DSA OC
DOWN SYNDROME ASSOCIATION OF ORANGE COUNTY

November/December 2014 Fridge Post

DSAOC strives to create a place for connection, hope, and awareness, for people with Down syndrome and their families in Southern California.
Our Mission is to provide the means necessary to empower individuals with Down syndrome to reach their full potential.

Looking Forward

OC Buddy Walk—Sunday, November 2
Breakfast with Santa – Saturday, December 13
Red Carpet Ball – Saturday, February 14, 2015
DSAOC Golf Tournament, Banquet & Auction – Monday, June 8, 2015

Saturday, February 7, 2015 –
Healthcare Conference at UC Irvine (flyer included)
A Healthful Journey: Life Long Health Care for Individuals with Down Syndrome - Featuring Keynote Presenter, Dennis McGuire, Ph.D.
Register today at: http://www.events.org/cpage.aspx?e=78760

For more information about DSAOC events
visit www.dsaoc.org

Activities

Teen and Adult Bowling League
Saturday, November 8 & December 13
from 10 a.m. – 12:30 p.m.

This activity is for teens and adults with Down syndrome ages 12 and up. Join us for this FUN & social activity! Takes place on the 2nd Saturday of each month from September to May.

Location: Irvine Lanes – 3415 Michelson Dr. Irvine, CA
Cost: $6 per session (includes 2 games and shoe rentals)

Please RSVP to admin@dsaoc.org

DSAOC's Feeding and Swallowing Therapy program

DSAOC's Feeding and Swallowing Program, with Dawn Winkelmann, M.S., CCC-SLP SESSION 2 will be starting soon – Sign up today!

DSAOC is now forming an interest list for families who have babies with Down syndrome ages birth to 24 months. **Program start/end date**: Jan 14 - Mar 4, Wednesdays, from 10 – 11 a.m. This parent education program will feature a 30 minute parent training and 30 minutes of practical "hands on" with your little one. Cost for the program is $132 for 8 sessions. Contact Kristi Golden to be placed on the interest list: programs@dsaoc.org or call the Center.

DSAOC Center Closure Dates

The DSAOC Center is open Monday-Thursday. Below are the Center closure dates for the upcoming Holidays:

Monday, November 3 (day after Buddy Walk)
Wednesday, November 26 – Thursday, November 27
Monday, December 22 – Thursday, December 25
Wednesday, December 31 – Thursday, January 1

Support/Networking Groups

Circle of Friends: 0 to 3 and 3 to 11

NO MEETING IN NOVEMBER—Please join us in December
Thursday, December 4
from 7—9 p.m. at the DSAOC Center
Both groups meet on the same night!

Circle of Friends: 0-3: Make friends and share the challenges, milestones, and triumphs as you raise your child. Expectant parents also welcome. Child care is not provided, but your little one with Down syndrome is welcome to come along with you.

Circle of Friends: 3-11: This group will discuss issues that primarily focus on children 3 to 11, but families with children of all ages are welcome.

** **December Holiday Potluck:** Bring your favorite dessert for a Holiday themed potluck!

Homeschool Friends

**** NEW DAY**** **Monday, November 10 & December 8**
from 1—2:30 p.m. at the DSAOC Center

For parents of children with Down syndrome that are currently home schooling or are considering this educational option. Children and siblings are welcome. Join us the 2nd Monday of each month.

DSAOC's Sibshops

FLASH!!!! Now developing an interest list for our newest program:

Sibshops By **DSAOC**

This program is specifically for siblings of individuals with Down syndrome. Siblings must be between the ages of 8 to 12 to participate. This program will help them learn more about Down syndrome and share their feelings – joys, frustrations... whatever..., in a fun, social way. **Sibshop Facilitator:** Autumn Trail, M.S. Special Education, and sister to a 26 year old with Down syndrome.

Projected dates: Nov 15/16, Dec 13/14, Jan 24/25, and ongoing. We will meet monthly on a Saturday or Sunday from 1 to 4 p.m. depending on interest.

Contact Kristi Golden at programs@dsaoc.org or call the Center with the name & age of sibling, and if Saturday or Sunday is better for you.

Unless otherwise stated, activities are held at the DSAOC Center, 151 Kalmus Drive, M-5, Costa Mesa, 92626.
Please contact the Center to sign up for activities: 714-540-5794 or email admin@dsaoc.org

Join your friends for DSAOC's Annual

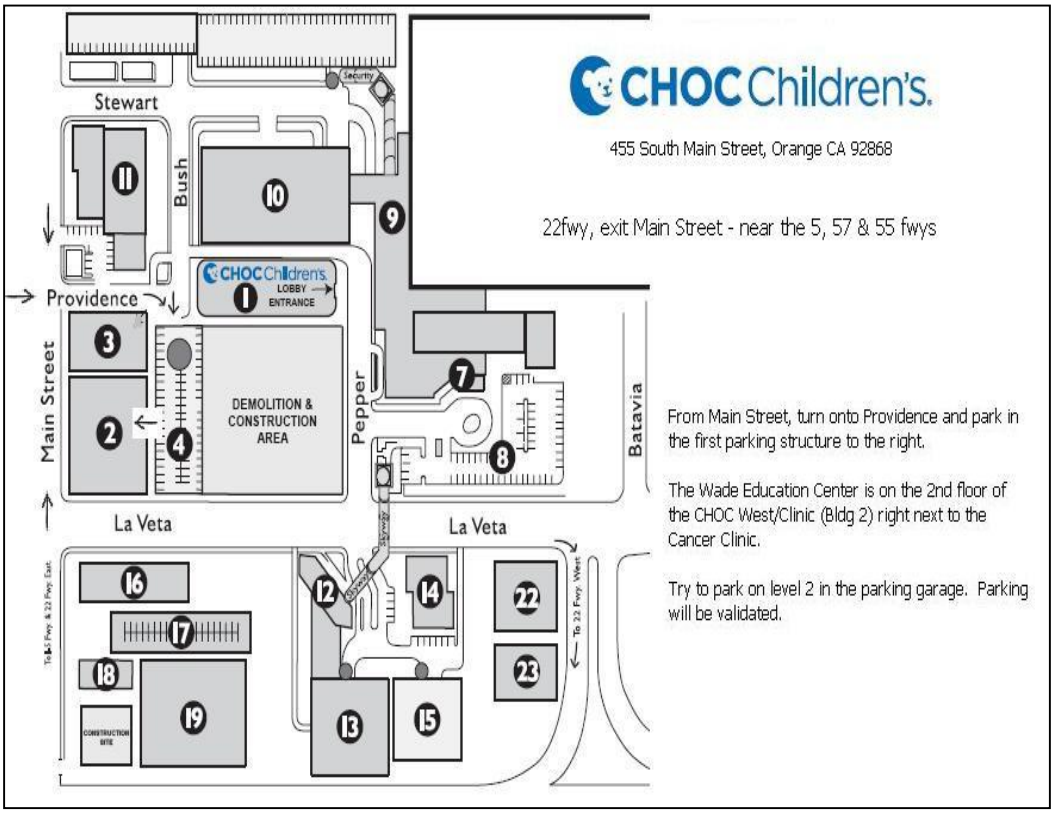
Breakfast with Santa

RSVP Today! (714) 540-5794 or admin@dsaoc.org
This event is especially for families who have children with Down syndrome 11 yrs and younger, but all ages are welcome.

Saturday, December 13 from 9—11 a.m.
At CHOC Children's – Wade Education Center

Enjoy clowns, holiday crafts and festive music guaranteed to put you in the holiday spirit!
Remember to bring your camera to get a photo with our **special guest—Santa!**
Suggested donation: $5 per adult.

When you RSVP please indicate how many adults and children

Parking will be validated

Our friends with National Charity League – Pacific Coast Chapter will be helping provide an amazing Holiday experience – please join us!