

# September 2015 Fridge Post



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

**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](http://www.dsaoc.org)*

## Start thinking about Costumes...

### Teen/Adult "Boo Bash" Dance

Saturday, October 10  
from 6 – 9 p.m. at Mater Dei High School

Calling all teens and adults ages 13 and older – Join us for our 5th annual Boo Bash hosted by Mater Dei High School! Dress in your favorite Halloween Costume and be prepared to dance the night away to tunes spun by DJ Willpower! Fun costume contest (no masks please) and prizes! Games, snacks and more!  
\*Costumes are optional

Cost is \$5 per person or \$7 at the door.

Please note: Independence Assessment form must be up to date. You can find it at:

[http://www.dsaoc.org/pdfs/independence\\_assessment\\_form.pdf](http://www.dsaoc.org/pdfs/independence_assessment_form.pdf)

### DSAOC'S "Trick or Trunk" Family Activity

Saturday, October 24  
at Garden Grove Elks Lodge

Dress in your favorite Halloween Costume and take part in our Annual Trick or Trunk. New location this year!

**Location:** 11551 Trask Ave, Garden Grove, CA 92843  
Please RSVP to [admin@dsaoc.org](mailto:admin@dsaoc.org)

## Activities

### Teen and Adult Bowling League

Saturday, September 12  
from 10 a.m. – 12:30 p.m.

**WELCOME BACK!** 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](mailto:admin@dsaoc.org)

## Support/Networking Groups

### Circle of Friends Support & Networking Groups

Thursday, September 3  
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)

#### Special Presentation:

**Everything you wanted to know about the OC Buddy Walk** – Join DSAOC families for a special night of presentations, discussion, and FUN giveaways! Every family in attendance will receive a raffle prize entry (1 entry per family), as well as some FUN Buddy Walk giveaways. Come and hear from Team Captains and learn how to make the most of your Buddy Walk experience.

#### Homeschool Friends

Monday, September 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.

## DSAOC Sibshops

**Sibshop's is returning on Saturday, September 19!**  
at the DSAOC Center from 1 – 3:30 pm.

**What to Expect:** DSAOC's Sibshops, for kid's ages 8-12 years old who have a brother or sister with Down syndrome, is a wonderful blend of making friends, having fun, and sharing experiences. It provides peer support and information within a recreational context. It may be "therapeutic" to attend, but it is not therapy. 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](mailto:programs@dsaoc.org) and please provide the name & age of the interested sibling(s).

# 2015 Orange County Buddy Walk

Sunday, November 1 from 9 a.m. – 2 p.m.

Live bands, awesome stage performances, exciting exhibitors, DJ Willpower, bounce houses, rock climb and much, much more!



*Please Join Us* - For sponsor/exhibitor information, please visit [www.dsaoc.org](http://www.dsaoc.org)

To register or join a team visit: [dsaoc.donordrive.com/event/bw2015](http://dsaoc.donordrive.com/event/bw2015)

**GUARANTEED T-SHIRT DEADLINE:** Monday, October 12, 2015

**ONLINE REGISTRATION DEADLINE:** Friday, October 30 at noon!



## DSAOC is hosting a Clothing Fundraiser!

You did your back-to-school shopping, now give your old clothes to DSAOC to support our kids.

**Start collecting today!**

**Over the month of July/August**



DOWN SYNDROME ASSOCIATION  
OF ORANGE COUNTY

CHANGING PERCEPTIONS - CHANGING LIVES

- Clean out closets and pack items in tall kitchen bags or large trash bags.
- Ask friends, family & neighbors to donate.
- Collect unsold items at neighborhood garage sales/estate sales.

**The more bags and weight we collect the more money we raise!**

### **DROP OFF DATES/TIMES**

**Monday, August 31 through  
Wednesday, September 9**

**Between 9 a.m. and 6 p.m. Mon-Thurs**

To drop off items outside these days/hours, please call  
the DSAOC Center (714) 540-5794 or email  
[admin@dsaoc.org](mailto:admin@dsaoc.org).

### **DROP OFF LOCATION**

**DSAOC Center  
151 Kalmus Drive, Suite M-5  
Costa Mesa, CA 92626**

**Located in the Coppertree Business Park.  
Alternate drop-off locations will be available in  
North Orange County upon request.**

### **What Do We Take?**

- **ALL household textiles\*** – all kinds/any condition
- **Clothes & Paired Shoes** – in any condition
- **Decorative rugs**
- **Gloves, Hats, Purses & Belts**
- **Sheets and towel**
- **Blankets, quilts and bedspreads**
- **Drapes**
- **Purses & Belts**
- **Stuffed animals**

**All items must be kept dry, so please put  
them in tightly tied plastic bags.**

**\*We cannot take glass, breakables,  
electronics, pet beds, bed pillows,  
carpeting, uniforms, hotel linens, or items  
that have been previously for sale at a  
thrift store.**