

Upcoming events Please join us! We always welcome family, friends, professionals, and other members of the community. Additional activities may be added prior to the next newsletter. Please log onto our website for updated calendar information or check our info-line.

Thursday, November 10, 2011, 7-8 pm

Guest speaker: **Didi Zaryczny**, Medicaid Waiver Mentor, Commonwealth Autism Service, Bedford Office, on "**Medicaid Waivers in Virginia**" at Mill Mountain Coffee and Tea, 17 East Main Street, Salem.

Sunday, December 4, 2011, 2-4 pm

Ho Ho Ho Holiday Party

Location: the Brambleton Center, 3738 Brambleton Avenue, Roanoke. We will have a facepainter for the children, a holiday dinner with ham, turkey, green bean casserole, mashed potatoes and rolls, holiday music, and a visit from Santa with gifts for all children. We are asking each family to **please bring a dessert to share, and a canned food donation** that we will give to a local food bank on behalf of the DSAR. **Please RSVP with the number in your party, and the ages of all children and teens who are attending (including the number of adults who have Down syndrome so we will have enough movie gift cards for everyone.)**

Thursday, January 12, 2012, 7-8 pm

Guest speaker: **Kari Decker**, MS, CTRS, Therapeutic Recreation Supervisor, on **Therapeutic Recreation Services of Roanoke Valley**. No reservation is needed and this event is free.

Location: Mill Mountain Coffee and Tea, 17 East Main Street, Salem

Saturday, February 18, 2012, Winter Bowling Party, 1-3 pm

Location: Lee-Hi Lanes, 1830 Apperson Drive, Salem

Bowling shoes rental and two games each provided by the DSAR. This event is free but please respond with the number in your party that will be bowling so we will have enough space for everyone.

Friday, March 9, 2012, late afternoon/early evening, Sheraton Roanoke Hotel & Conference Center, 2801 Hershberger Road, Roanoke. (Time and details to be finalized closer to the date.)

Gail Williamson, Executive Director of the Down Syndrome Association of Los Angeles (DSALA), and also a media activist and consultant, with her son, Blair Williamson, actor and self-advocate, will greet our infants, children and adults who have Down syndrome who are interested in acting and their parents or guardians in a "Meet and Greet." There is no charge for this meet and greet.

Come and meet our speaker in a casual setting where your child or adult can share his/her passion for acting with Gail and find out more info on registering with the DSALA's casting liaison service. If your child or adult has a scene they would like to

perform for Gail they may, but it isn't necessary. Bring a photo of the child or adult and a resume if you have one already, again, not necessary, just if you have one. You can register and be ready to be found for upcoming acting opportunities. Gail just recently submitted several actors to play a high school student that goes to Space Camp. The film was being made in Alabama and talent from across the US auditioned on tape. The young man who was cast was from Illinois. So you don't have to live in Los Angeles or New York to get opportunities to work.

Saturday, March 10, Keys to the Future Conference, 8:30 am-3:30 pm

Location: Sheraton Roanoke Hotel & Conference Center, 2801 Hershberger Road, Roanoke

Registration is required for this conference. In addition to **Gail and Blair Williamson** (see details from March 9) who will give the keynote, "From LIFE GOES ON to GLEE", we will have two more great speakers. **Joan Medlen**, M.Ed., RD, LD, President, JEM, Communications, and author of *The Down Syndrome Nutrition Handbook, A Guide to Promoting Healthy Lifestyles*, will give presentations on nutrition and on "Forgiveness and Advocacy." The other presenter will be **Royce Jacomen**, M.Ed., Coordinator of Assistive Technology, from the Training and Technical Assistance Center at Virginia Tech, who will lead a two hour training session on iPads. The iPad training session will be given once and limited to 20 people so register early if you are interested in attending the iPad session. Final details for all sessions will be available soon.

Conference registration details: Individual registration fee is \$25, or \$40 for two family members in the same household. Scholarships are available to parents and guardians who have a child with Down syndrome and live in Southwest Virginia. Please contact the DSAR for more information.

Thursday, April 5, 2012, 7-8 pm

Guest speaker: **Jennifer Rypel, DMD**, Carilion Clinic Dental Care, Roanoke. Dr. Rypel will be giving a presentation on "**Dental characteristics and treatment needs for the child who has Down syndrome**" and we will be given a tour of the dental facility. This presentation is free but reservations are requested so that we can tell our host how many people will be attending. The exact location of the presentation will be available closer to the date, but will be on Jefferson Street in Roanoke.

Friday, May 11, 2012, 8 AM and 1:30 PM Tournaments

Mac & Bob's 20th Annual Benefit Golf Tournament Supporting the DSAR with hole in one sponsor **Duncan Ford Chrysler Dodge Jeep**
Location: Hanging Rock Golf Club, 1500 Red Lane, Salem

Tuesday, July 31, 2012 DSAR hosts Push America Journey of Hope Cycling Team for the 10th year. Details to be announced in the spring.

Calendar information is posted on our website www.dsar.org, on our info-line (540) 772-6460, sent in monthly emails, and listed on our Facebook page. If you would like to be added to our email list, please send us an email (info@dsar.org) and ask to be added. You can find our Facebook page by searching for the group “Down Syndrome Association of Roanoke.”