



Mile High Down Syndrome Association Newsletter

Step Up for Down Syndrome

December 22, 2009

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Learn Job Skills!

If you are a Self Advocate age 18 or older, we have a wonderful opportunity for you! Please read the article in this issue entitled, "Job Skills for Self Advocates."

Here are some examples of the tasks you will be performing:

Greet Customers

Stocking forms & informational pieces

Tidy entrance area

Assist cashier with bagging & customer questions

Administrative tasks: filing, making copies

Dear Friends,

We hope you are enjoying a wonderful holiday season and wish you a happy and healthy new year!

Job Skills for Self Advocates



The Blue Spruce Habitat for Humanity ReStore would like to work in partnership with MHDSA by providing volunteer job training and customer service skills for people with Down syndrome age 18 and older.

A ReStore is a discount building material, home goods, and tools store operated by Blue Spruce Habitat for Humanity in Evergreen, Colorado. ReStore reuses, recycles and resells functional building materials that are in good condition, thereby diverting thousands of tons of usable materials from local landfills.

ReStore is conveniently located across the street from a public transportation stop in Evergreen. We are looking for self advocates to volunteer from all over the Denver metro area to participate in the Self Advocate Volunteer Program and benefit from this amazing job training opportunity.

Please contact Volunteer Coordinator, Melissa Davis for more details melissad@mhdsa.org or 303-756-6101.

Advocacy Lunch & Learn



Learn more about your legal rights to advocate for yourself, your patients, your children and your friends. Thom Miller, Director of the Special Education Program at The Legal Center, and Ian Watlington, family advocate with Arc of Denver, will provide insight, tools and tips to help

parents better understand their children's rights and responsibilities with regard to special education.

Date: January 12, 2010

Time: 12:00pm to 1:00pm

Location: Mt. Yale, The Children's Hospital, 13123 E 16th Ave

RSVP: Required. Click here to RSVP

<https://www1.thechildrenshospital.org/Events/calendar-registration.aspx?eventId=4d66f003-14e1-de11-9638-005056947103>

Lunch provided for \$5 - cash or check collected upon arrival
Questions? Call Elissa Udell at 720-777-6253 or email
advocacy@tchden.org

Aging Issues Group

Dianne Hitchingham, Director of Development Office for the Development Disabilities Resource Center (DDRC) will be presenting at the Down Syndrome Aging Issues Group on Monday, January 25, 2009 at 9:30am. The meeting will be held at the Alzheimer's Association office at 455 Sherman St., Suite 500, Denver. Topics of discussion will include planning for the future, guardianship, resource coordination, residential services, in-home support and financial assistance.

ALIVE! Classes in 2010



The 2010 curriculum for ALIVE! classes is now available. ALIVE! stands for Ability, Life skills, Independence, Vitality and Education. Topics include Healthy Choices, Personal Safety, Social Skills and Relationships and Happy Holidays. The theme of developing relationships, self-care, personal responsibility and appropriate adult behavior are always included throughout the curriculum. Please visit www.denverdsclinic.org/education or call 303-360-3877 for more details.

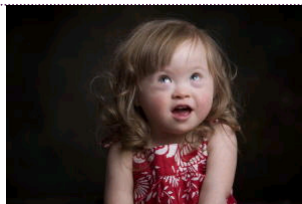
Peet's Coffee Donations to Benefit MHDSA

We would like to thank the Peet's Coffee shop located at University & Arapahoe in the Southglen mall for donating a portion of their proceeds from December 17th through December 24th to MHDSA. Peet's corporate office is matching, dollar for dollar, the amount raised. So please, help support those that support us by visiting PEET'S COFFEE on Arapahoe & Univeristy.

Peet's Coffee
6751 S. University Blvd.
Littleton, CO 80122

Thank you, Peet's for thinking of us during the holiday season!

Help Students With Down Syndrome Achieve Educational Success in Colorado



MHDSA is developing a new Education Outreach program. In order for this program to be effective and high quality we need your help! Through a survey, we are gathering information about your experiences with your respective school systems. Please take the time to complete our online survey. We greatly appreciate your help in ensuring students with Down syndrome achieve educational success in Colorado.

The survey can be accessed by clicking on the link below or copying the link and pasting in your browser:

www.surveymonkey.com/s/HLR9X9S

If you would prefer a paper copy of the survey please call us at 303-797-1699 and we will be happy to mail a survey to you.

Thank you for your participation!

Holiday Promotion Benefiting MHDSA

Please visit one of the following Taco John's locations and help support MHDSA when you purchase a NACHOS NAVIDAD!



When: Dec 1st to the 28th

Where: Taco Johns in Greeley:
2508 11th Ave Greeley, CO 80631
(970) 352-5438

Where: Taco John's in Windsor:
7605 Royal Vista Cir, Windsor, CO 80528- (970) 266-2665.

For every order of Nachos Navidad and \$1 ornaments purchased from their two locations in Greeley and Windsor, \$.25 will be donated to MHDSA. They will also be collecting additional donations in a change box.

Sincerely,

MHDSA
Mile High Down Syndrome Association