





# March Fridge Post 2010

<p><b>Mark Your Calendars for these Upcoming Events!</b></p> <p>PCRF Cinco De Mayo Half Marathon—Sunday, May 2, 2010          DSAOC Golf Tournament—Monday, June 7, 2010          DSAOC Summer Picnic—Saturday, June 26, 2010</p> <p>For more information about DSAOC events visit <a href="http://www.dsaoc.org">www.dsaoc.org</a></p>	<p><b>Parent Networks</b></p> <p><b><u>0 to 3 Parent Support Group</u></b>  <b>Thursday, March 4 (7:00pm -9:00pm)</b></p> <p>Make friends and share the challenges, milestones and triumphs, as you raise your child.</p> <p>Expectant parents also welcome.          Child care is not provided, but your little one with Down syndrome is welcome to come along with you.</p>
<p><b>Seminars</b></p> <p><b><u>DSAOC Healthcare Series—Endocrinology</u></b>  <b>Monday, March 22 from 6:30 to 8:00pm</b>          CHOC West/Clinic Building 2 - 2<sup>nd</sup> floor.          (map on reverse)</p>  <p>Endocrinology Issues in People with Down Syndrome          Presented by <b>Dr. Ajanta Naidu MD, FACE, CEC</b></p> <p>Join DSAOC and other families as Dr. Naidu talks about <b>"Thyroid Issues, Warning Signs and Lifelong Medication Concerns"</b></p> <p>Be sure to sign up early for this presentation by calling 714-540-5794, or register online at the DSAOC website <a href="http://www.dsaoc.org/events-register">www.dsaoc.org/events-register</a></p>	<p><b><u>Grupo de Apoyo Arcoiris</u></b>          Spanish Language Support Group</p> <p><b>Viernes, Marzo 26 (10:00am-12:00pm)</b></p>  <p>Somos padres de familia como ustedes dedicados a nuestros hijos trabajando unidos para ofrecerles una vida plena de gozo, amor, aprendizaje y bienestar.</p> <p>Lugar: Dayle McIntosh Center      Para mas informacion llame a          13272 Garden Grove Blvd.      Alicia Sanchez 714-540-5794 o          Garden Grove, CA 92843      Maria Pecina 714-558-5401.</p>
<p><b><u>Entering the Adult World</u></b>  <b>Wednesday, March 31—from 6:30pm to 9:00pm</b>  <b>At the DSAOC Center</b></p> <p>Transition into adult services can look different for all students. This presentation will review various programs that are available to students ages 18 -22 as well as opportunities for adults that have exited the school district system.</p> <p>Be sure to sign up early for this presentation by calling 714-540-5794, or register online at the DSAOC website <a href="http://www.dsaoc.org/events-register">www.dsaoc.org/events-register</a></p>	<p><b>Activities</b></p> <p><b><u>DSAOC Teen Club</u></b>  <b>For teens with Down syndrome ages 12-17</b>  <b>Friday, March 19 from 7pm to 9pm</b>  <b>At the DSAOC Center.</b></p> <p>Join your friends for Bingo and Wii Game Night!!</p> <p><b>Parents:</b> Come prepared to share your ideas on how we can make teen club even better!</p> <p>Please RSVP to Kristin Abbas at 714-540-5794 or <a href="mailto:kabbas@dsaoc.org">kabbas@dsaoc.org</a>.  <b>We ask that siblings not attend this event.</b></p>
<p><b><u>2010 Orange County Bike Camp</u></b></p> <p>Registration opens for the 2010 Orange County Bike Camp on <b>Monday, March 15.</b></p>  <p><b>The camp will be from Aug. 2—6 in Aliso Viejo.</b>  <b>Cost:</b> \$200 per camper  <b>Length:</b> 1.5 hrs per day for 5 days</p> <p>Registration forms will be emailed on March 15. If you do not have an email address or DSAOC does not have one on file for you please call the Center and a form will be mailed to you.</p>	<p><b>Announcements</b></p> <p>DSAOC would like to offer monthly social activities for adults with Down syndrome and need your help!</p> <p>If you would like to be part of planning this program please join us for an informal planning meeting:  <b>Monday, March 15<sup>th</sup>, 4:30 pm at the DSAOC center.</b></p> <p>If you have any questions or are interested but can not attend the meeting please contact: Kim Schwing-760-900-4399 or at <a href="mailto:k1mschwing@aol.com">k1mschwing@aol.com</a>.</p>
<p><b>Reaching for the Cure is HOT! HOT! HOT!</b></p> <p><b>REGISTER – SPONSOR – MAKE A DIFFERENCE</b></p> <p>The Down Syndrome Association of Orange County is joining with the Pediatric Cancer Research Foundation for the <i>Cinco de Mayo Half Marathon</i> at the <b>Irvine Spectrum Center on Sunday, May 2</b> to raise funds for pediatric cancer research and the new CHOC Children's Down Syndrome Program.</p> <p>See the <u>FLYER ON THE BACK OF THIS POST</u></p> 	<p><b><u>Educator of the Year</u></b></p> <p>DSAOC is now accepting nominations for the 2010 Educator of the Year! <b>If a teacher, therapist, aide or administrator has made a difference for your child, please consider nominating them for this award.</b></p> <p>To nominate an educator please fill out the enclosed form along with a one page letter describing why this educator should be nominated.</p>