




MARCH 2020 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.

<p>Looking Forward in 2020</p>	<p>Support and Networking Groups</p>
<p>Circle of Friends Support Group- Thurs Mar 5, DSAOC Teen/ Adult Red Carpet Ball- Sat March 7, Anaheim Teen/Adult Bowling- Sat Mar 14, Irvine Lanes Morgan Law Workshop- Mon Mar 16, DSAOC College Seminar- Thurs Mar 19, DSAOC DS Awareness Tattoo Day- Fri Mar 20, Costa Mesa WDSO- Sat Mar 21, Pacific City, Huntington Beach Empowered Presentation- Mon Mar 23, DSAOC New Parent Luncheon- Sun Mar 29, Long Beach Designer Purse Bingo- Sat May 2, Orange 16th Annual Golf Tournament- Mon June 8, Buena Park <i>For more information about DSAOC activities/events visit:</i> www.dsaoc.org or call 714-540-5794</p>	<p>Circle of Friends Support & Networking Group NEXT MEETING: Thursday, March 5, 2020 DSAOC Center from 7-9 p.m.</p> <p>Circle of Friends: Make friends, and share the challenges, milestones, and triumphs as you raise your child. Expectant parents are also welcome. Childcare is not provided, but your little one with Down syndrome is welcome to accompany you.</p> <p>Disability Rights of CA- Presentation: Maria Iriarte, Attorney at DRC on In-Home Supportive Services (IHSS) with overview of the program, recent updates and changes.</p> <p>Please RSVP to programs@dsaoc.org or (714) 540-5794</p>
<p>Teen/ Adult Bowling</p> <p>Saturday, March 14 Irvine Lanes from 10 a.m. – 12 p.m.</p> <p>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.</p> <p>Location: Irvine Lanes – 3415 Michelson Dr. Irvine, CA Cost: \$6 per session (includes 2 games and shoe rental) <i>Please RSVP to programs@dsaoc.org</i></p>	<p>SEMINAR – DSAOC Center Thursday, March 19, 2020 from 6:30-8:30 p.m.</p>  <p>College Programs, Options and Support</p> <ul style="list-style-type: none"> • What supports and funding are available for adults with disabilities • College programs that are currently available, and what are some options for accommodations and support • Hear from a panel of parents/students that are currently attending local colleges • Q&A <p><u>Facilitators:</u> Sandi Ames (Parents CAN) and Scarlett vonThenen (SCDD)</p>
<p>Upcoming Activities/ Programs</p> <p>Red Carpet Ball “Under the Big Top” Saturday, March 7 Doors Open at 5:00 p.m.—10:00 p.m. Phoenix Club of Anaheim 1340 S. Sanderson Ave, Anaheim, CA 92806 For more information or to purchase your Red Carpet Ball Tickets Online Website: https://give.classy.org/RCB2020 Standard Ticket Cost (After 2/7/2020): Per Person Price: \$60</p> <p>Hukilau Hula Classes with Moana Nui School of Polynesian Dance! (See Flyer) BEGINS Wednesday, March 18, 2020 from 3:45pm-4:45pm Learn to Hula the Hukilau at the DSAOC Center, 8-week program from 3:45-4:45 p.m. (skips the 1st Wednesday of each month). This class is for girls and boys ages 12yrs and older.</p> <p>Cost: \$135 for 8 weeks Interested? Email programs@dsaoc.org or call 714-540-5794</p>	<p>Workshop- 10 Legal Protections for Children with Disabilities presented by Morgan Law Monday, March 16, 2020 from 11:45 am- 1 pm DSAOC Center, Costa Mesa</p> <p>Register today for this workshop and take charge of your child’s future. Our friends at Morgan Law will present on topics such as special needs trust and conservatorships. This workshop is taking place during the DSAOC Homeschool Group’s parent meeting, but anyone with interest in the topic is welcome to attend.</p> <p>Interested? Please RSVP programs@dsaoc.org to or call 714-540-5794.</p>

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 programs@dsaoc.org



World Down Syndrome Day
Saturday, March 21 from 11 am- 1:30 pm
Pacific City, Huntington Beach



Join us at Pacific City to celebrate World Down Syndrome Day! Enjoy live performances, dancing to tunes spun by DJ Willpower, special guests and meeting others in the community. Exciting group photo will take place at 12:30 pm and then performances and dancing until 1:30 pm.

Seanese World Down Syndrome Day T-shirts now available!

Show your support! Purchase specially designed T-shirts from Seanese for \$15 to wear at World Down Syndrome Day. DSAOC will receive \$4 from every shirt sold, and you are also supporting a self-advocate's business.

You must purchase your WSDS 2020 shirts from Seanese by **Monday, March 9.**

Follow this link to get yours now:
https://seanese.com/products/dsaoc-world-down-syndrome-day-shirts?_pos=1&_sid=9615ead3c&_ss=r

Down Syndrome Awareness Tattoo Day



Friday, March 20, 2020 from 11 am- 7 pm
 1779 Newport Blvd. # B, Costa Mesa, CA 92627
 (949) 646-7874

Join our friends at Gold Rush in Costa Mesa and choose from a variety of Down syndrome awareness tattoos they will be offering that day. They will be donating a portion of proceeds from each tattoo back to DSAOC.
 Cost: Tattoos starting at \$40. **CASH ONLY!**
Availability is on a first come first serve basis.

EMPOWERED: Person-Centered Planning Presentation
Presented by Sandra McElwee
Monday, March 23, from 11:45 a.m. to 1 p.m.
DSAOC Center, Costa Mesa

This workshop is aimed at empowering people with intellectual and developmental disabilities to identify their vision and reach their goals through the Person-Centered Plan. Self-Determination will be in place for everyone by June 2021. If your teen or adult has been selected to participate in the Self Determination Program, this workshop is a must. Please note, this workshop is taking place during the DSAOC Homeschool parent group, but anyone interested in this topic is welcome to join.

Interested? Please email programs@dsaoc.org and indicate the number of people joining you for this workshop.

New Parent Luncheon
Sunday, March 29, 2020 from 1:00- 3:00 pm
Check in begins at 12:30pm
Seal Beach Yacht Club
255 Marina Drive
Long Beach CA 90803

This a free luncheon for new and expectant parents, grandparents and caregivers of children with Down syndrome ages 0-4 yrs. Join us for a delicious catered lunch, special guests, brief presentation, and social time with other new and expectant parents. Cash bar at the yacht club will be available. Limited seating, so we ask that this event be adults only, however, your baby with Down syndrome is welcome if you can't find childcare.

Please RSVP to admin@dsaoc.org **no later than Wednesday, March 25.**

DSAOC Designer Purse Bingo
Saturday, May 2, 2020 from 1- 5 pm
Banquet Room at the Trinity
2400 North Canal St., Orange CA 92865

All proceeds to benefit:
 Down Syndrome Association of Orange County

Location: Banquet Room at the Trinity- 2400 North Canal St.,
 Orange CA 92865
 Doors open at 12 pm- Bingo begins at 1 pm

\$50 admission includes: 12 games of Bingo, Dauber, Light Refreshments, Exciting Raffle and Tons of FUN! Raffle tickets and additional Bingo sheets will be available for purchase. Register here: <https://give.classy.org/DSAOCPURSE2020>