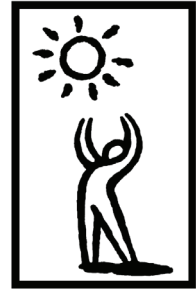


DOWN SYNDROME ASSOCIATION OF NORTHERN VIRGINIA



June, 2007

DSANV Funds Available

Upcoming Events

August 25, 7pm
Disability Awareness Night
Potomac Nationals
Baseball Game
Pfitzner Stadium
Woodbridge, VA

September 8
Dulles Family Day
(benefits go to
Special Olympics)

October 13th
Buddy Walk
Fairfax County
Government Center

November 17
DSANV Fashion Show
Details to come

DSANV makes funding available for eligible people to attend conferences and camps, or who need durable medical goods. Funding is available to members of DSANV, including adults with Down syndrome, from Arlington, Fairfax, Loudoun, Prince William, Stafford and Fauquier Counties and the cities of Fairfax, Alexandria, Falls Church, Manassas City and Manassas Park.

The Conference Scholarship Fund of the DSANV can assist members who wish to attend conferences that benefit the Down syndrome population. To be considered for a scholarship, the conference must contain information that would be informative and useful to both DSANV and the individual or family attending. Scholarship recipients are required to share information about their experience by either: writing an article for the DSANV newsletter, writing a testimonial, joining a DSANV committee, or running an Information Meeting.

Camperships are designed to help members who wish to attend a summer

camp that benefits the individual with Down syndrome. They can include Easter Seals camps, speech camps, OT or social skills camps but they aren't limited to special needs camps.

The Medical Fund can assist members who need to purchase medical goods for an individual with Down syndrome. Funds may be used for wheelchairs, orthotics, feeding equipment, nebulizers, adaptive devices, etc. Applications will be considered based on eligibility guidelines and reasons for the extraordinary need.

If you think you qualify and would like to attend a conference, go to a summer camp or get assistance for medical goods, complete the appropriate DSANV application form and return it to the **Education and Awareness Committee**. Forms are available at www.dsanv.org. Applications must be postmarked or received by email by the appropriate deadline. For more information, contact the committee at scholarship@dsanv.org or (703) 621-7129.

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In The News

In February, USA Today profiled Melissa Riggio, daughter of Steve Riggio, the CEO of Barnes & Noble bookstores. The article is excerpted below.

Message Born of 'Hope, Dreams', by Ryan Holeywell

Steve Riggio's daughter, Melissa, is a senior in high school who works at the YMCA, sings in the school chorus and is a member of the swim team. She's just like millions of students nationwide, and that's exactly what Riggio wants others to understand. Melissa, 18, has Down syndrome, and her father, the CEO of book retailer Barnes & Noble, has helped launch a campaign aimed to show the public that people with the disorder aren't that unusual and can lead normal lives. "We're trying to show young children that individuals with Down syndrome are more alike than they are different," he says. "They have the same interests, the same hopes and dreams." More than 500 Barnes & Noble stores have scheduled events. *(continued on page 2)*

Take Me Out to the Ballgame!

The Special Care Planning Team of The Washington Group invites DSANV members and their families to be their guests at the Disability Awareness Night (DAN) Potomac Nationals Baseball Game Saturday, August 25, 2007 at 7:00 PM at Pfitzner Stadium in Woodbridge, VA.

Please RSVP with your desired number of tickets to: PHam-meke@finsvcs.com

In The News (cont'd from front page)

British singer/songwriter Rachel Fuller has recorded two songs featuring lyrics written by Melissa. Fuller is working on turning Melissa's lyrics into a third song, which she says might include a guitar solo from her partner, The Who's Pete Townshend. Fuller says Melissa is one of the best lyricists she has ever worked with. Melissa's lyrics "blew my mind," Fuller says. "They're deep, they're inspired and incredibly moving." Melissa says she hopes to inspire others who have Down syndrome while promoting acceptance of people who have the disorder. "I want people to understand the things I can do and not focus on the things I can't," she says.

Riggio says he encourages parents of people with Down syndrome to try not to impose limitations on them. "They can achieve a lot more than anyone would have thought 20 or 30 years ago," he says. "And there's more to come."

*From USA TODAY, a division of Gannett Co., Inc.
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National Down Syndrome Congress

The NDSC holds its 35th Annual conference in Kansas City, Missouri from August 3 - 5, 2007. Activities range from informal sharing sessions to meet and chat with other parents, separate sessions for moms, dads and grandparents as well as African-American and Spanish-speaking attendees. Self advocates and siblings can get together on Friday evening to dance the night away at a fun mixer DJ'd by Radio Disney. The conference schedule includes over 50 presenters from leaders in the disability field, teachers, self-advocates and other parents. Workshop speakers include Dr. George Capone and Dr. Libby Kumin. For more information, visit www.ndscenter.org.

International Mosaic Down Syndrome Conference

June 29 - July 1, 2007
Virginia Commonwealth University/Medical
College of Virginia, Richmond, Virginia, USA



**International
Mosaic
Down
Syndrome
Association**
Uniting Unique People in a Unique World

The International Mosaic Down Syndrome Association offers an informative conference for Families and Professionals alike, providing a wealth of information for anyone with any form of Down syndrome. IMDSA has assembled speakers on a wide array of topics, a side-by-side youth conference and hopes to foster discussion for youth and adults who are interested in a fun-filled, informative weekend!

DSANV, a proud partner with IMDSA for this year's conference, has dedicated five conference scholarships (\$300 each). And, if you volunteer at this conference, you can register at member rates. We need volunteers for Friday night, Saturday morning, and Saturday evening registration, and to sell our bracelets and offer information at the DSANV booth. We also may need volunteers to assist with the youth conference.

Interested in volunteering? Please contact **Heather Trammell** at HeatherT@dsanv.org. To download the conference brochure: www.dsanv.org/events/imdsa_conference_brochure.pdf

Check out the IMDSA at www.imdsa.com/confs.htm

Communicating Partners

by Heather Trammell, DSANV Parent

Communicating Partners is a clinical program training parents to help children interact, communicate, talk, converse and develop friendships.

Every parent should be a very careful and educated consumer of their child's services, especially one as basic as communication. The Communicating Partners program is based on 35 years of research and clinical services to families. It has been developed with several research and training grants and has been used by over 1,000 families, and hundreds of therapists and teachers. It is one of the most researched and clinically used programs for late-talking children.

Rather than review other programs, we list below what Communicating Partners has done and then you can compare on your own. Any parent should investigate programs for their child and ask questions about reasons for the approach, predicted results, empirical support-data, references from successful families, costs, time frames, and experience of the service provider. You would certainly do at least this much consumer inquiry if you were purchasing a car or planning a trip. Certainly your child's development deserves more careful consumer work.

For more information on this program, contact **Heather Trammell** at HeatherT@dsanv.org.

WHAT DOES THE CHILD LEARN?

1. To play with people.
2. To imitate and learn from what others do.
3. To interact reciprocally through turn taking.
4. To initiate and respond to people more.
5. To intentionally communicate in any ways.
6. To communicate with and develop more sounds.
7. To avoid people less.
8. To begin to talk.
9. To use his language with people more than alone.
10. To talk for more reasons than getting needs met.
11. To have genuine conversations.
12. To talk less in monologues, scripts or performances.
13. To show affection and enjoyment with people.
14. To develop a more outgoing personality.
15. To learn to empathize and take other's viewpoints.
16. To decrease nonfunctional stimulating behaviors.
17. To misbehave less.
18. To join into the activities of the family.
19. To play with peers more in the community.
20. To learn literacy skills as an enjoyable social routine.
21. To begin to develop friendships.

WHAT DO PARENTS LEARN?

1. Five life-long strategies that help children socialize and communicate.
2. To make genuine connections with their child regardless of any disability.
3. To use a developmental map to follow and guide the child's growth.
4. What their child knows and how he best learns.
5. What children need to do before speech and language.
6. How to play in ways to help a child communicate.
7. How to help their child talk socially with people.
8. How to help their child have conversations.
9. How to help their child cooperate and respect others.
10. How to coach others to help their child communicate.
11. How to make their home an effective place to learn to communicate.
12. To take an active role in their child's development.
13. To discipline their child effectively.
14. How to reduce family stress about the child.
15. That they are their child's best language and social teacher.

Art Stream Group Inspires and Heals

Art Stream is an inclusive artistic group that reaches out to inspire and heal through theater, puppetry, visual arts, multimedia, music and dance. Art Stream offers workshops for and performances featuring adults with disabilities, people coping with short or long term illnesses, as well as people who are grieving. They are currently partnering with Kids Enjoy Exercise Now (KEEN) to offer monthly music and movement classes to young adults with disabilities such as autism, cerebral palsy, and Down syndrome.

Art Stream also sponsors local inclusive acting performances, including the activities of The Arlington Inclusive Theatre Company. In March, the theater completed a successful run of *That Thing Called Love!*, an original musical about the pitfalls and successes in our quest for love. Auditions for the 2007-2008 Arlington Inclusive Theatre Company will be held in September 2007 with performances in March 2008. Details are being negotiated. To learn more about Art Stream, visit www.art-stream.org.

CONTACT US

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Lorton, VA 22199

703-621-7129
www.dsanhv.org

DSANV Annual Meeting

DSANV held its annual meeting on March 17 at George Marshall High School. Lisa Roti, Vice President of the Board, opened the meeting and introduced the members of the Board. Two slots on the Board opened up due to Board Members Jenn Sikora and Deb Balderas moving out of the area. Michelle Ray and Natalie Marquez, have been elected to fill the remainder of those open terms. Lisa Roti and Maureen Buckley were re-elected for another term on the Board.

The membership also discussed options for making the Buddy Walk more visible to the community at large. The Fairfax County Government Center, which has worked out very well, offers a low cost, safe place for our walkers, especially the many children. But the Buddy Walk committee also continues to review all the available options. After the meeting, guest speaker Libby Kumin spoke at length about ways to increase and improve speech in children with Down syndrome.

Send us your news!

We want to hear from you, our members. Send us news -- learning to sign, toilet training, graduations, first steps, first jobs -- you name it. We want to share with the DSANV community your accomplishments and triumphs. Email the editor at newsletter@dsanhv.org

Special Olympics

Mark the Date: September 8, 2007 is Dulles Family Day, featuring the 15th Annual Plane Pull and family festival to benefit Special Olympics Virginia. Your team must register to compete in the plane pull. Would you like to pull a 145,000 pound aircraft? To get more information, visit www.planepull.com/when.html.

Let's Talk

In addition to the DSANV listserv, there are other supplemental groups for parents to connect locally. There's a new Yahoo online discussion group for Prince William County.

Everyone's welcome to join DSNofPWC at <http://groups.yahoo.com/group/DSNofPWC>

Buddy Walk Talk

Grab a Buddy and Your Walking Shoes—It's the Buddy Walk!

Have you put together your Buddy Walk Team yet? The Third Annual DSANV Buddy Walk will be kicked off at 10am on Saturday, October 13th at the Fairfax County Government Center Ellipse in Fairfax, Virginia.

Following the Walk, participants will enjoy a non-stop, fun-filled day of activities. The 2006 Buddy Walk was an enormous success, raising \$172,000, a 45 percent increase from last year. Estimated attendance at the walk was 1,600.

The 2007 Walk will be loaded with as much fun and excitement. Most importantly, it will raise awareness and much-needed funds so that all people with Down syndrome in Northern Virginia can reach their full potential. To get more information about participating in or volunteering at the Buddy Walk, contact **Cheryl Maynard** at cherylm@dsanhv.org.

DSANV's Mission...

...to ensure that all individuals with Down syndrome and their families receive the support necessary to participate in, contribute to, and achieve fulfillment of life in their community.

