



DOWN SYNDROME ASSOCIATION  
*of Houston*

# DSA H TODAY

November / Fall 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.

## Buddy Walk "Spot the Billboard" Contest



In preparation for the 2011 Houston Buddy Walk, DSAH is waiting to hear from the first person to **SPOT THE BILLBOARD** with the Buddy Walk details!

Simply be the first to email [buddywalk@dsah.org](mailto:buddywalk@dsah.org) and state the location of the Buddy Walk billboard and you will WIN a gift certificate for \$25 to the DSAH Gift Shop Store!!!!

Winner will be contacted via e-mail and the gift certificate will be mailed. Certificate is only valid for the 2011 Houston Buddy Walk on December 3, 2011. Buddy Walk Committee and Board members are not eligible for this contest.

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HUMBLE, TEXAS

Down Syndrome  
Association of Houston Inc.  
7015 West Tidwell  
Bldg G, Ste. #108  
Houston, Texas 77092  
[www.dsah.org](http://www.dsah.org)  
713-682-7237

## President's Corner

Hello Members and Friends,

November brings thoughts of what we are thankful for! I am thankful for the great friends I have made and how much I have grown since the birth of our daughter Tricia who has DS.

In the early days, when the shock and fear of the future overwhelmed me, I never thought that I would be at peace and value every day that I have Tricia in my life. She brings out the best in every family member, and makes each of us better people and more appreciative of the gifts we have.

I encourage you to tell all who work with your family member with DS, "Thank you." Thank you for caring about my child and working hard with her/him. Thank you for seeing past the hard tasks and celebrating the smallest step forward.

I am very thankful that I share my journey with Down syndrome with wonderful people who know that together we are far stronger than we are apart.

I invite all members to attend the November 19th meeting where we will elect members to the open Board positions for 2012.

Happy Thanksgiving!

**Ann Fontenot**, SLP  
DSAHA President

## DSAHA NOVEMBER MONTHLY MEETING

**Saturday, November 19, 2011**  
10:00 am and 1:00 pm



## SPECIAL OLYMPICS

Who hasn't heard of Special Olympics? It's the name you know associated with sporting events for individuals with special needs. But do you really know Special Olympics?

The mission of Special Olympics Texas is to provide year-round sports training and athletic competition in a variety of Olympic-type sports for children and adults with intellectual disabilities, giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy and participate in the sharing of gifts, skills and friendship with their families, other Special Olympics athletes and the community.

Special Olympics Texas holds more than 300 competitions annually on area, regional and state levels. Event divisions are based on age, gender and ability level to give athletes an equal chance to win. Each participant receives a medal or ribbon following his/her event.

**Have you ever participated or volunteered at an event?**

**DSAHA is in its second year of sponsoring its Special Olympics team, the Spring Panthers!**

**Join us to find out what it takes to be a Special Olympics Athlete and how you can get involved!**

You don't want to miss this!

We look forward to seeing you at the meeting.

**Paula Davis**, Vice President

Education for Life Students continue to build their dream of a new home one cupcake at a time

The students of the Education for Life Program will be having a bake sale to fundraise for DSAHA's Capital Campaign which has a 2.2 million dollar goal. Funds collected will be used to expand the program from two days a week to five.

Date: **Saturday, November 5, 2011**

Place: **HEB on 24224 Northwest Freeway**

Time: **2pm - 6pm**



**Help our cause by providing a baked good or volunteering your time at the bake sale!**

## DSAHA Awarded \$2500 Grant!

The Gymboree Program for DSAHA has won a **CVS Caremark Community Grant!** Karen Ramos, CVS Caremark Senior Manager of Community Relations, wrote, "Every month we award community grants to organizations that align with our philanthropic goals of making life easier for children with disabilities. Of the hundreds of requests we received for the month of June, your program aligns well with our philanthropic goals."

The Gymboree Program, offered twice a month at the DS Resource Center, welcomes families who have a child with DS between birth and 6 years old, as well as siblings. Parents have the opportunity to share feelings about having a child with DS, and children work on skill development as they participate in physical activities, follow directions, dance to music, and pop bubbles! Lots of smiles, giggles, and laughter are found at every Gymboree session!

**Thank you CVS Caremark for awarding a \$2500 Community Grant to DSAHA Gymboree Program!**



## 2011 HOUSTON BUDDY WALK presented by TRICON ENERGY

**When: Saturday, December 3, 2011 / Where: Minute Maid Park - Diamond Lot / Time: 8am - 12pm**

8am - 9:00am Opening Ceremony

9am - 10:00am The Buddy Walk

10:00am - 12:00pm The Buddy Bash with live performances by Nashville recording artist Amanda Nagurney, the DSAH Pantomime Troup, a Steppers Show and kids favorite costume characters

### Food:

This Year, Poppa T's B-B-Q will be there with their favorite breakfast bar-b-que items like sausage on a stick! And for all of our healthier walkers, Edible Arrangements will be there too with their fresh fruit cups!

### How can I help?

Many of you are asking what else can you do to help the BW. So here are a few things you can do:

**Donate a Theme Basket** in honor of your team. Get your team together and ask them to sponsor a themed basket by donating a single item. This basket will be used as a raffle at the end of the BW. If you are interested in donating a basket, please e-mail feliciabd@att.net.

**Help us feed our volunteers** - Our event could not happen without the help of our most valuable volunteers! We have about 400 volunteers that come out to cheer us on as we walk and we are looking for a restaurant that would like to donate a light breakfast for them. If you know of a food establishment that can provide some breakfast tacos and juice, coffee and or water; please let me know. You can e-mail me at [buddywalk@dsah.org](mailto:buddywalk@dsah.org) for more details.

### Team TLC -

**If your Team raises \$3,000 - \$4,999**—Your team will receive a 10x10 space at the Buddy Walk where you can bring your own tent and decorate. Your team will have a place to meet and greet.

**If your Team raises \$5,000 and above**—Your team will receive a 10x10 area with a tent provided by the Houston Buddy Walk. You can decorate your area and use it as a meet and greet area.

If your team is one of the lucky ones, you must **confirm that you will be using your tent or area by November 5th, 2011**. ALL tents **MUST** have weights to prevent them from flying away. **Tents without weights will NOT be allowed.**

Time seems to be flying by! We are already in November and our Buddy Walk® is only a short month away! We are very excited that you are a part of our BW this year and want to give you the best experience possible! Plan to arrive by 8am and meet with your team members and enjoy our opening ceremony. Be sure to visit our Imagine The PossAbilities Tent, The children's area, the DSAH/BW Gift Shop, take pictures with your favorite characters, visit our vendors, enjoy the rides and have FUN!

**We have lots of entertainment for the entire family, so please plan to stay after the walk! Take some chairs and enjoy the festivities!**

DSAH really appreciates all the hard work you have done in our 2011 Houston Buddy Walk! Sponsors are coming in, donations are pouring and so are our walkers! Please help us achieve our goal of \$225,000 and 5,500 walkers. Keep in mind that 96% of all the funds collected stay locally with DSAH to continue to serve our members and help build a brighter future for all of our children and adults with Down syndrome.

Thank you for being a Buddy!  
Alejandra Lima  
2011 Houston Buddy Walk Chair



MimaShow

By Julithe Garrett

## Meet the Runners that support DSAH at the



Christopher Cardenas

**My fundraising goal:** \$650.00  
**My fundraising progress:** \$50.00

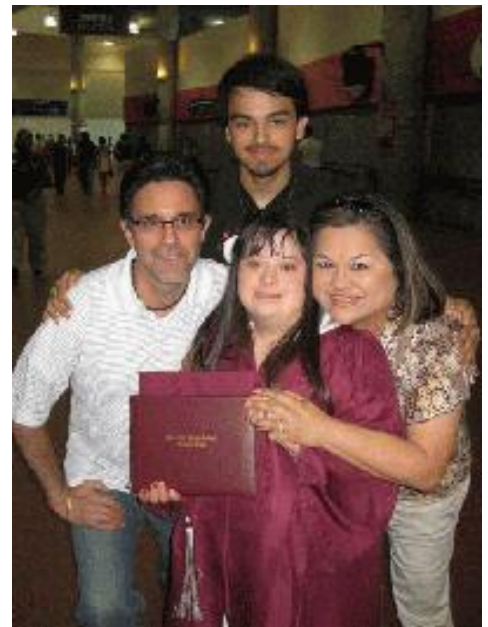
I have completed one marathon and several half marathons with various 10Ks over the last ten years. It's been great for me, however now I have the opportunity of running for a reason. One of my best friend's oldest daughters, 20 year old Alyssa Enriquez, has Down Syndrome. Over the years the Enriquez family has benefitted from participation with the Down syndrome Association of Houston. Please join me in supporting this worthy organization by making a tax deductible contribution toward my goal of \$650.00.

Physical training is good, but training for godliness is much better, promising benefits in this life and in the life to come. - 1 Tim. 4:8

Lawrence Asher

**My fundraising goal:** \$1,000.00  
**My fundraising progress:** \$375.00

Meet Alyssa Enriquez, daughter of our good friends Rene and Adeline. We've known Alyssa for five years, and it has been a blessing to know her. She is an amazing young lady! She graduated from Pearland High School where she was on the cheerleading squad, worked part time after graduation, and has left her mark. Thanks for considering a donation to DSAH. This organization serves area families in many capacities, and your support is greatly appreciated!



Spike Garcia

**My fundraising goal:** \$500.00  
**My fundraising progress:** \$25.00

I am participating in the Aramco Houston Half Marathon in Jan 2012. This will be my fourth half marathon and I'm honored to "run for a reason". My goal is to raise \$500 for the Down Syndrome Association of Houston. DSAH works to help families provide the best future possible for families and their children (and adults) with Down syndrome.

I appreciate your contribution and support for the Down Syndrome Association of Houston.

## 2012 Chevron Houston Marathon



Rene Enriquez

**My fundraising goal:** \$1,000.00  
**My fundraising progress:** \$100.00

Again, I've been blessed with the opportunity of running this year's Aramco Houston Half-Marathon on behalf of the Down Syndrome Association of Houston. Thanks to many friends and family who helped in supporting my fundraising goal of \$1000 last year for this very worthy and deserving organization. My goal for this year remains at \$1000 toward DSAH as the beneficiary of my Running for a Reason in the 2012 Houston Half-Marathon.

I can do all things through Christ who strengthens me. -Phil. 4:13

Summer Williams

**My fundraising goal:** \$500.00  
**My fundraising progress:** \$500.00

In January 2011, I participated in the Aramco Houston Half Marathon and achieved my goal of finishing the race without walking. In January 2012, I will again participate in the half marathon but with another goal: raising \$500 for Down Syndrome Association of Houston. DSAH works to help families provide the best future possible for their children (and adults) with Down Syndrome.

I appreciate your support in aiding my "run for a reason".

Thank you and God Bless!



Paula Davis

**My fundraising goal:** \$500.00  
**My fundraising progress:** \$250.00

Three years ago I finished a half marathon and gave my son, Sean, my medal to honor him in his battle with, and victory over, leukemia.

In 2012, I will complete yet another half marathon in honor of my son, Sean. Sean also has Down syndrome and battles the stereotype and discrimination that comes with every day. And through it all, he maintains his joy and happiness and love for others. He truly inspires me as we move forward with hope for acceptance in an incredibly diverse society.

Your support is greatly appreciated!



### Tell Me How You Really Feel (Part 2)

**Thoughts, hopes and dreams of a mother of two wonderfully wonderful girls Gabby and Andrea and the Little Hunk of Love, Ethan—who happens to have Down syndrome. — A blog post by Erika Marquez-Saldaña**

*(and my venting continues... Read part 2 [HERE](#))*

It is no surprise how passionate I am about our local Ds association. They do so much more than what others might think. I have heard plenty of times from moms about their agonizing experience when their child was first born and the lack of support and information from their doctors those first few days. Our association has a medical outreach program. It is still fairly new but they are trying to reach out to those doctors and hospitals and update them on the reality of Ds. They don't want any more mothers to feel devastated on a day that should be so glorious. They are on top of the new non-invasive prenatal test and governmental affairs and much more. They want to help YOU, your children and the next generation of children with Ds.

So yes, the lack of support is mind-boggling! The lack support in my own community is a kick in the gut. And I don't live in some remote town in the middle of nowhere.

Then there is the ever so controversial Down syndrome research. I am ALL for Ds research. NO I am not looking for a *cure*, nor I am looking to change Ethan, but if I can improve his life and give him a better shot at having an independent and fulfilling life, well I am all for it then. I want the best for my girls, why would I not want the best for Ethan? Improving his cognitive abilities does not mean I am changing his personality. He will always be Ethan. And if it means he will have to take meds, well so be it. There are typical people out there who have to take meds to keep them stable, whether it is for mental or physical health. Why does it have to be any different for my son?

But parents with children with Ds just don't push hard enough. How is it that more funding goes to research for other less common conditions?

OH, but heaven forbid that someone doesn't use PC terminology to refer to our children, and then we have thousands of parents trying to kick these people in the throat. I am all for PC terminology for our children. I want people to see my son for who he is... ETHAN. But why can't the Ds community come together like that when it comes to others issues our children face? Let's be more *than* just these overly sensitive parents. Let's show them what we are made of. Let's take out the big guns and make them fear, we are not parents to be messed with. Not only are we concerned with just what people call our children, but we are also concerned about lack of health benefits, lack of acceptance, lack of research... and so on. Maybe that is why the rest of the community doesn't take us seriously. Maybe we are just a joke to them. The only time we seem to rise up is when someone wrongfully calls our children an inhumane name. We should be fighting just as hard with these inhumane lack of rights and privileges our children have.

Down syndrome doesn't scare me. I am no longer intimidated about meeting or being around adults with Ds. I wouldn't want others to be intimidated about meeting my son when he is a grown man, so I had to work past those feelings. I cannot fear what Ethan might or might not be when he is a grown man. Only time will tell. We will get there. And whatever it is, we will make it work and we will love Ethan. Unconditionally. I understand that it is a process to reach that level of acceptance, but it is a level that must be reached.

I cannot spend one minute feeling sorry for myself or Ethan. I have incredible faith that Ethan will do just fine. I have incredible faith that we as his parents and his sisters will make it through this with smiles on our faces in the end. I will curse Down syndrome one day and I am sure it will happen more than once... but I will not dwell on the negative feelings. Prayer. I will survive through prayer and believing and knowing that God is good.

I cannot help Ethan, if I cannot help myself first.

And I am sure I have offended someone, somewhere in this post... NOTHING on here was directed to anyone. These are simply feelings and thoughts of my own, things that have been bothering me for a good while now. I do hope I have stirred up some feelings in some of you. Hopefully enough to reevaluate your journey and how you can improve this road our children are on. We need to pull together. If we don't, I am not sure anyone else will.

P.s. – just wanted to add that I am not stronger than anyone else, nor do I think or feel I am better than others. Nor do I know everything... *(sometimes I do.... JUST KIDDING)* Before someone wants to bash me for my own feelings. I wasn't bashing anyone for their feelings. Once again I was simply stating my own.



You can read the complete blog at [www.twogirlsandethan.blogspot.com](http://www.twogirlsandethan.blogspot.com)

*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

Hola miembros y amigos,

Noviembre trae pensamientos por lo que estamos agradecidos! Estoy agradecida por los grandes amigos que he hecho y lo mucho que he crecido desde el nacimiento de nuestra hija Tricia que tiene síndrome de Down.

En los primeros días, cuando el shock y el miedo sobre el futuro me abrumaron, nunca pensé que iba a estar en paz y ni a valorar los días que he tenido a Tricia en mi vida. Ella saca lo mejor de cada miembro de la familia, y hace que cada uno de nosotros seamos mejores personas y más capaces de apreciar los dones que tenemos.

Os animo a decirle a todos los que trabajan con su familiar con síndrome de Down, "Gracias." Gracias por preocuparse por mi hijo y trabajar tan duro con él / ella. Gracias por ver más allá de las tareas difíciles y celebrar el menor paso hacia adelante.

Estoy muy agradecida en compartir mi viaje de síndrome de Down con gente maravillosa que saben que juntos somos más fuertes que separados.

Invito a todos los miembros a asistir a la reunión Noviembre 19 donde se eligen a los miembros de la Junta Directiva para las posiciones abiertas para el año 2012.

Feliz Día de Acción de Gracia!

**Ann P. Fontenot**, S.L.P.  
Presidente DSAH

## DSAH NOVIEMBRE REUNIÓN MENSUAL

Sábado, 19 de noviembre 2011 — 10:00 am y 1:00 pm

### OLIMPIADAS ESPECIALES



¿Quién no ha oído hablar de las Olimpiadas Especiales? Es el nombre que usted conoce asociado con eventos deportivos para personas con necesidades especiales. Pero, ¿realmente sabemos de Olimpiadas Especiales?

La misión de Olimpiadas Especiales de Texas es proporcionar todo el año entrenamiento deportivo y competición atlética en una variedad de deportes de tipo olímpico para niños y adultos con discapacidad intelectual, dándoles continuas oportunidades para desarrollar la aptitud física, demostrar valor, experimentar alegría y participar en el intercambio de dones, destrezas y compañerismo con sus familias, otros atletas de Olimpiadas Especiales y la comunidad.

Olimpiadas Especiales de Texas tiene más de 300 competiciones anuales en el área a niveles regional y estatal. Las divisiones de cada evento se basan en la edad, género y nivel de habilidad para dar a los atletas una oportunidad igual para ganar. Cada participante recibe una medalla o cinta después de su participación.

**¿Alguna vez ha participado o ha sido voluntario en un evento?**

**DSAH está en su segundo año de patrocinio de su equipo de Olimpiadas Especiales, las Spring Panthers!**

**Únase a nosotros para saber lo que se necesita para ser un atleta de Olimpiadas Especiales y cómo usted puede participar!**

Usted no querrá perderse este! Esperamos verlos en la reunión.

**Paula Davis**, Vice Presidente

## DSAH es Otorgada una beca de \$2.500!

El programa de Gymboree de DSAH ha ganado la beca de la Comunidad de CVS Caremark! Karen Ramos, Gerente de Relaciones de la Comunidad de CVS Caremark, escribió: "Cada mes otorgamos becas de la comunidad a las organizaciones que se alinean con los objetivos filantrópicos de hacer la vida más fácil para los niños con discapacidades. De los cientos de solicitudes que recibimos durante el mes de junio, su programa se alinea bien con nuestras metas filantrópicas".

El programa de Gymboree, se ofrece dos veces al mes en el Centro de Recursos de SD, le bienvenida a las familias que tienen un hijo con síndrome de Down entre el nacimiento y 6 años de edad, así como sus hermanos. Los padres tienen la oportunidad de compartir sus sentimientos sobre tener un hijo con síndrome de Down, y los niños trabajan en el desarrollo de habilidades a medida que participan en actividades físicas, siguen las instrucciones, bailan, y juegan con las burbujas! Muchas sonrisas don las que se encuentran en cada sesión de Gymboree!

**Gracias a CVS Caremark por otorgarnos una beca de la comunidad de \$ 2500 al Programa de Gymboree de DSAH!**



# DSAHA TODAY en Español

Las cosas siguen mirando hacia arriba

Caminata de Amigos del 2011 presentada por TRICON ENERGY

**Cuando: Sábado, Diciembre 3, 2011 / Lugar: Minute Maid Park - Diamond Lot / Hora: 8am - 12pm**

8am - 9:00am Ceremonia de Apertura

9am - 10:00am La Caminata

10:00am - 12:00pm La Fiesta de la Caminata con presentaciones en vivo por Amanda Nagurney Artista de grabación de Nashville, La Tropa de Pantomima de DSAH, Show de Steppers y los personajes favoritos de los niños.

## Comida:

De regreso este año estará Poppa T's B-B-Q con su deliciosa comida a la barbacoa como lo es el chorizo! También para aquellos que prefieran algo más saludable, tendremos a Edible Arrangements vendiendo vasos de fruta picada fresca.

## Como Puedo YO ayudar?

Muchos de ustedes nos están preguntando que más pueden hacer para ayudar en la caminata, así que aquí están las aéreas en donde podemos recibir ayuda:

**Done una Cesta para la rifa** en honor a su equipo. Pídale a sus miembros que donen un artículo y así usted podrá hacer una canasta para las rifas. Si desea donar una canasta por favor mandarle un correo a Felicia a feliciabd@att.net

**Ayúdenos a darle comida a nuestros voluntarios** - Nuestro evento no podría pasar sin ayuda nuestros valiosos voluntarios. Este evento usa de 300 a 400 voluntarios a los cuales quisiéramos ofrecerles desayuno. Si conoce de un restaurant que pudiera donarnos tacos para ellos por favor comuníquese con migo al buddywalk@dsah.org para más detalles.

**Si su equipo recauda entre \$3,000 - \$4,999**— Su equipo recibirá un espacio de 10x10 en la Caminata en el cual usted puede traer su propia carpa y tener un lugar para reunirse con su equipo.

**Si su equipo recauda \$5,000 y mas**—Su equipo recibirá un espacio de 10x10 más una carpa provista por La Caminata de Houston en donde usted podrá unirse con su equipo.

Si su equipo es uno de los que recibirá un espacio o una carpa, por favor confirmar que usted estará usando su espacio a más tardar **Noviembre 5, 2011**. TODAS las carpas **DEBEN** de tener bolsas de arena para hacer contrapeso. **Carpas sin bolsas de arena NO serán aceptadas.**

El tiempo está pasando muy rápido! Ya estamos en Noviembre y la Caminata está a solo un mes! Estamos muy emocionados que usted tomara parte de este evento y queremos que tenga la mejor experiencia posible. Planee en llegar a las 8am para que se reúna con su equipo y sea parte de la ceremonia de apertura. Asegúrese de visitar la Carpa de Imagine The PossAbilities, el área de niños, los puestos de venta, los juegos y sobretodo no se olvide de disfrutar el evento.

**Tendremos mucho entretenimiento para toda la familia así que por favor planee en quedarse después de la caminata! Lleve sus propios asientos y disfrute del evento!**

DSAHA realmente aprecia todo el trabajo que ustedes han hecho para la Caminata de Amigos del 2011! Los patrocinadores están marcándose presente al igual que las donaciones y caminantes! Por favor ayúdenos a llegar a nuestra meta de \$225,000 y 5,500 caminantes. Recuerden que el 96% de todos los fondos recaudados se quedan local en DSAH para continuar proveyendo servicios a nuestros miembros y ayudar a construir un futuro brillante para nuestros niños y adultos con síndrome de Down.

Gracias por su apoyo continuo!

Alejandra Lima  
2011 Houston Buddy Walk Chair



MimaShow  
By Julithe Garrett

Las cosas siguen  
mirando hacia arriba

# DSAH TODAY en Español

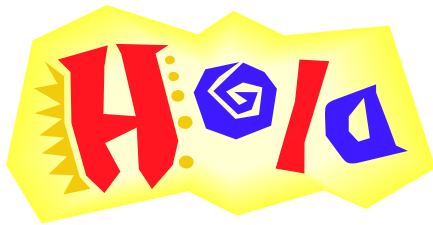


## Encuentra y Gana!

En preparación para La Caminata de Amigos del 2011, DSAH estará teniendo el concurso del que primero encuentre la valla de anuncio para la caminata de este año!

Sea el primero en mandarnos un correo electrónico a [buddywalk@dsah.org](mailto:buddywalk@dsah.org) con los detalles del anuncio y usted podrá ganar un certificado de \$25 para la tienda de DSAH en la Caminata!!!!

El ganador será contactado por correo electrónico y el certificado será enviado por correo. El certificado es válido solo para la Caminata del 2011 el 3 de Diciembre del 2011. El comité de la caminata y miembros de la junta directiva no son elegibles para el concurso.



## Atención Miembros de habla Hispana NUEVO GRUPO COMUNITARIO HISPANO

La Asociación de Síndrome de Down reconoce la importancia de tener un Grupo Comunitario Hispano en donde nuestros miembros de habla hispana se sientan cómodos en expresar sus sentimientos y aprender de otros en su mismo idioma. La comunidad hispana que conforma a DSAH es muy grande y queremos que este grupo vuelva a tener la fortaleza que tuvo hace unos años. Por ahora tenemos tema abierto en nuestras reuniones así que vengan a conocer otras personas que también tienen pequeños y grandes con síndrome de Down.

Los esperamos en nuestra próxima reunión mensual del Grupo Comunitario Hispano

Cuando: **Sábado, Noviembre 12, 2011**

Lugar: **área de juegos del West Grey Multiservice Center  
1475 West Grey Houston, TX 77006**

Hora: **3pm - 6pm**

**Por favor traiga un platillo para compartir con el grupo**

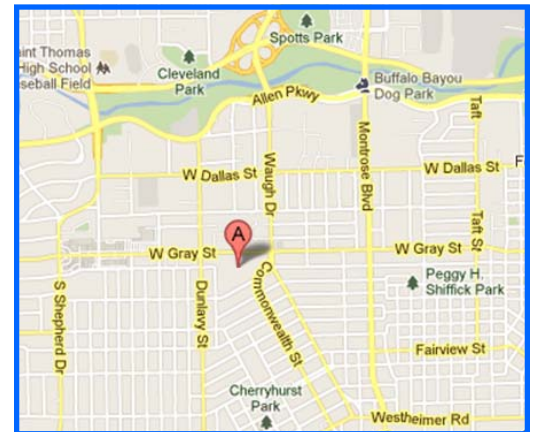
**Personas con síndrome de Down de todas las edades son bienvenidas!**

Para mas información sobre este grupo, comuníquese con:

Maria Ibarra al 713.699.3295

Lidia Jacobo al 713.272.0325

Teresa Alvarado al 713.996.7468



## Programa de Educación para Toda la Vida sigue construyendo su sueño de tener su propio hogar; esta vez con la venta de postres!

Los estudiantes de este programa estarán vendiendo postres para recaudar fondos para la Campana Capital de DSAH la cual tiene como meta la recaudación de 2.2 millones de dólares. Este dinero será usado para la compra de un edificio para expandir el programa a 5 días a la semana.

Cuando: **Sábado, Noviembre 5, 2011**

Lugar: **Supermercado HEB del 24224 Northwest Freeway**

Hora: **2pm - 6pm**

Esperamos verlos en el HEB para que nos ayude a vender. También puede donarnos un postre para vender

## Conoscan a los corredores que apoyan a DSAH en



Christopher Cardenas

**Mi meta:** \$650.00

**El progreso de mi meta:** \$50.00

He completado un maratón y varios Medio-Maratones y también varias carreras de 10K en los últimos diez años. Ha sido algo grandioso para mí, sin embargo tengo la oportunidad de correr para una causa. La hija de uno de mis mejores amigos que tiene 20 años tiene síndrome de Down. En los últimos años la familia Enriquez ha beneficiado por participar con la Asociación de síndrome de Down de Houston. Por favor únense y ayuden a apoyar esta digna organización donando una contribución deducible de sus impuestos hacia mi meta de \$650.00

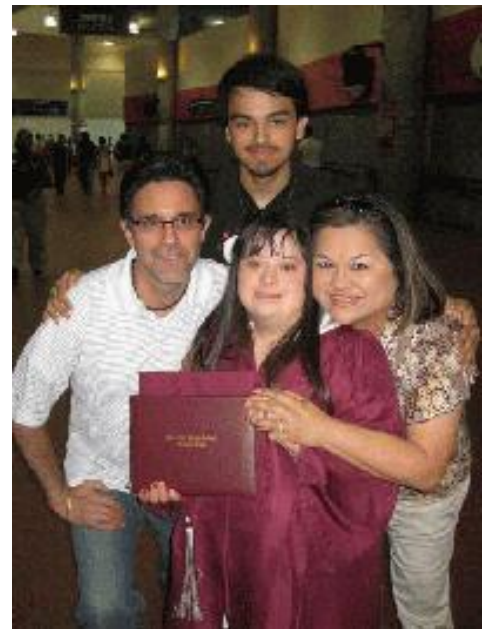
Porque el ejercicio físico aprovecha poco, pero la piedad es provechosa para todo, pues tiene promesa para la vida presente y también para la futura. - **1 Timoteo 4:8**

Lawrence Asher

**Mi meta:** \$1,000.00

**El progreso de mi meta:** \$375.00

Gracias por visitar nuestra página patrocinadora. Conozcan a Alyssa Enriquez, hija de nuestros buenos amigos Rene y Adeline. Hemos conocido a Alyssa por cinco años y ha sido una bendición conocerla. Es una señorita extraordinaria! Se graduó de Pearland High School donde estuvo en el equipo de las porristas, tuvo un trabajo de tiempo parcial después de graduarse y ha dejado sus huellas atrás. Gracias por considerar una donación a DSAH. Esta organización sirve a las familias en el área de muchas capacidades y su apoyo será muy apreciado!



Spike Garcia

**Mi meta:** \$500.00

**El progreso de mi meta:** \$25.00

Estoy participando en el Medio-Maratón de Aramco de Houston en enero del 2012. Este será mi cuarto medio-maratón y estoy honrado en poder "correr para una causa". Mi meta es recaudar \$500 para la Asociación de síndrome de Down de Houston. DSAH ayuda a las familias proveer el mejor futuro posible para sus hijos con síndrome de Down.

Les agradezco su contribución y apoyo para la Asociación de síndrome de Down de Houston.

## el Maratón de Chevron Houston 2012



Rene Enriquez

**Mi meta:** \$1,000.00

**El progreso de mi meta:** \$100.00

Repito, he sido bendecido con la oportunidad de correr este año en el Medio-Maratón de Aramco de Houston de parte de la Asociación de síndrome de Down de Houston. Gracias a mi familia y amigos quien me han apoyado y ayudado en recaudar fondos para alcanzar mi meta de \$1000 el año pasado para esta digna y merecida organización. Mi meta para este año permanece en \$1000 hacia DSAH que beneficiara en mi causa para correr en el Medio-Maratón de Houston 2012.

Todo lo puedo en Cristo que me fortalece. - Filipenses 4:13

Summer Williams

**Mi meta:** \$500.00

**El progreso de mi meta:** \$500.00

En enero del 2011, yo participe en el Medio-Maratón de Aramco de Houston y logre alcanzar mi meta de terminar la carrera sin caminar. En enero 2012, volveré a participar en el Medio-Maratón pero con otra meta: recaudar \$500 para la Asociación de síndrome de Down de Houston. DSAH ayuda a las familias proveer el mejor futuro posible para sus hijos con síndrome de Down.

Agradezco su apoyo en ayudarme en mi "carrera para una causa".

Gracias y que Dios los bendiga!



Paula Davis

**Mi meta:** \$500.00

**El progreso de mi meta:** \$250.00

Hace 3 años complete un medio-maratón y le di mi medalla para honrar a mi hijo, Sean en su lucha y Victoria contra leucemia.

En el 2012, complete otra vez un medio-maratón en honor de mi hijo Sean. Sean también tiene síndrome de Down y lucha contra los estereotipos y discriminación a diario. Después de todo, el mantiene su orgullo, felicidad, y amor hacia los demás. El de verdad me inspira a seguir adelante con la fe de que sea aceptado en una sociedad demasiado diversa.

Su apoyo será muy apreciado!



# NOVEMBER 2011 CALENDAR

11/1- ECI Staff Meeting	Time: 11am—3pm
11/1 - Capital Campaign Meeting	Time: 7pm-9pm
11/3 - Education for Life	Time: 9am-4pm
11/3 - D.A.D.S.	Time: 7pm-9pm
11/4 - Education for Life	Time: 9am-4pm
11/4 - Adult Social Club	Time: 4pm-6pm
11/4 - Parents Night Out	Time: 6:30pm-10pm
11/5 - Gymboree	Time: 10am-11am
11/5 - E4L Bake Sale	Time: 2pm-6pm
11/9 - Katy Com. Group	Time: 9am-11am
11/10- Education for Life	Time: 9am-4pm
11/11- Education for Life	Time: 9am-4pm
11/11—Adult Social Club	Time: 4pm-6pm
11/11-Pearland Com. Group	Time: 6pm-8pm
11/11— Parents Night Out	Time: 6:30pm-10pm
11/12— Footprints into the Future Conference	Time: 9am-4pm
11/12 - Saturday Respite	Time: 10am-4pm
11/12 - Spanish Community Group	Time: 3pm-6pm
11/15 - Capital Campaign Meeting	Time: 7pm-9pm
11/18 - Spring Com. Group	Time: 7pm-9pm
11/19 - Katy Com. Group	Time: 9am-11am
11/19 - Baytown Com Group	Time: 10am-12pm
11/19 - Buddy Walk T-shirt Pick Up	Time: 10am-2pm
11/19 - Gymboree	Time: 10am-11am
11/19 - DSAH Monthly Meeting Special Olympics	Time: 10am-3pm
English Meeting / Lunch / Spanish Meeting	10am / 12pm 1pm
11/19 - Club 21 Craft Night	Time: 6pm-8:pm
11/19 - Club 21 Sleepover	Time: 8pm-8am
11/22 - DSAH Board Meeting	Time: 7pm-9pm
11/28 - Baytown Moms Night Out	Time: 7pm-9pm
11/29 - Capital Campaign Meeting	Time: 7pm-9pm

**Thanks to all who supported the 2011 Kase Marshall Golf Tournament in October!**

## Buddy Walk T-Shirt Pick Up Day

Team captains, please plan to come to the Resource Center on 11/19.11 to pick up your team shirts. We will give out the shirts of those who have registered until 11/18. Of course if you have more people added to your team after the pick up day, you will be able to pick up those shirts anytime at the Resource Center **BEFORE** the walk on December 3, 2011.

Remember that shirts not picked up prior to the walk will be on SALE for \$5 each the day of.

## Things Keep Looking Up

### Community Groups Activity Calendar

#### Pearland Community Group

Friday, November 11 from 6:00pm—8:00pm  
Pearland Library ~ 3523 Liberty  
Come join us at Pearland Library for a Potluck gathering, as we get the kids together to make some Thanksgiving Crafts. Be sure to RSVP so we can have enough items for all the kids.  
Pearland@dsah.org for more info and RSVP

#### Spring Community Group

The Spring Community Group will meet at a venue T/B/D – a family venue to celebrate our Thankfulness  
[spring@dsah.org](mailto:spring@dsah.org) for more information

#### Baytown Community Group

Saturday, November 19 from 10am - 12pm  
Burnet Park. ~ 1704 Burnet Ave Baytown TX.  
(Rainy day back up Chick fil-A on Garth Rd)

Monday, November 28 from 7pm - 9pm

#### Moms Coffee Night Out

Starbucks on I-10 and Garth Road  
Baytown@dsah.org for more information

#### Katy Community Group

Wednesday November 9 and Saturday November 19 from 9am-11am

Join the Katy Community Group for coffee and conversation at the Bagel Café on Kingsland and Mason.  
Katy@dsah.org for more info



#### Parents Night Out

**FUN** for individuals with disabilities and a **NIGHT OUT** for parents

Parents Night Out is an out-of-home **respite** program for individuals with ALL types of disabilities. Everyone should bring their own snacks and drinks. **Clients Ages 6-14 and Siblings Ages 6-10**

For reservations or questions, please contact:

Erin Siao tong [ESiao tong@eastersealshouston.org](mailto:ESiao tong@eastersealshouston.org) or (713) 838-9050 x 357

Reservations must be made by email or phone by 5:30pm on Wednesday. All families must have a current application completed for each person attending. Times and age groups differ for each location. Check out [www.eastersealshouston.org](http://www.eastersealshouston.org) for more information and applications.



Available to all DSAH members from newborns to 6 years old.

Siblings are welcome!

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



#### D.A.D.S.

(Dads Appreciating Down Syndrome)

The Houston chapter of DADS is a support system for dads of children with Down syndrome. This group meets the first Thursday of the month at 7pm at the DSRC. For more information or how to get involved, please e-mail us at [dads@dsah.org](mailto:dads@dsah.org)

Down Syndrome Resource Center ~ 7015 W. Tidwell, Bldg. G Suite 108 Houston TX 77092.  
713/682-7237 ~ [www.dsah.org](http://www.dsah.org) ~ DSRC is open M-F 9:00a-2:00pm and by appointment only after 2pm

"**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.

# DSAH TODAY

## Footprints Into the Future Conference



**Saturday, Nov. 12, 2011**  
**9:00 AM – 4:00 PM**  
at  
**United Way of Greater Houston**  
**50 Waugh Drive**  
**Houston, Texas 77007**

DSAH Members: \$30 each or \$50 for 2 on same registration form

Nonmembers: \$40 each or \$60 for 2 on same registration form

CEU's are awarded by Texas Woman's University.

CPE's are awarded by the TEA.

Spanish Translation Provided for Keynote and Selected Breakout Sessions

What is transition? What does it mean?

How do I prepare for it?

Keynote by renown author

Jo Ann Simmons

## Capital Campaign

The Capital Campaign for DSAH is still looking for key volunteers to help us reach our 2 million dollar goal and help expand our Education for Life Program to five days a week.

If you would like to be involved in making a difference please join us at our meetings at 7:00pm at the Resource Center. We meet once a month and would love to have more members to help. For more information on the Capital Campaign please contact Rosa Rocha at [pastpresident@dsah.org](mailto:pastpresident@dsah.org)