Sweetheart Luncheon & Fashion Show

Tickets & Sponsorships Are Available Now!

Come join us as we highlight our sweethearts who will be honoring some other very special sweethearts! This cryptic description of our upcoming luncheon describes it all as our loved ones with Down syndrome escort a major volunteer, sponsor, or agency partner representative in an upbeat, fun fashion show.

An Educator of the Year and Service Provider of the Year will be honored, as well. The honorees are selected from parent nominations. See information in the dedicated article on page 7 on how you can nominate an educator and/or service provider who has made a significant difference in the life of your loved one with Down syndrome.

FAQ's for you – The event will be held Saturday, February 12, 2011 with doors opening at 10:30 am and lunch seating at 11:30 am. The luncheon will be held at International Catering located at 4277 N. West Ave. in Fresno. You can purchase tickets by going to www.dsacc.org and downloading the brochure and submitting it via mail, E-mail, or fax. You may also purchase tickets at the DSACC office. Tickets are $35.00 per person. Tickets will be $50.00 at the door (if there are any available seats).

There are two sponsorship levels available. Heart of Gold Sponsorship is $1,000.00 or greater. Sponsors will receive prominent signage at the event, mention in the program, table recognition, and publicity in the DSACC newsletter. Heart of Gold Sponsors may also choose one representative to walk in the fashion show and will receive 10 tickets to the event. True Blue Sponsorship is $500.00. Sponsors will receive mention in the program, table recognition, and mention in the DSACC newsletter. True Blue Sponsors will receive 4 tickets to the event.

Fashions will be provided by Patrick James Men’s Clothing, Coldwater Creek of Fig Garden Village, Old Navy, Espi’s Kids of Visalia and Verdalee.

Thanks to our early sponsors: Dr. and Mrs. Sukhjit Purewal, The Allshouse Family, Daniel and Jami De La Cerda of Diamond Learning Center, International Catering, Snapshot Media, Volt Entertainment, Eye-Q Cares philanthropy team, and Orloff Jewelers.
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Website: www.dsacc.org

Statement of Policy and Disclaimer:
The Extra is the periodic newsletter of (DSACC) Down Syndrome Association of Central California, which serves Central California. Subscription is free to members & friends of the Association.

DSACC is affiliated with N.D.S.C and N.D.S.S. The Extra reports items of interest related to Down syndrome, so that the reader may make informed decisions concerning Down syndrome related issues. Any opinions, findings and conclusions, or recommendations expressed in The Extra are those of the individual authors and do not necessarily reflect the views of the officers, Board of Directors, DSACC organization or its membership. All medical related issues should be thoroughly discussed with your doctor before being implemented. DSACC does not endorse the writings of any individual, professional, or organization.

2011 Officers and Board of Directors

Jane Feist - President
Bill Leist - Vice President
Marie Harder - Secretary
Lourdes Arias - Treasurer
Denise Allshouse - Past President

Members At Large
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Paris Boone
Daniel Christensen
Seth Manfredi
Tony Phillips
Efrain Tovar
Jennifer Whiting

***Office Hours***
Monday, Wednesday, Friday: 9am until 4pm
Tuesday and Thursday: 9am until Noon
Also open for scheduled events, and by appointment

DSACC Updates
A letter from 2011
Board President, Jane Feist

Happy New Year from your friends at DSACC!

You can’t possibly know by reading this how much I truly mean those words. I hope you and your family embark on a joyous new year in 2011 and realize the wonder of being blessed by your association with a person with Down syndrome.

For our family, we have come to realize on a very personal level how many blessings we have been given through our daughter, Teagan. If not for the fact that she happens to have Down syndrome, we would never have become firmly entrenched in this thing called the Down Syndrome Association of Central California. This is an organization that I firmly believe in because of the heart it has for fellowship opportunities, education, information, and community awareness.

As I prepare to take the chair of our past president and amazing founder, Denise Allshouse, I am struck by how far she has taken a fledgling little support organization called FADSS to where we are in 2011. Denise has been gifted with a precise vision and the motivation to see it realized. I am truly honored to sit with her on the Board. I hope I can fulfill the position of President this year in a way that makes her proud.

Kate, our Executive Director, and Danielle, our Office Manager, have given DSACC an organizational structure that will serve us well for years to come. Their efficiency and management is directing us into a new level of service to the Down syndrome community.

This year, we will again be working to help our community accept, include, and appreciate our loved ones with Down syndrome. I hope you have a strong desire to do the same.

Jane Feist, President
Hey all you D.A.D.S. out there,
I can honestly say I have never been more excited about our D.A.D.S. group. In our last meeting, we had a new member attend. This makes our total of dads that have attended our meetings up to a total of ten DADS!!! We are growing. If we could get all ten dads to attend one meeting, we would be on our way to becoming the group we always talked about. The new year has arrived, and I know I am ready to make this group the strongest it has ever been, so let’s shoot to make our January meeting the BIG one. I would like the D.A.D.S. Group to host a charity poker tournament. If any one is interested, please give the office a call at 559-228-0411 or shoot me an E-mail at DADS@fadss.net.

Reminder: Our meetings are held the third Monday of the month at 6pm at Round Table Pizza on Willow and Herndon

UPCOMING MEETINGS: January 17 & February 21.
Come hungry and show your support for our group and our kids. Let’s make this next meeting our best yet!
Once again thank you to all of our dads for your support and have a great New Year!

Grandparents: Keeping it safe for your grandchild
The New Year is a great time to consider making a few changes. Whether this is your first grandchild or you have had tiny footsteps in your house before, take the time to check your child-proofing in the kitchen, bathroom, bedroom and in any other areas where injury could result. A few minutes to do that safety check could be the most important few minutes you spend caring for your grandchild.
Many young children experience the world by putting things in their mouths, so watch out for small objects (like coins or refrigerator magnets) that they can swallow and any substance that could be harmful if eaten. And of course, if you haven’t gotten around to it yet, change the batteries in all smoke detectors. In addition to the usual cabinet latches and removing access to mini blind cords, remember to think of what is unique to your grandchild when child-proofing.
Your grandchild who happens to have Down syndrome may have some difficulty hearing or communicating. You may feel that taking a few extra precautions is a good idea, because you aren’t sure if verbally telling them “no” will be enough.

Here’s a list to help you get started; be sure to add those things to the list that are special to your house (like stairs) or to your grandchild:
• Keep all sharps in a locked cabinet and breakable or glass items out of reach.
• Dispose of all plastic grocery bags or other plastic bags that could cause suffocation.
• Keep an eye out for sharp objects on walls, toys, cribs, playpens, or strollers.
• Always pick up toys, so that no one slips and falls on them.
Even though child-proofing is never a substitute for adult supervision, making sure that your home is as safe as possible, will help you to avoid injuries and keep your grandchild out of harm’s way.

*Photo Credit: Thomas Ovalle Photography
January 2011 Birthday Celebrations * February 2011 Birthday Celebrations

If your birthday is not listed here, please call us and let us know.
We will publish missed birthdays.

Aaron Ray  
Abraham Benitez  
Adrian Pedraza  
Aleksander Wickstrom  
Alexandria Maggio  
Aliyah Isabella Tovar  
Andrea Varela  
Anna Davis  
Anna Predmore  
Audrey Gutierrez  
Carlos Williams Recinos  
Charlie Allshouse  
Diego Cisneros  
E.J. Smith  
Elijah De La Cerda  

Ethan Hunter  
Fatima Macias  
Gerardo Reynoso  
Guadalupe Ramos  
Isabella Meza  
Jack Welsh  
Jaime Rayl  
Javier Sanchez  
Jennifer Johnson  
Lauren Bergquist  
Logan Dewey  
Mia Figueroa  
Monica Ruano  
Phillip Sims  
Sa-Riah Romo  

Scott Nerland  
Ximena Lopez-Ballin  
Angel Jeff  
Armando Rosales, Jr.  
Ava Fernandes  
Charis Crisco  
Christopher Vasquez  
Dante David Rossette  
Elijah Johnson  
Eliana Johnson  
Jose Piceno  
Katie Rose Cosby  
Kelly Flepper  
Liliana Bourgeois  
Mario Silva, Jr.  

Mathew Schaak  
Micah McDaniel  
Mike Wright  
Richard Peterson  
Stephanie Cruz  
Steven Sztukowksi  
Uma Kirby  
Angel Torres-Santiago  
Brenda Anderson  
Julio Ramirez  
Paola Beatriz-Garcia  
Max Vargas

Kid’s Korner

Which one of these is not like the others in each box? Tell which one is different and why.
See page 11 for the answers!
**Creating a Plan**
Creating A Plan (CAP) is a series of focused workshops to help you complete all the steps toward a high quality life for your loved one with Down syndrome. Our first class will be on **February 23, 2011 at 6:30 p.m.**
and it will cover “Building a Circle of Support.”
Call the office at 228-0411 to sign up for this free educational class.

**Tee Up for Down Syndrome**
**Save the Date**
**June 10, 2011**
*More information to come in the March/April Newsletter*

**Second Saturday moves to Quarterly schedule in 2011**
Remember, we will be providing our Second Saturday Parents Program once every quarter. This means that we will offer a chance to get together and share on the second Saturday of the months of March, May, August, and November only. After January 1, 2011, we will no longer offer this program monthly.

**Calendar Link**
It is not too late to purchase a calendar from Calendar Link! You can customize your calendar to begin at your month of choice. And, remember, proceeds from each calendar purchased will be donated to Down Syndrome Association of Central California. Just go to: [www.calendarlink.org/dsacc](http://www.calendarlink.org/dsacc) and choose selected DSACC pictures or upload your own personal pictures to create your very own calendar!

**DSACC Wish List**
Can you lend us a hand?
These are things we could really use at the DSACC office:
- Office Supplies-Copy paper, white and colors
- Printer ink (call for info on type)
- Warehouse shelving
- Plastic bins
- Cleaning Supplies-Paper towels
- Antiseptic wipes
- Kleenex
- Silent Auction Items (non-perishable)

DSACC always welcomes cash contributions. You can donate online by going to www.dsacc.org and clicking on the **DONATE** button or by mailing a check to:

**DSACC**
4277 West Richert Avenue, #102
Fresno, CA 93722

DSACC is a 501 (c) (3) tax exempt organization. Donations are tax deductible to the fullest extent allowed by law.

**Volunteer Wish List**
Dollars for Down Syndrome Coordinator: Duties include seeking out new businesses, keeping an up-to-date spreadsheet listing the businesses who have cans, periodically visiting the sites, and collecting the donations and securely bringing them back to the DSACC office for appropriate deposit.

Special Events- We have many special events during the year that utilize volunteers to organize and plan the events and assist attendees.

Outreach Events- Accompanied by staff or board members, volunteers greet the public at conferences, public education events and trade shows, providing information about DSACC.

Clerical Assistance- We provide a great deal of educational material to the public, that material needs to be researched, copied and collated. Other duties might include data entry, materials management and newsletter production.

Young client supervision- Specially trained volunteers.
Occasionally, we have educational programs where childcare is provided.

We also have a need for Spanish translators.
For more information, call the DSACC office at (559)288-0411.
Thank You

Thank you for helping us fulfill our mission to enhance the quality of life for all people whose lives are touched by Down syndrome.

Many thanks to...

...our November and December volunteers: Kathy Monty and Sally Fernandes (Third Thursday), Terry Van Huss (November First Friday Guest Speaker), Marie Harder (November Second Saturday Guest Speaker), Angelica Uribe (intern), and Allie Omandam (office volunteer).

...the following individuals for blessing our families with donations of toys and clothing: June and Jim Pearson, Patricia Pearson Gulley, Pam Verdiere, IZAT of “Visual Changes”, Badia Hamdou of Phoenician Gardens Restaurant, Rana Borno, Rania Alam, Dr. Maha El Sherif, Margaret Dixon, Virginia Dixon, and Narmeen Hindyeh. Your donations touched the lives in great ways of many of our families and they want you to know...we appreciate you!

Holiday Social

Thank you to everyone who made this event possible! Michelle Smith and Rick Radke for the delicious tri-tip sandwiches, David and Margie McClain for their superb photography skills, Howard Jackson, Cameron St. Clair, DSACC Board of Directors, Steve & Deby Hergenrader from Break the Barriers, Allie Omandam, Arturo Arias, Shannon Johnson, Kyle Carlson, Cindy Zsiba, Leslie DeWeese, and Ryan Jones.

Volunteer Spotlight

Eye-Q Cares Committee

The doctors of EYE-Q Vision Care have always been about giving back to the community they serve. In 2005 they challenged their staff to give back as well. That year EYE-Q Cares was formed. EYE-Q Cares is a committee of volunteers that fund-raise and serve right here in the Central Valley. When they heard about all the great things that the Down Syndrome Association of Central California were doing for our community they wanted to get involved. The first thing EYE-Q Cares did was to make it possible for DSACC to get polo shirts for their annual golf tournament. In the next few months they plan to help DSACC with acquiring more donations for their silent auction at the Sweetheart Luncheon in February. This is only the beginning of a long lasting relationship between the Down Syndrome Association and the EYE-Q Cares committee.

*Photo Credit: Eye-Q
Tell Us Your Story

Have you heard them say “everyone has a story”? Well it’s true, and we would love to hear your story. Maybe you could share a life changing moment with your child, or a time that you came to really appreciate something or someone in your life. Just write it down and send it to us (e-mail works best but on paper will work too). With your permission, we may print it in our new feature “Our Stories” in the bi-monthly newsletter or post it on our website!

Footprints for the Future Conference

Our conference, Footprints for the Future, held on November 19th and 20th, was well attended and offered great information to the participants. Because a main goal of the conference was to “start a conversation” about plans for the future (about that day when parents may not be able to care for their loved one with a disability), we provided plenty of information to get everyone thinking and talking! Our guest speaker, Jo Ann Simons, MSW is a professional in the field of individuals with intellectual disabilities, but she is also a mother of a 31 year old man with Down syndrome. She gave us a great perspective from both sides of the discussion and shared many of the experiences she has had transitioning her son into a high quality, independent life. In addition, attorney John Hastrup from McCormick, Barstow answered a multitude of questions parents had about the legal aspects of planning for your child’s future.

If you missed the conference, please sign up to attend our workshop series on Creating A Plan, scheduled to begin Spring 2011. See page 5 for more details.

Educator and Service Provider of the Year Awards!

*Parents Only, please take the time to nominate an educator and/or service provider who have made a tremendous effort to enhance the quality of life of your loved one with Down syndrome. The following information must be included in your nominations:

On page one include the name of the educator or service provider, where they work and their contact information, your name and contact information and the name of your loved one with Down syndrome. For the nomination, on two double spaced, typed pages or less, describe why you think your nominee should be selected for this honor. Please do not include any identifying information in your nomination, such as name of nominee, agency or school where they work, or your name or the name of your loved one with Down syndrome. The nominations will be judged by an independent panel of judges who WILL NOT have identifying information for the nominees. Hints for your nominations – include examples of what prompted your nomination like advocacy efforts, inclusion and IEP team management, professionalism, other community recognition they may have received, communication abilities, etc.

Good luck with nominations and please note that they MUST BE RECEIVED IN THE OFFICE NO LATER THAN Wednesday, January 19, 2011. Nominations can be mailed to or dropped off at the office, E-mailed to Denise@dsacc.org or faxed to 559-228-0414.

Note: Honorees will be selected and notified no later than January 28th, 2011. The honorees selected will receive complimentary tickets to the luncheon for themselves and the person submitting the nomination.

*Photo Credit: Thomas Ovalle Photography
2011 Programs, Groups & Events Calendar

For more information or questions,
Call the DSACC Office 559.228.0411

Mark Your Calendar

Programs

**First Friday**
Meetings are held at DSACC office, 10am to Noon

**January 7, 2011:** Guest Speaker - Bobbie Coulbourne, Director of Parent Training Information and The Family Empowerment Center, Exceptional Parents Unlimited - advocating for your child at school

**February 4, 2011:** Guest Speaker - Lorie Ollivier, Behavioral Specialist - Keeping your child safe, relationships and abuse prevention

**Second Saturday**
Meetings are held at DSACC office, 10am to Noon

**March 12, 2011:** Guest Speaker - TBD - Tell us your story; for more information, call the DSACC office

**Third Thursday**
Meetings are held at United Methodist Church, 10am to Noon

**January 20, 2011** Guest Speaker - Jo Shear - Occupational Therapist and mother to a grown son with Down syndrome

**February 17, 2011** Guest Speaker - Carlie McCorvey of the Mended Little Hearts support group

**Creating A Plan (CAP)**
“Building a Circle of Support”
Wednesday, February 23, 2011 at 6:30pm
Please call 559-228-0411 to RSVP

Groups

**D.A.D.S.**
Meetings held on 3rd Mondays at 6pm
Round Table Pizza on Willow and Herndon
Contact DSACC office for more information, 559.228.0411, E-mail Ryan at DADS@fadss.net or call Arturo Arias at (559) 978-1686

**UPCOMING MEETINGS:**
January 17 & February 21

**Board Meetings** are held the 3rd Wednesday of the month, 5:30pm, DSACC Office

Events

**Sweetheart Luncheon & Fashion Show**
International Catering Company
Saturday, February 12, 2011
10:30am to 1:30pm
Purchase your tickets no later than February 4

**Sweetheart Dance**
Break the Barriers
7pm to 9:30pm
Friday, February 18, 2011
Evening Dress Attire
Please bring 2 non-perishable food items to be donated to a local food bank

**Tee Up For Down Syndrome**
Fig Garden Golf Course
Friday, June 12, 2011
### Programas

**Primer Viernes**
Las juntas son en la oficina de DSACC, de 10am al medio día

**Enero 7, 2011:** Orador - Bobbie Coulbourne, Director de Entrenamiento para Padres y el Centro de Apoyo para Familias, Exceptional Parents Unlimited – abogar por su hijo en la escuela

**Febrero 4, 2011:** Orador – Lorie Ollivier, Behavioral Specialist - Mantener a su hijo a salvo, relaciones y prevención de abuso

**Segundo Sábado**
Las Juntas son en la oficina de DSACC, de 10am al medio día

**Marzo 12, 2011:** Orador – Le avisaremos después- Cuéntenos su historia; para más información, llame a la oficina de DSACC

**Tercer Jueves**
Las juntas son en la Iglesia United Methodist de, 10am al Medio Día

**Enero 20, 2011:** Orador- Jo Shear - Terapeuta Ocupacional y madre de un joven adulto con síndrome de Down

**Febrero 17, 2011:** Orador - Carlie McCorvey de Mended Little Hearts (Reparar Pequeños Corazones) grupo de apoyo

**Crear Un Plan (CAP)**
“Desarrollando un Circulo de Apoyo”
Miércoles, Febrero 23, 2011 a las 6:30pm
Favor de llamar al 559-228-0411 para Reservar

### Grupos

**D.A.D.S.**
Las Juntas son el Tercer Lunes del Mes a las 6pm
Round Table Pizza en la Willow y Herndon
Comuníquese con la oficina de DSACC para más información, 559.228.0411 o con Arturo Arias al (559) 978-1686

**JUNTAS POR VENIR: Enero 17 y Febrero 21**

**Juntas de la Mesa Directiva** son el tercer miércoles Del mes, a las 5:30pm, en la Oficina de DSACC

### Eventos

**Almuerzo del día de la Amistad y Desfile de Modas**
International Catering Company
Sabado, February 12, 2011
10:30am a 1:30pm
Compre sus boletos no más tarde que el 4 de Febrero

**Baile de la Amistad**
Break the Barriers
7pm a 9:30pm
Viernes, 18 de febrero, 2011
Vestido de Noche
Favor de traer 2 platillos de comida que no se eche a perder para donarlos al banco de comida

**Tee Up Para sindrome de Down**
Fig Garden Golf Course
Viernes, 12 de Junio, 2011
Ya están disponibles los boletos y espacio para patrocinadores del Almuerzo del día de la Amistad y Desfile de Modas!

Venga acompañenos a honrar a nuestras amistades que también hortaran a nuestros corazones muy especiales! En este almuerzo que está por venir podrá ver a algunos de nuestros seres queridos con síndrome de Down escoltar a los mejores voluntarios, patrocinadores, y representantes de agencias que nos apoyan en un desfile de modas que será muy prometedor.

También, daremos honor a un Educador del año y a un Proveedor de Servicios. Los honrados serán seleccionados por medio de nominaciones de los padres. Vea la información del artículo para que sepa como nominar a un educador o proveedor de servicio, que ha hecho una diferencia muy significativa en la vida de su ser querido con síndrome de Down.

El evento se llevará a cabo el Sea- board 12 de Febrero del 2011, las puertas se abrirán a las 10:30 am y el almuerzo será a las 11:30 am. El lugar será en el International Catering localizado en el 4277 N. West Ave. En Fresno. Podrá comprar los boletos o bajar la forma de registración por medio de nuestra página web www.dsacc.org y también puede mandar la forma por correo o por fax.

También puede comprar los boletos en la oficina de DSACC. Los boletos son $35.00 por persona. El costo en la puerta será de$50.00 (si es que hay espacio disponible). Hay dos niveles de patrocinamiento.

El de corazón de oro por $1,000.00 o más. A los patrocinadores se les hará reconocimiento durante el evento, y tendrán publicidad por medio de nuestra revista de DSACC. Los Patrocinadores del Corazón de Oro pueden escoger a uno de sus representantes para que participe en el desfile de modas y también recibirá 10 boletos para el evento.

El nivel de Azul es por $500.00. A los patrocinadores se les hará reconocimiento durante el programa, y por medio de nuestra revista de DSACC. El patrocinador del nivel Azul recibirá 4 boletos para el evento.

El vestuario del modelaje será proveído por Patrick James Men’s Clothing, Coldwater Creek of Fig Garden Village, Old Navy, Espi’s Kids of Visalia and Verdalee.

Gracias a nuestros primeros patrocinadores: Dr. and Mrs. Sukhjit Purewal, The Allshouse Family, Daniel and Jami De La Cerda of Diamond Learning Center, International Catering, Snapshot Media, Volt Entertainment, Eye-Q Cares philanthropy team, and Orloff Jewelers.

Para los Padres Solamente, por favor tome el tiempo para nomina a un educador o proveedor de servicio el cual haya hecho un gran esfuerzo en mejorar la calidad de vida para su ser querido con síndrome de Down. La siguiente información debe de estar incluida en sus nominaciones:

En la pagina uno incluya el nombre del educador o proveedor de servicio, lugar de trabajo e información de contacto, dé su nombre y número de teléfono también denos el nombre de su ser querido con síndrome de Down.
Kid's Korner Answers

- Row 1: #2 because it is a giraffe and the others are reptiles.
- Row 2: #4 because it is a panda bear and the others are fish.
- Row 3: #3 because it is a butterfly and the others are birds.
- Row 4: #2 because it is a bird and the others are insects.

Sweetheart Dance
Friday, February 18, 2011
7pm to 9:30pm
Break the Barriers
8555 N. Cedar Ave., Fresno, 93720
(NW Corner Cedar & Teague)
559-432-6292

- Dress Attire: Evening Wear (Gentlemen are asked to wear slacks with a nice button-down shirt and a tie and ladies are asked to wear a nice dress.)
- This year’s dance has a special twist... Please join us for an elegant evening of dancing where you will focus on manners and etiquette in a social setting. You will also learn how to ballroom dance!
- We ask that you bring NO snacks.
- To attend the dance, you need to bring two non-perishable food items to donate to a food bank.
- Music by Jimmie Villa of Timeless Entertainment

Proudly sponsored by...
Break The Barriers
Down Syndrome Association of Central California
Exceptional Parents Unlimited SOAR
Center for Independent Living
Diamond Learning Center

Resources:
IEP Education:
http://www.theupsideofdowns.org/education/iep
Public Benefits for Individuals with Disabilities:
Important Health Care Act Provisions to Take Effect Soon:
http://www.familiesusa.org/health-reform-central/september-23/
Disability is Natural - Article: “Interdependence”
http://www.disabilityisnatural.com/newsletters/404-interdependence
Sweetheart Luncheon & Fashion Show
Saturday, February 12, 2011
10:30am - Registration, Social Hour, Silent Auction
11:30am - Fashion Show & Lunch
International Catering - 4277 N. West Ave., Fresno, 93705