

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.

WORLD DOWN SYNDROME DAY

World Down Syndrome Day is marked each year on March 21, beginning in 2006. The 21st day of March was selected to signify the uniqueness of the triplication of the 21st chromosome which causes Down syndrome. Every year on March 21, World Down Syndrome Day is observed to create awareness about Down syndrome.

On WSDS we wear lots of socks to get people talking about World Down Syndrome Day... Why? Socks were chosen as a symbol because the karyotype of Down syndrome looks like mismatched socks! So on March 21st rock some socks in honor of World Down Syndrome Day! One sock, three socks, colorful socks, tall socks, short socks, patterned socks... **ROCK ALL THE SOCKS!**

FIND MORE WORLD DOWN SYNDROME DAY ACTIVITIES AND EVENTS ON PAGES 8-II

FUND **peals** RAISER

HELP US RAISE FUNDS FOR DSA CENTRAL CALIFORNIA

Down Syndrome Association of Central California

25% DONATED

USE CODE DSACC321 ON PALSSOCKS.COM
END DATE: 3/21/23

TEE UP FOR DOWN SYNDROME golf tournament

11:00 am Check-in
1:00 pm Shotgun start

APRIL 24, 2023

Belmont Country Club Fresno, CA

lunch, cart, golf, raffle, on-course games, dinner & more!

Sign up today at www.dsacc.org

Details on page 13

Get your tickets today!

Fairytale Ball

Making dreams possible

March 10, 2023

6 o'clock in the evening
Sunnyside Country Club- Fresno

dinner, dancing, silent auction, dessert dash, raffle & more!

Join us as a sponsor or participant
sign up today at www.dsacc.org

Details on page 12

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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

Introducing Executive Director, Jennifer Whiting

This year has started off with lots of hard work, big changes, and I am so excited to see where this year is headed!

Thank you for your patience as we took a moment to evaluate and revamp many of our core programs. And thank you for all of your feedback and input as things got a makeover.

Our support programs are an important part of what we do as an organization- we are here to connect families and individuals to resources in the community, introduce ideas and challenges you may face throughout the lifespan of your loved one, and above all else- connect families with other families.

This year you will see Grupo Apoyo and Parent2Parent focusing more on parent/family connections; bringing in parents and caretakers who are further on their journey to share their experiences, tips & tricks, and joys with our newest families. So please- if you are a new parent, or wiser parent- please join us! Meeting dates and times can be found in the calendar section of the newsletter and online in our upcoming programs/events tab at www.dsacc.org.

We have some really exciting programs and services in the works that will launch this summer! DSACC is bringing the Improvaneer Method to the central valley! This is a great program that uses improv to help individuals with Down syndrome learn and build tons of skills through a variety of games and activities. So if you have a loved one 16 & older that you think would be interested in joining us- be sure to catch the next newsletter when we launch sign ups!

DSACC is also excited to announce that we will soon be launching an advocate run, boutique screen-printing service! We are so excited to be able to showcase the abilities and value our friends with Down syndrome have to offer the community!

We will need lots of help though- so if you are interested in helping create/run/fund/market/support/build this service, please shoot me an email with your contact information! My email is now ED@dsacc.org

So excited for what this year has in store for us! Be sure to check online often for updates and news!

Sincerely,
Jenn

Ps- I cannot wait for you all to meet our new Program & Outreach Coordinator Candi in person, as well as our new administrative assistant Rosa, who is bilingual!

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

DSACC will be closed
March 1-6, 2023: Staff is at the DSAIA Conference!
Monday, March 13, 2023: Closed for gala clean up
Monday, April 24, 2023: Tee Up for Down Syndrome Golf Tournament

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:
April 19, 2023
June 21, 2023
September 20, 2023
November 4, 2023- Board Retreat
December 13, 2023

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

Make a difference!



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It's free. Earn for your favorite schools & nonprofits. Register store cards, credit/debit cards, or buy digital gift cards.

Shop, dine out or even take a cruise to earn easily and automatically when you shop with merchants that give back.

Make A Difference!

Automatically earn for your favorite causes when you buy things you normally buy every day.

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

AmazonSmile has ended.

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.

tinyurl.com/5bn35zcr

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
- March 1, 2023: Welcome Back Meet & Greet! Join our Board President and fellow mama, DeAndra Inman for a casual meet & greet as we kick off the new and improved P2P. Share what you would like to get from the group- topics you want to learn more about.
- April 5, 2023: Meet a few of the DSACC Advocates parents! We have some amazing adult advocates and their parents are a big reason they are so successful. These amazing parents will be sharing their successes and challenges
- May 3, 2023: IEP's from the Parents Perspective- join fellow mamas who've been down the IEP rabbit hole as they share tips and tricks preparing yourself mentally and physically for the IEP process.

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@tcoe.org, (559) 740-4321 ext. 6528 to register for the virtual meeting.
- March 2, 2023: Meet the Central Valley Regional Center! Find out more about CVRC does & how you can access their services.
- April 6, 2023: NO MEETING- Enjoy Spring Break!
- May 4, 2023: Parents & Park Day

Family Support

Sib Shops

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

Sib Shop 2023 Dates- sign up for one or all!

- Saturday, April 15 from 9:30-12:30pm at the ARC Loewen Achievement Center: 4490 E Ashlan Avenue, Fresno
- Saturday, May 13 from 9:30-12:30pm- South Valley, location TBD

Grandparent Get Together

Calling all grandparents! Come together to learn more about your grandchild's diagnosis and how you as a grandparent can support them as well as your child.

- April 19, 2023 from 6-7:30pm
- At the DSACC Office: 1491 W Shaw Avenue Fresno, CA 93711
- RSVP to pd@dsacc.org

Virtual Programs

Regression & Down Syndrome with Dr. Jonathon Santoro, MD

Join DSACC as we welcome Dr. Jonathon Santoro, MD, who directs the Neuroimmunology and Demyelinating Disorders Clinic at Children's Hospital Los Angeles. Learn what Ds Regression Disorder is, the latest research and get all your questions answered.

- Thursday, February 23, 2022 from 6:00-7:30 (NEW TIME!)
- Register online at www.dsacc.org/programs-news/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

- Thursday, April 20 & 27 from 6-7:30pm
- Register online at www.dsacc.org/programs-news/workshops

SPRING SNAPSHOT

march • april • may

FUNdraisers

2023 Fairytale Ball

Friday, March 10, 2023, doors open at 6 o'clock pm at Sunnyside Country Club in Fresno

Enjoy dinner, dancing, live music by The Valley Cats, silent auction, raffle, dessert dash and more!

- Individual ticket \$150 or 2 for \$250
- Guests with Down syndrome \$100

2023 Tee Up for Down Syndrome

Join in the fun out on the golf course April 24, 2023! Enjoy on-course games, raffle, lunch, dinner, and so much more!

Monday, April 24, 2023 at Belmont Country Club in Fresno.

Check-in/Registration/Lunch 11:30 am

Tee time 1 O'clock pm

Reception & Awards to follow

- Golfer with Down Syndrome \$100
- Individual Golfer \$180 or a Foursome \$720

More informagtion on page 12 & 13

Socials

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 at Yosemite Church- Merced, CA
- Cost: \$5 per person
- Kids 2 & under Free!
- Register today at www.dsacc.org

Get Out & Get Moving

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 by the Saturday prior if possible.

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

Fit & Fab

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!

- April 1 & 15, 2023 from 9:00-10:00 am
 - 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!

DSACC World Down Syndrome Day BBQ

Let's celebrate all our loved ones with Ds this World Down Syndrome Day! Join us at Imagine U Children's Museum for some good food, fun, friends and more...

Face painting, Dancing, BBQ by Grillin' the Shed, Crafts, and more!

All ages are welcome!

- Cost: Individuals with Ds and/or Kids 5 & under- \$5 each, All others \$10 each
- Imagine U Children's Museum: 210 N Tipton Visalia CA
- Register online at www.dsacc.org/programs-news/socials

Can't make the BBQ? No problem- you can still celebrate & support DSACC by eating at Pieology any time, all day long on March 21!

Just present the flyer or code from page 11

Birthdays

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

Adrian Corrales
Adriana Sarahi
Mendoza Ochoa
Alex Nieves
Alexander Lopez
Alexander Paz
Caballero
Alexis Torres
Alfonso Cardona
Alyssa Duarte
Anastasia Jura
Andres Martinez
Andrew Breceda
Andrew Fox
Andrew Jackson
Angel David
Arambula
Angel Valdez
Armaan Sagoo
Austin Lohse
Benjamin Rafael
Ramirez
Blake Domingues
Blayke Merrit
Brandon Gruber
Brayden Lehnick
Brendan Anthony
McDonald
Britney Castro
Britney Melo

Bryson Jones
Carlos Emmanuel
Rodriguez
Casey Jones
Cassandra Vasquez
Cecilia "CC"
Barragan
Chanel Varela
Charlotte Rose
Norton
Christian Mark
Phillips
Christina Toledo
Conner Domingos
Danielle Mattie
Kelzer
David Griffith
Deacon Cortez
Destiny Sandoval
Dracos Reinhardt
Elijah Elizondo
Elizabeth Martinez
Ellie Torres
Elvis Jilote
Elvis Lopez
Avendano
Ember Cortez
Emily Starr Ford
Emma Grace
Furtado

Emma Gutierrez
Erin Inez Diaz
Esperanza Martinez
Evan Garza
Evangeline
Gabriel Luna
Gary Wong
Gethsemane
Olaisola
Gina Severiano
Giovanni Morales
Gloria Soderlund
Guadalupe
Hernandez
Hector Campos
Isaac Martinez
Jackie Pacheco
Jacob del Toro
Jacob Kiser
Jacob Valle
Jade Ortega
Jaden Garcia
Jaqueline Ramos
Vargas
Javier Hernandez-
Solano
Jaylee Bishop
Jeremias Mendoza
Rodriguez
Jesse Parker

Jesus Antonio Ayala
Jionni A Robles
Joey Emler
Jose Villa
Joshua Zarate
Josiah Chavez
Kai Johanson
Karlita Gomez
Gonzalez
Lauren Ovalles
Lawson Vick
Lazmin Vasquez-
Alaniz
Leeann Nelson
Levi Jacob Martinez
Lilly Shubin
Lily Moua
Lucas Sanchez
Lupita Haro
Madeleine Ella
Wilber
Makayla Jones
Marianne Sigla
Urine
Maricela Valenzuela
Mary Towne
Matthew Manuel
Carnicas
Melanie Nicole
Melanie Saldana
Michael Thomas

Michelle Virgen
Rodriguez
Mireya Briones
Myah Funnye
Natalia Anderson
Neymar Mendez
Nick Benson
Nico
Noah Cervantes
Noah Llanos
Omar Elijah
Zuloaga Jr
Paul Molina
Robin Castillo
Rylee Jordan
Stacey Cox
Stephen
Zimmerman
Suhey Lopez
Teresa Mendoza-
Roman
Timothy "Timmy"
Vijeila
Tobiah Yang
Valarie Maybel
Cook
Valeria Rodriguez
Vanessa Alvarez
Victor Hernandez
Zovig Abrijian

...KIDS CORNER...
S...
T...
I...
D...
S...
C...
O...
R...
N...
E...
R...
...

ALL ABOUT ME

My name is...

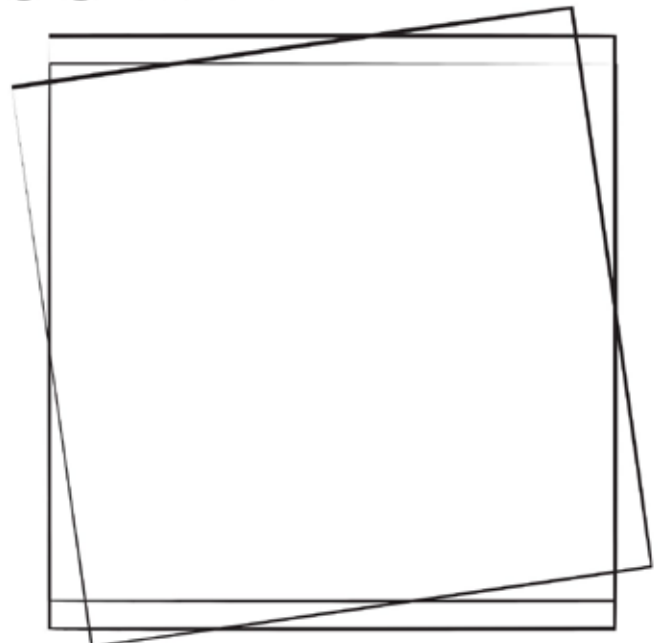
I am _____ years old

My favorite things to do are: _____

My favorite things to eat are:

My favorite animal is: _____

I love to _____



...COMING UP...

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 by the Saturday prior.

- 2nd Monday of the Month
 - March 13, April 10, May 8, June 12, July 10, August 14, September 11, October 9, November 13, December 11
- 6:00 pm
- \$5-7 per bowler
- Bulldog Bowl
- 5280 N. Jackson Ave, M/S SU 36
- Fresno, CA 93740-8023

FIT & FAB

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!

- April 1 & 15, 2023 from 9:00-10:00 am
- 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!

SIBSHOPS

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!

Sib Shop 2023 Dates- sign up for one or all!

- Saturday, April 15 from 9:30-12:30pm at the ARC Loewen Achievement Center: 4490 E Ashlan Avenue, Fresno
- Saturday, May 13 from 9:30-12:30pm- South Valley, location TBD
- Saturday, September 23 from 9:30-12:30pm 30pm at the ARC Loewen Achievement Center: 4490 E Ashlan Avenue, Fresno

REGISTER ONLINE AT WWW.DSACC.ORG/PROGRAMS-NEWS

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

FIND MORE PROGRAMS & EVENTS COMING UP ON PAGE 17

Just because someone has Down syndrome, does not mean they are scary or different.
We are more alike than different! Let's find out.. Mark all the boxes of things you like and traits you have.

Then ask a neighbor, classmate, friend or family member and compare likes.
How many do you have in common? What other things do you have in common?

WHAT DO WE HAVE IN COMMON?

My name is...

My friends name is...

I like:

- I have BROWN hair
- I have BLACK hair
- I have BLONDE hair
- I have RED hair
- I have BROWN eyes
- I have BLUE eyes
- I have GREEN eyes
- I have HAZEL eyes
- My favorite color is RED
- My favorite color is ORANGE
- My favorite color is YELLOW
- My favorite color is GREEN
- My favorite color is BLUE
- My favorite color is PURPLE
- My favorite color is PINK
- FOOTBALL
- BASKETBALL
- SOCCER
- BASEBALL/SOFTBALL
- SPORTS
- AMINALS
- READING
- DRAWING
- PLAYING GAMES
- ICE CREAM
- CANDY
- WATCHING MOVIES/TV
- PLAYING VIDEO GAMES
- PLAYING WITH FRIENDS
- I LOVE MY FAMILY & FRIENDS

They like:

- I have BROWN hair
- I have BLACK hair
- I have BLONDE hair
- I have RED hair
- I have BROWN eyes
- I have BLUE eyes
- I have GREEN eyes
- I have HAZEL eyes
- My favorite color is RED
- My favorite color is ORANGE
- My favorite color is YELLOW
- My favorite color is GREEN
- My favorite color is BLUE
- My favorite color is PURPLE
- My favorite color is PINK
- FOOTBALL
- BASKETBALL
- SOCCER
- BASEBALL/SOFTBALL
- SPORTS
- AMINALS
- READING
- DRAWING
- PLAYING GAMES
- ICE CREAM
- CANDY
- WATCHING MOVIES/TV
- PLAYING VIDEO GAMES
- PLAYING WITH FRIENDS
- I LOVE MY FAMILY & FRIENDS

WORLD DOWN SYNDROME DAY COLORING PAGE



DID YOU KNOW...

- 1 in every 700 live births, a baby with Down syndrome is born
- A person with Down syndrome has an extra full or partial copy of the 21st chromosome compared to the average person who has only two copies of each of the 24 chromosomes.
- The average life expectancy for a person with Down syndrome is now 60+ years
- People with Down syndrome attend school, work, participate in decisions that affect them, have meaningful relationships, vote, and contribute to society in many wonderful ways
- A few of the common physical traits of Down syndrome are low muscle tone, small stature, an upward slant to the eyes, and a single deep crease across the center of the palm. Every person with Down syndrome is a unique individual and may possess these characteristics to different degrees or not at all
- A person with Down syndrome is not a "Downs person", they are a person first so learn their name and use people/identity first language!
- Down syndrome is the most common genetic disorder. It is NOT a disease!

WORLD DOWN SYNDROME DAY BBQ

03.21.23

IMAGINE U CHILDREN'S MUSEUM

Join DSACC as we celebrate World Down Syndrome Day on Tuesday, March 21, 2023!

Doors will open at 5:00 in the evening for an EXCLUSIVE celebration at Imagine U Children's Museum. All ages are welcome and encouraged to join the fun!

There will be delicious BBQ prepared by Grillin The Shed, crafts, amazing exhibits, music, dancing and a whole lot of friends to celebrate with! It's a great opportunity to meet up with old friends and connect with new!

Kids 2 & Younger: FREE

Individuals with Down Syndrome or children under the age of 5: \$5 per person

Individuals 6 & older: \$10 per person

Register online at www.dsacc.org/programs-news/socials or call DSACC Staff at 559.228.0411

ROCK YOUR SOCKS FOR WORLD DOWN SYNDROME DAY!

March 21 is symbolic because people with Down syndrome have 3 copies of the 21st chromosome. Socks were chosen as a symbol because the karyotype of Down syndrome looks like mismatched socks! So on March 21st rock some socks in honor of World Down Syndrome Day! One sock, three socks, colorful socks, tall socks, short socks, patterned socks...
ROCK ALL THE SOCKS!

DSACC has a few custom designed DSACC crew and knee-high socks available for \$15 each. You can purchase them by emailing Jenn at info@dsacc.org to see what sizes and designs are available. Or call 559.228.0411 Monday thru Thursday 10- 2 pm.

DSACC has partnered with PALS for a sock FUNdraiser! Place an order for some fun, colorful, cool socks and use code DSACC321 at check-out. 25% of your purchase total will be donated back to DSACC!

Place your orders now thru March 21 with code DSACC321!

FUND  RAISER

HELP US RAISE FUNDS FOR
DSA CENTRAL CALIFORNIA

 Down
Syndrome
Association
of Central California



USE CODE DSACC321 ON PALSSOCKS.COM

END DATE: 3/21/23

Can't make it to the BBQ? Then celebrate with a slice! All day on March 21st, at any valley Pieology a portion of sales will be donated back to DSACC, use code RAISEFUNDS on the app, in person, or takeout

PIEOLOGY®

— PIZZERIA —

PIZZA FORA PURPOSE

HELP US RAISE FUNDS!



Tuesday, March 21st, 10 am - 11pm

All Fresno locations, including Visalia and Hanford.

Come and help support

World Down Syndrome Day

ORDER IN-STORE, ONLINE, OR VIA THE PIE LIFE APP*
ENTER PROMO CODE **RAISEFUNDS** AT CHECKOUT.

Down Syndrome Association of Central California presents

Fairytale Ball

Making dreams possible

March 10, 2023
Sunnyside Country Club- Fresno

Once upon a time, in a central valley not so far away, there lived many princes and princesses who were born with the magical powers of an extra chromosome. This year's fairytale gala will celebrate the magic and joy of our loved ones with Down syndrome, and will raise funds to support the DSACC programs and services that will make dreams of a better future possible!

Enjoy dinner, dessert dash, silent auction, raffle, dancing and live music by The Valley Cats!!

Doors open at 6 o'clock in the evening

Individual with Down Syndrome \$100 Individual ticket \$150 Pair of tickets \$250

Sponsorship Opportunities

Sponsor a ticket for a Prince or Princess with Down syndrome \$100

Wishing Well Sponsorship \$200

- Faux "brick" on the event wishing well
- Event recognition
- DSACC website & newsletter exposure

Cocktail/Sleeping Beauty Sponsorship \$350

- Bar area signage
- Event recognition
- DSACC website & newsletter exposure

Dinner/Snow White Sponsorship \$750

- Dinner sponsor signage
- Event recognition
- DSACC website & newsletter exposure
- Includes 2 individual tickets

Fairy Godmother (or Godfather) Sponsorship \$1,000

- Sponsor signage
- Event recognition
- DSACC website & newsletter exposure
- Includes 2 tickets to the event

Corporate/Cinderella Sponsorship \$1,500

- Special corporate/Cinderella sponsor signage
- Event recognition
- DSACC website & newsletter exposure
- Includes 4 tickets to the event

Prince Charming Sponsorship \$2,000 (Exclusive)

- Custom stage signage
- Podium recognition & opportunity
- DSACC website & newsletter exposure

- Includes table for 8 to the event + 1 VIP parking space

Royal Sponsorship \$3,000

(Exclusive)

- Custom stage signage
- Title sponsor signage/banner
- Podium recognition & opportunity
- DSACC website & newsletter exposure
- Includes table for 8 + 2 VIP parking spaces

Thank you to our 2023 Sponsors

Central Valley Regional Center

Vocation Plus Connections

Educational Employees Credit Union

J. Quistad in Memory of Mel

Robert V Jensen, Inc

Overlund Stockyards

Central California Parent Magazine

Family Options

Tachi Palace Casino Resort



Enjoy on-course games, raffle, lunch, dinner, silent auction, and raffle!
 Check-in/Registration/Lunch 11:30 am
 Tee time 1 O'clock pm
 Dinner & Awards to follow

Individual Golfer \$180 Foursome \$720 Golfer with Down syndrome \$110

Sponsorship Opportunities

Sponsor entry for a golfer with Down syndrome \$100

Tee Box Sponsorship \$150

- Course signage
- Event recognition
- DSACC website & newsletter exposure

Beverage Cart Sponsorship \$250

- Beverage cart signage
- Event recognition
- DSACC website & newsletter exposure

Dinner Sponsorship \$750

- Dinner sponsor signage
- Course signage
- Event recognition
- DSACC website & newsletter exposure

Birdie Sponsorship \$1,000

- Blue sponsor signage
- Foursome entry
- Course signage
- Event recognition
- DSACC website & newsletter exposure

Corporate/Eagle Sponsorship \$1,500

- Special corporate sponsor signage
- Foursome entry
- Course signage
- Podium recognition & opportunity
- Event recognition
- DSACC website & newsletter exposure

EXCLUSIVE "Driving Range" Sponsorship \$2,000

- Exclusive Driving Range signage
- Foursome entry
- Podium recognition & opportunity
- DSACC website & newsletter exposure

EXCLUSIVE "Hole in One" Sponsorship \$3,000

- Title sponsor signage/banner
- Foursome entry + 4 additional tickets to dinner/reception
- Podium recognition & opportunity
- Logo on tournament score card
- DSACC website & newsletter exposure

Thank you to our 2023 Sponsors

Bank of the Sierra
 Bay Area Industrial Filtration
 West Mark
 Me N Eds Pizzeria

**THERE IS STILL TIME TO JOIN US
 AS A SPONSOR!**

Silent Auction & Raffle items needed!

If you have a business, service, or just willing to donate something, DSACC is looking for silent auction items or completed gift baskets! Items such as...

- Gift cards
- Sports or athletic items, or souvenirs
- Beer or Wine, glasses, coolers, etc
- Golf gear
- Vacation rentals & more

FAIRYTALE BALL & TEE UP REGISTRATION/SPONSORSHIP FORM

Company:

Contact First & Last Name:

Address:

City:

State:

Zip:

Phone:

Email:

Group/Team Name:(list names in foursome if registering for Tee Up)

I'd like to be a sponsor of (circle one or both)

FAIRYTALE GALA

TEE UP FOR DOWN SYNDROME

Sponsorship Recognition: Please recognize me as:

Please keep this anonymous.

FAIRYTALE BALL TICKET PRICES

Guest with Down syndrome \$100

Individual ticket \$150 or 2 for \$250

Table of 8 for \$1,000

Table of 10 for \$1,250

TEE UP REGISTRATION PRICES

Individual Golfer \$180

Foursome \$720

Golfer with Down syndrome \$110

FAIRYTALE BALL SPONSOR LEVELS

- Sponsor a ticket for a Prince or Princess with Down syndrome \$100
- Wishing Well Sponsorship \$200
- Cocktail/Sleeping Beauty Sponsorship \$350
- Dinner/Snow White Sponsorship \$750
- Fairy Godmother (or Godfather) Sponsorship \$1,000
- Corporate/Cinderella Sponsorship \$1,500
- Exclusive Prince Charming Sponsorship \$2,000
- Exclusive Royal Sponsorship \$3,000

TEE UP SPONSOR LEVELS

- Sponsor entry for a golfer with Down syndrome \$100
- Tee Box Sponsorship \$150
- Beverage Cart Sponsorship \$250
- Dinner Sponsorship \$750
- Birdie Sponsorship \$1,000
- Corporate/Eagle Sponsorship \$1,500
- Exclusive "Driving Range" Sponsorship \$2,000
- Exclusive "Hole in One" Sponsorship \$3,000

Please make checks payable to DSACC: 1491 W Shaw Avenue Fresno CA 93711
Or contact DSACC staff for other forms of payment, questions, or inquiries. 559.228.0411, info@dsacc.org

Company:

Guest 1- First & Last Name:

Address:

City:

State:

Zip:

Phone:

Email:

Group/Team Name:(list names in foursome if registering for Tee Up)

Company:

Guest 2- First & Last Name:

Address:

City:

State:

Zip:

Phone:

Email:

Group/Team Name:(list names in foursome if registering for Tee Up)

Company:

Guest 3- First & Last Name:

Address:

City:

State:

Zip:

Phone:

Email:

Group/Team Name:(list names in foursome if registering for Tee Up)

PHOTO & LIABILITY RELEASE:

Liability Waiver and Agreement: In consideration of your acceptance of my entry, I intending to be legally bound do hereby for myself, my heirs, executor and administrators, waive and release forever any and all rights to claims or damages I may have against Down Syndrome Association of Central CA and all other parties associated with this event. I attest to being fully trained and fit to participate and have full knowledge of the risks involved. I also give my permission for the free use of my name(s), photo and/or voice in any broadcast, telecast, print account or any other account in any medium of this event. I understand that all entry fees are non-refundable and non-transferable. All events take place rain or shine. You agree to not give or sell your number to another individual, if you do this it could result in your disqualification. I understand that I am relinquishing substantial rights, including the right to sue and I intend this agreement and waiver to be an unconditional release of all liability to the greatest extent permitted by law.

Signature

Date

...EDUCATION CORNER...

Global experts share tips to help empower adults with Down syndrome

by Bryn Gelaro, LSW & Dennis McGuire, Ph.D. as featured on Global Down Syndrome Foundation Website

Conflicts of power and control commonly emerge in people with Down syndrome in their late 20's and 30's— later than their typical peers. While siblings and peers begin hitting transition milestones— like moving out, going to college or work, getting married— adults with Down syndrome may feel stagnant in comparison.

Adults with Down syndrome have dreams and aspirations, both of which are key to their self-esteem and feelings of competency. But, they are often told what to do and when to do it. This is where a growing sense of independence and desire for control for an adult with Down syndrome can collide with prolonged and active parental and caregiver involvement.

While it is wonderful to have supportive and involved parents, caretakers, and employers in a young adult's life, there are ways these authority figures can exercise power that may undermine an adult's sense of control. Concretely— this could include managing their schedules, doing things for them they can do for themselves, overseeing social interactions, and controlling their resources like food and money. Conceptually — this could include anything from dictating what is good and appropriate, and shaping values and norms, to making assumptions and biases about adults with capacities and abilities.

While none of these practices are necessarily bad and, in fact, are quite common activities for many parents, teachers, and caretakers, we must remember that adults with Down syndrome are especially vulnerable in this regard because they tend to adhere to rules, be concrete thinkers, and have more limited opportunities to engage with differences. The subtle messages that are sent about their abilities through implicit or explicit actions of the people around them can become internalized and can affect how adults with Down syndrome perceive

their own capabilities.

Conflicts of power and control manifest in behavior in three common ways:

1)Defiance and Opposition: Adults with Down syndrome are commonly stereotyped for being stubborn, but in many cases, defiance and opposition is how adults with Down syndrome attempt to exercise some control over their day to day lives. You may also notice the defiance and “no-saying” is not limited to undesirable activities, like chores or work, but it may also extend to include things they enjoy doing. If they are constantly pushed and forced to do these activities they may no longer be enjoyable to the adult.

2)Regulating Pace: When adults with Down syndrome feel like their sense of self-direction is being infringed upon this may manifest in their overall pace. In the absence of power and control the thing they can manage is the speed at which they complete tasks— which sometimes results in extreme slowness and repetitive routines. As a result, rigid behavioral “grooves,” as Dr. Dennis McGuire has described, can develop as a way to maintain a sense of order and control.

3)Self-Talk: Self-talk can be a litmus test for stress and conflict in adults. When adults with Down syndrome are experiencing conflicts of power and control, you may notice their self-talk becomes more frustrated or upset and the frequency of self-talk increases. The adult may become more absorbed in their self-talk and it will be harder to redirect them to other activities. Common self-talk themes when an adult feels powerless can include bossing people around, directing a scene, or acting out the role of a bully, teacher, or parent.

The good news is conflicts of power and control can be prevented and lessened! There are ways to work with a person instead of for a person so that adults with Down syndrome feel empowered and confident. Here are a few strategies to empower adults and reduce power struggles:

Enhance self-determination by acting with instead of for adults with Down syndrome, which may include

allowing them the opportunity to make—and learn from— minor mistakes. Include adults with Down syndrome in conversations about their future. Utilize tools that shift responsibility to them as much as possible, like cellphone reminders, visual cues, wall calendars, and daily to-do lists. Incorporate peer supports and mentors. No one likes to be told what to do by parents all the time! Make appointments with your adult w/DS and their support systems (schools, case managers, job sites) to go over Person Centered Planning so that your adult’s wants, goals, and desires are clearly known and are an important part of their considerations. With proper supports to maintain health and safety, adults with a wide-variety of abilities can succeed with more control and autonomy. Full independence is not a good fit for everyone and that is okay! Look

to your adult’s on board strengths and their goals, and work with them to figure out where they need supports built in to maximize their abilities.

ABOUT THE AUTHORS

Bryn Gelaro, LSW, is a consultant for Global’s adult initiatives, including the medical care guidelines for adults with Down syndrome, and a social worker specializing in mental health in adults with Down syndrome.

Dennis McGuire, Ph.D., is a two-time recipient of Global’s Award of Excellence— in Medical Outreach and Psychology— and co-author of Mental Wellness in Adults with Down Syndrome and The Guide to Good Health for Teens and Adults with Down Syndrome.

...COMING UP CONTINUED...

VIRTUAL WORKSHOPS

APRIL: 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

- Thursday, April 20 & 27 from 6:00-7:30pm
- Register online at <https://us02web.zoom.us/meeting/register/tZckcOGtrzopEtEFwWkqPdIBEbuUxyTOb25b>

MARCH: no workshop

MAY: 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/meeting/register/tZEufuyqrjMiGNQLApjLJgFX8k4LqpDYCrR>

GRANDPARENT GET TOGETHER

Calling all grandparents! Come together to learn more about your grandchild’s diagnosis and how you as a grandparent can support them as well as your child.

It is also a great opportunity to meet other grandparents on their journey too! Snacks and beverages will be available to enjoy

- April 19, 2023 from 6-7:30pm
- At the DSACC Office: 1491 W Shaw Avenue Fresno, CA 93711
- RSVP to pd@dsacc.org

UCP Rock, Walk, Roll Autism Awareness & FREE Resource Fair

Benefiting United Cerebral Palsy Central CA
5K Run & 1 Mile Walk

- 9:00 am
- Saturday, April 1st, 10-2pm at Civic Center Park- 400 N Douty St. Hanford, CA
- Register online at www.aplos.com/aws/give/UCP/general

GRUPOS DE APOYO y EDUCACIÓN

Padre2Padre

Bienvenidos de regreso! 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

- Marzo 1, 2023: Bienvenido Encontrarse & Saludar! Unete a nuestro Presidente de Juntas y mama seguidora, DeAndra Inman para un casual Encontrarse & Saluda en lo que iniciamos el nuevo y mejorado Padre2Padre. Comparte lo que te gustaria obtener del grupo-temas de los cuales te gustaria aprender mas.
- Abril 5, 2023: Encontraras algunos de los padres defensores de DSACC! Tenemos algunos adultos defensores asombrosos, y sus padres son una razon muy grande por la cual ellos son exitosos. Estos asombrosos padres estaran compartiendo sus exitos en Mayo 3, 2023: IEP's de la perspectiva de los padres-unete y sigue a las mamás quienes han estado bajo el IEP

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!

DOWN SYNDROME ASSOCIATION OF CENTRAL CALIFORNIA

UNA VISTA RAPIDA DE PRIMAVERA

marzo • abril • mayo

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 DSACC: 1491 W Shaw Avenue Fresno

- miércoles 8 de marzo de 2023
- Abril- NO reunión, ¡Felices vacaciones de primavera!
- miércoles, 10 de mayo de 2023

COSAS PARA HACER

Club de boliche

Invitamos a nuestros miembros mayores de 15 años a una reunión informal de bolos el segundo lunes de cada mes en el callejón Bowling de Fresno State. Este no es un evento gratuito: \$ 5.50 por jugador, más estacionamiento si es necesario. ¡Animamos a los padres a unirse a quedarse para jugar bolos y conocer a otros!

Confirme su asistencia a Jenn en info@dsacc.org, o envíe un mensaje de texto al 559.825.4981 el sábado anterior si es posible.

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

Barbacoa del Día Mundial del Síndrome de Down de DSACC:

¡Celebremos a todos nuestros seres queridos con Ds este Día Mundial del Síndrome de Down! Únase a nosotros en Imagine U Children's Museum para disfrutar de buena comida, diversión, amigos y más... ¡Pintura de caras, barbacoa de Grillin' the Shed, manualidades y más! Todas las edades son bienvenidas

- Costo: Individuos con Ds y/o niños menores de 5 años: \$5 cada uno, todos los demás \$10 cada uno
- Museo Infantil Imagine U: 210 N Tipton Visalia CA

TALLERES VIRTUALES

Síndrome de Down y regresión con el Dr. Jonathon Santoro, MD

- Jueves, 23 de Febrero de 2023
- de 6:30 p. m. a 8:00 p. m.

Regístrese con anticipación para esta reunión:
www.dsacc.org/programs-news/workshops

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 acomodaciones y adaptaciones

- Jueves, 20 y 27 de abril de 6-7:30pm
- Regístrese con anticipación para esta reunión:
www.dsacc.org/programs-news/workshops

- 21 de Marzo, a 5-8pm
- Regístrese en línea en www.dsacc.org/programs-news/socials

¿No puedes hacer la barbacoa? No hay problema, todavía puedes celebrar y apoyar a DSACC comiendo en Pieology.

Recaudación de fondos durante todo el día en Pieology!

APOYO FAMILIAR

Reunión de abuelos

¡Llamando a todos los abuelos! Reúnase para obtener más información sobre el diagnóstico de su nieto y cómo usted, como abuelo, puede apoyarlo tanto como a su hijo.

- 19 de abril de 2023 de 6 a 7:30 p. m.
- En la oficina de DSACC: 1491 W Shaw Avenue Fresno, CA 93711

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!

- Fechas de Sib Shop 2023: ¡regístrese para una o todas!
- Sábado, 15 de abril de 9:30 a 12:30 p. m. en el ARC Loewen Achievement Center: 4490 E Ashlan Avenue, Fresno
- Sábado 13 de mayo de 9:30 a 12:30 p. m. - South Valley, ubicación por determinar

¡Regístrese hoy! www.dsacc.org/programs-news/upcoming-programs



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Fresno, CA 93711
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What's Inside

**World Down Syndrome Day
Fairytale Ball
Tee Up for Down Syndrome
Virtual Workshops & so much more!**



Join our community ...
On Facebook.com/dsacc
On Instagram @dsacentralca
On Twitter @dsacentralca
Online @ www.dsacc.org