



UPSforDownS

United Parent Support for Down Syndrome
Support • Information • Community

January/February 2018

In this Issue

Note from the Board.....1
 Stress, Ds & You.....1
 At a Glance2
 Teach: Don't Punish3-4
 Sensory Concerns.....3
 Junior Teen Social Club.....5
 Senior Teen Social Club5
 Holiday Party photos.....6-7
 Parent Night Out.....8
 Sibshop.....8
 Winter Swim Party9
 Coffee/Playgroup9
 Family Friday.....9
 KiDs Social Club10
 Calendars available10
 Scholarships.....11
BOX OFFICE IS OPEN.....12

Note from the Board.

2018 brings exciting news for UPS for DownS and opportunities for you. Whether you are a parent, sibling, individual with Ds, or interested community member, we have something for you.

February will see six performances over two weekends of our 11th musical theatre production: The Wizard of Oz. Also in February, we have a Sibshop for 7-12 year old siblings followed by a winter swim party for all. Invite your friends and family.

We have a tremendous line-up this spring of topical meetings ranging from sensory concerns to healthy living with Dr. Brian Chicoine - and in there somewhere, we will have Patrick Schwarz to speak about classroom accommodations and universal design. It's a good time to be part of our plans.

Another thing you may notice is that our newsletter will change to bi-monthly. It will still land in your mailboxes for you to share and read at your convenience, because who really reads 'em online. And soon, we will launch our completely redesigned website. 

**BRAINS
COURAGE
HEART**
WE HAVE WHAT IT TAKES.

**TICKETS
DETAILS ON
BACK PAGE**

Stress, Ds & YOU

**Tuesday, January 16 at 7:30 p.m.
Fox Run Golf Links Clubhouse
333 Plum Grove Road, Elk Grove Village**

Take an evening to focus on YOU! Parenting can be stressful, can we agree? Many parents of those with special needs feel isolated and overwhelmed. Come learn from Diane Gould, social worker and behavior analyst with a wealth of experience, a deep sense of commitment and respect for her many clients which has included hundreds of families of children with special needs.

**Get details and register for FREE:
www.ufdStress.eventbrite.com**

At a glance...

Friday, January 12, 2018
Parent Coffee & Playgroup

Monday, January 15, 2018
kiDs Club: Wonder movie

Tuesday, January 16, 2018
Stress, Ds & You

Friday, January 19, 2018
Family Friday

Friday, January 26, 2018
Adult Social Club: Level 257

Saturday, January 27, 2018
Parent Night Out

Thursday - Sunday, February 1-4
Wizard of Oz@Prairie Ctr for the Arts

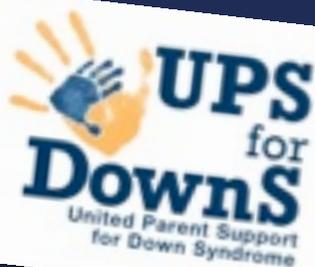
Saturday, February 10, 2018
Parent Night Out

Saturday - Sunday, February 10-11
Wizard of Oz@West Leyden HS

Tuesday, February 20, 2018
Sensory Concerns, Behavior & Ds

Saturday, February 24, 2018
Sibshop & Winter Swim Party

Sunday, February 25, 2018
kiDs Club Bowling



1070 S. Roselle Road
Schaumburg, IL 60193
www.upsfordowns.org
847-895-2100



We can't do any of this without you, your ideas, and your commitment. We are excited to introduce to you our newest board members, who began their new terms on January 1.

Beset Sabourin is a parent of a young daughter with Ds and the Director of Student Services. With that dual insight, he looks forward to continuing the inclusive partnerships we've created and breaking down the barriers of outdated and inaccurate perceptions that schools and communities have about Down syndrome.

Drake Krohn is an engineer and Purdue grad who recently moved to the area from Indiana. Drake is a long time participant with Best Buddies and Special Olympics attendee. Drake has been seen at many recent UPS for DownS activities as a volunteer and learner in his quest to improve his ability to better advocate for his best friend Ryan, a man with Down syndrome.

Bill Weldon is long-time UPS for DownS dad and volunteer. As the father of a school-aged son, Bill looks forward to helping advance whatever is best for the current and future membership. He brings technical computer skills to assist with updating our data - and his lengthy creative experience with an improv group will no doubt help him do it with a smile.

Allie Reninger is a familiar face to many of you. Allie has been a life-long participant and volunteer with UPS for DownS. With a passion for the arts, she finds time for theatre, Next Chapter Book Club, and many other activities. She is a Global Messenger for Special Olympics. Allie believes that UPS for DownS should serve all people with Ds regardless of their abilities and should welcome everyone.

To get more involved or share your ideas, contact us at TheBoard@upsfordowns.org



Teach: Don't punish.

On November 21, Alice Belgrade, MEd, BCBA, Behavior Analyst, provided information regarding learning and behavior in her presentation "Teach: Don't Punish". Many of us have had the experience of a tantrum or two, the occasional "plop and drop", or the dreaded phone call from the classroom teacher describing "unacceptable" behavior from our child with Down syndrome. Most people believe that these behaviors are voluntary; however, behavior is a skill that must be taught to an individual as the ability to adapt to a situation for survival or to get what one wants. In addition, there are some behavioral effects of Down syndrome which can interfere with the teaching process of desired behaviors: co-morbidity: ADD/ADHD, OCD and Autism, receptive/expressive language deficits, disinhibited repertoire, cognitive and motor deficits, discrimination deficits, sensitivity to stimuli, including reinforcement, and positive social connectedness. This last effect can be hard to alleviate, as individuals will learn that inappropriate behaviors (hair-pulling, grabbing, dropping to the floor and refusing

to get up, etc.) are followed by moments of social contact, which is what the individual desires.

There are behavior essentials for individuals with Ds. Whether your child is a toddler or a teen, there are several principles which should be followed. It is important to remember that visual cues are most effective with individuals with Ds, so one should keep verbal explanations brief and use keywords.

Also, it is imperative that the desired behavior be shaped by applying attention and fun based on the cooperative behavior and reduce attention when the behavior is undesired. The mastery of the behavior must be used for reinforcement; do not bribe the individual. When the behaviors are appearing in the school environment, focusing on modifications of the academic presentation so the student can respond successfully can improve the behavior, and use the "re-do" intervention to teach correct behavior rather than long verbal explanations. Students with Ds learn



Sensory Concerns, Behavior & Ds

Tuesday, February 20, 2018 at 7:30 p.m.

Fox Run Clubhouse • 333 Plum Grove Road, Elk Grove Village

Occupational therapist Maureen Lenke, OTR/L will discuss how the sensory system impacts development, behavior and daily living. She will provide practical information to help parents and professionals understand sensory functioning at home, school, and in the community.

Get details and register for FREE:

www.ufdSensory.eventbrite.com



Teach: (CONT.)

through doing, so so students need to be “doing something” at all times--time outs or “thinking” about the “bad” behavior will not be effective in creating changes to the desired behavior.

One should not bribe the individual, but rewards for mastery of the desired behavior, when it happens, which are immediate and simple, will help to reinforce the behavior. Use of mastery and competence as a reinforcement is a powerful tool to motivate and teach appropriate behavior. It would also be helpful to offer errorless techniques to create confidence and momentum for the student, making certain that the student has an easy way to show his or her answers.

Remember that motor deficits are common for students with Ds, and cutting/gluing may seem much simpler than writing individual words, but the student may not be able to do this activity without becoming frustrated, and the student could show his or her answers by matching, circling, highlighting, underlining or placing an X to answer from an array.



November’s meeting on managing school behavior was attended by over one hundred eager parents, teachers and others.

Parent or teacher, Belgrade offers what she terms the O.S.C.A.R Method to remember the important steps in teaching a child the appropriate behaviors to use to adapt to a situation.

First: **Override!** This means that the adult working with the child must maintain the expectation for the child, ignoring all the inappropriate behaviors, focusing on the directions for the child, not on what the child is doing to avoid or distract someone from teaching the desired behavior. Next: **S.C. Set the Condition!** Make the expectations clear to the child. The condition needs to be small and easy for the child to master, and it must be related to the objective for the behavior. Last: **A. R. And Reinforce!** Reward the child when he or she meets the conditions you set for the behavior. Reward the child with something that is important to the child. If the child wants play time, for instance, provide play time immediately after the child has met the conditions of the behavior. According to Belgrade, effort will bring success, and mastering the behavior is the secret that brings happiness.

Teaching the desired behavior will have a permanent effect and identifying the right target, what it is you want for the behavior, will make the process easier to teach.

For more information or to contact Alice Belgrade for a consultation, please contact Belgrade Behavior Consulting, LLC at (773) 407-1121 or belgradebehavior.com.

JUNIOR TEEN SOCIAL CLUB

Junior Teen Social Club and Senior Teen Social Club are attending the **Winter Swim Party** with their families.

We hope to see you there!

WHEN: Saturday, February 24, 2018

WHERE: Schaumburg WaterWorks Indoor Swim Park

TIME: 6 p.m. - 9 p.m.

RSVP: winterswimparty.eventbrite.com

This is not a drop off event. You are responsible for the safety and supervision of your teen.

AGES 13-16
and currently in
JUNIOR HIGH or
MIDDLE SCHOOL

SENIOR TEEN SOCIAL CLUB

At left, some of the twenty-five Senior Teens who enjoyed dinner at Armand's and seeing A Christmas Carol at the Metropolis Theatre in Arlington Heights last month.



AGES 14-21
and currently in
HIGH SCHOOL
or **TRANSITION**

ADULT SOCIAL CLUB

AGES 21 & UP

Bowling and blasting away winter!

WHO: Anyone over 21. No parents, please.

WHEN: Friday, January 26, 2018

WHAT: Food, games, bowling, fun

WHERE: Level 257, Woodfield Mall, Schaumburg

COST: \$10 per person (UFD pays the rest)

RSVP: ASCLLevel257.eventbrite.com - SPACE IS VERY LIMITED.

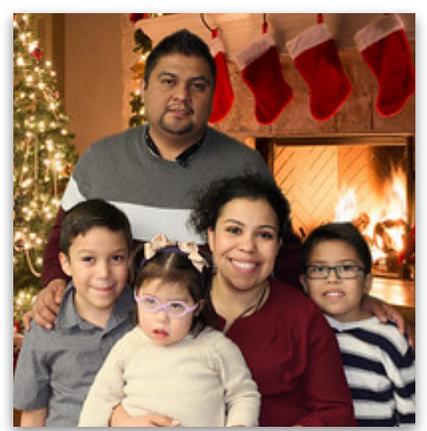
Questions: Email adultsocialclub@upsfordowns.org



22ND ANNUAL HOLIDAY PARTY

Thank you for another fun-filled UPS for Downs Holiday Party! The pleasant December day saw three hundred guests come out to see Santa and enjoy friends and good food. A HUGE thank you to all of our volunteers who shopped, wrapped, decorated and assisted the day of the party. This event would not be a success without you. Happy New Year to All!

KRISTYN BRIGGS





parent game night out

Saturday, January 27th
The Neri Home
Schaumburg, IL
7:00 p.m.

Dinner and a signature cocktail will be served. Bring an additional beverage of your choice or a dessert to share. Limit 20. RSVP to sneri@upsfordowns.org

parent night out

Saturday, February 10th
** Gaetano's
Batavia, IL

7:30 p.m.

\$20 pp includes appetizer, dinner, and dessert
** Limit 30

RSVP to singlad@aol.com

** subject to change



Saturday, February 24, 2016
2:30 p.m. - 5:45 p.m.

FREE

Registration required:

www.ufdWinterSibshop.eventbrite.com

Schaumburg Community Recreation Center
(north end of bldg)
505 N. Springinguth, Schaumburg, Illinois

The fun continues at 6 p.m. with the Winter Swim Party! 

Calling all siblings ages 7-12, this one is just for you! During a SibShop, siblings will come together to play games, snack, catch up with friends, snack, make new friends, share in the challenges and celebrations of a having a sibling with Down syndrome, and continue to build their support network!

Adults with siblings who have Down syndrome, Adam Reninger and Sam Shimanek, will facilitate an exciting afternoon of fun activities centered around building relationships with other siblings and sharing about experiences about being siblings in a supportive environment.

QUESTIONS? Contact Sam at SShimanek@upsfordowns.org

Shared by past participants in SibShop:

"The best part of the SibShop was everyone went through the same thing and I made new friends."

"[The best part was] meeting new people and having fun."

"THE BEST PART WAS PLAYING GAMES AT THE SIBSHOP."



Join us INSIDE for a WINTER SWIM PARTY! Fiesta de Natacion

Enjoy an escape from the winter winds!
Our Swim Party is so much fun in the
middle of a cold Chicago winter! Come
with your family and bring some of your
COMMUNITY that supports you
(neighbors, cousins, school friends, etc.)!



Register: www.winterswimparty.eventbrite.com

Saturday, February 24 • Sabado, Febrero 24 • 6 p.m. - 9 p.m.
The Water Works, 505 N. Springinsguth, Schaumburg

The entire indoor waterpark is closed to the public for our private event! Concessions will be available for purchase at swim party. For questions, please contact Neil at NGunsteen@upsfordowns.org

FAMILY FRIDAY

is for families of children with Down syndrome from birth to 8 years old (and siblings of all ages).

Friday, January 19 and
Friday, February 16 at 6:30 p.m.

KIDTOWN USA
1071 S. Roselle Rd. Schaumburg, IL

RSVP at
www.familyfriday.eventbrite.com

PARENT COFFEE & PLAYGROUP

ALL AGES WELCOME!

NOON - 1:30 p.m.

Friday, January 12

First United Methodist Church
1903 E. Euclid Avenue, Arlington Heights

Light lunch & child care provided.

Questions? Contact Shannon at
847-894-8782 or skersemeier@gmail.com



AGES 9-12

On **Monday, January 15**, we're going to the movies! Invite your friends, classmates, teammates, and neighbors ages 9-12 to see the movie WONDER.

WHAT: The film WONDER tells the inspiring story of August Pullman, a boy with facial differences who enters 5th grade, a mainstream elementary school for the first time. A story about kindness and self acceptance.

Tickets will be bought in advance so **arrive BY 6:30** to pick up yours!

WHERE: AMC, 175 Studio Drive, South Barrington

Please register by emailing Shawna at slochner@upsfordowns.org with the number of guests names and ages. Limited tickets so please register by January 12.

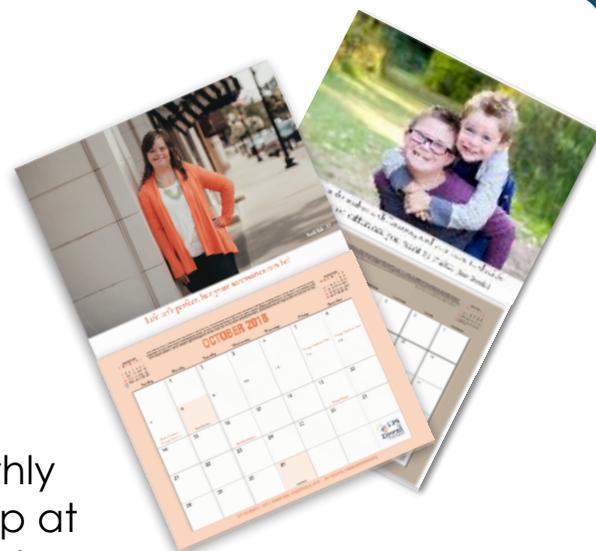
On **Sunday, February 25**, we're going bowling! Invite your friends, family members, classmates, teammates, and neighbors ages 9-12.

WHERE: Elk Grove Bowl, 53 S. Arlington Heights Rd, Elk Grove Village

Please register by emailing Shawna Lochner at slochner@upsfordowns.org with the number of guests names and ages. Advanced headcount required so please register by February 11.

2018 UPS for DownS CALENDARS NOW AVAILABLE!

Calendars may be purchased for \$10 at upcoming UPS for DownS events such as the Swim Party, Wizard of Oz performances, Monthly Meetings, or by arranging a scheduled pick up at the office. Calendar orders can be mailed out as well, for an additional shipping charge.



If you have questions, wish to place an order or arrange pick up of calendars, please contact us at calendar@upsfordowns.org.

UPS for DownS proudly announces
2018 SCHOLARSHIPS FOR

 **\$12,500**

- youth with Down syndrome
- siblings
- those pursuing any degree
- must have personal or family connection to UPS for DownS

UPS for DownS will award up to
5 non-renewable Scholarships of

\$2500

UPS for DownS Sibling Scholarship

- One \$2500 scholarship to an individual who is pursuing a post secondary degree and is a sibling of a person with Down syndrome

Katie MacDonald Memorial Scholarships

- Two \$2500 scholarships to individuals with Down syndrome who are pursuing educational or job training opportunities
- Two \$2500 scholarships to individuals pursuing a post-secondary degree
- Must have a personal or family connection to UPS for DownS



DOWNLOAD APPLICATION AT
www.upsfordowns.org

IMPORTANT DATES:

Deadline to apply: April 1, 2017
Winners announced before May 1.

ANY QUESTIONS, CONTACT:
scholarship@upsfordowns.org

UPS for DownS

1070 S. Roselle Road
Schaumburg, IL 60193
847.891.2100

APPLICATIONS MUST BE SUBMITTED BY APRIL 1, 2017



UPS for Downs

United Parent Support for Down Syndrome

Support • Information • Community

1070 S. Roselle Road
Schaumburg, IL 60193

For changes or additions to our distribution list:
MailingList@upsfordowns.org or 847-895-2100

7PM THURSDAY FEBRUARY 1 *

7PM FRIDAY FEBRUARY 2 *

6 PM SATURDAY FEBRUARY 3 *

1 PM SUNDAY FEBRUARY 4 *

Performed at Prairie Center for the Arts
Schaumburg, Illinois

6 PM SATURDAY FEBRUARY 10 *

1 PM SUNDAY FEBRUARY 11 *

Performed at West Leyden High School
North Lake, Illinois

PRESALE online: \$12
ALL SHOW PASS: \$50
AT THE DOOR: \$15



*** Many roles are double cast.
If attending to see specific performers,
check show details carefully before purchasing.**

GET YOUR TICKETS:

www.ufdWizofOz.eventbrite.com

Directed by EDGE Theatre: www.edgeforion.com • Produced by UPS for Downs: www.upsfordowns.org