



York Area Down Syndrome Association
BUDS News
Bringing Understanding to Down Syndrome

VOLUME 1 ISSUE 2 SEPTEMBER 18TH, 2009

We will be publishing a newsletter on a quarterly basis. The next one will be January. If you have anything you would like to put in the newsletter.

Please email:
yorkbuds@gmail.com

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What is BUDS?

Bringing Understanding to Down Syndrome

York Area Down Syndrome Association has adopted the name BUDS to give a clear vision to the purpose of our organization. BUDS Programming will encompass activities, programming, support and resources for individuals with down syndrome just as we have as York Area Down Syndrome Association. Our goal is to provide children and youth with Down Syndrome opportunities to achieve their individual goals, and provide education to families on their child's unique gifts and abilities. We also hope to continue to support organizations who provide services to adults with Down Syndrome as well.



Please check the calendar for upcoming programs. They include the following:

Swimming
Gymnastics
Music Class
Basketball

For questions regarding B.U.D.S. email- yorkbuds@gmail.com or call Jen Ayers at 717-676-8915.

Upcoming Events:

October 10th—10am-2pm
5th ANNUAL York BUDS Walk for Down Syndrome, Lehr Park, Dover Township

- **October 24th—1:00pm** Raabs Fruit Farm, Dallastown. We will be taking a hayride and visiting the pumpkin patch. Maximum of 35 people. R.S.V.P to yorkbuds@gmail.com by 10/16/09.

- **November 6th—6:00pm** Moms Night Out-Location TBA

- **November 11th-** Hoss's Community Night

- **December 6th—4pm** Holiday Party, Grandview Golf Course Banquet Room

- **December 10th-** Hoss's Community Night

Email-yorkbuds@gmail.com

Call Jen Ayers at 717-676-8915

Please welcome two new additions to our York Area Down Syndrome Association Family



Lilly Anne -Born 08/14/09-Parents Josh and Lisa Teach

Kareem-Born June 2, 2009 -Parents Maryanne and Basem Bayoumy

Call for Volunteers!!!!

We are in need of volunteers for the York BUDS walk to work registration, hand out t-shirts, sell raffle tickets, take pictures, and other various things we may need assistance with. If you are interested in volunteering or know someone that is interested, please email yorkbuds@gmail.com or call 676-8915 ask for Jen.

York BUDS Walk Raffle Items

We are in need of items for the raffle at the walk. This year we will be having an adult and kids raffle. Maybe you know a business who would donate a gift card, electronic item or put together a basket. We will also be raffling off a large item. If you would like to donate an item, please email yorkbuds@gmail.com or contact Tiffany Schuster @ 717-252-6556 or Mary Manges @ 717-764-4748.

York BUDS Walk Registration and Displays

Just a reminder this years walk registration, raffle items and displays will be set up inside. It's usually a little windy on walk day, so this should make it easier for registration and vendors/ organizations putting out items and brochures. Each year we like to have organizations who support individuals with Down Syndrome attend our walk and let people know what services they offer. It is free to set up and we provide the tables. If you know anyone interested in setting up a display at our walk, please have them email yorkbuds@gmail.com or call Deanna 741-0565.

5th Annual York BUDS Walk

We have renamed the Buddy Walk this year to reflect the name of our organization and use our own logo to promote our group and encourage local support of our organization.

The walk celebrates the opportunities for success and accomplishment for people with Down Syndrome. Additionally, the walk is a fundraiser. Money raised supports the activities of York BUDS. And, each year we commit a portion of the money to support other local organizations that provide services to people with Down Syndrome.

Rain or shine! Celebrating our children is what it's all about! The course at Lehr Park is a beautiful winding walkway that accommodates strollers, walkers and wheelchairs. Anyone can participate in our Walk for Down Syndrome!

At the end of the walk please stay and enjoy the games, music, face painting, door prize drawings, clowns, bounce houses and more! Yummy food and beverages will be available for purchase.

Registering online is fast and easy - plus you can create your own personalized fundraising page which is a great way to involve friends and relatives from across the country. Just go to the website and click 'Get Started'!

www.firstgiving.com/yorkdownsyndrome

In honor of our 5th year registration is only \$5.00 and includes a t-shirt AND all activities. Registration must be received by 09/21/09 to guarantee your t-shirt!

Oral motor therapy is an important part of the therapy routines for children with Down Syndrome. Oral motor skills are critical to basic functions that occur even when we are asleep, such as controlling secretions, swallowing, and maintaining alignment of the oral structures so that breathing is not interrupted. Oral motor skills impact basic survival such as sucking and swallowing by infants that begin by the third month of gestation. Development of these skills enhance the progression from breast milk or formula, then to pureed foods, and on to table foods, as well as the skills needed to progress from sucking a nipple, to using a wide variety of utensils, including straws, cups, spoons, and forks. Oral skills also impact the control needed for speech development, from producing the cooing sounds as an infant, to articulating complex words in conversational speech. Poor oral motor skills can result in delayed or reduced skill development for the areas listed above. The individual may be described as hypersensitive, a lazy talker or a picky or messy eater. Problems such as drooling, bruxism (tooth grinding) and gagging may occur. There are resources in York County for Oral Motor Therapy - consult with your speech/language pathologist for ideas. In the meantime you might try some of these exercises and maybe even have a little fun!

- **Blowing Bubbles**-This may seem a bit immature, but it is a great exercise for breath control as well as pursing the lips. In our own experience the clients that we've worked with have all enjoyed this activity. Remember, you're never too old to have some fun!
- **Blow a Harmonica**-Here is another great oral motor exercise for breath control and lip pursing, but with this one you get to make some noise! If breath control is weak then your goal might be to get "louder" sounds from the harmonica. If your lip strength is weak you might focus on trying to play just one note at a time. Harmonica's are inexpensive (you can even use a plastic one), and all in all it's another fun activity.
- **Blow a Kazoo**-This is also an inexpensive "instrument." The kazoo will not only help your breath control, but it will also help with vocal control as well. Why? Because you have to hum to get any sound out of a kazoo. At first you can try to make a simple humming sound. As you progress you can try to vary the pitch of your hum and even try to play a simple tune (like, "Mary had a Little Lamb").
- **Using a Straw**-Practicing with a straw will obviously work on sucking skills, however it also involves pursing those lips again. "Thin" liquids like water or apple juice are good starters. As you progress you might want to try a "thicker" liquid like a milk shake.
- **Tongue Press**-First, stick your tongue straight out in front of you. Have the object pressed against your tongue tip. Push against the object as hard as you can for a count of 5, then relax. Try to do this six to eight times in a row. Next, again stick out your tongue in front of you. This time have the object placed on the right side of your tongue. Press against the object as hard as you can (like you're trying to push the object to the corner of your mouth). Hold for a count of 5. Try to do this six to eight times in a row.

For more info on oral motor therapy go to :
<http://www.speech-therapy-on-video.com/oralmotor.html>
<http://www.talktools.net/>

**"MACK MADNESS
WAS A HUGE SUCCESS"**

York Area Down Syndrome Association would like to personally thank the Schneider family for their **generous donation of \$3000.00 to our organization.**

Thanks to their generous donation we have decided to start a Family Grant fund in memory of Mckenzie. The Family Grant fund will provide funding to support families of children with Down Syndrome for therapies or services not covered by other resources. We are still working on finalizing the application process. Details will follow shortly.

New Parent Packet

We are in the process of putting together a new parent packet. We have requested some personal stories to be included. If you would like to submit a story, please email it to yorkbuds@gmail.com. If you have any ideas for the packet or have some info you think would benefit a new parent, please email your ideas or give us a call.

COME JOIN US FOR PLAYTIME WITH PLAYPALS

WHAT: An informal playgroup for babies, toddlers and school age children with Down Syndrome and their parents

WHERE: Zion Lutheran Church, 2215 Brandywine Lane
York, PA

WHEN: The first Saturday of every month:

11:00 – 12:00
November 7, 2009
December 5, 2009
January 2, 2010
February 6, 2010
March 6, 2010
April 3, 2010
May 1, 2010
June 5, 2010

A group of parents who have children with Down Syndrome have come together in an informal way with an organized playgroup. This time allows opportunities for support, networking and fun for them and their children. Activities such as free play, music, craft, and snack time will be provided by trained volunteers with parent supervision and involvement.

Come out and join us!

For more information please contact:

Kim Alloway, volunteer
Work 757-1227 ext. 250
Home – 755-6786

Programming & Events

There is no cost for children with Down Syndrome to participate in the programming activities. Ages for activities are listed below. If your child does not fall in the age range and you would still like them to participate, you are still welcome at all programming activities.

Siblings are also welcome to attend for a small fee. If you have questions about any of the programming, please contact us.

October



10th-York BUDS Walk
 13th-Swimming
 17th-Basketball
 17th-Tumbletown
 17th-Music Class
 20th-Swimming
24th-Raabs Fruit Farm
 24th-Gymnastics
 27th-Swimming

November

No Gymnastics in November

3rd-Swimming
 7th-Basketball
 10th-Swimming
 14th-Basketball
 17th-Swimming
 21st-Basketball
 21st-Tumbletown
 21st-Music Class
 24th-Swimming



December

1st-Swimming
 6th-Holiday Party
 8th-Swimming
 12th-Gymnastics
 15th-Swimming
 19th-Tumbletown
 19th-Music Class
 22nd-Swimming



- Gymnastics 11:30am-12:30 (second and fourth Saturday) Ages Birth-12
- Swimming 6:30-7:00pm (Every Tuesday) Ages Birth-8
- Music Class 10:30-11:30am (Third Saturday of each month) Ages Birth-12
- Tumbletown 9:00-10:00am (Third Saturday of each month) Held at West Manchester Mall (Open to all ages)
- Basketball-Saturdays-4:00-5:00pm- (see dates above)

Gymnastics, Swimming, and Music are held at the YMCA on Newberry St., York
 (Gymnastics is in a separate building behind the YMCA-Turn onto Newberry, go past YMCA Building, cross over Market and make a left at the first alley)

Basketball is held at the York Jewish Community Center

Email- yorkbuds@gmail.com or call 676-8915 with questions

NDSS Announces Dates for 2010 Advocacy Day

Save the date for the National Down Syndrome Society National Policy Center's first annual Down Syndrome Advocacy Day on Capitol Hill on February 24th and 25th, 2010.

Your presence in Washington will make a difference!

As part of its new strategic plan to place more national emphasis on advocacy, public awareness and Buddy Walk activities, NDSS intends to organize an Advocacy Day in Washington, DC in February or early March of each year. The timing of Advocacy Day is crucial for purposes of influencing Members of Congress as they begin to grapple with the budget and legislative priorities at the beginning of the legislative session. The exact date of Advocacy Day-February 24 and 25th--is based on input from NDSS' congressional advisors and other experts. Last year 300 Down syndrome advocates came to Washington, DC in February to successfully conduct Capitol Hill visits and were directly responsible for the introduction of the ABLE Act (Achieving a Better Life Experience), the savings bill which is a priority of our national NDSS legislative and policy agenda. Down syndrome advocates need to continue to build credibility among our lawmakers and to garner their support for our legislative priorities. The February 2010 NDSS Advocacy Day will be a unique and powerful opportunity for Government Affairs Committee (GAC) leaders, affiliate leaders in government relations, seasoned self-advocates and others to come together to:

- Learn strategies for successful advocacy
 - Meet with elected representatives
 - Create lasting partnerships
- Connect with other Down syndrome advocates from around the country

Please hold the date on your calendar. More information will follow at www.ndss.org. See you in Washington D.C.!

Resources

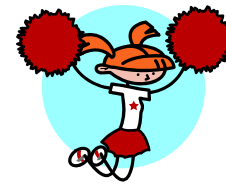
Websites:

<http://www.downsed.org>
www.ndss.org
www.eastersealscentralpa.org
<http://www.dsaoc.org>
<http://www.kcdsg.org>
<http://t21online.com>
<http://www.inclusiveschools.org>
<http://epdsc.net/default.aspx>
<http://www.woodbinehouse.com>
<http://www.kennedykrieger.org>

Events:

<http://www.rompforresearch.com>
<http://www.dsaia.org>
<http://www.ndscenter.org/news/events.php>

Join the Viper Predators Special Needs Cheerleading Squad



We are getting ready to begin our second season with the Viper Special Needs Team. We have 14 girls currently on the squad ranging from ages 5-18. The squad will be attending several competitions this year. We practice each Sunday from 3-4:30pm at the Viper Pit located off the I-83 Fishing Creek Exit. Each girl is assigned a buddy to help them. Our first year was amazing and the girls had a wonderful time!!! The cost of registration is \$35.00 and that includes a cheer uniform and practice shirt. If your child would like to join, please email yorkbuds@gmail.com or call Deanna 801-8235 and we will get you the info you need.

Inspiring H.O.P.E.

York Area Down Syndrome Association donated \$5000.00 to Inspiring H.O.P.E. (Helping Others Play Equally) a barrier-free playground. The playground, designed for children with physical, sensory, emotional or developmental disabilities, will be constructed at Cousler Park, Church and Greenbriar Roads, in Manchester Township in the spring of 2010.

Gymboree Finding Hope Friday

The Gymboree in East York has a monthly "Finding Hope Friday". In August, the Finding Hope Friday proceeds were donated to the York Area Down Syndrome Association. The total donation was \$260.00. Thanks to Tiffany Schuster for setting this up.

TO HELP DISABILITY ADVOCACY GROUPS IMPROVE THEIR SKILLS!!

Different Advocacy Approaches 10am – noon

Understand the different direct and indirect advocacy approaches that groups can use. Understand the advantages and disadvantages of each approach. Provide tips that will help each approach be successful.

Lunch - Available noon – 1pm

Advocacy with State and Local Government 1pm – 3pm

Understand the organizational structure and decision-making stages of state and local government. Also understand what information and approaches are important in trying to influence policy makers.

York – October 19 @ Center for Independent Living Opportunities

To Enroll or for More Information Contact DASH–
Call toll free at 800-692-7443 x312 (877-375-7139 TTY)
OR send an email to ldo@drnpa.org

Please note that seating is limited and reservations are required.

No charge for workshops or materials
Accommodations available upon request
Workshop materials are available in alternate formats
Please make all requests by August 27, 2009.

Workshops are provided by the Disability Advocacy Support Hub (a project of the Disability Rights Network of Pennsylvania) and funded by the Pennsylvania Developmental Disabilities Council



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York Area Down Syndrome Association
PO Box 186
Dallastown, PA 17313
www.yorkbuds.org
Email-yorkbuds@gmail.com

Our Board

Jen Ayers-President (717) 676-8915

Mindy Miller-Vice President (717) 225-6755

Julie Arthur-Treasurer (717) 487-0075

Deanna Miller-Secretary (717)741-0565

Hoss's Community Night

We are excited to team up with Hoss's Steak and Sea House to raise money for York Area Down Syndrome Association. We ask that our group consider visiting the Hoss's location listed below on November 11th and December 12th to aid us in raising money to benefit our organization. Print this and present it on **11/11/09** or **12/10/2009** at Hoss's on Market St in East York or present a card with the group number. Hoss's will then donate 20% of your total check paid to **York Area Down Snyderome Assoc.** Please encourage friends and families to also visit Hoss's on the days listed and have them provide our group number. The offer is good for all day!!

November 11th-Group #5648

December 10th-Group #5652

