**October 2022 - Newsletter**

Sunday October 2nd DSANV celebrated its 18th Annual Buddy Walk® - and with the remnants of hurricane Ian forecasted to come through the area, the event moved to a mostly indoor venue at the offices of DSANV in the Service Source building in Oakton. Members enjoyed a variety of activities as part of the Fifty Year Field Day hosted by YMSL. There was entertainment by Q.U.E. Entertainment with a DJ and photo booth; caricature artist, balloon twisting artist, face painting, air brush tattoos, a sensory room with items to explore and ice cream for the VIPs from Jake’s Ice Cream and baked treats from Baked with Joy. Bishop Ireton cheerleaders were back to lead the walk then greet the VIPs with medals at the conclusion. Exhibitors were on site to share information and services including financial planning, estate planning, dentistry, tax accounting and Down Syndrome Diagnosis Network. Donations to teams and individuals continue to be accepted and goal of $130,000 has been surpassed! Thank you to YMSL, Community Church, National Charity League, and American Heritage Girls. Pictures from the walk are available in the following Google albums.

October is Down Syndrome Awareness Month AND National Disability Employment Awareness Month and the two causes were represented at the Buddy Walk® with the Grand Marshal: Zack Fowler and guest speaker Robin Rinearson. Zack is a member of DSANV and a graduate of the George Mason LIFE program. He has worked with Special Olympics and is currently employed by St. Leo’s Catholic school. Robin is passionate about creating businesses that offer employment for differently abled workers and has just celebrated a one year anniversary of Jake’s Ice Cream, has plans to open a gourmet popcorn store in the Seven Corners area, and is at work on a second ice cream store location in Crystal City.

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**PROGRAMS AND ACTIVITIES**

<table>
<thead>
<tr>
<th>Age Group Served</th>
<th>Program</th>
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<tbody>
<tr>
<td>MS- HS, Adult S-A, Parent</td>
<td>The DSANV Fall/Winter Cooking Club is a combination of online classes and in person holiday celebrations. <a href="#">Click here to read more and register.</a> Add your name to the Cooking Club mailing list, and get family friendly, easy-to-make pictorial recipes each month.</td>
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<tr>
<td>MS- HS, Adult S-A</td>
<td>A Program for Developing Healthy Relationships, Good Boundaries and Awesome Social Skills The Fall 2022 RelationShapes class will be offered in person. <a href="#">Click here to register.</a></td>
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<tr>
<td>Elem, MS- HS, Adult S-A</td>
<td>Adaptive Yoga with Tia Marsili starts up again online Mondays from 5-6PM. <a href="#">Register for August, September and October.</a></td>
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<tr>
<td>Elem, MS- HS</td>
<td>The first 2022 Champion Football session was held on August 20. Everyone had a great time. <a href="#">Click here</a> to see photos.</td>
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<tr>
<td>MS- HS, Adult S-A</td>
<td>BINGO with Washington Speech each month online. <a href="#">Register here.</a> Limited In-Person BINGO joining our online friends <a href="#">Register here.</a> Friday Night BINGO run by mom/son teams from the YMSL. <a href="#">Register here.</a></td>
</tr>
<tr>
<td>Inf-Tod, Parents</td>
<td>Join other DSANV families who have been parenting their child with Down syndrome age three or younger at our Quarterly New Parent Breakfasts. <a href="#">Sign up here</a> for the next date October 8th.</td>
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<tr>
<td>Adult S-A, MS- HS, Elem</td>
<td>Join the DSANV Book Club with programs, activities and challenges for all reading levels. <a href="#">Summer Series Challenges and Activities registration online here.</a></td>
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<tr>
<td>MS- HS, Adult S-A, Parent, Cmty</td>
<td>Join the Advocacy Program October 20th when Charlotte will be joined by Nicole Patton, NDSS Manager of State Government Relations.</td>
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**KEY OF AGE GROUP SERVED**

- Inf-Tod – Infant and Toddlers 0-5
- Elem – Elementary aged 5-13
- MS- HS – Middle school and High school aged 13-18
- Adult S-A -Self-Advocates (individuals with IDD) aged 18+
- Parent – All ages
- Cmty – Community all ages

**GLOBAL DOWN SYNDROME—ROUNDTABLE**

Important Updates to the NEW 2022 AAP Health Guidelines for Children with Down Syndrome. The guidelines were JUST updated in April of 2022 to reflect new research and information including: 1. There are more people with DS who also have Autism than we thought 11 years ago. 2. It is important for clinicians to deliver a diagnosis of Down syndrome in an informed and positive manner. 3. Photoscreening 4. Iron Deficiency. Take the guideline to your pediatrician and advocate for it to be followed. Request a copy of the presentation given by Global at the Rockin’ Moms Retreat by visiting this link from the [Global website](#).

**MARK YOUR CALENDAR**

- October 2 - [18th DSANV Buddy Walk®](#)
- October 3, 17, 24, 31 – [Adaptive Yoga](#)
- October 4 – [Book Club](#), [Lucky Dogs, Lost Hats, and Dating Don’ts](#)
- October 6 – [RelationShapes](#)
- October 7 – [Friday Night BINGO w/ YMSL](#)
- October 8 – [New Parent Breakfast](#)
- October 8, 22 – [Champion Football](#)
- October 11 – [In Person Reading Scripts](#)
- October 15 – [TLP](#)
- October 19 – [Washington Speech Bingo](#)
- October 20 – [Advocacy Program](#)
Community Church of Ashburn supports DSANV with monthly donations and volunteers who are actively involved in facilitating our in-person programs and fundraising events. They have donated use of their space as well and continue to look for ways to be of service and support to our community. Members of the Community Church serve on our board and help to make up a team of mentor parents. Learn more about the Community Church of Ashburn and their special needs ministry here.

Meet Zack Fower, the 2022 Grand Marshall of the 2022 Buddy Walk®. Zack grew up in Vienna VA and attended Paul VI High School. He graduated the George Mason LIFE Program and works at St. Leo’s Catholic School where he assists in the office, library, PE and art. He lives in Fairfax with three roommates and participates in Special Olympics soccer, basketball and track.

Jake’s Ice Cream offers artisanal small batch ice cream made on the premises. They have house-made waffle cones, sundaes, shakes, floats and delicious confections. Many of their staff are differently abled adults and Robin Rinearson is the owner. Rinearson, a retired optometrist, had the vision for this business after learning of her nephew with special needs had lost his job of 8 years at the beginning of the pandemic. Jake’s Ice Cream recently celebrated their one year anniversary. Robin reports that a gourmet popcorn store is in the works, along with a second Jake's Ice Cream location in Crystal City.

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 communities.

SPONSOR SPOTLIGHT

Did you know you could text a donation to DSANV? Use this feature now to donate to DSANV — text give2dsanv to 877-721-0703.

Amazon Smile - 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.

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.

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BUSINESS OWNER

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ABOUT US

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