



THE DOWN SYNDROME TIMES

VOLUME 53 ISSUE 1

SPRING 2009

MEET THE EXECUTIVE DIRECTOR

Please help us in welcoming our new Executive Director, Jim Stewart. Jim is a 9 year resident of Las Vegas and has a 12 year history in non-profit. After graduating from the University of Toledo, Jim started his career at the YMCA. He progressed through the local association in Ohio and moved to Las Vegas as the Branch Executive Director for the YMCA of Southern Nevada in 2000. During his time with the Y, Jim learned the importance of building a strong team and setting goals. He helped them to expand both their membership and programs.

In 2004, Jim left the YMCA to pursue a career in insurance and financial planning. He was the Rookie of the Year for Southern Nevada and went on to receive numerous other awards. However, he never lost his passion for helping others. With this in mind, he joined DSOSN on April 6th. He looks forward to creating new programs for our members and being an advocate in the community for Down syndrome.

Jim has been married for 10 years to his wife Leslie, has a 3 year old daughter named Ellie and 2 dogs, Dalton and Scooter. In his free time, Jim enjoys spending time with his family in the mountains of Utah and watching college football. Jim is actively involved with his church and enjoys traveling. He is passionate about helping others and looks forward to meeting everyone.

SPECIAL POINTS OF INTEREST:

- *Complete Program & Services Updates*
- *Fundraising Event Updates*
- *Board Meetings*
- *And More!*

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CHANGE OF DATE FOR MAY BOARD MEETING

The May 2009 board meeting has been re scheduled for May 14, 2009 at 6:30 pm. Anyone wishing to attend the meeting and address the board needs to contact Executive Director, Jim Stewart at jstewart@dsosn.org to be put on

WELCOME NEW BOARD MEMBER– BARBARA SILVESTRI

Barbara lives in Las Vegas with her husband Jim and five children, Luke, Jack, Erica, Amanda and Alex. Barbara has been a member of DSOSN for three years with her son Luke. She is actively involved with the Festival of Trees, Buddy Walk and the New Parent Program. She also chairs the National Charity League as well as being active in St. Viator Church and her children’s schools.

“SAY CHEESE...”

Down Syndrome Organization of Southern Nevada is pleased to announce the launch of a new, exciting project....our very own Annual Photo Calendar! The calendar will be full of photos of our fabulous members, as well as snapshots from all of our exciting events, and of course, monthly calendars to help you keep track of your favorite DSOSN programs, events and activities!

Each month will spotlight one of our wonderful members with a full-page photo and biography. Fourteen (14) models (12 months plus the front and back covers) will be needed. Models will be chosen by lottery in the following age categories:

Newborn to 2 years	10 to 13 years
3 to 5 years	14 to 18 years
6 to 9 years	19 years +

Two models will be chosen from each category. All photos will be professionally shot by a local photographer in May or early June. Our goal is to have the calendar printed and ready for distribution by September 1st, just in time for Buddy Walk, Festival of Trees and Lights, and of course, holiday gift giving. Proceeds from calendar sales will go directly to support our highly utilized and successful speech and physical therapy programs.

If you are interested in submitting your child's name for the lottery, please complete the enclosed the form on page three and submit it to DSOSN no later than close of business May 31, 2009. No late submissions will be considered. The drawing will take place on May 31, 2009 at 12:00 pm. Winners will be notified by telephone. Good Luck and don't forget to "Say Cheese...!"

Please complete the enclosed photo calendar submission form on and fax to the DSOSN office at 702-648-2020.

DSOSN COOKBOOK

Needs your
RECIPES!

Deadline for submission: May 31, 2009

The DSOSN is putting together a taste-tempting cookbook featuring favorite recipes from members, family and friends of our organization to sale as a fundraiser. We want the cookbook to be available for sale by the 2009 Buddy Walk.

We are asking all members, family and friends to share a few of your favorite recipes so you can be represented in our memorable collection. Your name will be printed with each of your recipes. Each cookbook will contain helpful cooking hints, recipe category dividers, a table of contents, an index and special pages of interest to our organization. The cookbook will be typeset in an easy to read format and professionally printed and bound. Proceeds from the cookbook sales will help fund future projects sponsored by the DSOSN. **Your help in contributing recipes will ensure that our cookbook will be a success.**

RECIPE SUBMISSION INSTRUCTIONS

- Type or print clearly in ink if submitting a hard copy. Do not use pencil or write in cursive. Only one recipe per page.
- If more room is needed use another sheet and staple together. Write on one side only.
- List all ingredients in order of use in ingredients lists and directions.
- Include container sizes (e.g. 16 oz. pkg., 24-oz can.)
- Use abbreviations: pt., qt., pkg., ect.
- Keep direction in paragraph form, not in steps.
- Use name of ingredients in directions, eg, "Combine sugar and eggs" **do not** use statements like "Combine first three ingredients." Include temperatures and cooking, baking, chilling, marinating and/or freezing times.
- Be sure to include your name and contact information with each recipe.

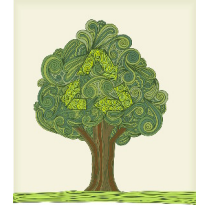
Where to submit recipes

- **Email recipe to "DScookbook@aol.com".**
- **Mail recipes to DSOSN, 5300 Vegas Dr. Las Vegas, NV. 89108**
- **Fax recipes to 702-669-6507.**
- **On—line submission form to be available soon on our website "DSOSN.org"**

Please contact Deborah Avery, Cookbook Chair at 354-4067 or DSOSN with any questions.

LAST MAILED NEWSLETTER

One of the 2009 goals of DSOSN is quite simply - yet important. We want to put forth a good faith effort to reduce our mailing cost and, at the same time, join other business, organizations and all citizens in doing our part in helping the environment in "going green". We are asking all members and supporters to supply us with their email address so that we can reduce our mailing costs. In fact, many non-profit organizations no longer offer their newsletter or other collateral via snail mail - only email. DSOSN presently sends out approximate 700 plus newsletters per quarter through the mail. So our goal is to make the distribution of the newsletter convenient for everyone and keep cost low for DSOSN. Please provide us with your email address as soon as possible by emailing your address to dsosn@dsosn.org. And at the same time we will be helping to SAVE A TREE AND GO GREEN! **The Summer newsletter will be sent by e-mail only. Members and supporters can call and request a hard copy be mailed to them by calling the DSOSN office.**



BOARD ELECTION UPDATES AND MONTHLY MEETING SCHEDULE

The May board meeting has been re scheduled for Thursday May 14, 2009 at 6:30pm. At this meeting the board will appoint a new executive committee. An e-mail will be sent out to all members and supporters informing them of the new executive committee.

The June and July DSOSN Board of Director meetings will be held the first Thursday of month at the DSOSN beginning at 6:30 pm. Anyone wishing to attend a meeting and address the board needs to contact Executive Director, Jim Stewart at jstewart@dsosn.org to be put on the agenda.

The staff and board of DSOSN would like to thank Mr. Joe De Simone and Laurie Myers for their time and service as their term comes to an end. DSOSN would like to welcome Barbra Silvestri to the board.

2009 ANNUAL MEMBERSHIP DRIVE

Just a reminder that if you have not renewed your annual membership please do so. Dues will remain at \$25 per year per family. The advantages of being a paid DSOSN member are: receiving the DSOSN quarterly newsletter and other mailing updates, access to the Lending Resource Library, eligible to receive all programs and services provided by DSOSN, invitation to all membership socials, activities and additional programs and yearly election voting privileges. For any new members who joined DSOSN during the last quarter of 2008 (October through December), we are waiving your 2009 dues as a welcome courtesy to the organization. Also, if paying dues creates a hardship on any family, please contact the DSOSN office. We do not want to turn anyone away in need of our services and programs.

NEW COMMITTEE FORMING

We are looking for some volunteers to sit on a advisory committee. The committee will be chaired by a current board member and will meet once a quarter to discuss issues that affect DSOSN. If you are interested in sitting on this committee please contact Executive Director Jim Stewart at jstewart@dsosn.org.

SWIM LESSON INTEREST LIST FORMING

DSOSN is forming a list for those members who are interested in signing up for swim lessons for all ages. Please call the office or email lterett@dsosn.org for more information.

DSOSN Community Groups

DSOSN is partnering with the Best Buddies. Best Buddies is a nonprofit 501(c)(3) organization dedicated to enhancing the lives of people with intellectual disabilities by providing opportunities for one-to-one friendships and integrated employment.

If you are interested in any of the following programs you Must RSVP to Lindsay, Director of Programs: lterrett@dsosn.org to reserve a spot at these upcoming events, sports are first come first serve bases.

- Saturday, May 16 – Buddy Bowling – Red Rock Lanes – 2:00 p.m.
- Saturday, May 16 – Self Advocacy Workshop – 11a-12p People First will host a self-determination session in collaboration with Best Buddies. We will discuss the principles of self-determination, People First language and the basics of advocacy. We encourage all individuals, with or without a disability, to attend. Held at the Best Buddies Office. 500 North Rainbow Suite 314. I have room for 10 more to attend.
- Thursday, May 21 – Farmers Market Meet-Up (Henderson) – Come and hang out at the Farmers Market with us! 9 a.m. – 12 p.m. at 240 S Water St Henderson, NV 89015

GRANTS AVAILABLE FOR FAMILIES STRUGGLING WITH CHILD HEALTHCARE EXPENSES

United Healthcare Children's Foundation is accepting applicants for the Grant Program. New grants are available to help children who need critical healthcare treatment, services or equipment not covered or not fully covered by their parents' health benefit plans.

The foundation provides grants to families to help pay for child healthcare services such as speech therapy sessions, prescriptions, & medical equipment. Parents and legal guardians may apply for grants of up to \$5,000 by completing an online application at "www.uhccf.org". To be eligible for grants, children must be 16 years of age or younger. Families must meet economic guidelines, reside in the United States, and be covered by a commercial benefit plan.

Information Needed about Medical Providers That Members Use

The DSOSN is trying to put together a list of different medical professionals that our clients use and would like to recommend to other families. We would like every type of medical professionals from pediatricians to dentists. Please email Lindsay Terrett Director of Programs at lterrett@dsosn.org or mail in your families recommendations to 5300 Vegas Drive Las Vegas, NV 89108.

Upcoming Events for DSOSN Members

All Members Welcome!

Volunteer to help feed the homeless at Las Vegas Rescue Mission

480 W Bonanza Rd Las Vegas, NV 89106

4:45 p.m. to 6 p.m.

The DSOSN adopted every third Wednesday of the month for staff and members to be feed the homeless.

May 20th, June 17th and July 15th are our reserved dates! This is a great way for us to give back to our community, and enjoy each other's company. If anyone under the age of 16 would like to volunteer please bring a chaperone. Please also remember to wear closed toed shoes to this event. We need at least 20 volunteers to make this a successful event.

May 18th Age group: 15 months to 5 years old

Arts and Crafts

5 p.m. to 6 p.m.

Come join Miss Lindsay with Arts and Crafts! We will be at the DSOSN Office.

(Every second to last Thursday of every month)

May 26th Age group: 6 years old to 12 years old

Arts and Crafts

5 p.m. to 6 p.m.

Come get crafty with Miss. Lindsay! We will be at the DSOSN Office.

(Every last Thursday of every month)

May 30th Annual Membership Picnic

Acacia Park, 50 Casa Del Fuego St. (Gibson and Las Palmas Entradas Avenue) Henderson, NV

11 p.m. to 4 p.m.

At Acacia Park in Henderson (the Park where last years Buddy Walk was held) the DSOSN is holding our Annual Potluck Picnic at the Park. Make sure to bring sunscreen and pack an extra set of clothing we plan on having some fun with the splash pads and squirt guns!

Occupational Therapy (Physical Therapy) will not be held on the following dates: May 25th, June 15th and July 6th.

Must RSVP to Lindsay, Director of Programs: literrett@dsosn.org to reserve a spot at these upcoming events! I look forward to seeing you all there!

U P C O M I N G D S O S N F U N D R A I S I N G E V E N T S & P R O J E C T S

12th Annual Down Syndrome Charity Golf Tournament

The 12th annual DSOSN Charity Golf Tournament will take place on Monday—May 18th, 2009 at Arroyo Red Rock Golf Course beginning with a 2 pm shotgun. The format is a 4-person Shamble. An individual player is \$195, a regular foursome is \$780, a corporate foursome is \$1,250 and sponsorships start at \$4,000. An awards dinner will take place following the tournament including a raffle and auction items. Call today to play as a golfer or to sign up your foursome or be a sponsor. Those who wish to attend the awards dinner but are not participating in the tournament can do so for \$25 per person.

Cookbook Recipes Wanted - Deadline is May 31st

The DSOSN is putting together a cookbook to sell as a fundraiser. We want the cookbook to be available for sale by the 2009 Buddy Walk. The deadline to submit a recipe is May 31st. We are asking all members who have a special recipe they want to share to send it into DSOSN. Recipes can be mailed or faxed to the DSOSN office. Fax is 648-2020. You can also download the form on our website. You can also submit recipes online via our website at www.dsosn.org or at DScookbook@aol.com. Any questions please call the office and ask for Deann. DSOSN member Debbie Avery is the Cookbook Chair. You can also email Debbie at davery@klastv.com.

9th Annual Buddy Walk

The 9th Annual Buddy Walk will take place on Saturday - October 10th, 2009 from 1 - 5 pm at Kellogg/Zahar Park in Las Vegas. More details will follow but in the meantime start forming your teams The First giving fundraising pages will be available soon.

21st Annual Festival of Trees & Lights

The 21st Annual Festival of Trees & Lights will take place on Thursday - November 19th at The Paris Hotel and Casino. The next Festival meeting is May 21st at the DSOSN office beginning at 6 pm. Volunteers are greatly needed to make this event a success. Please consider giving of your time and talents. Tree, wreath, stocking and basket designers are needed as well as Committee Chairs and day-of volunteers.

Dimes for Downs Campaign

The Dimes for Downs campaign started out in 2006 as a community service project for school age children. DSOSN is expanding the campaign and offering it to businesses, corporations and organizations. This is a very easy campaign to implement that doesn't cost businesses anything out of pocket. Those who want to participate can pick a designated time of their choosing (usually 2 weeks). We send them everything they need to conduct a successful campaign including collection containers, posters, etc. Dangers are even available for businesses to offer their patrons to be displayed in their stores. Patrons are asked to donate their spare change to the Dimes for Downs Campaign. If you are a business or organization that would like to participate, please contact the DSOSN office at 648-1990 and ask for Deann. Or visit our website at www.dsosn.org.



**Down
Syndrome
Organization
Southern
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U.S. Postage
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WERE ON THE WEB

WWW.DSOSN.ORG

The DSOSN is grateful to our past, 2008 and ongoing contributors, sponsors and donors. Throughout the years they have always “come through” for us and our membership. They believe in our mission to provide services/programs/therapies and socials to the members living in Southern Nevada affected by Down syndrome. Without their generous and continuous sponsorship, the DSOSN could not continue the important work that we do. And we are especially appreciative during these challenging economic times we are all facing.

Thank you! Thank you! Thank you! Thank you!

GREEN & STREET
P R O P E R T I E S

Southern Highlands.
Las Vegas, Nevada

