



**Broward
Gold Coast
Down Syndrome
Organization**

UPDATES & NEWS

Calendar of Events

- **Wednesday, May 18, 6pm - 9pm**
ESE Advisory Meeting, Piper High School
- **Saturday, May 21, 8:30am - 4pm**
GC conference - , Wrightslaw Training
Signature Grand, Davie
- **Monday, May 30, 10am - 1pm**
Playgroup - Funderdome Indoor Playground
Fort Lauderdale
- **Tuesday, May 31, 10am - 12pm**
Down Syndrome Committee of
Broward ESE Advisory Meeting
Topic: Open discussion with Dr. Antoine Hickman,
ESE Executive Director of Broward County
Children Services Council
- **Friday, June 10**
Teen Movie Night and Dinner
Save the Date, *Details to follow*
- **June 10-12**
The Family Cafe, Hyatt Regency, Orlando, FL
- **Wednesday, June 15, 6pm - 9pm**
ESE Advisory Meeting, Piper High School
- **Saturday, July 9, 4:10pm**
Marlins vs. Reds, Marlins Stadium
- **July 21-24**
National Down Syndrome Congress
JW Marriott Grande Lakes, Orlando, FL
- **Saturday, July 30, 1pm - 3pm**
Special Needs Sports Fair
Equine Assisted Therapies, Coconut Creek
- **Friday, August 5**
Mom's Night Out - "Bad Moms" Movie
Details to follow
- **Water Park event - August/September**
All ages, *Details to follow*
- **Sunday, October 16**
21st Annual Buddy Walk & 5K Run
Markham Park, Sunrise, FL
Details to follow



FROM THE DESK OF OUR EXECUTIVE DIRECTOR

Hope everyone is having a great and productive school year!

Now is the time to review your child's goals and whether they have been met. You will want to know exactly where they stand with their goals as well as prepare for the next school year. If your child is transitioning to another school, make sure all the information about your child is clear. The new teacher does not know your child. Make it easier for the teacher, and most importantly your child!

This summer, an exciting event is coming to Orlando and Gold Coast is proud to be one of the Host Committees for the NDSC Annual Convention. Please make sure to stop by our table and say hello to Beckie Schwartz, Bach Todaro and Alexai Perez who will be attending the convention and servicing our table. Thank you ladies for your time and support.

Gold Coast has relocated their offices and we have settled into our new "home". We are very grateful to ARC Broward for their support by providing us our previous space for 13 years. **Our new address is: 9900 West Sample Road, Coral Springs, FL 33065**

Finally, if you plan on sending your child to camp, you must register ASAP as many camps fill to capacity fast!

Wishing everyone a happy and safe summer!

Diane De Braga
Executive Director

National Down Syndrome Congress Annual Convention

Where in the world is the next NDSC Convention? It isn't every year that this convention is held in our backyard, so make the most of this opportunity to be part of an enlightening experience!

JW Marriott Grand Lakes, Orlando, Florida: July 21-24, 2016!

Registration for Convention is now open.



BGCDSO is a proud sponsor of this year's convention.

What's the NDSC Annual Convention all about? Each year, thousands of people from across the globe attend the National Down Syndrome Congress Annual Convention. For most, it's to hear the latest information from world-renowned experts. For others, it's a great vacation. But for nearly all, there's the one-of-a-kind NDSC family reunion feeling that permeates the convention weekend. For more information, visit their website at www.ndsccenter.org

NOVA SOUTHEASTERN UNIVERSITY'S Mailman Segal Center for Human Development

Unicorn Children's Foundation Clinics

The Unicorn Children's Foundation Clinics at Nova Southeastern University's Mailman Segal Center for Human Development provide a comprehensive spectrum of services for children and caregivers. With extensive knowledge in child development, clinicians provide expert diagnostic and treatment services to guide caregivers in obtaining the most individualized and up-to-date information. Knowing that children are different helps clinicians understand and respect the uniqueness of each child. We provide the highest level of expertise in our fields and look to caregivers to provide invaluable expertise regarding their child, creating a dedicated team to assist the child in achieving success throughout diagnosis and treatment.

Services provided through the Unicorn Children's Foundation Clinics include:

- ◆ Developmental Assessment Clinic
- ◆ Feeding Disorders Clinic
- ◆ Challenging Behavior Clinic

The Unicorn Children's Foundation Clinics were established through a lead gift from the Unicorn Children's Foundation, which is dedicated to helping all children with communication and learning disorders.

The Mailman Segal Center for Human Development is located in the Jim & Jan Moran Family Center Village, 7600 SW 36th Street, Davie FL 33328. *For more information, call (954) 262-CARE.*



Lucy Whitson

Healthy Mothers, Healthy Babies Coalition of Broward County honored our very own Gold Coast President, Lucy Whitson, with a Mother of the Year award. The luncheon, which honored eight outstanding mothers, was held on May 5th at the Signature Grand with Laurie Jennings as hostess. This honor is given to someone who has exemplified exceptional qualities of kindness, caring sacrifice and generosity to children and the community.

What an achievement! We are so proud of Lucy for her strength, compassion and her dedication to Gold Coast. Congratulations Lucy!!!! We love you!

WHAT IS ADVOCACY?

Advocacy involves actions taken by concerned citizens to demonstrate their support for an issue. In the case of Down syndrome advocacy, these issues are usually related to education, healthcare, research, employment and transition.

It is important that advocates for the Down syndrome community engage with federal, state and local government and make their voices heard. There are several ways NDSS supports these types of advocacy. Above anything else, the key to effective advocacy at any level of government is to build relationships with elected officials in order to educate and influence their viewpoints on critical issues and legislation facing the Down syndrome community. See more at: <http://www.ndss.org/Advocacy/Advocacy-101/What-is-Advocacy/#sthash.NPReUkDw.dpuf>.



WORLD DOWN SYNDROME DAY

This year, WDSO March 21, was marked by several exciting events.

AWARENESS: The first was an amazing 15,000 pencil giveaway to students in 30 Broward county schools to raise awareness. The pencils were inscribed "Down Syndrome Awareness" and attached to a small card with information about WDSO.

Thanks to Bach Todaro for spearheading this initiative, Gold Coast, DS Committee, and those volunteer parents who spent countless hours attaching the informational card to the pencils and getting the boxes ready for delivery.

ART WALK, HOLLYWOOD: On Saturday, May 19th, we saw the second year of Gold Coast collaboration with Art Walk Hollywood.

Courtney Ortiz of Courtney Studios showed her "I extra love you" exhibition at Gallery 2014. Approximately 50 wonderful, black and white photographs of our children were on display. Many families came out to view the photographs and to eat at the restaurants that supported WDSO by wearing our t-shirt.

Joey Lipsitz again showed his art at Muzart Gallery which was much appreciated with patrons purchasing pieces for their own homes. Thanks to Courtney Ortiz for her skill, talent and time, and Daniela Roeder for coordinating this event.

JUNGLE QUEEN CRUISE: On Sunday, May 20th, about 130 Gold Coast members boarded the Jungle Queen for a leisurely cruise on the waterways of the Fort Lauderdale area. Families enjoyed the sights which were pointed out by our guide for the day, who was both humorous and informative. Our thanks to Sandra from the Jungle Queen who was so helpful and made sure everything went smoothly. **Some of our members were included in a movie scene which was being shot on board before castoff. LIGHTS! CAMERA! ACTION!**

Thanks to Lucy Whitson for coordinating this event; Patty Morgan and Bach Todaro for the distribution of our special WDSO T-shirts.



Teens Plus: CrossFit Sundays



Our BGCDSD teens and young adults are having so much fun training at a CrossFit class every Sunday afternoon! This class was started by one of our own dads, Mitch Holeve. He and his son, Garrett who also has Down syndrome, are doing an amazing job coaching our kids into a BIG sweat. In fact, they're all making such great strides in their training. It's especially wonderful to see how the functional exercises are helping them in their daily life. After training the first week, we treated the group to a meal at Tijuana Flats.

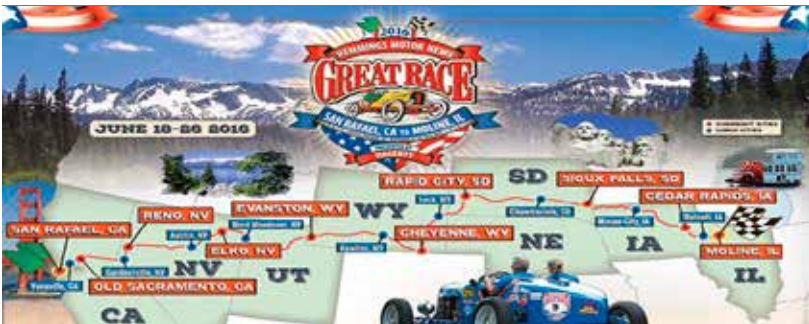
Everyone enjoyed it so much! In case you missed it, check out this video regarding the class. youtu.be/Gv-dPp2TzQ8

If you are interested in joining this class, please see the below information.

When: Every Sunday at 5pm

Where: CrossFit Showdown, 6950 Stirling Rd Davie, FL

RSVP each week to Mitch Holeve: 954-270-9746



The Great Race: Support Gold Coast!

Gordon Garland and Kevin Jacobs have entered "The Great Race"

The Great Race is a road rally for classic and antique vehicles that this year will be run from San Rafael, CA to Moline, IL.

The race is approximately 2,500 miles. If we can find 600 people to donate one cent per mile (\$25.00) then we will hit our target!

All donations go directly to Gold Coast Down Syndrome Organization and are fully tax deductible, go to www.gofundme.com/Drive4downsyndrome to make your donation.

Whether you donate or not, please cheer us on by following us on Facebook at: 321Drive4downsyndrome.

Help individuals with Down syndrome realize their full potential by sponsoring our team of drivers and navigators as they race to "Beat the Clock".

(For more information on the race go to: www.greatrace.com)



Equine-Assisted Therapies
of South Florida, Inc.

Presents

SPECIAL NEEDS

SPORTS FAIR

Saturday, July 30th, 2016

1 pm – 3 pm

Tradewinds Park North

3600 W Sample Rd. Coconut Creek, FL 33073

The Special Needs Sports Fair is sponsored & hosted by Equine-Assisted Therapies of South Florida. The Special Needs Sports Fair is a FREE family event designed for kids with special needs and abilities to discover local sports and activities to participate in. Light refreshments will be provided to families and exhibitors. Exhibitors MUST offer a sports or recreational program or service specific to the special needs community.



A day full of hot dogs, A day full of fun
Come and join Broward Gold Coast
and watch the Marlins hit a home run.

Broward Gold Coast has been invited to the

Marlins vs Reds

Saturday, July 9, 2016 • 4:10 pm

RVSP to Michelle Ault with the number of tickets you are requesting no later than June 1, 2016
Meshell1011@gmail.com or 305-934-7122

If you RSVP by email, please put MARLINS RSVP in the subject line, Parking and refreshments are NOT included.

Tickets are available to paid members and their immediate family only. Please do not reserve any tickets that you will not be using. We are required to send back any tickets that will not be used prior to the game or BGCDSD will be charged. If you accept tickets and do not show up this will hurt our chances of getting tickets in the future and it will be your responsibility to pay the face value of the tickets to BGCDSD.

Family Spotlight



Meet The Guitar Family

We are John and Jennifer Guitar from Miramar. We have two beautiful children, Dylan (5) and Bridgette (4). Dylan and Bridgette are close in age and in everything they do. One of the many gifts in our lives has been to watch their relationship grow as they teach each other through play and, yes, even sibling disagreements. Dylan will be starting Kindergarten in the Fall and we are excited for him as he makes the transition from a Pre-K specialized classroom to a General Education setting. To help with his speech we have been working with our awesome ABA therapist in getting him acclimated to using an AAC device (a tablet). We use the Nova Chat program which assists in his communication when his speech is unclear or when people don't understand his sign language. It also allows him to participate in the classroom by personalizing it to include his classmates, favorite foods, games or toys.

At Casa Guitar music is a big part of our lives so thanks to Pandora we are privy to an amazing variety of music which results in pretty sweet dance

moves. Another thing we enjoy doing as a family is "Movie night". This may seem simple, but in our house it usually involves blowing up air mattresses, hunting for every pillow and blanket in the house to build a throne on which to sit and eat popcorn. Sometimes it's hard to focus on the movie because our offspring #2 is at the age of asking 1,000 questions a minute.

For family vacations Disney World has a special place in our hearts and we try to go any chance we get. Even though this is for fun, we manage to make huge strides in development while we are there that helps us on other outings. There are many teaching opportunities we have during our Disney trips which we take full advantage of while rewarding the kids and enjoying our time together as a family. We hope you enjoyed getting to know us a little bit more and we look forward to seeing you all at the Buddy Walk. Of course, you'll be able to find us because for the last six years we have been the ones dressing up in crazy costumes, blasting music and showing our love and support for our Dylan and all individuals with Down Syndrome.

Updates on Legislation

by Beckie Schwartz

As a Partner in Policymaking graduate, I was able to attend Developmental Disability Day in Tallahassee on February 18, 2016. Now that the 2016 legislation is done, I would like to give the updates on what Senate and House Bills were passed. *They are as follows:*

SB 0936 - Relating to Persons with Disabilities

SB 230C1- Missing Persons with Special Needs

HB 7053 - Relating to Child Care and Development Block Grant Program

SB 0202 - Relating to Florida Association of Centers for Independent Living

HB 1083 - Relating to Agency for Persons with Disabilities

SB 0628 - Relating to Fees for Records

HB 7029 - Relating to School Choice

Also, I was chosen to sit on a Self-Advocacy/Leadership Task Force committee with the FDDC. I attended a very informative meeting in Orlando on March 31, 2016 and the information below was obtained at this meeting.



Some highlights of what was in the budget that passed:

Help Me Grow Florida - \$2.45 million dollars

The House and Senate agreed on over \$14 million dollars in state funds to draw down \$22 million dollars in federal Medicaid matching funds to transition over 1300 individuals off the iBudget waitlist! This means that if you are on the Medwaiver wait list, you are closer to receiving services for your child.

\$500,000 for employment assistance for individuals on the iBudget waitlist!

APD Provider Rate increases with Federal Match:

ADP Adult Training 1:3 for Min Wage Compliance \$1,759,833 GR - \$2,753,717 Match

ADP Adult Day Training 1:3 3% across the Board Increase \$974,583 GR - \$1,524,989 Match

ADP Personal Supports 3% across the Board Increase - \$2,710,303 GR- \$4,240,974 Match

ADP Residential Habilitation 3%across-the-Board Increase- \$4,242,289 GR- \$6,638,165 Match

Should you have any questions regarding any of the above, please do not hesitate to contact Beckie Schwartz at advocatemom06@yahoo.com.



Teens Dinner

Gold Coast hosted our teens for a dinner at Sebastiano's Italian restaurant. The teens were seated with their siblings and friends while the parents were enjoying the company of other parents at a nearby section of the restaurant. Everyone had a great time catching up and enjoying each other's company.



Inbetweeners: Glow Golfing

Gold Coast hosted a Glow Golf event for the in-betweeners group (ages 6-13) on Saturday, April 17th. The children and families had a Monster Fun time. For two hours, we had the entire place to ourselves and everyone enjoyed glow golf, video games and breakfast. We are looking forward to our next Inbetweeners event!

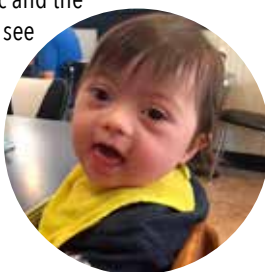


New Parents' BREAKFAST

On a beautiful Friday morning in April the Executive Director and some board members met and mingled with some of our newest members. These may be families with a new baby, families who have relocated or families who

have recently found us. This breakfast is a chance to share information and introduce them to our Gold Coast family. The dad and moms were very enthusiastic and the babies and toddlers were so well-behaved and delightful. Hope to see you all at our upcoming events.

Thanks to all of the activity coordinators: Patricia Garland - Playgroup and New Parents: Michelle Ault - Inbetweeners: Michal Chesal, Lucy Whitson and Mary Wood, Teens Plus.



Mothers' Day SHOPPING EVENT



Lucy and Victoria Whitson again hosted this event at their home in Hollywood in late April, giving us a chance to purchase gifts for our moms or a little something for ourselves!

Approximately 10 vendors brought a diverse range of items from clothing, fashion accessories, beauty products, yummy food items and art. Shoppers browsed and bought, tasted and tested, sampled and shopped. There was lively interest in the raffle items and the wonderful refreshments. The event raised nearly \$900 for GC.

CONEXION EN ESPANOL

Sabado, May 21 8:30 am - 4 pm

Conferencia de Gold Coast - Wrightslaw Training
Signature Grand, Davie

Lunes, Mayo 30 10am - 1pm

Grupo de Juegos - Funderdome Indoor Playground
Fort Lauderdale

Martes, Mayo 30, 10am - 12pm

Reunión de comité de Síndrome de Down ESE Advisory
Children Services Council

Viernes, Junio 10

Noche de Película y cena para jóvenes
Detalles más adelante

Junio 10 - 12

Family Café, Hyatt Regency, Orlando Florida

Salado Julio 9 4pm - 10 pm

Marlins vs. Reds, Marlins Stadium

Julio 21 - 24

Conferencia Nacional de Síndrome de Down
JW Marriot Grande Lakes, Orlando FL.

Sábado, Julio 30 1pm - 3pm

Feria de Deportes Para Necesidades Especiales
Equine Assisted Therapies, Coconut Creek

Viernes, Agosto 5

Noche de Mamas - Película "Bad Moms"
Detalles más adelante

Evento Parque de Agua - Agosto/Septiembre

Detalles más adelante

Domingo, Octubre 16

21 Caminata Anual Buddy Walk
Markham Park, Sunrise, FL
Detalles más adelante





WORLD DOWN SYNDROME DAY
ART WALK, HOLLYWOOD



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Any Questions?

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Rebecca Schwartz, V.P. proudmommyof6@bellsouth.net
Nancy Smith, Treasurer
Bach Todaro, Secretary bt.bgcdso@gmail.com
Diane De Braga, Director ddebraga@bgcdownsyrndrome.org

Broward Gold Coast Down Syndrome Organization • Statement of Policy and Disclaimer

This newsletter reports items of interest relating to Down syndrome and provides a forum for others. The Gold Coast Down Syndrome Organization does not promote or recommend any therapy, treatment, etc. Gold Coast will not espouse any particular political or religious view. Individuals or organizations referred to are not necessarily endorsed by this publication or its editor. We wish to bring together those interested in Down syndrome and attempt to create an optimistic outlook and attitude. The editor reserves the right to make corrections as are appropriate and in accord with established editorial practice in material submitted for publication. Please submit articles to: Diane De Braga • 10250 NW 53rd Street • Sunrise, FL 33351