

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.



PRINT21
BY DOWN SYNDROME ASSOCIATION OF CENTRAL CALIFORNIA

Leave your mark on the world

GRAND OPENING
JUNE 6
details page 7

A BOUTIQUE SCREEN PRINTING PROGRAM RUN BY INDIVIDUALS WITH DOWN SYNDROME

THE IMPROVANEER METHOD

DSACC is so excited to be launching the Improvaneer Method here in the Central Valley!

To kick off this incredible program, DSACC is inviting interested participants ages 9-12, and 13 & older who have a developmental disability to join us for an Improvaganza 1 day workshop! The cost for this kick-off workshop is FREE! Come play, laugh, and learn more about how this program works!

June 12 & 13, 2023
Youth Workshop (ages 9-13)
from 9:00-12:00pm

Teens & Adult Workshop (ages 13 & older)
from 1:00-4:00pm

Cost FREE! Sign up for 1 or both workshops!
www.dsacc.org/programs-news/



SIGN UP TODAY!

DSACC now has
TEXT Updates through REMIND!

Sign up to receive updates on programs, events, and workshops happening each month

Visit www.dsacc.org, scroll to the bottom of the home page for a quick and easy way to sign up to receive texts



Fundraiser!

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More info: <https://parklanejewelry.com/t/3096> Contact: Jen Ewert 559-337-6500



Fiesta de las Familias

FOOD • GAMES • FRIENDS

May 6, 2023
AT YOSEMITE CHURCH from 11-1pm

2250 E Yosemite Avenue Merced - at the back of the property

\$5 per person
2 & younger Free!

Tickets available at the door or pre-purchase tickets at www.dsacc.org/programs-news/social

In this issue...

Park Lane fundraiser P.1	Calendar of Events P. 4-5	That's A Wrap P. 10-11
Fiesta de las Familias P. 1	Birthdays P. 6	Step Up for Ds P. 12-13
DSACC Updates P. 2	Kids Corner P. 6-7	Calendario de eventos ... P. 14-15
Supporting DSACC P. 3	Programs P. 7-9	



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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.

2023 Officers & Board of Directors

DeAndra Inman- President
Mike Bowman- Past President
Erin Bell- Vice President
Victoria D'Ambrosi- Treasurer
Shellie De Alba- Secretary
Members at Large- Rosemary & Adrian Jilote, Mike Bowman, Bridgette Billingsley

Letter from Executive Director, Jennifer Whiting

I want to start by apologizing for a whacky and outdated website lately- DSACC.org was attacked by malware and we have had a heck of a time cleaning it up and updating everything over and over again each time it got attacked and we had to reset everything- we are hopefully all cleared and we are hard at work updating everything again. Thank you for your patience as we work through this.

The year is flying by and we have so many incredible things we've done and are about to happen! In March our new program coordinator Candi, myself, and Board Secretary-Shellie de Alba travelled to Hilton Head South Carolina for the DSAIA convention where we learned so many great things, met amazing leaders of other organizations from across the country and we are excited to start using all that information and energy to improve and grow what DSACC already offers. We also had a wonderful Fairytale Ball, World Down Syndrome Day celebration, Camp Tri:21, Tee Up for Down syndrome and so many other local programs! Exhausting but so much fun! You can find out more in the That's a Wrap section of the newsletter- we will include Camp Tri:21 wrap up in the next issue when we have more photos to share.

Which brings me to some very exciting news... DSACC is beyond proud and excited to introduce PRINT21, a boutique screen-printing program run by individuals with Down syndrome! It is the first of it's kind in the central valley and quite possibly the first in the state! We would love to invite you to our grand opening so learn more about the program and to find out how you can be involved in supporting our advocates... Join us June 6 from 5-8pm for our open house at 1439 W Shaw Avenue. Yup! It is a new space

just a few doors down from our main office!

I am also really excited to share that DSACC is so close to rolling out the Improvaneer program! We are in the middle of training our instructors and to complete this training we are hosting TWO Improvagaza's in June. But we need your help with participants! You can find out more about how to sign your kid up on page 8, as well as on our website under Workshops.

Stay cool friends as the weather heats up and be sure to follow us on social media to stay up to date on the latest goings on at DSACC!

Sincerely,
Jenn

OFFICE HOURS
Monday thru Thursday
10:00am-2:00pm
Friday by appointment only
or for events on Fridays

DSACC will be closed
Monday, May 29, 2023
Mon-Tue, June 12-13, 2023
Wed-Thur, July 4-5, 2023

If you need assistance, please leave us a message at 559.228.0411, or email us: Jenn: Ed@dsacc.org
Candi: Pd@dsacc.org
Rosa: Om@dsacc.org, Habla Español

2023 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

Meetings dates:
June 21, 2023
September 20, 2023
November 4, 2023- Board Retreat
December 13, 2023

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

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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/DownSyndromeAssociationofCentralCalifornia/LoriNegrete

AMAZON WISH LIST

You can now support DSACC by gifting items from our Amazon Wish List! These are items needed for the running of the office, upcoming programs & events, and activities held throughout the year.

www.amazon.com/hz/wishlist/ls/1ABUDWRM7A0SF?ref_=wl_share

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

PARENT2PARENT

Welcome back! P2P is an all-ages parent connection & support group. New parents, experienced parents, and everyone in between- we welcome you to join the conversation with your tips and tricks, challenges and successes, and maybe we learn a few new things along the way.

- This group meets in-person the first Wednesday of the month from 6:00-7:30pm
- At the DSACC office: 1491 W Shaw Avenue Fresno, CA
- Not able to make it in-person? No problem, you can join the group virtually on Zoom.
 - Meeting ID: 847 4887 0697.
 - Password: P2P
 - Link: us02web.zoom.us/j/84748870697?pwd=ZzJCVmRTR1hMML1M5UEXvWnBnellXdz09
- May 3, 2023: IEP's from the Parents Perspective- join fellow mamas who have been down the IEP rabbit hole as they share tips and tricks preparing yourself mentally and physically for the IEP process.
- June 7, 2023: Join fellow parents to discuss how to envision an independent future. Discuss what you can do now to take the first steps towards independence.
- July- No meeting

SOUTH VALLEY EDUCATION & SUPPORT

South Valley Education and Support Group

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. The purpose is to connect new friends and old, gain valuable tools and support for a variety of topics relating to raising a child with a disability.

- When: First Thursday of the month, from 10:00-11:00 am unless otherwise noted
- Where: Zoom! Please contact Stephanie Caldera at Bright Start- scaldera@coe.org, (559) 740-4321 ext. 6528 to register for the virtual meeting.
- May 4, 2023: Parents & Park Day at Perry Park in Visalia
- June 1, 2023: Summer celebration at Perry Park in Visalia
- July- No meeting

GRUPO APOYO

Grupo Apoyo is an all-ages parent connection & support group. New parents, experienced parents, and everyone in between- we welcome you to join the conversation with

Support & Education continued

your tips and tricks, challenges and successes, and maybe we learn a few new things along the way. Grupo meets the second Wednesday each month from 6-7:30pm in-person at the DSACC office: 1491 W Shaw Avenue Fresno

- May 10, 2023- Parents Only Get-Together; Welcome parents of kiddos of all ages for an opportunity to connect with other bilingual families in the central valley!
- June 14, 2023- Family Get-Together; join DSACC for a casual get together with games, snacks and new friends!
- July- No meeting

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- July- No meeting

TINY TOTS

Calling all Tiny Tots and their parents! TINY TOTS is a friendly and supportive environment for parents and their babies (ages 0-4) to get together on the second and fourth Tuesday of every month. Learn helpful information to support your baby's development, and connect with other parents in the community!

- Where: DSACC- 1491 W Shaw Avenue- Fresno from 10:30-12:00 pm
- May 9 & 23, 2023
- June 13 & 27, 2023
- July 11 & 25, 2023

- No need to RSVP, just come join the fun!

SUMMER SNAPSHOT

may • june • july

Virtual Programs

*****DATE CHANGE*** How to work with teachers to implement successful accommodations & adaptations** We welcome Stanford professors Lakshmi Balasubramanian, Ph.D. and Renee Starowicz, Ph.D. as they take us through a 2 part workshop on how to work with teachers to get the most out of adaptations and accommodations

- Tuesday, May 16 & 23 from 6-7:30pm
- Register online at www.dsacc.org/programs-news/workshops

Potty Training Tips & Tricks presented by Lina Patel, PsyD Lina Patel, PsyD is an Associate Professor of Child and Adolescent Psychiatry at the University of Colorado School of Medicine, practicing at Children's Hospital Colorado. Dr. Patel is the Director of the Down Syndrome Behavioral Health Collaborative, a virtual clinic providing tele-behavioral health services to children, teens and young adults with Down syndrome. She provides consultation with schools, parent training regarding the management of challenging or unsafe behaviors, toilet training, and desensitization to medical devices (such as hearing aids and CPAP) and procedure-related distress. She has worked with hundreds of individuals with Down syndrome. Outside of her clinical work, she conducts research as the Director of Neurodevelopmental, Behavioral and Cognitive Assessment at the Linda Crnic Institute for Down Syndrome. Additionally, she has presented to numerous organizations across the country and internationally and is the coauthor "Potty Time for Kids with Down Syndrome: Lose the Diapers, Not Your Patience".

- Thursday, May 18, 2023 from 6:30-8:00 pm
- Pre-Register at www.dsacc.org/programs-news/workshops

Get Out & Get Moving

FIESTA DE LAS FAMILIAS

DSACC is thrilled to be headed back to Merced! We have missed seeing all your faces and cannot wait to welcome you all back in-person for Fiesta de Familias. This is an afternoon filled with fun, food, and friends!

A great opportunity for our littlest friends and their families to connect with others in our community- so get your tickets today!

- Saturday May 6, 2023 11-1pm at Yosemite Church- Merced, CA
- Cost: \$5 per person
- Kids 2 & under Free!

Register today at www.dsacc.org

BOWLING CLUB

We invite our members 15 & older for a casual bowling meet up the 2nd Monday of every month at Fresno State's Bowling alley.

We encourage parents to join stick around to bowl and meet others!

Please RSVP to Jenn at info@dsacc.org, or text 559.825.4981 by the Saturday prior if possible.

- 2nd Monday of the Month
- 6:00 pm
- \$5.50-7.50 per bowler
- Bulldog Bowl
- 5280 N. Jackson Ave, M/S SU 36
- Fresno, CA 93740-8023

FIT & FAB

Beginning in April, join DSACC & Jasmine our instructor, the 1st and 3rd Saturday of the month to get our bodies moving and grooving. We will be trying all sorts of fun workouts - Zumba, High Fitness, Hula Hoops, or yoga! All ages welcome, fun fitness for the whole family!

- May 6 & 20, 2023 from 9:00-10:00 am
- June 3 & 17, 2023 from 9:00-10:00 am
- At Willow Gardens: 10428 N Willow Avenue, Clovis
- Optional \$5 per person donation for the instructor, cash only please.

Thank You Willow Gardens for hosting us!

Sibling Support

SIB SHOPS

Sibshops provide young brothers and sisters ages 8-13 years old, with peer support and information in a lively, recreational setting. The morning is filled with high energy fun, snacks & new friends!

- Saturday, May 13 from 9:30-12:30pm at Martella Farms in Lemoore, CA- register for the address
- Register today online at www.dsacc.org/programs-news/

Birthdays

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

Abby Prudek
 Abigail Ayon
 Abigail Flores
 Abigail White
 Abraham Arambula-
 Gaytan
 Abram Martinez
 Aiden Martinez
 Alberto Ordaz
 Alessandro Trinidad-
 Arciniega
 Alex Perez
 Alexa Caravantes
 Alexander Fermin
 Alexis Monse
 Alma Orozco
 Ana Maria Renteria
 Angelica Contreras
 Anna Saxton
 Anthony Rey
 Anthony Shields
 Arisbeth Estrada
 Arsema Tefra
 Ashley A Morataya
 Ashley Morataya
 Ava Cortez
 Ava Marquez
 Ayana Dawn
 Martinez
 Baby Girl
 Benjamin Gael

Rivera
 Breanne Robles
 Bryon Reynoso
 Camila Judith
 Ramirez
 Carson Ward
 Carter Larson
 Cathrine Blanco
 Charlie Allshouse
 Charlie Rangel-
 Ordonez
 Colten Chase Blair
 Connor Ellingson
 David Alexander
 Casados
 Dean Aftanas
 Dustin Valenzuela
 Eden Rapp
 Elijah Ray Rodriguez
 Ellie Anrens
 Ezra Chavez
 Felix
 Francisco Lopez
 Freddy Telford
 Gabriel Calderon
 Gabriel Noe
 Calderon Martinez
 Gage Purewal
 Gigi Smith
 Guadalupe Molina
 Hailey Rees

Haley Taylor
 Hope Dunn
 Imara Ferrer
 Isabel Ruiz
 Isaiah Michael
 Navarette Venegas
 J.D. Pagliotti
 Jacob Null
 Jacob Valencia
 Javier Parra
 Jayden Alvarado
 Jazelle Rios
 Jazunique Rosales
 Jennifer Alfaro Lopez
 Jeremy Bishel
 Jessica Hernandez
 Jessica Najar
 Jesus Osorio
 Joey Loyd
 John E Meza Ruiz
 Jose Maynez
 Julian Ochoa
 Julian Philip
 Julio Perez
 Jzabelle Palms
 Kaino Kapaona
 Karsynn Yu Yang
 Salvador
 Kaylee Madison
 Crawford
 Kenia Romero

Kristianna Herrera
 Kristof Herstik
 Laura A. Stewart
 Leonel Oseguera
 Tapia
 Levi Yanez
 Liam Rosasgarcia
 Lisa Pena
 Lorren Wilson
 Lucille Bennett
 Macee Fleming
 Macy Huls
 Madasion DeLa Rosa
 Maria Alvarez
 Marlenie Haro
 Maximus
 Melany Armas
 Melody
 Mia Bella Mora
 Miguel Carrasco
 Mitali Desai
 Mona Lisa Perez
 Natalie Garcia
 Nataly Rivera
 Basurto
 Nevaeh Higuera
 Noah Hernandez
 Noemi Lopez
 not given
 Oliver Hitz
 Patrick Johnson

Phoebe Kawagoe
 Prenatal
 Prenatal Diagnosis
 Rachel Z Gonzalez
 Raul Medina
 Ricardo Rubio
 Fernandez
 Ricky Trauger
 Robert Glazebrook
 Roman Honorato
 Roman Lomelin
 Ruben Guajardo
 Sabrina Robison
 Sadie Torres
 Sammy De La Rosa
 Jr.
 Sarah Hovannisian
 Sawyer Morozoff
 Sofia Jimenez
 Sofia Shaikh
 Tina Tolan
 Tony Phillips
 Tracy James
 Trevor Morrison
 Vainey De La Mora
 Valerie Xymena
 Olmedo
 Wyatt Lockhart
 Yellowfish Burns
 Yesenia Gonzalez
 Zoie Lawhon

KIDS CORNER...

NO BAKE OATMEAL COOKIES

The ingredients

- Rolled oats– Also called old-fashioned oats, they provide the chewy texture we love in a good oatmeal cookie! You can use quick oats if you like, but it will have a softer texture.
- Peanut butter– Smooth and drippy peanut butter works best, as it is the easiest to mix into the dough. Try and avoid peanut butter that has added sugar or ones that have a crunchy texture.
- Maple syrup– A refined sugar free sweetener that not only adds sweetness but helps bind the cookies together.

DIRECTIONS

Start by adding your oats into a large mixing bowl. Add the peanut butter and syrup and mix well until combined. Fold through your mix-ins of choice using a rubber spatula.

Next, lightly wet your hands. Form small balls of the cookie mixture and place them on a lined plate. Press down to form a cookie shape and refrigerate them for 20 minutes to firm up.



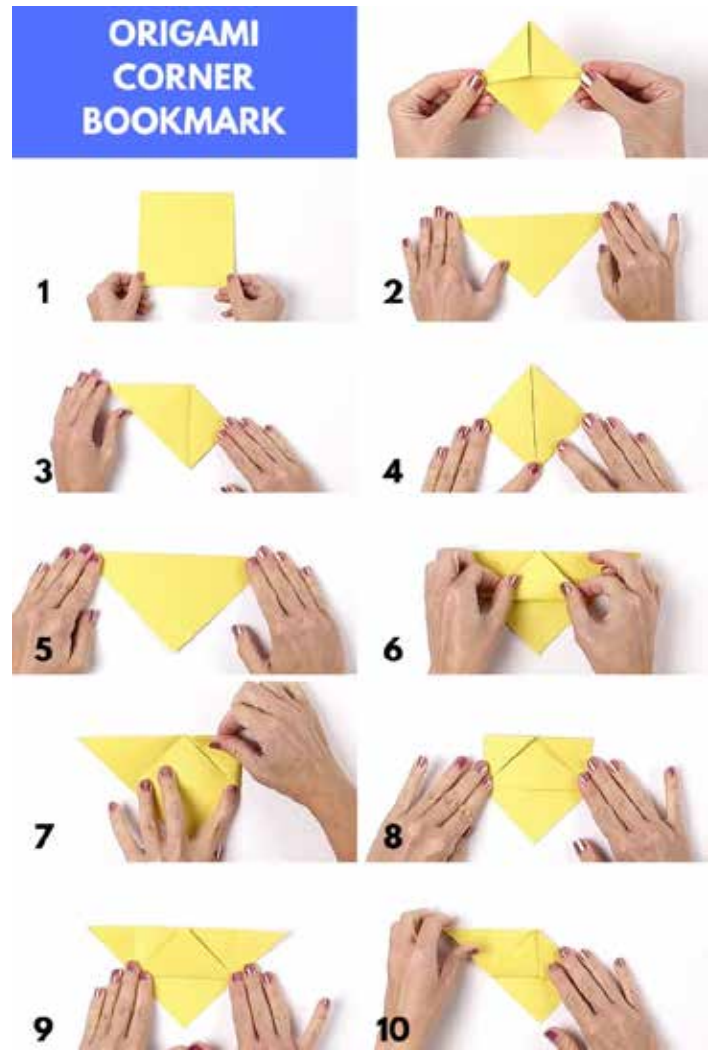
ORIGAMI CORNER BOOKMARK

Supplies

- 6×6 sheet of white/colored paper or origami paper
- Scissors
- Glue Dots
- Markers
- Various colors of scrap cardstock

Directions

1. Cut a piece of colored paper into a 6 x 6 inch square.
2. Fold in half diagonally.
3. Fold the right corner of the triangle over to meet the bottom corner.
4. Repeat with the other side to form a square.
5. Unfold steps 3 and 4 leaving a triangle.
6. Fold 1 half of the bottom corner up to meet the top edge.
7. Fold the right corner in to meet the top corner.
8. Repeat with the left side.
9. Unfold steps 7 and 8.
10. Using the crease, fold the right corner down and tuck under the flap. Repeat with the left side.



...COMING UP...

FIESTA DE FAMILIAS

DSACC is thrilled to be headed back to Merced! We have missed seeing all your faces and cannot wait to welcome you all back in-person for Fiesta de Familias. This is an afternoon filled with fun, food, and friends! A great opportunity for our littlest friends and their families to connect with others in our community- so get your tickets today!

- Saturday March 6, 2023 11-1pm
- Yosemite Church- Merced, CA
- Cost: \$5 per person
- Kids 2 & under Free!

Register today at www.dsacc.org/programs-news/socials or contact DSACC staff at info@dsacc.org



GRAND OPENING PRINT21!

It has been months in the making but we are thrilled to announce the grand opening of PRINT21! The first advocate run boutique screen-printing service in the central valley, possibly the state!

Print21 is available for the community to use for any small to medium size print jobs on shirts, bags, or any other item that needs logos or artwork printed on them. It will showcase the creativity, talents, and value our loved ones with Down syndrome have to offer the workforce!

Continued page 8

...COMING UP CONTINUED...

Join us Tuesday, June 6 from 5-8pm for our grand opening celebration & open house! There will be advocates doing demonstrations, light appetizers and drinks, and of course giveaways!
1439 W Shaw Avenue Fresno, CA 93711

THE IMPROVANEER METHOD

IMPROVAGANZA

DSACC is so excited to be launching the Improvaneer Method here in the Central Valley this year! The Improvaneer Method involves a "scaffolding" approach of taking time to build each level (of skills) before adding another. It combines the perfect progression of games tailored to specific skill sets, patience, the right personality and directing style, a good amount of energy and a lot of passion. As the levels advance, a focus is put on performing in front of others and improvising various work and social functions so that the lessons will translate into the real world.

To kick off this incredible program, DSACC is inviting interested participants ages 9-12, and 13 & older who have a developmental disability to join us for an Improvaganza 1 day workshop! The cost for this kick-off workshop is FREE! Come play, laugh, and learn more about how this program works!

June 12, 2023

Youth Workshop 9:00-12:00pm

Teens & Adult Workshop 1:00-4:00pm

June 13, 2023

Youth Workshop 9:00-12:00pm

Teens & Adult Workshop 1:00-4:00pm

Location: TBD- Fresno CA

Sign ups open now at www.dsacc.org/

BOWLING NIGHT

We invite our members 15 & older for a casual bowling meet up the 2nd Monday of every month at Fresno State's Bowling alley.

We encourage parents to join stick around to bowl

and meet others!

Please RSVP to Jenn at info@dsacc.org, or text 559.825.4981

- 2nd Monday of the Month
- May 8, June 12, July 10, August 14,
- 6:00 pm
- \$5-7 per bowler
- Bulldog Bowl
- 5280 N. Jackson Ave, M/S SU 36
- Fresno, CA 93740-8023



Beginning in April, join us the 1st and 3rd Saturday of the month to get our bodies moving and grooving. We will be trying all sorts of fun workouts - Zumba, High Fitness, Hula Hoops, or yoga! All ages welcome, fun fitness for the whole family!

- May 6 & 20, 2023 from 9:00-10:00 am
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- At Willow Gardens: 10428 N Willow Avenue, Clovis
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Thank You Willow Gardens for hosting us!

VIRTUAL WORKSHOPS

How to work with teachers to implement successful accommodations & adaptations

We welcome Stanford professors Lakshmi Balasubramanian, Ph.D. and Renee Starowicz, Ph.D. as they take us through a 2 part workshop on how to work with teachers to get the most out of adaptations and accommodations in the classroom & at home.

Learn more about the presenters at www.dsacc.org/programs-news/workshops

- NEW DATES Tuesday, May 16 & 23 from 6:00-7:30pm

- Register online at <https://us02web.zoom.us/j/84461222222>

Potty Training Tips & Tricks

Lina Patel, PsyD is an Associate Professor of Child and Adolescent Psychiatry at the University of Colorado School of Medicine, and is the coauthor "Potty Time for Kids with Down Syndrome. Lose the Diapers, Not Your Patience".

Learn more about the presenter at www.dsacc.org/programs-news/workshops

- Thursday, May 18, 2023 from 6:30-8:00 pm
- Register online at <https://us02web.zoom.us/j/84461222222>



Sibshops provide young brothers and sisters with peer support and information in a lively, recreational setting.

Sibshops are lively, pedal-to-the-metal events where they will:

- Meet other sibs (usually for the first time);
- Have fun
- Talk about the good and not-so-good parts of having a sib with special needs with others who "get it"
- Play some great games
- Explore how other brother and sisters handle sticky situations sometimes faced by brothers and sisters;
- Laugh
- Learn about the services their brothers and sister receive
- Have some more fun!

May Sib Shop

- Saturday, May 13 from 9:30-12:30pm- South Valley, at Martella Farms in Lemoore, CA
- \$10 per kid

Register online at www.dsacc.org/programs-news/ or contact DSACC staff at info@dsacc.org

NOW HIRING

DSACC is in need of part-time staff & interns!

SUMMER SKILLS ACADEMY: We are looking for 2 teachers and 2 aids for our Skills Academy. SSA is a summer educational support program for 5th to 12th grade students with Down syndrome to get extra support on 1 or 2 IEP goals for the coming school year. Teachers will work in a 1 on 2 setting using their own creative ways to help empower each student they work with. If you are interested in teaching or being a support aid, please send resumes with work experience, 2 references, and contact information to Candi at pd@dsacc.org.

APPLICATIONS FOR STUDENTS 3RD GRADE & OLDER WILL OPEN JUNE 1 ONLINE AT WWW.DSACC.ORG

IMPROVANEER METHOD: DSACC is also looking for a fun, energetic, and reliable individual to help facilitate our new Improvaneer Method workshops. The Improvaneer Method uses improv to help individuals with developmental disabilities work on specific skills through engaging and fun games created specifically to build skills such as social skills, voice projection (but the ability to talk is NOT necessary), and many others. Hours will vary but the program has 4 sessions annually, with each session consisting of 10 classes. DSACC will also include summer youth improv camps as well. To apply, please send resumes with work experience, 2 references, and contact information to Candi at pd@dsacc.org

VOLUNTEERS NEEDED: DSACC is always on the lookout for volunteers. If you are interested in volunteering at any upcoming programs or events, sign up at signup.com/Group/1266990565185254085/

...THAT'S A WRAP...

TEE UP FOR DOWN SYNDROME 2023

What an incredible afternoon! Thank you to all the amazing players, volunteers, and sponsors who came out to Tee Up for Down Syndrome! The weather was perfect, the golf was entertaining, and we had such a good time at Belmont Country Club who was a wonderful host for our tournament!

This amazing event could not have taken place without some amazing supporters. **Eagle Sponsors:** Bank of the Sierra, Bay Area Industrial Filtration

Birdie Sponsors: Backstory Creative, Clawson Honda, West Mark **Hole Sponsors:** Columbia Sportswear, Hot Shots Nerf Parties, Rebekah Creasy- Lennar Mortgage, Fresno Social Sports, In-Home Grooming by Bri, Robinsons Interior, Me N' Eds Pizza, Mitch's House of Jewels, Brian Domingos- Premier Valley Realty, Tracy DeBenedetto Real Estate, Valley Type & Design, Alyssa Rudel- Synergy One Lending, Rodney Roque RR, CPA, APC, **Driving Range Sponsor:** Dog House Grill.

Thank you to the amazing volunteers who came out and sold raffle tickets, ran games on-course, and helped golfers check-in.... Thank you Candi, Jenn, Melanie, Kirsten, Kerry, Suzette, Sherri, Lalo, DeAndra, Adrian, and our very own advocate Emily Starr who defended her winning record on course at the Rock Paper Scissor hole!

Congratulations to our Closest to the Hole winners- Jenine Paniccia and Andrew Hunter! Congratulations to Roy Salazar for driving the Straightest Drive- only 2 feet from the markers! Congrats to our tournament champions, who won with the lowest score on the back 9 (it was that close!), Clawson Honda golfers- Johnny Smith, Ryan McGrail, Jacob Arnbrister, Jose Nunez.

It was a pleasure having everyone join us and we cannot wait for next year! Mark your calendars- Monday, April 15, 2024.



THANK YOU 2023 TEE UP SPONSORS!



...THAT'S A WRAP...

FAIRYTALE BALL

There are so many feels and not enough words to express how magical the spring Fairytale Ball was! Thankfully the weather stayed away for the event and none of us were swept away in an atmospheric river as predicted... the stars shone bright inside Sunnyside Country Club and it was such a wonderful event!

This magical evening would not be possible without some true storybook heroes, our sponsors:

Prince Charming Sponsor: King's Corner Childcare & Central Valley Regional Center. **Cinderella Sponsors:** Overlund Stockyards, Educational Employees Credit Union. **Fairy Godmother & Fairy Godfather Sponsors:**

J. Quistad in Memory of Mel, Robert V Jensen. **Snow White Sponsors:** Central California Parent, Family Options. **Magic Makers:** Tachi Palace Casino & Resort. We'd also like to thank Backstory Creative, Media Solutions, Covered in Elegance, The Valley Cats, Valley Type & Design, and our hosts- Sunnyside Country Club

Many thanks to all the generous businesses, families, and individuals who donated services, products, and desserts for the silent auction, raffle, and dessert dash. Let's also thank the amazing volunteers, DSACC Staff and Board of Directors who turned this fairytale ball into reality- Program & Outreach Coordinator Candi Robinson, Administrative Assistant Rosa Lopez & Stephen Zimmerman, Board of Directors- DeAndra Inman, Erin Bell, Tori D'Ambrosi, Shellie De Alba, Mike Bowman, Adrian & Rosemary Jilote and Bridget Billingsley. Thank you to our amazing advocates who helped create the amazing event as well- Marisa Tellalian, Meghan Smith, Kyle Jura, Stephen Zimmerman, Emily Starr Ford, Sarah Corona, Arturo Arias, and Emily Archon

Congratulations to our amazing honorees. It is such an honor to be able to recognize some amazing members of our community. These awards recognize a Service Provider or Educator that has demonstrated that they advocate for inclusion, acceptance, and appreciation in the Central Valley.

They have also gone above and beyond to support their students & clients with Down syndrome.



Congratulations to Chelle Eilts, 2023 Educator of the Year and Dr. Hailey Nelson, 2023 Service Provider of the Year, who we surprised with her award while she did an outstanding job emceeing the event for us!

The Sapphire Sibling award is given to an individual with a brother or sister who happens to have Down syndrome. These siblings have demonstrated that they advocate for inclusion, acceptance, and appreciation of individuals with Down syndrome in the Central Valley. They also show compassion, kindness, and have gone above and beyond in loving their family. Congratulations Kourtne & Klaire Gage, 2023 Sapphire Siblings.

It was such a wonderful evening and we cannot wait to celebrate DSACC's 25th anniversary with you next year! Mark your calendars for DSACC's Silver Celebration on February 23, 2024!

STEP UP FOR DOWN SYNDROME

SATURDAY, OCTOBER 21, 2023
10:00AM- 2:00PM
AT THE CLOVIS RODEO GROUNDS

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.

We are headed back to the Clovis Rodeo Grounds but the interior grass area once again where the temps aren't as high as they are on straight pavement. We can't wait to see you all again!

Step Up is 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



Individuals with Down syndrome are FREE!

Kids 3 & Under are FREE

General Ticket: \$15 per person, includes a special Step Up keepsake!

Add an event t-shirt for just \$10 more per person for sizes 2T to adult XL.

\$13 each for Adult sizes 2XL-4XL

Don't forget to order your Walk of Fame Poster for your superstar! \$25 each

Event registration opens July 1, 2023!



more about the resources and services available to them.

The day will feature:

- 1 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!
- Live Entertainment- including a special performance by Break the Barriers!
- Resource Vendor Area- filled with local businesses, many of whom happen to have Down syndrome!
- Family & Friends Tent- a special area for families to connect with others in their age group, and community

- Food trucks
- Kids Zone, Face Painting, All Aboard Trains and so much more!
- NEW this year- the Shoe Shuck! How many shoes can a Step Up Shuck if a Step Up could shuck shoes? Glad you asked! This fun, pay-to-play game will challenge all ages to see who can shuck a shoe the furthest! Winners in each age bracket will not only win a prize, but bragging rights of being the biggest Shoe Shucker in Central California!



SPONSORSHIP OPPORTUNITIES

Resource Table \$21: 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.

Sponsorship & Vendor Information now available at www.dsacc.org/programs-news/upcoming-programs/fundraisers/step-up-for-down-syndrome/

CONTACT DSACC STAFF FOR MORE INFORMATION INFO@DSACC.ORG

GRUPOS DE APOYO y EDUCACIÓN

Padre2Padre

P2P Es un grupo de ayuda y apoyo para padres de todas las edades. Nuevos padres, padres con experiencia, y para todos- te damos la bienvenida a disfrutar la conversacion con tus ideas y trucos, cambios y exitos, y talvez con nuevas cosas a lo largo del camino.

Este grupo se reúne en persona el primer Miercoles del mes de 6-7:30pm en la oficina de DSACC: 1491 W Shaw Avenue Fresno, CA 93711. No puedes hacerlo en persona? No hay problema, puedes unirte al grupo virtualmente por Zoom: Reunion ID: 847 4887 0697. Contraseña: P2P

- 7 de junio de 2023: Únase a otros padres para discutir cómo visualizar un futuro independiente. Discuta lo que puede hacer ahora para dar los primeros pasos hacia la independencia.
- Julio- Sin reunión

Grupo de Educación y Apoyo del Valle Sur

Este grupo de inicio temprano ofrece apoyo emocional, conexiones y educación para familias afectadas por una discapacidad (ino solo el síndrome de Down!). Las reuniones son facilitadas por el personal de DSACC y Bright Start. El propósito es conectar amigos, 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, (559) 740-4321 ext. 6528 para registrarse

- 2 de marzo de 2023: ¡Conozca el Centro Regional del Valle Central! Obtenga más información sobre lo que hace CVRC y cómo puede acceder a sus servicios.
- 6 de abril de 2023: SIN REUNIÓN: ¡disfrute de las vacaciones de primavera!
- 4 de mayo de 2023: Día de los padres y el parque
- 1 de junio de 2023: ¡Celebración de verano!
- Julio0 Sin reunión

Grupo Apoyo

¡Bienvenido de nuevo! Grupo Apoyo es un grupo de conexión y apoyo para padres de todas las edades. Padres primerizos, padres experimentados y todos los demás: los invitamos a unirse a la conversación con sus consejos y trucos, desafíos y éxitos, y tal vez aprendamos algunas cosas nuevas en el camino. Grupo se reúne el segundo miércoles de cada mes de 6 a 7:30 p.m. en persona en la oficina de

DOWN SYNDROME ASSOCIATION OF CENTRAL CALIFORNIA

UNA VISTA RAPIDA DE VERANO

mayo • junio • julio

DSACC: 1491 W Shaw Avenue Fresno

- 10 de Mayo de 2023: reunión solo para padres; ¡Bienvenidos padres de niños de todas las edades para tener la oportunidad de conectarse con otras familias bilingües en el valle central!
- 14 de Junio de 2023- Reunión familiar; ¡Únase a DSACC para una reunión informal con juegos, refrigerios y nuevos amigos!
- Julio- Sin reunión

COSAS PARA HACER

Club de boliche

Invitamos a nuestros miembros mayores de 13 años a una reunión informal de bolos el segundo lunes de cada mes en Bowling alley de Fresno State. Este no es un evento gratuito, el costo es de \$5.50 - \$7.50 por jugador de bolos, más estacionamiento si es necesario. ¡Animamos a los padres a unirse, quedarse para jugar bolos y conocer a otros!

Confirme su asistencia a info@dsacc.org, o envíe un mensaje de texto al 559.825.4981 antes del sábado anterior.

- lunes, 8 de Mayo
- lunes, 12 de Junio
- lunes 10 de Julio

En forma y fabuloso

A partir de abril, únase a nosotros el 1er y 3er sábado del mes para que nuestros cuerpos se muevan y disfruten. ¡Probaremos todo tipo de ejercicios divertidos: Zumba, High Fitness, Hula Hoops o yoga! ¡Todas las edades son bienvenidas, fitness divertido para toda la familia!

- 1 y 15 de abril de 2023 de 9:00 a 10:00 am
- 6 y 20 de mayo de 2023 de 9:00 a 10:00 am
- 3 y 17 de junio de 2023 de 9:00 a 10:00 am
- En Willow Gardens: 10428 N Willow Avenue, Clovis CA 93619
- Donación opcional de \$5 por persona para el instructor, solo en efectivo, por favor.

¡Gracias Willow Gardens por recibirnos!

SOCIALES

Fiesta de familias

¡DSACC está encantado de regresar a Merced! Extrañamos ver todas sus caras y estamos ansiosos por darles la bienvenida a todos en persona para la Fiesta de Familias. ¡Esta es una tarde llena de diversión, comida y amigos! Una gran oportunidad para que nuestros amigos más pequeños y sus familias se conecten con otros en nuestra comunidad, ¡así que compre sus boletos hoy!

- Sábado 6 de marzo de 2023 11-1pm
- Iglesia de Yosemite - Merced, CA
- Costo: \$5 por persona, Niños menores de 2 años ¡Gratis!
- Regístrese hoy en www.dsacc.org o info@dsacc.org

TALLERES VIRTUALES

Reprogramado - Cómo trabajar con los maestros para implementar acomodaciones y adaptaciones exitosas

Damos la bienvenida a los profesores de Stanford Lakshmi Balasubramanian, Ph.D. y Renee Starowicz, Ph.D. mientras nos llevan a través de un taller de 2 partes sobre cómo trabajar con los maestros para aprovechar al máximo las adaptaciones y adaptaciones Martes 16 y 23 de mayo de 2023 de 6 a 7:30 p. m.

Regístrese en línea en <https://us02web.zoom.us/j/84451220000>

Consejos y trucos para el entrenamiento para ir al baño presentado por Lina Patel, PsyD

Lina Patel, PsyD es Profesora Asociada de Psiquiatría Infantil y Adolescente en la Facultad de Medicina de la Universidad de Colorado, y ejerce en el Children's Hospital Colorado. El Dr. Patel es el director de Down Syndrome Behavioral Health Collaborative, una clínica virtual que brinda servicios de telesalud conductual a niños, adolescentes y adultos jóvenes con síndrome de Down. Brinda consultas con escuelas, capacitación para padres sobre el manejo de comportamientos

desafiantes o inseguros, entrenamiento para ir al baño y desensibilización a dispositivos médicos (como audífonos y CPAP) y angustia relacionada con el procedimiento. Ha trabajado con cientos de personas con síndrome de Down. Fuera de su trabajo clínico, realiza investigaciones como Directora de Evaluación Cognitiva, Conductual y del Desarrollo Neurológico en el Instituto Linda Crnic para el Síndrome de Down. Además, se ha presentado ante numerosas organizaciones en todo el país e internacionalmente y es coautora de "Potty Time for Kids with Down Syndrome: Lose the Diapers, Not Your Patience".

Jueves, 18 de mayo de 2023

de 6:30-8:00 pm

Pre-registro en [https://us02web.](https://us02web.zoom.us/j/84451220000)

[zoom.us/meeting/register/](https://us02web.zoom.us/j/84451220000)

[tZEufuyqrjMiGNQLApjbLJgFX8k4LqpDYCrR](https://us02web.zoom.us/j/84451220000)

APOYO FAMILIAR

Sib tiendas

Los talleres para hermanos brindan a los hermanos y hermanas jóvenes apoyo e información entre pares en un entorno animado y recreativo.

Los Sibshops son eventos animados y acelerados en los que: Conocer a otros hermanos (generalmente por primera vez); Divertirse; Hable acerca de las partes buenas y no tan buenas de tener un hermano con necesidades especiales con otros que "lo entienden"; Juega grandes juegos; Explorar cómo otros hermanos y hermanas manejan situaciones difíciles que a veces enfrentan los hermanos y hermanas; Reír; Aprender sobre los servicios que reciben sus hermanos y hermanas; y ¡Diviértete un poco más!

- Sábado 13 de Mayo
- de 9:30 a 12:30 p. m. - South Valley
- Martella Farms, Lemoore, CA

¡Regístrese hoy!

www.dsacc.org/programs-news/upcoming-programs



1491 W. Shaw Avenue
Fresno, CA 93711
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What's Inside

Mother's Day Fundraiser
PRINT21 grand opening
Sib Shops
Step Up for Down Syndrome
Virtual Workshops & so much more!



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Online @ www.dsacc.org