo es un mes más para abogar por nuestros seres queridos con síndrome de Down! La Legislatura de Texas se reúne de enero a mayo cada dos años, no podemos postergar el contacto con nuestros Representantes y Senadores. Tenemos una corta ventana de oportunidad para educar a nuestros funcionarios electos que están recortando el presupuesto y servicios a personas con discapacidad.

La mayoría de los funcionarios no saben que el apoyo a una individuo en la comunidad es una fracción del costo de una institución estatal. Hágase escuchar en Austin y exponga como los servicios estatales hacen una gran diferencia en la independencia y calidad de vida de nuestros seres queridos!

En cuanto a nuestros programas en Houston, yo estoy feliz de estar involucrada con Educación para toda Vida (E4L) un programa para adultos (después de la secundaria) en el Centro de Recursos. Después que nuestra hija Tricia naciera con síndrome de Down hace casi diez años, tuve una idea de su vida desde el nacimiento hasta los veintiún años de edad: "Intervención Temprana y el distrito escolar local. Pero lo que más me preocupaba era: "¿Qué pasara después de la secundaria?"

Diez años después, me siento muy contenta de poder ser una de las profesoras los jueves y poder compartir con los estudiantes. Hemos ampliado de un día (iniciado por una beca ganada por Adriana Herrera, una de nuestras miembros de la Junta ) a dos días a la semana. Eventualmente, tendremos un programa de cinco días a la semana. Las familias que tienen preocupaciones similares sobre el futuro están invitados a ayudar al Programa de E4L a través del voluntariado, el patrocinio de un estudiante que necesita ayuda con la cuota mensual, o participar en la Campaña Capital para adquirir más espacio para la expansión del programa.

Estoy muy contenta de ser parte de la respuesta a la pregunta: "¿Qué pasa con nuestros miembros de la familia con síndrome de Down después de la secundaria?" Les deseo un gran marzo y no olviden de abrazar a su ser querido con síndrome de Down!

**Ann P. Fontenot, CCC-SLP**  
Presidenta DSAH

## Reunión Mensual

**Sábado, 26 de marzo 2011 • 9:00am—2:00pm**

DSAH celebra del Día Mundial del Síndrome de Down, con un show de talentos!  
El show será en el Centro de Recursos de 9:00 am a 2:00 pm.

También contaremos con una "Feria De Recursos" en donde puede enterarse de programas que le pueden ayudar a usted y a su familia.

Todos nuestros miembros están invitados a celebrar juntos!  
No habrá reuniones por separado.

Esperamos contar con tu presencia!

**Paula Davis, Vice presidente**

## Se Buscan Modelos para el Calendario del 2012!

El Comité de Calendario está en búsqueda de los modelos que participaran en nuestro calendario del 2012! No olvide de mandar su solicitud con sello postal antes del 13 de mayo para poder ser considerado. Cada año se requiere que los aspirantes llenen la solicitud así no tarde en hacerlo. La solicitud la encontrara en nuestra pagina de internet o en el centro de recurso. Los solicitantes serán seleccionados para equilibrar la edad, el sexo, la raza y la etnicidad / para reflejar la diversidad de nuestra comunidad.

### Que necesito para ser modelo del calendario?:

1. Ser un niño o adulto con síndrome de Down que nunca haya aparecido en el calendario DSAH.
2. La familia debe tener la membrecía con DSAH del 2011 al día.

Si su hijo(a) es elegido como modelo: la familia se compromete a una cita con la fotógrafa en su estudio entre abril y junio, de lunes a viernes de 9 am a las 2 PM. Cada modelo es responsable por su propio transporte a la sesión fotografía. Fotógrafa: Laura Popiel, 511 Este Huffsmith Street, Tomball, TX, 77375, 1-713-992-3662, [www.laurapopielphotography.com](http://www.laurapopielphotography.com).

La familia se compromete a ayudar a vender un mínimo de 50 calendarios en un esfuerzo de recaudar fondos.

Formulario de solicitud está disponible en [www.dsah.org](http://www.dsah.org) o llame al 713-682-7237.

### Se necesita ayuda para producir nuestro calendario! Puede ayudar?

Estamos buscando voluntarios de habla Hispana que nos ayude con las sesiones de fotos. Al igual estamos buscando patrocinadores para cada pagina de los calendarios. Así que si usted tiene un negocio o si desea pedirle a una empresa que patrocine nuestro calendario, déjenos saber al 713.682.7237 o mandándonos un e-mail a [dsahouston@att.net](mailto:dsahouston@att.net).

Para localizar la aplicación , visite [www.dsah.org](http://www.dsah.org) o también la puede encontrar en el Centro de recursos de Síndrome de Down localizado en el 7015 W. Tidwell Bldg. G Suite 108. Houston, TX 77092.

## Orientación de para nuevos Miembros

**Fecha: 23 de marzo 2011**  
**Hora: 7:00 pm**  
**Lugar: Centro de Recursos**

¿Eres nuevo a DSAH? Entonces esperamos que puedas unirte a nosotros en nuestra orientación a nuevos miembros en la que te enteraras de nuestros programas, podrás conocer nuestras instalaciones y conocer a los miembros de la junta directiva.

Acompáñanos en nuestra próxima junta el **Jueves 3 de Marzo 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@mhmraharris.org](mailto:picnicinthepark@mhmraharris.org)**

Organizado por MRMRA - Conciencia Pública DDI / PAC

## Programa de Fútbol de Hinchas TV y DSAH

Las clases de primavera de fútbol serán los sábados a las 11:00 am a partir del 12 de Marzo.

**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

### Open House de Futbol

Tendremos refrescos y diversión!

**Marzo 5, 2011 a las 11:30 am**

Cambridge Village Park 13100 Nitida Houston, TX 77045

## CAMPAMENTO PARA TODOS

### Retiro de Fin de Semana Familiar

**4 a 6 marzo, 2011 • Burton, Texas**

Para obtener más información, contactar con Ana Dunkel ([anadunkel@yahoo.com](mailto:anadunkel@yahoo.com)) o Laura Tomá ([laurat58@gmail.com](mailto:laurat58@gmail.com))

## Acompáñenos en el BAILE ANUAL DE MARDI GRAS

**05 de marzo • 6:00-9:00 pm**  
West Gray Multi-Centro  
1475 W. Gray



La cena será de 6 a 7pm.

**Membrecía al Club 21 es necesaria para todos los eventos.**

**Costo del Club 21 es de \$ 25 al año.**

Visita [www.dsah.org](http://www.dsah.org) para obtener su solicitud del Club 21

## 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

## "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](mailto: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 Siaotong [esiaotong@eastersealshouston.org](mailto:esiaotong@eastersealshouston.org) o (713) 838-9050 x 357**



*Sib Club en el DSRC • 11am—3pm*

**El Sib Club de DSAH esta AQUÍ los sábados!**

Este club es exclusivamente para los hermanos, entre los 6 y 12, de los que tienen síndrome de Down. Este es un lugar donde los hermanos puedan reunirse y sentirse seguros en expresar sus emociones, todo bajo el cuidado de facilitadores experimentados. Tendremos juegos, actividades, comida y refrescos.

**Gratis para los miembros DSAH.**

Fechas:	Junio 18, 2011	Septiembre 17, 2011
Marzo 19, 2011	Julio 16, 2011	Octubre 15, 2011
Mayo 21, 2011	Augusto 20, 2011	Diciembre 17, 2011

Por favor RSVP a 713.682.7237 o por correo electrónico a [dsahouston@att.net](mailto:dsahouston@att.net) en por lo menos 2 días antes de la fecha del evento.

## Clases de Computadoras Para mayores de 8 años

**Regístrese HOY para nuestra próxima Sesión que empieza 3/7!**

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](http://www.dsah.org/N_Events.htm)

Precio: \$40 por 6 semanas  
Sesión II: 3/7/11—4/11/11

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

Lista en 2011  
DSAH Centro de Recursos  
**10:00—11:00 a.m.**



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

Gymboree Navidad Parte **Sábado, 17 de diciembre 2011**  
a las 1:30 pm. Gymboree se encuentra en  
14623 Memorial Dr. Houston, TX 77079

## CALENDARIO DEL CLUB 21

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](http://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.**

Fechas de S.O.S. :	Junio 11, 2011	Octubre 8, 2011
Marzo 12, 2011	Julio 9, 2011	Noviembre 12, 2011
Abril 9, 2011	Augusto 13, 2011	Diciembre 10, 2011
Mayo 14, 2011	Septiembre 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](http://www.dsah.org)) a DSAH vía fax al 713.996.9290 o por correo electrónico a [dsahouston@att.net](mailto: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 DSAH

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

### Grupo Comunitario de Spring

Viernes, Marzo 18, 2011 • 7:00pm  
Jumpin' Jak's • 3403 FM1960, Houston, TX 77068  
*Para mas información:*

**Gwendolyn Baldwin** at [baldwing60@yahoo.com](mailto:baldwing60@yahoo.com) or  
**Nina Stevens** at [houstont2@yahoo.com](mailto:houstont2@yahoo.com)

### Grupo Comunitario de North Side

Sabado, Marzo 19, 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, Marzo 11, 2011 • 6:00—8:00pm • Fiesta de Pijama  
Viernes, Marzo 18, 2011 • 6:30—7:30pm • Noche de Zumba  
Pearland Public Library • 3522 Liberty Dr, Pearland, TX 77581  
Viernes, Marzo 25, 2011 • 7:00pm • Mom's Night Out  
Scooter's Ice House • 1134 N. Main St, Pearland • 281-485-6124

*Para mas información:*

**Felicia Dickerson, Kerri Liles o Erika Marquez** (Spanish)  
[pearland@dsah.org](mailto:pearland@dsah.org)

### Grupo Comunitario de Katy

Miercoles, Marzo 9, 2011 • 9:00am  
Sabado, Marzo 19, 2011 • 9:00am  
The Bagel Café • Mason and Kingsland  
**Joy Siebenman** [jsiebenman@comcast.net](mailto:jsiebenman@comcast.net)  
**JJ Ladner** [jhiggins74@yahoo.com](mailto:jhiggins74@yahoo.com)

También queremos iniciar un grupo de la comunidad en Crosby / Sheldon / área de Baytown, así que si estás interesado, comunicarse con JJ Ladner en [communitygroups@dsah.org](mailto:communitygroups@dsah.org)

## 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.

**The New Baby Baskets include:**

- Babies with Down Syndrome book
  - Baby rattle
  - Huggies Newborn Diapers
  - Pampers Sensitive Skin Wipes
  - Hand made baby blanket and embroidered with DSAH letters
  - \$25 store/Restaurant Gift Certificate
  - DS Angel bracelet
  - Down Syndrome Magnet
- DSAH, NDSS, NDSC, ECI brochures
  - Baby clothes (onsie, hat, mitten and bib)
  - Bottle cleaner
  - Johnson's take a long bath pack
  - Angel keepsake
  - Teddy bear



To search for our registry lists, use the following registry ID number:  
Target: 01421440000922,

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 Thank YOU for helping us make a difference one baby at a time!

## DSAH SPONSORS

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

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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

## 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](http://www.dsah.org) under the newsletter tab or e-mail Ali Lima at [executivedirector@dsah.org](mailto:executivedirector@dsah.org). You can soon be on your way to being a DSAH STAR SPONSOR

Calendar of Events ~ Down Syndrome Resource Center ~ 7015 W. Tidwell, Bldg. G Suite 108 Houston TX 77092. 713/682-7237 ~ www.dsaah.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
	1		2	3 *Education for Life 9am - 4pm *E4L—Social Club 4pm—6pm * D.A.D.S. meeting 7p	4 *Education for Life 9am - 4pm *Adult Social Club 4pm - 6pm *Respite Night 6:30pm - 10:30pm *Camp For All * Diversity Outreach Night	5* Camp For All *Gymboree 10a-11a *Soccer Open House 11:30a Cambridge Village Park 13100 Nitida Houston 77045 * Mardi Gras Dance
6 * Camp For All	7 *Computer Classes 6:30pm—7:30pm	8	9 *Katy Group Mom's Coffee Break 9:00am the Bagels Café @ Mason and Kingsland	10 *Education for Life Spring Break No classes	11 *Respite Night 6:30pm - 10:30pm * Pearland Com. Group @ Pearland Library 6pm Education for life Spring Break—No Classes	12 *S.O.S. 10a-4p
13	14 * ECI Meeting *Computer Classes 6:30pm—7:30pm	15	16	17 *Education for Life Spring Break No Classes	18*Respite Night 6:30pm - 10:30pm * Spring Community Group 7:00—9:00pm @ Jumpin' Jak's * Pearland Zumba Night *Education for Life Spring Break—No Classes	19 *Katy Community Group @ Bagel Café 9:00am *Gymboree 10a-11a * Sib-Social 11a-2p * NorthSide Community Group @ Moody Park 11:30a
20	21 *Computer Classes 6:30pm—7:30pm	22 Board Meeting 7p	23 * New Member Orientation 7:00pm	24 *Education for Life 9am - 4pm *E4L—Social Club 4pm—6pm	25 *Education for Life 9am - 4pm *Adult Social Club 4pm - 6pm *Respite Night 6:30pm - 10:30pm *Pearland Mom's Night Out	26 * Monthly Meeting Celebrating WDSD 9am—2pm Alex Angel's 11a Art w/ The River—10:30a Music w/ The River 1p
27	28 *Computer Classes 6:30pm—7:30pm	29	30	31 *Education for Life 9am - 4pm *E4L—Social Club 4pm—6pm		