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# 42<sup>nd</sup> ANNUAL CONVENTION

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JULY 11-13, 2014 • INDIANAPOLIS, INDIANA



While this is the 42nd annual convention of the **National Down Syndrome Congress**, we know this may be your very first, or the first you've been able to attend in a long time. Continue reading to get a better understanding of our convention weekend. And visit our convention website often to get the most up to date details. ([convention.ndsccenter.org](http://convention.ndsccenter.org))

The **NDSC Convention** weekend consists of several different events:

- GENERAL CONVENTION
- PRE-CONFERENCE SESSIONS
- YOUTH AND ADULTS CONFERENCE
- BROTHERS AND SISTERS CONFERENCE
- SHARING SESSIONS
- KIDS' CAMP
- VENDOR EXHIBIT AREA
- FILM FESTIVAL
- 321 DANCE!
- AWARDS BANQUET

**AND MANY OTHER SOCIAL AND NETWORKING OPPORTUNITIES!**



## ABOUT INDIANAPOLIS

**AFTER 38 YEARS, THE NDSC CONVENTION IS GLAD TO BE “BACK HOME AGAIN IN INDIANA”!**

Indianapolis, home of the greatest spectacle in racing over Memorial Day weekend, is also home to hundreds of other great family experiences that you can take part in during your visit in July. Our location in downtown Indy will make a great home base while you visit these terrific local attractions. The city's newest amenity, the Cultural Trail, is a bicycle and pedestrian path that winds through downtown, connecting visitors with six unique districts. **White River State Park** is one of those districts and is located right across the street from the JW Marriot. Here you'll discover the Indiana History Center, the NCAA Hall of Champions and the nationally renowned Eiteljorg Museum of Native American and Western Art. You'll find folks running, strolling, paddle-boating and renting Segways and bikes – you can even take a gondola ride! Did you know that Indianapolis is second only to Washington, DC for the number of monuments and memorials dedicated to our nation's veterans? You'll have to visit **Monument Circle** in the center of downtown, and if you're feeling adventurous, take the 331 steps to the top of the Soldiers and Sailors Monument for a panoramic view of the city. (You can also choose to take the elevator, but it'll cost you a couple of bucks.) Plus, the **Children's Museum of Indianapolis** is outstanding, and has been consistently ranked as a top destination by Parents Magazine, Forbes Traveler, Rand McNally and more. We recommend you check out [visitindy.com](http://visitindy.com) and get a feel for all there is to see and do in Indianapolis this summer. You won't be disappointed!

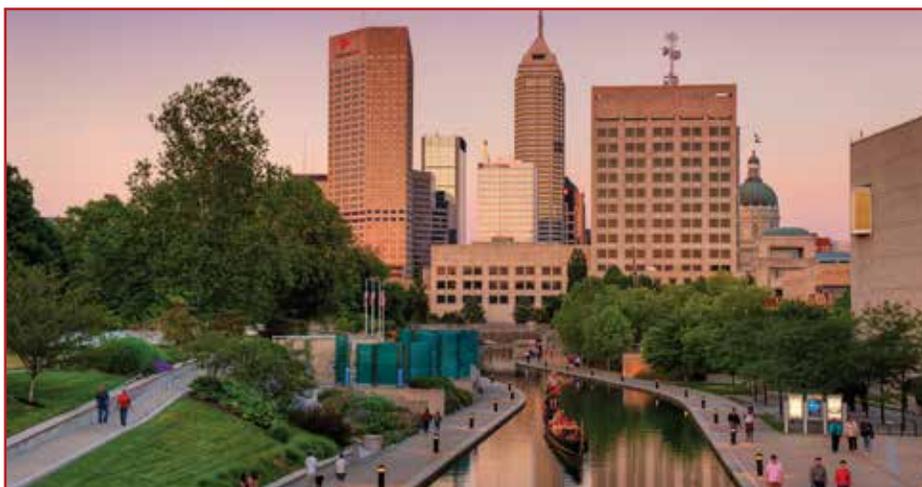


PHOTO COURTESY OF LAVENGOOD PHOTOGRAPHY

## 2014 CONVENTION AT A GLANCE

### THURSDAY, JULY 10

- 5:00pm** Exhibit Floor Opens
- 6:00pm** Registration Opens

### FRIDAY, JULY 11

- 7:30am** Kids' Camp Session 1
- 8:00am** Pre-Conference Sessions
- 1:30 pm** Sharing Sessions
- 3:00pm** Kids' Camp Session 2
- 3:15pm** Y&A and B&S Kick-Off
- 3:30pm** General Convention Workshops
- 6:30pm** Opening General Session
- 8:00pm** Opening Reception and 321 Dance!

### SATURDAY, JULY 12

- 7:30am** Kids' Camp Session 3
- 8:00am** Y&A and B&S Conferences
- 8:30am** General Convention
- 1:15pm** Kids' Camp Session 4
- 6:30pm** Reception/Awards Banquet
- 9:00pm** Dance

### SUNDAY, JULY 13

- 7:30am** Kids' Camp Session 5
- 8:00am** Y&A Talent Show
- 8:00am** B&S Off-Site Trip
- 8:30am** General Convention
- 1:00pm** Convention Closes
- 1:35pm** Indianapolis Indians Baseball Game

# THE GENERAL CONVENTION

**IS DESIGNED TO EDUCATE PARENTS, OTHER FAMILY MEMBERS AND CAREGIVERS, AS WELL AS MEDICAL AND EDUCATION PROFESSIONALS.** General Convention programming includes a mix of large plenary sessions with keynote speakers, along with more than sixty breakout workshops. The first plenary session will meet on Friday evening, followed by an opening reception and totally fun dance. All attendees and family members are encouraged to attend.

**GENERAL CONVENTION ATTENDEES** will attend breakout workshops over six separate cycles, beginning on Friday afternoon. With thirteen 90-minute workshops available during each

cycle, you'll be able to choose the session that's right for you. To guide you in making selections, a complete workshop list will be available at [convention.ndsccenter.org](http://convention.ndsccenter.org) and on our convention mobile app and within the Souvenir Journal that you'll receive when you arrive onsite. (You'll choose as you go - no need to pre-register for these breakout sessions.)

**MOST GENERAL CONVENTION** workshops will be recorded, and the digital recordings will be available for purchase during the registration process. This is a great way to listen to those sessions you are unable to attend in person. (After all, you can only be in one place at a time!)

## PRE-CONFERENCE SESSIONS

For those interested in going really in depth on specific topics, our Pre-Conference Sessions are for you. These 4-hour sessions take place on Friday morning beginning at 8:00 a.m. These valuable assemblies presented by world renowned speakers, offer the first learning opportunity of the weekend. These sessions are not recorded and do require pre-registration with an additional fee. Check out the 2014 pre-conference line-up later in this brochure and on our website.

## SHARING SESSIONS

Sharing Sessions mark the unofficial beginning of the General Convention. Taking place Friday afternoon from 1:30 - 2:45 p.m., these sessions are facilitated by seasoned parents and/or professionals, and encourage participants to connect informally around common age groups and interests and to share similar needs, joys, concerns, resources and strategies. We recommend that parents attend these sessions without their children in order to share their concerns freely.

## KIDS' CAMP

The educational playground of the convention, Kids' Camp was created so children ages 6 months to 14 years can participate in activities while their parents are attending workshops. The camp is offered in five separate sessions. All children must be pre-registered. Space is limited and may fill before the deadline, so be sure to register early.



## YOUTH AND ADULTS CONFERENCE

*Attendees must be 15 years old by July 11, 2014.*

Considered "the heart and soul of the Convention weekend," the annual Youth and Adults (Y&A) Conference is a fun, empowering and safe environment for attendees with Down syndrome age 15 and up.

The Y & A Conference is planned and presented by self-advocates. The event begins with a kick-off party Friday afternoon, and is followed on Saturday by workshops, open mic sessions, empower hour, panel presentations and the election of our next self-advocate board member. (Lunch is not included on Saturday). The Conference closes on Sunday with the popular talent show and brunch for our attendees.

**Registration for the Y&A Conference will close when capacity is reached or May 30.** Please note that Y&A Conference registration is not available on site. We encourage interested attendees to register early, as we typically reach capacity before the deadline date.

## BROTHERS AND SISTERS CONFERENCE

*For those entering 4th through 12th grade in 2014-15.*

The sibling connection is most often the longest-lasting family relationship attendees have. As a result, it's important that brothers and sisters feel supported and know how to advocate for their sibling with DS.

**Expanded this year to include rising 4th and 5th graders,** the B&S Conference begins with a Get Acquainted Session on Friday afternoon. The group additionally meets all day Saturday (including lunch) and will break at day's end concurrent with the General Convention and Y&A Conference. On Sunday, B&S attendees will go offsite to explore a local Indianapolis attraction.

# SOCIAL EVENTS AND OTHER ACTIVITIES

The convention will officially close on Sunday at Victory Field, Sports Illustrated's #1 Triple-A ballpark, just a few steps from the JW Marriott. In addition to watching the Indians take on the Columbus Clippers, all attendees with DS and those 14 and under will have the opportunity to run the bases (weather permitting) and enjoy a free hot dog (plus a few other surprises)! Premium tickets have been discounted to just \$12 and can be purchased during convention registration. First pitch is at 1:35 pm, don't miss out on an afternoon of fun!



## ADULT SIBLINGS

The role of brother or sister changes dramatically as parents age. This track of workshops is designed to give adult siblings the tools they'll need to support their brother or sister. Packed with experts in financial planning, guardianship, trusts, adult transition, aging and mental health, coupled with a few social networking opportunities, adult sibs will leave feeling prepared, supported and empowered.

## CO-OCCURRING DS AND AUTISM SPECTRUM DISORDERS

The NDSC cares deeply about serving the needs of all families, including those with loved ones with co-occurring autism, autism-like behaviors or complex medical needs. In collaboration with the DS-Autism Connection, the NDSC will again offer a specially-designed workshop track to meet the needs of these families. Experts in the field of DS-ASD will be presenting on important issues and will be available to answer questions and provide much needed support.

What would an NDSC Convention be without a dance or two? All attendees are invited to join Friday night's **321Dance!** event following the Opening Session. Saturday evening's events include our annual **Awards Banquet** (a ticketed event), followed by another dance for all attendees (no ticket required).

We will also host a vendor **Exhibit Area** featuring the latest books, toys, teaching aids, apparel, software and more. Our **Film Festival** showcases the best films, clips and documentaries featuring the Down syndrome community.



**321**  
**dance**

NATIONAL  
DOWN SYNDROME  
CONGRESS

FRIDAY, JULY 11TH

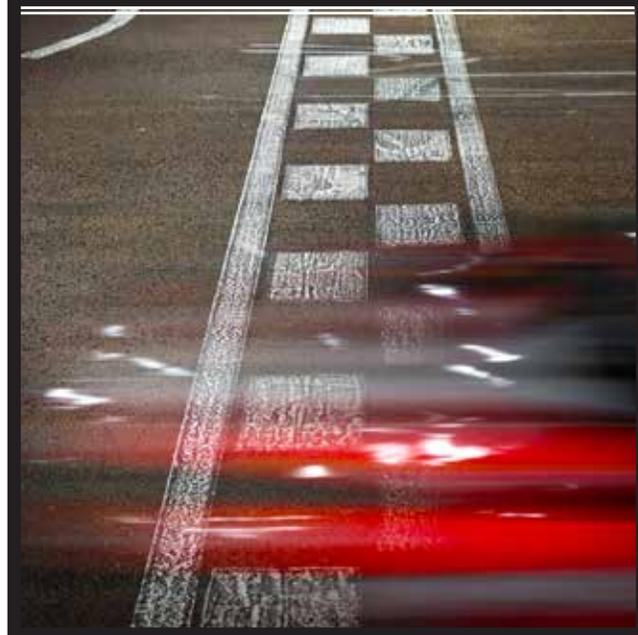
**OUR FUNDRAISING GOAL:**

**\$25,000**

**Register Today:**

[www.ndsc.donordrive.com](http://www.ndsc.donordrive.com)

**Free t-Shirt for everyone who raises \$100 or more**



# PRE-CONFERENCE SESSIONS

Our Pre-Conference sessions take your learning to another level. These 4-hour sessions enable you to dig deeper into one specific topic with nationally-known speakers. While eleven sessions are offered, you'll choose just one, and spend the entire morning focusing on the single subject of interest to you.

The sessions are structured to share best practices and proven "how to" strategies, while providing research-based content. All sessions will include time for Q&A, and coffee and pastries will be provided. Separate registration is required. Session handouts will only be issued to the person registered for that session. Space is limited in some sessions, so register early. On-site registration cannot be guaranteed. Read the complete workshop descriptions on our website.

## PRE-CONFERENCE A:

### Sing, Play, And Learn! A Dozen Strategies For Early Learning Success



**Diane Eldridge, RN, COTA/L, National Presenter, Handwriting Without Tears®**

This interactive workshop provides creative strategies in the core learning areas of readiness skills, writing, numbers and math. Come prepared to play!

## PRE-CONFERENCE B:

### Open Books Open Doors: Teaching Reading To Children With DS



**Kathleen Whitbread, PhD, Associate Professor of Education, University of Saint Joseph, West Hartford, CT**

This presentation will explore current research, best practices and practical strategies for teaching reading.

## PRE-CONFERENCE C:

*Disponible con interpretación simultánea al español*

### Developing Oral Sensory-Motor Skills And Feeding In Children With DS



**Lori L. Overland, M.S., CCC-SLP, C/NDT, Alphabet Soup, Norwalk, CT**

Engage in oral sensory-motor skills to support safe nutritive and socially acceptable feeding skills in this hands-on session.

## PRE-CONFERENCE D:

### Dysfunctional? Never!! – Understanding And Treating Problem Behaviors



**Stacy Taylor, M.A., B.C.B.A., President/Clinical Director of Advance Behavior & Learning, mother of a daughter with DS, Oviedo, FL**

Go home with strategies and best practices in the science of learning and behavior to develop an effective plan for your child.

## PRE-CONFERENCE E:

### Do We Have Everyone On The Same Page For Inclusive Practices?



**Michael L. Remus, MS, Director of Student Support Services, Deer Valley Unified School District, Phoenix, AZ**

Designed for parents and professionals who want to know how to get "buy in" and to change the culture for more inclusive practices in your school.

## PRE-CONFERENCE F:

### Technology Today & Tomorrow: Tools For Home And The Classroom



**Sean J. Smith, Ph.D., Associate Professor, Department of Special Education, University of Kansas, father of a son with DS, Lawrence, KS**

This session provides interactive, innovative and practical technology-based solutions for the student with DS.

## PRE-CONFERENCE G:

### Planning For Your Child's Future As An Adult: From Parental Care To Supported Independence



**Hal Wright, CFP®, Author, father of a daughter with DS, Centennial, CO**

It's time to start planning for the best possible life for your child as an adult.

## PRE-CONFERENCE H:

### Health And Wellness: Include Me IN



**Brian Chicoine, MD, Medical Director, Advocate Medical Group Adult DS Center, Lutheran General Hospital, Park Ridge, IL and Christine Maxwell, Self Advocate, Evanston, IL**



It's time to focus on fitness, good nutrition, appropriate medical care, and screening for illnesses like Alzheimer's disease in your adult with DS!

## PRE-CONFERENCE I:

### When Down Syndrome And Autism Intersect: Gaining A Better Understanding Of DS-ASD



**Margaret Froehlke, RN, BSN, Sarah Hartway, RN, MS and Robin Zaborek: all representatives of the Down Syndrome-Autism Connection, including two seasoned parents of children with DS-ASD, Denver, CO**



Could it be more than DS? Hear about research findings, sensory/anxiety issues, behavioral strategies, and medical concerns associated with DS-ASD.

## PRE-CONFERENCE J:

### Affiliates LEAD: Purposeful Boards, Powerful Fundraising For DS Affiliate Leaders



**Dave Sternberg, Founding Partner, Sternberg, Loring & Associates, Indianapolis, IN**

Gain an edge in fundraising and board development by attending this powerful training. Free for NDSC affiliates!

## PRE-CONFERENCE K:

### Estrategias Que Favorecen El Desarrollo De La Conducta Adaptativa



**Silvia Maravilla Ávila, Psicóloga Conductual y Alberto Alonso García, Psicólogo Conductual. Juntos dirigimos el Centro de Asesoría Psicológica Integral (API) donde asesoramos a padres en el manejo de comportamiento y apoyamos el desarrollo de habilidades adaptativas y socio-emocionales en niños y jóvenes con y sin discapacidad. Monterrey, N.L. México.**



El objetivo es concientizar a los padres de la importancia de establecer la conducta adaptativa en el proceso de vida de las personas con síndrome de Down.

# REGISTER NOW!

## REGISTER ONLINE

Visit [www.NDSCCenter.org](http://www.NDSCCenter.org); click "Annual Convention"; and select "Register".

## REGISTER BY MAIL

Access downloadable forms at [www.NDSCCenter.org](http://www.NDSCCenter.org) or contact us at (800) 232-6372 or [info@ndsccenter.org](mailto:info@ndsccenter.org) to request hard copy registration forms. These forms can be completed and returned (with payment) by mail to the address listed on the back cover.

## MEAL PLAN

Attendees can register for an optional meal plan that will provide four meals throughout the weekend - dinner Friday evening, breakfast and lunch Saturday, and breakfast Sunday. Menus have been pre-selected (gluten-free is available) and can be viewed on our website. The cost is \$70 per person for the four-meal package (meals cannot be ordered separately) and may not be available to purchase on-site. If you are interested, please order during registration to ensure availability.

## HOTEL & TRAVEL

Convention Headquarters: JW Marriott Indianapolis  
10 South West Street • Indianapolis, IN 46204 • [www.jwindy.com](http://www.jwindy.com)

Visit the NDSC website for details on how to reserve a room in the NDSC convention block.

## AIRLINES

American Airlines - Promo code: 7674DK

5% discount; Book online at [www.AA.com](http://www.AA.com) or call (800) 443-1790

Delta Airlines - Domestic Promo code: NMHPQ

up to 10% discount; Book online at [www.delta.com](http://www.delta.com)

or call (800) 328-1111

\*Surcharges apply for booking via phone

## GROUND TRANSPORTATION

Avis Rental Car is pleased to provide a convention discount to NDSC families. The AWD code is J944711, call (800) 331-1600 or book online at [avis.com](http://avis.com) for NDSC Annual Convention.



# IMPORTANT REGISTRATION INFORMATION

2014 REGISTRATION FEES <small>*If you are not a NDSC member \$35 will be added to your total registration at checkout.</small>			
	BY MAY 30	BY JUNE 25	ON-SITE
General Convention Individual	\$140	\$190	\$240
General Convention Family (up to 3 people – one additional adult can be added for \$50)	\$230	\$280	\$330
Pre-Conference	\$75	\$75	\$100
Youth & Adults w/DS Conference	\$85	CLOSED	CLOSED
Brothers & Sisters Conference	\$85	CLOSED	CLOSED
Kids' Camp	\$30 PER SESSION	CLOSED	CLOSED
OPTIONS	BY MAY 30	ON-SITE	POST CONVENTION
Extra compendium	\$20	NOT GUARANTEED	NOT GUARANTEED
Adult Banquet Ticket	\$45	NOT GUARANTEED	N/A
Child Banquet Ticket (12 and under)	\$19	NOT GUARANTEED	N/A
Conference Recordings	\$45	\$45	\$70
Meal Plan (4 meals)	\$70	NOT GUARANTEED	N/A
Baseball Ticket	\$12	\$12	N/A



## CONVENCIÓN GENERAL

El programa de la convención general consiste en dos sesiones plenarias y más de sesenta talleres que se ofrecen el fin de semana. Durante el viernes y el domingo la programación consiste en seis bloques de talleres de noventa minutos cada uno. Cada bloque incluirá uno o dos talleres con interpretación simultánea al español y otro será impartido en español. La lista completa de talleres estará disponible y agrupada por edades en la página web <http://convention.ndscenter.org/en-espanol/> varias semanas antes de la convención. Contaremos con equipo de interpretación para los asistentes que requieran el servicio.

## PRE-CONFERENCIAS

El viernes, 11 de julio de 8:00 a.m. a 12:30 p.m. expertos en síndrome de Down presentan once pre-conferencias que tienen como objetivo el ofrecer una ponencia más a fondo sobre un tema de interés. Las pre-conferencias tienen una duración de cuatro horas y media cada una. Estos seminarios se presentan simultáneamente por lo que solo puede asistir a uno de los once. Las pre-conferencias tienen un costo adicional y se requiere previa inscripción. **La letra C "Desarrollo de habilidades motoras orosensoriales y alimentación en niños con síndrome de Down"** Lori L. Overland, M.S., CCC-SLP, C/NDT estará disponible con interpretación simultánea al español. Solo una de las pre-conferencias será impartida en español **la letra K "Estrategias que favorecen el desarrollo de la conducta adaptativa"** Silvia Maravilla Ávila, Psicóloga Conductual y Alberto Alonso García Psicólogo Conductual.

## ENCUENTROS PARA FAMILIAS DE HABLA HISPANA

Estos encuentros se llevarán a cabo el viernes 11 de julio de 3:30 p.m. a 5:00 p.m. Los encuentros son para padres de recién nacidos hasta los doce años de edad. El segundo encuentro es para padres con de los trece años hasta la edad adulta. El objetivo primordial de estos encuentros es proveer a las familias un espacio para el intercambio de experiencias, además será una magnífica oportunidad para conocer a otras familias y reunirse con viejos amigos. Ambos encuentros serán coordinados por padres de familia.

## PROGRAMA PARA JÓVENES Y ADULTOS CON SÍNDROME DE DOWN

**Participantes deberán tener un mínimo de 15 años de edad cumplidos para el 11 de julio, 2014.** Este evento es en sí el corazón y el alma de la Convención del NDSC. Tiene como objetivo principal el proveer a los participantes un fin de semana lleno de aprendizaje y diversión. El viernes por la tarde arranca este encuentro con una divertida reunión y durante el sábado el programa consiste en talleres, sesiones generales y presentaciones de panel. No incluye almuerzo. Durante el domingo los jóvenes participarán en el popular festival de talentos e incluye almuerzo para los asistentes. Los participantes cuentan con el apoyo del NDSC y un maravilloso equipo de voluntarios. Espacios limitados e inscripción cierra el 30 de mayo. Cada participante deberá proveer documentación y autorización de los padres para participar. La documentación nos permite conocer a cada uno y entender sus necesidades para brindarles el mejor apoyo posible.

## ENCUENTRO PARA HERMANOS DE PERSONAS CON SÍNDROME DE DOWN

**Requisito cursar: desde 4to de primaria al 12vo de preparatoria o bachillerato, así como hermanos universitarios.**

Durante este evento los participantes tienen la oportunidad de aprender y despejar dudas sobre el síndrome de Down. Así como compartir experiencias y a la vez conocer nuevos amigos. Las actividades comienzan el viernes con una reunión casual para conocerse. El sábado se reunirán durante todo el día (almuerzo incluido) y el encuentro terminará simultáneamente a la Convención General y el programa de jóvenes y adultos con síndrome de Down. El domingo está planificado un divertido paseo a una atracción turística en la ciudad de Indianápolis.

## EVENTOS SOCIALES Y OTRAS ACTIVIDADES

**CÓCTEL DE BIENVENIDA** Jueves 10 de julio 7:00 p.m.-8:30 p.m. Reunión para dar la bienvenida oficial a las familias a la Convención del NDSC. Se requiere reservación previa al momento de inscribirse a la Convención General.

**REUNIÓN DE ASOCIACIONES Y GRUPOS DE APOYO** El viernes 11 de julio, 1:30 p.m.- 2:45 p.m. El objetivo principal de esta reunión es unificar esfuerzos y conocer los distintos proyectos, logros e iniciativas de cada asociación o grupo participante.

**3 2 1 DANCE!** El viernes por la noche los invitamos a venir listos para bailar y disfrutar del conocido baile del NDSC.

**CENA DE GALA Y PREMIACIONES** (se requiere boleto a la entrada) El sábado por la noche se celebrará la cena de gala del NDSC y a la vez tendrá lugar la entrega de premios. Este evento estará disponible con interpretación simultánea al español. Al terminar le sigue el tradicional baile y todos los asistentes a la convención general están invitados.

**SALA DE EXPOSITORES** En este espacio encontrarán lo más novedoso y reciente en libros, materiales didácticos, juguetes educativos, programas de computación, entre otras cosas más.

**FESTIVAL DEL CINE** Una magnífica oportunidad para disfrutar de los mejores cortos, filmes y documentales en las que los protagonistas son personas con síndrome de Down. El Festival del Cine se llevará a cabo durante los bloques de los talleres del sábado y domingo.

**KIDS CAMP** Es un campamento disponible para niños desde los 6 meses hasta los 14 años de edad. Kids Camp provee un ambiente seguro, estructurado y divertido. Consiste en cinco sesiones separadas. Algunas de las actividades incluyen: arte, manualidades y juegos educativos. Se requiere inscripción y pago adicional. Los espacios son limitados.

**PLAN DE COMIDAS** Este plan es opcional e incluye cuatro comidas: cena del viernes por la noche, desayuno y almuerzo del sábado y desayuno del domingo. Costo: \$70 USD por persona.

**INFORMES:** [info@ndscenter.org](mailto:info@ndscenter.org)

**PÁGINA WEB:** [convention.ndscenter.org/en-espanol](http://convention.ndscenter.org/en-espanol)



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### REGISTRATION DEADLINES

BEST VALUE DEADLINE: **MAY 30**  
YOUTH & ADULTS, BROTHERS & SISTERS, AND KIDS' CAMP DEADLINE: **MAY 30**  
GENERAL CONVENTION CAN REGISTER UNTIL: **JUNE 25**

**AFTER JUNE 25**, registration will be available on-site for the General Convention and Pre-Conference Sessions only, based on available space.

**REGISTER EARLY TO ENSURE YOUR SPOT BEFORE CAPACITY IS REACHED!**

The National Down Syndrome Congress would like to **THANK** the 2014 **HOST COMMITTEE**, led by **DOWN SYNDROME INDIANA**, for their assistance in providing local support and coordination of the 42nd Annual Convention.



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**JULY 11-13, 2014**  
**DON'T DELAY - REGISTER TODAY**



30 Mansell Court • Suite 108  
Roswell, GA • 30076  
TOLL FREE: 800.232.NDSC (6372)  
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FAX: 770.604.9898  
E-MAIL: [info@ndsccenter.org](mailto:info@ndsccenter.org)  
[www.NDSCcenter.org](http://www.NDSCcenter.org)

