

DSACO News



Buddy Walk 2009

- When:** Saturday, September 19th
Registration: Begins at 11:00 a.m.
The Walk: Begins at 1:30 p.m.
Location: AT&T Bricktown Ballpark
 (Reno & Mickey Mantel Drive)
 Oklahoma City, OK
Parking: FREE parking at the Coca-Cola Event center (east side of Ballpark)

The DSACO 2009 Buddy Walk events are from 11:00 a.m. to 3:00 p.m., with the Walk starting at 1:30 p.m. This year's special guest is Richard Hight, an inspirational artist and speaker. The artwork he creates during his presentation will be one of the silent auction items.

Some more highlights at this year's walk include:

- Rumble, the Thunder Mascot, will be appearing from 12:30 p.m. to 1:00 p.m.
- Bikers Against Child Abuse (BACA) tour bus with music and bikes
- Meet Mrs. Oklahoma, Heather Rouba
- KZUE Latremendous Hispanic Radio will be remote broadcasting
- "The Lounge" for teens and adults

Some of your old favorites will also be at this year's Walk, including the silent auction and raffle sales, disc jockey Anthony Pittman playing music on the field, photography by Digital Express, law enforcement officers and much, much more.

As always, you can purchase your DSACO and Buddy Walk t-shirts at the Buddy Walk and you don't want to miss the premier of the 2010 Bountiful Blessings calendars.

Come and help raise awareness about Down syndrome and enjoy all of the fun at the 2009 Buddy Walk!

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Buddy Walk Awards Ceremony and Self-Advocate Carlos Enrique

- When:** Saturday, November 14th 10:00a.m.-12:00 noon
Where: Integris Baptist Medical Center Auditorium
 3300 NW Expressway, Oklahoma City, OK

Come and Support our Family Teams as the annual Buddy Walk Awards will be given out and Self-Advocate Carlos Enrique will be sharing his inspirational story with us. Make plans to attend.

*Childcare will be provided, please RSVP by Friday, November 6, 2009 to Lori Wathen at 405-329-8185 or email her at president@dsaco.org

Family Teams are Ready to Walk in 2009!

Family Teams are in high gear and preparing to walk and raise funds at DSACO's 2009 Buddy Walk. Register your Family Team either by completing the Family Team Registration Form or by registering online. Only one registration per team is needed. For more information about Family Teams go to www.dsaco.org and click on the Buddy Walk logo. To register online, go to <http://www.firstgiving.com/dsaco> and click "Get Started." You can also send the registration form to the appropriate address via mail or fax (refer to the registration form). As soon as you are registered you can start collecting donations online, or by cash, check or credit card. Please contact Julia Trotter at Julia_trotter@yahoo.com, with any questions.

Go Family Teams!!!

2009 Buddy Walk Sponsors

A special thank you goes out to all of our Buddy Walk Sponsors. With your help, we will make this year's event one to remember!



October Planning/Board Meeting

Everyone is welcome to attend the October Planning/Board Meeting. We will be discussing ideas (speakers/workshops for the 2010 calendar plus other agenda items. Come and be a part of making DSACO a successful organization.

When: **Thursday, October 8, 2009**

Where: Baptist Medical Center

Rooms: C & D

Time: 7:00pm—9:00pm

*Childcare will not be provided

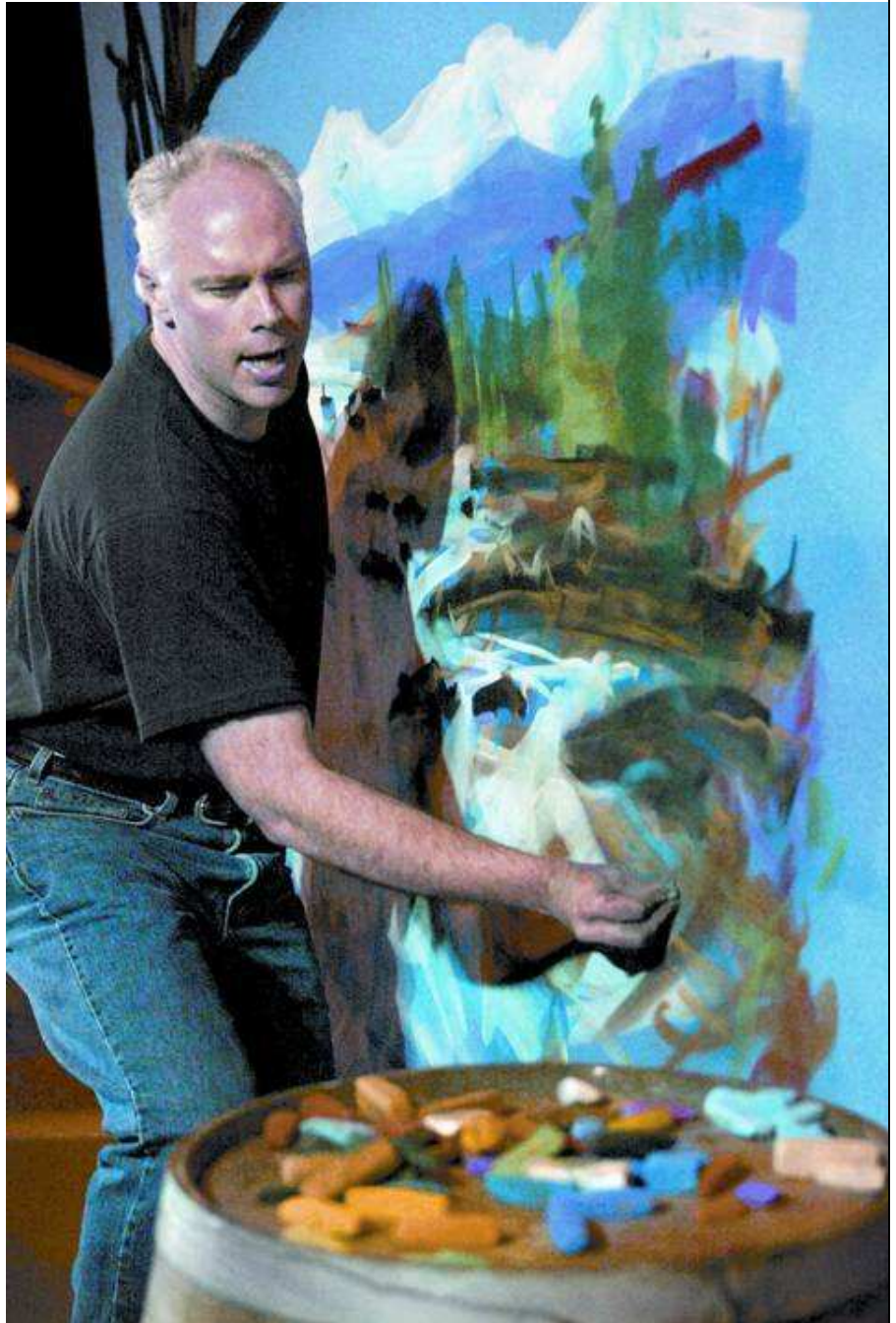
Richard Hight, Internationally Renowned Motivational Speaker and Artist to Perform at Buddy Walk!

Richard Hight is an internationally renowned motivational speaker and artist who uses the fine arts to creatively communicate transforming messages. His work has graced museums, private collections, album & CD covers, magazines and has been featured on ABC, NBC, CBS and FOX .

After a successful career as a graphic artist and designer he wanted to find a way to stop “working” at the art he loved and find a way to “play” instead. After noticing how a small crowd would gather when he painted in the park or at other sites, he began toying with the idea of performance fine art. And a new career was birthed!

When he’s not traveling to speaking engagements, he and his wife Marty, make their home in Tulsa, Oklahoma, along with their two greatest creations, daughter, Averie (with Down syndrome) and son, Cole.

Richard Hight will be performing at the Buddy Walk behind Center Field in the picnic area. Come to the Buddy Walk and check out his awe inspiring work. For more information about Mr. Hight visit, www.visualImpact.com.



***Have you visited the
DSACO
website lately?***

www.dsaco.org

From the

President

Hi Everyone!

Wow, Buddy Walk is in a couple of weeks and the BW committee has been hard at work. We will have the Teen/Adult Lounge again this year, with karaoke, cool video games and much more. The Thunder mascot Rumble will be appearing at 12:30 behind Center Field in the picnic area and Richard Hight (chalk artist) will be performing. We are going to have so much fun this year! See everyone at the Buddy Walk on Saturday, September 19th.

Lori Wathen

President

Down Syndrome Association of
Central Oklahoma

Bountiful Blessings Update

We know you are anxious to see the 2010 Bountiful Blessings Calendar and will have it's first unveiling at the Buddy Walk!! They will be available for check out and purchase at the Buddy Walk.

Thanks,
Rachel Thomas
Bountiful Blessings Calendar Committee

September PSP Hispanic

PROXIMAMENTE! Carlos Enrique.
El proximo Viernes 13 de noviembre del 2009, estara en esta Ciudad de Oklahoma City, Carlos Enrique un joven con Sindrome de Down que viene a motivarnos desde la ciudad de Mexico.
Nos impartira las siguientes conferencias:
1. Internet una red de informacion
2. Autoestima para salir adelante
3. No a la discriminacion.

Mas adelante daremos mas informacion.
ESTEN PENDIENTES..

P2P

Parent to Parent

supporting all parents

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

There will be no P2P South meeting in September due to the Buddy Walk.

October 20, 7:00p.m-9:00p.m. at First Baptist Church in Moore (just east of I-35 & N.E. 27th Street). TOPIC: Bullying. The Oklahoma Parents Center will come and put on a puppet show about bullying for the children. We will then discuss bullying prevention and solutions. Childcare provided by RSVP only. Please RSVP to Melissa Smith at p2psouth@dsaco.org or 405-378-2577 by Friday, October 16, 2009.

NORTH MEETING

There will be no P2P North meeting in September due to the Buddy Walk.

October 10, 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 October 4). Contact Cindy Gould at 405-620-7501 p2pnorth@dsaco.org.

STILLWATER MEETING

There will be no P2P Stillwater meeting in September due to the Buddy Walk.

October 15, 6:30-8:30 p.m. at Zion Lutheran Church, 504 S Knoblock (enter at far Northeast door). TOPIC: TBD. Contact Jeanita Kearns-Shook at 405-372-5680 or Shelly Sitton at 405-641-0302.

HISPANIC P2P MEETING

September 22, 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 SINDROME DE DOWN. El grupo tiene encuentros mensuales. Las reuniones serán el tercer martes de cada mes. La Siguiete reunión será: **el martes, 22 de Septiembre de 2009** 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



DSACO Calendar of Events

SEPTEMBER

- 15 DSACO DAY at Johnnie's Charcoal Broiler
- 19 **Buddy Walk-AT&T Ballpark**
- 22 P2P Hispanic

OCTOBER

- 8 Chapter Board/Planning Meeting
- 10 P2P North
- 15 P2P Stillwater
- 20 P2P Hispanic
- 20 P2P South/DSACO DAY at Johnnie's Charcoal Broiler
- 24 **Teen/Adult Halloween Party**

NOVEMBER

- 14 **Bi-Monthly Meeting-Buddy Walk Awards**
- 17 P2P Hispanic
- 17 P2P South/DSACO DAY at Johnnie's Charcoal Broiler
- 19 P2P Stillwater

DECEMBER

- 5 "Deck the Halls" with DSACO Annual Christmas Party
- 10 Chapter Board/Planning Meeting
- 12 P2P North
- 15 DSACO DAY at Johnnie's Charcoal Broiler

(Dates are subject to change.)

National Down Syndrome Congress Conference August 2009

-Reported by Adam Watts, Self Advocate

The workshops for the Youth and Adult Conference were divided into three groups.

Trio A:

Nutrition tips for Maintaining Healthy Weight
Get More Bounce and Stretch out of Your Life
Beyond Academics

Trio B:

Cooking Healthy On Your Own
Have a Blast Square Dancing
From High School to CEO

Trio C:

Life Styles of the Fit and Fabulous
Zoom to Zumba
Empowering Self-advocates on the Local Level

I was enrolled in Trio C.

In the first session, Life Styles of the Fit and Fabulous we talked about losing weight and getting healthy. We talked about choosing healthy foods. The teachers talked about the food groups in the triangle, and how to choose from difference food groups each day.

Zumba is a new exercise and dance craze. It is like hip hop and aerobics together. First we watched a video of how to do the dance. Then the teachers showed us how to do it. Then we all got up and did the Zumba. We all laughed and thought it was fun.

In our conference meeting about being a self advocate, we talked about helping at the buddy walk in our state. We talked about arts and music at the buddy walk.

There were two dances at the conference. I liked going to the dances a lot. I miss it now that it is over. I liked being at the conference with so many people who have DS. I like to travel and stay in cool hotels too.

Teen/Adult

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Teen/Adult Buddy Walk Lounge

The second annual Teen and Adult VIP Lounge is coming to you again this year at the Buddy Walk!! It will be at the Buddy Walk September 19th in the AT&T Bricktown Ball Park in the Cool Zone room for Teens and Adults, 12 years and older, along with their families. We will have Karaoke by "Singers Choice". The Buddy Walk Idol contest is back again this year with more prizes for the winners, surprise guest appearances by some local celebrities, snacks, video games and more. So come and check us out when you come to Buddy Walk 2009.

Karaoke Fans Come and Practice

Singers Choice wants to invite you to come into their store to get practiced up for the contest before Buddy Walk, here is your free invitation to check them out!

Mention this Ad for a

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Call (405) **632-SING (7464)** FAX 632-7461
TOLL FREE CALL 1 (800) 278-9764

Register to win at this years Buddy Walk a FREE Karaoke Party



Get Your Costumes Ready!

Mark your calendar for October 24, 2009 for DSACO's Annual Halloween Party for Teens and Adults, 12 and older. Be watching the mail in October for flyers with all the details.



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