

SPECIAL
POINTS OF
INTEREST:

- Buddy Walk Preparations
- Circle of Friends—Me Plus Three Event
- August Membership Meeting

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Down Syndrome Organization of Southern Nevada

VOLUME 1, ISSUE 5

AUGUST 2006

6th Annual Buddy Walk on September 23, 2006!

The sixth annual Buddy Walk will be held on Saturday, September 23rd at the Summerlin Centre Community Park at 1800 Town Center Drive, Las Vegas, NV, in Summerlin, from 4:00 PM until 7:00 PM. This year's walk promises to be the biggest Buddy Walk ever! Our first meeting to help plan the many activities was held at the DSOSN building on Saturday, July 8th. What a productive meeting!

This year's Walk will include many different activities for the whole family. At the walk on Saturday, September 23rd we will have a D.J., clowns, cartoon characters, face painting, Kevin Janison

from Channel 8, many different vendors, mission tent with crafts, games, message balloons, etc., raffle, incentives for Team Captains and



Join us for our 6th Annual Buddy Walk, September 23, 2006, at Summerlin Centre Community Park in Summerlin

participants, food and beverages, and other activities too

numerous to mention. If you would like an opportunity to be involved in this year's walk as a Buddy, volunteer, vendor or sponsor, please call Deann at the DSOSN building at 648-1990, or 505-5737. We welcome all types of participation. Help us raise money to continue the wonderful programs we sponsor for our membership! Inside this newsletter is the official Buddy Walk Pamphlet and registration form. This pamphlet should answer any and all questions you have concerning the walk. You can also register online at www.dsosn.org and then click on the [\(continued on Page 2\)](#)

Yoga Class at DSOSN Has Just Gotten Better!

Yoga classes will now be substantially subsidized by DSOSN when participants sign up for a quarterly class schedule. Participants will be responsible for a small co-pay. These classes are very beneficial to our members with Down syndrome. Linda Vandruff,

has been holding Yoga classes on Wednesday afternoons at the DSOSN building for sometime. Call Linda at 438-5668 with any questions you may have about the subsidized Yoga classes. She will be able to give you all the latest information regarding Yoga. Take

advantage of this wonderful opportunity!

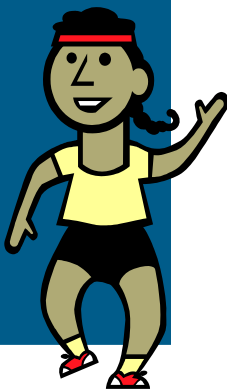


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Start your own online fundraising page for the 6th annual Buddy Walk. Just go to www.dsosn.org, then click on the www.firstgiving.com link to create your very own online fundraising page.



Curves,
Curves and
More
Curves!
Come
Check it
Out!!



www.firstgiving.com link to create your very own online fundraising page. It is as easy as one-two-three. You will find using this tool is an easy and fun way to let all your friends, co-workers, relatives know about this wonderful upcoming event. You can personalize your page with pictures, your story of why you support the Buddy Walk, you can make a challenge between family

members. Whatever will work best for you and your team. We are always available to provide any help. If you need assistance with setting up a team, or if you simply have questions regarding any aspect of the Buddy Walk, please do not hesitate to call the DSOSN office. Our office hours are 8:00 AM—4:00 PM, Monday through Friday.



Circle of Friends—Me-Plus-Three Event Planned

On Thursday, August 24, 2006, from 6:00 PM until 8:00 PM Joe DeSimone, Board Chairman of the DSOSN, will host an Open House Reception at his home. This cocktail reception and cultivation event is intended to celebrate the great things the DSOSN has accomplished, to learn about this annual

giving campaign and, most important, it is an occasion to introduce friends and business associates to the organization. Cocktails and light refreshments will be served. You will hear about the organization, get to meet the Board of Directors, staff and individuals living with Down syndrome working,

playing and socializing in our community, and you will hear how very easy it is to join DSOSN's Annual Giving Campaign with as little as a \$10.00 a month commitment.

Please let us know of any business or individual who would be interested in joining us for this event.

Curves, Curves and More Curves!

Member moms and daughters! Through the generosity of Gloria Bunch, owner of Curves in Summerlin, we have the following offer for our members:

Enrollment Fee: Waived for Mom and Daughter. (A value of \$300.00, \$149.00 each)

First Month Free: For individual with Down syndrome,

First Month for Mom or Guardian, \$14.50.

Monthly Fee after First Month:

\$39.00 (\$29.00 for Mom or Guardian, \$10.00 for Daughter)

To qualify, you need to partici-

pate in the 12-month Auto Check Draft Plan. This particular enrollment offer will expire August 31, 2006. Ages 14 and over can enroll. Please call Gloria to chat about daughters over the age of 21.

NOTE: This offer is only good at the following Curves: 9691 Trailwood Dr., #107 (In shopping area behind Fast Freddies on Trailwood Drive.)

Phone—702-228-4555

How To Make a Cool, Refreshing Summer Smoothie

Smoothie recipes (or fruit shake recipes) are easy to make, healthy, and delicious. They can be the answer to many of your mealtime dilemmas. Don't have time for a healthy breakfast? Take a fruit shake on the road with you! Your children won't eat their meals? Serve them a smoothie for lunch! You didn't make dessert but are in the mood for a treat after dinner? Whip up a batch of smoothies. Smoothie recipes are as easy as recipes get. Look through your cupboards, fridge and freezer. Take out some tasty things. Toss

them in the blender or smoothie maker and push a button. That's it! Here are some specific guidelines for making awesome smoothies.

Every smoothie needs the following three elements:

Something with substance. I like to use bananas, and Tofu also works well.

Your favorite fruit. Fruit can be fresh, frozen or even canned—with or without the juice. If you use frozen fruit, which

has substance of its own, you can do without the banana. Use a tasty liquid, such as juice, milk or soymilk. You can also add optional ingredients like yogurt, wheat germ, coconut or bran. That's it! Toss some of each into your appliance, push "blend," and it is ready to drink.

If you use fresh fruit or canned fruit, you may have to throw in a few ice cubes so the drink will be thicker . . . Good luck and good eating!



* The DSOSN has programs and activities in place we want all members to take advantage of. If you are a new member to the organization, or if you need a reminder of what is available, here is a list of the programs/activities we currently offer: *

* Speech—Voucher program to subsidize payments to your child's speech therapy program or therapist. Funds may also be used to purchase materials related to speech. *

* Music Therapy—Sessions with certified music therapist. Please call the DSOSN office for more information about this worthwhile, educational program. This is a free program to our members! *

* Aktion Club— Social club sponsored by the Kiwanis Club on every other Monday. This club is held at the DSOSN building. Call to find out when the next club meeting is scheduled. *

* Dance Class—Dance classes held on alternate Mondays between Aktion Club meetings. These classes are held at the DSOSN building. Call to find out when the next dance class will be held. This is a free class to our members! *

* New Subsidized Yoga—A certified Yoga instructor offers classes for children of all ages. The schedule for classes is: Wednesdays— 3:45 PM—4:40 PM—teens 14-17 years; 5:00—6:00 PM— young adults, ages 18 and up; Thursdays—4:00—5:00 PM—adolescents, 9-13 years of age. Call Linda Vandruff at 438-5668 to register for class or for any questions you may have. Small co-pay for our members. Check it out today! *

* College Scholarships for immediate family members affected by Down syndrome are available. Please call the DSOSN office to express an interest or request an application. *



August Membership Meeting—Microboards To Be Held Thursday, August 17, 2006 at 6:30 PM

Do you have any long-term ideas for your child or loved one who has a disability? Would you like to hear about an amazing answer for many families in the United States and Canada that will surprise you? Angela Ortega from People First will be presenting an introduction and explanation of a one-person, non-profit corporation you can open for your child, with a

"micro-board" of directors—with you at the helm and one or two others. This takes some paperwork, but these people are here to help us! It is a fascinating concept, brand new in Nevada, but families have been having success with this program all over the country! If you don't have any ideas in mind for a new concept of the future for your loved one, you will after this meeting!

Please RSVP Kathy Boyd at 648-1990 or email kboyd@dsosn.org so we can arrange babysitting and refreshments.

When: Thursday, August 17, 2006

Where: DSOSN Building

Time: 630 P.M.

See you there!

Down Syndrome of Southern Nevada

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Tips For Preventing Heat-Related Illness

The best defense is prevention. Here are some prevention tips:

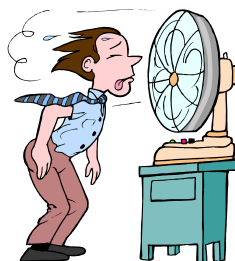
Drink more fluids (nonalcoholic), regardless of your activity level. Don't wait until you are thirsty to drink. Warning: If your doctor generally limits the amount of fluid you drink or has you on water pills, ask him how much you should drink while the weather is hot.

Don't drink liquids that contain caffeine, alcohol, or large amounts of sugar as these actually cause you to lose more body fluid. Also, avoid very cold drinks, because they can cause stomach cramps.

Stay indoors and, if at all possible, stay in an air-conditioned place. If your home does not have air conditioning, go to the shopping mall or public library, even a few hours spent

in air conditioning can help your body stay cooler when you go back into the heat.

Electric fans may provide comfort, but when the temperature is in the triple digits, fans will not prevent heat-related illness. Taking a cool shower or bath or moving to an air



Stay hydrated and cool during this hot, summer season!

conditioned place is a much better way to cool off.

Wear lightweight, light-colored, loose-fitting clothing.

NEVER leave anyone in a closed, parked vehicle. (This includes your pets as well.)

Although any one at any time can suffer from heat related illness, some people are at greater risk than others. Check regularly on infants and young children, people aged 65 or older, people who have a mental illness, those who are physically ill, especially with heart disease or high blood pressure. Visit adults at risk at least twice a day and closely watch them for signs of heat exhaustion or heat stroke. Infants and young children, of course, need much more frequent watching.