



PACDS Newsletter

Parents Assistance Committee on Down Syndrome

Upcoming Events

Winter 2006/07

JANUARY

1/17 Parent and Child Group 10:00 – 11:30 am (details pg 4)

1/27 Summer Camp Fair (details pg 5)

FEBRUARY

2/10 Family Resource Day (see page 5)

2/14 Parent and Child Group

MARCH

3/14 Parent and Child Group

3/19 21st Annual Intern' Technology & Persons w/ Disabilities Conference (see pg 5)

APRIL

4/18 Parent and Child Group

MAY

5/16 Parent and Child Group



The weather outside is frightful but it doesn't mean that your winter plans have to be. There are many fun activities to get involved in this winter with your children. If you like to ski, Windham's adaptive ski program is a great place to start if you want to share this sport experience with your child. Also, some ice skating programs in the area offer lessons for the disabled. My daughter is skating this winter through the White Plains Recreation program at Ebersole Ice Rink. You can also head indoors and stay active bowling, swimming, or try a Taekwondo class. Many of the Y's and Rec programs in the area offer a variety of indoor recreational programs during the winter months, which can help your child, stay active during this period of time. It is important for all of us to stay active but even more so for our children. Research has shown that children with Down syndrome are at a greater risk to become obese. Their bodies use fewer calories to do the same activities as their same-age peers. Limiting weight gain through a healthy lifestyle is important and staying active even during the cold and snowy winter months is essential.

(PACDS does not promote or recommend any therapy, treatment, institution, etc., and does not espouse any particular political, educational or religious view. Inclusion of an item does not necessarily imply promotion or recommendation)



FUN ACTIVITIES FOR ALL!



Skiing: Adaptive Sports Foundation by Roberta Lieber
Skiing: Adaptive Sports Foundation runs an excellent program. It operates out of Windham Mountain. They recently built their own Adaptive Sports Center right next to the Windham mountain ski facility. They have a large group of excellent ski instructors. They can provide 2 instructors to one child when necessary. Sam started with 2 instructors, until he was able to get comfortable being on skis. They have a very well organized approach to instruction, and can work with children at all levels, they don't have to be athletic or very high functioning to participate and benefit. Sam was very hesitant to ski, and they had him up on the slopes within one day. The other great thing about it is that while the adaptive sports folks work with your special needs child you can ski at Windham with the rest of your family, and you will see each other because its all on the same slopes. It works out well for everyone in the family.

Their prices are very reasonable too! Web site is www.adaptivesportsfoundation.org. Phone (518) 734-5070. Registration is starting now. Web site for windham is www.windhammountain.com.

FUN ACTIVITIES FOR ALL!(con't)

PACDS Contacts

Co-Chairpersons:

*Rosa Sanchez
293-0130 and
Pending*

New Parent Contact:

*Terri Hunt 243-5874
Patty Conte 654-
0238*

Newsletter:

*Roberta
Lieber/Caroline Furry
949-3948*

Parent/ Child Group:

Terri Hunt 243-5874

Elem. Age Playgroup:

*Caroline Furry
949-3948*

Teenage Group:

*Jean Corvino
693-5392
Magaly Olivero
949-2594*

Adult Group:

*Barbara Albrecht
(845) 628-8972
Debbie Eiseman
(718) 884-8496*

Family Picnic:

*Mary Dantin
428-7714/ Ivy Lewis
827-8277*

Web Site:

Ken Yudell 723-6568

PACDS Hotline:

739-4085

Spanish Liaison:

*Rosa Sanchez
293-0130*

WESTCO PRODUCTIONS

Westco productions theatre workshop is in progress. Registration for the spring workshop is on going. Age group: 11-20, and rehearsals are on Saturdays at Mamaroneck Ave School in White Plains. For more information call 914-761-7463 or visit their website: westcoprods.com click on special workshops.

SPARC (TAEKWONDO AND MORE)

There is a Taekwondo program in Briarcliff Manor run by SPARC. SPARC, Inc., Special Program And Resource Connection, is a not-for-profit agency providing social, recreation, and therapeutic services for youth and adults with developmental disabilities. Many of our families have participated in this program and have been very pleased with it. The web site is www.Sparcinc.org and they have other activities offered as well (cooking, videography, music, art, ...). In addition, they have sites in Yorktown, Tarrytown, and Ardsley. If you have questions please contact them at: 914-243-0583.

MUSIC THERAPY

The White Plains Recreation Department is offering a music therapy program run in conjunction with the Music Conservatory of Westchester. Children have an opportunity to sing, play instruments, and make music. It is a fun program for children of all abilities. Age group: 6- 16. Registration for the winter session is on going at the WP Recreation Office on Gedney Way. This program is open to non-White Plains residents. Cost is \$70 and the music therapy group meets at the Music Conservatory of Westchester Bldg, 216 Central Avenue, White Plains. For more information call Sia Tofano: 422-1424

STEFFI NOSSEN SCHOOL OF DANCE

Moving Wheels & Heels

The Moving Wheels and Heels program is an integrated dance class for students of all abilities, wheelchair & stand up, to explore the joy of movement. The class focuses on stretching and movement to increase strength, range of motion and enhance students' creativity. The class encourages siblings and parent participation so it is a great way for everyone to stretch, dance, and have fun together. Classes have live musical accompaniment. This is a very well run program; many of the children within the PACD's organization have participated in this dance program. Registration for the February- May session is ongoing. The program is open to children of all ages (PreK thru Adult). For more information contact: 914 328 1900. The Steffi Nossen Dance School is located in the Music Conservatory of Westchester bldg, 216 Central Ave, White Plains.

Hop and Stop

Hop and Stop is a new creative movement and dance class that was just introduced this Fall at Steffi Nossen. It is intended to help children improve attention, increase impulse control and express emotions in a healthy way. Another fun and educational way to teach our children positive behavior and enhance self-esteem. For more information contact: 914 328 1900. The Steffi Nossen Dance School is located in the Music Conservatory of Westchester bldg, 216 Central Ave, White Plains. Registration is ongoing.

Websites of interest

Below please find an assortment of websites that may be helpful in your search for information.

www.ndss.org

National Down Syndrome Society

www.ndscenter.org

National Down Syndrome Congress

www.downsed.org

British website with extensive information

www.ds-health.com

Dr. Len Leshin, pediatrician and father of a child with DS. Articles and links to other websites. Of particular note: healthcare guidelines and growth charts.

www.metllife.com

Metdesk: financial planning for children with special needs.

www.woodbinehouse.com

Publishers featuring a special needs collection including many titles specific to Down Syndrome.

www.hwtears.com

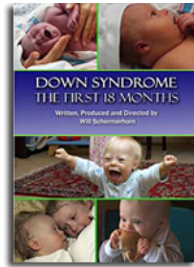
Tips, materials and seminars focusing on pre-printing, printing and cursive writing.

www.talktoolstm.com

Sara Rosenfeld-Johnson site for seminars and speech tools (e.g. straw hierarchy, horns)

RESOURCES

DOWN SYNDROME FILMS



Down Syndrome The First 18 Months, Published in 2003.
1 hour, 48 minutes. Color / Dolby Digital Stereo

A comprehensive overview of what to expect and what to do for children with Down syndrome from birth to walking. Features crucial information from many of the world's top Down syndrome experts and experienced parents of children with Down syndrome.



Discovery Pathways to Better Speech for Children with DS
Published in 2005. 1 hour, 21 minutes. Color / Dolby Digital Stereo

Explore the real world of speech in children with Down syndrome and discover a comprehensive strategy to encouraging a child's best possible speech.



What Did You Say? A Guide to Speech Intelligibility in People with Down Syndrome

Published in 2006. 59 minutes for main and related programs.

Identifying factors that affect an individual's speech clarity is the essential first step in developing a strategy to improve that person's speech clarity.

These films may be purchased at www.downsyndromefilms.com/ 703-338-1776

Toys "R" Us Toy Guide for Differently Abled Children

The annual Toys "R" Us Toy Guide For Differently Abled Kids has just been released and is an ideal resource for parents, family members and friends who just don't know what to get for a child with special needs. It features more than 60 popular toys and is available now at Toys "R" Us stores.

www.ToysRUs.com/differentlyabled



*Hear ye! Hear ye!
Get all the news as
fast as its out!
Send your email
address to Anne
Majsak to be
included in the
PACDS email chain
amajsak@optonline.
net*

RESOURCES (con't)

Marjorie Gibbs Collection of Down Syndrome Books

If you are in need of literature on Down Syndrome please don't forget about the library collection that is housed at the Fields Library in Peekskill, New York.

The **Marjorie Gibbs Collection of Down Syndrome Books** is a unique collection of books and magazines on Down Syndrome and mental retardation, which was set up in memory of Marjorie Gibbs by her parents. You can get access to the materials in this collection through your own local library.



Groups for You and Your Children

Parent and Child Group

For moms, dads and caregivers, here is a chance to socialize with other parents and discuss relevant topics. The meetings are informal and babies and toddlers have the opportunity to play. The group meets one Wednesday each month (see Upcoming Events on page one for future dates). If you have an infant or toddler, please join the group from 10:00 – 11:30 am at the Children's School for Early Development. The meetings are facilitated by Kathy Higgins and Terri Hunt. If you have questions please contact either Kathy at 347-3227 or Terri at 243-5874. The Children's School is located on 40 Saw Mill River Road in Hawthorne. Hope to see you there.

Elementary Age Playgroup

A number of families of children with Down Syndrome who live in Westchester have been meeting for monthly playgroups. Each parent in the group has volunteered to be the "Host House" for that month's scheduled playdate. Snacks and fun activities are provided and the children are having a great time playing together.

The parents have found that the playgroup dates are also a time to bond with other parents of children with DS. It is hoped that these playdates can provide our kids with the friendships and socialization they need to grow and provides a support group both for kids and parents alike.

We are now looking for parents who are interested in starting new playgroups. By becoming involved in a playgroup, your child would have the opportunity to build strong bonds and socialize more outside the house. It can also be great for you as parents because you can learn about each other, share tips and advice. The commitment level does not have to be tremendous.

If you are interested in establishing an elementary age playgroup, please contact Caroline Furry at 949-3948 (dfurrywitt@netzero.com). Caroline will create a list of interested parents and help new group members come together.

Each playgroup established can set the parameters for their meetings. For example: age range, the preferable number of participants, where and when each group will meet.



Save the Date

Future events to mark on your calendar

Westchester Arc's Family Resource Day

Westchester Arc's Family Resource Day has been rescheduled from Nov to Sat Feb 10, 2007, watch your mail, check the web site for more info. Childcare will be available. Will be held at White Plains High School.

NEW! 2006-07 - Free Training Series - What's Out There and How to Get It

Resources for Children with Special Needs, Inc. will be hosting numerous training sessions throughout the Greater New York area for families and professionals seeking programs and services for children with disabilities. The sessions, entitled What's Out There and How to Get It, will be held in the Bronx, Brooklyn, Manhattan, Queens, and Staten Island. The sessions will begin in late 2006 and last through early 2007. To learn of sessions in your area, visit the organization's website at www.resourcesnyc.org or call (212) 677-4650.

January 27, 2007 - New York, New York - Special Camp Fair highlights camps for children and teens with disabilities

Parents and caregivers of children and teens with disabilities can plan ahead for summer with the wealth of information offered at the 21st annual free Special Camp Fair on Saturday, January 28, 2006 from 11 a.m. to 3 p.m. at the Church of St. Paul the Apostle, 405 W. 59th Street in New York City. Representatives from 70 New York City day camps and sleep away camps in the northeast will be on hand to help parents and professionals plan productive summer experiences for children with disabilities. The Fair will also feature information on travel programs, remedial education programs, volunteer and job opportunities and early childhood programs. Spanish and sign language interpreters will be available. Visitors to the Fair will receive a free copy of the Camps 2007 Guide. For more information, contact Resources for Children with Special Needs at (212) 677-4650.

21st Annual International Technology and Persons with Disabilities Conference - March 19-24, 2007

A comprehensive, international conference, where all technologies across all ages, disabilities, levels of education and training, employment, and independent living are addressed. For more information visit <http://www.csun.edu/cod/conf/index.htm>.

THE 35th NDSC NATIONAL CONVENTION- August 3-5, 2007

NDSC's 35th Anniversary National Convention will be held in Kansas City. Hotel information is available. Remember, hotel rooms for the convention book go quickly, so don't delay!! <http://www.ndscenter.org/news/convention.php>

Save the Date (con't)

TRANSITION/POSTSECONDARY PARENTS NETWORK

Transition/Postsecondary Parents Network, sponsored by Parent-to-Parent and the Hudson Valley Transition Coordination Site, is setting up a talk/email network for parents and professionals addressing transition issues. For information: 914-493-1027.

NEW RESEARCH INITIATIVE: COMPUTER USAGE AND COMPUTER-RELATED BEHAVIOR OF CHILDREN WITH DOWN SYNDROME

A new research project studying computer usage by children and young adults with Down syndrome is being initiated. The researchers are looking for parents of children with Down syndrome to complete a brief 15 minutes survey.

The study has been reviewed and approved by the University of Maryland, Baltimore County Institutional Review Board (IRB). A representative of that Board, from the Human and Animal Research Protections Office, is available to discuss the review process or your rights as a research participant. Contact information of the Office is (410) 455-2737 or HARPO@umbc.edu. The survey has also been approved by the IRB offices of Loyola College and Towson University. This survey is appropriate for parents of children with Down syndrome who are between the ages of 6 and 21. Parents can fill it out.

Their young friends with Down syndrome who are using computers for entertainment and for schoolwork have inspired the researchers. Why shouldn't these skills be able to be developed into job skills? You can help them learn more about the computer usage of children with Down syndrome, so that they can explore their current or potential computer use in detail. With computers playing such a large role in our daily lives, improving your children's computer use can improve daily life.

The first step is to study how people with Down syndrome are currently using computers. The survey will be on-line until January 31. You can complete the survey on-line at <http://www.surveymonkey.com/s.asp?u=750982588877> or WArc has included a button on PACD's web page that links to the survey. Survey takes about 15 minute depending on how many comments you add. To find PACD's web page: click the "Family Resource Groups" button at www.westchesterarc.org

ATTENTION!! INTRODUCING PACDS' NEW WEB SITE

Now another great resource for our families: check out our pages on Westchester Arc's new web site

http://www.westchesterarc.org/about/family_resource_groups.html or just go to WestchesterArc.org and click on the blue Family Resource Groups button on the left. Please not only check it out but use the discussion boards which are now part of our new website!

HAVE A GREAT STORY OR WANT TO SHARE SOME INFORMATION?

We encourage all our members to submit articles or information that **MAY** be included in upcoming newsletters. Unfortunately, there will be times due to space and/or content that an article may not make it into our newsletter.

E-MAIL NEWSLETTER SUBMISSIONS TO: Caroline Furry
(dfurrywitt@netzero.com)

The editors reserve the right to make corrections/edits as appropriate. Original items may be used if properly credited. Copyrighted items must have the permission of the originating author. NEWSLETTER DEADLINES ARE: March 1 (Spring), June 1 (Summer), September 1 (Fall), and December 1 (Winter)

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