



STEPPING UP

September 2012

Issue 17

PUBLISHED BY THE NORTHWEST DOWN SYNDROME ASSOCIATION
CELEBRATING EVERY PERSON WITH DOWN SYNDROME

Sign Up For Buddy Walk Now

Annual walk is just days away on September 29

It's almost time for the 14th annual Portland and Southwest Washington Buddy Walk Festival on September 29, 2012. To make sure that your t-shirts are available, so go to www.nwdsa.org and follow the links to register by Sept. 26. Since we are hoping to attract a crowd of over 2,000 people to the Rose Quarter this year, we want to have all of the t-shirts organized by teams or families again, so that only the team captain or one member of a family has to visit the registration table.

This year's festival is shaping up to be the best one yet. We will have live music from Newel Briggs before the walk and Tara Williamson and a special appearance by Neil Diamond courtesy of Tony Starlight after the walk. Special guests include Trailblazer mascot Blaze and members of the Star Wars Legion Cloud City Garrison as well as the Portland Fire Department.

JJ Jump and Parties Inc. have graciously offered to organize the bounce house and kids carnival games. We will have bottle smash, ring toss, skee ball and more, complete with prizes donated by JJ Jump. Hooperville USA will be back with lots of hula hoop action. Gustav's Pub & Grill, Portland Prime and Lee Farms are donating food for everyone and we'll also have Dreyer's ice cream, water from Nestle, and Kidz With Ice will be providing special treats. We have also been busy collecting a variety of excellent raffle prizes so don't forget to buy some tickets on the day. We will also have a silent auction full of great deals so be sure to check that out. If it is a sunny day the fountain will be on so the kids can cool off.

The fabulous Tony Starlight, from Tony Starlight's Supper Club and Lounge, will be our emcee again this year. Speakers include Don Antonucci, president of Regence Blue Cross Blue Shield of Oregon, plus self advocate and business entrepreneur Dylan Kuehl, and Eleanor Bailey, who will share about her vision of creating a real life for people with Down syndrome including education and employment. The NWDSA board will also speak.

We have an arrangement with the Rose Quarter to provide parking on the day for just \$2. Go to our website, nwdsa.org, to print out the coupon.

Our fundraising goal this year is \$25,000 and as of press time, we are only at \$4,800 so please register and make a donation today in order to make this the best walk yet.

For more information or questions please call Angela Frome at 503-238-0522 or e-mail afrome@nwdsa.org. Para comunicarse en español, llame a Maria O'Harra, 971-570-0942 o Isis Sanchez, 503-442-5817

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Stepping Up is published quarterly by the Northwest Down Syndrome Association (NWDSA), a non-profit organization managed by a board of volunteers.

To be added to our mailing list please visit www.nwdsa.org and click on the resources link, or send your mailing info to the address above. There is no subscription fee, but if you would like to make a donation, you may send a tax deductible contribution to NWDSA at the address listed above or use PayPal on our website.

Readers are welcome to submit letters and articles to the address above or e-mail editor@nwdsa.org. Please include your name, address, phone number and e-mail.

All submissions will be reviewed and edited for content and style.

The NWDSA Mission:

Create and nurture a loving and inclusive community celebrating every person with Down syndrome.

NWDSA will accomplish this mission by empowering and supporting families and individuals who have been touched by Down syndrome.

We will work to increase education, promote public understanding and acceptance, and toward full inclusion of individuals with Down syndrome in our community.

Opinions published in *Stepping Up* are not necessarily those of the NWDSA

Photo on the back cover
by Jodi Collins of
Urban Photography
www.urban-photography.com

Latest Kindergarten Cohort forming now

Start preparing for 2013-14

The Kindergarten Inclusion Cohort program is a cross disability training that is designed as a series of interactive and best practices driven trainings. This is not just about preparing your family, but about building a community of parents who will support each other as their children move through the transition process, and hopefully beyond. Along with the dreams there are also some fears, which we can help you address.

We have great speakers joining us again this year, and we are very excited to create the third Kindergarten Inclusion Cohort. The transition to kindergarten can feel very overwhelming and dis-empowering. Join the cohort to learn how to harness your expertise as a parent, gain some tools to support your child and his or her teachers, and get access to some fabulous mentors who can help guide you through the transition process. Each cohort family will create a portfolio about their child, learn about the laws, rights and responsibilities under the Individuals with Disabilities in Education Act, and build a great community of support to help work through this sometimes complicated and onerous process.

Over the next year, the cohort will feature six interactive training sessions with expert speakers and best-practices resources. Session topics will include information about the law and your child's rights, tools and supports to use in the classroom, IEP goal writing, communication, behavior strategies, tips from parents and teachers and more.

We are also seeking volunteers, teachers and other professionals who would like to help in this work.



Do you have a child that will be starting Kindergarten in the Fall of 2013? We are taking applications for our Kindergarten Inclusion Cohort class of 2012-13 so register now! Applications are online at www.nwdsa.org. Please call cohort Coordinator Alicia DeLashmutt at 503-238-0522 or email alicia.kindergartencohort@gmail.com by October 1st to register.

Helping Families Make Connections

Reciprocal Learning Communities

By Janine Paschal

My name is Janine Paschal, and I'm excited to say that I am joining NWDSA's efforts to coordinate the Reciprocal Learning Community program. The Reciprocal Learning Community (RLC) brings relevant information to parents of children from birth through age 5 who experience Down syndrome. The RLC gathers families, educators and professionals to help parents navigate issues including literacy, nutrition, person-centered thinking and IFSP goals and more. Sessions are held Saturday mornings with childcare available at the location to enable more parents to attend. Programs include speakers,

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RLC

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sharing stories, question and answer time and a family lunch at the end that promotes socializing and networking.

In addition to helping out with the RLC program, I am also the parent of three children, a high school sophomore, a middle schooler and a kindergartner who has Down syndrome. As a volunteer with NWDSA, I was motivated to become more involved after completing Oregon's Partners in Policymaking program, a leadership in advocacy program for individuals with developmental disabilities and parents of individuals with developmental disabilities. I look forward to using what I learned through that experience with NWDSA and the RLC.

In June, NWDSA hosted a successful RLC session focused on early childhood literacy. We are already planning a next session for November 17 with information about nutrition.

Please contact me at jpaschal6@comcast.net if you are interested in helping to plan a RLC event or are able to volunteer the day of the session. I look forward to working with you!

Summer Social in the sunshine

Families turned out in the heat for a day of fun

More than 150 people turned up at Lee Farms in Tualatin for the annual NWDSA Summer Social on Aug. 12 and enjoyed face painting, crafts, hay rides, a giant slide, a bounce house and a giant bounce pillow. Delicious hot dogs, fruit and shaved ice was provided by Kidz with Ice. There was also great music from DJ Enrique Arias and Dozer the dog from Lee Farms hung around with the kids in the beautiful sunshine.

The NWDSA would like to give special thanks to Lee Farms, Kidz with Ice, Maria O'Harra, Whitney Ziemak, Amy Geoffroy and Elaine Heighway for helping to make the day perfect.

If you would like to help us plan for next year's event, please contact the Resourcefulness Center at 503-238-0522.

Gustav's Oktoberfest benefits NWDSA

Help our partnership and have fun

For the third year running, Gustav's Restaurant will be donating a portion of the gate proceeds from their Oktoberfest event to the NWDSA. Come on out September 21st and 22nd and raise a glass! This year, the Oktoberfest falls the weekend before Buddy Walk, not the same weekend, so we hope you can get out and enjoy some great German music, food and beer, with the added bonus of sending a little extra support to NWDSA.

New this year is a Family Fest on Saturday September 22, from noon to 5 p.m. All ages are invited for face painting, balloon artists and arts and crafts! There will also be musical entertainment from the Rogue Valley Alpenhorns, Bodacious Polka Band and a set by Paloma.

We are looking for a handful of volunteers to help staff the NWDSA table at the Oktoberfest tent on Friday evening and Saturday afternoon and evening. If you are interested in helping, please call 503-238-0522 or email Angela at afrome@nwdsa.org.



Photos from the Summer Social at Lee Farms



Thank you to Red Light Clothing for hosting a sale to benefit NWDSA



northwest down syndrome association

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A Message from the NWDSA

Each board member of the NWDSA has firsthand experience with the joys and the hardships of caring for a child with individual needs. We understand the importance of connecting with other families and how much we rely on these relationships when we encounter the inevitable challenges. We also celebrate each others victories, making the journey so much richer. The Board of Directors of the NWDSA consists of volunteers and is supported by enlightened professionals. For more information on our organization and ways in which you can become involved or make a donation, please visit our website at www.nwdsa.org or call 503-238-0522.

Para comunicarse en español, llame a Maria O’Harra, 971-570-0942 o Isis Sanchez, 503-442-5817



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and past issues available
at www.nwdsa.org



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this newsletter

[NWDSA Newsletter Committee](#)

Editor: Abby Braithwaite
Production & Design: Kim Jarvis

Drop in and see us!

Now that summer is over, our regular drop-in hours are back so come and visit us at these times:

Down Syndrome Community Drop-In
Every Wednesday
12 - 2 PM
NWDSA Resourcefulness Center

All Born “In” Cross-Disability Drop In
4th Wednesday of each month
5:30 – 7:30 PM
NWDSA Resourcefulness Center

Give us a call at 503-238-0522 to let us know you are coming!