

January 2010

DSACO News

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Bi-Monthly Meeting

The 2-Minute Punch and Partners in Policymaking

When: Saturday, January 9th, 2010
 Time: 10:00 am.-12:00 noon
 Where: Integris Baptist Medical Center Auditorium
 3300 NW Expressway, Oklahoma City, OK

Come hear Ann Trudgeon from the Oklahoma Developmental Disability Council (ODDC) speak about giving your personal 2-Minute punch when you are speaking to teachers, principals, legislatures and doctors. Ann will also be sharing information about the Partners in Policymaking program and how you can be selected to attend this informative and worthwhile training.

*Childcare will be provided, please RSVP by Monday, January 4, 2010 to Lori Wathen at 405-329-8185 or email her at president@dsaco.org

Planning/Board Meeting

Everyone is welcome to attend the **Planning/Board Meeting**. Come and be a part of making DSACO a successful organization in 2010!

When: Thursday, February 11, 2010
 Where: Baptist Medical Center
 Rooms C & D
 Time: 7:00pm—9:00pm

*Childcare will not be provided

**HAPPY
NEW
YEAR**

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Top 5 Buddy Walk Family Teams

Prizes were awarded at our Bi-Monthly meeting on November 14, 2009 at Integris Baptist Hospital. The revolving Family Team Trophy was awarded to Drew's Crews. The top five Family Teams are listed below:

- 1st. Drew's Crew (The Boswell Family)
- 2nd. Simon's Snowflake Squad (The Foss Family)
- 3rd. Addison's Army (The Klehm Family)
- 4th. Kerstin's Kisses (The Soell Family)
- 5th. Captain Beckett's Crew (The Taylor Family)

A Big THANK YOU!

A big THANK YOU goes out to the following family teams for raising money for the 2010 Buddy Walk. We had 78 teams participate in our Family Team fund raising campaign this year. Altogether the family teams raised over \$103,000.

Thanks to the following teams who helped raised money for the 2010 Buddy Walk:

Ace's Defenders	Grew by 2	Maddie's Mavericks	Rilee's Rockers
Addison's Army	Heartbreakers	Maddy's Mile	Rylee's Ramblers
Alayna's Wiggle Worms	Huskey Team	Madi's Monkeys	Sahara's Sidekicks
Ally Katz	Isaac's Incredibles	Markus' Buddies	Seth's Buddies
Ariel's Team	Isiah's Friends	Matt Pack	Shortt Steppers
Austin's Odyssey	Jabari Jedi's	Matthew's Militia	Simon's Snowflake Squad
Bella's Buddies	James' Buddies	Matthew's Mob	Super Sam's Fam
Brian's Buccaneers	Jammin' for Justin	Miris Pinkis Team	Tanner's Trotters
Bryceman's Buddies	Jaymin's Jammers	Montana's Team	Taylor's Titans
Camdyn's Cruisers	Joey's Blessed Buddies	N Crowd	Taylor's T-Steppers
Cameron's Crew	Joseph's Joggers	Nathaniel Daniel's Gang	Team Chaston
Captain Beckett's Crew	Josie & Co.	Olivia's Monkey Munchkins	Team Eric the Great
Chase's Champs	Julia's Joggers	Owen's Alliance	Team Kylee
Chase's Cubbies	Kennedy's Kool Katz	Parker Case	Trafford's T-roops
Danielle Robinson	Kerstin's Kisses	Partners 4 Paris	Trotter Walkers
Drew's Crew	Kinsey's Kruisers	Payton's Colorful Penguins	Ty Ty's Troop
Eli's Eagles	Kyle's Kadets	Payton's Pals	Ty's Troopers
Emily's Extreme Team	Lauren's Lovebugs	Peter's Power Team	Walkin' Wentworths
Faith Ambassadors	Los Vaqueritos	Poole Team	Will's Wranglers
Go Go Go Garrett!	Maddie's Marchers 09	Reis' Renegades	

From the

President



Parent to Parent

supporting all parents

Happy New Year!!!

There will be some exciting changes for DSACO in 2010 and I hope everyone will consider volunteering some time to make this organization a success. We have some great speakers coming to the Couples Conference in March and I hope to see everyone there!!! Wishing all a successful and blessed 2010!!!

Lori Wathen

President

Down Syndrome Association of
Central Oklahoma

6th Annual Jacob's Buddies Golf Tournament

The 6th Annual "Jacob's Buddies" Golf Tournament is scheduled for Saturday, April 17, 2010, at the Cimarron National Golf Club in Guthrie, OK.



Look for more information to follow. One of the many raffle prizes offered will be an OU Football signed by all FOUR of the Heisman Trophy Winners! We are looking forward to a great day of fun in support of our beloved DSACO. Come be a part.

Pictures from last year's event are on the DSACO web site at www.dsaco.org. Also, the sponsor and registration forms will be available on the web site soon.

If you would like to volunteer or help with the Golf Tournament, contact Marie Brooks at (405) 366-1198.



**Did You Know? DSACO is
on Facebook!**

Look us up under Facebook
Groups: Down Syndrome
Association of Central Oklahoma

DSACO offers regular Parent to Parent meetings to provide education and support for parents and families of children with Down syndrome. The meetings also offer an opportunity for parents to meet other families. They are informal gatherings that allow families, friends and caregivers of those with Down syndrome an opportunity to share experiences while creating new and lasting friendships.

SOUTH MEETING

January 19, 7:00p.m-9:00p.m. at First Baptist Church in Moore (just east of I-35 & N.E. 27th Street). TOPIC: TBA. Childcare provided by RSVP only. Please RSVP to Melissa Smith at p2psouth@dsaco.org or 405-378-2577 by Friday, January 15, 2010.

February 16, 7:00p.m-9:00p.m. at First Baptist Church in Moore (just east of I-35 & N.E. 27th Street). TOPIC: TBA. Childcare provided by RSVP only. Please RSVP to Melissa Smith at p2psouth@dsaco.org or 405-378-2577 by Friday, February 12, 2010.

NORTH MEETING

January 16, 9:30-11:30 a.m. at Quail Springs Church of Christ, 14401 North May (between Memorial Road & 150th Street on west side). TOPIC: TBA. Childcare provided by RSVP only (RSVP no later than January 9). Contact Cindy Gould at 405-620-7501 p2pnorth@dsaco.org.

February 18, 9:30-11:30 a.m. at Quail Springs Church of Christ, 14401 North May (between Memorial Road & 150th Street on west side). TOPIC: TBA. Childcare provided by RSVP only (RSVP no later than February 11). Contact Cindy Gould at 405-620-7501 p2pnorth@dsaco.org.

STILLWATER MEETING

January 21, 2010, 6:30-8:30 p.m. at Zion Lutheran Church, 504 S Knoblock (enter at far Northeast door). TOPIC: Open Topic Night. Contact Jeanita Kearns-Shook at 405-372-5680 or Shelly Sitton at 405-641-0302.

February 20, 2010, 6:30-8:30 p.m. at Zion Lutheran Church, 504 S Knoblock (enter at far Northeast door). TOPIC: Open Topic Night. Contact Jeanita Kearns-Shook at 405-372-5680 or Shelly Sitton at 405-641-0302.

HISPANIC P2P MEETING

February 16, 2010, 7:00 p.m.-9:00 p.m. at Los Santos Angeles Catholic Church, 317 N. Blackwelder, Oklahoma City, OK. If you have questions please call Cathy Cardenas (405) 635-1557 or (405) 204-8320/Olga Deloera (405) 692-6156 or email p2phispanic@dsaco.org.

DE PADRES HISPANOS A PADRES HISPANOS

Grupo de apoyo para padres de niños con síndrome de Down. El grupo tiene encuentros mensuales. Las reuniones serán el tercer martes de cada mes. La siguiente reunión será: **el martes, 16 de Febrero de 2010** Hora: 7:00p.m - 9:00pm. Lugar: Los Santos Angeles Catholic Church, 317 N. Blackwelder, Oklahoma City, OK. Para más información, por favor contacto: Cathy Cardenas (405) 635-1557 or (405) 204-8320 email at p2phispanic@dsaco.org.

Thunder Basketball Game

DSACO is selling tickets to the Sunday, February 28th OKC Thunder vs Toronto Raptors game @ 6pm. The tickets are in section 313 (Loud City) and sell for \$10 each. We will also be participating in the Court of Dreams, where the kids can play basketball on the Ford Center court from 2:00pm to 3:00pm the day of the game and we may get to take pictures with the Thunder Girls.



If you would like to purchase some tickets, we will have them for sale at the Jan 9th Bi-monthly meeting. Or you can mail a check made payable to DSACO to the address below and we will mail your tickets to you: Lori Wathen, 17601 Silver Chase, Norman OK 73026.

***Please keep in mind that we purchased a limited number of tickets so they will be sold on a first-come basis.**

SAVE THE DATE!!!

2010 Couples Conference

Married with Special-Needs Children: A Couples Guide to Keeping Connected
Friday, March 5th (6p.m. - 9p.m.) and Saturday, March 6, 2010 (8a.m. - 4p.m.)

Dr. Laura E. Marshak and Ms. Fran P. Prezant, the authors of "Married with Special-Needs Children", are combining their years of experience working with disability and family issues in order to conduct a workshop developed specifically for couples raising children with special needs. Although the main focus is strengthening couples' relationships, the workshop will address other aspects of coping with family life that also greatly impact couples.

Participants will leave the workshop with many new ideas and a range of practical strategies to use at home to create marital change without getting overwhelmed.

***More info and brochure coming soon, watch your mailboxes!!!**

Congratulations!

Our own Lori Wathen has been made the new Sibshop State Coordinator at the Child Student Center at the OU Health Sciences Center's Developmental and Behavioral Pediatrics Section. The Statewide Sibshop Program is a collaborative initiative funded by the Oklahoma Developmental Disabilities Council. Other partners include the Oklahoma Family Network, the Oklahoma Family Leadership Council at the Center for Learning and Leadership and the Child Study Center at OUHSC's Developmental and Behavioral Pediatrics Section.

Lori will be supporting local families as they establish Sibshops in communities across the state. Sibshops provide opportunities for brothers and sisters of children with special health and developmental needs to obtain peer support and education within a recreational context. If you are interested in learning more about Oklahoma's Statewide Sibshop Program or how to start a Sibshop in your community, Contact Lori at 405-271-6824 extension 45180, toll free 877-441-0434 or lori-wathen@ouhsc.edu.

Bountiful Blessings Update

Congratulations to all of the individuals who have been chosen for the 2011 Bountiful Blessings Calendar! We will be starting the photo shoots in January. If you have any questions please email the **contact on your "Congratulations Letter"** or email me at laughinrach@yahoo.com. Thank you for everyone who took the time to apply for the 2011 calendar and thank you to the Calendar Committee for *already* putting in so many hours into this project.

Rachel Thomas
Calendar Committee co-chair

DSACO's NDSC Convention Assistance Guidelines & Eligibility

DSACO is offering monetary assistance for expenses involved in attending the 2010 National Down Syndrome Congress Convention in Orlando, FL, (Disney's Coronado Springs Resort near Orlando, Florida) July 16 - July 18, 2010. Please see the requirements and guidelines sheet for more details. **Application must be postmarked by Feb. 1, 2010.**

Eligibility:

In order to be eligible for the convention assistance, applicants:

- Must have Down syndrome or be an immediate family member such as parent, legal guardian, sibling, or grandparent of a person(s) with Down syndrome. Self-advocates must be 18 or older and an adult must accompany them to the convention.
- Must live within the DSACO outreach area (see map).
- May submit multiple applications per family; however, no more than one convention assistance will be awarded per family.
- Must sign and agree to the consent form located at the bottom of the application in order to be considered. Under certain circumstances, if the assistance recipient withdraws, he/she will be required to repay the convention assistance amount received.
- Must make a presentation about the convention by one or more of the following within 150 days of returning from the convention:
 - DSACO newsletter
 - DSACO P2P meeting
 - DSACO Planning meeting

Guidelines:

- Priority goes to first-time applicants and those who have never received DSACO convention assistance previously.
- All funds will be paid directly to the convention assistance recipient no later than August 31, 2010.
- Failure of the convention assistance recipient to comply with the policies governing this assistance may be grounds for denial of any future consideration by DSACO for any of its programs.
- Selection process may require an interview.
- To qualify for the **family convention assistance**, two family members **MUST** attend and be enrolled in the convention (this can be parents, siblings, self-advocates, legal guardians, etc.)
- Convention assistance recipients will be notified by phone, email or mail no later than March 31, 2010.
- Applicants are responsible for coordinating and registering all travel plans related to this convention.
- Other terms and conditions may apply.

*****Application must be postmarked by February 1, 2010.*****

Please Remit Applications to: DSACO, Convention Assistance Committee, PO Box 892592, Oklahoma City, OK 73189-2592. For additional information regarding convention assistance, please contact Julia Trotter at 405-912-1059 or julia_trotter@yahoo.com. Applications will be available in the near future on the DSACO website, www.dsaco.org. For additional information regarding the NDSC convention, please contact the National Down Syndrome Congress at 1-800-232-6372, via email at info@ndsccenter.org or visit their website at www.ndsc.org.

DSACO NDSC 2010 Annual Convention Assistance Application

DSACO is offering monetary assistance for expenses involved in attending the 2010 National Down Syndrome Congress Convention in Orlando, FL, (Walt Disney World Resort) July 16 - July 18, 2010. Please see the requirements and guidelines sheet for more details. **Application must be postmarked by Feb. 1, 2010.**

Please Remit Applications to:

DSACO, Convention Assistance Committee

PO Box 892592

OKC, OK 73189-2592

Please Print or Type

Name _____

Address _____ City _____ State ___ Zip _____

Home Phone _____ Cell _____ Email _____

Relationship to person with Down syndrome _____

Additional persons or family members who will be accompanying you to the convention

Name _____

Address _____ City _____ State ___ Zip _____

Home Phone _____ Cell _____ Email _____

Relationship to person with Down syndrome _____

Additional persons or family members who will be accompanying you to the convention

Name _____

Address _____ City _____ State ___ Zip _____

Home Phone _____ Cell _____ Email _____

Relationship to person with Down syndrome _____

Additional persons or family members who will be accompanying you to the convention

Name _____

Address _____ City _____ State ___ Zip _____

Home Phone _____ Cell _____ Email _____

Relationship to person with Down syndrome _____

Additional persons or family members who will be accompanying you to the convention

Name _____

Address _____ City _____ State ___ Zip _____

Home Phone _____ Cell _____ Email _____

Relationship to person with Down syndrome _____

Convention Assistance Types available (exact amount yet to be determined):

Individual

Family

Self-Advocate

List Preferred Convention Assistance type _____

List other Convention Assistance types you will accept _____

***Note: approximately 10 convention assistances will be awarded**

Which venue do you prefer to make a presentation upon returning from NDSC Convention?

Circle one:

Newsletter

P2P meeting

Planning Meeting

SELF-ADVOCATES Please skip to question #8

Note: A separate sheet of paper may be used to complete the questions below

1) Describe how Down syndrome has impacted your family.

2) What do you and your family hope to gain from this convention?

3) How have YOU impacted you community about awareness of Down syndrome and/or persons with special needs?

- 4) How long have you been a member of DSACO? (Note: receiving mailings from DSACO denotes membership)
- 5) If you have participated as a volunteer working on one or more of DSACO's committees and/or projects please describe your involvement including Committee, Committee Chairperson, dates involved and your activity while on the committee or project (Committee Chairperson **may** be contacted to verify information).
- 6) What are your plans for becoming/continuing your involvement in DSACO?

Skip to the bottom of the questions to sign the consent form and for final instructions.

SELF-ADVOCATES should respond to the following. A parent or adult caregiver may assist with writing/transcription.

8) ABOUT YOU

What is your birth date?

Where do you live?

What is your favorite thing about yourself?

Who will be attending the convention as your escort?

What are your hobbies?

9) ABOUT YOUR SCHOOL

Have you graduated High School?

If yes, go to question #10

What grade/year are you?

Where do you go to school?

What is your favorite subject or activity at school?

10) ABOUT YOUR JOB

Do you have a job?

If no, go to question #11

Where do you work?

What do you do at work?

What is your favorite thing about your job?

10) ABOUT YOUR JOB

Do you have a job?

If no, go to question #11

Where do you work?

What do you do at work?

What is your favorite thing about your job?

11) THE CONVENTION

Why do you want to attend the convention?

The CONSENT FORM must be signed to be considered for convention assistance. I understand that funds may be paid to me in advance of my convention attendance. I agree that in the event that I(we) do not attend the convention, I will repay any amount paid to me.

Signed (applicant) _____ **Date** _____

Print Name _____

Applications must be postmarked by February 1, 2010, and mailed to:

**DSACO, Convention Assistance Committee
PO Box 892592
OKC, OK 73189-2592**

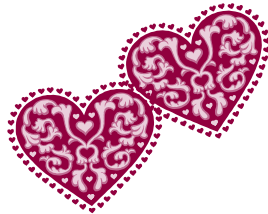
Teen/Adult

Update



DSACO will be having our Annual Teen/Adult Valentine's Dance on February 13, 2010. Be on the look-out for more information to be sent in the mail in January. We will be giving you the location and more specifics in the mail out. We will also be putting the information out on our website www.dsaco.org as well as in our Yahoo Group. It will be a great time. Our teens and adults always have a blast. If you would like to help or volunteer, contact Lisa Hancock at lisahancockrn@cox.net.

Valentine's Dance



Children's Jazz Dance Classes for ages 10 and up

UCO is offering beginner jazz classes for children with Down syndrome ages ten and up for the Spring 2010 semester. (Siblings may be able to attend with special restrictions.) The start date is January 21st and run through March 11th. All classes are on Thursday evenings from 4:40 to 5:40 on the University of Central Oklahoma campus.

Early registration is required so please contact Robyn Pasternack at 974-5645 or rpasternack@uco.edu for information and registration forms. (Enrollment needs to be completed by January 8th in order to hold a spot for participants.)



Boletos De Basketball



DSACO tiene boletos a la venta para el juego de Basketball entre los equipos de OKC Thunder vs Toronto Raptors Que se llevara a cabo el Sabado 28 de Febrero a las 6:00p.m. en el Ford Center. Los boletos son en la seccion 313 y estan a \$10.00 dls. cada uno. Tambien podremos participar en la corte de los sueños , los niños podran jugar basketball de 2:00p.m. a 3:00 p.m. el dia del juego y podran tomarse fotos con las chicas Thunder. Si desean comprar los boletos, estaran a la venta el dia 9 de Enero en la reunion bimestral. O tambien pueden enviar un cheque pagadero a DSACO para que reciban sus boletos a: Lori Wathen, 17601 Silver Chase, Norman, Oklahoma, 73026.

Recuerda La Fecha

Enero- reunion Bimestral
Escucharemos a Ann Trudgeon del (ODDC) hablar de como convencer a los maestros, principales, etc... de las necesidades de nuestros hijos.

Cuando: Sabado, Enero 9 del 2010

Donde: Integris Baptist Hospital
Auditorium, 3300 NW Expressway
Oklahoma City, OK 73112

Hora: 10:00a.m.-12:00p.m.

Reservacion para el cuidado de los niños, llamar a:
Cathy Cardenas, (405)635-1557.

Agradecimiento

Deseo enviar las gracias a cada miembro del Comite Hispano por su dedicacion y el tiempo que invirtieron para llevar a cabo Nuestra Primer Conferencia Hispana: "Angelitos en la Tierra" Su trabajo es muy apreciado ya que GRACIAS a ello la conferencia fue todo un exito. Ellas son:

Magaly Riano

Aurora Rios

Isabel Valdes

Lupita Cerbu.

En especial a Olga de Loera por su arduo trabajo. Y tambien agradecemos al Restaurant San Marcos por la recepcion para Carlos Enrique.

Sinceramente.

Cathy Cardenas

Vice-presidente del Comite Hispano.

Reporte de la Convencion Nacional de Sindrome de Down

Reportado por Olga Deloera

Reporte de la Convencion Nacional de Sindrome de Down en Sacramento California

Era el encuentro # 37 en la Ciudad de Sacramento California.

Para mi hijo y para mi era la primera vez que teniamos la oportunidad de asistir a una Convencion de esta magnitud a nivel nacional.

Desde el momento en que llegamos e incluso desde antes de salir rumbo a Sacramento yo tenia una gran emocion. Pero desde el momento que empece a percibir la cantidad de personas que demostraban su compromiso para buscar diferentes desafios me di cuenta que me sentia como en familia todos teniamos algo en comun con estas personas tan especiales . Ya fuera como padres, hermanos, familiares, maestros, terapistas, educadores, doctores, cientificos, activistas, o como voluntarios.

A pesar de encontarnos personas de diferentes Nacionalidades y aunque hablaran diferentes idiomas nos unia la esperanza, el interes y el optimismo para buscar mas y mejores oportunidades para nuestros hijos dentro de la comunidad y a la vez abrir puertas a nuevas generaciones.



2010 DSACO Calendar of Events

JANUARY

- 2 Sibshops (10-13 yrs)
- 9 **Bi-Monthly Meeting w/speaker TBD**
- 16 P2P North
- 19 P2P South/DSACO DAY at Johnnie's Charcoal Broiler
- 21 P2P Stillwater

FEBRUARY

- 6 Sibshops (6-9 yrs)
- 11 Chapter Board/Planning Meeting
- 13 **Teen and Adult Valentine Dance**
- 16 P2P Hispanic
- 16 P2P South/DSACO DAY at Johnnie's Charcoal
- 18 P2P North
- 20 P2P Stillwater
- 28 **Thunder BB Game**

MARCH

- 5&6 **Couples Conference-Norman**
- 6 Sibshops (10-13 yrs)
- 16 P2P South/DSACO DAY at Johnnie's Charcoal
- 16 P2P Hispanic
- 18 P2P Stillwater
- 20 P2P North
- 27 **Easter Estravaganza**

APRIL

- 3 Sibshops (6-9 yrs)
- 8 Chapter Board/Planning Meeting
- 10 P2P North
- 15 P2P Stillwater
- 17 **Jacob Buddies Golf Tournament**
- 20 P2P Hispanic
- 20 P2P South/DSACO DAY at Johnnie's Charcoal

MAY

- 1 **Bi-Monthly Meeting-Workshop TBD**
- 1 Sibshops (10-13 yrs)
- 15 P2P North
- 18 P2P Hispanic
- 18 P2P South/DSACO DAY at Johnnie's Charcoal
- 20 P2P Stillwater

JUNE

- 10 Chapter Board/Planning Meeting
- 15 P2P South/DSACO DAY at Johnnie's Charcoal
- 17 P2P Stillwater
- ? P2P Hispanic (picnic) Date TBD

JULY

- 10 **Bi-Monthly Meeting-w/speaker TBD**
- 15 P2P Stillwater
- 16-18 **National Down Syndrome Congress Orlando FL**
- 20 P2P South/DSACO DAY at Johnnie's Charcoal Broiler
- 24 P2P North

AUGUST

- 12 Chapter Board/Planning Meeting
- 17 P2P South/DSACO DAY at Johnnie's Charcoal Broiler
- 17 P2P Hispanic
- 19 P2P Stillwater
- 21 P2P North

SEPTEMBER

- 21 DSACO DAY at Johnnie's Charcoal Broiler
- 25 **Buddy Walk-AT&T Ballpark**

OCTOBER

- 14 Chapter Board/Planning Meeting
- 16 P2P North
- 19 P2P Hispanic
- 19 P2P South/DSACO DAY at Johnnie's Charcoal Broiler
- 21 P2P Stillwater
- 30 **Teen/Adult Halloween Party**

NOVEMBER

- 13 **Bi-Monthly Meeting-workshop TBD**
- 16 P2P Hispanic
- 16 P2P South/DSACO DAY at Johnnie's Charcoal Broiler
- 18 P2P Stillwater
- 20 P2P North

DECEMBER

- 4 "Deck the Halls' with DSACO Annual Christmas Party and Buddy Walk Awards
- 9 Chapter Board/Planning Meeting
- 21 DSACO DAY at Johnnie's Charcoal Broiler

(Dates are subject to change.)



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