

# the Extra!

A publication of Down Syndrome Association of Central California

*Our mission is to enhance the quality of life for all people whose lives are touched by Down syndrome.*

March/April 2011 ~ Volume 10, No. 2

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## TEE UP FOR DOWN SYNDROME

**Reserve your spot today!**

**Friday, June 10, 2011**

**Fig Garden Golf Club**

7700 North Van Ness Boulevard  
Fresno, CA 93711

**11 a.m. Lunch**

**12:30 p.m. Shotgun Start**

*Dinner, Raffle & Silent Auction  
To Follow Tournament*

**\$100.00 per golfer**

*Golf fee includes: Golf, Cart, Lunch,  
Dinner and Range Balls*

*Deadline to enter is June 3, 2011*

### Tournament Sponsorships

**The Arnold Palmer Sponsorship: \$2500.00**

*...Includes 2 foursomes, prominent signage at the  
tournament, and program and newsletter recognition*

**The Jack Nicklaus Sponsorship: \$1000.00**

*...Includes 1 foursome, and tournament, program,  
and newsletter recognition*

**Hole Sponsorship: \$250.00**

*...Includes program and newsletter recognition*

**Sponsor a golfer with Down syndrome: \$60.00**

*Deadline for Sponsorship Commitment and Payment is May 27, 2011*

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If you are interested in volunteering, donating  
silent auction items, or sponsorships, please call  
the DSACC office, 559-228-0411.

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Fresno, CA 93722

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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**

- Jeremy Bishel
- Paris Boone
- Daniel Christensen
- Seth Manfredi
- Tony Phillips
- Efrain Tovar
- Jennifer Whiting

**\*\*\* Office Hours \*\*\***

Monday and Wednesday: 9am until 4pm  
Tuesday and Thursday: 9am until Noon  
Friday: 9am until 3pm

Also open for scheduled events, and by appointment

# DSACC Updates

## • New Office Hours •

Monday: 9am to 4pm

Tuesday: 9am to NOON

Wednesday: 9am to 4pm

Thursday: 9am to NOON

**\*\*\* Friday: 9am to 3pm \*\*\***

*We are also open for  
scheduled events,  
and by appointment*

## Get well soon Teagan Feist!

We wish you a speedy recovery. Your DSACC family cannot wait until we can see your smile again at the office!



# Monthly Articles

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## D.A.D.S.

By: Ryan Jones

*Hey all you D.A.D.S. out there,*

Recently my little girl has been growing up too fast! I could use some help. All of you amazing dads that have attended meetings, have been great and I personally have learned so much from you! It seems that each of our new dads have younger children. I know my journey has been greatly enhanced by our group and I hope theirs will be too, so, let's keep being there for each other, sharing stories, and giving faith that everything will be OK. We have recently made a change to the day we meet, from the

third Monday of the month to the **second Monday of the month**, still at 6 pm at the Round Table Pizza on Willow and Herndon.

And besides our regular meetings, I hope to see you all at **Tee Up for Down Syndrome**, the DSACC Golf Tournament, set for June 10th (yes, it's a Friday). It's a great day of golf, food and fun to benefit our loved ones with Down syndrome. So make your plans now and be sure to purchase your tickets in advance because space for golfers is limited and it fills up very fast.

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

**UPCOMING MEETINGS: March 14 and April 11.**

Come hungry and show your support for our group and our kids.

Once again thank you to all of our dads for your support!

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## Grandparents: An Act of Love

We love our grandkids so much, and it is so tempting to spoil them. And the truth is, a little spoiling done the right way, usually does no harm. But "little" and "right way" are the key words. One issue our children have is obesity, recent research estimates that up to 33% of all children and adolescents are obese.(1) And that means that as grandparents of a child with Down syndrome, we need to be even more concerned than the average grandparent. We are learning that children with Down syndrome may gain weight more easily than typical children. A study by the Children's Hospital of Philadelphia in 2007 reported that:

*Children with Down syndrome are more likely than their unaffected siblings to have higher levels of a hormone associated with obesity, according to pediatric researchers. The hormone, leptin, may contribute to the known higher risk of obesity among children and adults with Down syndrome.(2)*

Obesity is associated with many health problems and for those children with cardiac conditions, it is especially important to avoid any more stress on the heart by having high cholesterol or carrying too much weight.



So what to do? Our grandkids are just so darn cute, and they deserve that special treat! And they really love coming to grandma's house where they get cookies and ice cream! Or where grandpa lets them sneak an extra candy bar, with a wink. But if we love them, and we do, we have to choose other things to reward the cuteness and good behavior. Instead of cookies and milk as a bedtime snack, let's read books for an extra half hour at bedtime. Did we pick up all the toys and play nice with our sister? Then we can go for a walk with the dog around the neighborhood. And we should always offer healthy snacks and treats, munching on carrots and apples alongside our grandchild, setting a good example!

(1)The American Academy of Child and Adolescent Psychiatry, (2) Children's Hospital of Philadelphia (2007, October 28). Obesity-related Hormone Is Higher In Children With Down Syndrome. ScienceDaily.

# Birthdays

## March 2011 Birthday Celebrations \* April 2011 Birthday Celebrations

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

	Nick Benson	Gabriel Luna	Dracos Reinhardt	Jacob Kiser
	Andy Binford	Elizabeth Martinez	Joshua Zarate	Brayden Lehnick
	Mireya Briones	Grecia Mendoza	Vanessa Alvarez	Austin Lohse
	Noah Cervantes	Paul Molina	Jesus Antonio Ayala	Casey Jones
	Andrew Fox	Giovanni Morales	Alfonso Cardona	Michael Thomas
	Brandon Gruber	Alyssa Duarte	Ember Cortez	Maricela Valenzuela
	Guadalupe Hernandez	Jesse Parker	Hector Campos	Leeann Nelson
	Victor Hernandez	Alexis Torres	Josiah Chavez	Christian Mark Phillip
	Makayla Jones	Mary Towne	Stacey Cox	Valeria Rodriguez
	Noah Llanos	Jesse Parker	Joey Emler	
	Suhey Lopez	Jaqueline Ramos Vargas	David Griffith	
				

\* • Happy belated birthday to Jimmy McMillan • \*

## Kid's Korner

Word search

Looking for  
Leprechauns

Can you find these  
words?

- shamrock
- gold
- fairy
- green
- leprechaun
- rainbow
- Ireland



W	R	G	J	E	Y	E	W	H	L
I	O	E	O	R	X	J	S	E	D
O	P	B	I	L	D	D	P	B	N
S	Z	A	N	G	D	R	I	O	A
Y	F	F	Y	I	E	H	F	E	L
X	Y	N	O	C	A	I	N	W	E
T	C	B	H	Q	G	R	I	P	R
W	Q	A	G	R	E	E	N	M	I
Q	U	K	C	O	R	M	A	H	S
N	P	D	D	L	W	H	X	J	O



\*Answers on page 7

## Announcements

### D.A.D.S.

Meetings are now held on the **2nd Mondays of every month** at 6:00 p.m. at Round Table Pizza (*Willow and Herndon*) Please join the next meeting D.A.D.S. meeting, March 14 and April 11

### 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. Upcoming sessions:  
**March 23, 2011 at 6:30 p.m.**  
**April 27, 2011 at 6:30 p.m.**  
Call the office at 228-0411 to sign up for these *free* educational classes.

### 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.

### 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](http://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 January and February volunteers: Kathy Monty and Sally Fernandes (Third Thursday), Bobbie Coulbourne and Lorie Ollivier (January and February First Friday Guest Speaker), Allie Omandam (office volunteer), and Susan Reyes (intern).

...Mr. and Mrs. Damore with Pump It Up for donating their facility for our January Club 321 event.

...our anonymous donor who made a donation in honor of Cecilia Ferrer-Heyne.

## *Sweetheart Luncheon and Fashion Show Honors and Recognition* By: Denise Allshouse

First and foremost, I would like to thank our sponsors and donors. You were over the top with generosity and support this year, and we appreciate your dedication to DSACC. **Heart of Gold Sponsors:** Dr. Sukhjot S. Purewal, D.D.S. and The De La Cerda Family with Diamond Learning Center. **True Blue Sponsors:** Dr. Peter and Alice Witt with Wayfinders, Carolyn Tellalian with Wayfinders, Beacon Associates, and McCormick, Barstow, Sheppard, Wayte, & Carruth, LLP. **Donors:** International Catering Company, Orloff Jewelers, Snap-Shot Media, Volt Entertainment, Eye-Q Cares, and Covered with Elegance. Silent auction donors were especially generous this year too, and we want to let everyone know who donated how very much we appreciate them.

Thank you, Zara Arboleda, from CBS Ch. 47, for volunteering to emcee the Sweetheart Luncheon and Fashion Show. I would also like to recognize our **fashion providers:** Old Navy, Coldwater Creek of Fig Garden Village, Patrick James Men's Clothing, Verdalee, and Espi's Kids. Everyone looked absolutely stunning! I cannot say enough about our models, both escorts and honorees.

You made the day and we are so grateful for your participation!

Congratulations to our Educator and Service Providers of the Year. Karen West, nominated by Maria Falcon, was named 2011 Educator of the Year and Elsabe Kruger, nominated by Darlena Lehnick, was the recipient of our 2011 Service Provider of the Year award.

Last, but certainly not least, kudos to our volunteers and staff who spent so much time on this event: Maja Cahill, Carrol McCrumb, Cindy Zsiba, Don Glass, and Susan McCall along with staff members Kate Henry and Danielle Hananouchi were the glue for this event and deserve a giant standing ovation for their efforts.

If you were a sponsor or donor and did not receive recognition in this article, it is because we did not receive confirmation of your donation until after the deadline for our March/April newsletter. Please stay tuned for the May/June newsletter where we will complete our recognitions and thank yous and perhaps even publish some pictures!



# Volunteer Spotlight

## Volt Entertainment

Volt Entertainment is the ultimate combination of creative ideas and professional expertise. Co-owners JJ Terry and Sean Graham set out to establish a new kind of entertainment production company in Central California. With JJ's film school training and Sean's background in business, Volt Entertainment offers a fresh and innovative alternative to sound, lighting and video production. Growing up in the Central Valley, Sean and JJ both have a strong connection with the community, which carried over to their business. Volt Entertainment is more than happy to have the opportunity to work with such an outstanding organization like DSACC. They graciously donated their services for the Sweetheart Luncheon and Fashion Show, and look forward to future business opportunities with DSACC.



\*Photo Credit: Volt Entertainment

## Kid's Korner Answers

**Kid's Korner**




Word search


Looking for  
Leprechauns

Can you find these words?

- shamrock
- gold
- fairy
- green
- leprechaun
- rainbow
- Ireland

W	R	G	J	E	Y	E	W	H	L
I	O	E	O	R	X	J	S	E	D
O	P	B	I	L	D	D	P	B	N
S	Z	A	N	G	D	R	I	O	A
Y	F	F	Y	I	E	H	F	E	L
X	Y	N	O	C	A	I	N	W	E
T	C	B	H	Q	G	R	I	P	R
W	Q	A	G	R	E	E	N	M	I
Q	U	K	C	O	R	M	A	H	S
N	P	D	D	L	W	H	X	J	O





\*Photo Credit: Thomas Ovalle Photography

### 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!

# 2011 Programs, Groups & Events Calendar

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For more information or questions,  
Call the DSACC Office 559.228.0411



## Programs

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### **First Friday**

Meetings are held at DSACC office, 10am to Noon

**March 4, 2011**: Guest Speaker - TBD

**April 1, 2011**: Parent to Parent Town Hall Meeting. Join us to give your input on how we can better serve you through our Family Faculty Support program.

### **Second Saturday**

Meetings are held at DSACC office, 10am to Noon

**March 12, 2011**: Learn how to tell your story; for more information, call the DSACC office

### **Third Thursday**

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

**March 17, 2011**: Guest Speaker - Jo Shear - Occupational Therapist and mother to a grown son with Down syndrome

**April 21, 2011**: Canceled. Please join us in May!

### **Creating A Plan (CAP)**

Upcoming CAP Sessions

Wednesday, March 23, 2011 at 6:30pm

Wednesday, April 27, 2011 at 6:30pm

For more information, please call 559-228-0411

RSVP 1 week prior to Session

## Groups

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

Meetings held on 2nd 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:**

**March 14 and April 11**

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

## Events

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### **Tee Up For Down Syndrome**

Fig Garden Golf Course

Friday, June 10, 2011

Fig Garden Golf Club

11 a.m. Lunch

12:30 p.m. Shotgun Start

*Dinner, Raffle and Silent Auction to Follow*

### **5 and Under Receptions**

Families who have a child under the age of 5 will  
receive a post card invitation to our 5 and Under  
Receptions for Fresno, Visalia and Merced.

*More information will also be published in the  
May/June Newsletter.*

# 2011 Calendario, de Grupos y Eventos

Llame a la Oficina de DSACC Si Tiene Preguntas  
559.228.0411



## Programas

### Primer Viernes

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

**Marzo 4, 2011:** Le Avisaremos Después

**Abril 1, 2011:** Junta de Padre a Padre (Town Hall).  
Acompáñenos para que nos de sus ideas en cómo le  
podremos ayudar mejor por medio de nuestro pro-  
grama de Apoyo de Familias.

### Segundo Sábado

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

**Marzo 12, 2011:** Aprenda como contar su historia;  
para mas información llame a la oficina de DSACC

### Tercer Jueves

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

**Marzo 17, 2011:** Orador- Jo Shear - Terapeuta  
Ocupacional y madre de un joven adulto con  
síndrome de Down

**Abril 21, 2011:** Cancelado. Por favor  
acompañenos en Mayo!

### Crear Un Plan (CAP)

Sesiones por Venir

Miércoles, Marzo 23, 2011 a las 6:30pm

Miércoles, Abril 27, 2011 a las 6:30pm

Favor de Llamar al 559-228-0411 para Reservar  
Una semana antes de la Sesión

## Grupos

### D.A.D.S.

Las Juntas Son el Segundo Lunes a las 6pm  
Round Table Pizza entre Willow y la Herndon  
Comuníquese a la oficina de DSACC para mas infor-  
mación, 559.228.0411, E-mail Ryan al DADS@fadss.  
net o llame a Arturo Arias al (559) 978-1686

**Las Siguietes Juntas Son: Marzo 14 y Abril 11**

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

## Eventos

### Tee Up Para síndrome de Down

Fig Garden Campo de Golf

Viernes, Junio 10, 2011

Fig Garden Campo de Golf

11 a.m. Almuerzo

12:30 p.m. Comienzo

Cena, Rifa y Subasta

### Recepciones de menores de 5

Las Familias que tienen niños menores de 5 años  
Recibirán una invitación por correo para las áreas  
De Fresno, Visalia y Merced.

Publicaremos mas información en la  
revista de Mayo/Junio.

## Lista de Contactos

### DSACC

*Down Syndrome Association of Central California*  
4277 W. Richert Ave., Suite 102  
Fresno, CA 93722  
559-228-0411  
www.dsacc.org

### CVRC

*Central Valley Regional Center*  
4615 N. Marty Ave.  
Fresno, CA 93722  
www.cvrc.org  
Fresno - 559-276-4300  
Merced - 209-723-4245  
Visalia - 559-738-2200

### Parent and Family Resource Center

*(at Exceptional Parents Unlimited)*  
4440 N. First St.  
Fresno, CA 93726  
559-229-2000  
www.exceptionalparents.org

### Parenting Network

1900 N. Dinuba Blvd., Suite C  
Visalia, CA 93921  
559-625-0384  
www.parentingnetwork.org

### Children's Hospital Central California

9300 Valley Children's Place  
Madera, CA 93636  
*Family Resource Center* - 559-353-6170  
*Charlie Mitchell Clinic* - 559-353-6425

### Break the Barriers

8555 North Cedar Avenue  
Fresno, CA 93720  
559-532-6292  
www.breakthebarriers.org

### National Down Syndrome Society

800-221-4602  
www.ndss.org

### National Down Syndrome Congress

800-233-6372  
www.ndscenter.org

### Healthcare Website

www.ds-health.com

### **ATENCION FAMILIAS DE HABLA HISPANA**

*Marque en su calendario esta fecha*

**Domingo 27 de Marzo, 2011**

de 11:00am a 2:00pm

El Grupo Latino de Síndrome de Down tendrá una reunión para las familias de habla hispana SOLAMENTE podrá compartir con otras familias y darnos ideas de la forma en que le podremos ayudar mejor. Será en nuestra oficina de DSACC localizada en el 4277 W Richert Ave., Suite 102, Fresno, CA 93722. Para mas informacion llame a Lourdes al (559) 228-0411 o por correo electronico al [lourdes@fadss.net](mailto:lourdes@fadss.net)

### **POR FAVOR ANOTE**

Las Juntas de D.A.D.S son el Segundo Lunes de cada mes a las 6:00pm Round Table Pizza (Willow y Herndon)  
*Las Siguietes Juntas Son:  
Marzo 14 y Abril 11*

## **Family Resource List**

### **DSACC**

*Down Syndrome Association of Central California*  
4277 W. Richert Ave., Suite 102  
Fresno, CA 93722  
559-228-0411  
www.dsacc.org

### **CVRC**

*Central Valley Regional Center*  
4615 N. Marty Ave.  
Fresno, CA 93722  
www.cvrc.org  
Fresno - 559-276-4300  
Merced - 209-723-4245  
Visalia - 559-738-2200

### **Parent and Family Resource Center**

*(at Exceptional Parents Unlimited)*  
4440 N. First St.  
Fresno, CA 93726  
559-229-2000  
www.exceptionalparents.org

### **Parenting Network**

1900 N. Dinuba Blvd., Suite C  
Visalia, CA 93921  
559-625-0384  
www.parentingnetwork.org

### **Children's Hospital Central California**

9300 Valley Children's Place  
Madera, CA 93636  
*Family Resource Center* - 559-353-6170  
*Charlie Mitchell Clinic* - 559-353-6425

### **Break the Barriers**

8555 North Cedar Avenue  
Fresno, CA 93720  
559-532-6292  
www.breakthebarriers.org

### **National Down Syndrome Society**

800-221-4602  
www.ndss.org

### **National Down Syndrome Congress**

800-233-6372  
www.ndscenter.org

### **Healthcare Website**

www.ds-health.com

### **Website Resources:**

<http://downsyndrome.com/top-ten-iep-tips/> - *Learn valuable information you may need for your next IEP meeting.*

<http://dsresearch.stanford.edu/resources/> - *Stanford School of Medicine, Down syndrome information Portal with 20 different articles on aspects of Down syndrome.*

<http://www.familyvillage.wisc.edu/comm/california.html> - *Family Village Resources. A page of links on California disability resources.*

[http://www.nads.org/pages\\_new/resources/down\\_orgs.html](http://www.nads.org/pages_new/resources/down_orgs.html) - *National Association for Down Syndrome based in Chicago. Although the organization provides direct services to the Chicago area, the website has lots of resources, particularly for and about adults with Down syndrome.*

# TEE UP FOR DOWN SYNDROME

Friday, June 10, 2011

**Fig Garden Golf Club**

7700 North Van Ness Boulevard

Fresno, CA 93711

**11 a.m. Lunch**

**12:30 p.m. Shotgun Start**

*Dinner, Raffle & Silent Auction*

*To Follow Tournament*



Return Service Requested

4277 W. Richert Ave, Suite 102  
Fresno, CA 93722

Down  
Syndrome  
Association  
of Central California



Nonprofit  
Organization  
US Postage  
**PAID**  
Fresno, CA  
Permit No. 2383