

# DSASTX NEWSLETTER

January 2020



## *A message from the DSASTX Staff*

Dear DSASTX Families & Friends -

Wow, 2020! As we look back over 2019 we are filled with gratitude for the many people involved with the DSASTX.

We are grateful for our amazing and dedicated Board of Directors that give their time to ensure that the DSASTX's resources are used wisely and the organization is well-governed, and consistently support and advocate for our mission.

We are thankful for the cadre of volunteers that join our staff and board in all manner of work - from set up, clean up, registration and everything in between - we could not get by without all the help from our volunteers!

We are thankful for the many individual and business supporters that provide financial resources to the DSASTX, and that help us reach new audiences.

And we are thankful for you! Whether you have volunteered, attended a social event or program, made a donation, attended a meeting, shared a social media post, or cheered from the sidelines, you are an important part of our work, and our hope for the future.

2020 brings us a fresh start and another opportunity to build awareness. Our goal is to continue to empower and support individuals with Down syndrome and their families to access resources, engage with their community, and progress toward self-actualization.

This community is a place to call home, and it's the people who make it so. We thank you for all the ways in which you support the DSASTX, and best wishes to you and yours for a bright start to 2020!

Remember, you are **always** welcome here at the DSASTX!

Kindest Regards -  
The DSASTX Staff

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### COLLECTIVE PALETTE 2020

The Down Syndrome Association of South Texas presents:

#### **Collective Palette 2020**

Honorary Chairs - The Barrios Family

*Please join us for the 2nd Annual Collective Palette benefiting the Down Syndrome Association of South Texas. Enjoy captivating entertainment, exquisite culinary artistry with beer and wine, immersive activities including live sketching and henna, dessert party, and unexpected surprises all night!*

Collective Palette | A Blend Of Cuisine And Color, will take place at Morgan's Wonderland from 5:30pm - 9pm - an inclusive evening for our community with Down syndrome, featuring Resa Wohlrabe.

Tickets for featured raffle packages will also be available.

#### **Admission Includes:**

- Event admission
- Tickets for tasting dishes from participating restaurants (amount based on ticket/partnership level)
- Complimentary beer and wine
- Enjoy ambient entertainment, art, and music!

#### **Ticket/Partnership Info:**

Individual Ticket: \$125  
Premier Date Night: \$321  
Sommelier Partnership: \$2,500  
Chef de Partie Partnership: \$5,000  
Sous Chef Partnership: \$7,500  
Chef de Cuisine Partnership: \$10,000  
Executive Chef: \$20,000

For additional ticket/partnership information, please visit [dsastx.ejoinme.org/2020](http://dsastx.ejoinme.org/2020) or reach out to Nicole at [NGalindo@dsastx.org](mailto:NGalindo@dsastx.org) or by phone, 210-349-4372.



# Save The Date

## MARCH 19, 2020

AT MORGAN'S WONDERLAND

HONORARY CHAIRS  
THE BARRIOS FAMILY

Please join us for the 2nd Annual Collective Palette benefiting the Down Syndrome Association of South Texas. Enjoy captivating entertainment, exquisite culinary artistry and unlimited drinks with beer pairings, immersive activities including live sketching and henna, dessert party, and unexpected surprises all night!

Visit [www.dsastx.org](http://www.dsastx.org) for more information



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### Something new at DSASTX!

We would love to introduce you to a new program here at DSASTX.

## ABLE

Adults  
Believing  
Learning &  
Expressing

### What is "A.B.L.E."?:

A.B.L.E. refers to individuals who develop the ability to make their own personal decisions based on their individual talents and interests.

### What is the A.B.L.E. Training Program:

We will provide 30-minute sessions to adults with Down syndrome once a month on topics to help them become A.B.L.E. individuals. All presentations will take place the 2nd Wednesday of each month from 6:00-6:30 pm for our A.B.L.E. individuals. Each month we will have one topic that will include discussions from all A.B.L.E. participants. We want everyone to participate and we can all learn together!

### The first 3 topics will be as follows:

February – What is Independence?

March – Making Choices

April – Decision-making Tools

### Who are my trainers?

- Jessaca Bond – A.B.L.E. Self-Determined Adult
- Sandy Bond – Parent of A.B.L.E. individual Jessaca
- Magaly Diaz – Parent and TEAM/PRN representative
- Oralia Lara-Vargas – DSASTX Education Director

*Motto: "The Power of Self-Determination is in your Hands!"*

Join us for our informational meeting. We will discuss what the workshops will be about and answer any questions. Parents and Adults with DS are welcomed to attend to learn more about our A.B.L.E. workshops that will start in February 2020!

**Date: Wednesday, January 15, 2020**

**Time: 6:00-6:15 pm**



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## **Music Therapy is back at DSASTX!**

The Down Syndrome Association of South Texas, in partnership with Emily Metcalf, MT-BC, will be offering a 6 week music therapy class for individuals with Down syndrome ages 18+ (and their like aged siblings) and for our Little Ones (0-6 years old) . Emily has an extensive background working with children to young adults with special needs. She has facilitated music therapy groups, individual sessions, taught adapted lessons, and we are very excited to be able to make use of her expertise!

### **Music Therapy for Little Ones:**

*Cost: \$30 per child (\$5 per session)*

The overall goal is to reinforce academic concepts.

Objectives:

- be able to identify numbers 1-5
- be able to recite days of the week, alphabet and months of the year

The objectives may have to be tweaked depending on the actual mean age of the children attending.

For example, if the class is mostly 2 year old children, we may need to decrease the difficulty level of these.

Session dates:

January 14th, 21st and 28th

February 4th, 11th and 18th

### **Music Therapy for Adults:**

*Cost: \$30 per child (\$5 per session)*

The overall goal is to increase socialization / communication skills.

Objectives:

- be able to respond appropriately to greetings within 10 seconds of being greeted
- present requests in complete sentences with no more than 2 prompts
- maintain eye contact for 50% of the time during a conversation
- communicate current feeling/emotion with no more than 2 prompts (if verbal) using a complete sentence (I feel \_\_\_\_ today...)

Session dates:

January 16th & 23rd

February 6th, 13th & 27th

March 5

*\*\*All sessions take place at DSASTX Maggie Hartman Community & Education Center, 1127 Patricia 78213*

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## What's Happening in January at the DSASTX

### JANUARY 2020

#### **1/8, 1/15, 1/22, 1/29 (every Wednesday) - Teen & Adult Club**

6 - 8:30PM at DSASTX Maggie Hartman Education Center, 1127 Patricia

For teens AND adults, register at [bit.ly/TeenAdultClub2020](https://bit.ly/TeenAdultClub2020)

#### **1/9 & 1/30 - Open Play (0-5 year olds)**

10AM - 2PM at DSASTX Maggie Hartman Education Center, 1127 Patricia

Register at [bit.ly/OpenPlay2020](https://bit.ly/OpenPlay2020)

\*1/30 will be held at We Rock the Spectrum, 932 Coronado Blvd, Universal City, TX 78148\*

#### **1/9 - Kid's Connection (6-12 year olds)**

5:30 - 7PM at DSASTX Maggie Hartman Education Center, 1127 Patricia

Drum Circle night! A light meal will be served.

Register at [bit.ly/KidsConnection2020](https://bit.ly/KidsConnection2020)

#### **1/11, 1/18, 1/25 (every Saturday) - Music & Movement (0-6 year olds)**

11 - 11:50AM at DSASTX Maggie Hartman Education Center, 1127 Patricia

Register at [bit.ly/MusicMovement2020](https://bit.ly/MusicMovement2020)

#### **1/11 - MOMS Meet Up! - Painting with a Twist**

2 - 4PM at Painting with A Twist, 10003 Military Hwy, #1126, San Antonio, TX 78231

Register at [bit.ly/MOMS2020](https://bit.ly/MOMS2020)

#### **1/14 - Music Therapy Sessions for Little Ones (0-6 years old)**

Dates: January 14, January 21, February 4, February 11, & February 18

All sessions are from 9:30 - 10:30AM at DSASTX Maggie Hartman Education Center, 1127 Patricia

Cost: \$30 per child (\$5 per session)

Register at [bit.ly/MTkids2020](https://bit.ly/MTkids2020)

#### **1/15 - A.B.L.E. Informational Meeting**

6 - 6:30PM at DSASTX Maggie Hartman Education Center, 1127 Patricia

Register at [bit.ly/ABLE2020](https://bit.ly/ABLE2020)

#### **1/16 - Music Therapy Sessions for Adults (18+)**

Dates: January 16, January 23, February 6, February 13, February 27 & March 5

All sessions are from 1:20 - 2:30PM at DSASTX Maggie Hartman Education Center, 1127 Patricia

Cost: \$30 per child (\$5 per session)

Register at [bit.ly/MTadults2020](https://bit.ly/MTadults2020)



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## JANUARY 2020 con't

### **1/16 - Family & Community Partners for Inclusion -**

Topic: Our topic will be "What Can I Ask at an ARD Meeting?"

6 - 8PM at DSASTX Maggie Hartman Education Center, 1127 Patricia

Register at [bit.ly/FCPI2020](https://bit.ly/FCPI2020)

### **1/24 - DADS Meet & Greet!**

6:30 - 10PM at Main Event Entertainment, 8514 Texas 151, San Antonio, TX 78245

Register at [bit.ly/DADS2020](https://bit.ly/DADS2020)

### **1/25 - New & Expectant Parent Breakfast**

10AM - 12PM at DSASTX Maggie Hartman Education Center, 1127 Patricia

Register at [bit.ly/ParentBreakfast2020](https://bit.ly/ParentBreakfast2020)

### **1/25 - Family Fun Day**

12 - 3PM at DSASTX Maggie Hartman Education Center, 1127 Patricia

Register at [bit.ly/FamFun2020](https://bit.ly/FamFun2020)