

GREATER CLEAR LAKE Families Exploring Down Syndrome

Calendar of Events

Monthly Meetings:

6:30 pm Pizza & talk
 7:00 pm Speaker
 United Way-Bay Area
 1300 Bay Area Blvd.
 Conf. Room A.
 Child care provided.

- April 29 Mom's Night Out, Café Adobe, 6:30 p.m.
- May 1 Spring Social, Challenger Park, 3:00 p.m.
- 12 Playgroup, Frankie Carter Randolph Park, 11:30 a.m.
- 20 Monthly meeting, Speech Therapy with Melissa Hernadez
- 21 3rd Annual Golf Classic, Southwyck Golf Club
- 25 Education Lunch, Hope Village, 11:30 a.m.

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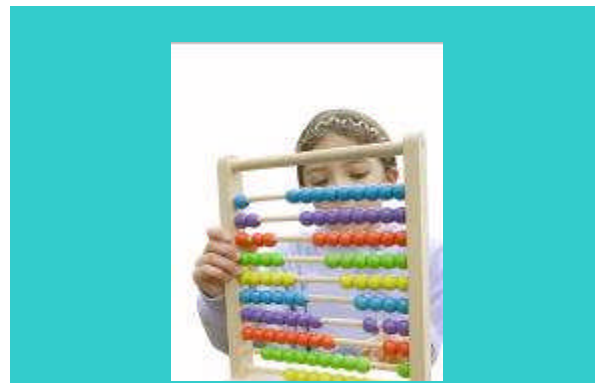
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Math Keys – Reflections on Learning Time and Money By Eden Rapp and Linda Chan Rapp

Introduction - by Beth Haas

As many of you know, I had the pleasure of attending the National Down Syndrome Congress national convention last September. One of the speakers I was able to see while there was Linda Chan Rapp, with her daughter, Eden. She had some very good tips on teaching higher level math skills to our kids. I told her that our group would be interested in some information on teaching time and money, so she graciously wrote this article for our newsletter. I hope you enjoy it as much as I did. Please let me know if you have any questions about the article.

Hi my name is Eden Rapp, the daughter of Linda Chan Rapp. I am 13 years old (with Down syndrome) and I like to cook and read and write stories. When I was young my mom had this important method called Numicon. It helped me know if it was even or odd, and it helped with adding and subtracting numbers. Now I'm getting older and getting more advanced in my math skills. Now I'm learning about fractions, and I know how to tell time with and without the numbers on a clockface. I can sort and count money to get my allowance, and sometimes when I go to the store with my mom, I help by figuring the money she owes to the clerk person. If you want to help your children to become better in math, I advise you to teach them the songs my mom has given me to count, skip count, learn money and tell time. If math is hard, don't quit. Keep on going. And if math is easy, it's because you are getting smarter. If math is challenging, just ask your mother for help.



Each child is different, but here are some keys I have used to help my daughter in her math path, plus some examples pertaining to telling time and counting money.

Five foundational considerations in my philosophy in teaching my daughter math include:

1. Make it visual and/or kinesthetic, and give practical daily life applications.

Time: When Eden was beginning to work on telling time, she and I would play Find the Hour, with write-on, wipe-off markers and analog clocks or wristwatches. Eden would circle the hour using the marker or verbally read it out. If it was really close to the next hour we would physically jump backwards, to underscore the fact that sometimes you need to jump back to find the hour even if the minute hand looks really close to the approaching hour.

Money: When Eden was in 1st grade, we would count out her milk money each day, so she could get a sense of

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A Word from the Board by Elizabeth Stevens



Elizabeth Stevens and daughter, Claire

It is an honor for me to serve as Vice President of GCLFEDS this year. I became involved with GCLFEDS after the birth of my daughter, Claire, in 2007. I have benefitted greatly from the information and support I have received from the organization, and hope to contribute to its continued success.

There are many exciting things going on this year. In February, GCLFEDS was a co-presenter of the first T-21 Conference, which brought together parents, educators and medical professionals for a day long, three-track seminar that featured keynote speaker, Dr. Brian Skotko. GCLFEDS partnered with Father's Joy, The Rise School, Texas Children's Hospital, and Baylor College of Medicine and we are already in the planning stages for next year.

We have expanded our social events to include a monthly play group, education lunch, and more frequent Mom's nights out. We will be hosting a Sign Language Workshop this summer, and are planning for our first Step Up for Down Syndrome fundraising walk in the Fall.

We have several new and welcome additions to our board this year, and I hope to see many more new faces becoming involved in all that GCLFEDS has to offer.

Board of Directors & Committees

If you are interested in helping on the Board or a committee, please contact us at gclfeds@clearlakedes.org

Please contact any of us with suggestions, questions or offers to help!

Board of Directors			
President	Anne Bernay	pres@clearlakedes.org	832-457-2775
Vice President	Elizabeth Stevens	vp@clearlakedes.org	
Secretary	Alicia Dague	sec@clearlakedes.org	832-275-9365
Treasurer	Melissa Collins	treasurer@clearlakedes.org	
Education Advisor	Joanie Garro	education@clearlakedes.org	832-483-1869
Committees			
Outreach	Beth Haas	outreach@clearlakedes.org	832-689-5961
New Parent	Cristen Reat	newparent@clearlakedes.org	713-417-9398
Public Relations	Alexis Marchenko	pr@clearlakedes.org	
Newsletter	Elizabeth Stevens	newsletter@clearlakedes.org	832-359-1896
Fundraising	Alicia Dague Anne Bernay & Nancy Spanial		
Social	Tiffany Novick	social@clearlakedes.org	
Librarian	Laura Johnson	library@clearlakedes.org	
Webmaster	Heather Burdeaux	joelburdeaux@gmail.com	

Thank You to our Fall Conference Sponsors

GCLFEDS would like to thank the sponsors of our Fall Conference featuring Susan Peoples

CONFERENCE SPONSORS

Greater Clear Lake Families Exploring Down Syndrome is grateful to the following businesses and families for their sponsorship of the 2009 Teaching Tools Conference.



Brookwood Elementary
School
Clear Creek ISD



Virginia Metcalfe
Prudential Gary Greene, Relators
- Bay Area
(281) 486-1900

The Reat Family

The Bernay Family

Welcome Members!

Thank you for supporting GCLFEDS.
 Andrea Leger – Andrew
 Kendre' & Tiffany Phillips – Trenton (2)
 Harro van de Rhee & Silvie Warmerdam –
 Daniel (5)
 Tucker & Daniel Burkhart - Reid (6 months)
 Thank You Renewing Members
 Vince & Laura Johnson – Morgan (3)
 Steve & Anne Bernay – Peter (8)
 Chris & Alicia Dague – Anna (5)
 Kileen McDonald & Pam Colwell – Ches (2)
 Bill & Elizabeth Stevens – Claire (2)

Ted & Annie Williams – James Braylon (1)
 Alexei & Alexis Marchenko – Savvaty (2)
 Keith & Melissa Collins – Emma (2)
 Ted Rickerl & Joanie Garro – In fond memory
 of Joey Garro
 Daniel & Cristen Reat – Vincent (6)

Become a member today!

Register online at <http://clearlakeds.org/membership-application/> or mail the form available on the website. Membership has its privileges! Our "Members Only" area has videos of past meetings, a photo gallery and a bulletin board. Members receive discounts on various events throughout the year.

Meet Our Member: Morgan Johnson by Laura Johnson

Morgan Alexander Johnson was born on August 7, 2006 at 3am following an uneventful pregnancy. Our only concern to that point was just how big he might be if he made it to his due date. He arrived approximately two weeks early and still weighed in at 8 pounds 5 ounces and 21 ½ inches. His hospital stay was quite different from what we had experienced with his sister Madison two years earlier. He spent his first twelve hours in the nursery, as he struggled to maintain his temperature and oxygen levels. He was very quiet, sleeping most of the time and showing little interest in eating for those first few days. We soon found out that he had jaundice and had not passed his hearing test in one ear...small bumps in the road, but nothing that prevented him from coming home with us on schedule.

At his two week check-up, Morgan had not quite regained his weight at birth. We didn't think anything of it. Madison took about three weeks to get back to her birth weight as well. We were shocked to say the least, when our pediatrician asked us if we were worried that something might be wrong...and told us that she thought we might want to consider getting a blood test done to see if Morgan might have Down syndrome. She was concerned that he wasn't gaining as much weight as he should be, that he had a much larger than normal soft spot, and that his eyes were slightly tilted. We took him to Texas Children's Hospital for the test and received the diagnosis when Morgan was



three weeks old. I really think that we got the news in the best possible way. We already had our little boy, he was healthy and happy and everything that we could have wished for. We didn't have to worry about the "what ifs" for nine months, before having our fears set to rest.

The next couple of years were a whirlwind of doctor's appointments, evaluations, and meeting with more specialists than we knew existed. We found out that Morgan had a small ASD that took care of itself and hypothyroidism. He started physical therapy and occupational therapy with Brazoria County ECI and began

Meet Our Member, cont.

attending daycare with his sister. He started wearing glasses when he was two....we have gone through seven pairs in 14 months! He also had tubes put in his ears and had his tonsils and adenoids removed. I think the nurses were glad to see him go after his surgery. He was an awful patient! His huge stubborn streak and refusal to eat almost earned him an extra night in the hospital. That is, until he saw the french fries and orange soda that mom and Grandma had bought from McDonald's. Suddenly, the boy who couldn't get down ice cream, yogurt, or pudding was gobbling french fries!

Today, Morgan is a happy three-year-old who loves to do all of the things that all three-year-olds love to do. He pesters his sister to no end, wrestles with his daddy, and screams in excitement and does a happy dance when "Yo Gabba Gabba" comes on. He likes playing outside, climbing on things and jumping off (scaring mom to death), and trying to ride our dog Bella.

This year has been a time of firsts for Morgan. He started Sunday School and was in his first Christmas program. He was an angel in the bell choir and proudly rang his bell throughout the whole song. He attended his first of many Aggie games...the brainwashing has begun! He also went on his first summer vacation. On our trip to Walt Disney World, he loved meeting all of the Disney characters, giving big hugs to anybody in reach and honking Minnie Mouse's nose. Over the summer he took swim lessons at the YMCA and took gymnastics at the Little Gym.



Morgan started big kid school in the PPCD program at CJ Harris Elementary in August and continues to go to daycare in the afternoon. We were surprised when we attended Literacy Night to find that many of the big kids know him by name and that he goes to visit one of the kindergarten classes each day. He is learning to count, to sign, and to cover his mouth when he coughs! He attends speech classes at school and recently said "I love you!" for the very first time. His teachers at daycare told us that when he arrives on his bus after school each day, he gets a rock star welcome from his friends. They call his name and he walks around and gives them each a hug. Morgan has always had the ability to make people smile, with his sunny disposition and never give up attitude, whether it be his family, his teachers, or his friends!

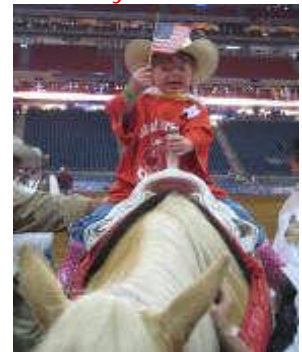
Rodeo Fun!



RODEO FUN!!

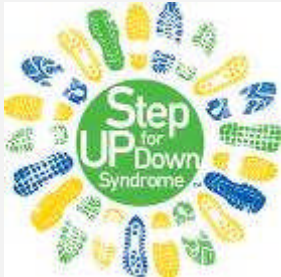


Some lucky GCLFEDS children had the wonderful opportunity to see the Houston Livestock Show and Rodeo up close this year - and what fun they had!



Join GCLFEDS to Step Up for Down Syndrome

GCLFEDS is pleased to announce that we will be hosting a Step Up for Down Syndrome fundraising walk in the Fall. This will be a fun-filled family event and we encourage you to get your family, friends and community involved. More information to follow soon. Volunteers needed. Contact GCLFEDS.



Monthly Meetings

United Way
Service Center -
Bay Area
1300 Bay Area
Blvd.
Room A

6:30 pm
Pizza and informal
parent discussion
7:00 pm
Speakers
Child care provided.

For more information
call (281) 736-8008 or
email gclfeds@clearlakeds.org.

GCLFEDS 3rd Annual Charity Golf Classic

3RD ANNUAL CHARITY GOLF CLASSIC

Sponsorship Opportunities

\$1,500 Hole In One: Includes one golf foursome (4 players), team picture, one hole sign, distribution of company literature and your corporate name/logo on tournament banner and website, and all Par level rewards.

\$1,000 Eagle: Includes one golf foursome (4 players), team picture, one hole sign, distribution of company literature and your corporate name/logo on tournament banner and website, and all Par level rewards.

\$500 Birdie: Includes one golf foursome (4 players), team picture, and all Par level rewards.

\$125 Par (Individual): Includes greens fees, carts, range balls, Tournament Rewards Pass, 1-Month Players Club Membership, breakfast, and lunch.

\$100 Hole Sign: Hole sign with company logo and/or picture of honored individual.

Friday, May 21, 2010

Registration: 7:00 a.m.
Shotgun Start: 8:00 a.m.
Format: Scramble
Contests: Closest to Pin, Longest Drive, Top Team, Gross and Net

Each player receives:

- a Complimentary Tournament Rewards Replay Pass: 4 free green fees at Tour 18 Houston, Longwood GC, Southwyck GC and Bear Creek GC
- 1 Month Players Club Membership at Southwyck GC: unlimited range balls, pro shop discount, free clinic, reduced twilight golf cart fee

Southwyck Golf Club
2910 Oakshire Drive
Peebles, TX 77368
(713) 436-9999
Our 3rd annual tournament will be held at Southwyck Golf Club on Four-level Southwyck GC, a hole-in-one golf course which meanders through the Chokehole subdivision. The Champion Bermuda greens are an extraordinary putting surface – called the best grass of the south – providing one of the finest one-of-a-kind greens in Houston public golf. The course plays anywhere from 5455 yards to 4914 yards. Visit Southwyck Golf Club at <http://southwyckgolf.com>.

Greater Clear Lake Families Exploring Down Syndrome
GCLFEDS is an all-volunteer organization and a 501(c)(3) nonprofit. Over 95% of our income goes directly towards programs and services that include:

- support, education and resources for families of children and adults with Down syndrome
- promoting inclusion, acceptance and opportunities for individuals with Down syndrome within our communities

For info call 281-736-8008 or register at www.clearlakeds.org

\$500 Birdie: Includes one golf foursome (4 players), team picture, and all Par level rewards
\$125 Par (Individual): Includes greens fees, carts, range balls, Tournament Rewards Pass, 1-Month Players Club Membership, breakfast, and lunch

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Houston, Longwood GC,
Southwyck GC and
Bear Creek GC

- 1 Month Players Club Membership at Southwyck GC: unlimited range balls, pro shop discount, free clinic, reduced twilight golf cart fee

Register at www.clearlakeds.org

Upcoming GCLFEDS Meetings and Events

MONTHLY MEETING

Join GCLFEDS for an informative discussion about Speech Therapy led by Melissa Hernandez, founder of Leaps in Language.

May 20, 2010

MAY SOCIAL

Join GCLFEDS for the May Social at Challenger Park. There will be fun, games and food. We look forward to seeing you there!

May 1, 2010 (see website for details)

Math Keys, cont. from p. 1

how coins worked, and then she paid cash for her milk at school. (Note: because most kids used debit accounts at school we made special arrangements with the cafeteria staff so Eden could pay in coins each day).

2. Make it a game especially to review or solidify a concept.

Note: Play short games, so it still feels like a game rather than a homework session. When Eden starts getting tired, I encourage her by saying, "Okay, just two more and we will be done!"

Time: We found Trudy's Time and Place House by Edmark a fun software program that she could work on her own. It was especially helpful in teaching her the relationship between digital and analog time displays, and in knowing the clock face even when some of the numbers are missing. When she had just about mastered time-telling, we used a time bingo game to give her a chance to practice her knowledge in a game format.

Money: "Next Dollar Up" game -- Part of our shopping routine when Eden was young was for her to stick close by me at the check-out stand so that when the total amount I needed to pay was given I could whisper to Eden, "What is the next dollar up?" so she could practice rounding the total to the next dollar. Now that she is beyond counting coins, I save my receipts [$< \$100$] and we play

Pay and Change at home with play money -- She pays me using a combination of 5 ones, 4 fives, 2 tens, and 3 twenties. Then she figures how much change to expect, given the price and what she gave to cover the tab. We take turns and keep a running total of the change we would have received; the person with the higher amount of change is the winner.

3. Break down the concept, giving maximum support and help at first and then gradually reducing it.

Money: Here are the prerequisite steps to learn coin counting: 1) recognize coins to sort them visually; 2) learn values of each coin; 3) know how to count on from a given number; 4) learn how to skip count by the various coin; 5) configure coins in groups of \$1 and set them aside so you have less change to count

Obviously not every child will get to step 5, but start at whatever level they are at and set up learning experiences that graduate from making the answers obvious at first and then slowly give the child more and more opportunity to figure out the answers independently. At stage one, you could have your child learn the names of the coins as you play simple one-to-one matching games with just a few coins. Later, you could dump your change purse out at the end of the day and let your child sort the coins into groups-- quarter, dime, nickel, penny.

Tips for learning time:

1. Understand basic temporal concepts such as soon, now, later, today/ tomorrow, morning/ afternoon/ evening /night, seasons, etc.
2. Know what a clock is for and how different versions look (watches vs clocks vs. cell phone time display, etc)
3. Take pictures to go along with a personal morning and evening schedule (Make your own personalized morning plan and bedtime plan)
4. Talk about schedules and appointments of various persons in the family
5. Find the hour
6. Know how to skip count by 5's to 60
7. Tell time by $_ :00$, then $_ :30$
8. Find the minutes to nearest 5 minute increment
9. Tell time with minutes
10. Learn how to figure time interval problems

Linda Chan Rapp and her husband Cliff live in Torrance, California with Eden, her older brother Aaron, Grandma Robin, and their Beagle and Yorkie. Eden has presented with her mother at various schools and conferences on Down syndrome. Linda facilitates and moderates The 21st Blessing, a support group for families of faith with a child with developmental disabilities both locally and on the Internet <http://health.groups.yahoo.com/group/the21stblessing/>, as well as DSALA-teen, the parents+teen forum of the Down Syndrome Association of Los Angeles <http://health.groups.yahoo.com/group/dsala-teen/>

Math Keys, cont.

4. Keep the next step in mind and expose your child to a higher concept by modeling it before trying to teach it or have your child practice it.

Money: When playing next dollar up, I would talk to my daughter about how I don't have exact bills for the next dollar, so I would give the closest amount in the bills I did have. If the cost was \$8.78, after she told me the next dollar up is \$9, I might talk to her about using a \$10 bill to pay.

5. Use a variety of approaches and modalities especially music, plus reteaching and review using new materials. Be patient; it takes a lot for a synaptic connection to be made so information can be retained by our kids' brains.

Money: When Eden was working on regrouping, we used 10 pennies, ten dimes and a one dollar bill to physically work through her subtraction problems. So we were using money counting, manipulation, and equivalents to reinforce the concept of subtracting with regrouping.

Time: As Eden suggested at the beginning, we use lots of songs to help her remember concepts other kids learn by rote (I'm currently working on a homemade CD for some of the songs we have used). Music is like superglue for my daughter in learning anything from phonics to the seven continents and the water cycle, to math facts, skip

counting and prime numbers. I make up lots of songs for my daughter by putting information to tunes that she likes, but we learn from many other sources as well. For learning a template for telling time, I highly recommend the song on the Rock'n'Learn Telling Time video.

Parenting Eden has stretched and taught me so much. Traveling with her along her math path has been a rewarding adventure for us both. Regardless of her placement, whether homeschooling (she currently is at home for junior high), or being fully included in public school, it has been a privilege to be an active supporter of her learning.





Morgan Johnson at
Disney

We welcome articles and contributions to the newsletter. Send them to Elizabeth Stevens at gclfeds@clearlakeds.org.

The deadline for submissions to the June newsletter is May 15.

Greater Clear Lake
Families Exploring
Down Syndrome

Phone
(281) 736-8008

E-mail
gclfeds@clearlakeds.org

Web site
www.clearlakeds.org



Thank You!

Our volunteers make all of our programs possible. Special thanks to:

- Beth Haas – for speaking to the nursing staff at St. John's hospital and preparing the CFC application, (which allows GCLFEDS to receive donations from federal employees as part of their charitable donation campaign)
- Anne Bernay – for organizing the monthly education lunches
- Tiffany Novick and Melissa Collins – for organizing very successful Mom's Night Out and Preschool Playdate events
- Alexis Marchenko, Nancy Spanial and Laura Johnson – for joining the GCLFEDS board



About Our Organization

GCLFEDS provides support and resources to individuals with Down syndrome and their families. Our family support programs educate and empower families to ensure the success of their children in the larger community. Monthly meetings, socials, new parent support, a lending library and annual conference are a few of our activities.

GCLFEDS promotes awareness, understanding and inclusion in our communities. Through presentations and

the DVD entitled "Living with Down Syndrome: Turning Fear Into Hope" we help medical professionals and hospitals provide a more positive outlook to new parents. We are working with local school districts and colleges to ensure the best education for our children.

GCLFEDS focuses on ensuring a positive community outlook and ample opportunity for individuals with DS to succeed. We believe in our kids and know that they can do great things! Won't you join us?

The Greater Clear Lake Families Exploring Down Syndrome newsletter is published every other month and is a benefit of membership in GCLFEDS. Copyright © 2008 – All Rights Reserved.