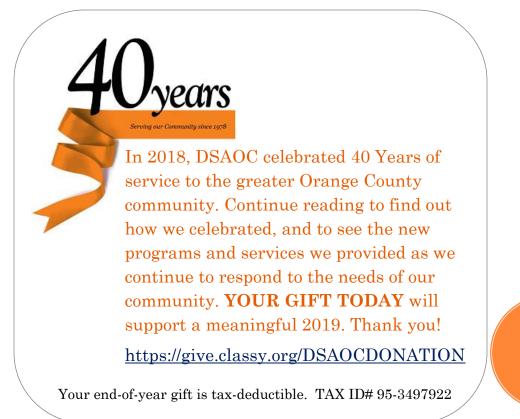


DOWN SYNDROME ASSOCIATION OF ORANGE COUNTY Changing Perceptions - Changing Lives

THE YEAR IN REVIEW

"2018... DSAOC's 40th Year!

DSAOC's Mission is to create a place for connection, information and hope for people with Down syndrome and their families throughout greater Orange County, to promote Down syndrome awareness through community outreach, and to offer programs, services and support that aim to empower individuals with Down syndrome to reach their full potential. Our Vision is to be a one-stop-shop for all things Down syndrome related, and to be a model organization for community collaboration and Down syndrome awareness, to change perceptions and change lives.



Stay up-to-date with all the DSAOC happenings... "LIKE" us on Facebook: https://www.facebook.com/DSAOC/

The Year in Review

"2018... DSAOC's 40th Year!

The Down Syndrome Association of Orange County (DSAOC) had another busy and meaningful year. Besides our regularly scheduled weekly, monthly and annual programs and activities, DSAOC had a great year of outreach, Down syndrome awareness and advocacy, collaborations, parent support and more.

We supported 4 families with **prenatal diagnosis** care, and a total of **57 new families** this year.

 In January, DSAOC thanked our longtime Board President, Janette Mattson, for her amazing dedication to our team and organization, and we welcomed our new Board President, Ruben Rivas. See announcement here: https://tinyurl.com/yb236nug

We provided resources and support to **53** new families through our Prenatal/Expectant Parent Support Program and supported **4** families who received a prenatal diagnosis.

- In **February**, DSAOC launched its "Manners & More" program. This periodic 6-week program is partially to help prepare our teens/adults for the annual Red Carpet Ball so they can be confident in their social etiquette skills, but also to prepare them for any social engagement. View Photos from the first class here: <u>https://tinyurl.com/y7cqunur</u>
- Also in **February**, DSAOC started a wonderful relationship with Mandy from Dare to Dance (now called Definitely Dance) and teens/adults were able to learn exciting new dances they could showcase at the Red Carpet Ball, and at any dance they attend. View Photos from the first class here: <u>https://tinyurl.com/y7w8zvn4</u>
- In DSAOC's on-going efforts to bring educational workshops to our parents and caregivers, we were thrilled to bring in Sandi Ames to conduct an important workshop on *Educational Placement and Least Restrictive Environment (LRE) – What does it all mean?* Several families attended this workshop at the DSAOC Center on February 8th.
- Also on **February 8**, the Orange Elks Lodge once again graciously opened their lodge doors to DSAOC to host the annual **Adult Singles Mixer**. This year's Mixer was an 80's Themed party, and it was Radical! The purpose of

the annual Mixers is to connect single adults with Down syndrome to others who are looking for friendship, as well as a date to the Red Carpet Ball. You can view our event post here: <u>https://tinyurl.com/yazbdtzo</u> View our Album here: <u>https://tinyurl.com/ycfr2jqs</u>

- DSAOC was thrilled to receive the news that we WON the Regional Center of Orange County SPOTLIGHT AWARD as Community Partner. We attended the award reception on Friday, March 2nd. It was quite an honor, and a wonderful way to celebrate our 40th year of serving our community. See Photos: <u>https://tinyurl.com/ybajz9ux</u>
- On March 3rd, to kick off the month that we celebrate World Down Syndrome Day, DSAOC's great friend, Brynne Palmer, and her team at Goldrush Tattoo worked with us to host a Down Syndrome Awareness Tattoo event. We were thrilled to have more than 80 people get the DS Awareness tattoo that day, and we had a special visit from Heather Avis, Author of *The Lucky Few*. Even the DSAOC Executive Director got her tattoo that day! A couple photo galleries to view, as well as a Video.

https://www.facebook.com/pg/DSAOC/photos/?tab=album&album_id=1015553 5113528507

http://gallery.dparkphotography.com/SPECIAL-EVENTS/DSAOC-Tattoo-Day-2017/ (date error on her page – this was a 2018 event) VIDEO <u>https://youtu.be/g38zWsqLjZc</u>

- On Saturday, March 17 more than 300 teens/adults and their friends enjoyed an Arabian Night at the Phoenix Club in Anaheim for DSAOC's 14th Annual Red Carpet Ball. This was a new location for us this year, and it worked out great! DJ Willpower spun the tunes, and everyone danced the night away. Parents were able to relax in the on-site restaurant, or they could attend the DSAOC Parent Mixer Dinner, taking place in a private room at the venue. You can view all the amazing photos here: <u>https://www.facebook.com/pg/DSAOC/photos/?tab=album&album_id=1015560</u> <u>8643178507</u> VIDEO: https://www.youtube.com/watch?v=wdESdWBAJfA&feature=youtu.be
- On Thursday, **March 21**, DSAOC families and supporters celebrated World Down Syndrome Day in a BIG way at our new venue, Pacific City, in Huntington Beach. With beautiful views of the beach, we enjoyed a dance performance by Down for Dance, and moved and grooved to tunes spun by DJ Willpower. Cast members from A&E's Emmy Award Winning show, "Born this Way", joined us, and Megan (Megology) and Sean (Seanese) were able to

2018 Year in Review - Down Syndrome Association of Orange County

sell their merchandise. Check out a couple photo galleries, as well as a Video. Photos: <u>https://tinyurl.com/y756adk4</u> <u>http://gallery.dparkphotography.com/SPECIAL-EVENTS/DSAOC-WDSD-2018/</u> VIDEO <u>https://tinyurl.com/ydeq8s9p</u>

- DSAOC continues our collaboration with Special Olympics So. Cal. by promoting and recruiting participants for their Young Athlete's Program. This year, YAP sessions were held at a nearby park on Saturday mornings. We look forward to announcing the next sessions in 2019. <u>https://tinyurl.com/ycjf7l4j</u>
- In April, DSAOC met Jonathan Erickson, a pre-med student that is also a 4th degree Black Belt in Taekwondo. He started working with our Monday Homeschool Group in April and they are getting ready for their 2nd belt testing. Exciting stuff! View photos from the class and their July belt testing: <u>https://tinyurl.com/yddxay8e</u> https://tinyurl.com/y9p7kogc
- On **April 5**, we enjoyed a special visit from our friends at **Nothing Down** and were thrilled to be in their video that featured Sean McElwee and his tshirt business, Seanese. Photos from the visit: <u>https://tinyurl.com/yabq8tol</u> Video: <u>https://tinyurl.com/yatjfs71</u>
- On **Saturday, April 7**, DSAOC was thrilled to partner with UC Irvine/UCI Mind, Regional Center of OC and Alzheimer's OC for "Ask the Doc", a seminar on the connection between Down syndrome and Alzheimer's that featured medical professionals who work on research and care for individuals affected by this. PHOTOS: <u>https://tinyurl.com/yay789xu</u>
- DSAOC hosted the 3rd Annual "Jr. Dance" with our friends at Mater Dei High School on Saturday, April 14. More than 50 kids, age 10-14yrs, enjoyed dancing and learning some fun, new dance moves, all in preparation for the teen/adult dances they will soon be invited to attend. View photos here: <u>https://tinyurl.com/y7n4hse4</u>
- On Sunday, **April 15**, our wonderful friends at the Seal Beach Yacht Club once again hosted our annual **New & Expectant Parent Luncheon**, a complimentary luncheon for parents who have children with Down syndrome 0-5yrs, as well as for expectant parents, grandparents and extended family members. We had a record number in attendance, hosting just over 100 people. View photos here: <u>https://tinyurl.com/ybjexvf7</u>

- This year marks the 19th year of DSAOC's **Educator of the Year Award & Recognition Program**. We received 7 outstanding nominations, and everyone that was nominated received recognition for their efforts. The teacher chosen for the 2017-2018 school year was nominated by the Mattson family for the amazing educational environment being created for their daughter Becca. We were honored to recognize Ms. Dana Zimpelmann from Orange High School during a school assembly in May, as well as at the OC Buddy Walk in October. See photos of the award ceremony at the school: <u>https://tinyurl.com/ycfj6zwl</u>
- DSAOC once again participated in the IHeartOC fundraiser hosted by the Orange County Community Foundation. We were able to work with other organizations that also served individuals with disabilities, and we joined together for one special GIVING DAY on May 31 Empowering Possibilities. We had happy tears as we watched our donation total grow to \$18,000. https://www.facebook.com/DSAOC/photos/a.385842373506/101557308930085 07/?type=3&theater
- DSAOC's 2018 Summer Programs started in June and included an Art Class with Ally, Science Class with Shivum, Fitness & Nutrition with Julia, a Dance Class, and Manners & More. So much fun! You can view photos here: Art & Science Class: <u>https://tinyurl.com/y84kjh7g</u>
 Fitness Class: <u>https://tinyurl.com/y8t9jmbp</u>
 Science Class Video: <u>https://tinyurl.com/ybodaxan</u>
- More than 220 golfers registered to join us at the 14th Annual Golf Tournament, Banquet & Auction on June 11 at Los Coyotes Country Club. This event is DSAOC's 2nd largest fundraiser, and we urge our families and supporters to consider joining us, and/or supporting this event in 2019. Mark your calendar for Monday, June 10, 2019. View event VIDEO: <u>https://vimeo.com/277678248</u>
 View Photos here: <u>https://tinyurl.com/y84n944d</u>
 https://mandjfoto.wixsite.com/mandjfoto/dsaoc-golf-tournament-2018
- On Sunday, June 24, our wonderful friends at the Orange Elks Lodge hosted another awesome Summer Picnic for DSAOC families at Irvine Regional Park. It's always a great party, complete with a delicious BBQ, free train rides and entrance to the Zoo, Pony Rides, plenty of games, and a special visit from the therapy dogs. View photos from this event: https://www.facebook.com/pg/DSAOC/photos/?tab=album&album_id=1015579 3214243507 https://elks1475.smugmug.com/62418-Down-Syndrome-Picnic/

 On Saturday, June 30, more than 200 people joined us for the DSAOC annual Summer Picnic at Atlantis Park. The Splash Pad was once again a big HIT, and the food provided by Charo Chicken was delicious as usual. The National Charity League Pacific Coast Chapter supported with volunteers and games, and an exciting time was had by all. View Photos here: https://www.facebook.com/pg/DSAOC/photos/?tab=album&album_id=1015580 2834128507

https://mandjfoto.wixsite.com/mandjfoto/dsaoc-summer-picnic

- Each summer, DSAOC brings in experts on Special Needs Trusts, Financial Planning and Conservatorships, as well as someone that can present on the ABLE Act. We were happy to have our friends, Susan A. Katzen, Esq., Sarah Kirland, Esq., and Frank Teng, MBA, CFP with us on July 14 to provide our families important information to successfully plan for their loved one's future. <u>https://tinyurl.com/y7lvgp4j</u>
- In early August, we were thrilled to witness 40 children, teens and adults with Down syndrome and other disabilities participate in the annual Orange County Bike Camp a collaboration between DSAOC and UCP-OC. We continue to be grateful to Soka University for being our venue sponsor, as well as the more than 80 volunteers who supported all week. Mark your calendars for the 2019 OC Bike Camp, taking place at Soka University August 5-9. View our photo albums here: https://tinyurl.com/ycrvdfla
 https://tinyurl.com/y9nac9v3
- On August 8, the DSAOC Dads Group reunited under the new leadership of volunteer facilitator, Peter Kim. The group plans to continue meeting periodically, do some fundraising for future activities, and participate as a group in select DSAOC events and activities. If you are interested in joining this group, please email <u>admin@dsaoc.org</u>. https://www.facebook.com/DSAOC/photos/a.385842373506/101558923188685 07/?type=3&theater

Community Corner Video: https://www.dsaoc.org/community-corner.html

 In September, DSAOC likes to host an educational workshop for parents/caregivers once school is back in session from the Summer. On Saturday, September 22, DSAOC once again brought in Sandi Ames for an Individualized Education Program Workshop. Parents gained important knowledge, and walked away much more confident about the IEP process.

- On September 11, we were thrilled to work with students from Chapman University to start a High School Book Club. This 9-week program was focused on socialization/making friends while working on reading, comprehension, creativity, self-expression and more. View photos: <u>https://tinyurl.com/ydgz56lc</u> <u>https://tinyurl.com/y8jowqht</u>
- On Saturday, September 29, more than 100 people joined us for our "Cheers to 40 Years" celebration at the Lincoln Experience Center in Newport Beach at Fashion Island. It was a great evening, with beautiful music by The Darden Sisters, delicious food from Luna Grill and Cheesecake Factory, exciting entertainment from Danny Magic, and Down syndrome awareness photography by M&J Fotography. View Photos and Video: <u>https://www.facebook.com/pg/DSAOC/photos/?tab=album&album_id=1015602</u> <u>8129108507</u>

Video <u>https://www.youtube.com/watch?v=O7yHJCfb_WY&feature=youtu.be</u>

- The morning of **Saturday**, **October 6**, DSAOC's Taekwondo Program was thrilled to participate in the 1st Annual **All Abilities Celebration** hosted by the **Segerstrom Center for the Arts**. Our Homeschool and Adult group Taekwondo programs with Jonathan were able to join with his other classes at his Anaheim studio and give an awesome demo! Check out the photos: <u>https://tinyurl.com/yagjxs6c</u> VIDEO <u>https://tinyurl.com/ychue6by</u>
- Also on **Saturday, October 6**, as part of our Down syndrome awareness outreach for **October/Down Syndrome Awareness Month**, DSAOC attended a very special activity in Seal Beach with one of our families. Alicia Sanchez provided information about DSAOC and Down syndrome alongside Mayra Contreras who promoted her awareness and inclusion doll, Olivia, named and created after her daughter who has Down syndrome. Read more... <u>https://tinyurl.com/yaafg455</u>
- On **Saturday**, **October 6**, more than 90 teens/adults attended our annual Halloween Costume Party and Dance, the **"Boo Bash"** at Mater Dei High School. The costumes get better each year, and we always love hanging out with our friends from the sports teams at Mater Dei. The evening included a costume and dance contest, and music powered by DJ Willpower. View Photos:

https://www.facebook.com/pg/DSAOC/photos/?tab=album&album_id=1015603 0113263507

- As part of **October's Down Syndrome Awareness outreach**, DSAOC launched it's first teaser video on our NEW **Adoption Stories Series**. Watch the Stiger family's story here: <u>https://tinyurl.com/y88sttcf</u>
- DSAOC loves to collaborate with other local agencies. To respond to the needs of our families for supplemental speech therapy, DSAOC launched a pilot program earlier this year in collaboration with ICEC (Intervention Center for Early Childhood). After seeing it's success, we started the official NEW DSAOC Social Language Speech Therapy program in October. This is a small group therapy program that has a parent education component, and we were thrilled to add in the support from a therapy dog. Photos: https://tinyurl.com/y9ffhaz7
- On Saturday, October 20, DSAOC's Halloween Picnic & "Trick or Trunk" had another record number of attendees, with more than 300 celebrating this Fall activity with us. NCL-Pacific Coast Chapter hosted a cake walk, with some delectable desserts! American Advocacy Group sponsored our food and beverages, and we had more than 20 cars festively decorated for the trick-or-treaters. The Garden Grove Elks Lodge once again hosted the event at their lodge, and it was so appreciated.
 PHOTOS: <u>https://tinyurl.com/ydhew43e</u>
 VIDEO <u>https://tinyurl.com/y9zu902v</u>
 VIDEO <u>https://tinyurl.com/ycm4ff5z</u>
 VIDEO <u>https://tinyurl.com/ycpgsuxc</u>
- On Saturday, October 27, DSAOC's Taekwondo Programs with Jonathan were once again asked to participate in an event with the Segerstrom Center for the Arts, this time at the BofA Challenger Baseball Classic. Both DSAOC groups joined some members from Jonathan's Anaheim studio and did another awesome demo! View Photos: <u>https://tinyurl.com/y7bumns8</u> VIDEO <u>https://tinyurl.com/yawd79um</u>
- The Orange County Buddy Walk, DSAOC's largest annual fundraiser, took place on Sunday, October 28 with approx. 2,500 people, more than 50 exhibitors, entertainment on 2 stages, delicious food vendors, special guests and more! Join us NEXT YEAR on Sunday, October 27 at the Angel Stadium of Anaheim for 5-hours of excitement to celebrate our loved ones. Photos: <u>https://www.dsaoc.org/buddy-walk-photo-gallery.html</u> VIDEO <u>https://www.youtube.com/watch?v=ngBkNme551w</u>

- On Friday, November 9 DSAOC once again collaborated with the Pujols Family Foundation for the 3rd Annual PFF/DSAOC Prom. This event was once again hosted by Saddleback Church in Anaheim. The Saddleback staff and volunteers are amazing and certainly helped make the evening a great experience for all. You can view photos here: <u>https://www.facebook.com/pg/DSAOC/photos/?tab=album&album_id=1015610</u> <u>4816328507</u>
- In early **November**, the **DSAOC Dads Group** met up for a crafts night, to make beautiful hand-painted scarves for that special lady in their lives. Check out some photos from the fun night, and then consider joining this group for some dad bonding, and fun. PHOTOS: <u>https://tinyurl.com/y9sf32bn</u>
- On **Friday, November 30**, we had a great time working with students from CSUF on a project for their CAPSTONE. The team of students put together all the details to host a Karaoke Party Night for our teens and adults. We had 21 singers, along with approximately 40 additional people made up of parents, friends and students, who acted as the audience to cheer everyone on as they sang their hearts out to music provided by Kevin Karaoke. Photos:

https://www.facebook.com/pg/DSAOC/photos/?tab=album&album_id=1015614 5556103507

https://lightroom.adobe.com/shares/18f67d444dc8425cbab0400a860874cd?fbcl id=IwAR0v8qp4s57Av7CntA0DAPzO8HDNeWkb7EyZq0HJTvkMoWFkbFjF XbET62g

- In **December**, DSAOC launched the second teaser video on our NEW **Adoption Stories Series** that will come out in Spring of 2019. Watch the Sowell family's story here: <u>https://tinyurl.com/y7dhsw2u</u>
- DSAOC's annual end-of-year Holiday celebrations included our **Circle of Friends Support & Networking Group's Holiday "PAJAMA PARTY",** and our very popular **"Breakfast with Santa"** which not only included Santa, ... but several princesses stopped by, and we had Sean McElwee from the Emmy Award Winning show on A&E "Born this Way" who attended again as Santa's Elf. The National Charity League-Pacific Coast Chapter was amazing once again, and helped make the morning extra terrific and festive! Check out the photos

Circle of Friends PHOTOS:

https://www.facebook.com/pg/DSAOC/photos/?tab=album&album_id=1015616 2737988507

Breakfast with Santa Album 1:

https://www.facebook.com/pg/DSAOC/photos/?tab=album&album_id=1015614 7584263507

Breakfast with Santa Album 2:

https://www.facebook.com/pg/DSAOC/photos/?tab=album&album_id=1015614 7627838507

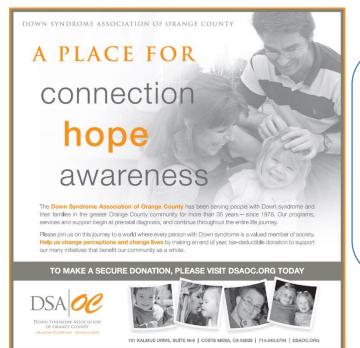
- DSAOC's "Mano a Mano" early literacy program for children with Down syndrome in Spanish language homes continues to expand to serve more children. This program helps develop their love for learning, utilizing Terry Brown's *So Happy to Learn* curriculum. With nearly 80 children enrolled, they are learning to read and count in English, and parents are becoming more comfortable with curriculum in English and are more engaged in their child's learning. Students from Mater Dei help to support this program and we are grateful. This program is funded in party by *Valero*. View photos from the end-of-year holiday party here: https://tinyurl.com/ydyn38uj You can also CHECK OUT THIS AMAZING program by watching the DSAOC "*Community Corner*" video highlighting Mano a Mano: https://tinyes./vimeo.com/193611535
- We supported **10 Interns** through our comprehensive *Intern Program*, providing students an opportunity to experience the non-profit workplace, as well as gain experience working with our families and their children, teens, and adults with Down syndrome. This year we had 5 interns from UC Irvine and 5 from Cal State University Fullerton. A few of them will be returning in the Summer and Fall of 2019 to experience additional programs and events.
- DSAOC Staff, Interns and Board Members attended **29 outreach and awareness activities/events** this year, promoting DSAOC's programs & services, and supporting Down syndrome awareness. Outreach included resource fairs, meetings with hospitals, meeting with companies, and attending other community networking/engagement meetings.
- We supported a total of **57** new families this year with **Welcome Baby Baskets**, parent mentors, support and networking groups, and resource materials. We provided **Prenatal Support to 4** families, as well as additional support when their baby was born/will be born. One of our families is due in January 2019.
- We continue with our *weekly* and *monthly* programs: Ballroom Dance, Book Club for Adults, Drama Therapy with Alexis, Yoga with Julie, Fitness and Nutrition Class, Taekwondo, 4H DSAOC Superkids, Teen/Adult Bowling League, Sibshops, Mano a Mano and our programs

that run quarterly, **Mano a Mano Book Club, High School Book Club** and **Signing Time**.

- Our on-going *monthly* support & networking groups include: **Circle of Friends** (for new & expectant parents and for families who have children of all ages), **Homeschool Friends** Group, and the **Spanish** language support group.
- DSAOC continues to put a focus on **Healthcare for individuals with Down syndrome** and has been active with UCI and CHOC Children's, ensuring we have a list of primary care and specialty care doctors who know about the health conditions that are prevalent in children, teens and adults with Down syndrome. We also **collaborate with Alzheimer's OC** on their seminars and conferences, as well as their monthly support group for parents/caregivers who have adults with Down syndrome that are showing signs, or have been diagnosed with, dementia/Alzheimer's.
- DSAOC is thrilled to continue our involvement with the UCI Family Health Clinic in Santa Ana that is the first Down syndrome specific Adult Primary Care clinic, created in alliance with UC Irvine Health. Read the STORY on our BLOG: <u>http://www.dsaoc.org/blog/?p=2074</u> You can also view information in our 2016 Summer Optimist Newsletter: <u>https://www.dsaoc.org/pdfs/optimist/2016-summer-optimist-newsletter.pdf</u>
- REMINDER The CHOC Children's Down Syndrome Clinic, an alliance between CHOC Children's and DSAOC, continues to care for hundreds of children with Down syndrome annually. Since the inception of the Clinic, they have conducted more than 800 patient evaluations. INFORMATION AND VIDEO: <u>http://www.dsaoc.org/chocs-children-down-syndromeprogram.html</u>
- Take some time today to view **DSAOC's "Community Corner"** video series. You won't be disappointed! <u>https://www.dsaoc.org/community-corner.html</u>
- We continue to offer **Self-Advocates volunteer opportunities** on Tuesdays and Wednesdays at the DSAOC Center. This year a self-advocate and his job coach worked numerous hours at DSAOC and completed more than 50 workbooks, and helped reorganize some of our resource cupboards and shelves.

The Down Syndrome Association of Orange County is continuously grateful to our Corporate, Foundation, and Individual Sponsors, as well as our Collaboration Partners, Volunteers and Interns. We look forward to your continued support and participation. THANK YOU!

2018 Year in Review - Down Syndrome Association of Orange County



We need your support in 2019! Please consider an **END-OF-YEAR** tax-deductible **Gift** to support the meaningful programs & services provided to our community.

Thank you, sincerely.

To make your tax-deductible contribution to DSAOC, please visit: <u>https://give.classy.org/DSAOCDONATION</u>

For more information on DSAOC, please visit our website at <u>www.dsaoc.org</u> For a list of current programs & services please visit: <u>https://www.dsaoc.org/pdfs/dsaoc-programs-services-2017-06.pdf</u>

Interested in supporting the largest annual DSAOC Teen/Adult event, the Red Carpet Ball? See below for ways to support.

JOIN DSACC FOR A MAGICAL NIGHT! BE PART OF SOMETHING INCREDIBLE ON SATURDAY, MARCH 16, 2019 AT THE PHOENIX CLUB IN ANAHEIM. BECOME A SPONSOR OF THE ANNUAL DSACC RED CARPET BALL DINNER & DANCE.



PUT SMILES ON MORE THAN 300 FACES OF TEENS/ADULTS WITH DOWN SYNDROME AND THEIR FRIENDS! We are looking for 4 sponsors at the \$5,000 level. Will you be part of the magic? Sponsors receive 8 complimentary seats for dinner.



ABOUT DSAOC

THE DOWN SYNDROME ASSOCIATION OF ORANGE COUNTY HAS BEEN SERVING GREATER ORANGE COUNTY FOR MORE THAN 40 YEARS WITH LIFE-LONG PROGRAMS & SERVICES FOR FAMILIES & THEIR LOVED ONES WITH DOWN SYNDROME. DSAOC ALSO SUPPORTS THE COMMUNITY BY OFFERING INTERN & VOLUNTEER OPPORTUNITIES. TO LEARN MORE CALL 714.540.5794 OR EMAIL KPEREZ@DSAOC.ORG 2018 EVENT VIDEO <u>https://tinyurl.com/y8500f0j</u> Photo Gallery <u>https://tinyurl.com/y7tk6heu</u>

VIEW