



Making The Connection

Spring 2010 • Down Syndrome Connection of the Bay Area

A Grand Night to be Remembered

By Nancy LaBelle

It was a magical night when more than 200 people attended the Open House on March 25th welcoming the Down Syndrome Connection of the Bay Area to a new and bigger space at 101 J Town & Country Drive in Danville.

The evening started off with introductions by chamber officials and warm heartfelt speeches. Next we were on to the ribbon cutting with friend of the Connection and Danville Mayor Mike Doyle. Nothing more fitting than Martha and Blair Hogan holding the big gold scissors to mark the occasion as they are the reason the Connection started in 1998. At the Open House we were surrounded by many folks from the community, Danville Chamber Board Members and CEO Melony Newman who all came out to support us. Donors such as the Quest Foundations Derek and Jennifer Jernstedt and Bill Shryer from the Kiwanian's of San Ramon who have supported the Connection for over 11 years joined in on the celebration.

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Clockwise from left: Mayor Mike Doyle welcomes The Connection • Kailin Kelderman (KK) showcasing her beautifully designed glass jewelry. • Katrina Taylor proudly shows off her art! • Great raffle prizes brought in \$750 for the Connection!

Above: Martha Hogan and Tammy Garcia celebrate in front of DSCBA's exquisite wall hanging.

At left: The Ribbon Cutting Ceremony Made it Official!

Notes from Nancy



Happy spring everyone! I'm writing this on my two-year anniversary with the Connection and it feels a bit strange to me. At first I couldn't believe it has been two years and in reality it feels like I have been part of this wonderful family for a very long time. How blessed and thankful I am to have this job and belong to such an amazing community full of loving people. I can truly say I have been changed by the relationships, both young and old, I've made with those we serve. The generosity of the community has opened my eyes, proving that everyone wants to give, they just need to know how. Telling our story at the Connection is easy for me.

At the end of the day it's all about encouraging unlimited potential and that's what we do! While in the office each day I have the joy of watching little ones conquer obstacle courses and adults create awesome works of art and build lasting friendships. I have the joy of joining in on incredible teens dancing and expressing themselves and babies beating on drums while parents become close friends. I hear kids speak words they have never spoken before and proudly read fun things in a book.

The Connection is a place where I know I will continue to meet inspiring, talented and generous people who will change my life just by knowing them.

It doesn't get any better than that!

— Nancy LaBelle
Executive Director and Editor



Down Syndrome Connection OF THE BAY AREA

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*2010 Parents' Support Group

Parents of children with Down syndrome are welcome and encouraged to join our monthly support group to exchange information, share common experiences and be encouraged by other parents with similar issues and concerns.

The group meets at the Connection office in Danville, 101 J Town & Country Drive. Please call Martha Hogan if you have questions or to tell her you are coming: 925-362-8660.

JAN 26	FEB 23	MAR 30	APR 27
MAY 25	JUN 29	JULY 27	AUG 24
SEPT 28	OCT 26	DEC 7	

*Childcare is not available. Babies under 10 months are welcome. This group is for parents.

Partners in Creativity

Recently there was a marriage made in heaven. The Down Syndrome Connection and Design Elements of Danville. The Connection needed new furnishings and design ideas for their new digs. IFDA (International Furnishings and Design Assn.) has a mission to donate furnishings to non-profit organizations. Judith Clark, owner of Design Elements, is a member of the Northern California Chapter Board and was International President in 2007. Through the Danville Chamber of Commerce, Judith developed a friendly relationship with Nancy LaBelle and the partnership in design was established.

IFDA took on the project by donating \$2,000. Judith donated cabinets, table and chairs along with the wonderful wise old owl hanging on the wall and coordinated the color concept and window shades. The inspiration piece was the fabulous area rug in the reception room. From this blossomed the fun colors and furnishings.

"Not often is an Interior Designer able to work with such fun colors and concepts," Judith noted. Nancy and Judith along with the Connection staff had a ball creating a fun and bright environment that will enhance the lives of all who pass through.

Judith Clark is available for consultation and is a dealer in many lines of fine furniture. Judith is also an expert in window treatments and area rugs along with broadloom carpeting as well. Drop by Design Elements located at 355 Hartz Ave for a vast array of art, accessories and occasional furniture pieces to enhance any room. There is convenient parking with access from the Clock Tower Parking Lot. Visit Judith's web page at www.delements.com or give her a call at 925-837-5839.

— Judith Clark

2010 DSCBA Board Meetings

101 J Town & Country Drive
Danville
6:45pm – 8:15pm

Jan 26	Feb 23	Mar 30	Apr 27
May 25	Jun 29	July 27	Aug 24
Sept 28	Oct 26	***	Dec 7

*** No November Meeting

All meetings are open to members. If you would like to attend or bring a guest please call Board President, Maura Perkins at 888-654-8884.

Sibling Support Groups Available for Ages 8 and Up!

Email Marianne Iversen, dscba.step@yahoo.com
or leave a message at 925-362-8660

Oral Motor Therapy... Does My Child Need It? *By Heather Peterson, MS, SLP-CCC*

As most of you already know, people with Down syndrome often have extreme difficulty speaking clearly and being understood. They also tend to have irregular or disordered eating patterns due to reduced oral muscle tone. In the past, very traditional speech and language therapies have been used when treating our children's speech, language and feeding difficulties. Unfortunately, these therapies did not target the low tone component that most of our children with Down syndrome possess. This is why many adults with Down syndrome today have a slushy quality to their speech, and/or decreased speech intelligibility (ability for the listener to understand the speaker). However, since 1995, when Sara Rosenfeld-Johnson opened her company Talk Tools Therapy™, our world changed for the better! Talk Tools Therapy™ provides children with oral motor (OM) deficits (usually due to tone differences) an effective treatment for feeding difficulties, speech sound errors, decreased speech clarity, and oral management disorders.

So what does this mean to me? What is an oral

motor deficit? An oral motor deficit in children with Down syndrome typically presents as a lack of, or decreased: sensation, range of motion, or strength in the jaw, lips, tongue, soft palate, larynx and respiratory muscles; which affects feeding, speech clarity, and/or oral management.

How do I know if my child has an oral motor

deficit? Being evaluated by a speech therapist that specializes in oral motor therapy is the only way to know for sure if your child has an oral motor deficit. (www.talktools.net) However a few signs to look for include:

*open mouth posture

- tongue protrusion while speaking (tongue sitting on bottom lip or between teeth)
- tongue protrusion around the lip of a cup, around a straw or into a water bottle while drinking *mouthing/mashing foods on the roof of the mouth with the tongue (instead of chewing)
- swallowing foods whole
- chewing foods for a few seconds and swallowing early
- observing leakage when drinking or eating
- the necessity to use fingers or tilt the head back or to the side to help transfer food around in the mouth

- excessive drooling
- limited jaw movements while speaking (very open mouth, or closed mouth posture)
- decreased lip movements during protrusion for /sh, r, o, u/ sounds and/or retraction for /e/ sound
- inability to feel food in the mouth and/or finding it there minutes/hours later
- stuffing too much food in the mouth and/or choking on it,
- inability to elevate the tongue for the articulation of sounds /t, d, n, l, k, g, ch, sh, dj, r/,
- unintelligible speech overall

When can I begin oral motor therapy?

Oral motor therapy can be initiated right after birth to ensure your baby is breast/bottle feeding correctly as well as maintaining early reflexes necessary for later development of a chewing pattern. Exercises can be given to help stimulate, strengthen, and maintain muscle movements within the oral cavity. Children of all ages receive OM therapy including

babies, toddlers, school age, and adults. It's never too late to initiate therapy.

What kind of tools will I need for oral motor therapy? How much does it cost?

Sara Rosenfeld Johnson's tools can be found on her website: www.talktools.net or on www.amazon.com at the sensory university for a reduced amount. Tools used very often include: red/yellow chewy tubes, z-vibe, whistle/horn hierarchies, jaw exercisers, jaw grading bite blocks and tongue depressors. Most clients tend to spend less than \$100-200 on materials over the span of many years.

How can I find out more information?

www.talktools.net is Sara Rosenfeld Johnson's oral motor therapy website with articles, tools, therapists and other resources.

Heather Peterson will be holding seminars regarding: Developing Oral Motor and Feeding Skills in the Down Syndrome Population at the Down Syndrome Connection in the spring of 2010. Please email: happykidstherapy@hotmail.com if interested, details to follow.

Families can contact Heather for a free of charge oral motor/feeding/speech consult at anytime: Heather Peterson, MS SLP-CCC. www.happykidstherapy.com Email happykidstherapy@hotmail.com Phone 202.425.6874.

"Children of all ages receive OM therapy including babies, toddlers, school age, and adults. It's never too late to initiate therapy."

Handwriting Help is On the Way!



Natalie Hale and student Shawn Swinton hard at work!

Tutor Natalie Hale is now offering 1-on-1 sessions in handwriting at the Connection, using Jan Olsen's Handwriting Without Tears methodology. Jan and Natalie became friends years ago when a conversation with Jan turned Natalie's son "I-Will-Never-Write" Jonathan (DS) into an avid writer. Shortly after, the tables were turned: Natalie's Special Reads for Special Needs books helped Jan's injured grandson learn to read, and a friendship was born.

Jan's methodology is uniquely suited to our children with Down syndrome, and her program is extensive, giving lots of options for each session. She has produced music CDs which teach everything from correct grip to "we start our letters at the top," and much more. The kids love the music, and the methodology works.

There is no age limit for this work to begin. Jonathan started Handwriting Without Tears at age 15. When Natalie contacted Jan, she and Jonathan's teachers had been trying to teach him to write simply "Jon Hale" for ten years with zero legible success. When Jonathan turned 15, Natalie realized "it ain't gonna happen," panicked, and contacted Jan Olsen. After six weeks of working daily with the method, Jonathan wrote a beautifully printed thank-you note to Jan, which to this day she still carries to her presentations.

One of Natalie's handwriting students in Los Gatos, Jeremy (8, DS), improved so vastly that Jan took his "before and after" samples with her to a London presentation. Which, of course, thrilled Jeremy's mom, who was only sorry she and Jeremy couldn't accompany the samples!

Handwriting sessions will be schedule at the Connection on Thursdays and Fridays. Each session will last 45 minutes and the fee is \$60 per session. The start date will be scheduled once 4 students have signed up.

You can call Natalie at 408.395.1327 or email her at specialreads@yahoo.com. Natalie Hale www.specialreads.com. *Special Reads for Special Needs*, 14 Stacia Street, Los Gatos CA 95030, 408.395.1327



He Can Sing *L-i-a-m*, and His ABCs!

My son, Liam, is just over three years old and I am excited to share that he can identify all of the upper case letters of the alphabet and tell you the sound each one makes! I wish that I could take credit for teaching him these, but all I did was expose him to a couple of great LeapFrog products.

For his first birthday, he got the LeapFrog Fridge Phonics set as a gift. I began using it as a distraction for him during mealtime by putting the little music box piece along with 3-4 letters on his high chair tray. He then played by putting a magnetic

letter into the music box that triggered a song about the letter to be played "the A says /a/, the A says /a/, every letter makes a sound, the A says /a/", etc. We stuck with the same few letters for quite a while for repetition. I began with the letters in his name. One day he started to chime in the name of the letter along with the song. Then he eventually was able to name them correctly without the help of the song. Once this happened, I began to slowly introduce new letters until he knew the whole alphabet by 3 and ½ years of age.

In addition, for his 3rd birthday, Liam received the LeapFrog Letter Factory DVD as a gift. This movie is based on the Fridge Phonics toy and uses the same letter songs in a fun cartoon story. I would put it on for Liam to watch once or twice a week. After about 6 months, one day at dinner I asked Liam "what does A say?" and he correctly said /a/. I went on to ask him every letter of the alphabet and my husband and I sat there with our jaws dropped in amazement as he correctly gave the sound for all but one letter (V, because he couldn't produce that sound). I then went through the whole alphabet again, but out of order this time and again he got all but the letter V's sound correct! We demonstrated his new skill for his preschool teachers the next day and they went out and bought the DVD to start showing to the rest of the class.

I just found out that LeapFrog makes a DVD called "Math Circus" and am planning to get it for Liam for his 4th birthday, hopefully we will have similar success with identifying numbers.

— Laurie Hawley

Mason A. Zolnier, Ring Bearer Extraordinaire!!

When our son Mason was born October 1, 2008 we had no idea that he had Down-syndrome, we were devastated. Shortly after he was born we were told that he had a life threatening heart defect and needed open heart surgery; we were devastated. When we were told that Mason had severe hearing loss and would need surgery; we were devastated. With all these hurdles that Karen and I have been through in the past 18 months, we wouldn't change a thing. What we thought was devastating has turned into something extraordinary. Mason is without a doubt the best thing that has ever happened to us... He is the most amazing boy, he makes us laugh constantly. He is so smart and always has a new trick to show Daddy every time I come home from work! I race to get through the door at night! This past weekend Mason was the ring bearer at my brother's wedding. He stole the show! He waved to everyone the entire way down the aisle, with a smile from ear to ear! We were so proud. We are so proud.



— Michael A. Zolnier

Thank you to the Zolnier's for their generous gift of a therapy chair!

Thank you, DSC Community!

Our son, Toby, celebrated his first birthday the day before Thanksgiving. As his father showed him how to tear open his presents, I had an overwhelming sense of what an accomplishment we had achieved and how we could not have made it through without the love and support of our family, friends, and the Down Syndrome Connection community. This is our belated acknowledgement and deeply felt THANK YOU!

We began reaching out the DSC community fourteen weeks into my pregnancy. We received Toby's Trisomy 21 diagnosis on a Monday, and we were at a parent support group meeting the next night. There, we listened as parents shared their stories about how they learned of their children's Down syndrome. We also met three beautiful babies who glowed with the joy and happiness of being. By the time we left that meeting, we didn't feel quite as alone, and we were hopeful that our boy would be just as beautiful as the children we'd met.

We continued attending the parents' meetings and learning about Down syndrome. When, at 22 weeks, we found out about Toby's AVSD, we'd already met children who had been born with the same condition and who had successfully undergone surgery. That continued to give us hope that our boy would be fine.

Toby was born three weeks early, and at six days old, he underwent a coarctation repair. Having heard other parents' stories, we knew he'd come through with flying colors, which he did. He recovered and came home. Over the next five months, he grew and we waited for his AVSD repair surgery.

On April 22nd, Mike and I along with our parents who'd traveled from southern California and Texas to be with us, delivered our boy to the medical professionals at Children's Hospital Oakland. Handing my baby boy over to the surgical team was the hardest physical thing I'd ever had to do. Toby made it through the surgery beautifully, and we breathed a sigh of relief. Little did we know the wild ride we had ahead of us.

Toby had several complications, and six weeks after the initial surgery, he underwent a second open heart surgery. By this time, our family had to return to their homes and Mike to critical projects at work. Our friends supported us in the evenings, but during the day, I was alone and anxious at Toby's crib side. That's when the DSC Community jumped in to help.

Martha Hogan had kept in touch with me throughout Toby's ordeal. When I admitted to having a difficult time on my own during the days, she quickly reached out to other DCS parents who answered the call. Jo Kelly and Tracy Cannon were among the first to visit and provide support.

Meanwhile, Angie Rettig got the word out through her various connections, and soon moms from all over the Bay Area came to sit with me and Toby on those lonely days. I'm sorry I've forgotten some of their names, but the comfort and support they gave remain with me. To all those moms, thank you for taking the time to visit me, a stranger, you helped share the load of that very heart heavy time.



Toby made it through that second surgery, and slowly began to recover. On July 14th, almost three months since he'd left home, he returned. Since that time, Toby has thrived, getting bigger and stronger, more alert and active, and just bringing us a tremendous amount of joy.

We now attend Baby Steps regularly, and we still benefit from the Parent Support Group meetings. We look forward to becoming more involved with the DSC. We know we can never repay the priceless kindness and support we were given, but we hope we can do our part to help the DSC continue to be there for the families who need it.

— Alicia McLeod

A Surprise Birthday Celebration

Karen Peterson, mother of speech pathologist, Heather Peterson, was the lucky recipient of a delightful and delicious surprise birthday dinner thanks to the generosity of her niece who was a 2009 Cajun Fest auction winner of an in home catered dinner for 4. The husband and wife team of Steve and Chris Hein arrived at the Peterson home prepared to take over the kitchen and begin gourmet magic. While wine flowed, we began our 5-course meal consisting of shrimp cocktail, cream of asparagus soup, garden salad, and entree of filet mignon, smooth-as-silk polenta with mushrooms and lemon-garlic broccoli. For dessert, we had lemon tartlets and chocolate dipped strawberries. And when our meal was completed, Steve and Chris had everything packed up, the kitchen was clean and all the dishes were loaded in the dishwasher! Steve and Chris have been catering for 16 years. They make a superb team....great people skills....with ideas and menu options perfect for a variety of private parties. I appreciate their contribution to DSC, and I loved my birthday celebration. Any questions should be referred to: Itgerish Catering: 925.451.0778.



— Laissez le bon temps roulez!

My Brother Jayden

My Name is Andre Azzopardi. I am a 10-year-old boy with a brother named Jayden Azzopardi who has Down syndrome. Sometimes it is not easy being his brother. Jayden is not behind in speech, but he is with actions. He is four years old, but acts like a two year old. I wish he did not have that extra chromosome. If he didn't have it I could actually run and play tag instead of fast walking so he can actually catch me. But God made him have that extra chromosome for a purpose. I would have no idea what Down syndrome is, I wouldn't be writing this letter, and I wouldn't have gone to the Down Syndrome Connection's sibling support group if it wasn't for Jayden. Even though Jayden is behind, there are still lots of good things about him. He is very cute and very social. He goes up to strangers, says, "Hi!" and gives them a big hug. He is very loving to anyone and everyone (most of the time). He is the best talker in his preschool class at Walt Disney Elementary in San Ramon. He attends a special day class there and does very well. I am very proud of him. I'm glad he is my brother and I wouldn't trade him for the world.



A little about the sibling support group I went to; we talked about situations that have to do with the Down syndrome sibling and what you would do in that situation. Also about any problems that happen in real life about your sibling. It was very helpful for me, so I encourage those with Down syndrome siblings to attend the next one they have.

— Andre Azzopardi

My Cousin Patrick John Harkins

My cousin rocks! That's how I feel about him! He is the most amazing person with the biggest heart. He always greets me with a "Hi Lauren" and a BIG hug! What makes him so special to me???? He is very funny, friendly, fun to play with, and makes me smile all the time. One of our favorite family activities is bowling! My cousins and I struggle to hold the heavy bowling balls, but not Patrick! He takes his

Spiderman ball, walks up to the lane, and throws it down! He gets many strikes and usually beats my mom's score! We love attending the Bowl-A-Rama's too – we are proud to be part of P-Man's Crew! Another favorite activity is camping! We love to go to Lake Tahoe and hang out at the campsites and the beach. Patrick is a very good swimmer. He loves to sit on the shore and spray us with his water gun!

Patrick may seem different to outsiders and struggles to complete tasks, but not to me! In fact, I have seen his work and he does very well! Many of his art projects hang on the walls at my Aunt Kathy's house. He is quite the artist! I am very proud to call him my cousin and have him in our family!

— Lauren Gundersen



Our Family

Patrick is about to spray me!



Patrick and I took a picture with Santa.





Clockwise from top left: Blair, Katrina, Garrison and Austin

Step In ...

Amazing talent –

Amazing Team –

Amazing Friends!

Step In Artists Blair Hogan, Katrina Taylor, Nicole Hodson, J.R. Dantes, K. Leigh Alfrie, Stacey Elliot, Garrison Pierre, and Austin Burkes enjoy painting on canvases using abstract techniques. What makes the art so exciting and beautiful is as J.R. said, “we paint with our hearts.” The art is a reflection of the glorious hearts our young artists have.

Not only do the students in the class have wonderful talents with brush and canvas they also are amazing dancers, and improvisational performers. The main thing is what great friends all the students are. In the face of adversity K. Leigh shouted “I love life...and that is our motto in Step In, love life, dance without inhibition, and most of all be a good friend.

— Virginia Bonham



Nicole J.R. K Leigh & Stacy



Benicia Step Artist-Damien Carlons

Next Step Gets In Shape

Next Step started our new year with a visit from Adam and Nicole Feierstein from MP Fitness for Life. We learned lots of great new stretches and exercises while having fun. We learned how much fun getting in shape can be especially when you exercise with music and with friends. A special thank you to them for coming out. Throughout our first session we learned about healthy foods and “not so healthy” foods, and that some foods that really taste good, unfortunately, aren’t usually the ones that are good for you...drats! This session we are focusing on friendship, discussing what we enjoy doing with our friends and why they are so important in our lives. We made a great poster with drawings of some of our closest friends. The fun continues in Next Step!! — Marianne Iversen



Step Out Cheer for Robbie

Our friend, Robbie, had to discontinue coming to Step Out because of his class schedule at College of Alameda. He has a goal of getting a job and so he’s taking classes that will help him get the training he wants. We miss him, but we’re PROUD of him and look forward to his returning to group when he can. We remember him by adding “And why?” to the end of our check-in questions and any time we can. Here’s the cheer we made up for him. It’s a call and response cheer where one person leads and the rest repeat. We put some cool moves to it so it’s a fun dance, too.

Hey, we’re here, to do the Robbie Cheer!
(Repeat)

I said, hey, we’re here, to do the Robbie Cheer! (Repeat)

Goin’ to College of Alameda for a nice fat jobby...(Repeat)

Remember your Step Friends, all of us and Bobby! (Repeat)

We’re here for you, we’re more than just a hobby. (Repeat)

We love you... Robbie! Robbie! Robbie!

And why?

Because You’re Great!

— Jamie Lantz

San Francisco Step Student Accomplishments

Jackson: I'm happy I joined Galileo High School's Lions baseball team. I'm proud of being strong, doing exercises and dancing. I got a job on my own at Johnny Rockets (my favorite restaurant). It's a paid position and I'll be doing different things including cooking. I also work at the Exploratorium. I walk there from my house. I help with showing dissection. I dissect a flower, a heart and a cow's eye. I like dissecting the cow's eye best.

Olivia: I got in the Suessical Musical at my school. I perform in the ensemble-singing and dancing. I might do gymnastics in the pre-show carnival, too. I'm also proud of doing a really good job cleaning my teeth and that my sister is moving back home.

Nina K.: I'm proud to be working on Wednesday. I do an art class at City College. And of working at Big Lots

with my class. On Thursdays I work in the teacher's union (near Fort Mason) doing office work. I'm proud of being more on time this year.

Emma Y.: I'm proud of being in this group. My second report card of this school year I got straight As. I'm proud of my sister for driving me after school with her driver's permit.

Marcus: I'm proud that I have cool friends (in Step group).

Marissa: I'm proud of my artwork at school and home and the two art studios I go to. At Creative Growth I am painting, drawing and making books. At the Alameda studio working with markers is my favorite. I'm in a Hip Hop show with the Alameda dance studio class and I'm in another dance that will be on YouTube. On Mondays and Wednesdays I work at Bosses Pizza Place cleaning tables, sweeping,



refilling straws, napkins and cheese. I'm a good friend to my friends.

Chloe: I'm eating less and measuring portions and staying strong by dancing, jumping and stretching. I'm proud of focusing and listening at math time at Lindamood-Bell and being un-shy. I'm feeling proud about staying in SF Step group with new people I was just introduced to.

Emma D.: I'm proud I got to watch TV with my guy, Charles.

Nina M.: I'm proud of being sick and then getting better.

Robert: Acting on stage in Richard the III at City College and the Clown Performance class with Christina and twelve. I'm proud of working at Cow Hollow School with twelve children. I do reading and arts & crafts with them. They pick the book. I'm taking Emma Y. to her senior prom.



Step Out Student Accomplishments

Joey: I'm proud to have gotten my orange belt in karate because I've been so longing for it. I earned it by practicing for over a year in class and private lessons with my teacher.

Erica: I'm proud of providing Chewy Brownie Cookie* recipes to my friends and teachers and knowing that they liked it. I changed it, I typed it out and copied it myself. *See recipe, page 14.

Annika: I am proud of my job at Community Support Services folding Trader Joes' towels. I like my supervisor and my friends and I do a good job. I'm good at staying in touch with my friends.

Athena: I work at Food Not Bombs. People rave, "Oh, you work at Food Not Bombs? You Rock! I keep on sautéing.

I feel exhilarated. I brought my Mom and Dad to help, too.

Janis: I'm proud that I accomplished all my goals, losing weight, eating healthy and exercising by walking and dancing.

Nicole: I'm proud of being in this class. Proud to be moving back in with my Mom. Proud of making money at the Step Out Car Wash and getting to go the pizza party. Staying connected to friends.

Bobby: Calling my friends. Doing yoga, exercises, trampoline and dancing at home and at Step Out. Doing chores. Cooking class at Clausen House.

Tamika: I have played basketball very well-I got down on defense and I passed the ball to my teammates. I am eating healthy and drinking water.

In Honor of Valentines... "What Love Is"

SF Step says:

Love is Pink, Red, Orchid purple and Magenta

Love is Celine Dion, Beatles, Taylor Swift, Linda Ronstadt, James Taylor, and Martha McBride.

Love is Dark and Milk Chocolate, chocolate covered strawberries, Pepperoni and vegetarian and cheese pizza, Nigiri sushi

Love is Swans, Billy Goats, Siamese kitty cats, Small white fluffy dogs and a brown and white warm cuddly puppy, Funny looking monkeys, Furry white Siberian tigers, Indian elephants, a Tall pink poodle and hummingbirds.

Love is Feeling... Excited, Butterflies in my stomach, Sad, Friendly, Overjoyed, Romantic, Cozy, Happiness.

Love is Beginnings, a Spa mud bath with massage and cucumbers over my eyes, family dinner, friends and family.

SF Step says:

Love is a Heart-shaped necklace, earrings and ring, A lot of red roses, Yellow sunflowers, Daisies and Tulips.

Love is Eiffel Tower, New Orleans' Old Quarter, Ireland, Santa Cruz boardwalk, Disneyland and Home.

Love is the Beach at sunset, Bahamas, Out to dinner at Siz-zlers and Cup cakes and Candy.

Love is Barry Manilow with candles, Bath with bath salts, chocolate and someone to hug and say "I Love You".

Love is Romantic movies like Titanic, Romeo & Juliet, Ugly Truth and I Propose.

Love is Cooking your loved ones' favorite food like lasagna and molten chocolate cake, Weddings on the beach near marine animals and Love letters.

Love is Step Out's Valentine's Day party with dancing, games and food.

— Jamie Lantz

Progress on the Journey

Lucas was born with a heart defect. He was hospitalized soon after we brought him home because he was unable to gain weight and began refusing his bottle feedings. He was admitted, and when we saw him for the first time, we were stunned to see a feeding tube inserted into his nostril. We were taught everything about his feeding tube so we could take him home. Lucas gained weight and could bottle feed during his daytime feedings. His doctors were certain that when his heart defect was repaired he would have no problems eating and we could get rid of the feeding tube forever. Unfortunately, that was not case. We were grateful that his cardiac surgery was a success, yet we soon learned was the beginning of long journey for all of us.

Lucas started refusing bottles while recovering from his surgery. It was worse than before. We soon gave him feedings via his feeding tube. We tried to get him to orally feed, but he would not have anything to do with it. In feeding therapy, we learned that the process of getting a child to be an oral eater was not that easy.

We're ecstatic to say that after two years and many different types of therapy (oral motor, vital stim, occupational and intensive feeding therapy) and many medical procedures, Lucas is officially "TUBE FREE!" We have more therapy ahead, but Lucas is orally consuming all his calories, fluids and medications. We are so proud of him.



Lucas' first feeding tube Oct. 2007, and tube free in Dec. 2009.

Dante is Growing Up Fast



Dante is developing well thanks to his specialist, physical therapist and a lot of hard work! He spent several weeks in the NICU at birth with Pulmonary Hypertension but is now almost 5 months old, sporting a new mohawk and having a blast in his action-packed exersaucer! We are thrilled to have been blessed with such a beautiful and loving child!

— April and Johnny Davila

Graceful Grace



Grace started dance classes (jazz, ballet, tap combo) at Studio A in Pleasant Hill. She loves it and is doing a great job keeping the pace with her peers!

Rachel Nicole Warren's Dream . . .

My dream is about the sunset and the light. I'll never forget one of the most wonderful sunsets... it reminded me of a beautiful light shining through a cold and dark night.

When I was born I first saw light and when I'm asleep I dream about it.

I imagine myself laying a blanket down on the grass. I dream I'm looking up at the stars on a dark night. When I wake up the light from the stars will be in my dream ... it feels like my dream comes true. If I dream hard enough my dreams might come true.



Friend – Noun: A person one knows, likes, and enjoys being with.



Emma Tatiana and Juliana – Serious Girl Time!



At right, Tatiana and her Good Friend Elmo.

"Gold Tested in Fire"

I have chosen to write about my friend Lily for my reflection paper. Lily and her family are very close friends of my family. The reason I have chosen this for my personal essay is because Lily was born with Down syndrome five years ago. After I heard about Lily having Down syndrome, my faith was tremendously tested. I know we are all created equal and the plan for each person is exact. We have to discover how we will use our true gifts.

Lily is such a sweet, kind and loving child. She brings so much joy to all of us and through her we have learned how to work together to bring awareness and educate the community about children with special needs. I have had the opportunity to become a trained buddy at "Buddy Play", which is a play group that meets twice a month and teaching my peers that working with children with special needs is rewarding for all. "Buddy Play" is my on-going community service that I look forward to doing every other week. We help the children do arts and crafts; help on field trips, and help them learn how to be good friends to each other.

Lily had early intervention and constant stimulation, through special needs schools, physical therapy and sports activities. Bernadette (Lily's mom) created "Buddy Play", sponsored by the Down Syndrome Connection. Her vision is "to promote natural interaction and learning between children with special needs and their typical peers". It has become so popular that it includes all kids with special needs; Down syndrome, autism, etc. and it is held twice per month in various locations. Lily is only five years old, but is able to do gymnastics, do Tae Kwon Do, and speak English, Sign language and Farsi. She has an incredible memory and likes to continue to surprise us with her special gifts.

— Taylor Freeman



My Job — Mike Rury



- This is my job at Kinder's:
- Put the floor mats down
 - Fill up the salt and pepper shakers, sugar, straws, napkins, caps and lids
 - Inside – clean tables and chairs, counter tops and soda machine
 - Outside – use leaf blower, clean patio tables and put tables and chairs out front.

The best part of my job is the cool people I work with, sampling the barbecue, getting my paycheck so I can buy my favorite lunch – a Kinder's hamburger and using the leaf blower.



Movie Review ★★★★★
Tooth Fairy

The movie *Tooth Fairy* starring Dwayne (The Rock) Johnson was a good and funny movie. Johnson's character is a hockey player with a reputation of hard defense. On the ice his nickname is 'The Tooth Fairy' which is why it's funny when he is summoned to serve as a real tooth fairy!

Parts of the movie I liked were the rock n' roll scenes and the guitar scenes. The funniest parts of the movie were the antics of Johnson's character, and his fairy case worker.

The chemistry on the screen was hilarious and made for great comedy. If you're interested in this movie you should definitely see it. I give this movie a 5-star rating!

— Martin Gonsalves



Ava on Stage

My family was transformed, thanks to *Angels on Stage* when they presented *The Jungle Book* at the Mexican Heritage Theater in San Jose. After 6 months of weekly rehearsals the troupe was ready to perform — and perform they did to a nearly sold out theater for the three week end performances!



As we prepared to go on stage I was more nervous than Ava. Any of the cast of kids and young adults who were nervous beforehand forgot about stage fright when the curtain rose. They sang, danced, and flourished on stage.

Our family was transformed when the audience clapped, and laughed, and sang along with MY daughter and the cast. Our experience was about so much more than performing; it was about acceptance, celebration and joy for the amazing abilities of our children. I can't wait for next season!

— Amy Parham

A Man of Action

Big cheers to Caleb Chow who turned 18 in March!

Caleb attends Alameda High School and enjoys many elective classes, including: Concert Band (plays percussion), Contemporary Dance, Art and most recently, Jujitsu. He's also an avid traveler and has been to several cities in Canada, Mexico and China.

Caleb looks forward to attending the Joy Prom in May.

— Esther Chow



Ainsley Thrives on Learning and Growing



Ainsley Dodge, (3.5 years old) has made TREMENDOUS progress in her speech, language and feeding development over the past year. Ainsley is beginning to name farm animals, make their sounds, and name her colors. She is beginning to use signs consistently and is following everyday directions very well (when she wants to... of course!!!) She continues to strengthen her jaw and is constantly working on retracting her tongue when she drinks, eats and talks. She is VERY social and loves coming to the DSC weekly to say "Hi!" and "Bye!" to EVERYONE in the office!

Table for 10 Dinner Parties

The table for 10 Dinner Parties for Teens and Young Adults are going strong! New friendships are forming and the group is having a blast. Many friends from SF Step make it every month to enjoy the evening and we welcomed Robbie, new to Oakland Step to the parties.

— Mary Erickson



Marissa Erickson



Marissa celebrated her 19th Birthday with friends from the SF Step Group.



Book Review *From Emotions to Advocacy*

By Pam and Pete Wright

Available at Amazon for about \$10.00

If you're like many parents with a child with special needs, at some point in your child's education, you will find yourself at odds with your school district on some piece of your child's education plan, program, or placement. After many years in our school district with some bumps here and there, we finally found ourselves in the position of contending with the all-important issue of placement, with our son Joseph. We had several deadlocked meetings with our school district, ending in frustration. Along the way, I read many books, trying to educate myself on IEPs and IDEA. This book, *From Emotions to Advocacy*

by Pam and Pete Wright, stood out to me among all of the IDEA and IEP books I read. It contains very different information from most special education books; it's not a book on how to write IEPs, or what IDEA law is, but details how to be more successful in working with school districts.

Here is an excerpt from Chapter 4, Learning the Rules of the Game:

Many school districts have standardized "one-size-fits-all" (OSFA) special education programs. If your district is creative, you may have two program options: OSFA #1, and OSFA

"... it's not a book on how to write IEPs, or what IDEA law is, but details how to be more successful in working with school districts."

#2. In a typical OSFA program, decisions about the child's program and placement are based on the child's disability category or label, not on the child's unique needs.



Joseph and Laurie McGrath

The school district is required to provide each child with an individualized special education program

tailored to that child's unique needs. Standardized OSFA programs are not tailored to any child's unique needs. Schools design OSFA programs for the convenience of the adults in the system.

Pam and Pete Wright define in concrete terms how most school districts operate, and what it means

to you, as a parent advocating for your child. They detail how to engage in the education process, and how you can more effectively participate in your child's education plan and advocate for your child's needs.

Also from Chapter 4:

Individualized programs are labor-intensive and more difficult to administer. If you are trying to develop an individualized program for your child, expect to run into resistance. You are negotiating with a system that uses categories and labels to make decisions. If you plan and prepare, you can prevail.

After reading this book, I saw the school district and my role as a parent in a new light. Pam and Pete Wright lay out how you can prepare to handle the resistance you may encounter when advocating for your child. Browse through the book the next time you're at the Connection, or check it out on Amazon. For about ten dollars, it is worth the investment!

Book Review by Connection parent, Laurie McGrath

New Nutritional/Drug Protocols for DS

I stopped by the Connection recently to donate some books and videotapes and was pleasantly surprised to see that they had moved downstairs into a nicer and bigger place. What an improvement! Congratulations DSC!

While there, in a conversation with Nancy, I mentioned two new nutritional/drug protocols for our kids. She asked if I would write up a small piece for the newsletter and I hope that some of you may find this information useful.

Protocol #1: Within the last two years Teresa Cody, a dentist who lives in Texas with her son who has DS, spent many hours researching potential therapies to alleviate metabolic disturbances due to the extra chromo-

sosome in DS. I knew Teresa for years as part of our small online group of moms seeking more viable ways to help our children to correct the metabolic dysfunction.

Dr. Cody discovered research reporting that Prozac caused neuroregeneration, a rebuilding of neurons. All of us in this group, including Dr. Cody were of the mindset that we wanted to use natural and nutritional methods to alleviate DS disturbances. It was difficult for any of us to consider using a drug, especially something like Prozac. That said, Dr. Cody couldn't ignore the implications Prozac might provide.

The second part of the protocol came in to play when Stanford University discovered that the GABA

"... Teresa Cody, a dentist who lives in Texas with her son who has DS, spent many hours researching potential therapies to alleviate metabolic disturbances due to the extra chromosome in DS."

receptor was continuously "on" in DS. It was also discovered that Ginkgo Biloba was a GABA antagonist and as such, became the next crucial part of the protocol.



Nikki's boy, Cody Schmid

Most of us start with these two ingredients, then add other nutritional/drug components as

recommended on the website depending on tolerance of each ingredient.

All the research is located at www.changingmindsfoundation.org, including testimonials and other components.

Protocol #2: Another protocol recently introduced has shown promise to several children of which I am aware. Verdure Sciences has released a product named Longvida Curcumin, which has been

studied and used for a variety of health issues, one of which is the treatment of Alzheimer's. However, getting the amount needed to truly have an impact was difficult. Verdure Sciences created a product that is 65 times more bioavailable to the body than most supplements found on the market. As such, it can now reach the targeted areas in the body that need improvement.

To read more, visit www.longvida.com. International Nutrition, the maker of Nutrivene, a targeted vitamin supplement for Down Syndrome now offers Longvida Curcumin in either bulk or capsules. Their site is at www.nutrivene.com.

Nutritional or drug intervention is a touchy subject for some and I respect that. That said, I am grateful for those who continue to fight for our children and believe in their worth enough to keep the research going. It is my hope this information be useful for others who are interested in pursuing this type of intervention for their child.

— Nikki Schmid

Ducks' Coach Finds Inspiration in Friendship



Chip Kelly (left), the Oregon Ducks football coach, calls Seth Ford (center) before every game. Ford, who has Down syndrome, has been an inspiration to Kelly and his players because of his positive outlook on life. At right is Jeff Hawkins, UO director of football operations.

Seeing Ford on the field, Kelly believes, will both calm and inspire the guys who were born with the strength and speed that Ford—like most of us—can only dream about.

"I tell our team, 'Don't be afraid to be special,'" Kelly says. "People like Seth teach us that lesson every day." "The most positive person I've ever met in my entire life," he says. "He means everything to us. The lessons he's taught us (on) how to approach life. I relish every day I get a chance to visit with him."

What do the players find in Seth?

"Whenever I see him," tight end Ed Dickson says, "it brightens my day. He loves football like life itself."

"Hang around Seth," reserve quarterback Nate Costa says, "and you get an earful. He has some important things to say if you have the ability to hear them."

"He allows them to get away from the moment," his brother, Joel, says. "It's what you see in one of those old Knute Rockne movies. Very simple things. He'll pick out two or three players. He'll tell (Jeremiah) Masoli, 'You need to make some good passes,' then show Masoli the right form."

"We get inspired by Seth," Tukuafu says. "You're inspired to play hard not only for yourself but for Seth."

Thank you to the Ford family for sharing this wonderful story with us. For the full story please visit: http://www.oregonlive.com/news/oregonian/steve_duin/index.ssf/2009/12/ducks_learn_life_lessons_and_a.html

By Steve Duin, *The Oregonian*
December 30, 2009

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SPACE IS LIMITED TO 150 PEOPLE

Recently a friend forwarded a blog to me called "Walk On The Happy Side." The blog is written by a woman named Maggie who is the mother of three beautiful children, a daughter and identical twin boys who happen to have Down syndrome.

I immediately became hooked and enjoy checking in and reading Maggie's blog especially on the days when I'm feeling less than 'happy.' One entry struck me as very interesting and the information was very informative and enlightening. I asked Maggie's permission to reprint it in our newsletter and she agreed instantly. I hope this article is helpful to you. Feel free to follow Maggie and her family at: www.walkonthehappyside.blogspot.com. — Angie Rettig



Author Maggie Marshall-Hagan and Identical Twins, Brian and Michael.

Down Syndrome Awareness

The Science of Learning in Children with Down Syndrome

— Maggie Marshall-Hagan

I'm the first one to reassure parents that every child is different (despite sweeping diagnoses). Each child has their own unique areas of strength and weakness. Each their own learning style. I should know, right? I have identical twins with Down syndrome and they are all but identical when it comes to their strengths, weaknesses, interests, personalities and even learning style. BUT (because there's always a but), they do both have Down syndrome. And the very definition of a syndrome is a group of common characteristics typically found in those belonging to the 'group.' So, yes, it's true. There are similarities across people in the Down syndrome population.

Grouping people together by characteristics then scientifically studying their behaviors, strengths, areas of weakness and reaction to varied interventions as a group is a way to find effective treatments and methods for medical, physical, emotional and educational dilemmas that groups face. It's called research! Scientists may also study an individual within the group and then apply their learning to the group to see if their observations stick. It's all this research – years and years of proving over and over again that a particular solution is effective for the group, in general, and worth trying on the individual member of the group to solve whatever question the research was conducted to address – that changes the way we treat those individuals going forward.

So, I turned to the research to prepare for my recent parent-requested (read: I requested) CPSE meeting to address my boys' lack of progress in the area of speech and academic achievement. And I came across a significant body of evidence discussing common learning deficits found in children with Down syndrome. I found research as early as 1983 explaining that around the age of 5, typically developing children naturally begin to use an internal rehearsal mechanism to acquire and store information in short term memory and then with additional rehearsal and organization to transfer that information into long term memory and, ultimately, into permanent knowledge. However, it was demonstrated that children with Down syndrome have a tendency to NOT automatically implement this rehearsal mechanism and thereby have difficulty transferring and committing new information into their long term memory banks. By teaching the children how to re-

hearse new information externally, researchers found that children with Down syndrome were able to acquire and retain (in long term memory) the information.

"The outstanding question in my mind is, why is the standard protocol for children with autism to automatically receive up to 40 hours of ABA therapies a week, but there is no such protocol for children with Down syndrome when it's been shown to be effective for both populations?"

Rehearsal is exactly what it sounds like. It is the repetition of the information being presented over and over and over (and with children with Down syndrome... over and over and over again) until the child can recall it. Over and over again until it is learned and the information is available in short term memory. Then

the continued external rehearsal and organization of the information into an understandable framework for the particular child facilitated the long term recall of information. Simply put, repeating the information over and over, was shown to help children with Down syndrome learn and commit the information to memory so they would be able to accurately recall and understand the newly learned information. (My guys are excellent at repeating the lines of movies they've watched over and over

again... and, ultimately, accurately explaining the movie's plot.)

Interestingly, the research shows that this same learning deficit – the absence of internal rehearsal – exists in other special needs populations. Children on the autistic spectrum also often fail to implement internal rehearsal and organization. Because of the increasingly high incidence of autism over the past 30 years, extensive research has been done on the learning styles of children with Autism Spectrum Disorder.

To address the absence of internal rehearsal, the Applied Behavioral Analysis (ABA) methodology of Discreet Trial Instruction (DTI) was successfully applied to assist children on the spectrum with acquiring information and transferring it from short term memory into long term memory. DTI involves high repetition of external cues coupled with consistent reward for a correct response. This is classic and rigid Behavior Modification where a stimulus → response → reward process has been shown to be highly effective in helping a child commit the new information to long term memory. Think Flashcards with external rewards (candy, stickers or hugs, even) for correct answers.

There's nothing extraordinarily new here except for its application to a particular group. The scientific application of these methods to children with autism AND to

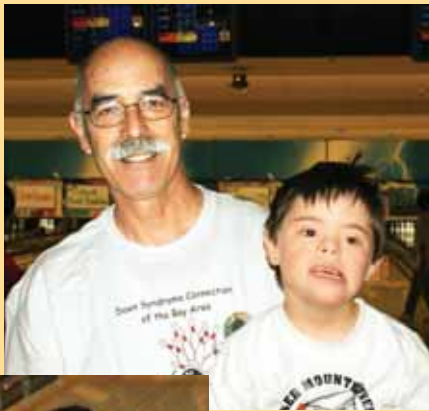
DS Awareness, page 14.

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7th Annual Bowl-A-Rama

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Register your bowlers online NOW:

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Cost to register is \$25 per bowler for 2 games, shoes and a custom designed t-shirt.

This is our first fundraiser of the year.

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After registering **PLEASE** create a fundraising webpage. And collect pledges from friends, family and coworkers around the world. Please ask everyone to forward your page on to others so they too can collect pledges.

If you would like to be a "Family Lane Sponsor" you can do this on our website at www.dsconnection.org/bowlarama/. Choose "family sponsor" and pick your level. *Someone from the Connection will contact you for your bowler and t-shirt information.*

Ø \$250 Family Sponsor: 4 bowlers, 10 raffle tickets, name on the t-shirt and recognition in our July newsletter.

Ø \$500 Family Sponsor: 6 bowlers, name on the t-shirt, a 4X6 lane banner, and 20 raffle tickets and recognition in our July newsletter.

After choosing your sponsorship please visit

www.firstgiving.com/dscba

and create a personal webpage to start collecting pledges.

Just choose the "Registered off line" selection.

Grand Opening, from page 1.

Throughout the night we received wonderful comments about our space looking great and that is attributed to Marty Brady of Winter Construction, Judith Clark of Design Elements and my brother Phil Chiavetta who created the design for us. All gave so generously of their time and talent and for that we are truly grateful. Of course we wouldn't be in the space without our favorite commercial real estate expert, Tim Hogan of MCC Realty who negotiated and sealed the deal. A warm thank you to Castle Management's Joe Laughton and building owner, Thomas Baldacci who agreed to a lease keeping our non-profits needs in mind.

A special thank you goes out to El Nido Restaurant who provided yummy quesadillas and La Czar and Trek Wineries who offered free wine tasting, discounts on purchases and gave 15% of their proceeds back to the Connection. Thanks to Step In's Katrina Taylor and her family who brought beautiful artwork from Katrina's portfolio showing off her talents. Jewelry provided by Klassy Glass's, Kailin Kelderman and Mary Bryant were very popular and we thank them sincerely for their donation back to the Connection. We love good music and were blessed to have the always generous local band 2endeavour's Chris Berg and Jason who were rocking the house and getting people into the party mood.

There were many of my personal friends who are also donors at this event who I have to give a big shout out to. How lucky I am to have so many generous people in my life and I am incredibly grateful for their support and friendship every day.

It was truly a night to remember. The new space is a new beginning that will allow our organization to serve more families and meet the demand for services in the coming years. We now need the continued support of the community to keep our doors open and our mission going strong.

Thank you again to everyone who celebrated with us!

DS Awareness, from page 12.

children with Down syndrome via research studies proves – did you HEAR that – PROVES that ABA Therapies and DTI are successful methodologies for teaching children with autism AND Down syndrome a breadth of skills including academic, behavioral, language, daily living and more. In short order, I uncovered more than nine research studies spanning 20 years confirming these findings. All pertaining specifically to children with Down syndrome.

The outstanding question in my mind is, why is the standard protocol for children with autism to automatically receive up to 40 hours of ABA therapies a week, but there is no such protocol for children with Down syndrome when it's been shown to be effective for both populations?

I'm doing my part to change this! At that CPSE meeting I mentioned the above. I fought and won ABA services (including DTI) for my children. During the application

of these services, my children will be studied as research subjects to add to the body of evidence PROVING this is an effective methodology for teaching children with Down syndrome.

If your child has difficulty retaining the concepts being presented to him or her, try implementing ABA and DTI methodologies. School districts should be made to provide these services once you've shown, via lack of significant progress, that the existing teaching methodologies are not working for your child, then presenting the research showing that ABA therapies are an effective method for teaching children with Down syndrome. Doing so should gain you the services as it did for me.

Together, we can change the world... or at least effectively educate our children with Down syndrome so that they can live more independently and become productive members of society.

*Erica Jacob's (aka Martha Stewart's) Chewy Brownie Cookies

- $\frac{2}{3}$ C butter
- 1 $\frac{1}{2}$ C firmly packed C&H Dark Brown Cane Sugar
- 1 tablespoon water
- 1 teaspoon vanilla
- 2 eggs
- 1 $\frac{1}{2}$ C all-purpose flour
- $\frac{1}{3}$ C unsweetened baking cocoa
- $\frac{1}{4}$ teaspoon baking soda
- $\frac{1}{2}$ teaspoon salt
- 2 C semi-sweet chocolate chips (12 oz. pkg.)

Heat oven to 375 degrees Fahrenheit. Combine butter, brown sugar, water and vanilla in a large mixing bowl. Beat eggs into creamed mixture. Combine flour, cocoa, baking soda and salt. Mix into creamed mixture at low speed just until blended. Stir in chocolate chips

Drop rounded measuring tablespoons 2 inches apart onto ungreased baking sheet. Bake one baking sheet for 7 to 9 minutes or until cookies are set. **Do Not Overbake.**

Cool on baking sheet 2 minutes. Place sheet of foil on countertop. Remove cookies to foil to cool completely. Makes about 3 dozen cookies.

*See related story, page 7.

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Come BLOG with US on our Website at

WWW.DSCONNECTION.ORG

Just click on "BLOG." Our Community Blog is waiting for you to share knowledge, concerns, joys and post questions with other members of the Down Syndrome Connection of the Bay Area community.

TO JOIN: send an email to redbride05@aol.com (Lisa Upton). Put "I WANT TO BLOG" in the subject field. In the message tell us your full email address, and the name you want to appear on the Blog.

THAT IS ALL IT TAKES! You will receive a confirmation email that you have successfully joined.

**Please help us grow this online community
so we can all help each other!**

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In Memory Of

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Lauren Bruno
Jensine Chen
Jasmine Collins
Adreas Dereschuk
Ashley Hagin
Katie Kallick
Macee LeMoine
Paula Ridley

Holiday Party

Special thanks to: Jenn Bornstein, Mike Demasi, Kathy Harkins, Martha Hogan, Linda Plount, Santa Claus, and all who donated raffle items, time and money.

DSCBA Programs Can Only Continue with Your Help!

43% of our Funding comes from donations and fundraising events.

CASH DONATIONS Send a check to: Down Syndrome Connection of the Bay Area, 101-J Town and Country Drive, Danville, CA 94526. Phone: 925-362-8660

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This is a great opportunity to showcase your business products and services or to give a great tax deductible item to be auctioned at one of our events. Some past items that are popular are wine packages, vacation homes, sports memorabilia, fine art, jewelry, spa packages etc.

SPONSOR AN EVENT Sponsor an event at a level that works for you. Publicize, advertise and show off your company logo while giving to a worthwhile cause. Have a booth and speak at our event.

HOLD A FUNDRAISER TO BENEFIT THE CONNECTION We are looking for community service organizations or businesses to hold a benefit in our name. One way to do this is to have a Charity Golf Tournament, Auction/Dinner or Crab Feed to name a few. Have ideas? Please call the Connection.

VOLUNTEER Do your community service with us! Volunteer your time and work at an event, spend time in one of our classes, come help out with newsletter mailings and other project. Call us for more information.

CORPORATE GIVING AND MATCHING GIFT PROGRAMS Sign up for your corporate giving program at work which automatically can be taken out of your pay-check. Some companies even have matching programs which doubles your giving ability.

ATTEND A FUNDRAISING EVENT

We would love to see you at our fundraisers such as the Bowl-A-Rama, Charity Gala and the Buddy Walk. Your participation and support makes a huge difference and our events are a lot of fun!

DONATE YOUR CAR Call us at the Connection at 925.362.8660 to find out how you can donate your car and in turn give back to the Connection. You may also call (877)700-GIVE or visit www.carsforcharities.com/DSC.htm

SIGN UP FOR THE ESCRIP PROGRAM

eScrip is an easy way to give back to the Connection! Just register your grocery, debit or credit cards at merchants such as Safeway, Macys, Nordstrom or EBAY for example. A portion of your purchase will be donated to the Connection. Visit www.escrip.com to get started. ID#4843658.

USE GOODSEARCH.COM AND GOODSHOP.COM WEBSITES

Choose the Down Syndrome Connection of the Bay Area at www.goodsearch.com and start your search engines running! The more you use this site as your search engine, powered by Yahoo, the more money the DSCBA raises. You can also use www.goodshop.com and when you shop you donate too!

TAX ID# 91-1904304

How Can You Help Us?

MARK YOUR CALENDARS • UPCOMING EVENTS • SUPPORT THE DSCBA!

4/24 Annual Dinner and Board Meeting

Moraga Valley Presbyterian Church 5:00pm
Speakers: Jon Colman, President NDSS and
Kellie Greenwald, Artist and Self Advocate – RSVP required)

5/2 7th Annual Bowl-A-Rama

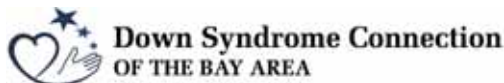
Earl Anthony's Dublin Bowl
12:30pm – 3:00pm
(Register now at www.firstgiving.com/dscba)

9/18 1st Annual Charity Auction Gala

Diablo Country Club – 6:00pm – 11:00pm
(A sensational evening with dinner, dancing,
auctions and more)

10/23 2010 Bay Area Buddy Walk

*Please visit www.dsconnection.org/events
for more information.*



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www.dsconnection.org

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TICKETS **FORE** CHARITY

Do you love golf?

Or know someone who does ●



Come see the future of golf and future football Hall of Fame great **Jerry Rice**
and his celebrity friends the week of April 12-18, 2010 at TPC Stonebrae



And best of all, 100% of all ticket sales go to the Down Syndrome Connection of the Bay Area. For only \$20 per person (kids 12 and under are free), you get:

Access to the entire week of events, including the Jerry Rice CelebrityPro-Am, Junior Clinic, the evening concert series, and the four-round Nationwide Tour event

To order tickets: Order on-line at www.stonebraeclassic.com

Be sure to designate the Down Syndrome Connection of the Bay Area as your sponsored charity!

Be sure to tell all the golf fans you know about this great event!