

DSO UPDATES

Broward Gold Coast Down Syndrome Org. Inc. Publication

Spring 2012



**Broward
Gold Coast
Down Syndrome
Organization**

Calendar of Events

- **Saturday, Feb. 11, 2012, 3-6pm**
Just Dance Event *(see enclosed)*
- **Friday, February 24, 2012**
Moms' Night Out
Macaroni Grill, Plantation
(see inside)
- **February 29, 2012**
Buddy Walk on Washington
- **Sunday, March 4, 2012**
5K Run/Walk for Down Syndrome
(see enclosed)
- **Sunday, March 18, 2012**
Playgroup Social
(see inside)
- **May 2012**
Gold Coast Conference
(details to follow)
- **July 19 -22, 2012**
**National Down Syndrome
Congress 40th Annual Convention**

2012 MEMBERSHIP

Enclosed is the 2012 membership form, please fill out and send in ASAP. We ask that you return this form by February 28, 2012.

In order for Gold Coast to plan social events, workshops, etc. it is important that we know who our members are, their areas of interest, ages, etc. We ask you to help us with our planning and return the completed forms ASAP.

We will not be accepting membership payments at events.



Buddy Walk 2011 Attracted Over 1,900 Walkers!

Notes from the Vice President

Happy and healthy New Year to all of our members and I hope that 2012 will be a great year for you and your families. With the hustle and bustle of the holidays behind us, the children back at school, it is time to settle in and put plans in place for the coming year.

This year Gold Coast has some wonderful events planned, so make sure to check your newsletter and Gold Coast Updates (emails) to find out more. We are kicking off with our support of "Just Dance", which is organized by one of our members, Gordon Garland, and will take place in February. Last year's inaugural dance was so much fun," the music... the light show... the characters interacting with the kids... the raffles". It all added up to a fantastic afternoon for all who attended. You won't want to miss "Just Dance 2012"!

Dust off your sneakers and commit to your resolution to be healthier this year. Gold Coast has added a 5K Run/Walk to our calendar of events. Runners (and walkers) will be gearing up at Markham Park in March. So, you have a few weeks to get in some training. I expect to see many of you

passing me on the course! I hope my knees will allow me to get to the finish line!

Look for your 2012 membership form included with this newsletter and complete and return it ASAP. It helps us enormously when planning events and selecting venues to know our membership base. For your convenience you can now pay your membership dues on PayPal. We will not be accepting payments at events.

Some of our long-term members will remember our monthly evening meetings, where we got a chance to learn about a subject of relevance and to meet with other families. Over the past few years these evenings have not been well attended, so as you will note our events have been more social. If you would like to see some educational topics, different social activities or have other suggestions, please make sure to include details on your membership form. I look forward to seeing you all over the next few months and I sincerely hope that 2012 will be good to you.

Verna Lowe Tudge, Vice President

BUDDY WALK 2011 UPDATE



What another great Buddy Walk! This event attracts so many Gold Coast members, who in turn, through their enthusiasm, bring along their friends, family members and colleagues. The creativity of the teams with their banners, posters and costumes is a feature we look forward to seeing.

In spite of the intermittent showers, many walkers stayed for lunch and our fun activities.

Buddy Walk 2011 attracted over 1900 walkers and raised approximately \$80,000.

Save the Day! BUDDY WALK 2012 IS SUNDAY, OCTOBER 28, 2012.

Gold Coast needs your help planning Buddy Walk 2012. Any time you can give is greatly appreciated. Please e-mail or call Diane.

Thanks to everyone who supported Buddy Walk 2011.

Special thanks to all the volunteers who helped to keep things flowing.

Thanks also to all those who donated raffle prizes.



Congratulations TEAMS!

Thanks for supporting Buddy Walk 2011

- Chad's Buddies
- Steven's Superstars
- Cameron's Crew
- Nico Bambino
- JAEDEN'S Jumping Jacks
- Bianca's Friends
- Dylan's Groupies
- LillyBit
- Team Coby Chesal
- Team Noah
- Ashley and Andrew's Allstars
- Team van Gelder
- Gracie's Gang
- Darren's Dawgs
- Bella's Buddies
- PPCMS West TROOP
- Jr. Nation
- Hannah's Heroes
- Jaidin's Jocks
- Happy Feet
- Alana Allstars
- Jadas Joys
- Frenzy Katz
- Stirling Elementary
- Team Alex
- Monzon Crew
- Team Brenden aka Team Spiderman
- Kallie's Krew 2011
- Ally's Allies
- Manolo & Co.
- Johanna's Bananas
- Disabilities Advocacy Committee NSU
- Team Daniel
- Aniah's Awesome Blossoms
- Team Kitty Kat
- Joey's Teens
- Noah's Ark
- Pediatric Therapy Associates
- Team Noah
- T-Unit



Thank You Buddy Walk 2011 Sponsors



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Buddy Walk Top 3 Fundraisers

Congratulations and thank you.

- Verna Lowe Tudge
- Joe Squarini
- Michelle Morgan



Washington, DC Buddy Walk

Join the National Down Syndrome Society for the Buddy Walk® on Washington, February 29th and March 1st 2012

The Buddy Walk on Washington is an annual two-day advocacy experience that brings the Down syndrome community together to advocate for public policies that impact the lives of people with Down syndrome and their families. Advocates come face to face with Members of Congress and their staff on Capitol Hill to advance education, research and healthcare for people with Down syndrome.

For more information www.ndss.org, to register: <http://buddywalkonwashington2012.kintera.org>.

INBETWEENERS

Gold Coast would like to thank Christina and Todd Schulz for coordinating the Inbetweeners events. For several years you have given your time, dedication and creativity to the planning of social gatherings for our 6-12 year olds, some events were also open to other age groups. Gold Coast is very appreciative of all your efforts. Many thanks.

Gold Coast welcomes Victoria Whitson and Daniela Roeder as the new Inbetweeners Coordinators. They will be organizing the Inbetweeners (ages 6-12) socials for 2012.

Playgroup Social

Gold Coast Members
Bricks 4 Kidz, an amazing Robotics and Brickmania class
6280 W. Sample Road #202, Coral Springs, FL 33067, 954-255-5233
Sunday, March 18, 2012 From 1-3PM
Please RSVP to Patricia at: speedy88acg@aol.com



Easter Egg Hunt

Saturday, April 7, 2012

11:00am - 2:00pm

The Knapp Family is hosting another wonderful Easter Egg Hunt for the Playgroup and Inbetweeners groups, ages 0-13 years.

Come out with your Easter egg basket and have some fun. There will be food, entertainment and lots of fun.

Location: Tree Tops Park

3900 Southwest 100th Avenue, Davie, FL 33328 at pavilion Live Oak.



Moms' Night Out

Gold Coast Members

7:00 pm, Friday, February 24, 2012

Come out and meet other Gold Coast Moms.

Macaroni Grill, University and Broward Blvd. just north of Broward in Plantation

Everyone is responsible for their meal.

See you there! Please RSVP to Michelle at: michellehill2587@yahoo.com

First Special Needs Live-In Child Care Program

Designated by the US Dept. of State

Finding quality, affordable childcare can be difficult for any parent. For those with a special needs child, it can be not only an arduous and stressful task, but also a very confusing and emotional experience. ProAuPair is here to help you. We are a unique professional Au Pair agency that offers Au Pairs who are specially qualified to provide your special needs child with the appropriate care. **Want to know more? Please contact:** Inge van Rosmalen, Area Director, Fort Lauderdale, FL ProAuPair: Professional Kinder Care Program, 954.761.1514, Cell: 954.303.1528, www.proaupair.com



Special Needs Fitness

Coral Springs Medical Center now has classes for mentally challenged adults. This class requires 8 participants to keep it going.

The class is offered Thursdays at 4:30pm. The Fee is \$50.00 for 10 class punch card. The first class is free to see if the participants like the class before purchasing a 10 class punch card. No membership required and the card has no expiration date!

Kathleen Byrne RN

Coordinator Community Education
954-227-4338, Fax 954-227-4304

CIRCLE OF FRIENDS

The Circle of Friends invites you to join our educational, fun-filled, stimulating and creative activity club for our "special" friends.

We are a group of teens (age 16+) and adults with Autism, Down syndrome, mental retardation and other disabilities. (You must be functional to participate in club exercises)

We meet every Saturday @ 12:00 noon to 1:30 pm at the

Schacknow Museum of Fine Arts
7080 N.W. 4th Street, Plantation, FL 33317, (954) 583-5551

What kind of club are we?

An Art/Dance/Music/Arts & Crafts/Theatre Club.

There is a BIG need for this kind of club, so we created it just for YOU!

Important To Know:

Our Team / instructors and special friends are ALL volunteers and may or may not be trained to work with special needs. If you would like to help, or know someone who can, please contact us.

Note, it is all on a volunteer basis. And YOUR special skills are welcomed.

Join our club and meet new friends or invite a friend to come along!

HOLIDAY PARTY 2011



The Signature Grand this year saw our highest numbers so far for our Holiday Party, well over 300 were in attendance! The party is one way to show appreciation to members and supporters of Gold Coast. It is great to see new faces, catch up with old friends and enjoy the spirit of the season.

The music was great. When DJ Jason played Justin Bieber's hit song, the reaction by the kids was the same as if Justin in person was at the Signature Grand!

Parents and children alike waited with bated breath to see if they were lucky raffle winners. And there were a quite a few who took home unexpected gifts.

The food was good; there were lines to visit with Santa and Mrs. Klaus; and lots of photo opportunities.



We are almost at capacity for the space and we do not want to turn away members/families, this means in future there will have to be a limit for guests. This year we saw some delays at the reception table due to members bringing additional guests; members arriving who had not responded; previous members who were not current. We need to have an accurate count to provide to the hotel a few days before the party so that they can set up the space and prepare food based on the numbers we give them. We ask for

your understanding and your cooperation in this matter.

Please Note: Gold Coast Membership form is included with this newsletter and should be completed and returned with dues by stated date. The information you provide helps us plan for the year including the Holiday Party. We will not be accepting membership payments at events.

2-1-1 Broward: Help Starts Here

Since 1995, 2-1-1 Broward, has been the community's central point of entry into the health and human services system. Dialing 2-1-1 is an easy way for people who need help to get connected with the community service providers that can help them. The 2-1-1 Broward helpline is available to every individual and family in Broward County.

Benefits of 2-1-1:

- ◆ Dial an easy three digit number 2-1-1
- ◆ Accessible 24hours a day, 365 days a year
- ◆ Free, confidential, anonymous

- ◆ Available in any language
- ◆ Get connected to health & human services
- ◆ Every call answered by a trained, degreed counselor
- ◆ No call goes unanswered

Services offered by 2-1-1:

- ◆ Empathetic listening
- ◆ Emotional support
- ◆ Needs assessment
- ◆ Information
- ◆ Get connected to health & human services

2-1-1 Broward is nationally accredited by Alliance of Information and Referral Systems (AIRS) and state certified by Florida Alliance of Information & Referral Services (FLAIRS) as a 2-1-1 call center. The agency is a Substance Abuse Prevention 1 provider under license by the Department of Children and Families.

The mission of 2-1-1 Broward is to provide 24 hour comprehensive helpline and support services for individuals in our community seeking crisis intervention assistance and/or information and referrals to health and human services in Broward County.



My Buddy Walk 2011

by Leslie Vera

Different. Special. Hard to understand.

These words are just a few of the ones I've heard used for people that have some sort of a disability. And I'm ashamed to say that sometimes it's people that I know, or even my own family, that don't really have a clear understanding of what it truly means to have a disability.

Growing up, my dad worked for the Human Development Center in my hometown in Arkansas. I spent a lot of time there, especially when my parents got divorced when I was 8. I would go there while he worked and am grateful for the time I spent there and the people I met. I feel like it helped shape the way I am today by giving me an understanding of what it meant to live the way the people at the Center did. Many of them had talents and knowledge that could be envied by others. I met some amazing artists and other talented swimmers. But most of all, I met really amazing people, whose hearts were bigger and more accepting than a lot of people I've met since then.

About two years ago, one of my best friends, Amanda, was blessed with her very first niece! I remember going with her to the hospital the day Bianca was born. I remember standing there with her family as they passed her around- crying, laughing, talking about who she looked like and just marveling at this beautiful blessing they were holding in their arms.

A few months later, the news came- Bianca had Down syndrome. As with any news of this kind, there was a huge struggle for this family that was not easy. I remember thinking about all of the amazing people I had known in Arkadelphia (Arkansas) with Down syndrome and how much fun they were and how their bright smiles would light up the whole town! I thought, 'I know this will be hard for them in the beginning, but I know that God doesn't give us anything we can't handle'. I prayed and prayed for their strength while they were not only learning about this condition, but helping to raise a newborn baby with this condition.

As always, God never lets us down, and Bianca has grown and blossomed into one of the cutest toddlers I've ever seen (although I may be a little biased). Yes, she's different. Different in the way that she loves just about everyone. Yes, she's special. Everything about her is special. And yes, she can be hard to understand. But only if you don't take the time to understand her. And now her family is doing all that THEY can to help others who might be going through the same things that they did.

Here in Broward County, they participate in the annual "Buddy Walk" for Down syndrome and I wanted to share some of this year's event with you. It truly is an amazing experience to see all of the support, generosity and love that happens every year in October, and this year was no different!



JAFCO Caregiver Support

*for Parents of Children
with Developmental Disabilities*

JAFCO is providing a dynamic weekly support group for parents and caregivers raising children who have developmental disabilities. This group provides an opportunity to share common feelings, fears and experiences that only parents with special needs children could understand. In addition the group provides support and community resources addressing topics that are relevant both today and for the future of your family. Also learn

about the new JAFCO Respite and Family Resource Center for Children with Developmental Disabilities (opening 2013).

When: Monday mornings 9:30 to 10:45 a.m. and
3rd Tuesday evening of each month 6:15 to 7:30 p.m.

Where: JAFCO Children's Village (address below)

We regret that childcare is not provided at this time.

If you are interested in attending or want further information please call:

Linda Sachs, LCSW
JAFCO Developmental Disabilities Coordinator
4200 N. University Drive, Sunrise, Florida 33351
Tel: (954) 749 -7230 x 118. Cell (954) 394 -1182

Broward Gold Coast Down Syndrome Organization is the proud sponsor of the following...

- ◆ Broward Elite Cheerleading
- ◆ Parkland Buddy Sports
- ◆ Challenger Baseball League
- ◆ PASS program at JP Taravella High School - *Gold Coast paid for the students' shirts for job training.*
- ◆ Coral Springs High School SVE Classes - *Gold Coast supplied equipment/materials for the classrooms.*

Does your child's classroom, sports club, social club, etc. have small project that needs funding? Contact the office with details. Scholarships are also available. Gold Coast is happy to support services which benefit our members.



SPANISH CONNECTION

NOTICIAS DE LA CAMINATA POR EL SINDROME DE DOWN 2011.

La caminata de amigos del síndrome de Down fue todo un éxito con más de 1900 participantes entusiastas que trajeron sus familiares, amigos y colegas. Los equipos fueron muy creativos con sus disfraces, anuncios y carteleras. Fue una gran fiesta y a pesar de las lluvias intermitentes disfrutamos almuerzo, baile, diversiones y camaradería. Se recojieron \$80,000 aproximadamente. Gracias!

Mil gracias a los patrocinadores, donantes, voluntarios y todos los que estuvieron presentes y ayudaron; especialmente a los tres equipos que consiguieron más donaciones:

Verna Lowe Tudge

Joe Squarini

Michelle Morgan

Marque su calendario para la próxima caminata que será el Domingo, 28 de Octubre, 2012. Necesitamos su ayuda y colaboración planeando y organizando. Gracias!

CAMINATA DE AMIGOS DEL SINDROME DE DOWN EN WASHINGTON

Febrero 29 y Marzo primero de 2012.

Esta caminata de dos días en Washington es para abogar y defender a individuos con síndrome de Down directamente con miembros del Congreso en la capital. Organizada por la Asociación Nacional de Síndrome de Down, NDSS, tiene como objetivo buscar avances en educación, investigación y servicios de salud ofrecidos por el gobierno.

Los abogados y defensores asistentes tendrán entrenamiento interactivo, seguido por una cena de celebración y premiación. Es una gran oportunidad y experiencia para defensores, familiares, profesionales y miembros que quieren hacer una diferencia en la vida y bienestar de individuos con síndrome de Down.

Por más información www.ndss.org y para inscribirse <http://buddywalkonwashington2012.kintera.org>



IMPORTANT NUMBERS

National Down Syndrome Society 1-800-221-4602

National Down Syndrome Congress 1-800-232-6372

Agency for Persons with Disability 954-467-4218

*CTDC (Children's Diagnostic & Treatment Center)
954-728-8080*

*Dentistry for the Handicapped, Malcolm Black
954-782-9804*

211 First Call for Help

ARC Broward Respite 954-746-9400

United Cerebral Palsy Respite 954-584-7178

Special Olympics Broward County 954-262-2150

Challenger Baseball 954-345-9329

Pembroke Pines, Special Needs Sports 954-450-3663

*Miracle League, Pembroke Pines 954-276-5597
miracleleague@mhs.net*

Parkland Buddy Sports 954-753-9430

*Horses and the Handicapped, Broward County
954-974-2007*

*PAL DYNAMITES, Luz Marina Sementil,
Special Populations 954- 270-4455*

Deon "the Miracle Child" *by Adrian Greaves*

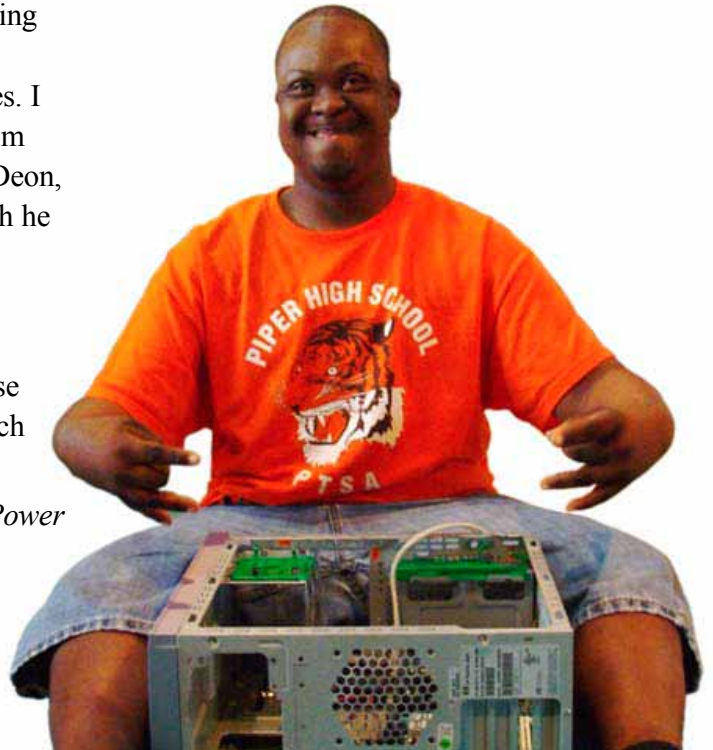
One thing I first noticed about Deon is his strong determination to succeed in life. He has been my student for two years, taking classes in computer science. Interacting with him you would not know that this loving, caring and ambitious 21 year old has had to overcome many obstacles. I have had the pleasure to see him graduate with honors from Piper High School. Graduation is only the beginning for Deon, he intends to pursue college, get his own apartment (which he has accomplished) and become as independent as the guy next door.

He is a member of the City of Sunrise Police Department Explorer program; he is a basketball and volleyball defense guard on a Special Olympics team; he is involved in church and the list goes on.

For more on Deon's life story read the book "Unlimited Power – Achieving the Impossible"

by W. Joanne McKay.

*Contact: Joanne McKay,
downsyndromemom@gmail.com.*



GC LIBRARY

WE HAVE AN EXTENSIVE LIBRARY: books, manuals, newsletters, DVDs, CDs & more! *Come to GC office and find out!*

Moving? Please let us know if you are moving and do not wish to receive the newsletter.

Newsletter

Due to the rising cost of printing, postage, etc. Gold Coast will only be mailing the newsletter to paid-up members. However, non-members can still access the newsletter by visiting www.bgcdownsyndrome.org to download it.

Broward Gold Coast Down Syndrome Organization • Statement of Policy and Disclaimer

This newsletter reports items of interest relating to Down syndrome and provides a forum for others. The Gold Coast Down Syndrome Organization does not promote or recommend any therapy, treatment, etc. Gold Coast will not espouse any particular political or religious view. Individuals or organizations referred to are not necessarily endorsed by this publication or its editor. We wish to bring together those interested in Down syndrome and attempt to create an optimistic outlook and attitude. The editor reserves the right to make corrections as are appropriate and in accord with established editorial practice in material submitted for publication. Please submit articles to: Diane De Braga • 10250 NW 53rd Street • Sunrise, FL 33351



**Broward
Gold Coast
Down Syndrome
Organization**

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Any Questions?

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Nancy Smith, Treasurer

Christina Schulz, Secretary schu3262@aol.com

Diane De Braga, Director ddebraga@bgcdownsyndrome.org

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