

DSAOC's **Mission** is to create a place for connection, information and hope for people with Down syndrome and their families throughout greater Orange County, to promote Down syndrome awareness through community outreach, and to offer programs, services and support that aim to empower individuals with Down syndrome to reach their full potential. Our **Vision** is to be a one-stop-shop for all things Down syndrome related, and to be a model organization for community collaboration and Down syndrome awareness. to change perceptions and change lives.

Looking Forward

OC Bike Camp – August 10 – August 14 at SOKA University

Parents as Partners Mini Workshop – Saturday, August 15

Boo Bash – Saturday, October 10, Mater Dei High School.

DSAOC'S "Trick-or-Trunk" – Saturday, October 24, GG Elks Lodge

OC Buddy Walk – Sunday, November 1

Breakfast with Santa – Saturday, December 5

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

Support/Networking Groups

Circle of Friends Support & Networking Groups

SPECIAL DATE: Thursday, July 9

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 Support & Networking Group (for all ages) "CPR Class"

TOPIC: HOPE is a free community CPR class providing Hands On Practical Experience in a simplified form of CPR using only chest compressions (no mouth-to-mouth breaths). Sudden Cardiac Arrest (SCA) strikes about 360,000 people every year. (see flyer attached)

Presented by: Robert Gorman, Specialized Services of So Cal

If you are not interested in this presentation, please join us for networking and sharing in our 'Open Forum' session in our library area

****Must RSVP to admin@dsaoc.org**

Homeschool Friends

Monday, July 14

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 beginning at 1 p.m.

Volunteering

Are you interested in volunteering?

Email admin@dsaoc.org and we will send you our volunteer application.

OC Bike Camp

OC Bike Camp

**Monday, August 10 – Friday, August 14
at Soka University**

The Orange County Bike Camp: A great place for youth as well as older individuals with disabilities to learn to ride a 2-wheeler in a safe, air-conditioned environment!

Just think: After a week of riding sessions, you could be riding around your neighborhood, riding to the store, riding on your bike path, taking a ride at the beach with your friends or your family – This could be you!

<http://dsaoc.org/pdfs/bikecamp/2015-bike-camp-information.pdf>

Volunteers needed! Ages 16 and up.

<http://dsaoc.org/pdfs/bikecamp/2015-bike-camp-volunteer-application.pdf>

DSAOC Sibshops

This is a monthly program, the third Saturday of each month, from 1 – 4 p.m. at the DSAOC Center.

No Sibshop July/August, but **resuming Saturday, September 19**

What to Expect: DSAOC's Sibshops, for kid's ages 8-12 years old who have a brother or sister with Down syndrome, is decidedly fun to attend. It provides peer support and information within a recreational context. It may be "therapeutic" to attend, but it is not therapy. It is a wonderful blend of making friends, having fun, receiving information, and sharing their lives with others. Friendship is a cornerstone component, as these siblings will likely support one another over the years.

Facilitators: DSAOC volunteers, Autumn Trail and Renae Eichenmuller. Autumn and Renae each have an older sister with Down syndrome.

To register contact DSAOC at programs@dsaoc.org and please provide the name & age of the interested sibling(s).

OC Buddy Walk

It's not too early to start thinking about DSAOC's 2015 Orange County Buddy Walk!

Save the Date—Sunday, November 1

Angel Stadium of Anaheim

9 a.m.—2 p.m.

Registration is NOW OPEN!

<http://dsaoc.donordrive.com/event/bw2015/>

or visit our website at dsaoc.org



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



HANDS ON PRACTICAL EXPERIENCE

For Sudden Cardiac Arrest

Would you know what to do if someone suddenly collapsed in front of you?

HOPE is a free community CPR class providing Hands On Practical Experience in a simplified form of CPR using only chest compressions (no mouth-to-mouth breaths). Sudden Cardiac Arrest (SCA) strikes about 360,000 people every year.

80% of all SCAs happen at home.

60% of all SCAs are witnessed.

Less than **10%** survive.



Chest compression-only CPR can **double or even triple a victim's chance of survival**. HOPE is a positive educational experience designed for anyone who desires to learn this potentially life-saving skill; children attending school, family members and friends, or members of our local, education, business, or religious communities. Thousands of people have already participated in HOPE training. This is your invitation to join them in the goal of saving as many lives as possible!

► **Ready to Attend?** HOPE will be offered on:

HOPE is free, but registration is required. To register, please contact:

About HOPE

HOPE is a partnership in community health and welfare between the American Safety & Health Institute (ASHI), Fairfield Medical Center, and the Gordon B. Snider Cardiovascular Institute. HOPE was originally created by Becky DeVoss, RN, M.S.H.A. Participation in HOPE does not result in certification and is not appropriate for individuals who are occupationally required to be certified in CPR, AED, or professional-level basic life support. For full certification courses please contact:

AMERICAN SAFETY & HEALTH INSTITUTE

Fairfield Medical Center
SNIDER
Cardiovascular Institute

hsi Health & Safety Institute™

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Health & Safety Institute (HSI) is a world leader in emergency response, care, and safety training. HSI is headquartered in Eugene, Oregon and manages a family of brands that offer easy-to-use, dynamic instruction for communities, businesses, government agencies, and EMS and fire professionals. ASHI is a member of the HSI family of brands.

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