

**THE DAILY JOURNEY- NEWSLETTER for DOWN SYNDROME and
DEVELOPMENTAL DISABILITIES – FEBRUARY, 2010**
(funded in part by an FSS grant from Taconic DDSO) Contact: DSAHV, 14 Zerner Blvd.,
Hopewell Jct., N.Y. 12533 ‘www.dsahv.org’ or 845-226-1630

THREE BOWLING PARTIES

SAT, FEB 20, 2010 - 2:00 - 4:00 p.m. - FREE BOWLING AND PIZZA at Hoe Bowl Holiday Lanes, Route 9, Wappingers Falls

Please join the DSAHV for bowling and pizza. Directions: Hoe Bowl Holiday Lanes is on Route 9 southbound in Wappingers Falls, approximately one mile south of the Poughkeepsie Galleria Mall.

ALL AGES ARE WELCOME. Please pre-register for the bowling by calling 845-226-1630 and leaving a message. This is mainly so that if the weather is questionable and we decide to cancel, we will personally call everyone to tell them.

SAT, MAR 6, 2010 - 2:00 - 4:00 p.m. - FREE BOWLING AND PIZZA at Hoe Bowl on the Hill, Route 9W, Kingston

Please join the DSAHV for bowling and pizza. Directions: Hoe Bowl OnThe Hill is on Route 9W in Kingston approximately one mile south of the Hudson Valley Mall.

ALL AGES ARE WELCOME. Please pre-register for the bowling by calling 845-226-1630.

SUN, MAR 21, 2010 - 2:00 - 4:00 p.m. - FREE BOWLING AND PIZZA at Hoe Bowl Orange County Lanes, Route 52, Walden

Please join the DSAHV for bowling and pizza. Directions: Hoe Bowl Orange County Lanes is on Route 52 in Walden approximately

ALL AGES ARE WELCOME. Please pre-register for the bowling by calling Laura Brewer at 845-895-1746 or email to ‘racsan52799@yahoo.com’.

Other Dates to Save

Thursday, **May 27, 2010** - Second Annual DSAHV **Golf Tournament** at Branton Woods in Hopewell Junction .

Monday, **July 26, 2010** – Down syndrome picnic at Hudson Valley **Renegades game** with food and **fireworks**.

Sunday, **October 10, 2010** – Annual DSAHV **Buddywalk** in Hopewell Junction

Feb 24 and 25, 2010 – Down Syndrome Buddywalk on Washington, D.C. Sponsored by the National Down Syndrome Society (NDSS)

Congresswoman Cathy McMorris Rodgers, a member of the Down Syndrome Caucus and a mother of son with Down syndrome hopes to see many advocates on the hill for this 2-day session for advocates with opportunities to meet elected officials. This large buddywalk is sponsored by the NDSS. To register or learn more, go to their website at ‘www.ndss.org’ or call Vanessa Quick at 800-221-4602.

Sat, April 24, 2010 – Beyond Our Wildest Dreams Annual Down Syndrome Aim-High Conference at Albany Holiday Inn, 205 Wolf Road, Albany, 8:00 - 4:30

To register and for more information, call the Down Syndrome Resource Center at 518-438-1113 or go to their website at www.dsahrc.org. The keynote speaker this year is Dr. Brian Skotko, author of "Fasten Your Seat Belt: A Crash Course on Down Syndrome for Brothers and Sisters".

Single Parent in Kingston Needs HELP

One of the members of our Down syndrome support group is a single mother living in Kingston. She has a little girl with Down syndrome and an infant son. She needs a place to live. We're asking anyone who can offer a place to live, knows of an apartment, or knows of a place to live, please contact Al Marotta at 845-226-1630 as soon as possible. Thank you everyone.

New Ceramics Classes Available in Highland (Ulster County)

West's Ceramics Supply Co. has a new location at 4 Lumen Lane, Highland. This is just two miles north of the Mid-Hudson Bridge right on Route 9W. They offer classes in ceramics for people with developmental disabilities six days a week. For anyone interested, contact owner JoAnn Wilkin at 845-691-6060.

New Music Class in Ulster County

A special needs music class for children has started in Ulster County. The music therapist listed below is running it at the Reformed Church in Hurley. They meet Saturday mornings at 11am and the cost is \$10 per session. Anyone interested can email or call Rick with any questions.

<http://www.ricksoshensky.com/>

Special Olympics Basketball in Kingston

When: Wednesdays, February 3, 2010 through March 3, 2010

Place: John F. Kennedy Elementary School, 107 Gross St., Kingston, NY

Time: 6:00 –7:45 (Arrive at 6:00 PM to be ready to play by 6:15)

Wear: Sneakers and sweatpants or athletic pants.

Bring: Water bottle

Athletes must be registered and have a current medical on file with Special Olympics. Residences and Group Homes: please have staff present. To register and for information: E-mail 'mcoleman@familiesfirstny.org' contact Mike Coleman at 845-452-1114 ext.3105. Program is limited to 20 players.

We Wish to Hear from Parents

In an effort to reach out to new families of children with Down syndrome, we are seeking testimonials from our current members. We wish to share your stories of hope and joy with those who may be struggling with the early feelings of sadness, depression, anger and guilt. If you are willing to help, please send us a couple-paragraph statement focusing on the positive elements of your experience. The statement can be written from a parent, grandparent, or even a sibling perspective. If possible, please email a digital photo along with your testimonial. If you wish to offer a submission, or would like more information, please contact Melissa Deschamps in Parent Support/Outreach at 'mel@ericdeschamps.com' or 845-633-8806.

PUBLIC FORUM on DEVELOPMENTAL DISABILITIES

On Tuesday, **March 9**, 2010 from 4:00 to 6:00 P.M. the Dutchess County Dept. of Mental Hygiene will hold its annual forum seeking input from families and self-advocates regarding services to individuals and families. Parent input is a vital first step in letting county officials (and also state

officials) know how important it is to us to keep those services we depend on. The forum will be held at the Dutchess Mental Health Center Multipurpose Room at 230 North Road in Poughkeepsie, across the street from St. Francis Hospital. If you cannot come in person, you may submit your concerns to Karen Trokan at 486-3700 or email to: karent@dcdmh.org.

EDUCATIONAL ADVOCACY INFORMATION

The **Eastern Independent Living Center** in Newburgh provides educational advocacy. To learn more contact Diane Troller at 845-565-1162 ext.243.

DSAHV Education Committee - Rose Lisi is New Chairperson

Rose Lisi has volunteered to head the Education committee of the DSAHV. Rose has served many years as an educational advocate in Orange County. Her daughter Valoree is 19 and has Down syndrome. Rose has a wealth of knowledge and experience to share. We are delighted to have her step up to this position. We are looking for other parents, of all ages, to join our education committee. If you are interested, please contact Rose at 845-564-3737 or email to 'rcmlisi@msn.com'.

Free Educational Advocacy Help Available (Dutchess and Ulster)

Through a grant from the Taconic DDSO Family Support Council, two local Independent Living Centers are now providing free assistance to parents who need help working with their school districts. The primary location for this service is Dutchess County, but parents in other counties may be eligible if resources permit. The two agencies collaborating on this project are **RCAL (Resource Center for Accessible Living** in Kingston) and **TRI (Taconic Resources for Independence in Poughkeepsie)**.

Part of this service is to provide ADVOCATES to go with parents TO THEIR CSE MEETINGS. To seek assistance or find out more, please call Dorothy Richards at RCAL (845-331-0541) or Karen Lynch at TRI at 845-452-3913.

TRI is presenting training sessions for parents on special education rights and law. The classes MAY be repeated throughout April, May, and June. You MUST pre-register. If no one signs up for a class, that class will be cancelled.

SPECIAL EDUCATION RIGHTS WORKSHOP

- Your Rights
- Your School's Responsibilities
- How do I get my child's services? What services are available for my child?
- What is the Committee on Special Education (CSE) Process?
- How does the committee determine if my child is eligible for special education services?
- What do I do if I disagree?

WORKSHOP SCHEDULE

Date	Location	Time
February		
Wednesday, February 3, 2010	Grinnell Lib - Wappingers Falls	2-4:00 PM
Thursday, February 11, 2010	TRI	10:30 – 12:30
Tuesday, February 23, 2010	TRI	2-4:00 PM
Friday, February 26, 2010	Beekman Library	2-4:00 PM
March		

Wednesday, March 3, 2010	East Fishkill Library	7-9:00 PM
Wednesday, March 10, 2010	Starr Library – Rhinebeck	1-3 PM
Monday, March 15, 2010	Grinnell Lib.-Wappingers Falls	6-8 PM
Tuesday, March 23, 2010	Dover Library	1-3:00 PM

The workshops are designed for parents, educators and human service professionals. To receive further information, call **TRI** at (845) 452-3913. Pre-registration is required. (**NOTE:** Workshops may also be scheduled and held at a location more convenient to specific groups of participants. Please call **TRI** for more information.) If you require a sign language interpreter or large print, please contact TRI at least 5 days prior to your selected attendance date with your request.

Understanding Assistive Technology for Auditory Processing and the IEP – Thur, Feb 11, 2010

This free workshop is sponsored by Putnam Independent Living Services, 1961 Route 6, Carmel, NY 10512 in the conference room in the rear from 6:00-8:00 PM. The presenters are Dr. Christine Russo-Mayer, Au.D. and Sheryl Frishman, special ed attorney. Please RSVP by **February 8** to Rita Casey at 845-228-7457 (ext.1100) or email to ‘rcasey@putnamils.org’.

IEP Seminar in Middletown on February 23, 2010

The Family Empowerment Council in Middletown is sponsoring a workshop called “School Districts and Parents Working Collaboratively on Developing an Individualized Education Plan.” This is a film and discussion beneficial to parents and professionals. The workshop will be held twice: 10:00 until noon and 6:30 to 8:30 P.M. at Family Empowerment Council, 225 Dolson Avenue, Middletown, NY 10940. **RSVP** to 845-343-8100 (x381) or email: ‘ealvarado@FamilyEmpowerment.org’.

Understanding Your School Team: the CSE on Feb 22, 2010 – 7:00-8:00 PM

The workshop is sponsored by the Hudson Valley Special Education Parent Center and Middletown Thrall Library. It will describe the Committee on Special Education. It will be in the community room at the library at 11-19 Depot Street in Middletown. The presenter is Joyce Hawk. To register call Joyce at 845-891-1305 or email to ‘jhawk@wihd.org’.

Understanding Your Child’s IEP on March 22, 2010 – 7:00-8:00 PM

The workshop is also presented by Joyce Hawk (see previous article above).

TRANSITION PLANNING: WHERE DO WE GO FROM HERE? - Parent Information Series sponsored by Dutchess BOCES (all sessions 6:30-9:00 P.M.)

- Tue, March 2, 2010 –Getting Started: What Parents Need to Know About Adult Services**
- Tue, March 23, 2010- College with Confidence**
- Tue, April 13, 2010 – Ready, Set, Go to Work**
- Tue, April 27, 2010 – Creating a Safety Net (SSI, Trusts, Guardianship)**

All workshops are FREE and held at Dutchess BOCES BETA Site, 900 Dutchess Turnpike, Poughkeepsie. To sign up call Marilyn McGaulley at 845-486-4840 x3058.

TRANSITION PLANNING: Putnam County

Tuesday, March 9, 2010 5:45-8:00 PM at Putnam ILC

Hudson Valley Special Education Parent Center & Putnam Independent Living Services
1961 Route 6, 2nd Floor, Carmel, New York 10512

To register, contact Rita Casey at 845-228-7457 or email to 'rcaset@putnamils.org'.

Start to Finish: Steps to Successful Special Education Services

Wednesday, March 10, 2010 9:30am - 3pm

Hudson Valley Special Education Parent Center & Putnam Independent Living Services

1961 Route 6, 2nd Floor, Carmel, New York 10512

Presenters: Kim Gardinier and Layna Maher, NYS Commission on Quality of Care & Advocacy for Persons with Disabilities

This full day training will provide an overview of the entire special education process, including regulations, IEP development and preparation for postsecondary transition.

To register, call Rita Casey at Putnam ILC at 845-228-7457 (email to 'rcasey@putnamils.org' or e-mail nbrickel@wihd.org). Register by March 1, 2010!