

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.

## RELATIONSHIPS 101 FOR TEENS & YOUNG ADULTS WITH INTELLECTUAL & DEVELOPMENTAL DISABILITIES

No parent wants to think about their child growing up and dating, but relationships are so much more than dating! The goal of this course is to give participants the tools & knowledge they need to recognize what kind of relationship they are in, to be safe, and how to recognize when a relationship is unhealthy for them; for example- if someone is being verbally or sexually abusive, and how to get out of that relationship.

THANKS TO THE GENEROUS SUPPORT OF THE FANSLER FOUNDATION, COST IS ONLY \$5 PER PARTICIPANT  
SPACE IS LIMITED TO 6-8 PARTICIPANTS

**FRESNO RELATIONSHIPS 101:**  
DSACC OFFICE, 1491 W SHAW AVENUE FRESNO CA  
EVERY TUESDAY FROM 5:30-6:30PM  
BEGINNING SEPTEMBER 6 THRU OCTOBER 25, 2022

**VISALIA RELATIONSHIPS 101:**  
TCOE CONFERENCE CENTER, TBD  
EVERY THURSDAY FROM 5:30-6:30PM  
BEGINNING SEPTEMBER 1 THRU OCTOBER 20, 2022

589.238.0471, INFO@DSACC.ORG  
PRESENTED BY: DOWN SYNDROME ASSOCIATION OF CENTRAL CALIFORNIA



## Get ready, Get set, STEP UP!

Saturday, October 15, 2022 from 10-12:30 pm

at the Clovis Rodeo Grounds

\$10 per person- registration includes entrance  
and special Step Up keepsake

Individuals with Down syndrome are FREE!

Add an event shirt for only \$10 more

more details on page 13

## Fresno Family Festival

Friday, September 16, 2022 from 6:00-8:00pm

at The Well Church Fig Garden- lawn area  
4545 Palm Avenue Fresno, CA

\$5 per person

Kids 1 & younger- FREE

[www.dsacc.org/programs-news/socials/](http://www.dsacc.org/programs-news/socials/)



## STEP UP FOR DOWN SYNDROME SHIRT DESIGN CONTEST!

SEND US YOUR IDEA FOR THE BACKGROUND ART  
FOR THIS YEARS STEP UP SHIRT!

- Use shades of blue, yellow & white
- Must be at least 10" x10"
- Overall look & design is up to you!
- Optional- include words like "accept, include & appreciate"

Send original artwork or high resolution scan to DSACC by  
August 1, 2022 Winner will be chosen by a social media  
poll the following week!

Mail to 1491 W Shaw Fresno, CA 93711 or email [info@dsacc.org](mailto:info@dsacc.org)

## MINI ME MUSIC THERAPY

DSACC IS EXCITED TO PARTNER WITH MUSIC SPEAKS TO OFFER OUR YOUNGEST MEMBERS  
A TRUE MUSIC THERAPY PROGRAM!

FOR THE CLIENTS WHO DO BEGIN THE MINI ME PROGRAM, BOARD  
CERTIFIED MUSIC THERAPISTS WILL WORK WITH FAMILIES TO IDENTIFY  
GOALS TO WORK ON DURING SESSIONS. GOALS ARE INDIVIDUALIZED  
FOR EACH CLIENT BASED ON NEED.

Each session will feature 4-6 clients at a time and will last approximately 1  
hour each week for 12 weeks. Cost: \$120 per child

Toddler Mini Musician (ages 2-4 years old)

Thursdays 11:00-12:00 pm

at the DSACC office

September 1, 8, 15, 22, 29, October 6, 13,  
20, 27, November 3, 10, 17

Baby Mini Musician (ages 18-24 mo old):

Thursdays 9:30-10:30 am

at the DSACC office

September 1, 8, 15, 22, 29, October 6, 13,  
20, 27, November 3, 10, 17

More details on upcoming programs on pages 8-9

## SOUTH VALLEY FAMILY FESTIVAL

Friday, September 23, 2022 from 6:00-8:00pm

at Imagine U Childrens Museum

210 N Tipton, Visalia CA

\$5 per person

Kids 1 & younger- FREE

[www.dsacc.org/programs-news/socials/](http://www.dsacc.org/programs-news/socials/)

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### Contact Information:

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E-mail: [info@dsacc.org](mailto:info@dsacc.org)  
Website: [www.dsacc.org](http://www.dsacc.org)

Jennifer Whiting- Executive Director  
[pd@dsacc.org](mailto:pd@dsacc.org)

Ruth Reyes Program Manager  
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### 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.

### **2022 Officers & Board of Directors**

Mike Bowman- President  
Deepali Desai- Past President  
Erin Bell- Vice President  
Victoria D'Ambrosi- Treasurer  
DeAndra Inman- Secretary  
Members at Large- Rosemary & Adrian Jilote, Renee De La Rosa,

## **A letter from our Executive Director, Jennifer Whiting**

We are halfway through the year, and we have loads of fall and winter programming coming your way! Be sure to stay up to date on virtual workshops. We offer in-person programs, such as our Relationships 101 classes, and our NEW Mini Me Music Therapy program. Follow us on social media Facebook: [facebook.com/dsacc](https://facebook.com/dsacc) Instagram @dsacentralca or sign up for our emails by contacting us at [info@dsacc.org](mailto:info@dsacc.org).

The best thing about Fall is DSACC's biggest party of the year- Step Up for Down Syndrome! It is also our largest fundraising & awareness event of the year and we need your help to make this the most successful Step Up to date!

Registration opens mid July and we will be posting on social media regularly with tips on how to create your team, how to ask your friends and families for support, as well as talking points about what Down syndrome is and how incredible our friends with Down syndrome are!

If you have been successful in fundraising in past years- we would love to hear how you did it! Did you host mini events leading up to Step Up? Write a great letter? Email us your tips to [info@dsacc.org](mailto:info@dsacc.org) so we can share and celebrate your successes!

Fall also has us getting together at our Family Festivals in Fresno & Visalia! These are socials are wonderful opportunities to meet new friends, catch up with old friends, and connect with DSACC! For all the new families who we haven't been able to meet due to the pandemic the last few years- we would love to finally meet you in person! All the details are on page 8, and on our website under "upcoming programs" or "socials".

Can't wait to see you all at Step Up!  
Sincerely,  
Jenn

### **DSACC will be closed**

We will be working by appointment only July 1-12. If you need assistance, please leave us a message at 559.228.0411, or email us: Jenn- [info@dsacc.org](mailto:info@dsacc.org), Ruth- [om@dsacc.org](mailto:om@dsacc.org), habla Español.

**Closed Monday, July 4, 2022:  
Happy 4th of July  
Closed Monday, September 5,  
2022: Happy Labor Day**

### **2022 Board Meetings**

Board meetings take place from 6-8 pm via Zoom. Board meetings are open to the public. Contact Jennifer for the meeting link- [pd@dsacc.org](mailto:pd@dsacc.org)

#### **Meetings dates:**

September 21, 2022  
November 5, 2022- Board Retreat  
December 14, 2022

\*\*\*The President may call for additional meetings when necessary



# YOU make a difference!



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## LORI NEGRETE FUND

This fund is in loving memory of Lori Negrete whose life was dedicated to supporting children with disabilities in special education. Your donations will help create and support the DSACC Skills Center, a program whose goal is to help our loved ones with Down syndrome maintain and grow the many skills needed to lead a quality life. Skills such as communication, social, reading, and writing skills, just to name a few.

[www.aplos.com/aws/give/DownSyndromeAssociationof-CentralCalifornia/LoriNegrete](http://www.aplos.com/aws/give/DownSyndromeAssociationof-CentralCalifornia/LoriNegrete)



### Having a birthday?

You can share your birthday with the DSACC by having a birthday fundraiser! Facebook Fundraisers are having a big impact on our ability to provide services to our members.

**MAIL IN DONATION:** Your contribution, big or small, will support and enhance the quality of life for families & individuals in Central California touched by Down syndrome

Name/Nombre \_\_\_\_\_

Address/Domicilio \_\_\_\_\_

City/State/Ciudad/Estado \_\_\_\_\_

ZIP/Código \_\_\_\_\_

Phone/Teléfono: \_\_\_\_\_

E-mail \_\_\_\_\_

Amount: \_\_\_\_\_

One time donation (yes/no) \_\_\_\_\_ Recurring Monthly (yes/no) \_\_\_\_\_

CC Number: \_\_\_\_\_

Exp Date: \_\_\_\_\_ Security code: \_\_\_\_\_

## Support & Education Groups

These groups offer emotional support, connections & education for families touched by a disability (not just Down syndrome!). The purpose is to connect new friends & old, gain valuable tools & knowledge on a variety of topics relating to raising a child or adult with a disability.

### PARENT2PARENT

This (all ages) group offers emotional support, connections and education for families touched by a disability (not just Down syndrome!). The purpose is to connect new friends and old, gain valuable tools and support for a variety of topics relating to raising a child or adult with a disability.

We now offer a combo of virtual & in-person meetings. In-person meet ups will be for adults only, no children please. In-person space will be limited. Questions? Contact [info@dsacc.org](mailto:info@dsacc.org)

- When: 6:30-8:00 pm, First Wednesday of the month
- Where: In-person & Virtually on ZOOM- Join Zoom Meeting <https://us02web.zoom.us/j/89200731947?pwd=VZHCENVRCTiUm5uL2FGc1N6a3NSUT09>
- Meeting ID: 892 0073 1947
- Passcode: P2P
- No July Meeting
- August 3, 2022: Learn about AVAIL- a new assistive technology app to help your child (a child old enough to use technology) become more independent with everyday tasks, tasks for jobs, etc! AVAIL will be presenting for the first half hour of our meeting and will be available to answer all questions. The remainder of the meeting will be devoted to connecting with other parents.
- September 5, 2022: TBD

### SOUTH VALLEY EDUCATION & SUPPORT

This early start group offers emotional support, connections and education for families touched by a disability (not just Down syndrome!). Meetings are facilitated by DSACC & Bright Start staff.

- When: First Thursday of the month, from 10:00-11:00 am unless otherwise noted
- Where: Please contact Stephanie Caldera at Bright Start- [scaldera@tcoe.org](mailto:scaldera@tcoe.org), (559) 740-4321 ext. 6528 to register
- No July Meeting
- August 4, 2022- 10:00-11:00 am Sensory Rock Play Date! You MUST RSVP for this group outing by August 1. \$5 per kiddo, Parents Free. Siblings welcome too \$5 per sib, and please let kiddos older than 5 know they need to be careful of the littles! [https://www.aplos.com/aws/events/sv\\_sensory\\_rock\\_group\\_outing](https://www.aplos.com/aws/events/sv_sensory_rock_group_outing) Sign their waiver: <https://sensoryrock.aluvii.com/employee/Waiver/SignWaiver2?waiverId=2>
- September 1, 2022- Boundaries: Tips on how not to raise a brat

### GRUPO APOYO

Este Grupo (para todas las edades) se ofrece apoyo emocional, conocimiento y comprensión a los padres de niños con necesidades especiales.

Tenga en cuenta que este grupo está abierto a los padres y cuidadores de un niño o adulto con CUALQUIER discapacidad y un valioso recurso de apoyo. No habrá cuidado de niños. Preguntas? Contáctenos al 559.228.0411, [om@dsacc.org](mailto:om@dsacc.org).

- No July Meeting
- August 10, 2022 Learn about AVAIL- a new assistive technology app to help your child (a child old enough to use technology) become more independent with everyday tasks, tasks for jobs, etc! AVAIL will be presenting for the first half hour of our meeting and will be available to answer all questions. The remainder of the meeting will be devoted to connecting with other parents.
- September 14, 2022 TBD

## SUMMER SNAPSHOT

July • August • September

## Family Connections

### PARK & PLAY

Pack some snacks, water, the kids and meet us at the park!

- When: first Saturday of the month at 10:00am
- No July meeting
- August 6, 2022- Lawn area off Gettysburg @ The Well Church- Fig Garden campus 4545 N Palm, Fresno 93704
- No September meeting, Happy Labor Day!

### TAKE US OUT TO THE BALL GAME!

We have discounted group tickets for the Fresno Grizzlies! Join us Friday, August 5 at 6:05, as the Fresno Grizzlies take the on San Jose Giants

- Tickets \$18 each & include a Grizzlies hat!
- Seats are in Section 123, rows 1-5, seats 1-10
- [www.aplos.com/aws/events/august\\_5\\_grizzlies\\_game](http://www.aplos.com/aws/events/august_5_grizzlies_game)

### FAMILY FESTIVAL-FRESNO

Ladies & gentlemen, boys & girls- we welcome you back to DSACC's annual family festival! An evening filled with fun, the chance to meet up new friends and old, eat some food, play some games and have a roarin' good time. Come dressed up as your favorite circus performer! You can be a lion tamer, clown, gymnast... or even the lion!

- Friday, September 16, 2022 from 6:00-8:00pm at The Well Church Fig Garden- lawn area: 4545 Palm Avenue Fresno, CA
- \$5 per person
- Kids 1 & younger- FREE
- [https://www.aplos.com/aws/events/fresno\\_family\\_festival\\_2022](https://www.aplos.com/aws/events/fresno_family_festival_2022)

### FAMILY FESTIVAL- VISALIA

Calling all princesses and princes! We are excited to bring back South Valley's Family Festival for a Disney themed party! Join us for an evening filled with fun, the chance to meet up new friends and old, eat some food, play and explore the happiest place in Visalia!

- Friday, September 23, 2022 from 6:00-8:00pm at Imagine U Children's Museum: 210 N Tipton Avenue Visalia, CA
- \$5 per person
- Kids 1 & younger- FREE
- [https://www.aplos.com/aws/events/sv\\_family\\_festival](https://www.aplos.com/aws/events/sv_family_festival)

## Advocate Group

On the Advocate committee our adults with Down syndrome will learn public speaking skills, build and maintain social skills, and be a voice for members with Down syndrome. Meet ups: First Saturday of the month at Noon.

- No July Meeting
- August 6
- September 3 - No Meeting, Happy Labor Day

# SUMMER SNAPSHOT

July • August • September

## Virtual Programs

### Virtual Workshop! Top 5 Questions & Concerns during Puberty with Terri Couwenhoven, MS

The years leading up to and into puberty can cause anxiety for many families as their child's development forces the realization and inevitability of adulthood. This workshop is for parents with a child/teen who has an intellectual or developmental disability. Terri will focus on the common questions and concerns identified by parents of children and teens between the ages of 9 and 15 years old.

Terri Couwenhoven MS, CSE is a well-known certified sex educator and author, specializing in the design and implementation of sexuality programs and resources for people with intellectual and/or developmental disabilities, their parents, and the professionals who support them. Her gentle, matter-of-fact approach combined with extensive knowledge and experience make her a popular speaker with self-advocates, parents, and professionals around the country.

- RESCHEDULED Thursday, September 8 from 6-8pm
- \$10 parents, \$20 Professionals
- Scholarships available
- [www.dsacc.org/programs-news/upcoming-programs/](http://www.dsacc.org/programs-news/upcoming-programs/)

### Mark your calendars!

Aging & Alzheimer's- Thursday, September 29, 2022 from 6:30-8:00 pm, details in the next newsletter

Conservatorship 101- Thursday, October 20, 2022 from 6:30-8:00 pm, details in the next newsletter

## In-person Programs

### Relationships 101: Teens & Young Adults

No parent wants to think about their child growing up and dating, but relationships are so much more than dating! The goal of this course is to give participants the tools & knowledge they need to recognize what kind of relationship they are in, to be safe, and how to recognize when a relationship is unhealthy for them; for example- if someone is being verbally or sexually abusive, and how to get out of that relationship.

This 8-week course is tailored for individuals ages 13-22 with developmental and intellectual disabilities. Our facilitator will cover every type of relationship; familial, acquaintances, close friends, support staff/service providers, etc. Content is also tailored to the needs & desired outcomes of the participants.

Parents/Guardians will be present for the first session to

## In-person Programs Cont

share they desired outcomes, and from then on- participants will continue on their own in a supportive and closed environment.

Thanks to the generous support of The Fansler Foundation the course cost is only \$5 per participant

Space is limited to 6-8 participants

### • Fresno Relationships 101:

Where: DSACC office, 1491 W Shaw Avenue Fresno

When: Every Tuesday from 5:30-6:30pm

Beginning September 6 thru October 25, 2022

### • Visalia Relationships 101:

Where: TCOE conference center, Room to be announced

When: Every Thursday from 5:30-6:30pm

Beginning September 1 thru October 20, 2022

### Mini Me Music Therapy

DSACC is excited to partner with Music Speaks to offer our youngest members a true music therapy program!

Music therapy is the clinical and evidence-based use of music interventions to accomplish individualized goals within a therapeutic relationship by a credentialed professional who has completed an approved music therapy program (American Music Therapy Association, 2019). Music therapy can often be the missing puzzle piece when addressing a problem and/or finding a solution. Research shows that music has a unique way of interacting with the brain to achieve non-musical goals, and has a high impact in even the most sensitive environments: from premature babies in the NICU to older adults in the late stages of dementia.

Music Speaks will work with caregivers and DSACC staff to identify applicants who have the most need. For the clients who do begin the Mini Me program, board certified music therapists will work with families to identify goals, and will continue to assess progress during sessions.

Goals are individualized for each client based on need. Music Speaks trained music therapists' complete documentation after every session to show how your loved one is progressing towards his or her goals.

Example goals include:

- Increasing alertness and/or expression
- Increasing sensory regulation
- Increasing impulse control
- Increasing physical movement
- Increasing verbal or nonverbal communication
- Decreasing pain or the perception of pain
- Decreasing agitation
- Decreasing anxiety

Each session will feature 4-6 clients at a time and will last approximately 1 hour each week for 12 weeks.

Cost: \$120 per child

### • Baby Mini Musician (ages 18-24 months old):

• Thursdays 9:30-10:30 am

• at the DSACC office: 1491 W Shaw Avenue Fresno  
• September 1, 8, 15, 22, 29, October 6, 13, 20, 27, November 3, 10, 17

### • Toddler Mini Musician (ages 2-4 years old)

• Thursdays 11:00-12:00 pm

• at the DSACC office: 1491 W Shaw Avenue Fresno  
• September 1, 8, 15, 22, 29, October 6, 13, 20, 27, November 3, 10, 17

Applications will available July 16, 2022 on [dsacc.org](http://dsacc.org).

Participants will be notified of acceptance by August 20

# Birthdays

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

Abel Ramirez	Carlos Zacarias	Indyka Margaret	Liam Baugh-Jasso	Pablo Antonio Perez
Abraham Burgas	Damion Kiessling	Sanchez	Lily Gerawan	Jr.
Adam Mercado	Daryl Huang	Isaac Valle	Lucille Noel Conto-	Pablo Ibarra Jr
Adeline Otto	Delia Romero	Isaiah Flores	Jones	Patrick Jordan
Aishwarya Lopez	Dionicia Carston	Itzayana Mansio	Luis Angel Basilio	Randed Hernandez
Alejandro Venegas	Donovan Mykhail	Jack Fuguglietti	Luke Nunez	RestonJace E. Ferrer
Alexis Fajardo	Pinkston	Jack Peterson	Madelen Fox	Rhiannon Kumulian
Alondra M Baez	Dulce Cruz	Jacobo Isaac Avalos	Madison De Leon	Ricardo Trinidad
Ana Sofia Espinoza	Dustin Franks	Jaileen Rodriguez	Maisey Ross	Macias
Mendoza	Elizabeth Allan	Hernandez	Manny Duran	Ryan Allshouse
Andres Mendoza	Elizabeth Galindo	Jaime Mesillas	Maria Celeste	Samantha Morales
Galvan	Emilio Ramirez	Jaleena Rayas	Rodriguez	Samantha Solis
Andres Pena	Emma Jackson	Janilynn Reynoso	Maria Figueroa	Sammy Silva
Andrew Lizama	Emma Sophia	Jason Moreno	Marian Morales	Sara Quintero
Angel Vaca Aguilar	Serrano Soto	Jayden Hernandez	Marian Puente	Sarai Arellan
Anna Cruz	Erica Urias	Jimena Sanchez	Marissa Herrera	Savannah Scott
Anthony Sierra	Ernest R Hall	Jordan Isaac	Matthew Hovda	Selene Ortiz
Anwar Youssef	Everett Spuhler	Martinez-Rodriguez	Mauricio Andres	Sincere Harris Roberts
Aracelli Ochoa	Ezra Lee Baca	Joshua Coberly	Melody Degadillo	Spencer Medina
Ariana Analla	Faith Lopez	Jovanni Hamirano	Mia Perez	Stella Lopez
Ariana Silguero	Faith Tienken	Julia Kliewer	Michael DeMaira	Surina Hernandez
Aron Cortes-Martinez	Franco Valdepena	Kaitlin Kaycee	Miguel Verduzco	Sylus Ince
Asanti Lara	Gemma Inman	Johnson	Mishayel Olivera	Teagan Feist
Austin Lopez	Genesis Gutierrez	Karsyn Partee	Mordecai Aden Green	Teegan Mora
Ava Lindsey Rivera	Gladys Hernandez	Kastle Keala	Natali Poudrier	Victor Trujillo
Axel Sanchez-	Gurjatin Singh	Kayla Palacios	Natasha Rodriquez	Victoria Martinez
Santiago	Hannah Stidham	Kaylee Aguilar	Nathan Dye	Victoria Padron
Benaiah Grimaldo	Harper Jolene Baker	Kayloni Bernal	Nichola Moreno	Violet Cano
Breece Campbell	Hope Elias	Khloe Benitez Rojas	Nicholas Geston	Viviana Slazar
Brisa Avalos	Hugo Torrez	Kyle Jura	Noah Mendoza	Wyatt Perkins
Cambria Travis	Icelia Rivera	Lamberto Contreras	Noella Rivas-Comlos	Xitlali Bautista
Carlos Murillo Jr.		Levi Tharp	Oscar Ramirez	Yanexil

## ...KIDS CORNER...

It's hot so we are going to the sea!

### Plastic Cup Whale

#### Materials

- Scissors Pencil
- Glue
- Plastic Cup (Blue)
- Pipe Cleaners (Black & White)
- Piece of thick paper (Blue)

#### Directions

1. Using the point of the scissors cut a small X shape into the middle of the top of the cup.
2. Draw 2 large tear drop shapes (about 3" long) and a tail shape (about 4" long) from the thick blue paper. Cut out each of the pieces.





- Cut a piece of black pipe cleaner about 2 ½" long. Bend it into a smile.
- Take each of the white pipe cleaners and bend them in half to make a V shape. Curl each of the pipe cleaner ends into a small spiral.
- Gently poke the points of the white pipe cleaners (the bottoms of the V shapes) into the hole at the top of the plastic cup. On the inside of the cup, bend each of the pipe cleaner ends towards the underside of the cup to hold them in place.
- Add glue to the back of the googly eyes and pipe cleaner smile and position them on the plastic cup to make the whale's face.
- Gently bend the tail so that it curls upwards. Make a fold at the straight end of the tail, about ½" wide.
- Add a strip of glue to the inside of the lid on the tail and attach it to the inside of the blue cup.
- Add a glue to the rounded end of the tear drops and press one to each side of the cup with the points going towards the back of the whale.

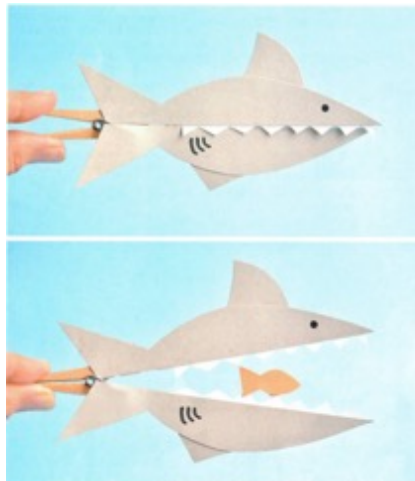
## Mermaids

### Materials

- Plastic spoon
- Pipe cleaners
- Googly Eyes
- Markers
- Tape/glue
- Scissors
- Sparkly self-adhesive foam sheets

### Directions

- Glue googly eyes onto the inside of the spoon.
- Fold the light brown pipe cleaner in half to find the middle. Open it back up and place the middle of the pipe cleaner behind the plastic spoon. Wind each side of the pipe cleaner tightly around the spoon, one time each. Bring the ends of the pipe cleaner back to the middle of the spoon. Bend a small piece forward on both ends to make the mermaid's hands. Then make a bend in the middle of each arm to make the elbows.
- Starting at the neck of the spoon, wind the blue pipe cleaner around and down the spoon, looping over the arms twice to hold them in place. Continue winding downwards around the spoon until you run out of the pipe cleaner.
- Apply glue at an angle at the back of the spoon near the tip.
- Wind one of the dark brown pipe cleaners around the head at an angle, pressing it into the glue as you go to make sure it stays in place. Use scissors to trim any extra pipe cleaner.
- Cut the second dark brown pipe cleaner in half. Be



sure to fold the pipe cleaner in half to find the middle first. Then, bend and shape the two pipe cleaner halves into a hair style for the mermaid, using the spoon as a guide for the head shape.

- Apply glue around the edge of the spoon and carefully attach the mermaid's hair. Add more tape if you need to and shape the hair as you go.
- Using the self-adhesive sparkly green craft foam, cut out a rectangular shape that's the same width as the plastic spoon and about 3" long. Cut another piece of foam in the shape of a mermaid tail.
- Remove the backing from the craft foam rectangle and press it onto the spoon, starting right below the pipe cleaner waist. Trim off any extra craft foam at the bottom of the spoon. Add a small line of glue to the back of the mermaid tail and press it onto the bottom of the spoon, right on top of the rectangular piece of sparkly craft foam. Your mermaid is complete!

## Clothespin Shark

### Materials

- Pencil Scissors
- Glue stick
- Marker Tape
- Paper (Grey, white, & orange)
- Clothespin

### Directions

- Fold up one end of the grey paper by about 2". Draw the top half of a shark shape along the fold, making it about 6" long.
- Cut out the shark shape and open the fold.
- Cut the shark shape in half along the fold. Cut 2 more triangles from the grey paper for the top and bottom fins of the shark.
- Cut a rectangle from the white paper about 4" long and ½" wide. Cut zigzag lines across the middle of the rectangle to make the shark's teeth.
- Use a glue stick to attach the teeth to the grey shark pieces. Trim the white paper if needed.
- Cut out a fishy shape from a scrap of orange paper. Then cut out a small, thin rectangle and attach the rectangle to the back side of the teeth on the bottom shark piece.
- Flip over the shark pieces to the front side. Use a black marker to draw an eye and some gills.
- Carefully add a line of glue to the top and bottom of one side of the clothespin. Be carefully not to overlap the glue or the clothespin won't open.

Line up the top and bottom shark pieces and carefully press them onto the glue on the clothespin. Your shark is complete!

# UPCOMING PROGRAMS & EVENTS



**IT'S GAME TIME**  
**Friday, August 5**  
**6:05pm**  
**Fresno Grizzlies**  
**vs. San Jose Giants**

**\$18 per ticket**  
Includes Grizzlies Hat!

**Seats are in Section 123**  
**Rows 1-5, seats 1-10**

Purchase your game tickets online at [www.dsacc.org/programs-news/upcoming-programs/](http://www.dsacc.org/programs-news/upcoming-programs/)



**SOUTH VALLEY**  
**FAMILY FESTIVAL**

Friday, September 23, 2022 from 6:00-8:00pm  
at Imagine U Childrens Museum  
210 N Tipton, Visalia CA  
\$5 per person  
Kids 1 & younger- FREE

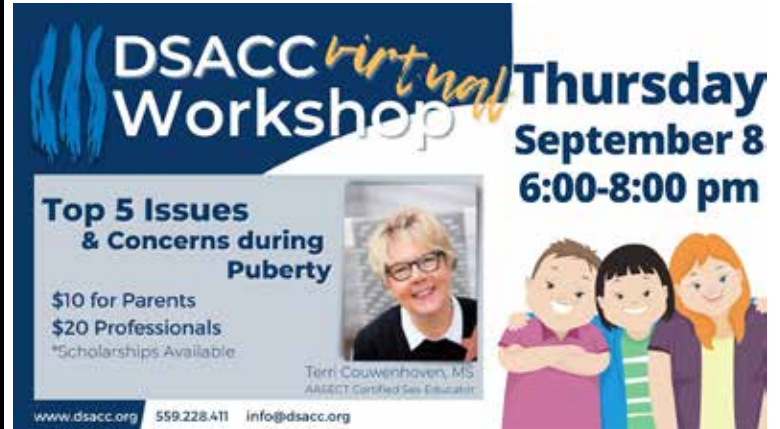
[www.dsacc.org/programs-news/socials/](http://www.dsacc.org/programs-news/socials/)



**Fresno**  
**Family Festival**

Friday, September 16, 2022 from 6:00-8:00pm  
at The Well Church Fig Garden- lawn area  
4545 Palm Avenue Fresno, CA  
\$5 per person  
Kids 1 & younger- FREE

[www.dsacc.org/programs-news/socials/](http://www.dsacc.org/programs-news/socials/)



**DSACC** *virtual*  
**Workshop**

**Thursday**  
**September 8**  
**6:00-8:00 pm**

**Top 5 Issues & Concerns during Puberty**

\$10 for Parents  
\$20 Professionals  
\*Scholarships Available

Terri Couwenhoven, MS  
AAECT Certified Sex Educator

[www.dsacc.org](http://www.dsacc.org) 559.228.4111 [info@dsacc.org](mailto:info@dsacc.org)

The years leading up to and into puberty can cause anxiety for many families as their child's development forces the realization and inevitability of adulthood.

This workshop is for parents with a child/teen who has an intellectual or developmental disability. Terri will focus on the common questions and concerns identified by parents of children and teens between the ages of 9 and 15 years old.

Terri Couwenhoven MS, CSE is a well-known certified sex educator and author, specializing in the design and implementation of sexuality programs and resources for people with intellectual and/or developmental disabilities, their parents, and the professionals who support them. Her gentle, matter-of-fact approach combined with extensive knowledge and experience make her a popular speaker with self-advocates, parents, and professionals around the country.

Sign up today online at [www.dsacc.org/programs-news/workshops/](http://www.dsacc.org/programs-news/workshops/)

## Mini Me Music Therapy

DSACC is excited to partner with Music Speaks to offer our youngest members a true music therapy program!

Music therapy is the clinical and evidence-based use of music interventions to accomplish individualized goals within a therapeutic relationship by a credentialed professional who has completed an approved music therapy program (American Music Therapy Association, 2019). Music therapy can often be the missing puzzle piece when addressing a problem and/or finding a solution.



# RELATIONSHIPS 101

## FOR TEENS & YOUNG ADULTS

### WITH INTELLECTUAL & DEVELOPMENTAL DISABILITIES

No parent wants to think about their child growing up and dating, but relationships are so much more than dating! The goal of this course is to give participants the tools & knowledge they need to recognize what kind of relationship they are in, to be safe, and how to recognize when a relationship is unhealthy for them; for example- if someone is being verbally or sexually abusive, and how to get out of that relationship.

This 8-week course is tailored for individuals ages 13-22 with developmental and intellectual disabilities. Our facilitator will cover every type of relationship; familial, acquaintances, close friends, support staff/service providers, etc. Content is also tailored to the needs & desired outcomes of the participants. Parents/Guardians will be present for the first session to share they desired outcomes, and from then on- participants will continue on their own in a supportive and closed environment.

THANKS TO THE GENEROUS SUPPORT OF THE FANSLER FOUNDATION THE COURSE COST IS ONLY \$5 PER PARTICIPANT  
SPACE IS LIMITED TO 6-8 PARTICIPANTS

**FRESNO RELATIONSHIPS 101:**  
DSACC OFFICE, 1491 W SHAW AVENUE FRESNO CA  
EVERY TUESDAY FROM 5:30-6:30PM  
BEGINNING SEPTEMBER 6 THRU OCTOBER 25, 2022

**VISALIA RELATIONSHIPS 101:**  
TCOE CONFERENCE CENTER, TBD  
EVERY THURSDAY FROM 5:30-6:30PM  
BEGINNING SEPTEMBER 1 THRU OCTOBER 20, 2022

REGISTER ONLINE AT  
[WWW.DSACC.ORG](http://WWW.DSACC.ORG)

PRESENTED BY: DOWN SYNDROME ASSOCIATION OF CENTRAL CALIFORNIA

Research shows that music has a unique way of interacting with the brain to achieve non-musical goals, and has a high impact in even the most sensitive environments: from premature babies in the NICU to older adults in the late stages of dementia.

Music Speaks will work with caregivers and DSACC staff to identify applicants who have the most need. For the clients who do begin the Mini Me program, board certified music therapists will work with families to identify goals, and will continue to assess progress during sessions.

Goals are individualized for each client based on need. Music Speaks trained music therapists' complete documentation after every session to show how your loved one is progressing towards his or her goals.

Example goals include:

- Increasing alertness an/org expression
- Increasing sensory regulation
- Increasing impulse control
- Increasing physical movement
- Increasing verbal or nonverbal communication
- Decreasing pain or the perception of pain

- Decreasing agitation
- Decreasing anxiety

Each session will feature 4-6 clients at a time and will last approximately 1 hour each week for 12 weeks.  
Cost: \$120 per child

#### **Baby Mini Musician (ages 18-24 months old):**

- Thursdays 9:30-10:30 am
- at the DSACC office: 1491 W Shaw Avenue Fresno, CA 93711
- September 1, 8, 15, 22, 29, October 6, 13, 20, 27, November 3, 10, 17

#### **Toddler Mini Musician (ages 2-4 years old)**

- Thursdays 11:00-12:00 pm
- at the DSACC office: 1491 W Shaw Avenue Fresno, CA 93711
- September 1, 8, 15, 22, 29, October 6, 13, 20, 27, November 3, 10, 17

Applications will available July 16, 2022 on dsacc.org.  
Participants will be notified of acceptance by August 20, 2022.



# That's a Wrap!

## Tee Up for Down Syndrome

Thank you to everyone who came out and teed up for Down syndrome. We had 76 golfers join us at Dragonfly Golf Club for an incredible afternoon of golf on May 16.

Thankfully, while the week leading up to the tournament was crazy hot, the weather cooperated and we enjoyed a perfectly warm and breezy afternoon together.

The event would not have been possible without the incredible behind the scenes and hard work the day of by our Board of Directors along with Tom Schneider, John Schneider, DeAndra Inman, Emily Ford, Cynthia Zimmerman, Suzette Llano, Ruth Reyes, and Stephen Zimmerman. You all did an amazing job planning, volunteering, and working the event. A BIG THANKS to Emily Ford, a DSACC advocate who was destroying players at Rock Paper Scissors during one of the on-course games.

Of course we also have to thank all of our incredible sponsors! A GIANT THANK YOU to our title sponsor, Diamond Learning Center. Blue Sponsors: Bank of the Sierra, Central Valley Regional Center, and J Quistad in Memory of Mel. Dinner Sponsors: Utility Trailers and Debbas Gourmet. Beverage Cart Sponsors: Kings Corner Childcare and the Young Family. Tee Box Sponsors: Backstory Creative, Bay Area Industrial Filtration, Ben's Smokin BBQ, Casa De Tamales, E.R.I. Electrical Representatives, Rodney Roque, CPA, APC, Synergy One Lending- Alyssa Rudel, Terry Gerbs, Owner- F3HR CONSULTING, and Valley Type & Design.

We look forward to seeing everyone at next years tournament, so mark your calendars- Monday, April 24, 2023 at Belmont Country Club!

**Title Sponsor**  
 DLC  
 L.I.F.E.  
 Diamond Learning Center, Inc  
 Learning is for Everyone!

**Blue Sponsors**  
 J Quistad in Memory of Mel  
 BANK OF THE SIERRA  
 CENTRAL VALLEY REGIONAL CENTER

**Dinner Sponsor**  
 UTILITY Trailers  
 Debbas Gourmet

**Beverage Cart Sponsor**  
 Kings Corner Childcare  
 The Young Family

**Tee Box Sponsors**  
 Backstory Creative  
 Bank of the Sierra  
 Bay Area Industrial Filtration  
 Ben's Smokin BBQ  
 Casa De Tamales  
 Central Valley Regional Center  
 Debbas Gourmet  
 Diamond Learning Center  
 E.R.I. Electrical Representatives  
 J Quistad in Memory of Mel  
 King's Corner Childcare  
 Rodney Roque, CPA, APC  
 Synergy One Lending- Alyssa Rudel  
 Terry Gerbs, Owner- F3HR CONSULTING  
 The Young Family  
 Valley Type & Design

**Supporters**  
 Ashley & David Keo  
 The Rodriguez Family  
 The De Alba Family  
 John Schneider  
 Tam Schneider  
 Dragonfly Golf Club  
 & the many Silent Auction & Raffle donors

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





# Cirque Estivo

Whew! What an insanely fun night at Toca Madera Winery! It was so wonderful to see everyone in person again! Let me tell you though, trying to put together an event in this new "Covid/pandemic" world of ours, definitely put the "circus" into our Cirque Estivo. Between staff, volunteers (plus a few strangers who came to rescue us the day-of when we had a few drop out sick, and we were very short handed), we wrangled all of the monkeys and elephants to put together a beautiful evening. An evening that had some awesome performances by Break The Barriers Areal silk students Meghan & Kyle, DJ Dance Company, and the always entertaining- Valley Cats, who had us dancing all night!

Congratulations to our award winners; Educator of the Year Chrystal Swart. Service Provider of the Year-Guy Adams of Heart of the Horse. And 2022's Sapphire Sibling award winner, Karie Phillips. You can find video of the event featuring all of our award winners speeches on [www.dsacc.org](http://www.dsacc.org) soon!

Thank you to our spectacular sponsors! All of our raffle and silent auction donors and anonymous sponsors.

Gold Sponsor: Brahma Construction. Ticket Booth Sponsors: The Belezuoli (BELLS-WALLY) Family and Family Options.

Table Sponsors: Central Valley Regional Center, Educational Employees Credit Union, Kings Corner Childcare, J. Quistad (QUIZ-STAD) in Memory of Mel, Purewal Dentistry, The Sosa Family, Vocation Plus Connections. Thank you to Lithia Nissan of Fresno, our Ringmaster Sponsor!

And thank YOU! The evening would not have been a success without you. So thank you for showing up... thank you for opening your wallets... and thank you for opening your hearts.

A big heartfelt thank you to the Board of Directors, Ruth Reyes, Theresa & Ed, Costa, Rosemary Jilote & DeAndra Inman who helped organize the event, spray painted a million elephants & ferris wheels...Jasmine, Citalli, Macy, Julio, Carolyn, Trish & Tom, Creed, Theresa, Ed, Michael, and the amazing strangers who heard our cry for help on Facebook and showed up to set up all the tables, chairs, decorations, and everything else that needed to be done. Your hard work was truly a blessing.

We need to take a moment to give a big round of applause to two of DSACC's advocates- Emily Ford and Stephen Zimmerman who went out on their own and brought in more than half of the donations for the gala silent auction. You two are truly a blessing to the organization and we appreciate your hard work!

We can't wait to see you all at next years gala- so stay tuned for details!

Please share your photos from the event with us! Email them to [info@dsacc.org](mailto:info@dsacc.org), or tag us on social media #dsacc #dsacentralca



Education corner: DSC2U.org

Want the most up-to-date health and wellness information for your loved one with Down syndrome? Dr. Brian Skotko and the clinical and research teams from the Down Syndrome Program at Massachusetts General Hospital, a not-for-profit academic hospital affiliated with Harvard Medical School, have created a new online resource called Down Syndrome Clinic to You (DSC2U).



¿Quiere la información más actualizada sobre salud y bienestar para su ser querido con síndrome de Down? El Dr. Brian Skotko y los equipos clínicos y de investigación del Programa de Síndrome de Down del Hospital General de Massachusetts, un hospital académico sin fines de lucro afiliado a la Escuela de Medicina de Harvard, han creado un nuevo recurso en línea llamado Down Syndrome Clinic to You (DSC2U).

We see DSC2U as a way for families to get up-to-date, personalized health and wellness information for their loved one with Down syndrome. When caregivers access DSC2U online, they will be asked to identify current symptoms in their loved one with Down syndrome along with any past medical or behavioral diagnoses and any recent blood work or diagnostic testing. DSC2U also contains optional sets of questions about nutrition, education, therapies, life skills, and community resources. After submitting the questionnaire, the caregiver's responses will be analyzed by a computer, based on state-of-the-art guidelines designed by national Down syndrome experts.

The caregiver will instantly receive two personalized documents, accessible through their own password-protected account in DSC2U: one for themselves and one to share with their primary healthcare provider. These documents contain customized suggestions that are designed to help their loved one get healthcare tailored to their own specific needs. The documents are based on the caregiver's answers to the DSC2U survey, and draw on national guidelines for the care of persons with Down syndrome.

DSC2U does not offer direct access to physicians at Massachusetts General Hospital, nor does it offer caregivers access to MGH physicians by e-mail, text, phone, or videoconference. DSC2U offers instead the most current recommendations and resources to caregivers through personalized online documents. Learn more by watching this video on YouTube (available in English and Spanish) or by visiting the webpage, [dsc2u.org](http://dsc2u.org).

Thanks to the generosity of Lithia Subaru and the Subaru Share the Love event, DSACC has one-time use virtual codes to give away for our families! Quantity is limited so to get your free code, contact Jennifer at [info@dsacc.org](mailto:info@dsacc.org), subject line: DSC2U code

Consideramos que DSC2U es una forma de que las familias obtengan información actualizada y personalizada sobre la salud y el bienestar de sus seres queridos con síndrome de Down. Cuando los cuidadores accedan a DSC2U en línea, se les pedirá que identifiquen los síntomas actuales de su ser querido con síndrome de Down junto con cualquier diagnóstico médico o conductual anterior y cualquier análisis de sangre o prueba de diagnóstico reciente. DSC2U también contiene conjuntos opcionales de preguntas sobre nutrición, educación, terapias, habilidades para la vida y recursos comunitarios. Después de enviar el cuestionario, las respuestas del cuidador serán analizadas por una computadora, según las pautas más modernas diseñadas por expertos nacionales en síndrome de Down. El cuidador recibirá instantáneamente dos documentos personalizados, accesibles a través de su propia cuenta protegida con contraseña en DSC2U: uno para ellos y otro para compartir con su proveedor de atención médica primaria. Estos documentos contienen sugerencias personalizadas que están diseñadas para ayudar a su ser querido a obtener atención médica adaptada a sus necesidades específicas. Los documentos se basan en las respuestas de los cuidadores a la encuesta DSC2U y se basan en las pautas nacionales para el cuidado de personas con síndrome de Down.

DSC2U no ofrece acceso directo a los médicos del Massachusetts General Hospital, ni ofrece a los cuidadores acceso a los médicos del MGH por correo electrónico, mensaje de texto, teléfono o videoconferencia. DSC2U ofrece, en cambio, las recomendaciones y los recursos más actuales para los cuidadores a través de documentos en línea personalizados. Obtenga más información viendo este video en YouTube (disponible en inglés y español) o visitando la página web, [dsc2u.org](http://dsc2u.org).

Gracias a la generosidad de Lithia Subaru y el evento Subaru Share the Love, iDSACC tiene códigos virtuales de un solo uso para regalar a nuestras familias! La cantidad es limitada, así que para obtener su código gratis, comuníquese con Jennifer en [info@dsacc.org](mailto:info@dsacc.org), línea de asunto: DSC2U code



# Step Up for Down Syndrome

Saturday, October 15, 2022 from 10-12:30 pm at the Clovis Rodeo Grounds

**\$10 per person- registration includes entrance & special Step Up keepsake  
Individuals with Down syndrome are FREE!**

Add an event t-shirt for just \$10 more per person!  
(Sizes 2T to adult XL)  
Adult 2XL-4XL shirts are \$13 each

**Shirts must be ordered by October 1, 2022!**

A limited number of shirts will be available for purchase on the day of the event, only while supplies last.

**Registration opens July 15, 2022!**

**[www.dsacc.org](http://www.dsacc.org)**

We are so thrilled to announce we will be back in person for Step Up this year!

Step Up for Down Syndrome is the Central Valley's largest Down syndrome awareness event. Bringing together hundreds of families & friends from Merced to Tulare counties together to celebrate the abilities, value and all around awesomeness of our friends with Down syndrome.

Because we are so excited this year's event, it is going to be one GIANT celebration! To accommodate everyone's comfort levels we will be hosting the event in the parking lot of the rodeo grounds, leaving space for us to gather in-person, and parking spaces for folks to enjoy the festivities from a distance in their own cars.

It is a great opportunity for our newest families, who we haven't had the chance to connect with due to the pandemic, to come and meet others in community who are further along the journey of raising a child with Down syndrome, make life long connections, and learn more about the resources and services available to them.

The day will feature music, dancing, face painting, activities, vendor booths, food for purchase, and a quarter mile awareness walk out the parking lot along Clovis Avenue and then back into the lot from 5th Avenue. \*\*\*Parents who have small kiddos, or "Houdini" wannabe's - please note we are walking along a very busy street for a bit, so plan accordingly! Team costumes & team spirit encouraged!

## Sponsorship Opportunities Available!

- **Resource Table \$30:** Businesses & organizations are invited to have a resource table at Step Up for Down Syndrome. The event draws more than a thousand walkers & supporters and is a great time to share resources with families.
- **First Steps \$121:** Your organization or business can be featured on a 24×18 yard sign along the event walk path.
- **Bigs Steps \$500:** Your business or organization will be featured on a 24×18 yard sign, plus listed on our event website as a 2022 supporter.
- **Making Strides \$1,500:** Your business or organization will be featured on a 24×18 yard sign, plus listed on our event website & bi-monthly newsletter as a 2022 supporter. This level also adds your logo on the day-of Welcome banner at the Rodeo grounds, and logo on the official event t-shirt.
- **Pace Setter \$3,000:** Your business or organization will be featured on a 24×18 yard sign, plus listed on our event website & bi-monthly newsletter as a 2022 supporter. This level also adds your logo on the day-of Welcome banner at the Rodeo grounds, and logo on the official event t-shirt. Your sponsorship provides a printed copy of the Walk of Fame for the individuals featured. Sponsorship includes registration for 6 participants.
- **Going the Distance \$5,000:** Your business or organization will be featured on a 24×18 yard sign, plus listed on our event website & bi-monthly newsletter as a 2022 supporter. This level also adds your logo on the day-of Welcome banner at the Rodeo grounds, and logo on the official event t-shirt. Sponsorship includes registration for 10 participants.
- **Presenting Sponsor \$8,000:** Your business or organization will be featured on a 48 x 36 yard sign, plus listed on our event website & bi-monthly newsletter as a 2022 supporter. This level also adds company banner on stage and speaking opportunity at the event. Logo will be prominently featured on the official event t-shirt. Your donation will provide event shirts FREE to all participants with Down syndrome. Sponsorship includes VIP registration for 10 participants which includes a tent with tables & chairs.

**We hope you will join us the day of the event to witness the joy and friendship your gift helps make possible—or create a Step Up team of your own to share in the fun!**

## GRUPOS DE APOYO y EDUCACIÓN

### Grupo de Educación y Apoyo del Valle Sur

Las reuniones son facilitadas por el personal de DSACC y Bright Start. El propósito es conectar nuestros amigos y amigos nuevos, obtener valiosas herramientas y apoyo para una variedad de temas relacionados con la crianza de un niño o adulto con discapacidad.

- Cuándo: primer Jueves de cada mes, de 10:00 a.m. a 11:00 a.m., a menos que se indique lo contrario
- Dónde: Comuníquese con Stephanie Caldera en Bright Start- [scaldera@tcoe.org](mailto:scaldera@tcoe.org), (559) 740-4321 ext. 6528 para registrarse
- No habrá reunión en Julio
- 4 de Agosto de 2022- 10:00-11:00 a. m. ¡Jugar en Sensory Rock! Se requiere reservación antes del 1 de Agosto para esta salida. \$ 5 por niño, padres son gratis. ¡Los hermanos también son \$5 por hermano, y por favor dígalos a los niños mayores de 5 años que deben tener cuidado con los pequeños! [https://www.aplos.com/aws/events/sv\\_sensory\\_rock\\_group\\_outing](https://www.aplos.com/aws/events/sv_sensory_rock_group_outing) Firmar el documento de renuncia: <https://sensoryrock.aluvii.com/employee/Waiver/SignWaiver2?waiverId=2>
- 1 de Septiembre de 2022- Límites- consejos sobre cómo no criar a un niño malcriado

### Grupo Apoyo

Este Grupo (para todas las edades) se ofrece apoyo emocional, conocimiento y comprensión a los padres de niños con necesidades especiales. Tenga en cuenta que este grupo está abierto a los padres y cuidadores de un niño o adulto con CUALQUIER discapacidad y un valioso recurso de apoyo. No habrá cuidado de niños. Preguntas? Contactenos al 559.228.0411, [om@dsacc.org](mailto:om@dsacc.org).

- El grupo se reúne el segundo Miércoles de cada mes de 6:30 a 8:00 pm en la oficina de DSACC 1491 W Shaw Ave, Fresno Ca 93711.
- No habrá reunión en Julio
- 10 de Agosto 2022 Obtenga información sobre AVAIL, una nueva aplicación de tecnología de asistencia para ayudar a su hijo (un niño con la edad suficiente para usar la tecnología) a ser más independiente con las tareas diarias, tareas laborales, etc. AVAIL presentará durante la primera media hora de nuestra reunión y estará disponible para responder preguntas. El resto de la reunión se dedicará a conectarse con otros padres.

## CONEXIONES FAMILIARES

### Park & Play

Los hemos escuchado y estamos emocionados de reunir a las familias para un programa mensual Park & Play. ¡Empaca algunos bocadillos, agua, los niños y encuéntranos en el parque! Damos la bienvenida a las familias para que se reúnan con DSACC cada primer Sábado del mes para divertirse en familia.

- Cuándo: primer Sábado de cada mes a las 10:00 a.m.
- No habrá reunión en Julio
- 6 de Agosto- Área de césped frente a Gettysburg en The Well Church- Fig Garden campus 4545 N Palm, Fresno 93704
- No habrá reunión en Septiembre, ¡Feliz Día del Trabajo!

### ¡Tenemos boletos de grupo con descuento para los Fresno Grizzlies!

¡Únase a nosotros el Viernes 5 de Agosto a las 6:05 cuando los Fresno Grizzlies se enfrenten a los San Jose Giants.

¡Los boletos cuestan \$18 cada uno e incluyen una cachucha de los Grizzlies!

Los asientos están en la Sección 123, filas 1-5, asientos 1-10

[www.aplos.com/aws/events/august\\_5\\_grizzlies\\_game](http://www.aplos.com/aws/events/august_5_grizzlies_game)

### Festival Familiar- Fresno

Damas y caballeros, niños y niñas: ¡les damos la bienvenida nuevamente al Festival Familiar anual de DSACC! Una noche llena de diversión, la oportunidad de conectar con nuevos amigos y amigos ya establecidos, comer, jugar algunos juegos y pasar un buen rato. ¡Ven disfrazado de tu artista de circo favorito! Puedes ser domador de leones, payaso, gimnasta... ¡o incluso el león!

- Viernes, 16 de Septiembre de 2022 de 6:00 p. m. a 8:00 p. m. en The Well Church Fig Garden, área de césped: 4545 Palm Avenue Fresno, CA
- \$5 por persona
- Niños de 1 año y menores - GRATIS

[https://www.aplos.com/aws/events/fresno\\_family\\_festival\\_2022](https://www.aplos.com/aws/events/fresno_family_festival_2022)

### Festival Familiar - Valle Sur

¡Llamando a todas las princesas y príncipes! ¡Estamos emocionados de traer de vuelta el



# UNA VISTA RÁPIDA DE EL VERANO

Julio • Agosto • Septiembre

Festival Familiar del Valle Sur para una fiesta temática de Disney! ¡Únase a nosotros para una noche llena de diversión, la oportunidad de conectar con nuevos amigos y amigos ya establecidos, comer, jugar, y explorar el lugar más feliz de Visalia!

- Viernes, 23 de Septiembre de 2022 de 6:00 p. m. a 8:00 p. m. en Imagine U Children's Museum: 210 N Tipton Avenue Visalia, CA
- \$5 por persona
- Niños de 1 año y menores - GRATIS

[https://www.aplos.com/aws/events/sv\\_family\\_festival](https://www.aplos.com/aws/events/sv_family_festival)

## TALLERES VIRTUALES

Las 5 Preguntas y Preocupaciones Principales Durante la Pubertad con Terri Couwenhoven, MS  
Los años previos a la pubertad pueden causar ansiedad en muchas familias, ya que el desarrollo de sus hijos obliga a la realización e inevitabilidad de la edad adulta. Este taller es para padres con un niño/adolescente que tiene una discapacidad intelectual o del desarrollo. Terri se centrará en las preguntas y preocupaciones comunes identificadas por los padres de niños y adolescentes de entre 9 y 15 años.

Terri Couwenhoven MS, CSE es una autora reconocida y educadora sexual certificada, que se especializa en el diseño e implementación de programas y recursos sobre sexualidad para personas con discapacidades intelectuales y/o del desarrollo, sus padres y los profesionales que los apoyan. Su enfoque amable y práctico combinado con un amplio conocimiento y experiencia la convierten en una oradora popular entre autogestores, padres y profesionales de todo el país.

- Jueves, 8 de Septiembre, 6:00 – 8:00 pm
- \$10 padres, \$20 profesionales
- Becas disponibles
- [www.dsacc.org/programs-news/upcoming-programs/](http://www.dsacc.org/programs-news/upcoming-programs/)

### ¡Marquen sus calendarios!

- Envejecimiento y Alzheimer: Jueves 29 de Septiembre de 2022 de 6:30 p. m. a 8:00 p.m., detalles en el próximo boletín
- Tutela 101- Jueves 20 de Octubre de 2022 de 6:30-8:00 pm, detalles en el próximo boletín

## EVENTOS PARA RECAUDACIÓN DE FONDOS

### Step Up For Down Syndrome

¡Estamos muy emocionados de anunciar que volveremos en persona para Step Up este año! Step Up for Down Syndrome es el evento de concientización sobre el síndrome de Down más grande del Valle Central. Reuniendo a cientos de familias y amigos de los condados de Merced a Tulare para celebrar las habilidades, el valor y la genialidad de nuestros amigos con síndrome de Down.

¡Porque estamos muy emocionados con el evento de este año, será una celebración GIGANTE! Para acomodar los niveles de comodidad de todos, realizaremos el evento en el estacionamiento de los terrenos del rodeo, dejando espacio para que nos reunamos en persona y espacios de estacionamiento para que la gente disfrute de las festividades desde la distancia en sus propios automóviles.

Es una gran oportunidad para nuestras familias más nuevas, con las que no hemos tenido la oportunidad de conectarnos debido a la pandemia, de venir y conocer a otros en la comunidad que están más avanzados en el camino de criar a un niño con síndrome de Down, conexiones de por vida y obtener más información sobre los recursos y servicios disponibles para ellos.

El día contará con música, baile, pintura de caras, actividades, puestos de vendedores, comida para comprar y una caminata de un cuarto de milla desde el estacionamiento a lo largo de la Avenida Clovis y luego de vuelta al estacionamiento desde la Avenida 5. \*\*\* Padres que tienen niños pequeños o aspirantes a "Houdini" tenga en cuenta que estamos caminando por una calle muy transitada por un rato, ¡así que planifique en consecuencia! ¡Se animan equipos con disfraces y equipos con mucho entusiasmo!

- **Sábado, 15 de Octubre de 2022 de 10 a 12:30 p. m. en Clovis Rodeo Grounds**
- **\$10 por persona: la inscripción incluye la entrada y un recuerdo especial de Step Up for Down Syndrome**
- **¡Las personas con síndrome de Down son GRATIS!**
- **¡Agrega una camiseta del evento por solo \$10 más por persona! Tallas 2T a adulto XL.**
- **Las camisas 2XL-4XL para adultos cuestan \$ 13 cada una**
- **¡Las camisas deben pedirse antes del 1 de Octubre de 2022! Habrá una cantidad limitada de camisetas disponibles para comprar el día del evento, solo hasta agotar existencias.**

**¡La inscripción abre el 15 de Julio de 2022!**



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# What's Inside

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**Grizzlie's Tickets**  
**Relationships 101**  
**Step Up For Down Syndrome**  
**Family Festivals & so much more!**



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