



January 2019 Newsletter

Virginia Department of Behavioral Health & Developmental Services (DBHDS) Listening Sessions



On January 9, 2019, DSANV hosted the Virginia Department of Behavioral Health & Developmental Services (DBHDS) for the first of three listening sessions held in Northern Virginia on the effectiveness of current employment services for individuals with Intellectual and Developmental Disabilities (IDD). Listening sessions were held across the state to provide an overview of the VA DBHDS Employment 1st initiative and to gather input about what is working and what is not working in employing individuals with IDD in VA. A team from the Virginia Commonwealth University (VCU) Partnership for People with Disabilities provided an overview of the Employment 1st initiative in Virginia, reviewed types of employment services available in VA, explained the Home and Community Based Services (HCBS) Rule federal regulation and posed questions to the group of parents and non-profit professionals in attendance to capture their success stories and obstacles to employment. Feedback provided at the January 9 listening session will be included in a report summarizing data collected across the state.

For more information on the VA DBHDS Employment 1st initiative, visit the DBHDS website: www.dbhds.virginia.gov

For more information on Navigating DD Waiver, visit: <http://www.mylifemycommunityvirginia.org/>

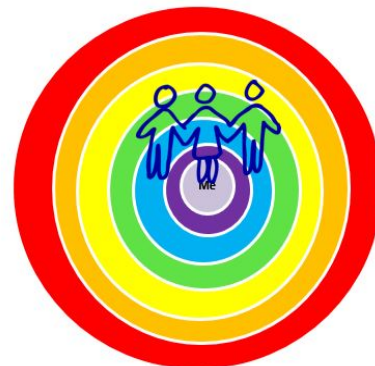


World Down Syndrome Day 2019

Join DSANV for our **Rock Your Socks** campaign to promote Down syndrome awareness on World Down Syndrome Day: 3/21. This year we are joining our sister organization, the Delaware Down Syndrome Association (DDSA), in distributing colorful mismatched socks to Virginia state legislators, medical professionals, school groups and others. We have requested they wear the socks on World Down Syndrome Day and post photos of themselves rockin' the socks to Instagram by hashtagging #DSANVRockYourSocks.

We'd love to see you rockin' your own colorful socks on 3/21!

RelationShapes Registration Open



Based on the award-winning *Circles*® curriculum developed by James Stanfield, the DSANV *RelationShapes* program is designed to teach individuals with Intellectual and Developmental Disabilities how to develop healthy social relationships and establish appropriate boundaries. Topics include: personal space, setting healthy boundaries with friends, acquaintances, and strangers; and ways to keep safe when making new friends and developing deeper relationships. Classes will include video stories, hands-on activities, and opportunities to practice newly acquired social skills.

Students will learn how to decide where people fit into the social circles of their lives by looking at how long they have known someone, how well they know them and how safe they are with that person. Students will also learn to see the relationship between their emotional closeness to family and friends and the amount of personal space they need when they are with others.

Our instructor, Ms. Beth Henry, is a licensed professional counselor and a National Certified Counselor with over 20 years of experience. Classes are recommended for ages 11 and up. Registration for this 7 session [program](#) is \$140 and is limited to DSANV members*.

*To become a DSANV member, you can sign up online at www.dsanv.org with a unique email address. The system will generate an e-mail to you that requires a click back response to confirm your membership.

Zumba Final Class Rescheduled for February 2nd



Come join us at our Oakton offices for the last Zumba sessions: 2/2/19. This is an inclusive class for participants ages 11 and older with and without a Ds diagnosis. Class registration and \$10 fee per class can be accessed by clicking [here](#).

BINGO with Washington

Speech



Bingo will continue on the third Wednesday evening of each month. Upcoming dates: [Feb 20th](#), [Mar 20th](#) hosted at DSANV Oakton Office location and facilitated by Washington Speech and pizza provided by Matchbox Pizza. Please register for this member-only event on our website [here](#).

Include Me - A New Civic Club for Teens and Young Adults



This weekend we are holding an initial community service activity to help promote **Include Me**, an inclusive civic club for teenagers and young adults of all abilities.

The focus of the club is on planning and conducting community service projects. The primary goal of *Include Me* is to strengthen communities by engaging young people in providing direct support to various organizations. Secondary goals include promoting awareness of the benefits of inclusion, disability awareness and providing the opportunity for naturally occurring friendships. While the club is targeted for young people, community service activities are open to DSANV members of all ages (minors may participate only if accompanied by adult who must remain present for the duration of the activity).

Our first service project is to remove wreaths placed in the Alexandria National Cemetery last December as part of the Wreaths Across America program. The event is being planned and conducted by the Alexandria National Cemetery and is open to the public. DSANV volunteers are meeting at 7:30 am at the cemetery entrance at 1450 Wilkes Street, Alexandria, VA 22314.



Join the 2019 Buddy Walk® Committee

Planning is underway for our largest fundraiser of the year: the 2019 Buddy Walk®. Join us to help make the October 6, 2019 event the most successful Buddy Walk to date! Many different skillsets are needed ranging from project planning, marketing, social media communications, engaging sponsors, and supervising volunteers on the day of the event. Please contact Mary Ford at maryf@dsanv.org with questions or to volunteer!

DSANV In the News



Established in 1972, The Down Syndrome Association of Northern Virginia (DSANV) is one of the oldest Down Syndrome organizations in the nation. Today, the organization supports approximately 600 self-advocates and their families through educational, financial, legal, medical, and social [resources](#). [Click here](#) to see the full article that Global Down Syndrome Foundation published about DSANV!

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