



Mile High Down Syndrome Association

Step Up for Down Syndrome

August/2009

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Dear Friends,

We have lots of great things happening here at MHDSA in the coming weeks. Please be sure and read through to find out what we are doing for you and how you can help support MHDSA

Step Up for Down Syndrome (SUDS) Walk



Haven't registered for the Step Up for Down Syndrome walk yet? Please go to www.stepupdenver.org to register your team, register as a "virtual" walker, or support a loved one that is participating in the walk. We have tons of great prizes to give away and September 27th at City Park

will be a fun filled day to remember! Come out and join the fun!

MHDSA and Lenny's Sub Shop announce ongoing partnership

MHDSA and Lenny's Sub Shop are pleased to announce that we will



be partnering to provide discounted meals and Down syndrome awareness to those that support MHDSA and those that frequent a local Lenny's Sub Shop. When you buy a special "Step Up" wrist band for \$1 the proceeds go to MHDSA and when you visit a Lenny's on any Wednesday or weekend with your

wristband you will receive 10% off your order that will then be donated back to MHDSA! Help us support those that support us. Please visit your local Lenny's to get your wristband and start supporting MHDSA!

www.lennys.com for the store nearest you.

Denver Adult Down Syndrome Clinic Seeks New Executive Director



The Denver Adult Down Syndrome Clinic is looking for an Executive Director. This is a part-time position for the Clinic, with a minimum requirement of 20 hours per week. The Executive Director will oversee the management of the Clinic with a focus on the successful implementation of the

vision and achievement of goals as set by the Board of Directors. Please contact Cara George, DADSC Board President at 303-916-8940 or email cbgeorge@prestigerealtygroup.com for more details. This is a great opportunity to contribute to a unique organization!!

Free Workshop through Peak Parent Center



Peak Parent Center is hosting a free IEP Workshop in Westminster. The topic will be: *Key Ingredients for Effective IEPs*. Get answers to these questions and more: How do I get ready for an IEP meeting? What has to be included in an IEP? How do I know if we have a good IEP or not?

Date: Wednesday, September 23, 2009

Location: North Metro Community Services
1185 W. 124th Ave.

Westminster, CO 80234

Time: 5:30 p.m. - 6:00 p.m. - Free dinner and time to network/chat. 6:00 - 8:30 p.m. - Workshop.

To sign up: 719-531-9400; 800-284-0251; info@peakparent.org by September 16th, 2009

If you have an IEP, please bring it.

Also: 2.5 Contact Hour certificate; childcare available; sign language interpretation may be available - contact PEAK to request sign language interpretation by September 16th, 2009 at 719-531-9400.

Hills Wine Tasting



HILLS is pleased to invite any that are interested to join them for A TASTING WITH HILLS. This is a wine tasting and appetizers and an opportunity to support and learn more about HILLS and the innovative social programs they offer people with developmental disabilities.

Saturday, September 12th 5:00-7:00pm

9032 Eastridge Rd.

Golden, CO 80403

RSVP: (303) 875-9149 or info@hills-inc.org

University of Colorado at Boulder

The Speech Language Hearing Center of CU Boulder is offering a family education and support group, called Early Circles, for families of children with Down syndrome age newborn to 3-ish in the Boulder, CO area. Our focus will be on interaction and communication, and families will meet Thursday evenings beginning September 17th for sessions with home visits scheduled individually for coaching of families to use strategies with their children within daily routines. Please contact: amy.thrasher@colorado.edu.

University of Wyoming - Sibling Survey

The University of Wyoming is looking for parent-child dyads to participate in a research study on a new sibling survey. If you have: 1) a child with autism, cerebral palsy, or Down syndrome living at home, and 2) at least one child between 11 and 14 years old without

a disability living at home, you and your child without a disability may be eligible to participate in a survey that takes 15-30 minutes each to complete. If distance prohibits travel, participation over the phone may be possible.

If you are interested in having your child participate, please call 307-766-5577 or e-mail jsenner@uwyo.edu.