

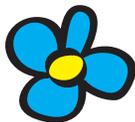


Broward
Gold Coast
Down Syndrome
Organization

UPDATES & NEWS

Calendar of Events

- **Saturday, February 17, 2018, 3:00-6:00pm**
321 Dance, Cafe Iguana, Pembroke Pines
- **Thursday, February 22, 2018, 7:00-9:00pm**
Gerry Driscoll, Regional Operations Manager
Agency for Persons with Disabilities
Med Waiver, Children's Services Council
- **Friday, February 23, 2018**
Transition Fair
Coral Glades High School, Coral Springs
- **Sunday, February 25, 2018**
Nature Walk & Birds Nesting
Wakodahatchee Wetlands
Delray Beach
- **Friday, March 9th**
New Family Breakfast, Plantation
- **Saturday, March 17th, 6:30-8:30pm**
World Down Syndrome Day
Hollywood
- **Friday, April 8-11**
NDSS in Washington, DC
- **Saturday, April 21st**
Young at Art Museum
Davie
- **Saturday, April 21st, 11am-3pm**
Mothers Day Extravaganza
Hollywood
- **Sunday, May 6th**
Mother's Day at Field of Flowers
Davie
- **Friday, June 15-17**
Family Cafe, Orlando
- **Thursday, July 12-15**
NDSC, Dallas, TX



Mother's Shopping Day Extravaganza

Saturday, April 21, 2018, 1:00-3:00pm

Location: Lucy Whitson Residence
530 N. Rainbow Dr., Hollywood, FL 33021

Shop your favorites, clothes, handbags,
Mary Kay, jewelry and much more.

All monies raised will go directly back to the
Broward Gold Coast Down Syndrome Org.



BuddyWalk 2017

FROM THE DESK OF OUR EXECUTIVE DIRECTOR

Happy New Year to everyone!

I hope everyone had a wonderful Holiday break. De Braga family spent a white Christmas in Canada with family. We had a wonderful time.

Make sure to read the newsletter in its entirety so you won't miss out.

Please make sure your membership for 2018 is current, before you R.S.V.P. to any socials, also, take note of some changes in the membership at bgcdowns syndrome.org.

Words to live by:

A baby born with Down syndrome is not a "Down's child" or a "baby with Downs." When describing an individual with Down syndrome, it is preferred that you say, he/she is a baby with Down syndrome. A person with Down syndrome is not a "Downs". A parent doesn't have a Down syndrome child. They have a child who has Down syndrome.

Regards,

Diane De Braga, *Executive Director*

Inclusion is a belief system. It begins with the belief that every child has strengths to build upon, interests to share, and experiences to honor.

Family Spotlight

Starting the year 2018 and reflecting on our family, we are very proud of being part of BGCDISO!

We achieved a sense of belonging, supporting and volunteering with our Down syndrome community.

Gordon has planned and organized 321 Dance for Down syndrome at Cafe Iguana for the last seven years; this is a wonderful and exciting discotheque experience for Valentine's Day where everyone, any age or any diagnosis is included.

I, Patricia plans the "Meet the board welcome breakfast" for families with newborn babies or new to Florida from other states or countries.

Also, I organized the playgroup (newborns to six years old) educational and fun activities for the last ten years; now having fun organizing the Inbetweeners group (7-12 years old) and their events!

Sharing a variety of available resources to better the life of our community has been rewarding and very necessary!

Grace is a happy, sweet and caring eleven-year-old girl who loves her peers



and teachers in her fifth grade class at Nova Eisenhower Elementary. She also loves her big sister Ali, her "daddy boy" and her "mamiña"

Grace is very busy, she enjoys books, electronics, swimming, surfing, horseback riding, eating pasta, pizza and ice cream; last but not most important her Barbie dolls and her trips to Colombia to visit Abuelita & family.

Thank you, Gold Coast family.

Gordon, Alison, Grace & Patricia Garland



World Down Syndrome Day Celebration

World Down Syndrome Day, celebrated on March 21st of every year. The "i EXTRA love you" portrait project was born and created by sibling

Daniela Roeder in collaboration with Broward Gold Coast Down Syndrome Organization. The project is a true labor of love to raise awareness of individuals with Down syndrome and what makes them "EXTRA" special, the word "extra" represents the extra chromosome - third copy of chromosome 21 - that causes Down syndrome. Daniela hopes to inspire other siblings

to use their voice in a positive and creative way - being a sibling of an individual with special needs is a challenging role and the most rewarding role in the world.

The photos will be on display at Gallery 2014 Saturday, March 17, 2018. Celebration starts at 6pm however families can come to Gallery 2014 from 6:30pm to 8:30pm. **Location:** Gallery 2014, 2014 Harrison St., Hollywood, FL 33020 **Thank you to Courtney Ortiz at Courtney Studios for being WDSO photographer.**



National Down Syndrome Congress Convention 2018

Where in the world is the next NDSC Convention?

Sheraton Dallas Hotel, Dallas, Texas: July 12-15, 2018!

"Dallas is a city with many sides." That's what makes it such a great place to visit. From shopping and sports to arts, culture and southwestern cuisine, there's something in Dallas for everyone. Big things happen in Dallas, so plan on joining us for our 46th Annual Convention in the heart of Texas.

What's the NDSC Annual Convention all about?

Each year, thousands of people from across the globe attend the NDSC Annual Convention. For most, it's to hear the latest information from world-renowned experts. For others, it's a great vacation. However, for nearly all, there's the one-of-a-kind NDSC "giant family reunion" feeling that permeates the convention weekend.

- PARENTS learn from the best, as internationally known experts come to Sacramento to share their knowledge across the life span of individuals with DS.
- SELF ADVOCATES join together with over 300 friends from across the world

to learn, share, become empowered and have an amazing time!

- SIBLINGS share and learn alongside peers, from each other, as well as from professionals.
- VOLUNTEERS have the experience of a lifetime by volunteering in any number of capacities available.

National Down Syndrome Society national down syndrome society **ndss**

Convention registration and the hotel block will open in Monday, April 16, 2018.

Can't-miss events in Washington D.C.! April 9 - 11, 2018

Join NDSS as we advocate for the human rights of all people with Down syndrome on Capitol Hill during the 2018 Buddy Walk® on Washington! Our 2018 Adult Summit will provide crucial information for self-advocates, families and caregivers! Registration for the 2018 Annual Buddy Walk® on Washington and the first-ever NDSS Adult Summit April 9-11, 2018 is OPEN!



**Top Fundraiser
Michelle Ault
with son Cameron**



2017 Buddy Walk & 5K Run ReCap



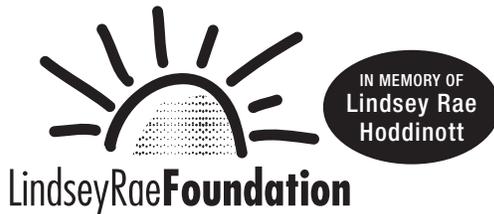
base. Thanks to Julie Guy and DJ Jason for their continued involvement. Many thanks to all who supported this event; walkers and runners, teams, volunteers and sponsors.

Thanks so much to our top fundraising teams for their dedication and support.

Cameron's Crew..... \$8,645	Strides for Stefanos \$2,935
Steven's Superstars. \$8,094	Rocko's Rockstars \$2,690
Biyanca's Friends \$4,123	Team Talay.....\$2,635
Chad's Buddies..... \$3,540	Team Etienne.....\$2,000

Despite earlier showers and the threat of more rain, approximately 1,500 participants turned out for the 2017 Buddy Walk and 5K Run at Markham Park on Sunday, October 15th. The uncertain weather did not dampen the spirits of the enthusiastic runners and walkers. The placards- with our children's faces and inspirational captions- lining the route gave an added boost to already eager participants. The rain held off and those attending were able to enjoy the food and entertainment back at

THANK YOU SPONSORS



A special thank you to our Buddy Walk 2017 planning committee below. From planning the walk to all the small details along the way, your dedication and volunteer work is greatly appreciated. If you want to become part of our planning committee, please contact the office for more info.

- | | |
|---------------------------------------|--|
| Alpha Door & Hardware, Inc | Dr. Frederic G. Kirsch |
| Alpine Fresh, Inc. | Lange Trading |
| Baby K'tan | Maggi Creative Design |
| Cheesecake Factory | Offerdahls |
| Courtney Studios | Salons by JC, Pembroke Pines |
| Entertainment, Inc | Nancy C. Smith CPA PA |
| GL Homes | Southern Marine Construction, Inc |
| J.B. Garage Door | Welcome Wagon |

- Diane De Braga**
- Jen Guitar**
- Christina Schulz**
- Bach Todaro**
- Mayra Squarini**
- Lucy Whitson**
- Victoria Whitson**
- Patty Morgan**
- Verna Tudge**

Resource Corner

2-1-1 Special Needs Connection

2-1-1 Special Needs Connection is your main gateway to the array of services for children with special needs in Broward County. Supported by the Children Services Council of Broward, this web site and helpline provides free comprehensive information and referrals to visitors and callers. For more information, visit 211-broward.org.

The Children's Services Council of Broward County

An independent taxing authority established by the voters in 2000.

The CSC's mission is to provide leadership, advocacy and resources necessary to enhance the lives of the children of Broward County and empower them to become responsible, productive adults.

The organization funds close to a hundred programs that serve children and families, advocates for policies that protect the interests of future generations and provides leadership that brings the child-serving community together.

The CSC works with Community Partners to help "Turn the Curve" in a positive direction on issues like:

- Maternal and Child Health
- Family Strengthening
- After-School and Out-of-School Time
- Kinship Care
- Youth Leadership, Advocacy and Employment
- Support for Youth and Families with Special Needs

For more information, visit www.csc.org.

JAFCO

Jafco's mission is to care for abused and neglected children and those with developmental disabilities in the Jewish community and to work in partnership with families and the entire community. For more information, visit jafco.org.

The Broward ESE Advisory Council

The Broward ESE Advisory Council is a group of parent volunteers who strive to ensure beneficial opportunities for students with learning differences. The advisory promotes meaningful inclusion while working to ensure that our children benefit from the best educational practices and advocate for a stronger system of supports for our students, teachers and support staff. For more information, visit browardeseadvisorycouncil.com



The Family Cafe invites you to attend Florida's premier event for people with disabilities.

Annual Family Cafe!

The 20th Anniversary Family Cafe will be held on June 15-17, 2018 in Orlando. We hope to see you there!

The registration brochure for The 20th Anniversary Family Cafe is now available! You can view and download the registration brochure here. Please feel free to share it with people with disabilities, families, and anyone else that may be interested in your community!

Online registration will open on Wednesday, February 14. You can register here on familycafe.net at that time. You can also register by mailing or faxing a completed registration form to The Family Cafe office at any time. Whether you register online, by mail, or by fax, your chances of receiving financial assistance are the same.

DS Committee of Broward County

The mission of the Down Syndrome Committee is to nurture a greater understanding, acceptance, inclusion and independence for students with Down syndrome across Broward County. We represent all students through collaboration, consultation and participation on school, District and community-derived committees and organizations.

For more information, contact dscommitteeboard@gmail.com.

2017-2018 School Year Meeting Schedule

SERVE: Children from age 3 entering Pre-K (transitioning from Early Steps) to their transitional exit from Broward County Schools at age 22.

GROUPS: National Down Syndrome Society and its local chapters around the country, Broward Gold Coast Down Syndrome Organization

Monthly General and Executive Board Meetings will be on Wednesdays 10:00 AM – 12:00 PM

**Location: Davie Police Dept. Community Room
1230S Nob Hill Rd, Davie, FL 33324**

Executive Board Meetings:

September 6, 2017
October 11, 2017
November 8, 2017
December 6, 2017
January 10, 2018
February 07, 2018
March 07, 2018
April 4, 2018
May 9, 2018

General Meetings:

September 20, 2017
October 25, 2017
November 15, 2017
December 13, 2017
January 24, 2018
February 21, 2018
March 21, 2018
April 18, 2018
May 23, 2018

OUR ANNUAL TRANSITION FAIR IS COMING

Date: Friday, February 23, 2018

Time: 9:00 am – 11:30 am

**Where: Coral Glades High School Media Center
2700 Sportsplex Dr, Coral Springs, FL 33065**



There is life after High School!!!!!!
Come visit with a variety of agencies
that may be able to assist
you and your child with future plans

CORAL GLADES HIGH SCHOOL

Presented by: ESE Department

321 DANCE!

FOR
DOWN SYNDROME

All Ages and Diagnoses Welcome!
Inclusion-Acceptance-Friendship-Love



CAFÉ FIGUANA PINES SATURDAY, FEB. 17, 2018
FROM 3:00PM-6:00PM
8358 Pines Blvd., Pembroke Pines, FL 33024 SW corner at University

\$5 DONATION/PERSON, RSVP: 954-825-0400
SPONSORS/DONATIONS, CALL: 954-253-4127



WWW.321DANCEFL.COM

CONEXION EN ESPANOL

Calendario De Eventos

- **Sabado Febrero 17, 2018, 3:00 - 6:00pm**, 321 Dance
- **Jueves, Febrero 22, 2018, 7:00 - 9:00pm**
Gerry Driscoll, Gerente General de Operaciones de la Agencia de Personas con Discapacidades, Med Waiver, ARC Broward
- **Domingo, Febrero 25, 2018**, Caminara Natural y cuidado de Aves en el Wakodahatchee Wetland, Delray
- **Viernes, Marzo 9**, Desayuno para familias nuevas, Plantation
- **Viernes Abril 8 - 11**, NDSS en Washington, DC
- **Domingo, Mayo 6**, Celebracion dia de las Madres en el Field of Flowers, Davie
- **Viernes, Junio 15 - 17**, Family Café, Orlando

CELEBRACION DEL DIA MUNDIAL DEL SINDROME DE DOWN

El día mundial del síndrome de Down es celebrado el día 21 de Marzo cada año. El proyecto de fotos "i EXTRA love you" nació y fue creado gracias a Daniela Roeder con la colaboración de la Organización de Síndrome de Down Broward Gold Coast. Este proyecto es una verdadera labor de amor para crear conciencia sobre las personas con síndrome de Down y lo que los hace "EXTRA" especial, la palabra "extra" representa el cromosoma extra - tercera copia del cromosoma 21 - que causa el síndrome de Down. Daniela espera inspirar a otros hermanos para que usen su voz de una forma creativa y positiva.



Las fotos estarán en exposición en la galería Gallery 2014 el día Sábado Marzo 17, 2018. La celebración empieza a las 6:00 pm pero la galería está abierta desde la 1:00 pm hasta las 8:30 pm. Direccion: Gallery 2014, 2014 Harrison St. Hollywood, FL. 33020

Adaptive CrossFit



CrossFit Designed for ALL Capabilities!

Our adaptive inclusive CrossFit program designed to have individuals with all abilities workout and maintain a healthy lifestyle! Workouts are scaled and adapted based on each athletes capabilities.

The CrossFit community has always welcomed athletes of all abilities. CrossFit training is done in a class environment with a community of athletes working out together.

Class Structure

Classes are coached by certified adaptive fitness coach.
A 1:5 overall coach to student ratio for each class.

For Ages 13 and Up!
Parents are encouraged to join in!
Each class is 45 minutes in length.

Work Structure

Warm up, Strength work, Technical/functional work and ending in a MetCon (metabolic condition/ cardio).
Each workout will be scaled to each athlete's ability.

We train athletes with cognitive and/or physical impairments and special needs.

Class schedule is as follows:

Wednesday and Friday: 4:30 pm, 5:30 pm, 6:30 pm
Saturdays 9am and Sundays 4pm and 5pm.
For additional information go to:
www.garrettsfight.org
or email garrettsfight@gmail.com



Butterfly World

Here are some pictures from the Butterfly World event on November 11th, 2017. It was lots of educational and sensory fun! We saw lots of beautiful butterflies, birds, parrots and creepy arachnids. They also set up a nice area for us to have lunch and relax after the tour. It was a great time!



Sleeping Beauty Ballet



Holiday Party 2017



**Broward
Gold Coast
Down Syndrome
Organization**

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954.825.0400 • www.bgcdownsyrndrome.org

Any Questions?

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Karine Saranga, Secretary

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Diane De Braga, Director

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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 ddebraga@bgcdownsyrndrome.org.