January 2022 - Newsletter

Board President: Hello Members! We hope everyone’s 2022 is off to a great start! This January we have been busy coordinating our upcoming spring events. We hope you will consider joining in the fun with adaptive yoga taught by Tia Marsili; monthly Bingo on Wednesdays hosted by Washington Speech, or Bingo on Fridays hosted by YMSL, and our quarterly new parent breakfasts for 2022.

DSANV has partnered with Down Syndrome Association of Greater Richmond regarding the Down Syndrome Speaker Series “Learning thru the Lifespan.” Registration is only $35 and includes 8 presentations taking place throughout February.

Additionally, the DSAR Leadership Conference is taking place in Feb17-20 at the Flamingo Hotel in Las Vegas Nevada. Our very own David Egan will be attending and giving a presentation at the conference related to his work with the NIH INCLUDE project. If you have plans to attend this event please let David know.

Speaking of David Egan, NDSS will be honoring David and his book “More Alike Than Different: My Life with Down Syndrome” on March 17 at 8:00 pm. Members are encouraged to attend this virtual event and show support for David. You can register for this event here.

Stay tuned for details on our annual Membership Meeting, currently planned for Sunday May 1, 2022, which will be held online. Save the date for our 18th annual Buddy Walk® 10/2.

Samantha

**PROGRAMS AND ACTIVITIES UPDATE**

- Join the DSANV Book Club with programs, activities and challenges for all reading levels. Details and registration online here.
- Join other DSANV families who have been parenting their child with Down syndrome age three or younger at our Quarterly New Parent Breakfasts. Sign up here. Also check out the area playgroups for continued support. If you’re interested to start one of your own please contact dsanvplaygroup for more information.
- Join online BINGO with Washington Speech. It’s the third Wednesday of each month. Register here. Limited In Person BINGO. We meet at the Service Source Building and join our online friends the third Wednesday of each month. Register here. The first Friday of each month is Friday Night BINGO run by mom/son teams from the Young Men’s Service League. Register here.
- Join Board Member Charlotte Woodward for our Advocacy Program. Learn why advocacy is important and become familiar with organizations engaged in disability advocacy. Dates include: 3/16, 4/21, 7/21 and 10/20. Registration open online.
- Healthy Relationships, Good Boundaries and Awesome Social Skills. Based on the Circles Program developed by James Stanfield, Stanfield Publishing Group is offering two classes: one for tweens and teens and one for adults. Register here for the Tween and Teen class, Register here for the Adult class. Both programs include six classes beginning in March.
- Join Stacy each month October through February as she shares themed Cooking Challenges online. Pictorial recipes are shared in advance. Join from your own kitchen! Register here.
- Spring 2022 DSANV Cooking club where vegetables are the star. Read more about the Very Veggie recipes and register here.
- Adaptive Yoga—suitable for all abilities. Four sessions in February 2/7, 14, 21 and 28 5-6PM. Register here.

**COMMUNITY RESOURCES**

- Registration online for DSANVR’s virtual speaker series Tu/Th Feb 2022.
- ReelAbilities Film Festival: NOVA is dedicated to promoting awareness and appreciation of the lives, stories and artistic expressions of people with disabilities. Screening details for virtual and local venues across region here.
- Webinar on embracing disability in the church “Inclusion: The Path to True Belonging” February 5 9AM register here: https://tinyurl.com/39u5a3yz

**DOWNSYNDROME ARTICLE**

GLOBAL’S ALZHEIMER’S SCIENTIST and colleagues were awarded a $4.6 million, five-year grant by the National Institutes of Aging to study whether a potential Alzheimer’s disease treatment is safe and effective in improving cognition function in young adults with Down syndrome. Huntington Potter, PhD, is a professor of neurology, Director of the University of Colorado Alzheimer’s and Cognition Center (ACC), and Director of Alzheimer’s research at the Linda Crnic Institute for Down Syndrome (Crnic Institute). AAC and Crnic Institute are GLOBAL Affiliates. Read the full article here.

**MARK YOUR CALENDAR**


DSANV Calendar of Events and Programs are available online on our webpage. Click here.
Since our founding in 1853 in Hartford, CT, we’ve been committed to providing individuals, employers, health care professionals and producers with innovative benefits, products and services. Now that we are a subsidiary of CVS Health®, that mission has only gotten stronger. Discover more about the Aetna organization.

Our Chef of the month is Gray, who loves cooking meals for his family! Gray has been involved in the Cooking Club the last 3 years. He has enjoyed learning to measure, chop and follow the recipes. He has mastered how to crack an egg without getting the shell in the bowl. His favorite things to cook for his family are pasta, muffins and grilled cheese. Read more online here.

DSANV member Lily delivered 19 pairs of member-donated orthotics to the @Virginia Hospital Center Medical Brigade this July. DSANV is proud to contribute to this wonderful program and has been collecting gently used orthotics for almost 10 years! The orthotic collection is continuous and donations can be dropped at any DSANV event or delivered or mailed to DSANV offices in Oakton. #payitforward

DSANV is participating and registered with Ebay for Charity. Whether you are buying or selling on this platform now you can select DSANV as the recipient of a portion of your sale. Details online here.

Facebook—Turn your post into a fundraiser by adding a donation button. Add a button via Support Nonprofit - NO FEES are collected by Facebook - the entire amount goes directly to DSANV.

SUPPORTING DSANV

Help make a difference
Shop for gifts using AmazonSmile to support us, at no cost AmazonSmile.

AmazonSmile - Online or new in the Amazon app your purchases can support DSANV! Use this unique link to support DSANV.

CARS(Charitable Adult Rides & Services) will coordinate the pick up, auction and sale of your vehicle (ANY condition) with a portion of the proceeds donated to DSANV.

Purchase a DSANV 2021 Cook Book and a portion of the sales will be donated to DSANV. Shop for DSANV merchandise at our online web store.

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ABOUT US

DSANV is a 501c3 organization representing individuals across Northern Virginia who have Down syndrome. We have become a trusted resource for these individuals, their families and friends, educators, employers, legislators, and the medical community. Our mission to ensure that all individuals with Down syndrome and their families receive the support necessary to participate in, contribute to and achieve fulfillment of life in their community.