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Happy Spring!

Welcome to our first edition of **DSAH Monthly "NEWS"** - this publication, along with our quarterly magazine "**Connections**", will be a continuous channel to get information to you, our members, and our DSAH supporters. We hope you will find the content informative, useful, and relevant to your journey as a parent, a sibling, relative or a friend to someone with Down syndrome, or if you are a self-advocate, we hope we are reflecting your interests in this information.

This is also *YOUR* communication channel, so please pass along any piece of information that you would like to share with the DSAH community by emailing communications@dsah.ca -this email will be used for all things to deal with our publications.

Enjoy !

Events!



First Social of the Year!

Join us Sunday, April 27th, 2pm to 4 pm for a bit of fun at Sherwood Lanes. For details check our flyer:

[DSAH Family Bowling](#)

ANNUAL GENERAL MEETING

those interested in becoming members to attend our Annual General Meeting
Mark your calendars: May 22nd starting 6:30pm at Community Living. [Click here for more details:](#)

And speaking of the AGM....we have very exciting news regarding our guests. This year, staff and clients from the program CHOICES will be making a presentation on the services they provide, how to access such programs, and how it is **NOT too early** to begin the application process. They will provide us with insight into options for programs to help our sons/daughters to develop life skills beyond high-school and to prepare them for as an independent livelihood as possible. This is a conversation you will not want to miss!



Education & Research

Have a Hand in Our Next Newsletter!
 Please let us know if you're doing alright, when you can't do better and if you're interested like to see or send it your like to share to another for our newsletter. If you're not, please let us know how you are.
 To read our newsletter, suggestions, ideas and article submissions, please email hand@hand.org

Positive Experiences Build Capacity for a Successful Transition to Adulthood for Youth with Disabilities
 Debra Stewart, Matt Freeman, Jan Burke-Gaffney, Jan Willem Gorter (CanChild Centre for Childhood Disability Research and Hamilton Family Network)

There has been a great deal of research about the transition to adulthood for youth with disabilities in the past decade (Gorter, Stewart & Mulberry-Bush, 2012). Most of the research has focused on exploring the transition experiences of youth in different locations and within different systems, and looking to see how that influences the developmental process (Community Living Research Project, 2010; Johnson & Wilberry, 2010; Stewart, Gorter & Freeman, 2011). In a recent article in *Transition: An Australian journal of the evidence based practice of transition to adulthood for youth with disabilities* from last summer:

- A person's condition is only one factor that may influence a developmental transition;
- Developmental transitions are complex; and
- An increased focus on a positive developmental approach is needed (Stewart et al., 2012).

This article presents some practical considerations for families of youth with Down syndrome and other developmental disabilities that fit with the evidence base to date. All of these suggestions revolve around the complex inter-relationships between parents and professionals during the transition to adulthood, and they focus on a positive developmental approach that can build the capacity of parents (youth, families, community members, service providers) towards successful transitions.

Work Experiences
 In high schools, 17 youth with Down syndrome are benefit from participating in "Co-op" (Co-operative Education) or work experience program (Ontario Ministry of Education, 2005). These experiences will build the capacity of the young person for future employment. Research has shown that high school work experience increases the likelihood of adult employment (Dunn, Lambson, Ockler & Wherry, 2004; Johnson & Wilberry, 2010; Warren,

Successful transition to Adulthood.

"Positive Experiences Build Capacity for a Successful Transition to Adulthood for Youth with Disabilities"
Co-written by Debra Stewart, Matt Freeman, Jan Burke-Gaffney, Jan Willem Gorter (CanChild Centre for Childhood Disability Research and Hamilton Family Network) -*DSRF Hand in Hand Newsletter -Vol17Issue4*

Mobility Project



You may have heard about the Go-Baby-Go project taking place in the USA, where kids with mobility issues are getting a chance to develop social skills with peers by using modified toy cars. We are excited to announce that **Mattel Canada** has *donated* three power wheel cars for DSAH to create their own version of this powerful mobiles. You can be part of our own Mobility Project! We are looking for three young DSAH members, **age 18-36 months** (may consider an older child depending on fit with the car) to participate in the project. Interested?

Please send an email to contactus@dsah.ca to let us know. To see more about the Go-Baby-Go project [Click here to see the video](#)

"I AM ME"

Who is your child?
How does he or she think?
What works for him or her?
How can you raise him or her to be self-reliant?
How could you think about challenging behavior?

Join Carol for an informative and interesting day to explore issues related to raising and understanding a child who has Down syndrome.

This workshop would be helpful to parents, teachers and others who have the pleasure of learning and living with children who have Down syndrome.

For more information or to register, please follow this link to their [registration page](#)



Fundraising News!

TORONTO BLUE JAYS & DSAH!

What an opportunity! We are selling tickets for an afternoon game on July 2nd. One of our very own DSAH members will throw the first pitch! Stay tuned for more details on how to get your name in for a draw to determine the lucky winner.

For more information, [click here](#)



Click the poster for a larger version!



You heard the news, this year's Annual Fundraising walk will be our own brand: **The Hamilton Walk For Down Syndrome** (nicknamed "THE WALK"), will take place Sunday, September 28th.

More details to come soon!



Global Fuels -Proudly Supports DSAH!

We are very excited to welcome Global Fuels once again not just as a proud sponsor but as the **Title Sponsor** of our Annual Fundraising Walk event! Global's sponsorship commitment is a grand **\$5,000**. They are also part of a Social Responsibility Program with Imperial Oil-Esso, this means that for every \$1 they provide, Imperial Oil matches it with a donation. Our Sponsorship Committee has secured **\$10,000** already!

Great work!

Do you know of a business that would like to be part of this event? Please click here to download the [Sponsorship Package](#)

100 Women Who Care - Generous Donation \$10,000+

DSAH is the proud and gracious recipient of a donation of over \$10,000 from this fabulous group. If you have not heard of them, please visit their website [here](#).

We look forward to showing our community how this generous donation will make a local impact on the lives of those living with Down syndrome!.

Community Partners!



Blossom Yoga & DSAH!

We just finished a Kindermusik class with the Jessica Zilberbrant and what a fun time! Blossom Yoga is graciously extending their 20% discount to our members for up-coming classes

Easter Seals

"Easter Seals is proud to have played a role in building an exciting — some have called it historic —partnership with the disability community, Cineplex Entertainment, and the movie theatre industry. Together we have built a partnership that provides access to entertainment and recreational opportunities for people with disabilities, [The Access 2 Entertainment Card](#). Since its launch in 2005 there are currently more than 40,000 card holders across Canada"



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Our community of entrepreneurs!

One of our own, Sherry Gardner, would like to invite our members & supporters to learn more about the products in this skin and body care product line.

[Click here for more information](#)

We want your NEWS!

Please send us your stories to publish in our new [BLOG](#) section. We are always looking for pictures to create more marketing material AND to rotate the images you see in our website and other social media channels. Do you know of a good deal in a shop in town that supports our work? Let us know!

Until our next edition!

The DSAH Communications Team.

Please note that we reserve the right to edit stories for grammar, context and content.



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