



Empower • Inspire • Support
**Down Syndrome Connection
of the Bay Area**
Connecting Families for More Than 20 Years

MAKING THE
DSCBA Connection
Vol.12 No. 2 • Summer 2019

A Mother Reflects on Connecting Early

Carissa Thilgen

I WAS EXACTLY THIRTEEN WEEKS PREGNANT, just entering my second trimester, when my husband and I learned that there was a strong likelihood that our baby—our second child—would have Down syndrome.

Less than a week later, we met with a geneticist to discuss our “elevated risk” and our options. Even with the news of a potential diagnosis fresh in our minds, we already knew that nothing could change our desire to continue with the pregnancy, and we weren’t comfortable taking any chances—no matter how slight—with the life of our hard-fought-for baby, one conceived via IVF, just like big sister. Foregoing the diagnostic procedures of chorionic villus sampling (CVS) or amniocentesis, we opted instead to pursue noninvasive prenatal testing, a highly accurate blood screen that returns a probability of genetic conditions including Down syndrome.

And so I left that genetic counseling meeting with a lab slip in hand—armed with a bit more information but also feeling a bit more worry. When the results came back at 16 weeks with the diagnosis 98 percent confirmed, we scheduled an early anatomy scan. Before the ultrasound, we met with the geneticist once more. This time I left the office with a handful of printouts from the websites of several national and local Down syndrome organizations.

That was how we first came to learn of the Down Syndrome Connection of the Bay Area (DSCBA). When I reached out to the California Parents of Down Syndrome group on Facebook for guidance and resources two weeks later, the fervent recommendations to connect with the DSCBA came pouring in.

And we’re so glad they did.

All it took was one phone conversation with Nancy Ferguson, the director of family support, followed shortly thereafter by our first Early Connections support group meeting, to know that we had found the type of community we were going to need as we embarked upon this journey. One that is caring, knowledgeable,



The Thilgen family eagerly awaits the birth of their sweet boy!

and perhaps even more importantly, understanding. Those at the DSCBA get it. They’ve been through it. They are going through it. And it’s not sad or scary. Parenting a child with Down syndrome comes with challenges, sure, but it is also full of joy and celebration and triumph. We’ve seen that firsthand through Early Connections.

My husband and I felt the gamut of emotions in the wake of our prenatal diagnosis. And walking into that first support group meeting this past March admittedly had my stomach in knots. I was nervous about what I’d see, what I’d hear, and how I’d feel about it all. The unknown can be frightening. But our fears melted away as we listened to other parents share their experiences, and to watch their adorable children laugh and play buoyed

our fragile hearts. To see that the kids were just that: kids! Down syndrome is just a part of who they are; it does not define them or their families. (Although living with the diagnosis seems to have made these parents stronger and more compassionate than you’d usually find.)



Everett Thilgen made his debut on July 6, 2019.

Nothing could be more reassuring to an expectant parent than to be surrounded by other parents who are “on the other side” and can speak with honesty, humor, and perspective. To realize you’re not alone is invaluable. And for my husband and I, personally, to look into the literal faces of Down syndrome made us excited again to meet our son this July.

Learning that our son has Down syndrome was nothing we ever envisioned, but Early Connections has shown us why families like ours consider themselves “the lucky few.”

Have our fears about Down syndrome evaporated? Of course not. Parents will always worry about their children. We worry about our typical daughter constantly, and we will worry about our son. But we know that through any hardships we may face, any obstacles that need to be overcome, we have a village we can rely on. With Early Connections, we’ve gained a sounding board, a cheerleading squad, and undoubtedly a helping hand.

Learning that our son has Down syndrome was nothing we ever envisioned, but Early Connections has shown us why families like ours consider themselves “the lucky few.”

We've Got 21!

We had many reasons to celebrate at the spring gala held on April 13, 2019, at the beautiful Diablo Country Club. Our theme, We've Got 21!, honored the significance of the twenty-first chromosome to the Down syndrome community and commemorated our twenty-first year as an organization. More than 280 people attended this magical evening, which raised a record \$225,000.

The night kicked off with a welcome glass of champagne, a silent auction with more than three hundred packages to bid on, a Golden Drawing with a Ritz-Carlton/Southwest Airlines prize, a wine pull, and a wine-tasting table during the cocktail hour. Guests then moved to the ballroom for a delicious dinner. We were delighted to have KTVU Fox 2 Sports Director Mark Ibanez as our emcee and auctioneer for the evening.

A special video presentation highlighted the DSCBA's Communication Readiness Program (CRP), which helps children ages four to seven who have complex communication needs prepare for school during an intensive six-week summer program. You can watch the video on the DSCBA's YouTube channel.

The video was followed by the cash-paddle raise, which brought in \$77,100 in support of CRP.

Guests then participated in a lively auction that included delectable desserts, getaway packages, sports memorabilia, and more—all provided by generous individuals and businesses from far and wide.

Mark Traylor, Chevron's district sales manager, presented DSCBA Executive Director Nancy LaBelle with a generous \$28,052.87 donation made possible through coin boxes placed in Chevron stations throughout the Bay Area. We are grateful for Chevron's support as an Empowering Sponsor over the years.

The evening closed with a glow-in-the-dark dance party, which was especially enjoyed by our DSCBA VIPs! As a thank you, guests were treated to sweets from a giant candy bar.

The gala would not be possible without incredible support from businesses and individuals who donated more than 420 auction items, many in-kind services, and more than \$40,000 in sponsorships/cash donations, along with our 15 VIP table sponsors. Now that is a great way to celebrate twenty-one!

A big thank you to our Empowering Sponsor, Chevron; our Inspiring Sponsors, Nordstrom and an anonymous donor; and our VIP Wine Sponsors, Las Positas Vineyards, Black Stallion Winery, and Frank Family Vineyards, for their wonderful support. We would also like to thank our Advertising Sponsors: Diablo Country Club, Lexus of Pleasanton, Mass Mutual Northern California, Prestige Printing, Summit Financial Group, and Wells Fargo Bank.

Save the date for next year's gala, to be held on May 2, 2020, at Diablo Country Club. Cheers to twenty-one years!

By Melissa Benavidez and Kshama Perera

Below: Paddles were raised as the live auction kicked off.



Right: Blair Hogan and Terese Ghilarducci share a moment at the cocktail hour.



Below: Mark Ibanez and Nic Allen pick the winner for the Golden Drawing.



Below: Gloria Delrio-Casadont, her mother Yaya, and her niece Gabriela were all smiles at the gala.



Below: Chris Small and Eli Cooper catch up while checking out the silent auction.



Below: L to R: Chris Maloney, Antoinette Corrado, Melissa Benavidez, Roseanne Maloney, Frank Benavidez, and Matt Corrado enjoyed the fun-filled evening.



Below: Guests got a sugar fix by visiting the candy bar before ending the night.



Below: Festive tables awaited guests.



Making Connections in the Medical Community

Our Medical Outreach Alliance has been busy! In March, we had a booth at the annual Developmental Disabilities conference sponsored by UCSF Continuing Education, which yielded many new connections and an invitation to give our Conversations About Down Syndrome presentation to fifteen medical professionals who are part of the Neonatal Follow-Up/Special Start program

through UCSF Benioff Children's Hospital in Oakland. We delivered that presentation in June, shortly before heading to the National Down Syndrome Congress convention in Pittsburgh, Pennsylvania, to present about our Medical Outreach Alliance at a conference pre-session for affiliates.

In addition, the alliance collaborated with the California Prenatal Screening Program,

Cathleen Small and Shamal Perera team up to connect DSCBA with medical providers across the greater Bay Area.



ACTIVITIES - LOGISTICS - FOOD

- Flat Walk Around the Track (approx.: 1/4 mile)
- Set Up Your Family Spot for the Day (Bring Tents, Blankets, Chairs, Tables)
- Bring a Lunch or Purchase from Food Trucks
- Carnival Games, Mini Golf, Face Painting, Tattoos, Popcorn & Cotton Candy
- Music & Dancing
- Team & Character - Photo Opportunities
- Macy's Prize Booth

Meet Yulissa Arescurenaga



Enjoy Zumba fun with certified Zumba Instructor Yulissa! Photo ops and autographs will also be available.

- **BY POPULAR DEMAND - Pumpkin Patch is back!** Decorate and take home a pumpkin of your choice

STEP UP and get your FREE pumpkin



Sponsored by:



FREE ENTRANCE - REGISTER HERE: DSCONNECTION.ORG/STEPUP

THE GOAL: We are celebrating our 21st Anniversary and WE NEED YOUR HELP to reach our 2019 goal of **\$250,000**. In 2018, with your help, we raised \$247,000!

HOW YOU CAN HELP: Please create a fundraising page and distribute it to everyone you know. Encourage others to create their own page or to pass your page along to their circle of friends.

IT'S EASY: Go to dscconnection.org/StepUp to register and start your page. Need help? Call us at (925) 362-8660 or email events@dscconnection.org.

Can't attend the walk? You can still help! Please create a Facebook or Instagram Fundraiser to support our Step Up Campaign. Ask friends and family to do it too. It's easy!

If you did not create a page last year, we are excited to say we are using a new platform called Stride that was created by a family who has a young adult with Down syndrome specifically for Down syndrome walks. We hope you find it easy and enjoyable to use. Stride is used all over the country by many Down syndrome organizations and has great reviews!

DID YOU KNOW: The Bay Area SUDS walk is currently the largest single revenue source that allows the DSCBA to provide vital programs and support throughout the Bay Area such as: 5-day/week phone & walk-in center, Medical Outreach Alliance, new family support & programs, Peer Development Classes for all ages, Education Alliance, IEP consultation & support, tutoring services, lending library, music therapy, Summer Communication Readiness Program & much more.

the California Down Syndrome Advocacy Coalition (CDAC), Down Syndrome Diagnosis Network (DSDN), Club 21 Learning and Resource Center in Southern California, the Down Syndrome Information Alliance in Sacramento, and the Kern Down Syndrome Network to send 125 outreach packets to genetic counselors who are part of the California Prenatal Screening Program. We became aware of numerous families across the state who have had negative or unsupportive diagnosis experiences through Prenatal Screening Program, so we spearheaded the effort to reach out to those genetic counselors, provide them with resource materials to share with patients, and share with them ways to give a diagnosis of Down syndrome in a supportive, informative manner that helps families feel empowered and supported during what for many is a difficult time.

Finally, the alliance is thrilled to have intern Shamal Perera working with us again this summer. He is continuing our project of reaching out to all pediatricians practicing in the nine Bay Area counties we serve, connecting them with our organization and resources, and providing them with new-parent packets in English and Spanish to share with families.

By Cathleen Small

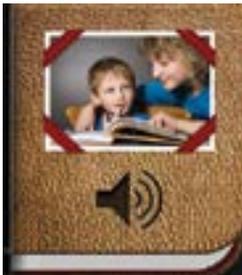
STEP UP FOR DOWN SYNDROME BY SIGNING UP TODAY AT: DSCONNECTION.ORG/STEPUP

Learning with Educational Apps



For kids who are drawn to learning via technology, there are some excellent apps available. For example, **TouchMath Counting** (\$1.99) is a great multi-sensory way to teach counting and number identification and to teach the TouchMath touchpoints.

TouchMath Jungle Addition 1 (\$9.99) introduces addition using the TouchMath method, which many children with Down syndrome have been successful with, in a fun jungle game. Parents or teachers can customize the level of difficulty and number of problems in each section.



Pictello (\$19.99) is a talking visual story creator you can use to make your own social stories. You can add text and photos to make a personal book, and then your child can read or watch the book on the app. It's also easy to export books created in Pictello to a PDF for printing and binding if your child enjoys traditional books. Pictello has programmed speech, or you can record your own voice.

Pictello has many uses in the classroom. For example, students can create their own books about what they are learning in a science or

social studies unit. They can easily add a page to the book after each lesson. Students can also use Pictello to create research reports to share with their class. They can even complete writing assignments in Pictello, complete with photos to illustrate.

You'll find more educational apps on the list of recommended apps on our website at www.dsconnection.org/DSEA-Resources.php. Choose Academic Resources to find a PDF of recommended apps.

The Power of a One-Page Profile

The concept of creating a one-page profile about your child comes from the idea of person-centered planning. Person-centered planning is a positive, strengths-based approach to education and life planning for individuals with developmental disabilities. In person-centered planning, your child's team comes together to create a plan to help your child reach their goals.

Creating a one-page profile enables you to share important information with your child's team and keep everyone focused on the individual. It is also a powerful tool for adults with developmental disabilities to use when working with the Regional Center and the Department of Developmental Services. The one-page profile begins with a vision statement and includes areas for sharing interests, strengths, challenges, goals, and helpful supports.



A one-page profile is a great way to introduce your child and their strengths to their educational team.

I encourage you to create a one-page profile for your child with Down syndrome and bring copies for everyone at your next Individualized Education Plan (IEP) meeting. Begin the meeting by reading through the one-page profile to set the tone and get everyone on the same page. In addition, you can provide the one-page profile to your child's team at the beginning of the school year to introduce your child and set the tone for collaboration.

You'll find detailed instructions on how to make a one-page profile using a premade template on the blog of a mother of a school-age daughter with Down syndrome: <http://our3lilbirds.blogspot.com/2017/05/how-to-make-one-page-profile-ellie-style.html>.

Ability Awareness Benefits Everyone

The new school year is quickly approaching! One great way to help your child's educational team and new peers get to know their classmate with Down syndrome is to schedule an Ability Awareness presentation at your school. We can deliver the presentation in a classroom or in an assembly-style setting.

Ability Awareness presentations are a unique way to educate students about Down syndrome. These presentations not only spread awareness in our community, but also allow participants to learn that we are more alike than different. To find out more about scheduling a presentation at your child's school this fall, please contact Elizabeth Lewis at elizabeth@dsconnection.org.

By Laurie Hawley and Elizabeth Lewis

DOWN SYNDROME CONNECTION OF THE BAY AREA

CONNECTION GROUPS



An opportunity to meet and share with those who have similar interests, seek peer support and give back to other DSCSA families by providing guidance from your own personal experiences. Facilitators help keep the dynamics of each member's input a helpful and meaningful experience. As a result of the connections made in these settings, many members experience lifelong friendships of support and understanding along with gaining powerful knowledge that leads to success for the child, the family and the community at large.

- ★ **Parents/ Caregivers of Teens and Adults with Down syndrome**
Open to all Bay Area parents and caregivers of teens and adults with Down syndrome.
www.facebook.com/groups/dsctbs.teensadults
- ★ **Bay Area Down Syndrome and Autism Alliance**
Open to all Bay Area parents, family members, caregivers, and others working with a child or adult who has a diagnosis of both Down syndrome and autism.
www.facebook.com/groups/dsctbs.autism



- ★ **Early Connections**
Friendly and supportive environment for parents and their babies (ages 0-3) with Down syndrome where we share helpful information to support your baby's development.
- ★ **Parents with School Aged Children**
Parents supporting each other with knowledge and information necessary to meet the educational needs of their children; best practices, rights and advocacy.
- ★ **Peninsula Family Support Group**
A group of Peninsula based parents, who come together monthly to share, learn and have fun in fun activities.
- ★ **Grandparents**
Grandparents of children with Down syndrome are welcomed and encouraged to join our group to exchange information, share common experiences and be encouraged by other grandparents with similar issues and concerns.

Many groups meet at scheduled times to provide connections and support in person. Most groups meet monthly at the DSCSA office in Danville, but please see our website for current dates and times. Please note: some groups may involve bringing your children. Please check the website for details.

dsconnection.org/connection-groups

The Rotary Helps Empower CRP Participants

The DSCBA wishes to give a big thank you to our friends from five local Rotary Clubs in District 5160 that gave our young members the gift of communication and learning technology for our impactful summer Communication Readiness Program. These Rotary Clubs include: Alamo, Danville, Danville/Sycamore Valley, Dougherty Valley/San Ramon, and Livermore.



Rory Concepcion works on finger-tracing of letters, a pre-writing skill.

Now in its seventh successful year, the Communication Readiness Program (CRP) is a six-week summer program for early elementary children ages four to seven with complex communication needs. CRP incorporates reading, writing, art, music, obstacle courses, speech, and socialization, with communication and school-readiness skills at the core of the program. The students are introduced to many alternative ways to communicate,



Sam Small practices writing a classmate's name using the Write My Name app.

including the use of technology. Their parents receive instruction and training to help their children to better communicate with their families, educators, and friends. Following the summer program, DSCBA staff partners with each student's fall educational team to ensure a smooth transition into the new school year.



Ian Park and Lorenzo Burgos work on writing and tracing with volunteer Brytney Lee.

Left: Marcus Stachula communicates choices using the TouchChat app, with AAC specialist Kati Skulski.

Right: Rehan Samimi learns early writing and spelling skills using the Write My Name app.



The Down Syndrome Connection of the Bay Area is Proud to Present:

Accommodations and Modifications for Students with Down Syndrome

CEU's Available

Thursday, September 26th, 2019, 4:30pm - 6:30pm

Redwood Shores Library

399 Marine Pkwy, Redwood City, CA 94065

Brought to Bay Area education professionals free of charge thanks to the DSCBA's Down Syndrome Education Alliance Program. The meeting space is provided as a community service by the City of Redwood City. The City neither sponsors nor endorses this event nor the presenting individual or organizations.

Are you an educator working with a student who has Down syndrome who spends at least a portion of his/her day in a general ed setting? Do you need help figuring out how to modify the curriculum and activities for a student working below grade level?

TOPICS COVERED:

- Why Inclusion?
- Setting the stage for success by using visuals to support transitions and behavior
- Utilizing assistive technology
- Universal Design for Learning
- Modifying from a strengths-based approach
- Reducing cognitive demands
- Teaching and team strategies
- Using peer supports
- Lots of practical examples of how to modify

Presenters



Laurie Hawley
DSCBA
Education
Support Manager



Elizabeth Lewis
DSCBA
Education
Director

THIS CLASS IS FOR ALL GRADE LEVELS & YOU DO NOT HAVE TO HAVE A STUDENT WITH DOWN SYNDROME TO ATTEND.

WHO SHOULD ATTEND?

Special and General Educators, Paraeducators, Aides, Special Ed Administrators, Principals, Parents, and anyone else supporting students.

SAVE YOUR SPOT TODAY:

surveymonkey.com/r/dscba0926

Registration is required.

Dr. Chicoine Visits the DSCBA

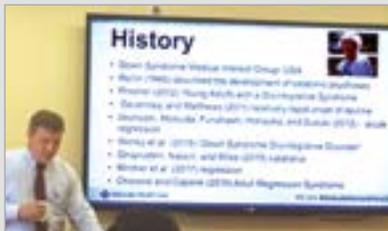


Dr. Brian Chicoine

The DSCBA was pleased to welcome Dr. Brian Chicoine for a presentation on general medical and mental-health conditions in people with Down syndrome. More than 60 of our members attended the presentation. In his 27-year practice at the Adult Down Syndrome Center in Illinois, Dr. Chicoine has seen more than 6,000 patients. Our members were thrilled to benefit from the absolute wealth of information he brought.

In addition to speaking to DSCBA members, Dr. Chicoine presented to 24 family practice residents at John Muir Health. Over the course of the last two years, the DSCBA has developed a wonderful partnership with John Muir Health to help provide better medical care for adults with Down syndrome. Dr. Chicoine was the second presenter in a two-part series of trainings. Our first presentation, on pediatric medicine, was given by Dr. Noemi Spinazzi from UCSF Benioff Children's Hospital of Oakland a few months back. The DSCBA was excited to partner with John Muir Health and with Drs. Chicoine and Spinazzi for these two presentations. We look forward to continuing our partnership with John Muir Health as a way to continue these important conversations about health care and people with Down syndrome.

By Marianne Iversen, Director of Programs and Adult Services



At left: Dr. Chicoine's audience at John Muir Health included 24 family practice residents.

Below: Dr. Chicoine presented to more than 60 DSCBA members.



Peer Development Classes Flourish

Our Peer Development classes continue to thrive and grow. In 2019, we've added two new classes, one for teens in Dublin and the other for adults in Castro Valley. We have also gotten our popular San Mateo teen class back up and running.

We currently offer eleven classes in eight different locations across the Bay Area. We have plans to start another two classes for adults in Concord and the Brentwood/Antioch area.

Peer Development classes provide a unique opportunity for our teen and adult members to come together each week with a focus on enhancing social skills, building and maintaining friendships, and practicing teamwork, cooperation, and respect for self and others. Our Early Elementary Peer Development class focuses on improving motor skills as well as adapting to an environment of cooperation, interaction, and socialization.

All of our Peer Development classes provide a place where long-term friendships can be cultivated and maintained!

By Marianne Iversen



Left: Castro Valley Peer Development class members Sarah Sudmeier, Megan Sudmeier, Bill Dickson, Sarah McNally, and Mariah Katz share a smile with class facilitator Breonnie Barros.



Above: Dublin Peer Development class members from left to right: Jaina Jogia (peer volunteer); Bella Gavino, Brandon Garcia, Haley Wollensen, Cole Kelley, and Troy Rhodes (class members); Uma Arunachalam (peer volunteer); and Terese Ghilarducci (class facilitator).



AT LEFT: H.D. Mooers: A steadfast source of Grants for the DSCBA is Jeff Mooers, the president of H.D. Mooers and Company, a Life Insurance Brokerage General Agency. H.D. Mooers has sponsored many grants for the DSCBA through the National Association of Independent Life Brokerage Agencies. We have received \$35,000 in grants with Jeff's support—he's a true friend

of the DSCBA. His office is in Lafayette, and he can be reached at 800.303.7310 or at jeffm@hdmooers.com.

Vehicle Donation Program



A portion of the proceeds from the sale of your vehicle are donated to the DSCBA for our programs and services. Donations are eligible for a tax deduction; please talk to your tax advisor.

Vehicle donations for DSCBA are coordinated by Car Donation Services (CDS), which is licensed by the State Attorney General's office, and are said to be "large enough to make a difference, but small enough to squeeze every penny out of every vehicle."



For information call 1-888-686-4483 or visit our website at dsconnection.org/donate

Artistic Volunteers Offer Artistic Opportunity



Artists and volunteers Brittany Sartor and Sean Specht gave their talents and time to provide an art workshop in acrylic pouring to our Danville Peer Development class. Each workshop participant chose several colors of paint and poured layers on top of one another, letting their imagination run wild. They then tilted, twisted, and turned their canvases to create beautiful and original pieces of art. The results were stunning!



Danville artists at work: Mariah Katz, Blair Hogan, Clio Rasler, Emma Tippett, Juliana Portoni, Kate Buckman, Malia Ramsey, Nathan Aubry, Vincent Cruzat, and Tatiana Casadont created acrylic masterpieces under the guidance of Brittany Sartor and Sean Specht.



Save the Date!

DOWN SYNDROME CONNECTION OF THE BAY AREA

Holiday Party

Sunday, December 8th | 1:00pm - 3:30pm
 Los Cerros Middle School | 968 Blemer Road, Danville

Music Therapy Comes to Oakland

Thanks to a generous grant from the Bill Graham Foundation, the DSCBA recently began offering Music Therapy in Oakland. Special thanks also to UCSF Benioff Children's Hospital's Down Syndrome Clinic for allowing us to utilize clinic space for this interactive and fun monthly experience.

In September we will add an additional class for Spanish-speaking families. For more dates and times, see our website: dsconnection.org/music-therapy.

By Marianne Iversen

Below: Learning to applaud as the parachute is set up is sensory fun for the kids in Music Therapy.



Above: Parachute fun during Music Therapy in Oakland!

Left: Music Therapist Nicole Patton introduces how guitar strings work.

DSCBA-Peninsula Celebrates Third Annual Parents' Day Out

Being a parent is probably the hardest job in the world. Every day, parents work tirelessly and selflessly to meet the needs of their children. This is why we do our best each year to provide three hours of free pampering so our wonderful parents can connect, recreate, and rejuvenate.

This year we were fortunate to have Equal Play as our host. Because of their beautiful, spacious facility and our fabulous volunteers, we were able to offer free childcare for the first time. This allowed more parents to come, which was great to see. Parents received an Italian lunch, an art workshop, and free massages. To top it off, each parent went home with a nice raffle prize.

The Parents' Day Out came together thanks to the help of many dedicated volunteers and sponsors. **Thank you to the following people and businesses, who made this special day a reality for our parents:**

- **Facility sponsor:** Katie Carlin, The Garden by Equal Play
- **Food sponsors:** North Beach Pizza (San Mateo), Plaza Gourmet Deli, Romolo's Cannoli, Dianda's Italian American Pastry, Trader Joe's (San Mateo), and the DSCBA
- **Massage therapists:** Angelica Acob (Osetra Wellness Massage Therapy) and Julie Wang (San Francisco School of Massage and Bodywork)
- **Gift bag sponsors:** Trader Joe's, Preston's Chocolates, Freideleen Lou-Iwamoto, and the DSCBA
- **Art workshop sponsor/setup/cleanup:** Freideleen Lou-Iwamoto
- **Decorator/setup/cleanup:** Françoise Allamanche
- **Childcare volunteers:** Margaret O'Connell (lead volunteer), Braedi Ego, Amy Li, Julie Boisvert, James Lapay, Lauren Bennet, Laurie Lerner, Ed Tang
- **Drawing sponsors:** My Busy Town (San Bruno), Emi Calva Terada (Waterbrook Wellness Therapy), Ruby Ribbon, Bye Bye Bra, Premier Financial Alliance, Freideleen Lou-Iwamoto, connections and sponsors through Freideleen Lou-Iwamoto, Dawn Wertman (Pure Haven)

By Julie Tang, Program Manager, DSCBA-Peninsula



Left: Who deserves a massage? I think we all do!



Left: This amazing team of volunteers made this all possible! We so appreciate you!



Right: Time for a silly group picture!



Tom Delaplane

Gratitude from DSCBA Board Chairman

Hello parents, supporters, and friends of the DSCBA,

You are making a real, positive difference in the lives of people with Down syndrome. Throughout the DSCBA's twenty-one years of service, you have helped us establish a solid foundation on which to build in support of our mission. This newsletter highlights our commitment to the families we serve and our work toward building awareness in the Bay Area communities.

I have been part of this team for the last five years, and I have enjoyed watching the DSCBA move forward with a thoughtful plan that continues to enhance and expand our educational programs and our organization, while promoting staff development.

I am deeply grateful to each of you for supporting the DSCBA in your own way. Your investment in the DSCBA makes it possible for us to move forward in meaningful ways to support those we serve. You help make it possible for us to offer all of the fun-filled and educational activities that make the DSCBA special.

On behalf of the board of directors, I would like to thank all of you who have contributed your time, your dollars, and your thoughts and ideas to the DSCBA. Our families are truly blessed by your generosity.

I'd also like to give a gentle nudge in the hopes that you will share some feedback with us. We are interested in your thoughts and ideas about how our board can expand in useful and productive ways to support the DSCBA. Inquiring minds want to know, so let us know!

And finally, we are looking for two additional board members. Please let us know if you're interested in joining our board!

Thank you!

Email: tom@tomdelaplane.com

DSCBA Earns Outstanding Affiliate of the Year Honor



DSCBA's Medical Outreach Alliance Director Cathleen Small with NDSC Executive Director David Tolleson and Board President Dr. Kishore Vellody.

The DSCBA was honored to be named Outstanding Affiliate of the Year by the National Down Syndrome Congress (NDSC). Medical Outreach Alliance Director Cathleen Small was on hand at the NDSC convention in Pittsburgh to accept the award on behalf of DSCBA.

NDSC chose the DSCBA to receive this honor on the basis of "outstanding work in medical outreach and educational outreach." We are thrilled that our hard work in these areas was recognized, since every single staff member, contractor, and volunteer for the DSCBA pours their heart and soul into work that benefits our members and touches these areas. We look forward to continuing our work supporting the medical and educational communities who work with our members and, most importantly, to directly supporting and empowering our members in their health, education, and life.

We value our partnership with the NDSC and appreciate their focus on improving the quality of life for the Down syndrome community across the country.

AT RIGHT: Kids-n-Need raised \$20,000 for the DSCBA at their annual charity golf tournament! Patrick Harkins and the Danville Young Adult Peer Development class were on hand to accept a check from Mike Ranahan and Rick Hammel, both from Kids-n-Need. The funds will support and educate new families to the DSCBA.



ABOVE: Knights of Columbus - Danville held their annual Tootsie Roll Fundraiser and generously donated \$3,066.84 to the DSCBA. The DSCBA's Development Manager Suzanne Ernst, Director of Programs and Adult Services Marianne Iversen, and Director of Finance and Administration Karen Lochner were on hand to receive the check from Knights of Columbus #4060 members Dave Anderson, Ed Indelicato, and Ed Meshinsky. Thank you to our community partners—we couldn't support our families without you!

Community Support at its finest!

Thank you to Jack and Nancy Worthington for their generosity in many ways. We appreciate their donation of carpet-cleaning services each year for the DSCBA. Check them out if you need your carpets cleaned.



THANK YOU! YOUR SUPPORT SUSTAINS THE DSCBA COMMUNITY

FOUNDATIONS, FAMILY FUNDS, BUSINESSES AND SERVICE ORGANIZATIONS

The Albertsons Companies-
Safeway-Vons Foundation
Alice Beckman Fund of the East Bay
Community Foundation
Barr Family Foundation
Bill Graham Supporting Foundation
Calhoun Family Fund of Fidelity
Charitable
California Communications Access
Foundation
The Carl Gellert and Celia Berta
Gellert Foundation
Chevron Corporation
Chevron Stations Inc.
Community Health and Education
Foundation
Contra Costa Crisis Center-Share
the Spirit Program
Danville Rotary Club Foundation
Dean and Margaret Leshar Foundation
Diablo Carpet and Floor Restoration
Fremont Bank Foundation

GFWC Danville Women's Club
Hope Evangelical Lutheran Church
Jam Handy Character Building
Foundation
John Muir Health
Kids -n- Need
Knights of Columbus Foundation -
Concord/Danville
Lencioni Fund
Lowell Berry Foundation
LuMind Research Down Syndrome
Foundation
Macy's
Marino Family Charitable Foundation
NAILBA Charitable Foundation
Noll Foundation
Nordstrom
Oakland Athletics Community Fund
Oak Tree Charitable Foundation
Pure Good Foundation
Quest Foundation
Rite Aid Foundation
Rotary Club of Alamo

Rotary Club of Danville/Sycamore
Valley
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In honor of Jennifer

& Eli Cooper

Congregational Beth El

In honor of Julie Tang and

her family

Henry Wong

In honor of Katie Buckman

Erika Walters

In honor of my nephew Micah

in support of DSCBA

in celebrating WDS

Raymond Lee

In honor of my sister

with Down syndrome

Dawn Bronsan

In honor of Will Clark and

his parents Stephen

and Jennifer

Susan Montague

Happy Birthday Ayala!

We love you very much!

Auntie Nicki, Uncle Matt,

and Caleg, Nicole Solig

In honor of Cassidy Shae

Patricia Kissane

In honor of Will Clark Drucker

Nani and Poppy Drucker

In memory of Jay Purchio

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El Sinaloense Mexican Restaurant Fundraiser

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ABOVE: Jorden Benson, Allegra Pickett, and Fred Teichert from the **Teichert Foundation** present the DSCBA's Director of Programs and Adult Services Marianne Iversen, Development Manager Suzanne Ernst, and Board Chairman Tom Delaplane with a check in support of our New Family Services and Medical Outreach Alliance. We warmly thank the Teichert Foundation—with their help we can continue to increase awareness of Down syndrome in the medical community and support more families.



BELOW: Shout out to an incredible group of 11 volunteers from: **Boys Team Charity-Lamorinda** and **Boys Team Charity-Walnut Creek** who showed up early one morning in July to help us move items to a new storage facility. THANK YOU for your muscles, hard work and willingness to serve!

THANK YOU FOR FUNDRAISING ON FACEBOOK. HAPPY BIRTHDAY!

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VOLUNTEERS

Oakland Music Therapy Volunteers: MJ Baluyot, Beth Cichon, Melanie Campos, Cole Urnes, Christine Tran, Jessica Dang, Ryan Shaw, Meera Nagpal, Lina Gannon, Kaleb Branda, CAL Band volunteers

Danville Music Therapy Volunteers: Brytney Lee, Leslie Moore, Lexi Wetmore, Abby Even, Sara-Meilin Noehren, Sama Golani, Grace Watson, Chris Cronk, Abigail Bareiss, Sophia Bareiss, Sydney Bierkert, Emily Gillett, Megan Bame, Mia Terry, Tom Suro

Peer Class, Early Connection & DSCBA Office Volunteers: Dawn Handley, Uma Arunachalam, Parker Bula, Mary Bridget Gallagher, Ashley Gilbreth, Sophia Guastucci, Sydney Guastucci, Jaina Jogia, Malvika Singh, Alagu Subramanian, Reise Tanner, Hannah Thurman, Joey Powada, Jana Labib, Gracie Sula, Emily Petroni, Toni Sweet, Anadel A., Adrianna V., Catie Macbryde, Anika Considine

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Our Mission

To empower, inspire, and support people with Down syndrome, their families, and the community that serves them, while fostering awareness and acceptance in all areas of life.

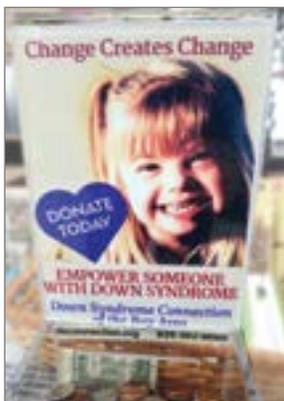
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The DSCBA is so thankful to Chevron and to Mark Traylor, the district sales manager for Chevron who manages company-owned and operated gas stations and ExtraMile-branded convenience stores, for featuring the DSCBA in Chevron stations!



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